

University of British Columbia
PSYCHOLOGY 314-003: Health Psychology
Winter 2008
(3 credits)

Course Outline

Course Weeks	January 8 th –April 10 th , 2008
Course Dates	Tuesdays & Thursdays 2:00-3:30
Room	Buchanan A100
Instructor	Dr. Andrea Perrino
E-Mail	aperrino@psych.ubc.ca
Office Hours	Tuesdays 9-10:00am, Kenny 2524
Messages	Main Psychology Office : 604-822-2755
Teaching Assistant	Sarvin Ghods-Sharifi
E-mail	sarvin.psych@gmail.com
Office	Kenny 3506
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 how research is conducted in health psychology, 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, the benefits and detriments of physical activity, how the internet has changed how we manage our health, and 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 papers.

2. Prerequisites: Enrolment in this course is restricted to students who have successfully completed Psych 100. Discuss 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* (3rd ed.). Toronto: Pearson Education Canada Inc.

5. Course Requirements and Grading:

Exams:

- a) Midcourse Exam 1 (30%): a 1:20min in-class exam – February 14th, 2008
- b) Final Exam (40%) : a 2-hour exam, scheduled by the University

Papers:

- a) Essay - 10-15 page paper, partnered (20%): due March 27th, 2008
- b) Comment Papers - four, one-page papers (10%)

More details.....

Paper Assignments:

The comment papers will be sent electronically via e-mail, following the Thursday lecture (likely on the Friday). You will be asked to write a maximum of one page. It will consist of a question or observation to which you will be asked to find information or voice an opinion. These will be brought to class the following Tuesday, in order to stimulate discussion, contribute to a learning demonstration, as well as act as a “gauge” in the understanding of the material.

Term Paper Assignment:

Health psychologists must work with others on a regular basis, from varied areas in the profession. Thus, the essay will require that self-chosen pairs of students will work on the larger assignment. It is assumed that you will gain a varied perspective from your partner and that you will be diplomatic, cooperative, and able to resolve any possible conflicts. The paper assignment topics from which to choose, will be provided in lecture – 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 15 “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 10 pages, maximum of 15 pages of text (references, appendices not in addition), 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. The class name is Health Psych–Jan-April08, class ID = 2099721, password = healthwise. Be sure you create an account and ONE PARTNER will submit the paper (text and references, no attachments) on the due date as well, as it will be programmed to be closed to submissions after that date.

More information on the papers will be provided in the lecture. You are welcome to discuss these with your TA, and attend office hours for further details or assistance as well.

Exams:

What to expect:

You are responsible for all material in the textbooks, and information provided in the lectures (which will differ as well as reflect content in the text). All is “fair game”.

Exams will be presented in multiple-choice (indicating answers on both the exam and a scan-tron answer sheet), and short answer format. You MUST USE A PENCIL for the scan-tron sheets as pen will not be scored by the machine. Thus, do bring 2-3 pencils and an eraser. No pink, red, baby-blue, or green pens permitted for the short answer.

Plan to be on time. No individual may begin to write an exam once any one person has already completed the exam.

What to avoid:

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 **before** the exam or paper time and date AND been given clear permission b) 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 are to be scheduled, they will be within days (not weeks later) and it may conflict with other commitments. Note that the makeups can be oral or essay format.

What to consider:

Midterm exams can be reviewed with your TA, for 2 weeks following the grade posting. If there is any dispute, note that both instructors reserve the right to remark the entire exam and the grade that was originally assigned can either change to an increase or decrease or remain the same. Review of multiple choice questions would be for learning purposes only (and not for argument/contention or alteration).

It is a university regulation that if you wish to view your final exam it can only take place with special written request from the Dean's Office. During this viewing, discussion of grades is not permitted, but for learning purposes only. If you believe that an error has been made in the marking of your final examination, you may make an official request from the Registrar's Office (within 4 weeks of the announcement of the final grades). The examination remains the property of the university.

6. Class conduct, considerations:

Attendance and class participation – Come; you will do much better (and have more fun!) than if you miss class. The purpose of the lectures will be to amplify, explain, demonstrate, and expand on the material in the texts, as well as divulge in unique material. Be on time and avoid coming and going unless “biologically necessary”.

Communication – be on time for the start of lecture to ensure that you receive any necessary information regarding changes to the course content or scheduling. Otherwise, obtain this information by asking a fellow classmate.

Considering the use of e-mail: firstly, we would be happy to see you “in person” at office hours 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 assignments will be sent via this manner as will other “blanket” e-mail messages with regards to scheduling changes or important info. 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 – turn off, put away electronics (e.g., phones, headsets, cameras). Laptop computers are welcomed for note taking purposes (please avoid displaying other potentially distracting material). Also, no electronics will be permitted in any exam (e.g., phone, dictionary).

Food and Scents– If you would like to bring food to class, simply be considerate of others (and the instructor) by refraining from bringing very odorous food or noisy wrapping. Furthermore, please refrain

from wearing scents to class as many people (including your instructor) have severe allergies to airborne scents.

7. Psychology Department's Policy on Grade Distributions and Scaling

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. Academic Dishonesty

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 will be expelled from University, and unable to attend any other post-secondary institution in the future.

Long version: Psychology Department's Position on Academic Misconduct

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 scanned and compared to over 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. Do **not** use Google/Yahoo/MSN Search/etc. to find articles for assignments in this course. **Do** use any of the indexes and databases listed under Indexes and Databases, Subject Resources, OneSearch or Metasearch on the Library's website at <http://www.library.ubc.ca>. (Not sure which index to use? Click HELP on the library homepage at www.library.ubc.ca or try Subject Resources.)

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. For details on pertinent University policies and procedures, please see Chapter 5 in the UBC Calendar (<http://students.ubc.ca/calendar>).

Do 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.