

Original syllabus

Health Psychology/Behavioral Medicine

PSYC 481

Spring 2008

Section 002, 10:00 - 10:50, DH 133

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Office Hours: 407 Allenwood; M & W 11am-1:00pm; W 2:00-3:00pm; and by appointment

REQUIRED TEXTBOOK:

Straub, R. O. (2007). Health Psychology: A Biopsychosocial Approach (2nd edition) ISBN: 0-7167-6450-4

■ Additional resources online at: <http://worthpublishers.com/straub>

■ For ideas on findings sources & APA style guide for your project: <http://www.dianahacker.com/resdoc>

OBJECTIVES:

Welcome to Health Psychology / Behavioral Medicine. This course is designed for psychology majors and students in the health sciences who have a sufficient understanding of basic psychological principles. The goal of this course is to become familiar with key concepts, themes, and research in the related fields of health psychology and behavioral medicine. From a biopsychosocial perspective we will take a scientific, research-based examination of the various ways in which psychological factors such as stress, emotion, and behavior may relate to physical health, and in turn, how these factors may be impacted by disease and physical disability. Although this is not a clinical training course (i.e., it is not intended to teach psychotherapy or other clinical skills) we will examine common intervention approaches used in clinical health psychology and behavioral medicine. The final section of the course will consist of a focused look at specific diseases from a biopsychosocial perspective. Note: *Slides presented in class are a cursory outline of the discussion of the day and are NOT a comprehensive set of notes – you should be writing much more than you see on the slides. Exams are based on the class material discussed, as well as information in the textbook.*

TENTATIVE COURSE OUTLINE

| Topic | Readings |
|-------------------------------------------------------------------|-----------------------------------------|
| Core Concepts | |
| Introduction & History of HP & B. Med.; Disease Models | Ch. #1 |
| The Science & Research of HP & B. Med. | Ch. # 2 |
| Stress, Emotion, & Coping | Ch. # 4 (93-115); Ch. # 5 (116-140) |
| Mechanisms of Stress & Disease | Ch. # 3; Ch. # 4 (82-97) |
| Exam #1 | |
| Applied Topics | |
| Stress Management & Biofeedback | Ch. # 5 (P.141-8) |
| Understanding Health Behavior & Risk Behavior | Ch. #6 |
| Common Health Behavior Problems and the Process of Change | Ch. #7 (187-212); Ch.#8 (233-6; 250-65) |
| HP in the Healthcare Setting: Adherence & Collaborative Treatment | Ch. 12 |
| Exam #2 | |
| Major Chronic Illnesses & Diseases | |
| Chronic Pain | Ch. #13 |
| Cancer | Ch. #10 |
| Cardiovascular Disease & Diabetes | Ch. #9 |
| Exam #3 | |

Presentations: TBA

IMPORTANT CLASS POLICIES

PLEDGE OF ACADEMIC INTEGRITY:

Academic integrity as I define it refers to you putting forth your best, most honest work as a student of this class and of this University. Integrity requires that you are attentive in class, respect the views and rights of others, and that you are not disruptive (e.g., arriving late, noise, private conversations, phones ringing, instant messaging, etc.). Integrity means that any work you complete (such as assignments, papers, quizzes, and tests), is done honestly. This means that what you turn in for credit is your own work, and that you have not received or given assistance on any assignment or exam beyond what I have explicitly allowed (i.e., such as working together on group projects). Refer to the Undergraduate & Graduate Catalog or speak to me if you are unclear about what constitutes academic dishonesty. "I didn't know" is not an excuse.

By taking this course, you pledge to me that you will complete the work of this course honestly, and that you will be respectful of others in the class at all times. You also understand that any plagiarized assignment or dishonest performance on a test or quiz will be strictly penalized. You understand that dishonest, disruptive, or disrespectful behavior could result in you being temporarily or permanently removed from the course, or in the most serious cases, expelled from the University. On a positive note, you also understand that approaching this course with integrity gives you the greatest chance to succeed in it. Taking this course also indicates that you understand and agree to the policies and content of the syllabus for the course.

ATTENDANCE & PARTICIPATION:

Because of the small size of this class and the importance of class discussions, attendance and participation is essential. I may require special seating arrangements during class to facilitate discussion. We will also cover much material that is not included in the text but is included on the exams. In addition, you are responsible for all changes, assignments, and announcements made in class – whether you are there or not. I do not give out lecture notes. Check your campus e-mail account (GroupWise) regularly, or use automatic forwarding to an e-mail account that you use regularly; this is the University's official mode of communication.

There will be interactive classroom demonstrations in this course, however, any student may decline to take part in any classroom demonstration, without penalty, if they are uncomfortable with or have concerns about participating. You should, however, discuss this with me if it applies to you for any given activity.

STUDENTS WITH DISABILITIES:

Please see me at the beginning of the semester if you are a student with a need for academic accommodations due to a disability. See the Office of Student Affairs to document a disability.

GRADES

I am happy to discuss study strategies and course material with you throughout the semester, however, do not wait until the end of the semester to find out your exam scores or to address questions about them

Grades for the course will be based on the percentage of total points earned out of 400 possible points from exams & assignments (A = 90% & above; B = 80% - 89% C = 70% - 79%; D = 60 - 69%; F = 59% or less).

MAKE-UP POLICY: You do not have a right to a makeup if you miss an exam. I may consider granting a makeup if you provide medical documentation promptly, but this does not guarantee it. For consideration, you must contact me by email prior to missing the exam, or in emergency situations, within 24 hours of the missed exam. Any makeup that is granted will be given at a time that I specify. Missed quizzes, assignments, extra credit, etc. will not be accepted late even with documentation.

THREE TESTS: 3 tests will be given, worth 100 points each.

ASSIGNMENTS: NO ASSIGNMENTS WILL BE ACCEPTED LATE FOR CREDIT.

Research & Presentation Project (100 points). There will be parts of this project assigned throughout the semester that culminate in a final presentation that you give to the class. You will choose a disease or medical condition and research the causes and treatments of the condition within a biopsychosocial framework. Details of all assignments will be provided at the time the assignment is given.