UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
CHILD AND ADOLESCENT PSYCHOPATHOLOGY

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

CLINICAL PSYCHOLOGY

3. Cycle

2nd

4. Course Unit

CHILD AND ADOLESCENT PSYCHOPATHOLOGY (N5206)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

2nd Semester

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	30,00
Tutorial Guidance:	20,00

9. ECTS Credits

7,50

10. Scientific Area Coordinator

11. Regent

Prof. Doutora ANA DANIELA BARRETO ALEIXO

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

-Prepare students for professional practice with children and adolescents in different contexts: psychological intervention, risk prevention and health promotion.

- Integrate clinical practice and scientific knowledge so that the student understands the emergence (why and how) of mental health problems in the life cycle.

15. Specific Objectives

- Present the fundamental principles of typical and atypical psychological development throughout the first years of life

- Develop skills for assessment, conceptualization, intervention and research with children and adolescents

- Know the perspective of Developmental Psychopathology and be able to apply its main concepts in the understanding of maladaptive developmental trajectories

16. Skills to be acquired

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- Know the main mental health problems, considering the perspectives of Developmental Psychology and Psychopathology

- Know how to observe, describe and identify mental health problems in children and adolescents

- Know the risk, maintenance and protection factors for different clinical conditions

- Know how to apply the knowledge of theoretical models and empirical evidence to the analysis of particular cases

17. Teaching Methodology

Classes are theoretical and practical, using the expository, interrogative and active method, with discussion of the issues and their implications, as well as the realization of practical exercises for application of knowledge. We will use pedagogical techniques that enhance debate and group discussion. Autonomy, reading and critical thinking will be encouraged.

18. Course Unit Program

1. Introduction
- Concepts of risk, vulnerability, resilience, development trajectories, continuity and change

2. Traditional approaches to child and adolescent psychopathology

3. Developmental psychopathology

4. Typical and atypical development

5. Attachment relationship
- Attachment theory
- Insecure relationships and associated difficulties

6. Disturbances in childhood
- Disorders of child behavior and attention deficit and hyperactivity
- Disturbances of autism spectrum
- Emergence of antisocial behavior
- Fear and anxiety

7. Disorders in adolescence
- Problems of internalization: anxiety disorders, depressive disorders and self-destructive gestures
- Disorders associated with substance use
- Disorders eating disorders

19. Assessment Methods

Final exam
Group coursework

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20. Didactic Resources

Powerpoints
Videos and clinical cases
Recommended readings

21. Sustainability Objectives

Goal 4: Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all

Target 4.4: By 2030, substantially increase the number of youth and adults who have relevant skills, including technical and vocational skills, for employment, decent jobs and entrepreneurship

Target 4.7: By 2030, ensure that all learners acquire the knowledge and skills needed to promote sustainable development.

22. Keywords

Development
Developmental trajectory
Adaptation/ maladaptation
Mental health
Disorder

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23. Main Bibliography

Author(s): American Psychiatric Association
Title: DSM-5-TR (Texto Revisto) - Manual de Diagnóstico e Estatística das Perturbações Mentais
Edition: 5ª Year: 2023
Local:
Publisher: Climepsi
ISBN Code:

Author(s): Beauchaine, T. P., & Hinshaw, S. P. (Eds.)
Title: Child and Adolescent Psychopathology
Edition: 3ª Year: 2017
Local:
Publisher: John Wiley & Sons
ISBN Code:

Author(s): Allen C. Israel, Jennifer Weil Malatras, Rita Wicks-Nelson
Title: Abnormal Child and Adolescent Psychology
Edition: 9ª Year: 2021
Local:
Publisher: Routledge
ISBN Code:

24. Complementary Bibliography

Author(s): Charles H. Zeanah, Jr. (ed.)
Title: Handbook of Infant Mental Health
Edition: 4ª Year: 2020
Local:
Publisher: Guilford Press
ISBN Code:

Author(s): Laurence Steinberg
Title: Adolescence
Edition: 13 Year: 2023
Local:
Publisher: McGraw-Hill
ISBN Code:

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'PSICOPATOLOGIA DA CRIANÇA E DO ADOLESCENTE': Academic Year 2025/2026
Autor / Author	Prof. Doutora ANA DANIELA BARRETO ALEIXO
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