

PSYC 437	Health Psychology	Fall 2021
Instructor:	Dr. Tavis Campbell, Ph.D.	Lecture Location: SS 010
Phone:	403-998-0706	Lecture Days/Time: W 17:00-19:45
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Office:	AD 225	
Office Hours:	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), and the expected level of achievement.

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 exams, Verbal report, term paper	1,4	C
(2) Describe the challenges involved in health behavior change.	Multiple choice exams, Term paper, Verbal reports	2,4	C, I, I
3) Critical reading of primary research literature to provide the basis for advanced training in health psychology.	Multiple choice exams, Term paper, Verbal reports	1,4,7	C, C, A

4) Deliver a verbal 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, Verbal reports	4	C, A
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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.

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

This is an in-person class held on campus.

Prerequisites

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

Required Text

Health Psychology, Biopsychosocial Interactions, 2nd 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. Must be this latest edition (the previous one is out of date).

Assessment Methods

Paper-30%, Exams- 30% each, Verbal Report - 10%

Term Paper: (Topic approval September 29, Final deadline December 1 at 5pm).

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). Topics must be approved by Dr. Campbell on or before the class of September 29. 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 in hard copy at the beginning of class on December 1st at 5pm.

TIPS ON TERM PAPER GRADING

1. Quality is more important than length. However, you can not have an excellent term paper that is only 7 pages. Using really big type that makes your paper look long is not an effective way to get a better grade.
2. If you only use 5 scientific references, you are unlikely to get an "A". For an "A" I expect you to dig into the literature and write a paper that shows you have informed yourself on the topic.
3. I am not going to correct your English, but I will deduct points from general quality if there are many misspelled words and examples of poor grammar. With spelling checkers there is little excuse for spelling errors.
4. We will discuss the term paper several times in class. If you have questions about the paper, please ask them. If the instructions are not clear, ask me to clarify.
5. You are almost ready to graduate from the university, and this paper is a major part of your grade. Therefore, I expect you to take this assignment seriously and perform at a high level. To get a high grade you must show that you have learned the academic material and have put considerable effort into writing this report.

Without instructor approval, late papers will be penalized 10% per day, including weekends. Students may be asked for documentation <https://www.ucalgary.ca/pubs/calendar/current/m-1.html>.

Exams: There are two exams (October 13th and November 24th). They will contain multiple choice questions. Tests will cover information from both lectures and text chapters up until the exam date. Exams are non-cumulative. 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.

Verbal Report: (November 17th / December 1st / December 8th) Each student will make a 5-minute statement about a health issue of your choice. There are two purposes of this special class period. The first is to make sure we touch on health topics that are of concern to students. Each of you will choose a health topic that interests you and make a very short presentation. Your statement can expand on a

topic we have already covered or bring up a subject that will not otherwise be discussed. You can tell a case history of a friend or relative who had a particular disease; share your own experience with a disease or health behavior; summarize an interesting journal article; motivate the class to try a self-cure or preventive measure; inform us about an alternative therapy, a health fraud, an experience with the health care system, or anything else relevant to health psychology. Please do not select a topic related to your term paper. The second purpose of the assignment is to make sure everyone contributes to the class discussion at least once. Public speaking is an important skill for everyone, and this is a simple way to get started. Verbal reports can be made from your seat; you do not have to come in front of the class. If you are nervous about speaking to groups, you can write out your statement and read it. Most students find this to be a positive experience, because it is a chance to get up on your soap box. We will have brief discussion or comment on each verbal report. If you want to ask a question to the class or instructor at the end of your report, that is fine. Grading will be based on sticking to the 5-minute time limit, relevance to health psychology, apparent preparation, and effectiveness of presentation. No written document is required. Without approved documentation, any student who misses their presentation day will receive a grade of 0. With approved documentation, a make-up time will be scheduled to present.

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 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

W Sep 8	Introduction to Health Psychology / Chapters 1 and 2
W Sep 15	Stress, Illness and Coping / Chapter 3
R Sep 16	Last day to drop a class without financial penalty
F Sep 17	Last day to add or swap a course

W Sep 22	Stress, Biopsychosocial Factors, and Illness / Chapter 4 Coping with and Reducing Stress / Chapter 5
F Sep 24	Fee payment deadline for Fall Term full and half courses.
W Sep 29	Health-Related Behaviour and Health Promotion / Chapter 6 Smoking & Tobacco use / Chapter 7 Deadline to have term paper topic approved
W Oct 6	Using Health Services / Adherence In the Hospital/Clinic: Effects on Patients / Chapters 9 and 10
M Oct 11	Thanksgiving Day, University closed (except Taylor Family Digital Library, Law, Medical,
W Oct 13	Exam #1 Nutrition, Weight Control and Diet, Exercise / Chapter 8
W Oct 20	Nutrition, Weight Control and Diet, Exercise / Chapter 8 (CONT'D). Sleep and Insomnia
W Oct 27	Pain / Chapter 11 and 12
W Nov 3	Cancer / Chapter 13
Nov 7-13	TERM BREAK, NO CLASSES

R Nov 11	Cardiovascular disease / Chapter 14
W Nov 17	Psychosocial Factors in Aging and Dying / Chapter 15 What's Ahead for Health Psych / Chapter 16 Verbal Reports
W Nov 24	Exam #2
W Dec 1	Verbal Reports
W Dec 8	Verbal Reports
Dec 12-22	Fall Final Exam Period

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

Supporting Documentation

Students may be asked to provide supporting documentation for an exemption/special request. This may include, but is not limited to, a prolonged absence from a course where participation is required, a missed course assessment, a deferred examination, or an appeal. Students are encouraged to submit documentation that will support their situation. Supporting documentation may be dependent on the reason noted in their personal statement/explanation provided to explain their situation. This could be medical certificate/documentation, references, police reports, invitation letter, or a statutory declaration, etc. The decision to provide supporting documentation that best suits the situation is at the discretion of the student. Students cannot be required to provide specific supporting documentation, such as a medical note.

Students can make a Statutory Declaration as their supporting documentation (available at ucalgary.ca/registrar). This requires students to make a declaration in the presence of a Commissioner for Oaths. It demonstrates the importance of honest and accurate information provided and is a legally binding declaration. Several registered Commissioners for Oaths are available to students at no charge, on campus, please see ucalgary.ca/registrar.

Falsification of any supporting documentation will be taken very seriously and may result in disciplinary action through the Academic Discipline regulations or the Student Non-Academic Misconduct policy.

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/. 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 <https://www.ucalgary.ca/legal-services/university-policies-procedures/accommodation-students-disabilities-procedure>.

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) 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 16, 2021**. Last day add/swap a course is **Friday, September 17, 2021**. The last day to withdraw from this course is **Thursday, December 9, 2021**.

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