

PSYC 750.12**Module in Health Psychology****Winter 2024**

Instructor: Codie Rouleau, PhD
Phone: 403-869-2634
Email: crroulea@ucalgary.ca
Office Hours: By Appointment

Lecture Location: TBA
Lecture Days/Time: M 9:00-11:45
Course Duration: 02/26/2024 - 04/08/2024
Teaching Assistant: N/A

Course Description and Objectives

This course will orient students to the field and practice of health psychology, “the application of psychological knowledge, skills and judgment to the promotion and maintenance of health, the prevention and treatment of illness, and the identification of determinants of health and illness (College of Alberta Psychologists, 2016). The course objectives are: 1) to provide a broad overview of the field of health psychology and representative topics, 2) to develop an understanding of the complex interplay between biological, psychological, and social factors in influencing health and illness, 3) to understand psychological issues in specific health conditions, and 4) to critically evaluate and apply health psychology research. The course is structured for learning to occur in multiple ways including via readings, discussions, lectures, and assignments.

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 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. There will be two virtual lectures held via Zoom as described in the schedule below.

Prerequisites

This course is for graduate students in the Program in Clinical Psychology at the University of Calgary.

Required Textbook

Hilliard, M. E., Riekert, K. A., Ockene, J. K., & Pbert, L. (2018). The handbook of health behavior change (5th ed.). New York, NY: Springer Publishing. [Available as an e-book through the University of Calgary Library website]

Assessment Methods

This course is evaluated as pass/fail.

- 1. Health behavior change project and presentation (50%).** We all have health behaviors we would like to change (e.g., eating better, improving sleep, meditating, exercising). Your task is to design and implement a self-modification plan to change a health-relevant behavior—something you have been thinking about changing, feel like you “should” be doing, and/or something you have tried to change previously without success. The project should incorporate relevant health psychology research, course material, and theory. Participants will share their experiences in an 8-10 minute PowerPoint presentation on April 8. The presentation should include a description of a) the specific health behaviour and goal targeted, b) the literature and theory you used to develop your program, c) the specific behaviour change techniques/strategies you used, and d) the degree of effectiveness of the program for you (you may wish to use graphs to illustrate your outcomes and progress), and e) the barriers and facilitators to behaviour change (e.g., what situational and personal factors tended to increase/decrease the behaviour; what would you do differently to improve your program next time?). Missed presentations without instructor approval will result in a mark of 0%.
- 2. Seminar participation and discussion questions (50%).** Active involvement in the seminar is expected. Participation includes class attendance, discussion questions, and contributions to our conversations about readings and lecture material. Each class, all students are expected to bring *one open-ended discussion question* concerning content covered in the assigned reading(s). The question should demonstrate evidence of personal reflection, should facilitate discussion among fellow classmates, and should allow for multiple answers and points of view.

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/legal-services/sites/default/files/teams/1/Policies-Student-Academic-Misconduct-Policy.pdf>.

Lecture Schedule (Tentative)

Date	Topic/Activity	Assigned Readings
M Feb 26	Overview of Health Psychology & Theories of Behaviour Change	<p>Chapter 1, Chapter 3</p> <p>Arena, R., McNeil, A., Sagner, M., & Lavie, C. J. (2017). Healthy living: The universal and timeless medicine for Healthspan. <i>Progress in Cardiovascular Diseases</i>, 59(5), 419-421.</p> <p>Michie, S., Richardson, M., Johnston, M., Abraham, C., Francis, J., Hardeman, W., ... & Wood, C. E. (2013). The behavior change technique taxonomy (v1) of 93 hierarchically clustered techniques: building an international consensus for the reporting of behavior change interventions. <i>Annals of Behavioral Medicine</i>, 46(1), 81-95.</p>

M Mar 4	Stress and Coping Sleep and Insomnia	Chapter 11 Buysse, D. J. (2014). Sleep health: can we define it? Does it matter?. <i>Sleep</i> , 37(1), 9-17.
M Mar 11	Physical Activity and Exercise Cardiovascular Disease	Chapter 7 Chapter 13 Yusuf, S., Hawken, S., Ôunpuu, S., Dans, T., Avezum, A., Lanas, F., ... & Lisheng, L. (2004). Effect of potentially modifiable risk factors associated with myocardial infarction in 52 countries (the INTERHEART study): case-control study. <i>The Lancet</i> , 364(9438), 937-952.
M Mar 18 (Virtual)	Pediatric Diabetes Guest speaker Pain Management Guest speaker	Chapter 14 Zoom details and additional readings will be shared at least one week prior to class.
M Mar 25	Patterns of Eating Obesity Management	Chapter 6 Chapter 18 Taylor, V. H., Sockalingam, S., Hawa, R., & Hahn, M. (2020) Canadian Adult Obesity Clinical Practice Guidelines: The Role of Mental Health in Obesity Management. https://obesitycanada.ca/guidelines/mentalhealth/
M Apr 1	University Closed - Easter Monday	
M Apr 8	Student Presentations	N/A

Absence From Lectures

Students are expected to arrive on time to all lectures, whether virtual or in-person. If you have an extenuating circumstance (e.g., illness or family emergency), please contact the course instructor by email before any absences (ideally with at least 24 hours' notice). At the instructor's discretion, assignments may be given to make up for seminar absences. Makeup assignments are not an option without the approval of the instructor. Once approved by the instructor a makeup assignment must be complete within 2 weeks of the missed lecture on a deadline determined by the instructor.

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/sites/default/files/teams/1/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

(https://library.ucalgary.ca/services/copyright?_gl=1*bcjlpn*_ga*OTY1ODc0Njg0LjE2NjkxNTA1NTM.*_ga_X4GN9Y4W7D*MTY3Nzc5MjM3Ni4xNy4xLjE2Nzc3OTI4MDYuMC4wLjA) 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, January 18th, 2024**. Last day add/swap a course is **Friday, January 19th, 2024**. The last day to withdraw from this course is **Tuesday, April 9th, 2024**.