



**Karolinska  
Institutet**

Course syllabus for

# **Intrusive thoughts and repetitive behaviors, 7.5 credits**

Påträngande tankar och repetitiva beteenden, 7.5 hp  
This course syllabus is valid from spring 2024.

Course code	2PS051
Course name	Intrusive thoughts and repetitive behaviors
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Psychology
Level	G2 - First cycle 2
Grading scale	Pass, Fail
Department	Department of Clinical Neuroscience
Decided by	Education committee CNS
Decision date	2023-09-20
Course syllabus valid from	Spring 2024

## **Specific entry requirements**

Passed results from semester 1-3 of the Psychology programme consisting 90 credits and at least 15 credits from semester 4.

## **Objectives**

After completing the course, the student should be able to

- demonstrate knowledge of psychological, genetic and neuroanatomical models for the causes and maintainance of OCD and related problems
- show ability to distinguish obsessions from other types of cognitions
- demonstrate the ability to distinguish compulsions from other types of repetitive behaviours
- critically examine how different types of symptom clusters can influence the clinical assessment of OCD and related problems.

## **Content**

The course gives the student an in-depth understanding of intrusive thoughts and repetitive behaviors based on the diagnosis of obsessive-compulsive disorder. The course uses a biopsychosocial perspective and places great emphasis on the student understanding how various biological, cognitive, social and

psychological factors can affect the onset and pattern of symptoms, as well as what consequences this can have in a clinical context.

The course discusses various causal and maintenance models of OCD and related problems, which include learning models, information processing theories, genetics and neuroanatomy. This also includes different types of symptom clusters for obsessive-compulsive disorder. Particular focus is placed on how these phenomena can manifest themselves in a clinical context.

The course provides knowledge of diagnostics and epidemiology with special emphasis on transdiagnostic phenomena such as hoarding, hypochondria, trichotillomania, psychosis, paraphilias and tics. The purpose of this is for the student to gain in-depth knowledge in assessing different types of obsessions and compulsions.

## Teaching methods

Lectures, independent reading of scientific articles and individual study assignments are interspersed with examining seminars on the respective subject. Auscultation or similar learning activities may occur.

## Examination

The course is examined in the following way:

- active participation in 4 examining seminars, each is graded U (Fail) or G (Pass)

The entire course is graded U or G. The grade G requires G on all examining seminars.

### *Possibility of exception from the course syllabus' regulations on examination*

If there are special grounds, or a need for adaptation for a student with a disability, the examiner may decide to deviate from the syllabus' regulations on the examination form, the number of examination opportunities, the possibility of supplementation or exemptions from the compulsory section/s of the course etc. Content and learning outcomes as well as the level of expected skills, knowledge and attitudes may not be changed, removed or reduced.

## Transitional provisions

If the course is cancelled or goes through substantial changes, information about interim regulations will be stated here.

## Other directives

Course evaluation takes place according to KI's local guidelines. Results and possible measures are returned to the students via course web.

The course may be given in English.

## Literature and other teaching aids

### Mandatory literature

Articles according to instructions