

**PSYCHOLOGY 101:
HEALTH PSYCHOLOGY
SUMMER SESSION B 2014
SYLLABUS**

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TA:
Office:
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COURSE INFORMATION:

MTW 9:30 – 10:55 AM
Location: Buchanan 1940
Course Website: Gauchospace

REQUIRED TEXTBOOK:

Straub, R. O. (2015). *Health Psychology: A Biopsychosocial Approach*, 4th Ed. New York: Worth Publishers.

ADDITIONAL READINGS:

Additional journal articles will also be assigned for reading during the course, and they will be made available in a PDF format on the course website. **Reading material should be read *prior* to the lecture in which it is assigned on the course schedule.**

COURSE DESCRIPTION:

This course is designed to give you a broad overview of the field of health psychology, including concepts, theory, and research. Health psychology is a young and exciting field of study that examines the bi-directional relationship between psychology and mental and physical health. We will try to answer such questions as: What does stress do to your health? What psychological and social factors cause people to behave in unhealthy ways? What helps people adjust to illness? Does having a lot of friends affect your health? How can we help people who are in pain without getting them addicted to pain-killers? Does it matter how your doctor talks to you? Does being bereaved make you ill? Can a sugar pill cure back pain?

INTENDED LEARNING OBJECTIVES:

In this course, you will:

- Develop an understanding and appreciation of the complex interplay between one's physical well-being and a variety of biological, psychological, and social factors.
- Evaluate how psychological research methods, theories, and principles can be applied to enhance biomedical approaches for promoting health and treating illness.
- Explore the nature of the stress response and its impact in the etiology and course of many health problems.
- Develop skills for designing programs to improve one's own and others' personal health habits and lifestyles.
- Determine how psychological and medical methods for relieving pain differ and are often combined to enhance treatment effectiveness.
- Understand the impact that disabling or life-threatening illnesses have on patients and their families.

COURSE REQUIREMENTS AND GRADING:

Personal Health Behavior Change Plan	25%	Various Dates
Midterm	30%	Wednesday, August 20, 2014
Final	35%	Wednesday, September 10, 2014
Participation	10%	Various Dates

EXAMS:

- The midterm and final consist of multiple-choice and short-answer questions and are based on both the lectures and readings. The Midterm will cover material from the first half of the course and the Final will cover material from the second half. Although neither of the exams is cumulative, new material tends to build upon previous material. ANY material covered in the lectures or reading may appear on the exam. Some of the material in the reading will not be covered in the lecture and some of the material in the lecture will not be covered in the reading. You are responsible for both!
- Exams must be taken on the date scheduled. Vacation is not a valid excuse, nor is an exam scheduled at the same time. If you must miss an exam due to some emergency, then you can make it up by taking an essay exam. A doctor's note or some other formal verification of absence is required to make up an exam. This is the ONLY condition under which we will give a make-up. All make-up exams are ESSAY in format and must be taken during a make-up period scheduled for a time convenient for the TA. Make-up exams must be completed prior to the final exam.
- No use of notes is allowed for any exam. Please be aware that cheating on an exam results in a grade of 0 for the exam and reporting of the incident to the University Ethics Board. Cheating includes use of notes, books, cell phones, or copying from someone else's exam.

PERSONAL HEALTH BEHAVIOR CHANGE PLAN:

We all have behaviors that we would like to change (e.g. exercising, sleeping, smoking, drinking alcohol, wearing sunscreen). This assignment will allow you to take what you learn in this class and make a direct change in your life. Over the course of 4 weeks, you will choose a health-related behavior that you would like to change, track/monitor that behavior, and develop and implement a plan to change that behavior. You will be required to submit periodic assignments through Gauchospace (as noted on the course schedule), and write a 2-page paper based on this experience. The assignments are due by the date on the syllabus by 11:55 PM. Late assignments will be docked a full point for each day late. Additional details will be forthcoming. To gain full credit for the assignments, you must complete them and follow all guidelines. **Your paper is due on 9/3/14 by 10:55 AM, and must be two full pages, typed, double-spaced, with 12-point font and 1-inch margins. Late papers will NOT receive full credit (10% deduction per each day late). No exceptions.**

GRADING:

Final grades will be calculated on the following scale based on the weightings described above:

> 97%	A+	≥ 80% and < 83%	B-
≥ 93% and < 97%	A	...and so on...	
≥ 90% and < 93%	A-		
≥ 87% and < 90%	B+		
≥ 83% and < 87%	B		

NOTE: Grades will not be changed for any reason, except for clerical errors!

COURSE WEBSITE:

The Powerpoint slides used for the lectures will be made available online in reduced form BEFORE each class.

PARTICIPATION & ATTENDANCE:

- Small assignments will be given at the beginning of class on random days throughout the session. Points will be given out for completing the assignments that will count toward your participation grade. Since your grade is contingent on your performance, it is highly recommended that you arrive to class on time in order to complete these assignments.
- Students who take notes, ask questions, respond to questions, and come to office hours are typically the ones who succeed in this class.
- Although lecture attendance is not required, **it is highly recommended**. You will be responsible for *all* material covered in lecture, some of which will not be covered by the textbook.

CLASS ETIQUETTE:

- Please do not use your cell phones during class. I would prefer them to be put on silent or off. If your cell phone goes off during class or an exam, please silence it immediately; do not let it ring through. I will remind everyone prior to exams to make sure their phones are turned off. Please refrain from text messaging during class. I know you think you're being subtle; I assure you that I can see you texting.
- Please do not leave the class partway through unless it is an emergency; it is very disruptive. Notifying me before class starts if you have to leave early is appreciated.
- Please have respect for the class, your peers, and yourselves by being fully present in the class. Please avoid anything not relevant to the class, such as sleeping or doing homework for other classes.
- **LATENESS:** Please try to arrive a few minutes before the start of lecture. We will begin promptly at 9:30 AM, and it can be distracting to me and to your peers if you arrive late. I will not keep you late.

GETTING INFORMATION:

TIP: I use email for almost all communication. If you do not check your UCSB email often, forward it to an address you do check.

Office Hours: If you have classes during my office hours, email me for an appointment. In your email, give me a wide range of days/times when you are available. I will do my best to accommodate you.

Contacting Me or TA: The best way to contact me is always via email. If you cannot come to office hours and/or decide to send an email, be sure to use the following format so that we can help you:

To: swan@psych.ucsb.edu OR
 Subject Line: "Health Psychology: (insert your topic here)"
 From: your full address

Dear (insert name of person you are contacting here)

Hello, my name is (your full name here) and I am a student taking Health Psychology. I have a question regarding (insert your question here).

*(Considerate closing of your choosing),
 Your full name*

A word of caution: We will do our best to reply within 48 hours. Depending on the nature (and popularity) of your question, my answer may be direct OR posted as a general class announcement on Gauchospace. Please hold off on resending a message until 48 hours have passed.

DISABLED STUDENTS PROGRAM (DSP)

The DSP provides academic support services to eligible students with temporary and permanent disabilities. Please inform the instructor if you require special classroom accommodations due to a disability – you must

register with DSP prior to receiving these accommodations. If you require additional time on an exam, please schedule your own proctor through the DSP and confirm the arrangements with our TA at least one week prior to the exam. Please contact the DSP office for information and assistance (2120 Student Resource building, 893-2668, www.sa.ucsb.edu/dsp).

COUNSELING SERVICES

If you are experiencing any difficulties meeting class requirements, or any difficulties in your personal life, please contact Counseling Services (located in Building 599). Counseling Services offers individual and group counseling, crisis counseling, stress-management workshops, self-help information, and connections to off-campus mental health resources. For information, please call (893-4411) or visit their web site (www.counseling.ucsb.edu).

ACADEMIC INTEGRITY

Academic dishonesty will not be tolerated in any form. This includes, but is not limited to, cheating, plagiarism, improper citations, or misrepresenting your work in any way. Students caught behaving in such a way will receive an automatic “0” on the assignment or an “F” in the class, depending on the extent of the infraction. At the discretion of the instructor, some students may be referred to Judicial Affairs for disciplinary action.

Please familiarize yourself with the university’s policy on academic dishonesty here:

<http://judicialaffairs.sa.ucsb.edu/PDF/academicintegflyer.pdf>

CHANGES TO SYLLABUS:

The Instructor reserves the right to make policy and course changes to the syllabus at any time with advance notice to students.

TENTATIVE COURSE SCHEDULE:

Note: The schedule is subject to change depending on the progress of the course.

Lecture	Day	Date	(week)	Lecture Topic	Readings	Health Behavior Assignment
1	M	8/4	1	Course Introduction		
2	T	8/5		What is Health Psychology?	Chs. 1 (pp. 2-27) & 2 (All); Engel (1977)	
3	W	8/6		The Systems of the Body	Ch. 3 (pp. 72-87, 90-96)	Identify Health Behavior & Cost/Benefit (5 pts)
4	M	8/11	2	Stress I	Ch. 4 (All)	Health Behavior Tracking Sheet (5 pts)
5	T	8/12		Stress II; Film: <i>Stress: Portrait of a Killer</i>		
6	W	8/13		Stress, Coping, & Social Support	Ch. 5 (All)	Behavior Change Goals & Attitudes (5 pts)
7	M	8/18	3	Psychoneuroimmunology (PNI)	Chs. 11 (pp. 415-443) & 12 (pp. 450-474, 478-481); Jaremka et al. (2013)	Breaking Behavior Chain Strategy & Reward (5 pts)
8	T	8/19		Cardiovascular Disease & Diabetes	Ch. 10 (pp. 365-394, 396-409)	
----	W	8/20		MIDTERM EXAM		Social Support & Coping (5 pts) DUE 8/22/14
9	M	8/25	4	Health Behaviors	Ch. 6 (pp. 197-214, 221-231)	
10	T	8/26		Exercise, Sleep, & Other Health Behaviors	Chs. 7 (All) & 8 (pp. 286-313)	
11	W	8/27		Addiction	Ch. 9 (All); Lynam et al. (1999)	Maintaining Health Change Over Time (5 pts)
----	M	9/1	5	NO CLASS—LABOR DAY		
12	T	9/2		Using Health Services; Patient-Provider Relations	Ch. 13 (pp. 487-504, 514-516)	
13	W	9/3		Pain	Ch. 14 (All); Stephens et al. (2009)	PAPER DUE (30 pts)
14	M	9/8	6	Placebo Effect; Complementary & Alternative Medicine (CAM)	Ch. 15 (All); Silberman (2009); Talbot (2000)	
15	T	9/9		End-of-Life Issues; Guest Speaker: Dairine Pearson, MSW Bereavement Counselor	No Readings; Attend Lecture!	
----	W	9/10		FINAL EXAM		