

Psychology 330	Health Psychology	Winter
<b>Instructor:</b> Dr. Lianne Tomfohr-Madsen	<b>Lecture Location:</b> ST 141	
<b>Phone:</b> 403-220-2243	<b>Lecture Days/Time:</b> TR 12:30-13:45	
<b>Email:</b> <a href="mailto:ltomfohr@ucalgary.ca">ltomfohr@ucalgary.ca</a>	<b>Grading TA:</b> Ivan Sedov	
<b>Office:</b> Administration 266	<b>Email:</b> Isedov@ucalgary.ca	
<b>Office Hours:</b> T 1:45-2:45pm	<b>Office:</b> EDC 086	
	<b>Office Hours:</b> T 11:00-12:00	
	<b>Grading TA:</b> Emily Cameron	
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	<b>Office:</b> EDC 086	
	<b>Office Hours</b> Th 2:00-3:00	

### Course Description and Goals

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).

- (1) By the end of this course students will be expected to describe basic biological mechanisms and physiological structures important in health psychology.
- (2) By the end of this course students will be expected to understand foundational theories in health psychology.
- (3) By the end of this course students will be expected to be able to describe cognitive and behavioural principles that influence behaviour change and apply that knowledge to treatment of specific health conditions.
- (4) By the end of this course students will be expected to describe how health psychology influences primary, secondary and tertiary prevention efforts.
- (5) By the end of the course students will be expected to 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.

### 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 Final Grade	Due Date
Exam #1 Chapter 1-5 and all lecture material	20%	February 9 <sup>th</sup> , 2015
Exam #2 Chapter 6 Chapter 8 Chapter 9 Plus all lecture material	20%	March 15 <sup>th</sup> , 2015
Term Paper	30%	April 7 <sup>th</sup> , 2014
Exam #3 All assigned readings and all lecture materials with an emphasis on material presented since the last midterm.	30%	Schedule by Registrar

Notes:

#### Exams (20%, 20%, 30%)

The format of the exams will be multiple-choice questions. Material to be covered includes text chapters and lecture materials. The midterm exams will *not* be cumulative. The first exam (worth 20% of your final grade) will be held on February 9<sup>th</sup>, the second exam (worth 20% of your final grade) will be held on March 15<sup>th</sup>. The third and final exam will be cumulative (worth 30% of your final grade) and will be held during the Registrar scheduled exam time (TBA). Students will not be allowed to reference any supplementary materials during exams. For example, I will not allow use of iPods, iPads, computers, books or notes during tests.

#### Term Paper (30%)

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 takes 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. Hopefully, this experience will inspire and prepare you for more health policy interventions!

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 include some that are not scientific publications. In other words, use news stories, briefs from policy or advocacy organizations, or government reports as sources. \*Also be sure to include a minimum of four scientific articles.
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; however, students will be supported in their efforts if they choose to carry out the assignments.
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, 4 articles you read and a reference to the chapter in the textbook (in APA format).

The paper is due by 4pm on **April 9<sup>th</sup>, 2015**. Assignments can be dropped off in the assignment dropbox located at the Department of Psychology Main Office (2nd floor of Administration Building) with **Instructor: Lianne Tomfohr** 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 April 13, 2014 and will receive a zero. Electronic submissions of papers will not be accepted.

### **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.

**Important dates  
Winter 2016**

Date	Topic	Readings
M Jan 11	Lecture begins.	
Jan 12/14	Introduction to Health Psychology	Chapter 1,2
Jan 19/21	Stress Illness and Coping	Chapter 3
F Jan 22	Last day to drop full courses WinterTerm half courses. No refunds for Winter Term half courses after this date.	
Jan 26/28	Stress, Biopsychosocial Factors and Illness	Chapter 4
M Jan 25	Last day to add or swap Winter Term half courses. Last day for change of registration from audit to credit or credit to audit.	
Feb 2/4	Coping with and Reducing Stress	Chapter 5
Feb 9	<b>EXAM 1</b>	Chapter 1-5 and all lecture material
Feb 11	Health-related Behaviour and Health Promotion	Chapter 6
Feb 14 - 21	Reading Week. No lectures.	

M Feb 15	Alberta Family Day. No Classes. University Closed	
Feb 23	Health and Behavior: Primary Prevention, Positive Psychology and Exercise	Chapter 6
Feb 25	Cells to Society	---
Mar 1/3	Nutrition, Weight Control and Diet, Exercise	Chapter 8
Mar 8/9	Substance Abuse	Chapter 9
Mar 15	<b>EXAM 2</b>	Chapter 6, 8, 9 and all lecture material
March 17	Cardiovascular Disease	Chapter 10
March 22/24	Diabetes Cancer	Chapter 10 Chapter 11
F Mar 25	Good Friday. No Classes. University Closed	
March 29/31	Sleep	Chapter 7
April 5//7	Pain	Chapter 14
April 7	Term Paper Due!	
April 12	Health Psychology Roles and Wrap Up	Chapter 13
W Apr 13	Winter Term Lectures End. Last day to withdraw with permission from Winter or Multi Term courses.	All assigned readings and all lecture materials with an emphasis on material presented since the last midterm.

### 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 date, 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. 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 via the Department Office (Admin 275), 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 **April 13, 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 170 and may be contacted at 403-220-5567.

**Student Union VP Academic:** Phone: 403-220-3911 [suypaca@ucalgary.ca](mailto:suypaca@ucalgary.ca)  
**Student Union Faculty Rep.:** Phone: 403-220-3913 [socialscirep@su.ucalgary.ca](mailto:socialscirep@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 **January 22, 2016**. Last day for registration/change of registration is **January 25, 2016**. The last day to withdraw from this course is **April 13, 2016**.