

# SYLLABUS

## CLASS XII (TERM - II)

### Unit IV : Psychological Disorders

1. Introduction
2. Concepts of Abnormality and Psychological Disorders
  - Historical Background
3. Classification of Psychological Disorders
4. Factors Underlying Abnormal Behaviour
5. Major Psychological Disorders
  - Anxiety Disorders
  - Obsessive-Compulsive and Related Disorders
  - Trauma-and Stressor-Related Disorders
  - Somatic Symptom and Related Disorders
  - Dissociative Disorders
  - Depressive Disorder
  - Bipolar and Related Disorders
  - Schizophrenia Spectrum and Other Psychotic Disorders
  - Neurodevelopmental Disorders
  - Disruptive, Impulse-Control and Conduct Disorders
  - Feeding and Eating Disorders
  - Substance Related and Addictive Disorders

### Unit V Therapeutic Approaches

1. Nature and Process of Psychotherapy
  - Therapeutic relationship
2. Types of Therapies
  - Behaviour Therapy
  - Cognitive Therapy
  - Humanistic-Existential Therapy
  - Alternative Therapies
3. Rehabilitation of the Mentally Ill

### Unit VI : Attitude and Social Cognition

1. Introduction
2. Explaining Social Behaviour
3. Nature and Components of Attitudes
4. Attitude Formation and Change
  - Attitude Formation
  - Attitude Change
  - Attitude-Behaviour Relationship
5. Prejudice and Discrimination
6. Strategies for Handling Prejudice

### Unit VII : Social Influence and Group Processes

1. Introduction
2. Nature and Formation of Groups
3. Type of Groups
4. Influence of Group on Individual Behavior
  - Social Loafing
  - Group Polarization