

PSYCHOLOGY 437		HEALTH PSYCHOLOGY		Winter 2019	
Instructor:	Dr. Lisa Daroux-Cole	Lecture Location:	KNB131		
Email:	ldaroux@ucalgary.ca	Lecture Days/Time:	T/Th 11:00-12:15		
Office:	KNB231	TA information:	Ivan Sedov isedov@ucalgary.ca		
Office Hours:	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.

Course Learning Outcomes	Assessment Methods	PLO(s)	Level(s)
Describe basic biological mechanisms and physiological structures important in health psychology	Multiple choice exams, verbal report	1	C
Summarize foundational theories in health psychology	Multiple choice exams, verbal report	1	C
Describe cognitive and behavioural principles that influence behaviour change and apply that knowledge to treatment of specific health conditions	Multiple choice exams, verbal report	1, 8	C, C
Describe how health psychology influences primary, secondary and tertiary prevention efforts	Multiple choice exams, verbal report	1, 2	C, C
Integrate knowledge about biological mechanisms and physiology and cognitive and behavioural principles of change to create a public policy intervention aimed at promoting individual health outcomes	Verbal report	10, 2	C, C

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

Psyc 312 (Experimental Design and Quantitative Methods for Psychology)

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

Term Paper - 25 %, Midterm - 25%, Final - 30%, Verbal Report – 20%

Term Paper:

In this course on health psychology we will periodically discuss the need to intervene at a political level to achieve desired health outcomes. The purpose of the term paper is to get you thinking critically about how health research can influence the individual, social environment, built environment, and public policy. This assignment is designed to inform you about the political dimension of health and options for intervening. Often the results of health-related research take decades to reach the general public. This can lead to delays in addressing serious health related societal issues. During the semester you will identify a timely political issue that is relevant to a health topic. Then you will develop an advocacy intervention. There are numerous modes of advocacy that would be appropriate for this specific assignment. The most conventional is a letter or email to a representative or government official. Letters to the editor of a newspaper or magazine would also be appropriate. Attending a meeting of a political discussion group, participating in a demonstration or forming a group to be involved in campus policy are all examples of acceptable advocacy projects. Setting up a meeting with a policy maker, aide or advocacy organization would also be excellent options as would getting involved in organizations on campus.

This term paper assignment is as follows:

1. Identify a health psychology topic that interests you. The topic should be specifically related to a health psychology topic that you find in the textbook (e.g., Nutrition & Obesity, Exercise, Smoking Cessation). If you are having problems finding a topic, you are welcome to discuss your proposal with the instructor and/or the TA.
2. After you have selected a topic, write a report about the health topic, the related political issue, and the rationale for your intervention (maximum 6-pages, double spaced). Identify your sources of information and you may include some that are not scientific publications. In other words, you may use news stories, briefs from policy or advocacy organizations, or government reports as sources. *Also, be sure to include a minimum of six scientific articles supporting your intervention suggestion.
3. Either (a) write a description of what your political intervention could be, including the target person/population and methods, or (b) submit documentation of the intervention itself, such as a letter to the editor or to a representative (maximum 2-pages, double spaced). You DO NOT have to carry out your intervention to receive credit for this assignment.
4. The total length of the body of your paper including the “briefing” and description of your intervention must not exceed 8 pages double-spaced (this does not include references or title page) and must be presented in APA format (e.g., Times New Roman, 12-point font, 1-inch margins, APA title page, etc.). Any pages over the maximum 8-page limit will not be marked. References should include, at minimum, 6 articles that you read and a reference to the chapter in the textbook (in APA format).

The paper is due by 11am on March 28, 2019. Assignments can be dropped off in the assignment drobox located at the Department of Psychology Main Office (2nd floor of Administration Building) with Instructor: Dr. Daroux-Cole and TA: Ivan Sedov included on your title page. Please note that without approved documentation, late assignments will be penalized 10% per day including weekends up to April 5, 2019. Electronic submissions of papers will not be accepted.

TIPS ON TERM PAPER GRADING

Please dig into the literature and write a paper that shows you have informed yourself on the topic, therefore please be sure to use appropriate scientific references. Any sources that are not scientific are in addition to the expected 6 (or more) scientific articles. To attain a high grade you must show that you have learned the academic material and have put considerable effort into writing this report. The paper will be graded using the following criteria (out of 40 points): Introduction (5 points), Research (10 points), Conclusion (5 points), Intervention (10 points), Writing style (5 points), APA formatting (5 points). The complete grading rubric is on d2L.

Exams: There is one midterm exam (February 14th) and one final exam (Date scheduled by the Registrar). The midterm is multiple-choice only. The Final exam is cumulative and has both multiple-choice and short answer questions. Tests will cover information from both lectures, class discussion, and text chapters. No notes, texts or electronic devices are allowed.

Verbal Report: (Feb 28, March 7,14, 21)

With a partner, students will make a 10-minute statement about a health issue of your choice. There are two purposes of this assignment. The first is to make sure we touch on health topics that are of concern to students. You and your partner 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. 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 10-minute time limit, relevance to health psychology, apparent preparation, and effectiveness of presentation. No written document is required.

It is expected that you will complete all components of the course. If you miss your verbal report without approved documentation, you will receive a score of 0 for that component. With approved documentation, you will be provided an alternative day (in or outside of class time) to give your verbal report.

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
R Jan 10	Introduction to Health Psychology / Chapter 1
T Jan 15	Stress, Illness and Coping / Chapter 3
R Jan 17	Stress, Illness and Coping / Chapter 3 Last day to drop Winter Term half-courses.
F Jan 18	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 22	Stress, Biopsychosocial Factors, and Illness / Chapter 4
R Jan 24	Stress, Biopsychosocial Factors, and Illness / Chapter 4
F Jan 25	Tuition Fee Deadline
T Jan 29	Coping with and Reducing Stress / Chapter 5
R Jan 31	Coping with and Reducing Stress / Chapter 5
T Feb 5	Health-Related Behaviour and Health Promotion / Chapter 6
R Feb 7	Health-Related Behaviour and Health Promotion / Chapter 6
T Feb 12	Smoking & Tobacco use / Chapter 7
R Feb 14	EXAM 1 – All Class Material to date
Feb 17-24	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 18	Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.
T Feb 26	Nutrition, Weight Control and Diet, Exercise / Chapter 8
R Feb 28	Verbal Reports (1-10)
T Mar 5	Nutrition, Weight Control and Diet, Exercise / Chapter 8
R Mar 7	Verbal Reports (11-20)
T Mar 12	Using Health Services / Adherence in the Hospital/Clinic: Effects on Patients / Chapters 9 and 10
R Mar 14	Verbal Reports (21-30)
T Mar 19	Pain / Chapter 11 and 12
R Mar 21	Verbal Reports (31-40)
T Mar 26	Pain / Chapter 11 and 12
R Mar 28	Insomnia: Causes and Treatment (Ivan) TERM PAPER DUE: 11am
T Apr 2	Cancer / Chapter 13 and 14
R Apr 4	Cancer / Chapter 13 and 14
T Apr 9	Cardiovascular Disease / Chapter 14
R Apr 11	What's Ahead for Health Psych / Chapter 15
F Apr 12	Winter Term Lectures End. Last day to withdraw from full courses and Winter Term half courses.
Apr 15-27	Winter Term Final Examinations.
Apr 19	Good Friday
Apr 30	Winter Term Ends

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

A student who feels that a piece of graded term work (term paper, essay, test, etc.) has been unfairly graded, may have the paper re-graded as follows. The student shall discuss the work with the instructor **within fifteen 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 Director of Undergraduate Studies who will arrange for a reassessment of the work **within the next fifteen days**. Students in faculties without a departmental structure should take the matter to the dean or the associate/assistant dean (Academic/Student Affairs) of the faculty offering the course. The result of that reassessment should be given to the student in writing. ***The reappraisal of term work may cause the grade to be raised, lowered or to remain the same.***

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

In the reappraisal of a final grade, the only element that will be considered is the grading of the final assessment that makes up the final mark (e.g., final examination, final project, final paper). An exception may occur when the Instructor of Record evaluates a piece of graded term work at the end of the term; that grade may also be considered in a reappraisal of final grade.

A student wishing a reappraisal of a final grade should first attempt to review the final assessment with the department or faculty offering the course. After which, the student shall obtain a Reappraisal of Final Grade form from ucalgary.ca/registrar (under Student Forms). Students must indicate exactly what error was made in marking the final assessment and/or in computing the final grade. The reappraisal will only be considered if the student provides a detailed rationale that outlines where and for what reason an error is suspected.

Students wishing a reappraisal of a final grade (excluding Law courses) must submit their request by the following dates:

Fall Term – March 1

Winter Term – June 30

Spring Intersession – August 15

Summer Term – October 15

Supplemental Examinations: 30 calendar days from the date the examination was written

The reappraisal form shall be submitted to Enrolment Services who will forward it to the department head or dean of the faculty offering the course. Reappraisals of final grades are dealt with by the head of the academic unit in consultation with members of academic staff. Normally, the department/faculty will respond to a reappraisal request within thirty calendar days of its initiation. After the reappraisal is completed, the department shall return the form to the Registrar's Office who shall inform the student in writing of the decision. ***Students should be aware that the grade being reappraised may be raised, lowered or remain the same. A student may request a reappraisal of final grade only twice in one academic year (September 1 – August 31).***

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 Accommodations

The student accommodation policy can be found at: ucalgary.ca/access/accommodations/policy. Students needing an Accommodation because of a Disability or medical condition should communicate this need to Student Accessibility Services in accordance with the Procedure for Accommodations for Students with Disabilities ucalgary.ca/policies/files/policies/student-accommodation-policy. Students needing an Accommodation based on a Protected Ground other than Disability, should communicate this need, preferably in writing, to the instructor.

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).**

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

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 12, 2019**.

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 suypaca@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 17, 2019**. Last day for registration/change of registration is **January 18, 2019**. The last day to withdraw from this course is **April 12, 2019**.