

Psychology 365 Fall 2008: Drugs and Behavior

Professor: Paul Gilbert, Ph.D.
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Phone: 619.594.7409
Office Hours: Before or after class and by appointment
Class Times: Tu & Th 2:00-3:15 pm, ENS-280

Graduate Teaching Assistants:

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Teaching Assistants: See Blackboard

Required Textbook: Levinthal, C.F. (2008) *Drugs, Behavior, and Modern Society*, 5th Ed., Allyn Bacon.

Course Objectives: The purpose of this course is to introduce students to the effects that drugs exert on the brain and how drugs affect cognition, personality, and behavior. The course will focus primarily on drugs of abuse but also will cover legal unrestricted drugs and legally restricted pharmaceutical drugs. You will learn how drugs get into the body/brain and how they exert their psychoactive effects, without all of the gory details of a psychopharmacology course. Before we begin to discuss specific drugs, we must first spend a few days reviewing the structures in the brain and how the cells in the brain communicate. If you do not have a strong background in the brain, relax, we will cover this information in sufficient detail for you to adequately understand the course material. We then will begin to discuss the use and abuse of recreational drugs including alcohol, nicotine, caffeine, marijuana, cocaine, hallucinogens, and heroin to name a few. The last few lectures will cover a few psychiatric drugs, over the counter drugs, and herbal remedies.

By the end of this course, you will become very interesting to all of your friends because you will be able to explain to them how recreational drugs affect the brain in terms they can understand. You will be able to explain why drugs act differently depending on how you take them and how tolerance and dependence can occur with extended use of a drug. This course will be beneficial if you are considering a career in a healthcare related field because substance abuse is a prominent problem in many patient populations. The course also will provide an understanding of how many over-the-counter and pharmaceutical drugs are used to treat different diseases and conditions that affect the brain. By the end of the course you will be able to explain how psychoactive drugs affect the brain, why they alleviate the symptoms associated with these conditions, and how side effects can occur.

Course Policy

Office Hours: Office hours will be set by appointment. In addition, I will be available for 15 minutes before and after class to talk to students. My office is located at the address listed on the front of this syllabus (a link to a map can be found on the Blackboard site for the class). My office is in Alvarado Medical Center, which is just East of SDSU on Alvarado Road. I am usually available and willing to meet with students any time during the day. If you want to see me, please give me a call and set up an appointment. Also please feel free to ask questions via email or telephone. I check my email and voice mail regularly during the day and will try to respond as quickly as possible to your questions. My email address and phone number are listed on the top of this syllabus. **If you are having problems in the class please take advantage of office hours. I am very committed to helping students who are committed to their education.** Your graduate TA also will hold regularly scheduled office hours and all teaching assistants will be available to answer questions after class and via email. Please take advantage of your teaching assistants. They are very knowledgeable and willing to help.

Attendance: Regular attendance is strongly recommended. Students should note that **exam material will come primarily from lecture material, some of which may not be covered in the textbook.** If

you cannot attend class, it is highly recommended that you borrow notes from another student in the class.

Class Format: The class format will consist primarily of daily lecture and videos. **Students are encouraged to ask questions during lecture.** Also, please let me know if I am going too fast. If any material from the lecture or the reading is unclear, please do not hesitate to ask for clarification. It is also recommended that students read the assigned readings prior to the associated lecture. Doing so will create a foundation for lecture material and will allow you to follow the lectures more easily. I also would recommend bringing your lecture outlines to class (see below for details on downloading these items). **During class, please turn off your cell phone or place it on silent mode.**

Blackboard: A Blackboard site has been created for this course at the following address: <https://blackboard.sdsu.edu/webapps/login>. Student can log onto the site using their Red ID and pin. Students can use Blackboard for downloading all lecture outlines and select PowerPoint slides for each lecture. **It is recommended that students download the items for each lecture and bring them to class.** The outlines and handouts will make it easier for students to follow the lecture and take notes. Grades also will be available on Blackboard. If you have any problems with the blackboard site, please feel free to call me or the TA. A Blackboard demonstration will be given the first day of class.

Prior to each quiz and the final exam, a discussion board will be posted on Blackboard. I will post a review sheet consisting of a series of questions and topics to help you review for each quiz. Students can log into Blackboard to post and respond to questions from the review sheet. I will monitor the discussion board daily to make sure all information is accurate. Given the large size of this class, it would be impossible for me to respond to each student via email with questions related to the quiz. Therefore, the discussion board will allow students to post and respond to other students' questions while I double check to make sure the answers are correct. The discussion boards were very successful last semester and I highly encourage you to use them to prepare for the quizzes and final exam.

Quizzes and Final Exam: **You will need to bring a ParScore form to each quiz and the final exam.** Please purchase the **red** ParScore **form # F 289** from the bookstore (\$0.25 per sheet). Instead of having two major midterm exams that cover ridiculous amounts of information (each worth 1/4 of your final grade) and a massive comprehensive final exam (worth the other half of your grade), you will have five quizzes and a final exam. Each quiz will be worth 50 points. The multiple quiz format will benefit you in three ways: 1) the quizzes will help you keep caught up in the class, 2) the quizzes will not cover as much material as a midterm exam would, and 3) the larger number of quizzes will help to average out a low score on a quiz. **You will be allowed to drop your lowest quiz score.** The quiz questions will consist of multiple choice and true/false questions.

The final exam will be cumulative. **Now before you panic...** The questions will not cover small details from the course but rather large conceptual issues and integrative questions. The exam will consist of multiple choice and true/false questions that will cover all lectures from this course (in other words if you decide to drop the last quiz, I would still attend class because those lectures will be included on the final). I will hold a review session for the final exam the final day of the class. Your four highest quizzes will be worth 50 points each (200 total) and the final exam will be worth 75 points for a total of 275 points. **A make-up quiz will be given only under extenuating circumstances with proper documentation.** If you are unable to attend a quiz for whatever reason, then you are able to drop that quiz. **The following do not qualify as an extenuating circumstance: two exams on the same day, a family vacation, needing to work, sleeping too late, etc.** A make-up final exam will be given only under extenuating circumstances with proper documentation or unless arrangements are made prior to the date of the final exam. **If you do miss a quiz due to a documented extenuating circumstance, you must contact me before the quiz or the day of the quiz to arrange a make-up (assuming of course the circumstances allow you to contact me).** Please do not wait a day or two to contact me if you miss a quiz.

Disputes on Quiz Questions/Grades: **Following each quiz, you will have two weeks to review your quiz. Quizzes may be reviewed during the office hours of your graduate teaching assistant or by appointment.** All disputes regarding quiz questions must be given to me in writing within one week of the quiz date. Please explicitly state your dispute and then after I have read your statement I will either make the necessary adjustment or we can schedule a time to discuss the matter. Simple mistakes in arithmetic etc. may

be handled before of after class.

Academic Dishonesty: Academic dishonesty in any form will not be tolerated. **Faculty are required to report any incident involving academic dishonesty to the University.** See the Student Code section of your Student Handbook for definitions and regulations concerning cheating and plagiarism.

Grade Evaluation: The following distribution will be used to determine your final letter grade. Please note that I will likely curve the final grade distribution to favor the students.

<u>Final Score</u>	<u>Letter Grade</u>
94-100	A
90-93	A-
87-89	B+
83-86	B
80-82	B-
77-79	C+
73-76	C
70-72	C-
67-69	D+
63-66	D
60-62	D-
59 and below	E

Withdrawals and Incompletes: The University policy on withdrawals and incompletes is printed in the 2007-2008 SDSU General Catalog.

Religious Observances: The University Policy File includes the following statement on Absence for Religious Observances: By the end of the second week of classes, students should notify the instructors of affected courses of planned absences for religious observances. Therefore, if you foresee that the date of a religious observance coincides with a quiz date, please see me before the end of the second week of the semester. However, do not wait until the day of the quiz or the day after the quiz to ask for a make-up quiz.

Course Outline*

<u>Day</u>	<u>Date</u>	<u>Chapter</u>	<u>Topic</u>
Tu	9/2		Introduction, syllabus, blackboard
Th	9/4	3 (59-67)	How do drugs interact with the body?
Tu	9/9	3 (67-72)	Basic anatomy of the brain
Th	9/11	3 (72-78)	How do drugs interact with the brain?
Tu	9/16	1, 2	Substance abuse, tolerance, and dependence
Th	9/18		QUIZ 1
Tu	9/23	7	Marijuana and THC
Th	9/25	7	Marijuana and Salvia Divinorum
Tu	9/30	6	Hallucinogenic and psychedelic drugs (LSD and psilocybin)
Th	10/2	6	Hallucinogenic and psychedelic drugs (ecstasy and peyote)
Tu	10/7	6	Hallucinogenic and psychedelic drugs (PCP, DMT, ketamine)
Th	10/9		QUIZ 2
Tu	10/14	4	Cocaine
Th	10/16	4	Amphetamine
Tu	10/21	12	Caffeine
Th	10/23	11	Nicotine and tobacco
Tu	10/28		QUIZ 3
Th	10/30	9	Ethyl Alcohol
Tu	11/4	10	Diseases related to alcohol use/abuse
Th	11/6	5	Opioid analgesics (heroin, morphine, opium, etc.)
Tu	11/11		NO CLASS: Veteran' Day
Th	11/13	13	General anesthetics, "date rape drugs", and inhalants of abuse
Tu	11/18		NO CLASS: Professor out of town for conference
Th	11/20		QUIZ 4
Tu	11/25	16	Prescription psychiatric drugs
Th	11/27		NO CLASS: Happy Thanksgiving
Tu	12/2	15	Prescription psychiatric drugs
Th	12/4	14	FDA approval and over the counter drugs
Tu	12/9	14	Herbal medications
Th	12/11		QUIZ 5
Tu	12/16		FINAL EXAM (1:00 pm-3:00 pm)

*NOTE: This is only a tentative outline of the topics, readings, and quizzes for the semester. This schedule may (and will likely) be modified as the class progresses. However, the quizzes will not be changed to a date earlier than they are scheduled.