

**PSYC 437**
**Health Psychology**
**Fall 2020**

<b>Instructor:</b>	Dr. Tavis Campbell, Ph.D.	<b>Lecture Location:</b>	Online; D2L
<b>Phone:</b>	403-998-0706	<b>Lecture Days/Time:</b>	T: 17:00-19:45
<b>Email:</b>	t.s.campbell@ucalgary.ca		
<b>Office:</b>	AD 225		
<b>Office Hours:</b>	Online 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 <https://live-arts.ucalgary.ca/psychology/about#program-learning-outcomes>), and the expected level of achievement.

Course Learning Outcomes	Assessment Methods	PLO(s)	Level(s)
1) Describe the influence of biopsychosocial variables, including biological, psychological and social factors involved in the etiology, progression and management of chronic disease.	Multiple choice exam, term paper	1,4	C
(2) Describe the challenges involved in health behavior change.	Multiple choice exam, Term paper, Written exam	2,3,4	C, I, I
3) Critical reading of primary research literature to provide the basis for advanced training in health psychology.	Multiple choice exam, Term paper, Written exam	1,4,7	C, C, A
4) Write a report and write a succinct paper requiring synthesis and organization of background knowledge and multiple perspectives as well as taking a position on conclusions supported by research.	Term Paper	3,4	C, A

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 in a diverse world, 7 = apply psychological knowledge and skills, 8 = Demonstrate multicultural competence and awareness of issues related to equity, diversity,\* and inclusion. Level of PLO achievement facilitated by this course: I = introductory, C = competency, A = advanced.

### **Acknowledgments and Respect for Diversity**

Our classrooms view diversity of identity as a strength and resource. Your experiences and different perspectives are encouraged and add to a rich learning environment that fosters critical thought through respectful discussion and inclusion. The Department of Psychology would also like to acknowledge the traditional territories of the people of the Treaty 7 region in southern Alberta. The City of Calgary is also home to Métis Nation of Alberta, Region III.

### **Course Format**

Class materials will be posted to the course D2L page by the day/time of each scheduled class as per the course schedule below.

### **Prerequisites**

Psyc312 or PSYC 300 and 301 (Experimental Design and Quantitative Methods for Psychology) and PSYC 375 (Brain and Behaviour).

### **Required Text**

Health Psychology, Second Canadian Edition by Edward P. Sarafino, Timothy W. Smith, David B. King, and Anita DeLongis. Wiley (2020). May be purchased at the University of Calgary Bookstore in paper or electronic format. (*Older versions of textbook are not acceptable*).

### **Assessment Methods**

#### **Assessment Methods**

**Paper-30%, Mid-Term Exam- 30%, Final Exam, 40%**

**Term Paper:** (Due November 24 17:00).

The purpose of the term paper is to develop detailed knowledge about a specific topic of interest to you in the area of Health Psychology. Thus, it needs to address some issue that concerns interactions between psychological processes or behavior and physical health. Topics that address purely mental health issues or non-psychological medical issues are not appropriate. For example, a paper about treatment of alcoholism would not be appropriate, since problem drinking causes lots of difficulties that are not purely health related such as interpersonal and occupational problems. On the other hand, a paper about the impact of alcohol use and its treatment on risk for heart disease would be fine since it would blend behavioral and medical issues. Similarly, topics that address purely non-psychological medical issues are not appropriate. For example, a paper evaluating the relative merits of various medical procedures used to treat coronary artery disease (e.g., bypass surgery, percutaneous interventions, medication) would not be appropriate, unless psychological aspects were also

incorporated (e.g., these might have different effects on the patient's quality of life). After deciding on a topic, do a literature search using a search engine like Medline or PubMed. The eventual bibliography of your paper, written using APA style, should include at least 10 references. The references can include books, book chapters, and web sites, but at least some individual journal articles should be read and listed, too. Discussion of the research concerning the topic should be incorporated into the paper. In some cases, there will be a lot of available research while in other cases you may have to search a bit, but it is important to develop an idea about what is known about a topic, the kinds of research designs that are typically used and their strengths and weaknesses. The paper should present a balanced discussion of the problem, what we know about it, possible clinical implications, etc. The maximum length of the paper is 10 pages double-spaced, not including references. It is due by emailing it to Professor Campbell at [t.s.campbell@ucalgary.ca](mailto:t.s.campbell@ucalgary.ca) by 5pm on December 1st at the latest.

Without instructor approval points will be deducted for term papers emailed in late (after 5pm on November 24th). Late penalties are 10% per day (including weekends).

**Exams:** The midterm is scheduled for October 20th. It is multiple choice only and covers lectures and readings to that date. Students will be given 90 minutes to complete this exam once it is accessed within the 24-hour period following the start time of the class (from 5pm on October 20<sup>th</sup> to 5pm on October 21<sup>st</sup>). The final exam contains multiple choice and essay questions and will be scheduled during the final exam period. The final is non-cumulative and will cover information from both lectures and text chapters. Students will be given 3 hours to complete the final exam. Exams in this course are closed book. The use of resources, including class notes, the textbook, online resources, and calculators is prohibited during the exams in this course. Students may not communicate with others about course material or the exam either in person or electronically during exams.

### **University of Calgary Academic Integrity Policy**

Academic integrity is the foundation of the development and acquisition of knowledge and is based on values of honesty, trust, responsibility, and respect. We expect members of our community to act with integrity.

Research integrity, ethics, and principles of conduct are key to academic integrity. Members of our campus community are required to abide by our institutional code of conduct and promote academic integrity in upholding the University of Calgary's reputation of excellence. It is your responsibility to ensure that you have read and are familiar with the student academic misconduct policy: <https://www.ucalgary.ca/policies/files/policies/student-academic-misconduct-policy.pdf>.

### **Department of Psychology Criteria for Letter Grades**

Psychology course instructors 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.

**Tentative Lecture Schedule**

Date	Topic/Reading
T Sep 8	University Lectures begin Introduction to Health Psychology / Chapters 1 and 2
T Sep 15	Stress, Illness and Coping / Chapter 3
R Sep 17	Last day to drop a class without financial penalty
F Sep 18	Last day to add or swap a course
T Sep 22	Stress, Biopsychosocial Factors, and Illness / Chapter 4
F Sep 25	Fee payment deadline for Fall Term full and half courses.
T Sep 29	Coping with and Reducing Stress / Chapter 5

T Oct 6	Pain / Chapter 11 and 12
M Oct 12	Thanksgiving Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.
T Oct 13	Smoking & Tobacco use / Chapter 7
T Oct 20	Mid-Term Exam
T Oct 27	Health-Related Behaviour and Health Promotion / Chapter 6
T Nov 3	Sleep and Insomnia
Nov 8-14	Term Break No Classes
W Nov 11	Remembrance Day (Observed). University Closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.
T Nov 17	Using Health Services / Adherence In the Hospital/Clinic: Effects on Patients / Chapters 9 and 10
T Nov 24	Nutrition, Weight Control and Diet, Exercise / Chapter 8
T Dec 1	Chronic Illness / Cancer Chapters 13 and 14
T Dec 8	Cardiovascular Disease / Chapter 14
W Dec 9	Fall Term Lectures End. Last day to withdraw with permission from Fall Term half courses.
Dec 12-23	Fall Final Exam Period

## Extra Research Participation Course Credit is Not Offered for this Course.

### Absence From A Test/Exam

Makeup tests/exams are **NOT** an option without the approval of the instructor. Students who miss a test/exam have up to 48 hours to contact the instructor to ask for a makeup test/exam. It's the instructor's discretion if they will allow a make-up 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. **Once approved by the instructor a makeup test/exam must be written within 2 weeks of the missed test/exam on a day/time scheduled by the instructor. 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** <https://www.ucalgary.ca/registrar/exams/deferred-exams>.

### 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** <https://www.ucalgary.ca/registrar/exams/deferred-exams>. **Students with an exceptional extenuating circumstance (e.g., a family emergency) should contact the Department of Psychology (psyugrd@ucalgary.ca).**

**Reappraisal of Graded Term Work** <http://www.ucalgary.ca/pubs/calendar/current/i-2.html>

**Reappraisal of Final Grade** <http://www.ucalgary.ca/pubs/calendar/current/i-3.html>

### **Academic Accommodations**

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.pdf>.

### **Academic Misconduct**

For information on academic misconduct and its consequences, please see the University of Calgary Calendar at <http://www.ucalgary.ca/pubs/calendar/current/k.html>

### **Instructor Intellectual Property**

Course materials created by professor(s) (including course outlines, presentations and posted notes, labs, case studies, assignments and exams) remain the intellectual property of the professor(s). These materials may NOT be reproduced, redistributed or copied without the explicit consent of the professor. The posting of course materials to third party websites such as note-sharing sites without permission is prohibited. Sharing of extracts of these course materials with other students enrolled in the course at the same time may be allowed under fair dealing.

### **Copyright Legislation**

All students are required to read the University of Calgary policy on Acceptable Use of Material Protected by Copyright ([www.ucalgary.ca/policies/files/policies/acceptable-use-of-material-protected-by-copyright.pdf](http://www.ucalgary.ca/policies/files/policies/acceptable-use-of-material-protected-by-copyright.pdf)) and requirements of the copyright act (<https://laws-lois.justice.gc.ca/eng/acts/C-42/index.html>) to ensure they are aware of the consequences of unauthorized sharing of course materials (including instructor notes, electronic versions of textbooks etc.). Students who use material protected by copyright in violation of this policy may be disciplined under the Non-Academic Misconduct Policy.

### **Freedom OF Information and Protection of Privacy**

Student information will be collected in accordance with typical (or usual) classroom practice. Students' assignments will be accessible only by the authorized course faculty. Private information related to the individual student is treated with the utmost regard by the faculty at the University of Calgary

### **Student Support and Resources**

<https://www.ucalgary.ca/registrar/registration/course-outlines>

**Important Dates**

The last day to drop this course with no “W” notation and **still receive a tuition fee refund** is **Thursday, September 17, 2020**. Last day add/swap a course is **Friday, September 18, 2020**. The last day to withdraw from this course is **Wednesday, December 9, 2020**.

<https://www.ucalgary.ca/pubs/calendar/current/academic-schedule.html>