

# **Syllabus for MA Clinical Psychology (RCI)** **(formerly MPhil Clinical Psychology)**

*The syllabus is an overview of what can be important, but every exam is unique and asks questions from topics that are not necessarily mentioned here. Always talk to your mentor to optimize your performance.*

- **Introduction, History & School of Psychology**

- Origin and Definitions
  - Characteristics of Human Behaviour,
  - *NATURE vs NURTURE; FREE WILL vs DETERMINISM,*
  - Philosophical Roots of Psychology,
  - Major Developments
  - Structuralism, Functionalism, and Behaviorism
- Psychodynamic Perspectives
  - Humanistic Perspectives, Cognitive Perspectives, Biological Perspectives, Sociocultural Perspectives
- Indian History
  - Major Contributors (*For example, Jadunath Sinha; Caroline Rhys Davids; Hans Jacobs & Geraldine Coster; Swami Akhilananda*)

- **Sensations And Perception**

- General Characteristics of Sensation
- Transduction
- Thresholds
- Signal Detection Theory
- Sensory Adaptation
- The Visual Senses
  - The Eye & Its Parts
  - Photoreceptor Cell
  - The Visual Cortex
  - Color Vision
  - Color Blindness
- The Auditory Senses

- The Outer, Middle & Inner Ear
- Auditory Cortex
- Distinguishing Pitch
- The Chemical Senses
  - Smell or Olfaction
  - Taste Gustation
- Skin and Body Senses
  - Temperature
  - Pain
  - Gate Control Theory
  - Kinesthesia
  - Receptors of Vestibular System
- Selection
  - Selective Attention
  - Feature Detectors
- Gestalt Principles of Organization
  - The Figure–Ground Relationship
  - Perceptual Grouping
- Depth Perception
  - The “Visual Cliff” Experiment
  - Monocular Depth Cues
  - Binocular Depth Cues
  - Perceptual Constancies
- **Motivation & Emotion**
  - Theories of Motivation
    - Instinct Theory
    - Drive Reduction Theory
    - Arousal Theory
    - Maslow’s Hierarchy of Needs
  - Hunger Motivation
    - The Biological Basis of Hunger
    - Obesity
  - Sex Motivation
    - The Four Stages of Sexual Motivation: Excitement, Plateau, Orgasm, and Resolution.
  - Social Motivation

- Achievement Motivation, Reward and Intrinsic Motivation, Extrinsic Motivation
- The Neuroscience of Emotion
  - The Brain
  - The Automatic Nervous System
  - Polygraph Testing
- Emotional Expression
  - Facial Expression and Emotions
  - Display Rules
- Theories of Emotion
- **State of Consciousness**
  - Understanding Consciousness, Levels of Awareness, Consciousness and Attention
  - Sleep and Dreams
    - Studying Sleep
    - Two Basic Types of Sleep
    - Stages of NREM Sleep
    - REM Sleep
    - Dreaming Sleep
  - Sleep Disorders
    - Insomnia, Sleepwalking, Narcolepsy, Sleep Apnea
  - Reasons for Dream
    - Freudian Explanations, Biological Explanations
  - Meditation
    - Definition, Characteristics, Effects,
  - Hypnosis
    - Introduction, Theories of Hypnosis: Nonstate Theories, State Theories
  - Psychoactive Drugs
    - Sedatives (*For example, Ethylalcohol, Benzodiazepines, Barbiturates*)
    - Stimulants (*For example, Caffeine, Cocaine, amphetamines*)
    - Psychedelics (*For example, LSD — Lysergic Acid Diethylamide, Psychedelics, etc.*)
- **Conditioning & Learning**

- Classical Conditioning
  - Ivan Pavlov (1849–1936)
  - Higher-Order Conditioning
- Operant Conditioning
  - Edward Thorndike (1874–1949)
  - BF Skinner (1904–1990)
  - Reinforcement and Punishment
  - Continuous Reinforcement and Shaping
  - Schedules of Reinforcement
- Use of Negative Reinforcement
  - Escape Learning
  - Avoidance Learning
- Use of Punishment
  - Functions
- Cognitive Approach to Learning
  - Latent Learning
  - Study of Insight
- Observational Learning
  - Bobo Doll Experiment
- **Human Memory**
  - Memory
    - Definition, Basic Tasks
  - Sensory Memory
    - Capacity & Types of Sensory Memory
  - Short-Term Memory
    - Capacity of Short-Term Memory
  - Long-Term Memory
    - Capacity of Long-Term Memory
    - Procedural Memory
    - Declarative Memory
    - Forgetting
      - The Forgetting Curve
      - Interference Theory
      - Retrieval & Encoding Failure
    - Amnesia
      - Retrograde Amnesia

- Anterograde Amnesia
- Other Types of Amnesia
- Causes of Amnesia
- **Thinking, Problem Solving & Language**
  - Language
    - Basic Criteria of Language
      - Semanticity, Generativity, Displacement
    - Basic Structure of Language
      - Phonemes, Morphemes, Syntax
    - Theories of Language Development
      - Language is Acquired Through Imitation
      - Language is Innate
      - Language is Dependent upon Cognition
      - Whorfian Hypothesis
  - Thought
    - Concepts
  - Problem-Solving
    - Past Experiences and Problem Solving
    - Problem-Solving Strategies
  - Creativity
  - Thinking and Brain
- **Child Development**
  - Nature vs Nurture
  - Continuity vs Discontinuity
  - Research Methods in Child Development
  - Prenatal Development
    - The Prenatal Period
    - Environmental Influences
  - Development During Childhood
    - Cognitive, Motor, Language & Social Development
    - Parenting Styles
      - Permissive aka *Indulgent Parenting*,  
Authoritative, Authoritarian
- **Adolescence & Adulthood**
  - **Erik Erikson's** Psychosocial Developmental Stages
  - **Lawrence Kohlberg's** Theory of Moral Development

- **Intelligence**

- Theories of Intelligence
  - Charles Spearman's G Factor
  - Thorndike's Multifactor Theory
  - Thurstone's Primary Mental Abilities
  - Raymond Cattell's Fluid and Crystallized Theory
  - Gardner's Multiple Intelligence Theory
  - Robert Sternberg's Triarchic Theory
- Intelligence Tests
  - Sir Francis Galton
  - Alfred Binet
  - Lewis Terman
  - David Wechsler
- Principles of Test Construction
- Extremes of Intelligence
  - Intellectual Disability

- **Personality**

- Psychoanalytical Perspective
  - Personality Structure
  - Levels of Awareness
  - Defense Mechanisms
  - Criticisms of The Psychoanalytic Perspective
- The Neo-Freudians
  - Alfred Adler, Carl Jung, Erich Fromm, Karen Horney.
- Social Learning Theory
- Cognitive Social Learning Theory
- The Locus of Control
- The Humanist Perspective on Personality
  - Carl Rogers & Abraham Maslow
- Trait Theories
  - Allport's Trait Theory
  - Eysenck's Personality Traits
  - Cattell's Personality Traits
  - The Five-Factor Model of Personality
- Personality Assessment
  - Projective Tests

- Inventories
  - *The Minnesota Multiphasic Personality Inventory (MMPI), MCMI, California Psychological Inventory, The 16 PF*

- **Social Psychology**

- Fundamental Attribution Error
- Self-Serving Bias
- Attitude Formation
  - Social, Cognitive, and Behavioural Influences
- Attitude Change: Cognitive Dissonance
- Social Facilitation and Social Inhibition
- Social Loafing
- Deindividuation
- The Bystander Effect
- Group Polarization
- Group Thinking
- The Asch Experiments
- Factors Behind Conformity
- Obedience to Authority
- Group formations
- Interpersonal Attraction
- Aggression

- **Biopsychology**

- Structure of the Neuron
- Structural Classification
- States of the Neuron
- Neurotransmitter
- Central Nervous System (CNS)
- Peripheral Nervous System (PNS)
- Functions of Endocrine System
  - Major Endocrine Glands and Their Roles
  - Neural & Hormonal Communication
  - Interaction Between the Nervous System & Hormonal System
- Structure and functions of the Cerebral Cortex, Medulla and Pons

- Cerebellum
- The Colliculi
- The Tegmentum
- The Cerebral Peduncles
- Thalamus
- Hypothalamus
- Hippocampus
- Amygdala
- The Limbic System
- Corpus Callosum
- Drugs and their impact on Neurons
- **Stress**
  - Conflict and Stress
  - Hans Selye's General Adaptation Syndrome
- **Psychological Testing**
  - Assumptions of Psychological Tests
    - Objectivity
    - Norms
    - Practicability
  - Areas of Testing
    - Intelligence, Personality, Aptitude, Attitude, Achievement, Neuro-psychology Tests, and
    - Interests Inventories
  - Level of Measurement
    - Nominal
    - Ordinal
    - Interval
    - Ratio
  - Validity
    - Types
      - Face, Content, Construct, and
      - Criterion-related Validity
        - Discriminative, Concurrent, Convergent, Discrimination, and Predictive Validity.
  - Reliability
    - Types of Reliability Testing



- Test-Retest, Parallel Forms, Split-Half, Interscorer Reliability, Kuder-Richardson Reliability Test, and
  - Cronbach's Alpha ( $\alpha$ )
- Standardization
- Norms
- Test Construction
- **Abnormal & Clinical Psychology**
  - Characteristics of Abnormal Behavior
  - Classification System
  - Theories of Abnormal Behavior
  - Anxiety Disorders
  - Obsessive-Compulsive and Related Disorders
  - Trauma and Stressor Related Disorders
  - Depressive Disorders
  - Bipolar and Related Disorders
  - Somatic Symptom and Related Disorders
  - Dissociative Disorders
  - Schizophrenia Spectrum and Other Psychotic Disorders
  - Personality Disorders
  - Feeding and Eating Disorders
  - Psychodynamic Therapy
  - Behavior Therapy
  - Cognitive Behavioral Therapy
  - Humanistic Therapy, aka Person-Centred Therapy
  - Pharmacological Therapy
    - Drug Therapy
      - Antianxiety Drugs
      - Antidepressant Drugs
      - Antimanic Drugs
      - Anti-psychotic Drugs
  - Electroconvulsive Therapy (ECT)
- **Statistics and Research**
  - Research Design
  - Historical Research Methods
  - Survey Method

- Experimental Method
- Variables
- Sampling
- Hypothesis
- Descriptive and Inferential statistics
  - Measures of Central Tendency
  - Measures of Variability
  - Skewed Distributions
  - Regression Analysis
  - Z Test
  - ANOVA
- Type I Error vs Type II
- **Positive Psychology**
  - Assumption of Positive Psychology
  - Goal of Positive Psychology
  - Growth and Wellness
  - Perma Model
  - Six-Factor Model of Psychological Well-being