



# **PSYC 314: Health Psychology**

Winter 2019/20, Term 1 (September 2019 – December 2019)

Section 002: Tuesdays & Thursdays 2:00 PM – 3:30 PM

Location: Hennings 201

## **PROFESSOR**

Dr. Nancy Sin

Email: [nsin@psych.ubc.ca](mailto:nsin@psych.ubc.ca)

Office Hours: Wednesdays 12-1 PM and by appointment at other times

Office: Kenny 3517

## **TEACHING ASSISTANT**

Mr. Jin Wen, M.A. Candidate

Email: [jin.wen@psych.ubc.ca](mailto:jin.wen@psych.ubc.ca)

Office Hours: Thursdays 12:45 to 1:45 PM and by appointment at other times

Office: Kenny 1007

*If you would like to meet with the professor or TA, please e-mail or approach us after class to let us know in advance.*

## **COURSE DESCRIPTION**

Health psychology is the study of how biological, psychological, and social factors contribute to health and disease. This course will introduce you to major topics in health psychology, including: research methods, health behaviours, stress and coping, social support, patient-provider relationships, pain, adjustment to chronic diseases, aging, and death and dying.

Given the size of the class, the format of this course will primarily be lectures accompanied by in-class discussions and activities that utilize various multimedia platforms (including videos, images, news stories, etc.). There may be guest lecturers with particular expertise in health psychology. Your feedback on the course is most welcome throughout the term.

## **COURSE WEBPAGE**

This course uses Canvas (<https://canvas.ubc.ca>). It is your responsibility to check regularly for important updates. Lecture slides will be posted by the morning before class. The slides are intended as visual aids to complement the lecture. I recommend that you take your own notes in class using the slides as a guide.

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### TEXTBOOK

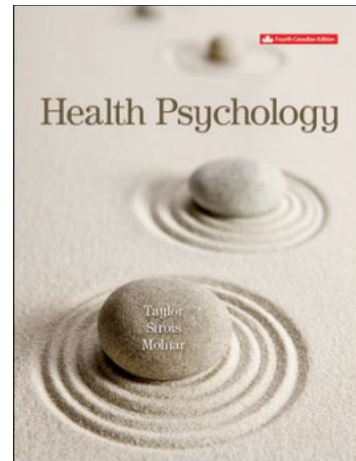
Taylor, S. E., Sirois, F. M., & Molnar, D. S. (2017). *Health Psychology* (4<sup>th</sup> Canadian ed.). Toronto, ON: McGraw-Hill Ryerson.

UBC Bookstore:

<https://shop.bookstore.ubc.ca/coursebuilder.asp>

Publisher Website: <https://www.mheducation.ca/health-psychology-9781259362156-can-group>

*Note about using other/older editions:* This is the 4<sup>th</sup> Canadian edition of this textbook. No other version or publication (e.g., previous editions, American versions, other Health Psychology textbooks) should be used.



### COURSE EVALUATION

There will be 3 exams and the option of writing a paper.

#### ***Evaluation Route 1: Exams Only***

For those students who do not write the optional paper, the two midterms will comprise 30% and the final exam will comprise 40% of their final grade.

#### ***Evaluation Route 2: Exams + Optional Paper***

You can also choose to write an optional paper in addition to the exams. The paper will count towards 10% of your final grade. For students who write the paper, the two midterms will comprise 26% each and the final exam 38% of their final grade.

The paper will only be counted in your final grade if it improves your overall grade in the course. If the paper brings your overall grade down, you will only be evaluated according to Route 1. You will not be penalized for doing extra work. You do not need to notify the professor which route you choose.

*For example, a student who got 60% on their first midterm and 80% on both their second midterm and final exam would receive a final grade of 74% via evaluation route 1. If this student completed a paper with 90%, then that would result in a final grade of 76% (evaluation route 2). If the same student had received 60% on the paper, then that would result in a final grade of 74% (Evaluation route 1 would be used in this case because the paper does not get counted if it would bring down the final grade).*

No other special accommodations for evaluation will be made. For example, exams will not be weighted differently than the above method of evaluation in any case.

#### ***Notes on the Exams***

- Examinations are **non-cumulative**. The exams will primarily consist of multiple choice and short answer (written) questions.

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- The exams will cover **both** lecture and textbook material, including information presented by guest speakers. The purpose of the lectures is to supplement and expand upon material presented in the textbook to give you a richer understanding of health psychology. Although there will be overlap between the lectures and the textbook, there will be a good deal of unique material presented in the lectures that is not part of the textbook. To be successful in this course, you must carefully read the textbook *and* attend the lectures.
- Please bring a pencil, eraser, and your UBC ID to each exam. During exams, invigilators may ask students to move or change seating arrangements with no explanation provided.
- You must arrive to the exam on time. If you arrive after the first student has turned in their exam, you will not be permitted to take the exam.
- Examinations will be given on published dates only. If you are unable to write an exam due to religious obligations, please notify me within the first 2 weeks of class. If you are unable to write an exam due to medical problems, please contact me before the exam or within 24 hours after the exam. Students who miss the exam and who do not contact me within 24 hours after the exam will be assigned a grade of "0" on the exam. Make-up exams must be completed as soon as possible at the convenience of the TA. The content and format (e.g., multiple choice, essay components) of the make-up exam may differ from the exam that was administered in class.
- Exam grades will be posted on the course website, typically within two weeks of the exam. Students wishing to review their exams should make an appointment with the TA. If you feel that a mistake was made in the grading of your exam, you may submit a brief written description of the error *within 2 weeks* of the grades being posted, and your exam will be re-graded. Re-grades will not be considered after 2 weeks, although you are welcome to review your exams at any point in the term.

### **Optional Paper**

Throughout the term, students will be encouraged to select a health behaviour that they are interested in modifying or maintaining, monitor that behaviour, and implement strategies (based on in-class instructions and discussions) to change or maintain the behaviour. This activity is designed to help you integrate concepts from the course with real life. However, you are not required to participate in these activities.

If you choose, you can write an optional 4 to 5 page paper (double-spaced) about your health behaviour change experience. The paper will also involve discussing relevant material from the lectures, textbook, and empirical research articles. Details about the paper and the submission instructions are forthcoming. The paper must be submitted on *Tumtln.com* by Friday, November 22.

### **Department Policy on Distribution of Grades in Psychology Courses**

Courses offered by the Psychology Department are required to meet a target grade distribution. This is done in order to ensure that all students are assessed fairly in relation to students in other sections of the same course and to students in other courses. **The target grade distribution for 300-level psychology courses requires that the mean for the class fall between 66% and 70%, with a standard deviation of approximately 13%.** Accordingly, students should note that the Department may scale the final grades in this course up or down if the distribution of grades deviates substantially from the target. Official scaling is applied at the end of the course. A student's grade is not official until it appears on the academic record.

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### ***Extra Credit***

You may earn extra credit for research participation (at a rate of 0.5 points for 1/2 hour, to a maximum of 3 points) or, as an alternative, by completing a library writing project. Your earned points are added to your final grade (after any scaling). For complete details, see "Subject Pool Information for Participants" on the Department's website: <https://ubc-psych.sona-systems.com>. Please **register** in this online system by the end of January.

### **DISTRIBUTION OF COURSE MATERIAL IS NOT PERMITTED**

I created the materials for this course, including Powerpoint slides, exams, and assignments; the course content is my intellectual property. Students who publicly distribute or help others publicly distribute copies or modified copies of the Course Materials (for example, submitting course materials to Course Hero), may be in violation of article 4.2.2 of the Discipline for Non-Academic Misconduct: Student Code of Conduct policy (<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,54,750,0>). I will pursue disciplinary measures to the fullest extent possible, which may include removal of the student from the course and levying a fine.

### **CLASS ETIQUETTE**

In consideration of your fellow students, please turn your phones off during class. The use of laptops in class is an effective means to take notes and record comments related to course content. However, some students use laptops in class to "surf" the internet and work on material associated with other courses. These activities can be very distracting to those who sit in adjacent seats and can interfere with their efforts to focus. For this reason, all students who intend to use their laptop in class for activities unrelated to the course are asked to sit in rows at the rear of the classroom. If you arrive at class late or need to leave early, do so with minimal disruption. No electronics, including phones, will be permitted during any exam.

### **PARTICIPATION**

I strongly encourage and appreciate student participation. All individuals in the classroom should feel safe to express their thoughts and opinions without judgment, ridicule, or discrimination. As such, thoughts and opinions should be shared in a respectful manner. To facilitate participation, I ask that all students support their classmates' efforts to contribute to class discussion. I will only ever tolerate an inclusive, respectful, and safe classroom environment.

### **ACADEMIC ACCOMMODATION**

The University accommodates students who have registered with Access and Diversity (<http://students.ubc.ca/about/access>). Please let me know in advance, preferably within the first 2 weeks of class, if you require any accommodation on these grounds.

### **ACADEMIC CONCESSION**

During your time in this course, if you encounter medical, emotional, or personal problems that affect your attendance or performance, please notify me. You may be able to obtain academic concession from the Dean of your Faculty. Please discuss any extenuating circumstances with me prior to exam dates. Furthermore, the relative weight of course requirements will not be

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changed for any given student. For further information on academic concession, please consult Policies and Regulations in the UBC Calendar:

<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,329,0,0>

### **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 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. For details on University policies and procedures, please see the section on Student Conduct and Discipline in the UBC Calendar.

### **LEARNING RESOURCES**

**Study Support.** Learning Commons (<http://learningcommons.ubc.ca/>) is an online resource designed to provide UBC students with learning and study support. It is an interactive website that provides access to information on exam preparation, tutoring, on-campus learning workshops, study groups, and technical tools.

**Writing Support.** UBC students may obtain assistance with writing through the UBC Writing Centre (<http://learningcommons.ubc.ca/improve-your-writing/>). The Writing Centre offers courses, tutoring services, and an online Writer's Workshop to assist students in developing their writing skills. The UBC Library (<http://help.library.ubc.ca/>) provides online information to assist students in conducting library searches for papers.

**Wellness Resources.** Due to the nature of the course, some students may have personal experience with a topic that is covered in class. If you need someone to talk to or seek advice, you may contact UBC Counseling Services, (604) 822-3811.

<https://students.ubc.ca/health-wellness/mental-health-support-counselling-services>

Please also see the list of Wellness Resources on the course website.

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### COURSE TOPICS AND SCHEDULE OF READINGS

Dates refer to the approximate day when we will start with a new topic. This course outline is tentative and subject to change.

START DATE	TOPICS	READINGS
Thurs, Sept. 5	<p align="center"><b>Introduction to Health Psychology</b></p> <p><u>Topics include:</u> Historical perspectives on the mind-body relationship, biopsychosocial models, &amp; research methods in health psychology</p>	Chapters 1, 2*
Tues, Sept. 17	<p align="center"><b>Health Behaviours and Prevention</b></p> <p><u>Topics include:</u> Factors that influence health behaviours, models of health behaviour change, physical activity, sleep, diet, substance use, health promotion programs</p> <ul style="list-style-type: none"> <li>• Guest lecture on health behaviour change by Patrick Klaiber, M.Sc. (Date to be announced)</li> </ul>	Chapters 3, 4, and 5
<b>Tues, Oct. 8</b>	<b>First midterm exam:</b> Covers all lectures and Chapters 1, 3, 4, and 5	
Thurs, Oct. 10	<p align="center"><b>Stress and Coping</b></p> <p><u>Topics include:</u> Appraisals, stress responses, types of stressors, social support, ways of coping, chronic stress, stress management</p> <ul style="list-style-type: none"> <li>• Guest lecture on stress by Jin Wen, M.A. Candidate (Date to be announced)</li> </ul>	Chapters 6 and 7
Tues, Oct. 29	<p align="center"><b>Patients in the Treatment Setting</b></p> <p><u>Topics include:</u> Using health services, adherence to medical regimens, patient-provider relationships</p>	Chapters 8 and 9
<b>Tues, Nov. 5</b>	<b>Second midterm exam:</b> Covers new lectures and Chapters 6 through 9	
Thurs, Nov. 7	<p align="center"><b>Chronic Disease Management</b></p> <p><u>Topics include:</u> Pain, adjusting to chronic diseases, depression and illness, family involvement, major chronic diseases (e.g., heart disease, diabetes, cancer, HIV/AIDS)</p>	Chapters 10, 11, 13, 14
Tues, Nov. 19	<p align="center"><b>Aging and Terminal Illness</b></p> <p><u>Topics include:</u> Aging, terminal illness, end-of-life decisions</p>	Chapters 12, 15 (Aging section)
<b>Fri, Nov. 22</b>	<b>Optional paper due:</b> Submit on <i>TurnItIn</i> website by 5 PM on Nov. 22, 2019	
Tues, Nov. 26	The future of health psychology	Chapter 15
Thurs, Nov. 28	Last day of class: Final review	
<p align="center"><b>Final exam to be scheduled during exam period (December 3-18).</b> Please check the University schedule for date, time, and place. The final exam will cover new lectures and Chapters 10 through 15.</p>		

\*You will not be tested on Chapter 2 ("The Systems of the Body"), but I recommend that you read this chapter and use it as a reference as needed throughout the course.