



Health Psychology Psychology 437 - Spring 2006 L20

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| Instructor: | Dr. Guy Pelletier | Lecture Location: | A167 |
| Phone: | 355-3212 | Lecture Days/Time: | TR 6-8:45 pm |
| Email: | gpelleti@ucalgary.ca | | |
| Office: | Admin 257D | | |
| Office Hours: | By appointment | | |

Course Textbook:

Poole, G., Matheson D.H., Cox D.N. (2005). The Psychology of Health and Health Care. A Canadian perspective (2nd Ed.). Toronto: Pearson Prentice Hall. (Available at the U of C Bookstore)

Course description and objectives:

This course constitutes a survey of health psychology, which essentially involves the study of how behaviors, emotions, cognitions and beliefs, personality, and social environments affect the health status of human beings. After the typical introduction and overview class, we will discuss topics such as: stress and its effects on health, psychoneuroimmunology, understanding the medical and hospital environment, health promotion, health threatening behaviors (such as substance abuse, obesity, etc.), pain, and chronic illness. The last lecture will focus on health and the internet, and hopefully will include a question and answer period.

Students should keep in mind that the course is intended to give a broad overview of the field of health psychology. The course will follow the textbook closely, but not exclusively.

As much as possible, the course will encourage critical and creative thinking, effective written communication, the analysis of problems, the growth of insight and intuition in understanding a variety of problems in health psychology, and the acquisition of basic knowledge which can lead to the development of interpretive and assessment skills.

Instructional Approach:

Students are responsible for reading the textbook(s) and attending the lectures. There will be two 75 minute (1.25 hour) midterm exams (**on June 01 and June 23, 2006**), a short take-home exam to be handed to the students on the last day of class, **June 26, 2006**, and a paper due on **June 15, 2006** (see the Evaluation section for more details).

Lecture material will be drawn from the textbook and from various other sources. The lectures are intended to highlight ideas and principles presented in the textbook, and to elaborate upon that information. **Thus, the course could go beyond the textbook on any selected topic.** It is unlikely that any of the lectures will fully cover any and all topics that are presented in the textbook. Questions and discussion are strongly encouraged, especially if students wish to have some subjects covered more thoroughly. Students are responsible for reading and understanding the assigned readings and are encouraged to read the assigned material prior to the corresponding lecture. This will facilitate a better comprehension of the subjects that will be presented.

Outlines of lectures will be made available on **Blackboard** so as to facilitate note taking. The outlines will highlight **ONLY** the main points of the lectures and are not meant to replace class attendance. Class attendance is essential to obtain full coverage of the subjects.

Course Evaluation: Exams

Mid-term #1: **June 01, 2006** - 45 minutes - 25% of final grade
Chapters **1, 2,3,4,5** and corresponding lectures

Mid-term #2: **June 23, 2006** - 45 minutes - 25% of final grade
Chapters **7, 8,9,10** and corresponding lectures

Take-home exam: Given to the students on **June 26, 2006**, to be returned on **June 30, 2006**. This exam will be worth 10% of the final grade.

Course evaluation: Paper

The paper will be 2000 words or 10 pages, and will be worth 40% of the final grade.

1) **Your paper is due almost exactly one month after the beginning of the Spring term: get started early!** Look at the textbooks or at the many journals dedicated to the interaction of health and mental health for ideas (such journals include: Health Psychology, Behavioral Medicine, British Journal of Health Psychology, Annals of Behavioral Medicine, Journal of Psychosomatic Research, Psychosomatic Medicine, and many, many others).

2) Submit a one paragraph outline specifying your topic and a plan for the development of the topic on or before **May 23, 2006**. If you change your mind, please indicate your changes to me in writing or by e-mail. The completed paper is due **June 15, 2006, at the beginning of the lecture (by 5:05 PM)**. **Late submissions of the outline or the paper will be penalized.** Failure to submit the paper in class on the due date will result **in the loss of 10% of the paper grade per day for each day (including weekends) beyond the deadline date and time.** Do not slide the paper under my office door: the office is assigned to many lecturers and since I do not work on campus I rarely go there. Late papers can be handed to the main office of the Department of Psychology where they will

be date stamped. Late papers that are not date stamped will be considered accepted on the day that I receive them. E-mail submissions will not be accepted.

3) The paper must be in the latest **APA style, double-spaced, with 1 inch margins, and written in Times New Roman 12 point font.** The paper must reflect a critical analysis of the research on the topic that you have selected. You must use articles from peer-reviewed journals, although books are acceptable and I will allow a maximum of 2 book references. You must have at least 8 references from primary sources (depending on your topic, keeping to this minimum may be insufficient). Quoting a secondary source within an article does not count as an extra reference. It is best if you read the articles rather than just citing them: superficial understanding tends to show. I will be electronically checking the references that you use. If I cannot find a reference I may contact you. So please, proofread your references carefully and make sure that they are accessible through the U of C library. Also, do pay attention to the section on plagiarism.

Course Grading Scheme:

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 examination is between two letter grades.

In this course, marks will **not** be rounded off by the instructor given that students have the possibility of adding maximum of 2 bonus points by participating in psychological experiments or studies.

| Date | <u>Tentative Class Schedule</u> Topic | Readings |
|-------------|---|-----------------|
| May 16 | Introduction and overview of health psychology | Ch. 1 |
| May 18 | The biology of health and illness; Stress and coping | Ch. 2 |
| May 23 | Psychoneuroimmunology (Paper outline due today) | Ch. 3 |
| May 25 | Communication in medical settings | Ch. 4 |

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| May 30 | The hospital experience: hospital stays and procedures | Ch. 5 |
| Jun 01 | Mid-Term Exam #1; Health promotion | Ch. 7 |
| Jun 06 | No class – Mid-term break | |
| Jun 08 | Health and physical activity | Ch. 8 |
| June 13 | Health threatening behaviors | Ch. 9 |
| June 15 | Pain – nature and symptoms (Paper due today) | Ch. 10 |
| June 20 | Pain – management and control | Ch 10 |
| June 23 | Mid-term Exam #2; Chronic and life threatening illness | Ch. 11 |
| June 26 | Chronic and life threatening illness Health and the internet Take-home exam handed in today | Ch. 11 Ch. 12 |
| June 30 | Take home exam to be returned to The Department of Psychology by 4:00 PM | |

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 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. 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.

Bonus 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. Information about current experiments is on the Experimentrix website at <http://experimentrix.com/uc>. The read.me link at that site provides a guide to using the system and assigning your credits. The last day to participate in research and **ALLOCATE YOUR CREDITS TO YOUR COURSES** is June 26, 2006.

Important Dates

The last day to drop this course and **still receive a fee refund** is May 17, 2006. The last day to withdraw from this course is June 27, 2006.