



Department of Psychology
Psychology 437 (L01) – Health Psychology
Fall 2009

Instructor:	Guy Pelletier, Ph.D., R. Psych	Lecture Location:	SH 288
Phone:	403-355-3212	Lecture Days/Time:	Thurs 5– 7:50 pm
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Office:	Admin 257D		
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 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.

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 312 – Experimental Design and Quantitative Methods for Psychology
Psyc 385 – Abnormal Psychology, although not required, would be an asset.

Required Text

Taylor, S.E. and Sirois, F.M. Health Psychology. Toronto: McGraw-Hill Ryerson.
The textbook should be available at the bookstore.

Course Evaluation

Mid-term Exam #1: October 15, 2009: 60 minutes - 30% of final grade
50 multiple choice questions covering textbook chapters 1–7 and corresponding lectures

Mid-term Exam #2: November 26, 2009: 60 minutes - 30% of final grade
50 multiple choice questions covering chapters 8–12 and corresponding lectures

Take-home exam - 10% of the final grade (Handed out on **December 03, 2009**, to be returned on **December 10 2009**). This exam will cover textbook chapters 13 – 15 and relevant lectures. It will be short answer questions. Students will be asked to choose one of two questions, which they will address in a two page typewritten response (about 500 words). The exam will be presented to the students at the end of the lecture on December 03, 2009, and must be returned, in a sealed envelope addressed to the instructor, to the Department of Psychology by 4:00 PM on December 10, 2009. Failure to submit the take-home exam, on the due date, will result in the loss of 10% of the exam grade per day for each day (including weekends) beyond the deadline date and time. *There is no final exam.*

Proposal and Term Paper – 30% of final grade. This paper should be approximately 2500 words or 10 pages double-spaced, and will be worth 25% of the final grade. As well, an approved outline of the paper (one paragraph) will be worth 5% of the final grade.

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).

Submit a one paragraph outline specifying your topic and a plan for the development of the topic on or before **January 24, 2006**. If you change your mind, please indicate your changes to me in writing or by e-mail as soon as possible and submit another outline. The outline will be reviewed and modified as needed. The final outline will be approved by the instructor.

The completed paper is due **November 19, 2009**, at the beginning of the lecture (by 5:05 PM). The final paper must include the approved outline in appendix (at the back of the paper, after the references). Late submissions of the paper with the approved outline 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. Failure to submit the approved outline with the paper will result in an automatic loss of 5 marks, which is 17% of the paper mark.

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.

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. 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 will 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.

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%

In this course there will be no rounding up of final grades other than the automatic rounding done by the computer. Students have the opportunities students have to increase their final grade via research participation.

Tentative Lecture Schedule

Date		
Sep 10	<i>First Day of Lecture</i> Introduction and overview of health psychology	Ch 1
Sep 17	Systems of the body	Ch 2
Sept 18	<i>Last day to drop a course with no W grade and tuition refund.</i>	
Sept 21	<i>Last day for registration/change of registration.</i>	
Sep 24	Health promotion (paper outline due today)	Ch 3
Oct 01	Health enhancing and health-compromising behaviors	Ch 4 - 5
Oct 08	Stress and coping	Ch 6 - 7
Oct 15	Mid-term #1 - Using health services and the hospital experience	Ch 8
Oct 22	Communication in medical settings	Ch 9
Oct 29	Pain - nature, symptoms, management and control	Ch 10
Nov 05	Management of chronic illness	Ch 11
Nov 12	No class - Reading Days	
Nov 19	Psychosocial issues in advancing and terminal illness (Paper to be handed in today in class by 5:05 PM)	Ch 12
Nov 26	Mid-term #2 - Heart disease, hypertension, stroke, and diabetes	Ch 13
Dec 03	Psychoneuroimmunology, AIDS, Cancer Challenges for the future (Take home exam handed out today)	Ch 14 - 15
Dec 8	<i>Last day to withdraw</i>	
Dec 10	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 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.

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 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 **Dec 7th, 2009**.

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 220-5567.

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

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

Important Dates

The last day to drop this course and **still receive a fee refund** is **Sep 18th, 2009**. The last day to withdraw from this course is August **Dec 8th, 2009**.