

Psychology 330	Health Psychology	Fall 2016	
<b>Instructor:</b>	Dr. Lisa Daroux-Cole	<b>Lecture Location:</b>	CHC 105
<b>Phone:</b>	403-	<b>Lecture Days/Time:</b>	MWF 11-11:50am
<b>Email:</b>	ldaroux@ucalgary.ca	<b>Teaching Assistants:</b>	
<b>Office:</b>	KNB231		
<b>Office Hours:</b>	By Appointment		

### 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](http://psyc.ucalgary.ca/undergraduate/program-learning-outcomes)), and the expected level of achievement.

Course Learning Outcomes	PLO(s)	Level(s)
1) To provide a basic and broad based overview of the field of health psychology from a biopsychosocial perspective.	1	C
(2) To provide a practical understanding of the challenges involved in health behavior change.	2,3	C,I
3) To provide the foundation for students seeking advanced training in health psychology.	1,7	I,I
4) To encourage critical analysis in the field of health psychology (the term paper will examine this).	3, 4,	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**

Psychology 200: Principles of Psychology I; Psychology 201: Principles of Psychology II

**Required Text**

Sarafino, Smith, King, DeLongis (2015; Canadian Edition). Health Psychology, Biopsychosocial Interactions. ISBN: 9781118991985

It is also STRONGLY recommended that you obtain a copy of the Publication Manual of the American Psychological Association (6th Ed.) as you will be expected to conform to APA format in your term paper assignment.

Both books are available in the university bookstore.

## Evaluation

Course Component	Percent of Grade	Due Date
Exam #1 (Chapters 1-6, and any extra material specified in class)	30%	October 21st, 2016
Exam #2 (Chapters 7-12, and any extra material specified in class)	30%	November 18th, 2016
Term Paper	30%	November 25th, 2016
Exam #3 (Chapters 13-15, and any extra material specified in class)	10%	December 9th, 2016

Exams (30%, 30%, 10%)

The format of the exams includes multiple-choice and short answer questions. Material to be covered includes text chapters and lecture materials. The exams will not be cumulative. The first exam (worth 30% of your final grade) will be held on Friday, October 21st, the second exam (worth 30% of your final grade) will be held on Friday, November 18th, and the third exam (worth 10% of your final grade) will be held on Friday, December 9th. All exams are held in class during scheduled lectures. There will be no Registrar scheduled final exam. Students are not allowed to use any materials other than the exam materials during the exams. Students cannot use lecture notes, texts, personal computers or tablets, iPhones, etc.

## Term Paper (30%)

The purpose of the term paper is to get you thinking critically about how health research is presented in the media. Frequently, health-related research is the focus of news broadcasts (e.g., eggs are bad for you, eggs are good for you, six eggs per day can fight cancer!). However, these reports do not necessarily represent the research findings accurately. The term paper assignment is as follows:

1. Select an article in the media. Find an article in the news that discusses an original research study. One of the best places to start is Stonehearth News, a website that exclusively covers health, medical, and science updates: <http://www.stonehearthnewsletters.com/author/admin/>. The article should be specifically related to health psychology subjects that you could find in the textbook— i.e., a topic that links some aspect of psychology (emotions, thoughts, behaviors) to some aspect of physical health. You must email the TA to have your topic approved before proceeding with the paper prior to September 30, 2016.
2. Find the original research study. After you have selected a news article, use research databases available through the University of Calgary to find the original journal article. This may take some digging and if it doesn't exist (i.e., no full journal article was published), select a new media article. It is important to remember that you will be required to compare and contrast the media article with the journal article, so ensure you have enough material to work with (Hint: a conference abstract with no detailed information on the methods will not suffice). If you need assistance using the research databases, please consult with staff members at the University of Calgary library.
3. Critique the media article. The main body of the paper will require you to compare and contrast the media article and the original research article. Does the media article accurately represent the findings? Does the journal article have details that are important to the study's implications that are not reported in the media article? Did the media article get it completely wrong? Be creative! For example, you could critically review the methods section (e.g., is the sample biased? Are the findings generalizable?) and discuss potential flaws in the study design. You can also use the findings from other studies to support your argument.
4. Follow the formatting guidelines. Refer to the grading rubric that is posted on D2L to ensure your paper meets the requirements. The total length of the body of your paper must not exceed 7 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 7-page limit will not be marked. References should include, at minimum, the article you read and the media article's web address (in APA format).

The paper is due by 4pm on Friday, November 25<sup>th</sup>, 2016. Assignments can be submitted on d2L via dropbox OR dropped off in the assignment drop box located at the Department of Psychology Main Office (2nd floor of Administration Building) with TAs: **Codie Rouleau / Julia Poole** included on your title page. Please note that late assignments will be penalized 10% per day, including weekends. Late papers will not be accepted after December 9th, 2016 and will receive a zero.

### Department of Psychology Grade Distribution Policy

The distribution of grades in Psychology courses (the percentage of A grades, B grades, etc.) will be similar to the distribution of grades in other courses in the Faculty of Arts. The Department monitors the grade distributions of 200-, 300-, and 400-level courses in the Faculty to ensure that the grade distributions in Psychology courses are comparable. Based on these reviews, students can expect that 1) up to 30% of grades in 200- and 300-level psychology courses will be “A” grades (A+, A, and A-), and 2) up to 40% of grades 400-level psychology courses will be “A” grades.

### 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.

To determine final letter grades, final percentage grades will be rounded up or down to the nearest whole percentage (e.g., 89.5% will be rounded up to 90% = A but 89.4% will be rounded down to 89% = A-).

### Tentative Lecture Schedule

Date	Topic	Readings	Due Dates & Course Info
M Sep12	Introduction to Health Psychology	Chapter 1,2	
W Sep 14			
F Sep 16			
M Sep 19	Stress, Illness, and Coping	Chapter 3	
W Sep 21			
F Sep 23			Last day to drop full courses (Multi-term) and Fall Term half courses. No refunds for full courses (Multi-term) or Fall Term half courses after this date.
M Sep 26	Stress, Biopsychosocial Factors, and Illness	Chapter 4	Last day to add or swap full courses (Multi-term) and Fall Term half courses. Last day for change of registration from audit to credit or credit to audit.
W Sep 28			
F Sep 30			<b>Sep 30: Deadline to contact TA to have term paper topic approved.</b>  Fee payment deadline for Fall Term full and half courses.
M Oct 3	Coping with and Reducing Stress	Chapter 5	
W Oct 5			
F Oct 7	Health Related Behaviour and Health Promotion	Chapter 6	
M Oct 10	Thanksgiving Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.		
W Oct 12			
F Oct 14			

M Oct 17	Nutrition, Weight Control and Diet, Exercise	Chapter 8	
W Oct 19			
F Oct 21	EXAM 1		
M Oct 24	Guest Speaker: Ashley Fox from Be Fit For Life Calgary		
W Oct 26	Smoking & Tobacco Use	Chapter 7	
F Oct 28			
M Oct 31	Using Health Services/ Adherence in the Hospital/ Clinic: Effects on Patients	Chapter 9/10	
W Nov 2			
F Nov 4			
M Nov 7	Developmental Origins of Health & Disease		
W Nov 9			
Nov 10--13	Reading Days. No lectures. F Nov 11: Remembrance Day (Observed). University Closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.		
M Nov 14	Pain	Chapter 11/12	
W Nov 16			
F Nov 18	EXAM 2- All material following Exam # 1		
M Nov 21	Cancer	Chapter 13/14	
W Nov 23	Guest Speaker: Thrive Health and Wellness Lab		
F Nov 25			<b>Nov 25: Term paper due by 4:00pm</b>
M Nov 28	Cardiovascular Disease	Chapter 14	
W Nov 30			
F Dec 2			
M Dec 5	What's Ahead for Health Psych	Chapter 15	
W Dec 7			
F Dec 9	EXAM 3- All material following exam # 2. No registrar scheduled final exam.		Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.

### 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; no reappraisal of term work is permitted after the 15 days. 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**

Students seeking an accommodation based on disability or medical concerns should contact Student Accessibility Services ; SAS will process the request and issue letters of accommodation to instructors. For additional information on support services and accommodations for students with disabilities, visit [www.ucalgary.ca/access/](http://www.ucalgary.ca/access/).

Students who require an accommodation in relation to their coursework based on a protected ground other than disability should communicate this need in writing to their Instructor.

The full policy on Student Accommodations is available

at [http://www.ucalgary.ca/policies/files/policies/student-accommodation-policy\\_0.pdf](http://www.ucalgary.ca/policies/files/policies/student-accommodation-policy_0.pdf) .

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/Exam**

Makeup tests/exams are **NOT** an option without an official University medical excuse (see the University Calendar). A completed Physician/Counselor Statement will be required to confirm absence from a test/exam for health reasons; the student will be required to pay any cost associated with this Statement. Students who miss a test/exam have up to 48 hours to contact the instructor and to schedule a makeup test/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. **Except in extenuating circumstances (documented by an official University medical excuse), 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 [http://www.ucalgary.ca/registrar/exams/deferred final](http://www.ucalgary.ca/registrar/exams/deferred_final). Under no circumstances will this be accommodated by the department.**

### **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 [http://www.ucalgary.ca/registrar/exams/deferred\\_final](http://www.ucalgary.ca/registrar/exams/deferred_final). Under no circumstances will this be accommodated by the department.**

### **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.

### **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 **Dec 9, 2016**.

### **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 [suyaca@ucalgary.ca](mailto:suypaca@ucalgary.ca)

**Student Union Faculty Rep.:** [arts1@su.ucalgary.ca](mailto: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](mailto: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 **September 23, 2016**. Last day for registration/change of registration is **September 26, 2016**. The last day to withdraw from this course is **December 9, 2016**.