



Department of Psychology

Psychology 437 (L01) – Health Psychology

Fall Session 2008

Instructor:	Tavis Campbell, Ph.D.	Lecture Location:	A253
Phone:	220-7490	Lecture Days/Time:	Wednesday 16:00 – 18:45
Email:	t.s.campbell@ucalgary.ca		
Office:	A256		
Office Hours:	Wed. 3-4 or by appt.		

Course Description and Goals

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 Goals: (1) To provide a basic and broad based overview of the field of health psychology from a biopsychosocial perspective.
(2) To provide a practical understanding of the challenges involved in health behavior change.
(3) To provide the foundation for students seeking advanced training in health psychology.

Required Text

Health Psychology. A BioPsychoSocial Approach (2nd Ed.). Richard O. Straub. Bedford, Freeman & Worth, 2007. Available in the University bookstore.

Evaluation

2 exams (midterm October 29th, final to be scheduled by Registrar's Office)
1 verbal report (due November 19th)
1 paper (due December 3rd)

Grading Criteria:

Paper - 30 %, Midterm - 30%, Final - 30%, Verbal Report – 10%

Exams: There is one midterm exam and one final exam. The midterm is only multiple-choice and the final contains both multiple choice and essay questions. Tests will cover information from both lectures and text chapters.

Term Paper: (See "Term Paper" section). Points will be deducted for term papers handed in late (after the last class, 10% per day). Late papers must be turned in to the Psychology main office, 275 Administration Building. No assignments slipped under office doors, left on desks or e-mailed will be accepted.

Grading Scale

A+	96-100%	B+	75-79%	C+	60-64%	D+	45-49%
A	85-95%	B	70-74%	C	55-59%	D	40-44%
A-	80-84%	B-	65-69%	C-	50-54%	F	0-43%

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. To determine final letter grades, final percentage grades will be rounded up or down to the nearest whole percentage (i.e., 89.5% will be rounded up to 90%; 89.4% will be rounded down to 89%, etc.).

Lecture Schedule

Sept 10	Origins and overview of Health Psychology (Chapter 1&2)
Sept 17	Basics of physiological systems involved in Health Psychology (Chapter 3)
Sept 24	Physiological, emotional, and behavioral responses to life Stress (Chapters 4 & 5)
Oct 1	Psychological/Behavioral Factors in Cardiovascular Disease (Chapter 9)
Oct 8	Psychosocial aspects of Cancer (Chapter 10)
Oct 15	No Class
Oct 22	Tobacco & Smoking. (Chapter 8) / Sleep Disorders / Asthma (Chapter 3)
Oct 29	Midterm Exam Adherence (Chapter 12)
Nov 5	Diet, exercise, obesity (Chapters 6 & 7)
Nov 12	Diabetes (Chapter 9)
Nov 19	Verbal Reports

Nov 26	Pain and pain management (Chapter 13)
Dec 3	Complementary and Alternative Medicine (Chapter 14) Trends in Health Psychology (Chapter 15) Term Paper Due

**FINAL EXAM.
DATE TO BE ANNOUNCED.**

VERBAL REPORT (Nov 19).

Each student will make a 5-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.

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. If you are petrified of public speaking, you can refuse, but note that you lose the 10 percent of your final grade if you do not present on Nov 19. 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 5-minute time limit**, relevance to health psychology, apparent preparation, and effectiveness of presentation. No written document is required.

TERM PAPER – 10 pages (Topic approval October 22, Final deadline Dec 3)

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 October 22.

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 on the last day of class.

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.

Recommended Journals that may be helpful in researching your term paper:

Annals of Behavioral Medicine	Psychology and Health
Health Psychology	Psychology Health, and Medicine
International Journal of Behavioral Medicine	Psychosomatics
Journal of Behavioral Medicine	Psychosomatic Medicine
Psychophysiology	Psychotherapy and Psychosomatics
Journal of Health Psychology	Social Science and Medicine
Journal of Psychosomatic Research	Mind/Body Medicine

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

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.

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 **December 4, 2008**.

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

Phone: 220-
3911

suvpaca@ucalgary.ca

Academic:

Student Union Faculty

Phone: 220-
3913

socialscirep@su.ucalgary.ca

Rep.:

Important Dates

The last day to drop this course and still receive a fee refund is **September 19, 2008**.

The last day to withdraw from this course is **December 5, 2008**.