



Department of Psychology

Psychology 437 (L20) – Health Psychology

Spring Session 2008

Instructor:	Tavis Campbell, Ph.D.	Lecture Location:	A167
Phone:	220-7490	Lecture Days/Time:	Mon. / Wed. 14:00 – 16:45
Email:	t.s.campbell@ucalgary.ca		
Office:	A256		
Office Hours:	Mon. 1-2 or by appt.		

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. A BioPsychoSocial Approach (2nd Ed.) , Richard O. Straub. Bedford, Freeman & Worth, 2007. Available in the University Bookstore.

Evaluation

2 exams, 1 verbal report, 1 paper

Grading Criteria:

Paper - 30 %, Midterm 30%, Final - 30%, Verbal Report – 10%

Term Paper: (See "Term Paper" section). Points will be deducted for term papers handed in late (after the last class). Late papers must be turned in to the Psychology main office, 275 Administration Building. No assignments slipped under office doors or left on desks will be accepted.

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

May 14	Origins and overview of Health Psychology (Chapter 1&2)
May 21	Basics of physiological systems involved in Health Psychology (Chapter 3)
May 26	Physiological, emotional, and behavioral responses to life Stress (Chapters 4 & 5)
May 28	Diet, exercise, obesity (Chapters 6 & 7)
June 2	Diabetes (Chapter 9)
June 4	Tobacco & Smoking. (Chapter 8) / Adherence (Chapter 12)
June 9	Sleep Disorders / Asthma (Chapter 3)
June 11	Midterm Exam Psychosocial aspects of Cancer (Chapter 10)
June 16	Verbal Reports
June 18	Psychological/Behavioral Factors in Cardiovascular Disease (Chapter 9)
June 23	Pain and pain management (Chapter 13)
June 25	Complementary and Alternative Medicine (Chapter 14)

Trends in Health Psychology (Chapter 15)

Term Paper Due

FINAL EXAM.

DATE TO BE ANNOUNCED.

VERBAL REPORT (June 16).

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.

TERM PAPER – 10 pages (Topic approval June 2, Final deadline June 25)

The purpose of the term paper is to develop detailed knowledge about a specific topic of interest to you in the area of Health Psychology. Thus, it needs to address some issue that concerns interactions between psychological processes or behavior and physical health. Topics that address purely mental health issues or non-psychological medical issues are not appropriate. For example, a paper about treatment of alcoholism would not be appropriate, since problem drinking causes lots of difficulties that are not purely health related such as interpersonal and occupational problems. On the other hand, a paper about the impact of alcohol use and its treatment on risk for heart disease would be fine since it would blend behavioral and medical issues. Similarly, topics that address purely non-psychological medical issues are not appropriate. For example, a paper evaluating the relative merits of various medical procedures used to treat coronary artery disease (e.g., bypass surgery, percutaneous interventions, medication) would not be appropriate, unless psychological aspects were also incorporated (e.g., these might have different effects on the patients quality of life). Topics must be approved by Dr. Campbell on or before the class of June 2.

After deciding on a topic, do a literature search using a search engine like Medline or PubMed. The eventual bibliography of your paper, written using APA style, should include at least 10 references. The references can include books, book chapters, and web sites, but at least some individual journal articles should be read and listed,

too. Discussion of the research concerning the topic should be incorporated into the paper. In some cases, there will be a lot of available research while in other cases you may have to search a bit, but it is important to develop an idea about what is known about a topic, the kinds of research designs that are typically used and their strengths and weaknesses. The paper should present a balanced discussion of the problem, what we know about it, possible clinical implications, etc. The maximum length of the paper is 10 pages double-spaced, not including references. It is due on the last day of class.

TIPS ON TERM PAPER GRADING

1. Quality is more important than length. However, you cannot have an excellent term paper that is only 7 pages. Using really big type that makes your paper look long is not an effective way to get a better grade.
2. If you only use 5 scientific references, you are unlikely to get an "A". For an "A" I expect you to dig into the literature and write a paper that shows you have informed yourself on the topic.
3. I am not going to correct your English, but I will deduct points from general quality if there are many misspelled words and examples of poor grammar. With spelling checkers there is little excuse for spelling errors.
4. We will discuss the term paper several times in class. If you have questions about the paper, please ask them. If the instructions are not clear, ask me to clarify.
5. You are almost ready to graduate from the university, and this paper is a major part of your grade. Therefore, I expect you to take this assignment seriously and perform at a high level. To get a high grade you must show that you have learned the academic material and have put considerable effort into writing this report.

Recommended Journals that may be helpful in researching your term paper:

Annals of Behavioral Medicine	Psychology and Health
Health Psychology	Psychology Health, and Medicine
International Journal of Behavioral Medicine	Psychosomatics
Journal of Behavioral Medicine	Psychosomatic Medicine
Psychophysiology	Psychotherapy and Psychosomatics
Journal of Health Psychology	Social Science and Medicine
Journal of Psychosomatic Research	Mind/Body Medicine

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 seeking reappraisal of graded tests, exams, lab assignments, etc., must discuss their work with the instructor within fifteen days of being notified of the mark or of the work having been returned to the class. In accord with Faculty regulations, the whole assignment or exam will be re-marked, and the mark may be raised, lowered, or remain the same. No reappraisal is permitted after the fifteen-day period.

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 a student's responsibility to request academic accommodation. If you are a student with a disability who may require academic accommodation and **have not**

registered with the Disability Resource Centre, please contact their office at 220-8237. If you are seeking academic accommodation, please notify your instructor no later than fourteen (14) days after the commencement of the course. Note that the lecturer must approve any tape recordings of lectures.

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.

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 and allocate credits is June 25th, 2008.**

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

Phone: 220-3911

suvpaca@ucalgary.ca

Academic:

Student Union Faculty

Phone: 220-3913

socialscirep@su.ucalgary.ca

Rep.:

Important Dates

The last day to drop this course and **still receive a fee refund** is May 16th, 2008. The last day to withdraw from this course is June 26th, 2008.