



Department of Psychology

Psychology 501 (L01) – Stress and Health

Winter Session 2008

Instructor:	Dr. Tavis Campbell	Lecture Location:	A253
Phone:	220-7490	Lecture Days/Time:	M 2:00-4:50
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Office:	A256		
Office Hours:	M 1:00-2:00 or by appt.		

Course Description and Goals

Course Description: In this advanced seminar course, we will critically evaluate issues and controversies prominent in the general research area of Health Psychology / Behavioral Medicine / Psychosomatic Medicine. The focus will be on *basic pathways linking behavior to disease*.

Course Goals:

- 1) provide an introduction to the ways in which behavioral factors or biobehavioral processes cause disease or affect pathophysiology, including identification of basic pathways linking health and behavior and sources of complexity inherent in studying them
- 2) describe and critically evaluate methodological approaches to the study of behavior and diseases such as cardiovascular disease, cancer, and infectious illnesses
- 3) provide knowledge and skills necessary for building etiological models of disease progression that feature behavioral factors as key components
- 4) integrate conceptual models describing health and behavior relationships across disease types and population subgroups

Required Text

Readings available one week prior to presentations.

Evaluation

Research Proposal, 2 Seminar Presentations, Participation

Grading Criteria:

Research Proposal - 30%, Seminar Presentations - 50%, Participation – 20%

The research proposal is due in class on the last day of class, April 14, 2008. Late papers will be subjected to a 10% penalty per day, including weekends. Late papers must be turned in to the Psychology main office, 275 Administration Building. No papers slipped under office doors or left on desks will be accepted. Emailed assignments will not be accepted.

Seminar Presentations:

You will be responsible for two seminar presentations during the course. This involves preparing **two 30 minute presentations/class discussions**. You will find 2 appropriate class readings for each presentation (to be approved by myself) and provide the reference in class one week in advance. On the day you present, you should distribute ‘handouts’ from your PowerPoint presentation for the class.

Evaluation of your presentation is based on an appraisal of the background reading you have done, your identification of relevant reference material, your critical and careful consideration of the topic, your outline, and stewardship of the class discussion.

Research Proposal:

Based on your reading of the Health Psychology literature, you will develop one or more hypotheses and design a study that could address these. Your study may be either experimental or correlational. Your research proposal should include the following sections: Introduction, Method, Analysis, and Predictions:

- The Introduction should describe the general area of research and the specific issue(s) and problem(s) that your study addresses, including why your study is important. The introduction will conclude with a statement of your specific hypotheses.
- The Method section should present details about how your study will be done: what sort of subjects you will use and where will these be obtained; what measures you will be using; the procedure; and instructions that subjects will be given.
- The Analysis section should describe quite generally the statistical procedures that you will use to evaluate your hypotheses. Specific statistical tests do not have to be mentioned; instead use general terms.
- The Predictions section should describe the results you anticipate, and how these results will resolve, or at least address, the issues or problems you described in your Introduction. You should also consider the implications of results that run counter to your predictions, should these occur.

The length of your research proposal should be a **maximum of 15 pages double-spaced (not including references)**. Your proposal should be sufficiently detailed so that another reader could carry out your study without having to come back to you for additional information or clarification.

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

Date	Topic
January 14	Introduction to Health Psychology – Course Overview
January 21	Research Methods – Psychophysiology
January 28	Socioeconomic Status & Health Ethnicity & Health, Gender & Health
February 4	Personal Attributes & Health: Social Support Personal Attributes & Health: Personality Personal Attributes & Health: Emotions
February 11	The Health Belief Model The Theory of Planned Behavior The Stages of change Model
February 18	<i>Reading week – no class</i>
February 25	Aging and Health Complementary and Alternative Medicine Safety
March 3	Psychosocial Influences on Immunity Behavior and Infectious Disease Behavioral Oncology HIV and AIDS
March 10	Quality of Life in Death Survivorship Biofeedback Behavior – Genetics Research
March 17	Obesity – Etiology Obesity – Behavioral Interventions Obesity – Pharmacological / Surgical Interventions Exercise and Physical Activity Interventions
March 24	Behavioral Medicine & Diabetes Hypertension & CVD - Etiology Behavioral Cardiology Blood donation / Vasovagal reactions
March 31	Smoking Cessation Sleep and Health Asthma Patient Adherence
April 7	Pain – Biopsychosocial Model

April 14

Pain - Interventions
Pain in children
Psychosocial Factors in the Progression of Arthritis
Mindfulness Interventions
Motivational Interviewing
Cognitive Behavioral Stress Management
The Role of Health Psychology in Health Care Settings
Research Proposal Due

University of Calgary Curriculum Objectives

1) This course addresses the following core competencies:

Critical and creative thinking
Analysis of problems
Effective written and verbal communication
Gathering and organizing information
Insight and intuition in generating knowledge
Interpretive and assessment skills

With the following course characteristics:

Students are encouraged to think critically about the course material and the research literature in health psychology for their own individual term paper, verbal report and exams. Depth and creativity of thought, integration of issues, insight, and critical thinking are some of the criteria for success.

The research proposal, seminar presentations, and thought papers will emphasize clarity of content and organization.

Students are expected to access the major journals in health psychology and to master the APA style of referencing.

Students will be encouraged to think about various interpretations of the data that are presented in the course material, and the implications for the everyday lives of individuals with health problems.

2) This course addresses the following curriculum redesign features:

A defined interdisciplinary component
An experiential learning component relevant to the program objectives
Integration of research

With the following course characteristics:

This course focuses on the biological, social, and psychological determinants of health problems and their treatments, thus is multidisciplinary in nature. Diversity issues will also be considered throughout the course (e.g., culture, gender, age, etc.)

Class lectures and discussions will focus on methodological and conceptual issues in research studies. Students will also be expected to review the research literature for their thought papers, research proposal, and seminar presentations.

Reappraisal of Grades

A student seeking reappraisal of graded tests, exams, lab assignments, etc., must discuss their work with the instructor within fifteen days of being notified of the mark or of the work having been returned to the class. In accord with Faculty regulations, the whole assignment or exam will be re-marked, and the mark may be raised, lowered, or remain the same. No reappraisal is permitted after the fifteen-day period.

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 a student's responsibility to request academic accommodation. If you are a student with a disability who may require academic accommodation and **have not** registered with the Disability Resource Centre, please contact their office at 220-8237. If you are seeking academic accommodation, please notify your instructor no later than fourteen (14) days after the commencement of the course. Note that the lecturer must approve any tape recordings of lectures.

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 an individual's final grade. Students can create an account and access the Research Participation System website at <http://ucalgary.sona-systems.com>. **The last day to participate in research is April 17, 2008.**

Student Organizations

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in the Administration building, room 170 or 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 January 25, 2008. The last day to withdraw from this course is April 18, 2008.

A copy of this course outline may be viewed on the Internet at the following web address:
<http://www.psychology.ucalgary.ca/courses>