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PSYX 383.01: Health Psychology

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PSYCHOLOGY 383
Health Psychology

Spring 2016

Monday, Wednesday, Friday 12:10-1:00pm, Stone Hall 304

Instructor: Lindsey Grove, M.S.

Office: Skaggs 359

Email: Lindsey.grove@umontana.edu

Email is the best way to get in touch with me. I will respond to all student e-mails within 48 hours (usually much sooner!). Please don't hesitate to email me with any questions or concerns.

Office Hours: after class W (1-2) and F (1-3), or by appointment

Required Text: Straub, R.O. (2014). *Health Psychology: A Biopsychosocial Approach, 4rd Edition*. New York, NY: Worth Publishers.

**Additional required readings will be posted to Moodle.*

Course Objectives:

This course provides an introduction to health psychology, a subfield of clinical and experimental psychology, which is expanding at a rapid pace. Over the course of the semester, we will engage a variety of topics. We will begin with an overview and discussion of health psychology's range of settings and applications. Next, you will gain knowledge about human physiology, basic bodily systems, and contemporary theories that account for the complicated relationships between human behavior, health, and illness. With that foundation in place, we will examine specific health demoting and promoting behaviors, including diet, exercise, smoking and substance abuse. In doing so, you will learn about modifiable and non-modifiable factors that confer risk for engagement in health-demoting behavior. Finally, you will gain knowledge in some of the most promising interventions employed by health psychologists, and you will learn about the contributions of psychological principles and psychological care for cancer, heart disease, HIV/AIDS, and chronic pain.

Learning Outcomes: Students will:

1. Demonstrate knowledge and understanding of commonly used research methodologies in health psychology and epidemiology.
2. Demonstrate knowledge and understanding of the bio-psychosocial view of health and will competently apply this conception to common chronic illness conditions.
3. Demonstrate knowledge and understanding of the roles of psychological factors in health/illness promotion and will understand the roles of psychologists in the promotion of health.

Course Policies

Announcements: Students are responsible for all announcements made in class. These may include changes in policy, schedule, or requirements. Announcements may also be directly emailed to students' university e-mail addresses via Moodle. Students are responsible for checking their official UM e-mail account (or forwarding their UM account to an email address that is regularly used.)

Expectations: You are expected to read assignments prior to class meetings. Your classmates and I will appreciate your discretion with respect to cell phone conversations, text messaging, and personal conversations. Grade sheets, interesting supplemental articles, and other course materials will be posted to Moodle. Finally, I'm happy to correspond with students via email. Please note, however, that university policy prohibits correspondence using a non-university email account. *Please send all email correspondence from your University of Montana email account.*

Academic integrity: All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University. Specifically, cheating will result in a "0" for the assignment in question and may result in a failing course grade and dismissal from the university. Please enlist my help if you are having difficulty with the course content. Plagiarism is an example of academic dishonesty and will be handled accordingly. If you have questions about what might constitute plagiarism, please let me know. Finally, all students need to be familiar with the [Student Conduct Code](#)

Accommodations for students with disabilities: The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and [Disability Services for Students](#). If you think you may have a disability adversely affecting your academic performance, and you have not already registered with Disability Services, please contact Disability Services in Lommasson Center 154 or call 406.243.2243. I will work with you and Disability Services to provide and appropriate modification.

Drop dates: You may drop the course or change your grading option via CyberBear through the 15th instructional day (**February 12th**). You may drop the course or change grading options via Drop/Add form through the 45th instructional day (**March 28th**) (Fee applies; instructor & advisor signatures required; a "W" will appear on transcript for drops). Please note that you will not receive a full refund if you drop the course after instruction has begun. Beyond the 45th day of instruction, dropping courses and/or changing grading options require a Petition to Change Registration form (Fee applies; instructor, advisor and Dean of College signatures required; a "WP" or "WF" will appear on transcript for drops). ***March 28th is the last day to drop classes or change grading options. After that date, I will not sign a Petition to Change Registration unless the student provides documentation of justification (e.g., prolonged illness, family emergencies, etc.).*** Additionally, 'incompletes' will be assigned only in the event of documented urgent circumstances. It is your responsibility to contact the [Registrar's office](#) to confirm details and these dates.

Course Requirements

Exams: Four exams will assess your understanding of the course material. The tentative dates of the first three exams are listed on the attached course schedule. Please note that the dates of the first three exams might change depending on the pace of the class. The date and time of the final examination is determined by the University Registrar's office. ***Neither the date nor the time (Monday, May 9th, 8:00am-10:00p) of the final examination will change.*** Arrange your schedules accordingly.

Each exam is worth 50 points and includes short answer and multiple-choice questions. Exams will assess your understanding of the material presented in the lectures and the assigned readings. Please note that the exams **will** assess knowledge of material from the assigned readings that is **not** discussed in class and material from lecture that will **not** find in the text. The final exam is cumulative and covers the material discussed over the entire semester.

Make-up exams: Without exception, make-up exams will be granted only if an absence is excused. There are three situations for which I will consider a make-up exam: 1) participation in a university-sanctioned athletic event; 2) a prolonged or severe illness; and 3) a death or serious illness in the family that requires the student to miss class. In fairness to all students, excuses must be documented by an appropriate person or agency. Make-up exams will be administered *after* the regularly scheduled exam and are likely to be a different format (e.g., essay questions). Make-up exams must be completed as soon as possible following your return. It is likely that I will not be available for questions before, during, or after the make-up exam. If you are aware of a scheduling problem that conflicts with the exam schedule, bring it to my attention immediately.

Grading: Course grading is based on a total of 200 points. Points are awarded as follows:

Examinations: 4 @ 50 pts	=	200 points
TOTAL		200 points

There will be no grade curves in this course. Final grades will be based on the following scale:

A	=	187-200 pts.	(~93.4%)
A-	=	180-186 pts.	(~90.0%)
B+	=	173-179 pts.	(~86.7%)
B	=	167-172 pts.	(~83.4%)
B-	=	160-166 pts.	(~80.0%)
C+	=	153-159 pts.	(~76.7%)
C	=	147-152 pts.	(~73.4%)
C-	=	140-146 pts.	(~70.0%)
D+	=	133-139 pts.	(~66.7%)
D	=	120-132 pts.	(~60.0%)
F	=	<120 pts.	(<60%)

Tentative Course Schedule				
Week #		Date	Topic	Materials Covered
Week 1	M	January 25	Course Overview and Introduction	Syllabus
	W	January 27	Foundations of Health Psychology	Chapter 1
	F	January 29	Foundations of Health Psychology	Ch.1, Engel, 1972
Week 2	M	February 1	Research Methodology	Chapter 2
	W	February 2	Research Methodology	Chapter 2
	F	February 5	Research Methodology	Chapter 2
Week 3	M	February 8	Biological foundations and Systems	Chapter 3
	W	February 10	Biological foundations and Systems	Chapter 3
	F	February 12	Biological foundations and Systems	Chapter 3
Week 4	M	February 15	President's Day –NO CLASS	
	W	February 17	Stress	Chapter 4
	F	February 19	Stress	Chapter 4
Week 5	M	February 22	Coping	Chapter 5
	W	February 24	Coping	Chapter 5
	F	February 26	EXAM 1	Chapters 1-5
Week 6	M	February 29	Stress Mgmt and Coping Interventions	Chapter 5
	W	March 2	Staying Healthy	Chapter 6
	F	March 4	Theories of Health Behavior Change	Baban & Craciun, 2007
Week 7	M	March 7	Staying Healthy	Chapter 6
	W	March 9	Health Maintenance: Exercise and Sleep	Chapter 7
	F	March 11	Health Maintenance: Exercise and Sleep	Chapter 7
Week 8	M	March 14	Health Maintenance/Diet and Health	Chapters 7/8
	W	March 16	Nutrition, Diet, and Health	Chapter 8
	F	March 18	Nutrition, Diet, and Health	Chapter 8
Week 9	M	March 21	Substance Misuse	Chapter 9
	W	March 23	Substance Misuse	Chapter 9
	F	March 25	EXAM 2	Chapters 6-9

Week 10	M	March 28	Chronic Illness: Cardiovascular Diseases	Chapter 10
	W	March 30	Chronic Illness: Cardiovascular Diseases	Chapter 10
	F	April 1	Chronic Illness: Diabetes	Chapter 10
Week 12	M	April 11	Chronic Illness: Diabetes	Chapter 10
	W	April 13	Cancer	Chapter 11
	F	April 15	Cancer	Speigel et al., 2007

Extra Credit:

You may (and are strongly encouraged) to take part in up to 4 hours of research. You will receive 1 extra credit point for each 30 minutes of documented participation. That means you could earn up to 8 points to be added to the 200 point grading scale used for this class. That could mean the difference between an A and B.

How to Participate in Research Extra Credit

Signing up for studies occurs via an online sign-up system. **To sign up, you will need to create an account online. When doing so, (1) be sure you use your umontana e-mail address as your username (so if your umontana e-mail address is jane.doe@umontana.edu, you would enter jane.doe); if you**

don't do this properly, you will not get the account information. Also, (2) be sure you enter the right course section number, or else you may not be properly credited. Signing up and checking a study is easy – for directions on how to do this, please go to the following web page: <http://cas.umt.edu/psychology/Undergraduate/default.php> Then click on the link titled “SONA Research Participation.” Each experiment has a different name. Once you have participated in a specific experiment, you may not sign up for any other experiment with the same name. If you do, you will only receive credit for the first experiment. Your credit will be tracked via the online system – you will be awarded credit for participation within 72 hours of participating by the researcher who was in charge of the study. If you check your credit and it has not been awarded in a timely fashion, **contact the experimenter listed as the contact on the study** to resolve this conflict. At the end of the term, your instructor will automatically get your credits from the online system.

***Supplemental readings:** Available via Moodle.

Engel, G.L. (1977). The need for a new medical model: A challenge for biomedicine. *Science*, 196, 129-136.

Resnicow, K., Baskin, M.L., Rhotep, S.S., Periasamy, S., & Rollnick, S. (2004). Motivational interviewing in health promotion and behavioral medicine. In W.M. Cox & E. Klinger (Eds). *Handbook of Motivational Counseling: Concepts, Approaches and Assessment*. (pp. 457-476). New York: John Wiley & Sons.

Spiegel, D. et al. (2007). Effects of supportive-expressive group therapy on survival of patients with metastatic breast cancer. *Cancer*, 110, 1130-1138.

Additional readings: To Be Announced

Moodle: A website for this course can be accessed by logging in to <http://umonline.umt.edu/> using your student Net ID and password. Announcements, grades, PowerPoint presentations, and supplemental readings will be posted on this site.

Frequently Asked Questions

- **Do I need to come to class?** Yes. Students are expected to attend all classes. Skip at your own risk. I do not take attendance, but tests cover material that is discussed during class that may not be on the Power Points or in the text.
- **Do I need to read the book?** Yes. You should complete all assigned reading BEFORE you attend the class lecture covering that material. Lectures and PowerPoint presentations will supplement the text, not replace it.
- **What should I do if I miss class?** On the first day of class you will exchange email information with 4-5 people you can help you out with class notes, studying for exams, etc.
- **How can I see my grades?** All grades will be posted on Moodle. Exams and assignments are hand-graded, but I do my best to have grades posted within one week.
- **Is there anything more I can do for extra credit?** Extra credit opportunities are limited to those made available to the entire class. I will not offer extra credit opportunities to individual students.