

PSYC 437-01
Health Psychology
Winter 2018

Instructor:	Dr. Tavis Campbell	Lecture Location:	SH288
Phone:	403-998-0706	Lecture Days/Time:	T/ Th 11:00-12:15
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Office Hours: T 12:15-1:00 or by appt

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 Learning Outcomes

The Department of Psychology is committed to student knowledge and skill development. The table below lists the key learning outcomes for this course, the program-learning outcomes they facilitate (see psyc.ucalgary.ca/undergraduate/program-learning-outcomes), and the expected level of achievement.

	Assessment Methods	PLO(s)	Level(s)
1) Describe the influence of biopsychosocial variables, including biological, psychological and social factors involved in the etiology, progression and management of chronic disease.	Multiple choice exams, Verbal report, term paper	1,4	C
(2) Describe the challenges involved in health behavior change.	Multiple choice exams, Term paper, Verbal reports	2,3, 4	C,I,I
3) Critical reading of primary research literature to provide the basis for advanced training in health psychology.	Multiple choice exams, Term Paper, Verbal reports	1,4,7	C,C,A
4) Deliver a verbal report and write a succinct paper requiring synthesis and organization of background knowledge and multiple perspectives as well as taking a position on conclusions supported by research.	Term Paper, Verbal reports	3,4	C,A

Notes. PLOs = Program-Learning Outcomes: 1 = demonstrate knowledge of psychological sciences, 2 = think critically and solve problems, 3 = conduct research and analyze data, 4 = communicate effectively, 5 = demonstrate information literacy, 6 = understand and implement ethical principles, 7 = apply psychological knowledge and skills. Level of PLO achievement facilitated by this course: I = introductory, C = competency, A = advanced.

Prerequisites

Psyc312 (Experimental Design and Quantitative Methods for Psychology)

Required Text

Health Psychology, Canadian Edition by Edward P. Sarafino, Timothy W. Smith, David B. King, and Anita DeLongis. Wiley (2015). May be purchased at the University of Calgary Bookstore in paper or electronic format.

Assessment Methods

Paper - 30 %, Midterm - 30%, Final - 35%, Verbal Report – 5%

Term Paper: (Topic approval February 1, Final deadline April 5 at 11am).

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 February 1st. 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 at the beginning of class on April 5th at 11am.

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.

Points will be deducted for term papers handed in late (after 11am on April 5th). Late papers must be dropped off in the main office drop box, where they will be date stamped, during business hours. No assignments slipped under office doors or left on desks will be accepted. Late penalties are 10% per day (including weekends). Electronic submission is not acceptable.

Exams: There is one midterm exam (February 15th) and one final exam (Date scheduled by the Registrar). The midterm is multiple-choice only. The Final has both multiple-choice and essay questions. Tests will cover information from both lectures and text chapters. No notes, texts or electronic devices are allowed.

Verbal Report: (March 1)

Each student will make a 2-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. Please do not select a topic related to your term paper. 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. 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 2-minute time limit, relevance to health psychology, apparent preparation, and effectiveness of presentation. No written document is required.

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

Date	Topic/Activity/Readings/Due Date
T Jan 9	Winter term lectures begin. Introduction to Health Psychology / Chapters 1 and 2
R Jan 11	Introduction to Health Psychology / Chapters 1 and 2
T Jan 16	Stress, Illness and Coping / Chapter 3
R Jan 18	Stress, Illness and Coping / Chapter 3
F Jan 19	Last day to drop Winter Term half-courses.
M Jan 22	Last day to add or swap Winter Term half courses. Last day for change of registration from audit to credit or credit to audit.
T Jan 23	Stress, Biopsychosocial Factors, and Illness / Chapter 4

R Jan 25	Stress, Biopsychosocial Factors, and Illness / Chapter 4
T Jan 30	Coping with and Reducing Stress / Chapter 5
R Feb 1	Coping with and Reducing Stress / Chapter 5 Deadline to have term paper topic approved
T Feb 6	Coping with and Reducing Stress / Chapter 5
R Feb 8	Health-Related Behaviour and Health Promotion / Chapter 6
T Feb 13	Smoking & Tobacco use / Chapter 7
R Feb 15	EXAM 1 – All Class Material to date
Feb 18-25	Reading Week. No lectures. University open (except Family Day). Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.
M Feb 19	Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.
T Feb 27	Verbal Reports
R Mar 1	Verbal Reports
T Mar 6	Using Health Services / Adherence In the Hospital/Clinic: Effects on Patients / Chapters 9 and 10
R Mar 8	Nutrition, Weight Control and Diet, Exercise / Chapter 8
T Mar 13	Nutrition, Weight Control and Diet, Exercise / Chapter 8
R Mar 15	Pain / Chapter 11 and 12
T Mar 20	Pain / Chapter 11 and 12
R Mar 22	Insomnia: Causes and Treatment
T Mar 27	Cancer / Chapter 13 and 14
R Mar 29	Cancer / Chapter 13 and 14
F Mar 30	Good Friday. University Closed
T Apr 3	Cardiovascular Disease / Chapter 14
R Apr 5	Cardiovascular Disease / Chapter 14 TERM PAPER DUE: 11am
T Apr 10	What's Ahead for Health Psych / Chapter 15
R Apr 12	What's Ahead for Health Psych / Chapter 15
F Apr 13	Winter Term Lectures End. Last day to withdraw from full courses and Winter Term half courses.
Apr 16-26	Winter Term Final Examinations. Final Examination to be scheduled by the Registrar

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.

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 up to 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 during exam make-up hours provided by the department <http://psychology.ucalgary.ca/undergraduate/exam-and-course-information#mues>. If a student cannot make write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam http://www.ucalgary.ca/registrar/exams/deferred_final. Under no circumstances will this be accommodated by the department.

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 by the department. Students are advised to wait until the final examination schedule is posted before making any travel arrangements. If a student cannot write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam http://www.ucalgary.ca/registrar/exams/deferred_final. Students with an exceptional extenuating circumstance (e.g., a family emergency) should contact the Department of Psychology (psyugrd@ucalgary.ca).

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http://www.ucalgary.ca/registrar/exams/deferred_final. Under no circumstances will this be accommodated by the department.

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 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.

Acknowledgments and Respect for Diversity

Our classrooms view diversity of identity as a strength and resource. Your experiences and different perspectives are encouraged and add to a rich learning environment that fosters critical thought through respectful discussion and inclusion. The Department of Psychology would also like to acknowledge the traditional territories of the people of the Treaty 7 region in southern Alberta. The City of Calgary is also home to Métis Nation of Alberta, Region III.

Wellness and Mental Health Resources

The University of Calgary recognizes the pivotal role that student mental health plays in physical health, social connectedness and academic success, and aspires to create a caring and supportive campus community where individuals can freely talk about mental health and receive supports when needed.

We encourage you to explore the excellent mental health resources available throughout the university community, such as counselling, self-help resources, peer support or skills-building available through the SU Wellness Centre (Room 370, MacEwan Student

Centre, <https://www.ucalgary.ca/wellnesscentre/services/mental-health-services>) and the Campus Mental Health Strategy website (<http://www.ucalgary.ca/mentalhealth/>).

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 **April 13, 2018**.

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 130 and may be contacted at 403-220-5567.

Student Union VP Academic: Phone: 403-220-3911 suvpaca@ucalgary.ca

Student Union Faculty Rep.: arts1@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 (<http://www.ucalgary.ca/provost/students/ombuds>)

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 **January 19, 2018**. Last day for registration/change of registration is **January 22, 2018**. The last day to withdraw from this course is **April 13, 2018**.