



## Department of Psychology

### Psychology 437 (L01) – Health Psychology

#### Fall Session 2006

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<b>Instructor:</b>	Tavis Campbell, Ph.D.	<b>Lecture Location:</b>	A167
<b>Phone:</b>	220-7490	<b>Lecture Days/Time:</b>	Tues. 5:00-7:45
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<b>Office:</b>	A256		
<b>Office Hours:</b>	Tues. 4-5 or by appt.		

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#### Course Description and Goals

Course Description: 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).

Course Goals: (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.

#### Required Text

Health Psychology. Sarafino. Wiley, 2002. Available in the University Bookstore.

#### Evaluation

2 exams, 1 verbal report

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Grading Criteria:

Midterm - 40%, Final - 50%, Verbal Report – 10%

Exams: There is one midterm exam and one final exam. The midterm is only multiple choice and the final contains both multiple choice and essay questions. Tests will cover information from both lectures and text chapters.

### Grading Scale

A+	96-100%	B+	75-79%	C+	60-64%	D+	45-49%
A	85-95%	B	70-74%	C	55-59%	D	40-44%
A-	80-84%	B-	65-69%	C-	50-54%	F	0-43%

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. To determine final letter grades, final percentage grades will be rounded up or down to the nearest whole percentage (i.e., 89.5% will be rounded up to 90%; 89.4% will be rounded down to 89%, etc.).

### Lecture Schedule

September 12	Origins and overview of Health Psychology (Chapter 1)
September 19	Basics of physiological systems involved in Health Psychology (Chapter 2)
September 26	Physiological, emotional, and behavioral responses to life stress (Chapter 3)
October 3	Stress and illness (Chapter 4) Stress Management (Chapter 5)
October 10	Health-related behavior. Cigarette smoking. (Chapter 6 & 7)
October 17	Pain and pain management (Chapter 11 & 12)
October 24	<b>Midterm Exam</b> Diet, exercise, obesity, diabetes (Chapters 8)
October 31	<b>Verbal Reports</b>
November 7	Psychosocial aspects of Cancer (Chapter 14)
<b>November 14</b>	<b>Reading Week – no class</b>
November 21	Coping with chronic illness. (Chapter 13)
November 28	Sleep Disorders / Asthma
December 5	Psychological/Behavioral Factors in Cardiovascular Disease (Chapter 14)
	<b>FINAL EXAM.</b> <b>DATE TO BE ANNOUNCED</b>

## VERBAL REPORT (October 31)

Each student will make a 5-minute statement about a health issue of your choice. There are two purposes of this special class period. The first is to make sure we touch on health topics that are of concern to students. Each of you will choose a health topic that interests you and make a very short presentation. Your statement can expand on a topic we have already covered or bring up a subject that will not otherwise be discussed. You can tell a case history of a friend or relative who had a particular disease; share your own experience with a disease or health behavior; summarize an interesting journal article; motivate the class to try a self-cure or preventive measure; inform us about an alternative therapy, a health fraud, an experience with the health care system, or anything else relevant to health psychology.

The second purpose of the assignment is to make sure everyone contributes to the class discussion at least once. Public speaking is an important skill for everyone, and this is a simple way to get started. Verbal reports can be made from your seat; you do not have to come in front of the class. If you are nervous about speaking to groups, you can write out your statement and read it. If you are petrified of public speaking, you can refuse, but you lose the 10 percent of your final grade. Most students find this to be a positive experience, because it is a chance to get up on your soap box.

We will have brief discussion or comment on each verbal report. If you want to ask a question to the class or instructor at the end of your report, that is fine.

Grading will be based on *sticking to the 5-minute time limit*, relevance to health psychology, apparent preparation, and effectiveness of presentation. No written document is required.

### University of Calgary Curriculum Objectives

1) This course addresses the following core competencies:

- Critical and creative thinking
- Analysis of problems
- Effective written and verbal communication
- Gathering and organizing information
- Insight and intuition in generating knowledge
- Interpretive and assessment skills

With the following course characteristics:

Students are encouraged to think critically about the course material and the research literature in health psychology for their own individual verbal report and exams. Depth and creativity of thought, integration of issues, insight, and critical thinking are some of the criteria for success.

The verbal report and exams will emphasize clarity of content and organization.

Students will be encouraged to think about various interpretations of the data that are presented in the course material, and the implications for the everyday lives of individuals with health problems.

2) This course addresses the following curriculum redesign features:

- A defined interdisciplinary component
- An experiential learning component relevant to the program objectives

## Integration of research

With the following course characteristics:

This course focuses on the biological, social, and psychological determinants of health problems and their treatments, thus is multidisciplinary in nature. Diversity issues will also be considered throughout the course (e.g., culture, gender, age, etc.)

Students will be exposed to video presentations of health issues with well established behavioral underpinnings. Class lectures and discussions will focus on methodological and conceptual issues in research studies. Students will also be expected to review the research literature for their verbal reports.

### **Reappraisal of Grades**

A student who feels that a piece of graded term work (term paper, essay, test, etc.) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within fifteen days of being notified about the mark or of the item's return to the class. 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 fifteen 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 fifteen 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 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 fourteen (14) days after the start of this course.

### **Absence From A Test**

Make-up exams are NOT an option without an official University medical excuse (see the University Calendar). You must contact the instructor before the scheduled examination or

you will have forfeited any right to make up the exam. At the instructor's discretion, a make-up exam may differ significantly (in form and/or content) from a regularly scheduled exam. Except in extenuating circumstances (documented by an official University medical excuse), a makeup exam is written within two (2) weeks of the missed exam.

A completed Physician/Counselor Statement will be required to confirm absence from a test for health reasons. The student will be required to pay any cost associated with the Physician Counselor Statement.

### **Course Credits for Research Participation**

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 an individual's final grade. Students can create an account and access the Research Participation System website at <http://ucalgary.sona-systems.com>. The last day to participate in research is December 7, 2006.

### **Student Organizations**

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

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

### **Important Dates**

The last day to drop this course and **still receive a fee refund** is September 22, 2006. The last day to withdraw from this course is December 8, 2006.