



Psychology 437

Health Psychology

Instructor:	Guy Pelletier	Lecture Location:	A 253
Phone:	403-355-3212	Lecture Days/Time:	W 18:00 – 20:50
Email:	g.pelletier@ucalgary.ca		
Office:	A 257		
Office Hours:	by appointment		

Course Description and Goals

This course constitutes a survey of health psychology, which essentially involves the study of how behaviours, emotions, cognitions and beliefs, personality, and social environments affect the health status of human beings. After an 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.

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.

Prerequisites

Psyc 205 – Principles of Psychology; Psyc 385 Abnormal Psychology (not sure)

Required Text

Taylor, S.E. and Sirois, F.M. *Health Psychology* (2nd. Canadian Edition). Toronto: McGraw-Hill Ryerson, 2012.

The textbook should be available at the bookstore.

Evaluation

Course evaluation: Exams

Mid-term #1: **Wednesday February 15, 2012** 60 minutes - 30% of final grade

50 multiple choice questions covering textbook chapters 1–7 and corresponding lectures.

Midterm #2: **Wednesday March 28, 2012** 60 minutes - 30% of final grade

50 multiple choice questions covering textbook chapters 8-12 and corresponding lectures

Take-home exam (**Handed out on Wednesday April 11, 2012, to be returned on Wednesday April 18, 2012**): 10% of the final grade. The take-home will be a short answer exam. The instructions will be at the top of the exam.

Course evaluation: Paper

The paper will be 2000 words or 10 pages double-spaced, and will be worth 30% of the final grade.

1) get started early, and 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 **Wednesday January 25, 2012**. If you change your mind, please indicate your changes to me in writing or by e-mail. The completed paper is due **Wednesday March 21, 2012, 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 **double-spaced, with 1 inch margins, and written in Times New Roman 12 point font.** **References in the paper and in the reference list must be in the latest APA style.** The paper must reflect a critical analysis of the research on the topic that you have selected.

4) 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. **The use of secondary sources (example: Jones, 2001 cited in Smith, 2010) is not acceptable** unless the student provides a clear and undisputable justification. If a source is accessible directly or electronically from the U of C library system, it must be used and referenced properly. Referencing a secondary source may be justifiable if, for example, the source is in a language that the student does not understand or if it is

inaccessible from the U of C library system. **A secondary source will not count toward the minimum 8 references.**

It is best if you read your sources rather than just referencing them: superficial understanding tends to show. I do an electronic random check of the references that you use; if I cannot find a reference I will contact you and ask for more details. Therefore please proofread your references carefully and make sure that they are accessible through the U of C library system. Also, do pay attention to the section on plagiarism.

A handout on writing a paper for this course will be posted on Black Board.

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

Date	Topics/Readings/Due Dates
M Jan 9	Lecture begins.
W Jan 11	Introduction and overview of health psychology Chap 1
W Jan 18	Systems of the body Chap 2
F Jan 20	Last day to drop a course with tuition refund and no W grade.
M Jan 23	Last day for registration/change of registration.
W Jan 25	Health promotion (Paper outline due today) Chap 3
W Feb 1	Health-enhancing and health-compromising behavior Chap 4-5
W Feb 8	Stress and coping Chap 6-7
W Feb 15	Mid-Term #1 – Using health services and the hospital experience Chap 8
W Feb 22	Reading days. No lecture.
W Feb 29	Communication in medical settings Chap 9
W Mar 7	Pain – nature, symptoms, management, and control Chap 10
W Mar 14	Management of chronic illness Chap 11
W Mar 21	Psychosocial issues in advancing and terminal illness (Paper to be handed in today in class) Chap 12
W Mar 28	Mid-term #2 – Heart disease, stroke, hypertension, and diabetes Chap 13
W Apr 4	Psychoneuroimmunology, AIDS, Cancer Chap 14

F Apr 6	Good Friday. No lecture.
W Apr 11	Challenges for the future - (Take-Home exam handed out today) Chap 15
F Apr 13	Lectures end. Last day to withdraw.
W Apr 18	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 (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. 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.

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 **Apr 13th, 2012**

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

Student Union Faculty Rep.: Phone: 403-220-3913 socialscirep@su.ucalgary.ca

Important Dates <http://www.ucalgary.ca/pubs/calendar/current/academic-schedule.html>

The last day to drop this course with no "W" notation and **still receive a tuition fee refund** is **January 20, 2012**. Last day for registration/change of registration is **January 23, 2012**. The last day to withdraw from this course is **Apr 13, 2012**.