

<b>PSYC 437</b>	<b>Health Psychology</b>	<b>Winter 2020</b>
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<b>Instructor:</b>	Dr. Tavis Campbell, Ph.D.	<b>Lecture Location:</b>	Online
<b>Phone:</b>	403-998-0706	<b>Lecture Days/Time:</b>	TR 2:00-3:15
<b>Email:</b>	t.s.campbell@ucalgary.ca		
<b>Office:</b>	AD 225		
<b>Office Hours:</b>	Tuesday 1-2pm 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](http://psyc.ucalgary.ca/undergraduate/program-learning-outcomes)), and the expected level of achievement.

Course Learning Outcomes	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 exam, Written report, term paper	1,4	C
(2) Describe the challenges involved in health behavior change.	Multiple choice exam, Term paper, Written exam	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 exam, Term paper, Written report, Written exam	1,4,7	C, C, A
4) Write a 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, Written report	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 or PSYC 300 and 301 (Experimental Design and Quantitative Methods for Psychology) and PSYC 375 (Brain and Behaviour).

### **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%, Exams- 30% each, Written Report - 10%**

**Term Paper:** (Topic approval February 1, Final deadline April 7<sup>th</sup> at 2pm).

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 patient's 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 by emailing it to Professor Campbell at t.s.campbell@ucalgary.ca by 2pm on April 7th at the latest.**

## TIPS ON TERM PAPER GRADING

1. Quality is more important than length. However, you can not 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.

Without approved documentation, points will be deducted for term papers emailed in late (after 2pm on April 7th). No assignments slipped under office doors or left on desks or submitted to the main office will be accepted. Late penalties are 10% per day (including weekends).

**Exams:** There are two exams (February 13<sup>th</sup> and March 26<sup>th</sup>). The first test is Multiple Choice only. The second exam consists of 2 essay questions. Tests are non-cumulative and will cover information from both lectures and text chapters. Exam 2 will be posted on the D2L site at 2pm on March 26<sup>th</sup>. You will have until 3:30pm to email it to Professor Campbell at [t.s.campbell@ucalgary.ca](mailto:t.s.campbell@ucalgary.ca)

**Written Report:** (April 14) Each student will write a 300 to 500 word (max) statement about a health issue of your choice. There are two purposes of this exercise. 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.. Your statement can expand on a topic we have already covered or bring up a subject that will not otherwise be discussed. You can describe 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; provide information on a self-cure or preventive measure; inform 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.

Grading will be based on sticking to the word limit, relevance to health psychology, quality of rationale and arguments. **It is due by emailing it to Professor Campbell at t.s.campbell@ucalgary.ca by 2pm on April 14th at the latest.** Without approved documentation, points will be deducted for term papers emailed in late (after 2pm on April 14th). No assignments slipped under office doors or left on desks or submitted to the main office will be accepted. Late penalties are 10% per day (including weekends).

### **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
M Jan 6	Winter term begin, Block Week Courses (Jan 6-10)
T Jan 14	Winter Lectures Begin Introduction to Health Psychology / Chapters 1 and 2
R Jan 16	Last day to drop Winter Term half-courses. Introduction to Health Psychology / Chapters 1 and 2
T Jan 21	Stress, Illness and Coping / Chapter 3
R Jan 23	Last day to drop a class without financial penalty Stress, Biopsychosocial Factors, and Illness / Chapter 4
F Jan 24	Last day to add or swap a course
T Jan 28	Stress, Biopsychosocial Factors, and Illness / Chapter 4
R Jan 30	Coping with and Reducing Stress / Chapter 5
F Jan 31	Tuition Fee Deadline
T Feb 4	Smoking & Tobacco use / Chapter 7
R Feb 6	Pain / Chapter 11 and 12
T Feb 11	Pain / Chapter 11 and 12
R Feb 13	<b>Exam #1</b>
Feb 16-22	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 17	Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.
T Feb 25	Health-Related Behaviour and Health Promotion / Chapter 6
R Feb 27	Insomnia
T Mar 3	Using Health Services / Adherence In the Hospital/Clinic: Effects on Patients / Chapters 9 and 10
R Mar 5	Nutrition, Weight Control and Diet, Exercise / Chapter 8
T Mar 10	Nutrition, Weight Control and Diet, Exercise / Chapter 8
R Mar 12	Nutrition, Weight Control and Diet, Exercise / Chapter 8
T Mar 17	Cancer / Chapter 14
R Mar 19	Cardiovascular disease / Chapter 14
T Mar 24	
R Mar 26	<b>Exam #2</b>
T Mar 31	
R Apr 2	
T Apr 7	<b>Term Paper Due</b>
R Apr 9	

F Apr 10	Good Friday
M Apr 13	Non-Instructional Day, University Open
T Apr 14	<b>Written Report Due</b>
W Apr 15	Last day of classes, last day to withdraw from winter semester
Apr 18-29	Final Exam Period
Apr 30	End of Term

## Extra Research Participation Course Credit is Not Offered for this Course.

### Seating During Exams

Instructors and exam invigilators are free to ask students to move seats before an exam begins or even during an exam. Students must comply with this request and refusal to do so may warrant a charge of academic misconduct.

### Absence From A Test/Exam

Makeup tests/exams are **NOT** an option without the approval of the instructor. A student may be asked to provide supporting documentation for an exemption/special request for a make-up exam <https://www.ucalgary.ca/pubs/calendar/current/n-1.html>. Students who miss a test/exam have up to 48 hours to contact the instructor to ask for a makeup test/exam. It's the instructor's discretion if they will allow a make-up 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. Once approved by the instructor 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 write their final exam on the date assigned by the Registrar's Office, they need to apply for a deferred exam <https://www.ucalgary.ca/registrar/exams/deferred-exams>.

### 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 <https://www.ucalgary.ca/registrar/exams/deferred-exams>. Students with an exceptional extenuating circumstance (e.g., a family emergency) should contact the Department of Psychology ([psyugrd@ucalgary.ca](mailto:psyugrd@ucalgary.ca)).

Reappraisal of Graded Term Work <http://www.ucalgary.ca/pubs/calendar/current/i-2.html>

**Reappraisal of Final Grade** <http://www.ucalgary.ca/pubs/calendar/current/i-3.html>

### **Academic Accommodations**

Students seeking an accommodation based on disability or medical concerns should contact Student Accessibility Services; SAS will process the request and issue letters of accommodation to instructors. For additional information on support services and accommodations for students with disabilities, visit [www.ucalgary.ca/access/](http://www.ucalgary.ca/access/). Students who require an accommodation in relation to their coursework based on a protected ground other than disability should communicate this need in writing to their Instructor. The full policy on Student Accommodations is available at <http://www.ucalgary.ca/policies/files/policies/student-accommodation-policy.pdf>.

### **Academic Misconduct**

For information on academic misconduct and its consequences, please see the University of Calgary Calendar at <http://www.ucalgary.ca/pubs/calendar/current/k.html>

### **Instructor Intellectual Property**

Course materials created by professor(s) (including course outlines, presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the professor(s). These materials may NOT be reproduced, redistributed or copied without the explicit consent of the professor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.

### **Copyright Legislation**

All students are required to read the University of Calgary policy on Acceptable Use of Material Protected by Copyright ([www.ucalgary.ca/policies/files/policies/acceptable-use-of-material-protected-by-copyright.pdf](http://www.ucalgary.ca/policies/files/policies/acceptable-use-of-material-protected-by-copyright.pdf)) and requirements of the copyright act (<https://laws-lois.justice.gc.ca/eng/acts/C-42/index.html>) to ensure they are aware of the consequences of unauthorized sharing of course materials (including instructor notes, electronic versions of textbooks etc.). Students who use material protected by copyright in violation of this policy may be disciplined under the Non-Academic Misconduct Policy.

### **Freedom OF Information and Protection of Privacy**

**Student information will be collected in accordance with typical (or usual) classroom practice. Students' assignments will be accessible only by the authorized course faculty. Private information related to the individual student is treated with the utmost regard by the faculty at the University of Calgary**

### **Student Support and Resources**

<https://www.ucalgary.ca/registrar/registration/course-outlines>

### **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.

### **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 [suypaca@ucalgary.ca](mailto:suypaca@ucalgary.ca)

**Student Union Faculty Rep.:** [arts1@su.ucalgary.ca](mailto:arts1@su.ucalgary.ca)

### **Important Dates**

The last day to drop this course with no "W" notation and **still receive a tuition fee refund** is **January 23, 2020**. Last day for registration/change of registration is **January 24, 2020**. The last day to withdraw from this course is **April 15, 2020**.