

Health Psychology Psychology 314

Section: 004
Meeting Times: MWF 3:00-3:50

Section: 005
Meeting Times: MWF 4:00-4:50

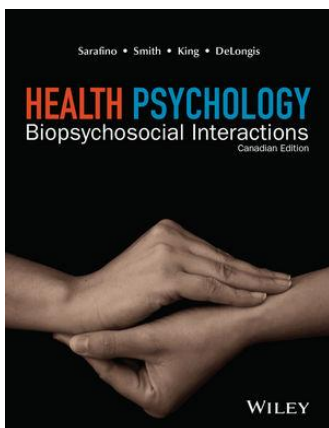
Location: AERL 120

PROFESSOR: **Dr. Anita DeLongis**
office: Kenny 2410
e-mail: adelongis@psych.ubc.ca
office hours: Dr. DeLongis is available to meet when class ends at 4:50 pm on MWF in the classroom, or by appointment at other times. Evening phone meetings are also available. Please either come after class to our classroom at 4:50 to meet, or arrange in advance to meet her in her office at another time.

Textbook: Sarafino, E. P., Smith, T. W., King, D. B., & DeLongis, A. (2015/2016). *Health Psychology: Biopsychosocial Interactions*, Wiley. *Copies are available for purchase at the UBC Bookstore. We are using the Canadian edition, so please take care to purchase the Canadian edition rather than any of the American editions. Health care and health disparities are very different in the two countries, so the textbooks are necessarily different.*

Use this link for additional purchase options:
<https://www.wiley.com/en-ca/Health+Psychology%2C+Canadian+Edition-p-9781118991985>

Use this link to access optional online resources including study materials:
<http://bcs.wiley.com/he-bcs/Books?action=index&itemId=1118991982&bcsId=9593>



Course website: We are using Canvas: <https://canvas.ubc.ca>

Slides: A preliminary set of slides will generally be posted on the website prior to each lecture, with a final set for each lecture posted the following day in the case of any updates. The slides are intended as visual aids to complement the lecture and are not meant to stand alone. Therefore, they will be hard to follow if you haven't been in class. They are not intended to be notes on the lectures. It is recommended that you take your own notes in class, writing down key points, and then use the slides as a supplement.

TEACHING ASSISTANTS:

Alison Tracy: alison.tracy@psych.ubc.ca
Office: Kenny 1604
Office hours: Monday 1-2 PM

Jason Zheng: jchzheng@psych.ubc.ca
Office: Kenny 2565
Office hours: Thursday 1-2 PM

COURSE DESCRIPTION: This course will provide an introduction to health psychology. Topics covered include research methods in health psychology, health behaviour and promotion, stress, coping, and social support, patient-practitioner relations, pain, adjustment to chronic illness, and death and dying.

Course Format: Given the size of the class, the course has a primarily lecture format. However, questions, comments, and participation in class discussions are especially encouraged. There will be several guest lecturers with particular expertise in health psychology. Your feedback on the course is most welcome throughout the term.

Communication with the professor and TAs: Complex questions are typically easier to answer face-to-face or over the phone, rather than via e-mail. In addition to Dr. DeLongis, the TAs are a great resource and will be able to provide you with answers to many of your questions. They work in close contact with Dr. DeLongis and will refer matters if they cannot resolve them for you. We take your questions very seriously and want to facilitate learning. We always try to get back to you as soon as we can. This can be challenging due to the size of the class, especially around exam times. So please make sure to allow at least one full work day for us to reply, particularly just prior to exams when student requests tend to be high.

Student Evaluation: There will be 3 exams in this class (Midterm Exam #1, Midterm Exam #2, and the final exam). The two midterms exams are worth 30% of your mark, and the final exam will be worth 40% of your mark. The exams will not be cumulative. All exams will be mixed format. They will consist primarily of multiple choice questions and short essay questions. Please bring a pencil and an eraser to each exam to allow for electronic scoring of the multiple choice questions. Midterm Exams #1 and #2 will be given in class, and the final exam will be scheduled by the university to occur during the exam period.

Students are responsible for **both** the material presented in the lectures and the material presented in the textbook, including material presented by guest lecturers. You may be tested on any material covered in lectures *or* in the textbook (including material that was only discussed in class or material that only appeared in the readings). Note that the lectures generally will not be a repeat of what is in the textbook. The purpose of the lectures is to expand upon material presented in the textbook in order to give you a richer understanding of health psychology. Hence there will be a good deal of unique material presented in the lectures. (It is recognized that students have different preferences for concordance between lectures and the textbook, and if you prefer a class in which the lectures do repeat the textbook, you are strongly encouraged to enroll in another section or course).

Reporting of Grades: Students' grades on the exams will be posted on CANVAS, typically within two weeks of the exam. You may review your exams with one of the Teaching Assistants. 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. In the case of a student not agreeing with a mark assigned by the TA, Dr. DeLongis will review the exam and make a final determination regarding mark.

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 66-70%, 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. A student's grade is not official until it appears on his or her academic record.

EXTRA CREDIT (optional): You may earn an additional 3% extra credit for research participation (at a rate of 1/2 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 (scaled) grade.

As part of this course, you may complete a research experience component (REC) as way of introducing you, in a more hands on and interactive way, to cutting edge research in psychology. You are free to choose one of two options:

Participate in the Psychology Department Human Subjects Pool

Most students will choose to earn extra credit for their research experience component by spending **three hours participating in psychology studies (worth 1% point for each hour)** through the Department of Psychology's Human Subject Pool (HSP) system. You can locate, create an account, and sign up for studies at:

<https://psych.ubc.ca/undergraduate/opportunities/human-subject-pool/>

Alternative extra credit assignment: The Library Option

As an alternative to participation in psychology subject pool experiments, you may complete a library-writing project. Information regarding this option is also available via the subject pool link above.

Electronics in class: During class, please turn off and put away any electronics that make noise (e.g., phones). Laptop computers and tablets are acceptable for note taking purposes only (please do not use them for other purposes as this is distracting for other students). No electronics, including phones, will be permitted during any exam.

Academic Misconduct: Cheating and other forms of academic misconduct are very serious concerns of the University, and the Psychology Department has taken steps to alleviate them. In all cases of suspected academic misconduct, the parties involved will be pursued to the fullest extent dictated by the guidelines of the University. Evidence of academic misconduct may result in a "0" 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. For details on pertinent University policies and procedures, see the UBC Calendar <http://www.calendar.ubc.ca/vancouver/>

Please note that during exams invigilators may ask students to move or alter students' seating arrangements as needed. An invigilator may ask you to move due to the possible misconduct of a classmate in an adjacent seat. Any use of an electronic device during an exam will result in a 0 on your exam. 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 or another student is doing is even a borderline case of academic misconduct, please consult Dr. DeLongis or one the teaching assistants.

Academic Concession

For detailed information on academic concession, please consult the UBC Calendar:
<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,329,0,0#26573>

Course Schedule

Lectures I: Introduction to Health Psychology

Topics covered: A historical perspective on the mind-body relationship

Readings: Chapter 1

Lectures II: Health Behaviour and Primary Prevention

Topics covered: Diet, exercise, the obesity epidemic, tobacco use, alcohol consumption & evidence-based treatments for health behavior change

Readings: Chapters 6, 7, & 8

Fri, Feb 7: Midterm examination I

Lectures III: Stress, Coping, & Illness

Topics covered: stress & illness

Readings: Chapter 3

Mon-Fri February 18-21: Midterm Break

Topics covered: ways of coping with stress, social support and stress moderators

Readings: Chapter 4 & 5

Wed, March 11: Midterm examination II

Lectures IV: The Patient in the Treatment Setting: Adherence, Chronic & Terminal Illness

Topics covered: adherence to medical regimens

Readings: Chapter 9

Topics covered: pain, chronic illness

Readings: Chapters 11

Topics covered: coping with chronic and terminal illnesses;
Death and dying; grief

Readings: Chapters 10, 13 & 14

Wed, April 8: Last Class – Review Session

Final exam to be scheduled by exam services