

## PSYO 335-001: Drugs & Behaviour

Fridays 11:00-2:00 pm – Winter II (Jan 2024) – UBC – Okanagan Campus -ASC140

**Professor: Zach Walsh (he/him/his):** zachary.walsh@ubc.ca

Office Hours: Thursdays 12:30-1:30 pm & by appointment

**Teaching Assistants:** Office hours by appointment

**Primary contact TA: Colin Loveridge, BA, (he/him/his):** cloverid@student.ubc.ca

**Secondary contact TA: Carolyn Crawford BSc., MSc. (she/her/hers):** ccrawfl1@student.ubc.ca

**Grading and SONA TA: Cameo Brown, BA (she/her/hers):** -

### Description:

PSYO 335 is a lecture-based survey of the behavioural, neuro-chemical, socio-historical, cognitive, spiritual, and cellular aspects of drug use and action. Classes of drugs studied will include alcohol, sedatives, nicotine, stimulants, opiates, cannabis, & psychedelics.

### Learning Outcomes:

By the end of PSYO 335, students should be able to:

1. Demonstrate understanding of the key theories and constructs in psychopharmacology
2. Examine drug effects at the physiological, psychological, behavioural and social levels
3. Understand developments and issues in addiction research and treatment
4. Critically assess drug-related information presented in the media and elsewhere
5. Make informed choices to reduce harms and maximize benefits of drug use

### Evaluation:

**Test 1 & Test 2**

30% x 2 (60%) - Noncumulative

**Exam**

40% - Cumulative, with emphasis on material post Test 2

As per UBC policy, all examinations must be completed during the scheduled course time.

An additional **2% bonus** can be obtained by participating in **SONA** or the alternative (see below).

### Texts:

Very Strongly Recommended: This text is strongly recommended but because reliable information on course topics is available elsewhere (e.g. journals accessible from the UBC library; online; other behavioral psychopharmacology textbooks, etc...). I have not made it *required*. You should count on doing substantial supplementary reading if you do not choose to use the text. **I would get it if I were you!** For the purpose of tests, lecture information will be considered authoritative if in conflict with readings.

Hancock S.D. & McKim, W.A. (2018). *Drugs and Behavior: An Introduction to Behavioral Pharmacology* (8<sup>th</sup> ed.). New Jersey: Prentice. Other recent editions are fine.

Required (ish): There will be a few questions on the midterms and finals drawn from these books and it may not be things that are explicitly mentioned in the lectures.

Fisher, C.E. (2022) *The Urge: Our History of Addiction* New York: Penguin

.Pollen, M. (2018) *How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence* New York: Penguin.

### Discussion and Review Session:

In addition to the scheduled class lecture time students will have the opportunity to meet and discuss course content with their Teaching Assistants Cameo Brown, BA (she/her/hers) and Carolyn Crawford during a one-hour Discussion & Review Tuesdays 1-2PM. These meetings will be held via Zoom starting January 23. The links are in the document titled ***Discussion and Review Session Links***. Attendance is not mandatory.

## **Course Overview:**

Date	Lecture Topic	Reading (Hancock & McKim)
Jan 12	Introduction/ Pharmacodynamics	Chapter 1
Jan 19	Pharmacokinetics & Research Design	Chapter 1 & 2
Jan 26	Historical & Theoretical overview	Fisher
Feb 02	Neuroscience, Learning & Addiction	Chapter 3, 4 & 5
Feb 09	Test 1	Chapter
Feb 16	Alcohol & Sedatives	Chapter 6 & 7
Feb 23	<b>Spring Break</b>	
Mar 01	Stimulants & Caffeine	Chapter 9 & 10
Mar 08	Cannabis & Nicotine	Chapter 14 & 8
Mar 15	Test 2	
Mar 22	Psychedelics	Chapter 15 & Pollen
Mar 29	<b>Holiday</b>	
Apr 05	Opioids	Chapter 11

## **Grades:**

90 -100A+ 85-89A 80-84A- 76-79B+ 72-75B 68-71B- 64-67C+ 60-63C 55-59C- 50-54D 0-49F

## **Final Examination:**

Finals period is April 14<sup>th</sup> through April 29<sup>th</sup>. Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 24-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job. Further information on Academic Concessions can be found under Policies and Regulations in the *Okanagan Academic Calendar* <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>. Out-of-time examination forms can be found at (<http://ikbsas.ok.ubc.ca/students/undergrad/forms.html>) and must be sent to the Dean's office.

## **Academic Integrity:**

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating may result in a mark of zero on the assignment or exam and more serious consequences may apply if the matter is referred to the President's Advisory Committee on Student Discipline. Careful records are kept in order to monitor and prevent recurrences. A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at <http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0>.

## **CANVAS:**

It is expected that you will use CANVAS resources. This will include readings & slides from past and upcoming lectures.

## **UBC Okanagan Disability Resource Centre:**

If you require disability related accommodations to meet the course objectives please contact the Coordinator of Disability Resources located in the Student development and Advising area of the student services building. For more information about Disability Resources or about academic accommodations please visit the website <http://okanagan.students.ubc.ca/current/disres.cfm>

### **SEXUAL VIOLENCE PREVENTION AND RESPONSE:**

A safe and confidential place for UBC students, staff and faculty who have experienced sexual violence regardless of when or where it took place. Just want to talk? We are here to listen and help you explore your options. We can help you find a safe place to stay, explain your reporting options (UBC or police), accompany you to the hospital, or support you with academic accommodations. You have the right to choose what happens next. We support your decision, whatever you decide.

Visit [svpro.ok.ubc.ca](http://svpro.ok.ubc.ca) or call us at 250.807.9640

### **INDEPENDENT INVESTIGATIONS OFFICE**

If you or someone you know has experienced sexual assault or some other form of sexual misconduct by a UBC community member and you want the Independent Investigations Office (IIO) at UBC to investigate, please contact the IIO. Investigations are conducted in a trauma informed, confidential and respectful manner in accordance with the principles of procedural fairness.

You can report your experience directly to the IIO via email: [director.of.investigations@ubc.ca](mailto:director.of.investigations@ubc.ca) or by calling 604.827.2060 or online by visiting [investigationsoffice.ubc.ca](http://investigationsoffice.ubc.ca)

### **UBC Okanagan Ombuds Office**

The Ombuds Office offers independent, impartial, and confidential support to students in navigating UBC policies, processes, and resources, as well as guidance in resolving concerns related to fairness.

**UNC227B** 250.807.9818 Email: [ombuds.office.ok@ubc.ca](mailto:ombuds.office.ok@ubc.ca): <http://ombudsoffice.ubc.ca/ubc-okanagan-2/>

### **UBC Okanagan Equity and Inclusion Office**

UBC Okanagan is a place where every student, staff and faculty member should be able to study and work in an environment that is free from discrimination and harassment. UBC prohibits discrimination and harassment on the basis of the following grounds: age, ancestry, colour, family status, marital status, physical or mental disability, place of origin, political belief, race, religion, sex, sexual orientation or unrelated criminal conviction. If you require assistance related to an issue of equity, discrimination or harassment, please contact the Equity and Inclusion Office.

**UNC 227C** 250.807.9291 email: [equity.ubco@ubc.ca](mailto:equity.ubco@ubc.ca) Web: [www.ubc.ca/okanagan/equity](http://www.ubc.ca/okanagan/equity)

### **ACADEMIC INTEGRITY:**

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the break down of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating usually result in a failing grade or mark of zero on the assignment or in the course. Careful records are kept in order to monitor and prevent recidivism. A more detailed description of academic integrity, including the policies and procedures, is posted at <http://web.ubc.ca/okanagan/faculties/resources/academicintegrity.html> and <http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0>

**If you have any questions about how academic integrity applies to this course, please consult with your professor.**

**SAFEWALK:** *Don't want to walk alone at night? Not too sure how to get somewhere on campus? Call Safewalk at 250-807-8076. For more information, see:*

*<http://www.ubc.ca/okanagan/students/campuslife/safewalk.html>*

### **Health & Wellness:**

At UBC Okanagan health services to students are provided by Health and Wellness. Nurses, physicians, and counsellors provide healthcare and counselling related to physical, emotional/mental, and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Health and Wellness for more information or to book an appointment. [www.students.ok.ubc.ca/health-wellness](http://www.students.ok.ubc.ca/health-wellness)

### **Additional Resources:**

- *Indigenous Programs and Services:* <https://students.ok.ubc.ca/indigenous-students/>
- *International Programs and Services:* <https://students.ok.ubc.ca/international-students/>
- *The Pride Resource Centre:* <https://www.suo.ca/resource/pride-resource-centre/>
- *Harm Reduction* <https://hart.ok.ubc.ca/>

## **SONA RESEARCH ACTIVITY**

Students earn Sona credit points for their eligible courses from participating in research activity. This can be either through direct participation in research through the Sona online research system (Option 1), by completing summaries of primary research articles (Option 2), or by a combination of the two types of activities. First year courses (i.e., PSYO 111 and PSYO 121) include 4% as part of the final course grade for participating in Sona research activity, while second year and higher courses allow for a 2% bonus to be added to the final course grade for participating. **There is a SONA section on CANVAS with more information and an instructional video with ppt.**

### **Research Participation In Online Research System (Option 1)**

As a participant in one of the numerous research studies posted at <http://ubco.sona-systems.com/>, you will obtain 0.5% credit for each 0.5 hour of participation. Hence, studies requiring a 1-hour time commitment provides a credit of 1%, 1.5 hours provides a credit of 1.5%, and 2 hours provides a credit of 2.0%, etc.

#### *Important Requirements*

You may participate in more than one study in order to earn credits. It is important to sign up for studies early in the semester in order to increase the odds that a timeslot is available. If you wait until later in the semester, timeslots may no longer be available.

#### *Logging On To The System*

Sona is only open for those students who are registered in a psychology course offering Sona credit points. Please only use the request account option if you have never used the Sona system before. If you have used the Sona system before, please use the most recent login information you remember to log in.

#### *Missed Appointments & Penalties*

Missed appointments (i.e., failure to cancel the appointment at least 3 hours prior to the session) will be tracked. The consequence will be that you will not receive credit for participation in the study and you will be assigned an unexcused no-show. The unexcused no-show designation will cause you to lose the credit value of the study from the total possible credit points you can earn for your course. For example, if you are in PSYO 111 (or 121), you can earn up to 4.0 credits. If you miss an hour-long session that you signed up for (i.e., 1.0 credit) and don't cancel it in advance, the maximum credits that you can now earn for your course is 3.0, regardless of how many studies you complete.

If, after consenting to participate and starting a session (or survey), you decide to withdraw your consent, to avoid receiving an unexcused no-show on Sona, you must do one of the following:

- if it is an online study, you must cancel your Sona sign-up and/or contact Shirley ([psyc.ubco.research@ubc.ca](mailto:psyc.ubco.research@ubc.ca)) if you are unable to cancel your sign-up;

- if it is an in-person study, you must let the researcher know directly. Their email can be found on the main description page for the study (little envelope icon). Depending upon the study, they will either cancel your session or assign you an excused no-show (meaning that you will not be penalized).

Your ability to withdraw your data will depend upon the study. Instructions for withdrawing your data (including limitations) will be described in the study's consent form.

Please email [psyc.ubco.research@ubc.ca](mailto:psyc.ubco.research@ubc.ca) with any questions or concerns that you may have regarding the Sona system. Your professor or instructor does NOT have access to this information.

### **Research Summary Assignment (Option 2)**

As an alternative to participating in research studies, you may obtain Sona credit points by completing library-writing projects to a satisfactory level. Each library-writing project is worth a total of two credits.

#### *Important Requirements*

1. This project consists of reading and summarizing (in written form) a recent, peer-reviewed, primary research article.
  - A “recent” article has been published within the past 12 months.
  - A “peer reviewed” article is one that has been reviewed by other scholars before it is accepted – for example, it **cannot** be a news item, an article from a popular magazine, a notice, or a letter to the editor.
  - A “primary” research article describes an experiment or study where data are collected by the authors. In other words, the article you choose to review **cannot** be a book review, literature review, or summary article.
2. You must choose an article published by one of the following agencies:
  - The American Psychological Society - *Psychological Science*, *Current Directions in Psychological Science*, *Psychological Science in the Public Interest*, or *Perspectives on Psychological Science*.
  - The American Psychological Association - [www.apa.org/journals/by\\_title.html](http://www.apa.org/journals/by_title.html) has a full listing.
  - The Canadian Psychological Association - *Canadian Psychology*, *Canadian Journal of Behavioural Science*, or *Canadian Journal of Experimental Psychology*.
  - The Psychonomic Society - *Behavior Research Methods*, *Cognitive, Affective, & Behavioral Neuroscience*, *Learning & Behavior*, *Memory & Cognition*, *Perception & Psychophysics*, or *Psychonomic Bulletin & Review*.

#### 3. Other Assignment Guidelines

The summary should be about 300-500 words in length. The source must be cited and referenced in accordance with the *Publication Manual of the American Psychological Association*. The review will be graded on a pass – fail basis (2% or 0%). At least **14 days before the end of classes** each term, submit the following to the course instructor:

- the article summary
- a copy of the article
- a cover page that specifies your name, student number, email address, and word count of the summary.
- the course title and number

Submitting the assignment 14 days in advance is necessary to ensure that you have an opportunity to make corrections, if required. If you do not check your email frequently, provide a phone number on the cover page.