



Psych 330

Health Psychology

Fall 2013

<b>Instructor:</b>	Dr. Tavis Campbell	<b>Lecture Location:</b>	SA 106
<b>Phone:</b>	403 210 8606	<b>Lecture Days/Time:</b>	T/R 2:00 – 3:15 PM
<b>Email:</b>	<a href="mailto:t.s.campbell@ucalgary.ca">t.s.campbell@ucalgary.ca</a>	<b>Grading TA:</b>	Jillian Johnson
<b>Office:</b>	A225	<b>Email:</b>	<a href="mailto:j.a.johnson@ucalgary.ca">j.a.johnson@ucalgary.ca</a>
<b>Office Hours:</b>	By appointment only	<b>Office Hours:</b>	Tuesdays 12:00-2:00

**Course Description and Goals**

Health psychology involves the discipline and principles of psychology and human behavior in understanding how the mind, body, and behavior interact in health and disease. Class topics include psychosocial models of health and disease, stress and coping, health enhancing and health damaging behaviors, pain management, and a variety of specific behavior-related medical illnesses (e.g., heart disease, cancer, insomnia).

- (1) To provide a basic and broad based overview of the field of health psychology from a biopsychosocial perspective.
- (2) To provide a practical understanding of the challenges involved in health behavior change.
- (3) To provide the foundation for students seeking advanced training in health psychology.

**Prerequisites**

Psychology 200: Principles of Psychology I; Psychology 201: Principles of Psychology II **OR** Psychology 205: Principles of Psychology I & II

**Required Text**

Straub, Richard, O. (2012). Health Psychology: A Biopsychosocial Approach. ISBN: 9781429216326  
*Available at the University of Calgary bookstore*

**Evaluation**

Course Component	Percent of Grade	Due Date
Exam #1	30%	October 3 <sup>rd</sup> , 2013
Exam #2	30%	November 14 <sup>th</sup> , 2013
Term Paper	30%	November 28 <sup>th</sup> , 2013
Exam #3	10%	December 5 <sup>th</sup> , 2013

Late course components will be penalized 10% per day including weekends.

Notes:

**Exams (30%, 30%, 10%)**

The format of the exams includes multiple-choice, short answer, and long answer questions. Material to be covered includes text chapters and lecture materials. The exams will *not* be cumulative. The first

exam (worth 30% of your final grade) will be held on Thursday, October 3<sup>rd</sup>, the second exam (worth 30% of your final grade) will be held on Thursday, November 14<sup>th</sup>, and the third exam (worth 10% of your final grade) will be held on Thursday, December 5<sup>th</sup>. All exams are held in class during scheduled lectures. There will be no Registrar scheduled final exam.

### **Term Paper (30%)**

The purpose of the term paper is to get you thinking critically about how health research is presented in the media. Frequently, health related research is the focus of news broadcasts (e.g., eggs are bad for you, eggs are good for you, six eggs per day can fight cancer!). However, these reports do not necessarily represent the research findings accurately. The term paper assignment is as follows:

1. Head to <http://www.stonehearthnewsletters.com/author/admin/> and find a research article that interests you. The article should be **specifically related to health psychology subjects that you could find in the textbook**. Use your best judgment, but if you are having problems finding an article, ask your TA. To help orient you to research in this area, consider signing up for Stonehearth's daily newsletter. This way, you can browse the articles published each day and if something catches your eye, you can pursue it. You could also follow them on Twitter too! @StoneHearthNews
2. After you have selected an article in Stonehearth, use research databases available through the University of Calgary to find the original journal article. This may take some digging and if it doesn't exist (i.e., no full journal article was published), find a new Stonehearth article to select. It is important to remember that you will be required to compare and contrast the media article with the journal article, so ensure you have enough material to work with (Hint: a conference abstract with no detailed information on the methods **will not suffice**).
3. The main body of the paper will require you to compare and contrast these two articles. Does the media article accurately represent the findings? Does the journal article have details that are important to the study's implications that are not reported in the media article? Did the media article get it completely wrong? Be creative! For example, you could critically review the methods section (e.g., Is the sample biased? Are the findings generalizable?) or discuss potential flaws in the study design. You can use the findings of other studies to support your argument.
4. The total length of the body of your paper **must not exceed 7 pages double-spaced** (this does not include references or title page) and must be presented in APA format (e.g., Times New Roman, 12-point font, 1 inch margins, APA title page, etc.). Any pages over the maximum 7 page limit will not be marked. References should include, at minimum, the article you read and the media article's web address (in APA format).

The paper is due by 4pm on **Thursday, November 28<sup>th</sup> 2013**. Assignments can be dropped off in the assignment dropbox located at the Department of Psychology Main Office (2<sup>nd</sup> floor of Administration Building) with **TA: Jillian Johnson** included on your title page. Please note that late assignments **will be penalized 10% per day including weekends**. Late papers will not be accepted after December 3<sup>rd</sup>, 2013 and will receive a zero.

### **Department of Psychology Grade Distribution Policy**

The distribution of grades in Psychology courses (the percentage of A grades, B grades, etc.) will be similar to the distribution of grades in other courses in the Faculty of Arts. The Department monitors the grade distributions of 200-, 300-, and 400-level courses in the Faculty to ensure that the grade distributions in Psychology courses are comparable. Based on these reviews, students can expect that 1)

up to 30% of grades in 200- and 300-level psychology courses will be “A” grades (A+, A, and A-), and 2) up to 40% of grades 400-level psychology courses will be “A” grades.

### Department of Psychology Criteria for Letter Grades

Psychology professors use the following criteria when assigning letter grades:

**A+ grade: *Exceptional Performance.*** An A+ grade indicates near perfect performance on multiple choice and short answer exams. For research papers/essays/course projects/presentations, an A+ grade is awarded for exceptional work deserving of special recognition and is therefore not a common grade.

**A, A- Range: *Excellent Performance.*** Superior understanding of course material. Written work is very strong in terms of critical and original thinking, content, organization, and the expression of ideas, and demonstrates student’s thorough knowledge of subject matter.

**B Range: *Good Performance.*** Above average understanding of course material. Written work shows evidence of critical thinking and attention to organization and editing but could be improved in form and/or content.

**C Range: *Satisfactory Performance.*** Adequate understanding of course material. Knowledge of basic concepts and terminology is demonstrated. Written work is satisfactory and meets essential requirements but could be improved significantly in form and content. Note: All prerequisites for courses offered by the Faculty of Arts must be met with a minimum grade of C-.

**D range: *Marginally meets standards.*** Minimal understanding of subject matter. Written work is marginally acceptable and meets basic requirements but requires substantial improvements in form and content. Student has not mastered course material at a level sufficient for advancement into more senior courses in the same or related subjects.

**F grade: *Course standards not met.*** Inadequate understanding of subject matter. Written work does not meet basic requirements. Student has not demonstrated knowledge of course material at a level sufficient for course credit.

### Grading Scale

A+	96-100%	B+	80-84%	C+	67-71%	D+	54-58%
A	90-95%	B	76-79%	C	63-66%	D	50-53%
A-	85-89%	B-	72-75%	C-	59-62%	F	0-49%

As stated in the University Calendar, it is at the instructor’s discretion to round off either upward or downward to determine a final grade when the average of term work and final examinations is between two letter grades.

In this course there will be no rounding up of final grades, especially in light of the opportunities students have to increase their final grade via research participation.

**Tentative Lecture Schedule (subject to modifications)**

Date	Topic	Readings	Due Dates and Course Info
T Sep 10	Welcome and Intro to Health Psychology	Chapter 1	Lecture begins.
R Sep 12	Biological vs. Biopsychosocial approach	Chapter 1	
T Sep 17	Research in Health Psychology	Chapter 2	
R Sep 19	Stress: Physiological systems	Chapter 3	
F Sep 20			Last day to drop full courses (Multi-term) and Fall Term half courses. No refunds for full courses (Multi-term) or Fall Term half courses after this date.
M Sep 23			Last day to add or swap full courses (Multi-term) and Fall Term half courses. Last day for change of registration from audit to credit or credit to audit.
T Sep 24	Stress: Moderators of the stress response	Chapter 4	
R Sep 26	Coping with stress	Chapter 5	
F Sep 27			Fee payment deadline for Fall Term full and half courses.
T Oct 1	Health & Behaviours: Exercise	Chapter 6	
R Oct 3	<b>Exam 1</b>	<i>Chapters 1 – 6 and all lecture material</i>	
T Oct 8	Nutrition & Obesity	Chapter 7	
R Oct 10	Nutrition & Obesity	Chapter 7	
M Oct 14			Thanksgiving Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.
T Oct 15	Smoking	Chapter 8	
R Oct 17	Smoking Cessation	Chapter 8	
T Oct 22	Cardiovascular Disease I	Chapter 9	
R Oct 24	Cardiovascular Disease II	Chapter 9	
T Oct 29	Psychoneuroimmunology	--	
R Oct 31	Cancer	Chapter 10	
T Nov 5	Cancer	Chapter 10	

R Nov 7	Psychosocial Oncology		
M Nov 11			Remembrance Day (Observed). University Closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.
Nov 9-12			Reading Days. No lectures.
T Nov 12			Reading Days, No Lecture
R Nov 14	<b>Exam 2</b>	<i>Chapters 7 – 10 &amp; all lecture material</i>	
T Nov 19	Health Psychology: Role	Chapter 12	
R Nov 21	Pain	Chapter 13	
T Nov 26	Pain	Chapter 13	
R Nov 28	Complementary & Alternative Medicine	Chapter 14	<b>Paper due by 4pm in Psychology Main Office assignment dropbox (see above)</b>
T Dec 3	Exam review & Questions		
R Dec 5	<b>Exam 3</b>	All material following Exam #2	Fall Term Lectures End.
F Dec 6			Last day to withdraw with permission from Fall Term half courses.
Dec 9 - 19			Fall Term Exam Period.

### **Reappraisal of Grades**

A student who feels that a piece of graded term work (e.g., term paper, essay, test) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within 15 days of being notified about the mark or of the item's return to the class; no reappraisal of term work is permitted after the 15 days. If not satisfied, the student shall immediately take the matter to the Head of the department offering the course, who will arrange for a reassessment of the work within the next 15 days. The reappraisal of term work may cause the grade to be raised, lowered, or to remain the same. If the student is not satisfied with the decision and wishes to appeal, the student shall address a letter of appeal to the Dean of the faculty offering the course within 15 days of the unfavourable decision. In the letter, the student must clearly and fully state the decision being appealed, the grounds for appeal, and the remedies being sought, along with any special circumstances that warrant an appeal of the reappraisal. The student should include as much written documentation as possible.

### **Plagiarism and Other Academic Misconduct**

Intellectual honesty is the cornerstone of the development and acquisition of knowledge and requires that the contribution of others be acknowledged. Consequently, plagiarism or cheating on any assignment is regarded as an extremely serious academic offense. Plagiarism involves submitting or presenting work in a course as if it were the student's own work done expressly for that particular course when, in fact, it is not. Students should examine sections of the University Calendar that present a Statement of Intellectual honesty and definitions and penalties associated with Plagiarism/Cheating/Other Academic Misconduct.

### **Academic Accommodation**

It is the student's responsibility to request academic accommodations. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 403-220-8237. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation. You are also required to discuss your needs with your instructor no later than 14 days after the start of this course.

### **Absence From A Test/Exam**

Makeup tests/exams are NOT an option without an official University medical excuse (see the University Calendar). A completed Physician/Counselor Statement will be required to confirm absence from a test/exam for health reasons; the student will be required to pay any cost associated with this Statement. Students who miss a test/exam have 48 hours to contact the instructor and to schedule a makeup test/exam. Students who do not schedule a makeup test/exam with the instructor within this 48-hour period forfeit the right to a makeup test/exam. At the instructor's discretion, a makeup test/exam may differ significantly (in form and/or content) from a regularly scheduled test/exam. Except in extenuating circumstances (documented by an official University medical excuse), a makeup test/exam must be written within 2 weeks of the missed test/exam.

### **Travel During Exams**

Consistent with University regulations, students are expected to be available to write scheduled exams at any time during the official December and April examination periods. Requests to write a make-up exam because of conflicting travel plans (e.g., flight bookings) will NOT be considered except under exceptional circumstances. Students are advised to wait until the final examination schedule is posted before making any travel arrangements.

### **Freedom of Information and Protection of Privacy (FOIP) Act**

The FOIP legislation disallows the practice of having student's retrieve tests and assignments from a public place. Therefore, tests and assignments may be returned to students during class/lab, or during office hours, or via the Department Office (Admin 275), or will be made available only for viewing during exam review sessions scheduled by the Department. Tests and assignments will be shredded after one year. Instructors should take care to not link students' names with their grades, UCIDs, or other FOIP-sensitive information.

### **Course Credits for Research Participation (Max 2% of final grade)**

Students in most psychology courses are eligible to participate in Departmentally approved research and earn credits toward their final grades. **A maximum of two credits (2%) per course, including this course, may be applied to the student's final grade. Students earn 0.5% (0.5 credits) for each full 30 minutes of participation.** The demand for timeslots may exceed the supply in a given term. Thus, students are not guaranteed that there will be enough studies available to them to meet their credit requirements. Students should seek studies early in the term and should frequently check for open timeslots. Students can create an account and participate in Departmentally approved research studies at <http://ucalgary.sona-systems.com>. The last day to participate in studies and to assign or reassign earned credits to courses is **Dec 6, 2013**

### **Evacuation Assembly Point**

In case of an emergency evacuation during class, students must gather at the designated assembly point nearest to the classroom. The list of assembly points is found at <http://www.ucalgary.ca/emergencyplan/assemblypoints>  
Please check this website and note the nearest assembly point for this course.

### **Student Organizations**

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in Administration 170 and may be contacted at 403-220-5567.

**Student Union VP Academic:** Phone: 403-220-3911 [suypaca@ucalgary.ca](mailto:suypaca@ucalgary.ca)  
**Student Union Faculty Rep.:** Phone: 403-220-3913 [socialscirep@su.ucalgary.ca](mailto:socialscirep@su.ucalgary.ca)

### **Student Ombudsman's Office**

The Office of the Student Ombudsmen provides independent, impartial and confidential support for students who require assistance and advice in addressing issues and concerns related to their academic careers. The office can be reached at 403-220-6420 or [ombuds@ucalgary.ca](mailto:ombuds@ucalgary.ca) (<http://www.su.ucalgary.ca/services/student-services/student-rights.html>).

### **Safewalk**

The safewalk program provides volunteers to walk students safely to their destination anywhere on campus. This service is free and available 24 hrs/day, 365 days a year.  
Call 403-220-5333.

### **Important Dates**

The last day to drop this course with no "W" notation and **still receive a tuition fee refund is September 20, 2013**. Last day for registration/change of registration is **September 23, 2013**. The last day to withdraw from this course is **December 6, 2013**.