

University of British Columbia  
**PSYCHOLOGY 314-001: Health Psychology**  
**Winter 2010**  
**(3 credits)**

2909

**Course Outline**

Course Weeks	September 9 <sup>th</sup> – December 2 <sup>nd</sup> , 2010	
Course Dates	Tuesdays & Thursdays 11:00-12:30	
Room	Buchanan A201	
<b>Instructor</b>	<b>Dr. Andrea Perrino</b>	
E-Mail	aperrino@psych.ubc.ca	
Office Hours	By appointment, Kenny 2524	
Messages	Main Psychology Office : 604-822-2755	
Teaching Assistants	Meanne Chan	and Michael Murphy
E-mail	mchan@psych.ubc.ca	murphym@psych.ubc.ca
Office	Kenny 1009	Kenny 1009
Office Hours	by appointment	

**1. Course Description:** The purpose of the course is to discuss, analyze and understand the specific study of health psychology. Students will be able to answer questions regarding what health psychologists do, how stress affects us and the means to control it, the best ways to communicate in order to obtain optimal treatment, how people manage chronic illness and pain, the possible causes and consequences of being overweight or having an addiction, the benefits and detriments of physical activity, how the internet has changed how we manage our health, and several other topics. In all, students should be able to identify the theoretical underpinnings behind how our health affects us, and how we affect our health. As a focus, students will be expected to learn and practice evaluative thinking. This will be accomplished by means of discussion within the class, and in the preparation and completion of the exams and paper.

**2. Prerequisites:** Enrolment in this course is restricted to students who have successfully completed Psych 100. Discuss any possible exceptions with the instructor.

**3. Format of the course:** The format of the course will be lectures with (hopefully lively!) class discussion.

**4. Required Textbook:**

Poole, G., Hunt Matheson, D., & Cox, D. N., (2008). *The Psychology of Health and Health Care: A Canadian Perspective* (3<sup>rd</sup> ed.). Toronto: Pearson Education Canada Inc.

**5. Course Requirements and Grading:**

*You will have the option of choosing your grading breakdown. You can choose either :*

2 exams (each worth 50% each)

OR

2 exams (one worth 30%, and the final worth 50%) and one paper (worth 20%)

*Exams:*

a) Midcourse Exam : 1:20min in-class, MC and SA exam, October 14<sup>th</sup>

b) Final Exam: 2+hour MC and SA exam, scheduled by the University

*More details...*

## i. Exams

You are responsible for all material in the textbook, and any assigned readings, and all lecture material (which will differ considerably, as well as reflect content in the text).

The exams will be presented in multiple-choice (e.g., an answer sheet in scan-tron format), and short answer format. The exams will be generally non-cumulative, meaning that understanding of the information presented early in the course is crucial to the integration of knowledge needed for the final exam, although direct testing regarding details which appear in the earlier material, will attempt to be avoided.

Please bring a HB pencil and eraser each time you write an exam for electronic scoring, **PEN WILL NOT BE ACCEPTED BY THE MACHINE**. For the written sections, black or blue pen is required. Also, plan to be on time. No individual may begin to write an exam once any one person has already completed the exam. Furthermore, the instructor reserves the right to move you during an exam without any explanation.

Students have the right to view their midterm exam for 2 weeks following the posting of grades, and for final marked examinations only if they apply to do so within 2 weeks of receiving their final grades. This review is for pedagogic purposes. The examination remains the property of the University.

Something else to consider, regarding the assignments and exams: we welcome you to view your exam for learning purposes (e.g., study tips and understanding), although if you request that a Teaching Assistant or Proff. re-mark an exam or assignment, then any instructor reserves the right to remark the entire exam or assignment, and the grade that was originally assigned can either change to a final grade that may stay the same or increase or decrease.

### Paper Assignment:

If you choose to write the paper, the topics will be provided in lecture and electronically. You will be asked to self-evaluate or solve a community problem, or conduct a study and provide advice or direction, all while considering the literature. You will be required to have a minimum of 10 "quality" references, and you must reference in APA style (some topic choices may require this to a greater degree than others). These reference pages will be appended to the text. If you are not sure how to reference in this manner please see <http://www.library.ubc.ca/home/about/instruct/apastyle.html> and <http://www.apastyle.org/> for information.

The paper will be a minimum of 7 pages, maximum of 10 pages of text (references, appendices are not included in the page count, and you may add these as needed), double-spaced, 11 point, Times New Roman, with 1-inch margins. Proper organization and writing style (correct grammatical structure, spelling, etc) will be considered in the marks allotted. No direct quotes, please. You also will submit the paper via Turn It In, at [www.turnitin.com](http://www.turnitin.com). The class name is Health Psych 314-Fall 2010, class ID =3466963, password = healthymind. Be sure you create an account and submit the paper (text and references, but no attachments) on the due date, as it will be programmed to be closed to submissions after that date.

The due date of the paper is November 18<sup>th</sup>, 2010 in class. I cannot accept papers submitted under a door or into the office or electronically via email.

## 6. Policies, Class Conduct:

*Accommodation:* The University accommodates students with disabilities who have registered with the Disability Resource Centre (Access and Diversity). The University also accommodates students whose religious obligations conflict with attendance, submitting assignments, or completing scheduled tests and examinations. Please let your instructor know in advance- in the first week of class, if you will require any special requirements as such, and all forms are provided at that time. Also note that current mental (depression, stress or anxiety, etc), or physical disabilities or injuries will not be diagnosed by your instructor, nor can these be accommodated without the registration with the Disability Resource Centre. Furthermore, *students who plan to be absent for varsity athletics, family obligations, vacations, work scheduling, or other similar commitments, WILL NOT be accommodated (in exams or assignment deadlines).*

As for missed exams or late papers – consider that a 0% will be assigned unless you have both:

- a) contacted the instructor 24 hrs before the exam or paper due date and time AND been given clear permission
- b) provided valid, clear medical documentation on letterhead. Each will be considered on a case-by-case basis (e.g., true emergencies only). If any make-up exam is deemed appropriate it will be written within days, not weeks later, and it may conflict with other commitments. Note that the makeups can be in an oral or essay format.

*Attendance and class participation* – Come to class...you paid for it! Students tend to do much better and enjoy the material more than if you miss. The purpose of the lectures will be to amplify, explain, demonstrate, and expand on the material in the texts, as well as present unique material. Although no marks will be either allotted or subtracted, participation in the discussions in a positive and inquisitive manner will be strongly encouraged for learning and interest enhancement.

*Communication* – attempt to be on time for the start of lecture to ensure that you receive any necessary information regarding changes to the course content or scheduling, all of which will be made at the beginning of each class. If you miss this, please obtain this information by asking a fellow classmate.

Considering the use of e-mail: firstly, we would be happy to see you “in person” for many of the questions you may have! I prefer to see my students to explain content or clarify material, versus electronic communication. Your e-mail content should be reserved for only urgent matters, and expect at least 24 hours before a response can be expected. Do keep your address current with the University as the announcement, scheduling changes, or other important information will be sent via this method. If you are having any troubles (e.g. your own server, email accounts, etc), please contact a fellow student to obtain information, any/all class notes or assignments.

*Electronics* – To show consideration for your fellow students and the instructor, please turn off and put away electronics that make sound (e.g., phones, headsets). Laptop computers are welcomed for note taking purposes, but please avoid displaying other potentially distracting material. Also, no electronics will be permitted in any exam such as a phone or dictionary.

*Food and Scents*– If you would like to bring food to class, simply be considerate of others by refraining from bringing anything odorous or noisy. Furthermore, please refrain from wearing scents to class as many people (including your instructor) have severe allergies to airborne scents.

### 7. Distributions of Grades

In order to reduce grade inflation and maintain equity across multiple course sections, all psychology courses are required to comply with departmental norms regarding grade distributions. According to departmental norms, the mean grade in a 300-level class is 70 for a good class, 68 for an average class, and 66 for a weak class, with a standard deviation of 13). The corresponding figures for 100- and 200-level Psychology courses are 67, 65, and 63, with a standard deviation of 14. Scaling is likely to be used in order to comply with these norms; grades may be scaled up or down as necessary by the professor or department. Grades are not official until they appear on a student’s academic record.

### 8. The Psychology Department’s Position on Academic Misconduct

*Short version: Don’t try it, don’t do it.* The consequences are more grave than you may think: you will fail the course, and/or after a hearing you will be expelled from University, a notation appears on your transcript and you likely will be unable to attend any other post-secondary institution in the future.

*Long version (that Proff’s must put in all of the course outlines):* Cheating, plagiarism, and other forms of academic misconduct are very serious concerns of the University, and the Department of Psychology has taken steps to alleviate them. In the first place, the Department has implemented software that can reliably detect cheating on multiple-choice exams by analyzing the patterns of students’ responses. In addition, the Department subscribes to *TurnItIn*—a service designed to detect and deter plagiarism. All materials (term papers, lab reports, etc.) that students submit for grading will be handed in, in this manner and thus will be scanned and compared to over 4.5 billion pages of content located on the Internet or in TurnItIn’s own proprietary databases. The results of these comparisons are compiled into customized “Originality Reports” containing several, sensitive measures of plagiarism; instructors receive copies of these reports for every student in their class.

In all cases of suspected academic misconduct, the parties involved will be pursued to the fullest extent dictated by the guidelines of the University. Strong evidence of cheating or plagiarism may result in a zero credit for the work in question. According to the University Act (section 61), the President of UBC has the right to impose harsher penalties including (but not limited to) a failing grade for the course, suspension from the University, cancellation of scholarships, or a notation added to a student's transcript.

All graded work in this course, unless otherwise specified, is to be original work done independently by individuals. If you have any questions as to whether or not what you are doing is even a borderline case of academic misconduct, please consult your instructor or teaching assistant. For details on pertinent University policies and procedures, please see Chapter 5 in the UBC Calendar (<http://students.ubc.ca/calendar>) and read the University's Policy 69 (available at <http://www.universitycounsel.ubc.ca/policies/policy69.html>).

Finally, note that during exams, the instructor and invigilators reserve the right to move students in their seating arrangement with no explanation provided.

#### 9. Finally....

Further information about academic regulations, course withdrawal dates and credits can be found in the University Calendar. If you run into trouble and need information about studying, preparing for exams, note-taking or time-management, free workshops and advice are available from the Student Resources Center.

Psychology 314-001  
Fall 2010  
Schedule of Topics, Assigned Readings and Exams

\*Note\*: This list is meant for general reference, as a guide. It will likely undergo changes and adjustments given presently unforeseen circumstances. *Please be aware that changes and announcements that are pertinent to you will be provided in the beginning of the lectures only.*

<b>WEEK</b>	<b>Topics or Exams</b>	<b>Readings</b>
Sept 4	Introduction to course, outline review Introduction to Health Psych	Poole, Hunt-Matheson, Cox : Chapt 1
Sept 14	Systems of the Body	Chapt 2
Sept 21	Stress and Coping	Chapt 3
Sept 28	Psychoneuroimmunology	Chapt 4
October 5	Communication in Medical settings	Chapt 5
October 12	Hospital Stays and Medical Procedures - Speaker Panel	Chapt 6
October 14	<i>Midterm Exam</i>	
October 19	Health Care Provider - Speaker Panel	Chapt 7
October 21	Health Promotion	Chapt 8
October 26	Physical Activity and a wee Sport Psych primer	Chapt 9
Nov 2	Health Compromising Behaviours	Chapt 10
Nov 9	Pain	Chapt 11
Nov 16	Chronic Illness and Death Nov 18 <sup>th</sup> – Paper due, if you so choose	Chapt 12
Nov 23	Complementary and Alternative Medicine Health and the Internet Aboriginal health	Focus Modules C, E and F
	<i>Final Exam – scheduled by Registrar</i>	