

PSYC-314, Section 992 (Distance Learning)

# Health Psychology



UBC Vancouver Campus, Winter Term (Jan. – Apr., 2024)

UBC is located on the traditional, ancestral, and unceded territory of the x<sup>w</sup>məθk<sup>w</sup>əyəm (Musqueam) people.

This course offers a general introduction to the theory and scientific research in the field of **health psychology**. Topics include the biopsychosocial model; stress, coping, and stress management; social support and interpersonal processes; social determinants of health and health disparities; health behaviours (including addiction); health promotion and disease prevention; patient-provider relations; pain management; management of chronic and terminal illness; caregiving; death, dying, and grief; and aging. These topics have been organized into three main units: (1) **Stress & Social Processes**, (2) **Health Behaviours**, and (3) **Illness Management**. While these topics are relevant to neighbouring disciplines, the purpose of this class is to provide a **psychosocial** perspective. Students who successfully complete this course will be able to discuss current research in health psychology; compare and contrast key theoretical perspectives in the field; describe associations among physical, psychological, and social health; and apply theory and research to their daily lives. *This section of the course is **asynchronous** and **can be completed remotely**.*

**Course Prerequisites:** It is **strongly** recommended that you have taken an intro psychology course and/or have some knowledge of research methods!

## YOUR INSTRUCTOR



**David King, MSc, PhD** (he/him/his)  
Please call me either David or Dr. King!

**Email:** [dbking11@psych.ubc.ca](mailto:dbking11@psych.ubc.ca)  
Please email me directly, not via Canvas!

**Office:** Room 2406, 2136 West Mall

**Dr. King's Office Hours on Zoom:** Wednesdays 10:00 AM – 12:00 PM (Jan. 10 – Apr. 17, exc. Feb. 21), or by appointment. *Drop in during these hours, or email me to schedule a meeting. See Appendix A or Canvas for Zoom details.*

**NOTE:** Office hour drop-ins/meetings may have to be limited to 10 to 15 minutes per student when others are waiting. *Please be respectful of everyone's time! I am NOT available on Saturdays, Sundays, or holidays, or after 5 PM (PST) on any day.*

**For my website & blog, visit [www.davidbking.net](http://www.davidbking.net). Or follow me on Threads ([@dr\\_davidking](https://www.threads.net/@dr_davidking)) for random musings, more psych stuff, and cute dog pics.**

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## YOUR TEACHING ASSISTANT

**Luyun Ge** (she/her/hers) **Email:** [akacloud@student.ubc.ca](mailto:akacloud@student.ubc.ca)

*To schedule a meeting with your TA, please email them directly. Remember to treat your TA with respect during all interactions and communications!*

**NOTE:** Your TA should be your first point of contact for grading-related inquiries.

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## EMAIL ETIQUETTE *When emailing us for any reason...*

### PLEASE DO:

- Include a subject line, starting with the course code AND section number.
- Include prev. relevant correspondence.
- Include your FULL name & student #.
- Be specific in your request (e.g., number of days needed for an extension).
- Give us at least 48 hours to respond!

### PLEASE DON'T:

- Email us through Canvas.
- Email us multiple times about the same issue in a 48-hour period.
- Leave out important information.
- Provide unnecessary details about an illness (e.g., bodily fluids).
- Assume we can read your mind!

## COURSE FORMAT

This course will be structured around textbook readings and lecture content, which is intended to summarize and expand upon textbook readings. PowerPoints will be posted online and should be read in addition to the assigned textbook readings. Video files of PowerPoints with instructor voice-over for each lecture will also be available. Both textbook readings and PowerPoint/lecture topics are indicated in the course schedule in this syllabus. The course schedule should be your main resource for staying organized in the course. You will be expected to submit 3 application exercises over the term (1 per unit). You will also be required to complete 10 quizzes and one final examination (cumulative, open-book).

**Course Website:** This course uses **Canvas** (<http://canvas.ubc.ca>) to make important announcements, post lecture and video files, administer quizzes and exams, publish grades, and provide other materials. Please ensure that this course appears in your Canvas account and that you are set up to receive notifications. **You are responsible for reading all announcements.**

**Course Modules:** Course content will be presented in 11 modules (see schedule at end of syllabus), with Modules 1 through 10 lasting one week. In Canvas, go to **Modules** to find everything you need for the week.

**Recommended Discussions & Links:** External links and discussions recommended in Canvas are for your interest only and are NOT testable.

**General Discussion Board:** This should be used for general and **non-urgent** questions and discussions related to the course.

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## COURSE EVALUATION *Students are expected to complete...*

**10 Module Quizzes** (see deadlines in Canvas) — **10% of Grade (1% each)**

*See section on 'Module Quizzes' for more details and requirements.*

**3 Application Exercises** (1 per course unit) — **45% of Grade (15% each)**

*See section on 'Application Exercises' for requirements; grading rubric in Canvas.*

**1 Final Exam** (cumulative, open-book, scheduled by UBC) — **45% of Grade**

*See section on 'Final Examination' for more details and requirements.*

*+ up to 3 points from HSP (optional; see section on 'Extra Credit')*

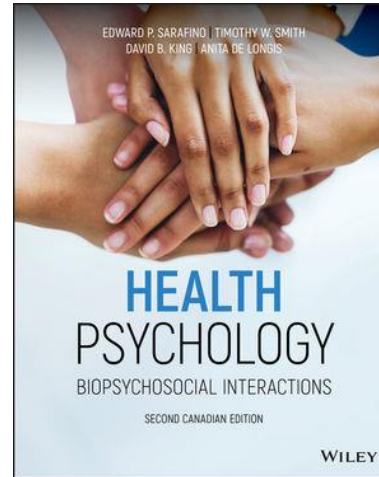
## YOUR TEXTBOOK (REQUIRED READING)

### Health Psychology: Biopsychosocial Interactions

by Edward Sarafino, Timothy Smith, David King, & Anita DeLongis (2nd Canadian Edition, 2020, Wiley)

NOTE: You will NOT be responsible for reading Chapters 2 and 16.\*

*There are 2 formats of the book to choose from, depending on your needs...*



1. **Paperback** (ISBN 9781119506942)

2. **Electronic** (ISBN 9781119506881)

NOTE: All other purchasing/ordering options for the electronic edition of the book (e.g., VitalSource) are also acceptable. Additional options are available for renting the electronic version of the textbook through the publisher's website. See the link below for more information.

**Link to Publisher's Website:** [www.wiley.com/en-ca/Health+Psychology%3A+Biopsychosocial+Interactions%2C+2nd+Canadian+Edition-p-9781119506881](http://www.wiley.com/en-ca/Health+Psychology%3A+Biopsychosocial+Interactions%2C+2nd+Canadian+Edition-p-9781119506881) (All format/purchasing options are available through the publisher's website.)

NOTE: Due to significant updates and revisions to this edition, no other edition (American or older) of the textbook should be used.

*\*You are not responsible for reading Chapter 2 of the textbook; however, a basic understanding of bodily systems/human physiology is expected. Use this chapter as a refresher or reference as needed.*

## MODULE QUIZZES

There will be one quiz for each of the first 10 course modules, each worth 1% of your grade. (Note that there will be no quiz for Module 11.) Quizzes will consist of 10 multiple choice questions addressing key concepts and material from course readings AND lectures. They are intended to improve learning and help you prepare for the final examination. Quizzes are timed; you will have 10 minutes to complete each quiz (an average of one minute per question).

Quizzes are “open book” and “open note” as you may refer to your notes and/or book (either paper or electronic format) during quizzes; however, **you are strictly prohibited from recording questions in any way, consulting with anyone else during the exam, and sharing exam content with other students** (see section on *Academic Integrity* for more details).

**Completing Each Quiz:** Each quiz will be available in Canvas (see *Quizzes*) and must be completed by the deadlines indicated (one week after the start date of each module). **Times are in Pacific Standard Time (PST).**

**Missing a Quiz:** If you do not complete a quiz by the deadline, you will receive a grade of ‘0’ on the quiz. In cases of emergencies, concessions may be offered if you contact me within 24 hours. If approved, your quiz deadline may be extended or your quiz grade re-weighted. Quizzes will be available on published dates only. Exceptions will be made in cases of medical or health-related issues, certain conflicting responsibilities, and other emergency situations. For policies regarding in-term academic concessions, please refer to the relevant UBC calendar entry: [www.calendar.ubc.ca/vancouver/index.cfm?tree=3,329,0,0](http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,329,0,0).

**Other Accommodations:** Accommodations will also be made for students with religious obligations that conflict with a quiz deadline. Depending on the specific circumstances (as determined on a case-by-case basis), students may be offered take the quiz at another time or re-weight their quiz grades based on other quizzes.

**Quiz Grades:** Each quiz grade will be made available in Canvas as soon as the quiz is completed.

**IMPORTANT: For security purposes, correct quiz responses will ONLY be visible \*once\* immediately following the completion of each quiz!**

## APPLICATION EXERCISES

You are required to submit 3 application exercises over the course of the term (**1 application exercise must be submitted for each unit of the course according to the deadlines indicated in the course schedule**). The goal of each application exercise is to consider how course content **from the respective unit** can be applied to any public health crisis or challenge, past or present, in order to inform our understanding of it. You could examine the COVID-19 pandemic, some other disease threat (e.g., HIV/AIDS, Ebola, West Nile), a behavioural concern or epidemic (e.g., obesity in North America, smoking in the Philippines), a health disparity (e.g., higher rates of diabetes in Indigenous Canadians), or other threats to public health, such as climate change. Over the term, you may consider the same public health crisis or challenge in all of your assignments or you may examine a different crisis in each, it is up to you. From each unit, you should choose any one topic, concept, theory, or research finding (or a set of related concepts or findings) presented somewhere in the unit (i.e., from textbook readings or lectures) and apply it to the public health crisis or challenge of your choice. **Your goal is to consider the topic/concept/theory/research within the context of the crisis or challenge and offer insight about it.** You can focus on how the health crisis or challenge has unfolded, the causes of the crisis, relevant behaviours related to the crisis, the psychological or social response to the crisis, and/or the psychosocial impact of the crisis. *For example*, in Unit 1, you could discuss the stress of the COVID-19 pandemic, a specific aspect of that stress, or an effective means of coping with it (e.g., human-animal interaction). Whatever approach you take, each application exercise should clearly take **a health psychology perspective**, such that something of a psychological, behavioural, or social nature related to the public health crisis is being considered. For each application exercise, you should strive to present a fairly concise and focused discussion.

**The audience should be someone who has completed this course. As such, there should be very little time spent restating what has already been stated. Instead, you should be demonstrating critical thinking by presenting original insight(s). The primary goal of these assignments is to apply course content; however, if it is either necessary or appropriate for your topic, you may cite outside sources as you see fit (to a maximum of 3 references per assignment).** If referring to ideas or research findings presented in lecture content or in the textbook, you may simply treat this information as general knowledge and no formal citations are needed (and therefore no *References* page is needed in this case). (*Cont’d on next page.*)

If you refer to any other literature or outside sources in an application exercise (e.g., information on the health crisis or challenge, including statistics; or relevant research findings not discussed in class), then you must cite the information according to APA style AND also include an additional *References* page listing the full reference(s) for this new information. A *References* page is therefore NOT required in all cases.

**NOTE:** Application exercises are not meant to be summaries of course material. They are intended to encourage critical thinking about specific topics, theories, and concepts as they may relate to or inform the issue of your choice. A sample application exercise will be provided in Canvas.

***Application Exercise Requirements:*** Each application exercise must be typed, double-spaced (with 1-inch margins), in 12-point Times New Roman or similar font, and **NO MORE THAN ONE PAGE IN LENGTH** (any additional content will be ignored, with the exception of a *References* page). First-person perspective and direct quoting should be used minimally and formal/academic tone should be maintained throughout. **You must include a heading at the top of the first page indicating the unit number and the health crisis/challenge being examined along with your name and student number (see sample online). The course concept(s) being examined should also be clear in the first sentence. A *References* page can be included in addition to the one page if it is required (i.e., if you cite information not cited in the textbook or lecture).** You should adhere to APA formatting (7<sup>th</sup> ed., APA, 2019); however, application exercises do NOT require a title page, an abstract, a running head, or additional headings.

***Application Exercise Submission:*** **(1) Application exercises must be uploaded directly to Canvas by 11:59 PM (PST) on the due date indicated (see course schedule).** In Canvas, go to *Assignments* and click on the appropriate link to upload each assignment. All assignments should be submitted in PDF format. **(2) Application exercises must ALSO be uploaded to “TurnItIn” by 11:59 PM on the day of submission (see further details below).** If you do not upload your assignment to BOTH places by the deadline, you will receive a grade of ‘0’ for the assignment. In cases of medical emergencies or unforeseen circumstances, concessions may be offered (see UBC’s policy on in-term concessions), but you must contact me within 24 hours of the deadline. If your concession is approved, a late submission may be accepted or your paper grade may be re-weighted.

**TURNITIN:** TurnItIn is a service designed to detect and deter plagiarism. Through this service, students’ papers are scanned and compared to over 5 billion pages of content located on the Internet or in TurnItIn’s own proprietary databases. The results of comparisons are compiled into customized “Originality Reports” that are forwarded to instructors and contain several measures of plagiarism. Papers that have not been scanned by TurnItIn by the deadline will not be graded and will receive a grade of “0.”

***Turnitin Submission:*** Please submit your paper in the exact same form as the hardcopy submission (i.e., do not remove your title page or reference section, if applicable). **Originality reports of 30–40% or higher should be of concern.** If you are worried about potential plagiarism in an assignment, it is strongly advised that you submit your paper early to TurnItIn and, in the case that an assignment demonstrates significant overlap, make appropriate changes before the final submission. Students will be able to view their originality reports and resubmit before the respective deadlines.

***Turnitin Information:*** Please visit [www.turnitin.com](http://www.turnitin.com) and use the following Turnitin information to submit each assignment: **Class ID: 42001511; Enrolment Key: health2024.**

Note that you must first set up an account if you do not already have one. If you are concerned about security issues involving the use of identifying information (e.g., being stored on U.S. servers), you have the option of creating an alias to use when uploading your assignments. In such instances, please note your Turnitin alias in the heading of each assignment when you upload to Canvas or note your alias in the assignment comments in Canvas.

***Application Exercise Grading:*** **Assignments will be graded on critical thinking, insightfulness, originality and creativity, and clarity of thought.** Grammar, spelling, and overall style and structure of each assignment should be sufficient so as to not interfere with the communication of your ideas or clarity of your thoughts. Each exercise will be assigned a point grade out of 10. A grading rubric consisting of 2 main criteria will be used in the grading of these assignments (see Canvas for a copy of the rubric). Grades and feedback will be provided directly in Canvas. Please allow 2 weeks for grades to be posted following the submission deadline. **You may request a re-grade of any assignment by emailing the instructor, but all re-grade requests must be made within 2 weeks of grades being posted. Re-grades could result in your grade increasing or decreasing and the adjusted grade will be final.**

## WRITING SUPPORT

UBC students may obtain assistance with writing through the UBC Centre for Writing and Scholarly Communication ([learningcommons.ubc.ca/improve-your-writing](http://learningcommons.ubc.ca/improve-your-writing)). The UBC Library ([www.library.ubc.ca](http://www.library.ubc.ca)) also provides online information to assist students in research and writing.

**Did you know you can receive FREE WRITING CONSULTATIONS through the UBC Library? Have a consultant review your written work here:** [writing.library.ubc.ca/undergraduates/writing-consultations/](http://writing.library.ubc.ca/undergraduates/writing-consultations/)

**Remember, feedback on your written work is always beneficial, even if it's hard to take at first! Please try to approach all critical feedback with HUMILITY, and do not take it personally!**

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## FINAL EXAMINATION

There is one final exam in this course (110 minutes in length), to be scheduled during the university exam period. (It is up to you to ensure that you are available during that period; final exam dates and times are announced mid-term.) You will be permitted to start the exam at the time indicated in the exam schedule. **Students in different time zones should email me for accommodations.** The exam must be completed and submitted electronically in Canvas (see Quizzes in Canvas). The final exam is cumulative (excluding Lecture 1 and Chapter 1) and will consist of 100 multiple choice questions. The course units will be evenly represented on the exam, with an equal number of questions from each, and questions will address both lecture and textbook content. Questions will be presented one at a time; however, you *will* be able to move back and forth between questions and review/revise previous responses as you wish within the allotted time.

The exam is “open book” and “open note” as you may refer to your notes and/or book during the exam; however, **you are strictly prohibited from recording questions in any way, consulting with anyone else during the exam, and sharing exam content with other students** (see section on *Academic Integrity* for more details).

**On Exam Day:** All students must have uninterrupted access to a computer in order to complete the exam. In order to start the exam at the scheduled time, you must log in to Canvas, click on the **Quizzes** tab in the course homepage, and then click on ‘Final Exam’ to begin.

**Exam availability is scheduled according to Pacific Standard Time (PST, i.e., Vancouver time).** Students in other time zones should email me and request an adjusted exam time. If you experience technical issues during the exam, please email me immediately with as much information as possible and we will resolve the issue in a timely manner.

**Missing the Exam:** The final exam will be available to complete on the published date only. Exceptions will be made in cases of medical or health-related issues, certain conflicting responsibilities, and other emergency situations. For policies regarding in-term academic concessions, including a list of eligible circumstances, please refer to the relevant UBC calendar entry: [www.calendar.ubc.ca/vancouver/index.cfm?tree=3,329,0,0](http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,329,0,0).

For health-related issues, no medical documentation is required for the first occurrence; however, if you experience ongoing challenges during the term, you should seek support from your Academic Advising Office.

**If you are unable to write the exam due to unforeseen events (illness or otherwise), you must contact me before the exam or within 24 hours following the exam or risk being assigned a grade of ‘0’ on the exam.**

**Other Accommodations:** Accommodations will also be made for students with religious obligations that conflict with the exam. Depending on the specific circumstances (as determined on a case-by-case basis), students may be offered a make-up exam scheduled at another time or an alternative accommodation.

**Exam Grades:** Grades will be made available in Canvas as soon as possible (typically within one week of the scheduled exam date). The final exam will account for 45% of your final grade in the course. Additional feedback regarding exam performance can be provided upon request.

## EXTRA CREDIT (HSP)

You can gain research experience by serving as a participant in one of the many different psychological studies that are being conducted by the department. For each hour of experimental participation, you can earn one credit towards your final grade, to a maximum of 3 'bonus' credits in this course. Each credit is added to your final grade in the course as a bonus percentage point. Note that currently, there is no limit on the number of credits that can be earned from online studies.

Create an account and sign up for studies here: <https://hsp.psych.ubc.ca>. Or, if you prefer, you can earn the same credits by completing a library-writing project. Find more information at the above link or in the Canvas announcement regarding the HSP system, which includes further details.

**IMPORTANT:** As instructors, we do not have access to the HSP system during the term. It is managed separately by the department. Any issues with HSP should be resolved directly with HSP Admin ([hspadmin@psych.ubc.ca](mailto:hspadmin@psych.ubc.ca)). Please also keep in mind that the HSP system is NOT connected to Canvas. At the end of the term, we will receive a spreadsheet from HSP Admin containing a list of participating students and the credits assigned to them. At that time, we will enter HSP credits in to Canvas so that you can check that they are accurate. The only thing you need to ensure is that you have assigned your HSP credits to the class(es) of your choice, in your HSP account, before the system closes on the last day of classes.

**NOTE: This will be the only way to earn bonus points in this course!**

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## DEPARTMENTAL POLICY ON GRADE DISTRIBUTIONS

In order to reduce grade inflation and maintain equity across multiple course sections, all psychology classes are required to comply with departmental norms regarding grade distributions. The average grade in 300-level psychology classes will be 75 for an exceptionally strong class, 73 for an average class, and 71 for a weak class, with a standard deviation of 13. Scaling may be used in order to comply with these norms; grades may be scaled up or down as necessary by an instructor or the department.

**Grades are not official until they appear on your academic record.** You will receive both a percent and a letter grade in this course.

## ACADEMIC INTEGRITY

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, including the use of software and online platforms to detect cheating and plagiarism. In cases of suspected academic misconduct, the parties involved will be pursued to the fullest extent as dictated by the guidelines of the University. If you have any questions as to whether or not what you are doing is a case of academic misconduct, please consult UBC's policies on [Academic Honesty and Standards / Misconduct](#) here: [www.calendar.ubc.ca/vancouver](http://www.calendar.ubc.ca/vancouver) (see Campus-Wide Policies).

*What does academic integrity mean for this class? Here are some tips:*

### 1. Do your own work!

**All graded work in this course is to be original work done independently by you!** It is unacceptable to: buy/sell/share exam questions or answers on any platform; misrepresent your identity; use someone else to complete an assignment or exam; help someone else cheat; complete someone else's work. Generative A.I. tools like ChatGPT are **not permitted** for any stage of work in this class. Importantly, your submitted written work must consist of your own writing. **Generative A.I. programs are not a replacement for human creativity, originality, and critical thinking. Using these tools to complete work in this class is strictly prohibited and will be considered an act of academic misconduct.** Note that A.I. detection software may be used in investigations of academic misconduct.

### 2. Avoid unintentional plagiarism.

The ideas of others should always be acknowledged! Visit this guide to preventing plagiarism in your writing: [learningcommons.ubc.ca/resource-guides/avoiding-plagiarism/](http://learningcommons.ubc.ca/resource-guides/avoiding-plagiarism/)

### 3. DO NOT share course materials.

All course materials, including PowerPoint files, lecture recordings, and exams, are the **copyrighted intellectual property of David King**. You may not share these materials outside of this course (e.g., on CourseHero).

***We appreciate your attention to these matters and trust that you will uphold these expectations at all times!***

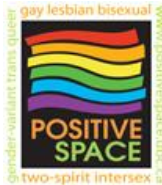
## **PARTICIPATION & ATTENDANCE**

I strongly encourage and appreciate student participation. Participation in this class may be in the form of questions or comments posed during online discussions or during one-on-one discussions with me. You are welcome to talk to me during my virtual office hours or by appointment. In order to encourage and facilitate participation, I ask that all students support their classmates' efforts to contribute to any class discussions. General course policies can be obtained from the UBC Calendar on academic regulations. Attendance will not be taken for any components of this course.

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## **RESPECT & DECENCY**

I will only ever tolerate an inclusive, respectful, and safe learning environment (which includes all online discussions and interactions). **The opinions and perspectives of all individuals are valued and respected, no matter their age, sex, ability, ethnicity, culture, religion, sexual orientation, or gender identity.** To this end, and in support of UBC's Positive Space campaign, I am dedicated to fostering a learning atmosphere that is receptive to and welcoming of 2SLGBTQIA+ people and issues (see [positivespace.ubc.ca](http://positivespace.ubc.ca)). 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 only ever be shared in a **respectful and polite** manner. **Yes, Intellectual discourse and debate CAN happen politely and respectfully!** In regards to more sensitive issues, it is advisable that you "think before you speak." If a statement or behaviour might offend someone or make an individual feel alienated or threatened, it should be reworded to be more polite or not shared at all. Educated and respectful opinions, on the other hand, are always welcome. **Students should familiarize themselves with UBC's policy on maintaining a Respectful Environment on campus and in the classroom:** [www.hr.ubc.ca/respectful-environment](http://www.hr.ubc.ca/respectful-environment)



### ***Unsure of What It Means to Be Respectful?***

Here are some basic tips on how to communicate respectfully:  
[www.wikihow.com/Be-Respectful#Communicating\\_Respectfully\\_sub](http://www.wikihow.com/Be-Respectful#Communicating_Respectfully_sub).  
Remember to treat your Instructor and TA(s) with the same respect!

## **SUPPORTING STUDENT SUCCESS**

UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises do arise, and so there are additional resources available should you need them, including those for survivors of violence. UBC values the safety of all individuals and respects the ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is suppression of academic freedom. UBC also provides appropriate accommodation for students with disabilities and for religious and cultural observances. Details of these policies and how to access these services are available here: [senate.ubc.ca/policiesresources-support-student-success](http://senate.ubc.ca/policiesresources-support-student-success). You can find further details below:

### **ACADEMIC ACCOMMODATIONS**

UBC accommodates students with disabilities who have registered with the Centre for Accessibility ([students.ubc.ca/about/access](http://students.ubc.ca/about/access)). If you are registered with the CfA and have an accommodation for this class, please notify me as soon as possible. If you have a time accommodation for exams, I will be adding those accommodations manually in Canvas. As such, I ask that you NOT apply for these accommodations through the Centre for Accessibility.

### **ACADEMIC CONCESSIONS**

If you encounter medical, emotional, or personal problems that affect your attendance or performance, please notify me as you may be eligible for a concession. For more information, please consult Policies and Regulations in the UBC Calendar ([www.calendar.ubc.ca/vancouver/index.cfm](http://www.calendar.ubc.ca/vancouver/index.cfm)).

### **LEARNING RESOURCES**

**Learning Commons** ([learningcommons.ubc.ca](http://learningcommons.ubc.ca)) is an online resource designed to provide students with learning and study support. They also offer advice for **online classes** here: [learningcommons.ubc.ca/resource-guides/online-learners/](http://learningcommons.ubc.ca/resource-guides/online-learners/). For more help with online learning, UBC Distance Learning has made available a variety of **Online Learning Resources**, including help with exam prep: [distancelearning.ubc.ca/students/online-learning-resources/](http://distancelearning.ubc.ca/students/online-learning-resources/). And Student Services offers tips for **Navigating Online Learning** here: [students.ubc.ca/ubclife/series/navigating-online-learning](http://students.ubc.ca/ubclife/series/navigating-online-learning).

## HEALTH & WELLNESS RESOURCES

You may at some point find yourself struggling to manage your health (mental or physical) while in school. Below is a list of health-related resources on and off campus that you may wish to utilize. If concerns about your well-being arise during the term, or if you reach out to us asking for help, we may also submit an **Early Alert** on your behalf in order to get you help.

**Early Alert** allows faculty, staff, and TAs to identify concerns about students early and in a coordinated fashion. It is a confidential system in which student challenges can be reported to Student Services, who will refer you to appropriate resources. As an instructor, it is my responsibility to submit an Early Alert for you if concerns arise about your health or safety.

### On Campus Services...

**Centre for Accessibility:** The CFA provides accommodations for UBC students living with physical or mental disabilities. Website: <https://students.ubc.ca/about-student-services/centre-for-accessibility> | Phone: 604-822-5844

**Counselling Services at UBC:** Counselling offers a variety of resources to help you maintain your mental health while in school. You may see a counsellor on an individual basis, attend group counselling, or to document an illness if you require academic concession. Website: <https://students.ubc.ca/health/counselling-services> | Phone: 604-822-3811

**Kaleidoscope:** A confidential peer-run mental health support group that takes place on campus at least once a week. Website: [www.the-kaleidoscope.com](http://www.the-kaleidoscope.com)

**Mental Health Awareness Club:** A club that offers opportunities to speak about mental health with others and strives to promote mental health awareness throughout the UBC community. Website: <http://blogs.ubc.ca/ubcmhac/>

**Mood Disorders Centre at UBC:** A psychiatric program designed specifically to treat individuals living with depression or bipolar disorder. Website: [www.centreforbrainhealth.ca/clinics/clinic-information/mood-disorders](http://www.centreforbrainhealth.ca/clinics/clinic-information/mood-disorders)

**Psychology Clinic at UBC:** Professional psychological services provided to the community, including assessment & treatment for children, adults & families by clinical psychology trainees. Website: [clinic.psych.ubc.ca](http://clinic.psych.ubc.ca)

**Student Health Services at UBC:** UBC provides students with a variety of healthcare services to help you maintain your health, including access to doctors and nurses. Website: [students.ubc.ca/health/student-health-service](http://students.ubc.ca/health/student-health-service) | Phone: 604- 822-7011

**Thrive at UBC:** Thrive is a mindset and a week-long series of events focused on helping everyone at UBC explore their path to mental health. Website: [wellbeing.ubc.ca/wellbeing-campaigns-and-initiatives/thrive](http://wellbeing.ubc.ca/wellbeing-campaigns-and-initiatives/thrive)

**Wellness Centre at UBC:** Speak with other UBC students about tips for managing stress, keeping healthy sleep and eating patterns, concerns about safe sex, etc. Website: [students.ubc.ca/health/wellness-centre](http://students.ubc.ca/health/wellness-centre)

### Off Campus Services...

**BC Bereavement Helpline:** Non-profit, free, and confidential service that connects the public to grief support services in BC. Website: [www.bcbh.ca](http://www.bcbh.ca) | Phone: 1-877-779-2223

**BC Crisis Centre:** Non-profit, volunteer-driven organization that provides emotional support to youth, adults, and seniors in crisis in BC. Crisis line available 24/7. Website: [crisiscentre.bc.ca](http://crisiscentre.bc.ca) | Phone: 604-872-3311

**BC Grief Support Network:** This is a student-led organization that provides bereavement resources to students and youth experiencing grief. They hold grief discussion groups at various locations in the province. Website: <https://bcgsn.ca>

**Crisis Line:** If you find yourself in distress or are worried about someone in distress who may hurt themselves, you should call **1-800-SUICIDE** 24 hours a day to connect to a BC crisis line.

**Crisis Services Canada:** For crisis support across Canada, call 1-833-456-4566 or visit <http://www.crisisservicescanada.ca>

**Health Initiative for Men (HIM):** HIM provides HIV/STI prevention/treatment services and mental health support to GBQ men and gender diverse people. Visit <https://checkhimout.ca>

**Here2Talk:** Previously the Student Assistance Program, Here2Talk is a BC organization that that connects postsecondary students with mental health support when they need it. Free, confidential counselling and referral services are available 24/7 via app, phone, and web. Visit <https://here2talk.ca> or call **1-877-857-3397** (outside of Canada: 1-604-642-5212).

**Hope for Wellness Helpline for Indigenous People:** Hope for Wellness Helpline is available 24/7 to all Indigenous people across Canada. Website: <https://www.hopeforwellness.ca> | Phone: 1-855-242-3310.

**LGBT Youth Line:** YouthLine offers confidential and non-judgmental 2SLGBTQIA+ peer support through their text and chat services. Call 1-800-268-9688 or Text 647-694-4275. Website: <https://www.youthline.ca>

**Mental Health Lifeline:** For mental health support across Canada, call or text **988** 24 hours a day (365 days a year) or visit <http://www.crisisservicescanada.ca>

**Pacific Spirit Addiction Services:** A free and confidential service for youth and young adults up to the age of 24. Services include counselling, access to an addiction physician, and a drug education series. Phone: 604-267-3970

**Talk Suicide Canada:** Connect to a crisis responder to get help without judgement. Call **1-833-456-4566** toll-free from anywhere in Canada, 24 hours/day, 7 days/week, 365 days/year; or Text/SMS **45645** 4PM to Midnight ET.

**Trans Lifeline:** YouthLine offers confidential and non-judgmental 2SLGBTQIA+ peer support through text and chat. Website: <https://www.translifeline.ca> | Phone 1-877-330-6366



## COURSE SCHEDULE & ASSIGNED READINGS

<u>Start Date:</u>	<u>Module/Lecture &amp; Topics:</u>	<u>Readings:</u>
<b>UNIT 1 → STRESS, COPING, &amp; SOCIAL PROCESSES</b>		
Jan. 8	<b>1. Introduction to Health Psychology*</b> <i>Syllabus Review; The Biopsychosocial Model</i>	Chs. 1,* 2*
Jan. 15 <i>Quiz 1 Due!</i>	<b>2. Fight or Flight, or Frenzy? Understanding Stress</b> <i>Defining Stress; Impacts of Stress; Trauma &amp; PTSD</i>	Chs. 3, 4
Jan. 22 <i>Quiz 2 Due!</i>	<b>3. Means to Success: Coping &amp; Stress Management</b> <i>Coping; Social Support; HAI, Nature; Mindfulness</i>	Chs. 4, 5
Jan. 29 <i>Quiz 3 Due!</i>	<b>4. Widening Our Lens: Social Determinants of Health</b> <i>Health Disparities; Indigenous Health; Minority Stress</i>	Chs. 3, 4, 5
Feb. 5 <i>Quiz 4 Due!</i>	No new module this week! <i>Use the time to work on your application exercise.</i>	
Feb. 9	<b>Unit 1 Application Exercise Due—upload to Canvas by 11:59 PM!</b>	

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### UNIT 2 → HEALTH BEHAVIOURS & HEALTH BEHAVIOUR CHANGE

Feb. 12	<b>5. From Habits to Health: The Study of Behaviour</b> <i>Health Behaviours &amp; Key Factors; Disease Threat</i>	Ch. 6
Feb. 19–23	<i>University Midterm Break – No new module this week!</i>	
Feb. 26 <i>Quiz 5 Due!</i>	<b>6. Promoting Good Behaviour: Factors in Change</b> <i>Methods to Promote Change; Substance Use; Obesity</i>	Chs. 6, 7, 8
Mar. 4 <i>Quiz 6 Due!</i>	<b>7. Treatment/Care Context: Using Health Services</b> <i>Illness-Related Behaviours; Provider Relations; CAM</i>	Chs. 9, 10
Mar. 11 <i>Quiz 7 Due!</i>	No new module this week! <i>Use the time to work on your application exercise.</i>	
Mar. 15	<b>Unit 2 Application Exercise Due—upload to Canvas by 11:59 PM!</b>	

\* Content from Ch. 1 and Lecture 1 will only appear on the Module 1 Quiz (i.e., NOT on the Final Exam). You will not be tested on Ch. 2.

<u>Start Date:</u>	<u>Module/Lecture &amp; Topics:</u>	<u>Readings:</u>
<b>UNIT 3 → MANAGING CHRONIC &amp; TERMINAL ILLNESS</b>		
Mar. 18	<b>8. Dissecting Pain: Measurement to Management</b> <i>Defining Pain; Factors in Pain; Pain Coping</i>	Chs. 11, 12
Mar. 25 <i>Quiz 8 Due!</i>	<b>9. Managing Chronic &amp; Terminal Illness</b> <i>Coping with Illness; Quality of Life; Caregiving</i>	Chs. 13, 14
Apr. 2 <i>Quiz 9 Due!</i>	<b>10. An End in Sight: Factors in Aging &amp; Dying</b> <i>Death, Dying, &amp; Grief; Factors in Aging; “Success”</i>	Ch. 15
Apr. 8 <i>Quiz 10 Due!</i>	<b>11. Our Health/Our Future: Challenges Ahead†</b> <i>(Watch this lecture any time before the final exam.)</i>	
Apr. 12	<b>Unit 3 Application Exercise Due—upload to Canvas by 11:59 PM!</b>	
Apr. 16–27	<b>FINAL EXAM—to be scheduled by UBC, completed in Canvas.</b> <i>Don't forget to try the <u>practice exam</u> in preparation for the final!</i>	

† The concluding lecture, Lecture 11, can be watched any time at the end of the term and before the Final Exam. Content from this lecture will only be tested on the Final Exam (i.e., there will be no quiz for this module).

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### NOTICE: Online Learning for International Students

Please keep in mind that some UBC courses might cover topics that are censored or considered illegal by non-Canadian governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender or sexuality, and historical or current geopolitical controversies. If you are a student living abroad, you will be subject to the laws of your local jurisdiction, and your local authorities might limit your access to course material or take punitive action against you. UBC is strongly committed to academic freedom, but has no control over foreign authorities for an articulation of the values of the University conveyed in the Senate Statement on Academic Freedom). Thus, we recognize that students will have legitimate reason to exercise caution in studying certain subjects. If you have concerns regarding your personal situation, consider postponing taking a course with manifest risks, until you are back on campus or reach out to your academic advisor to find substitute courses. For further information and support, please visit:

[academic.ubc.ca/support-resources/freedom-expression](https://academic.ubc.ca/support-resources/freedom-expression)

## TIPS FOR COURSE NAVIGATION & MANAGEMENT

The course is organized into the following 3 units:

- **Unit 1 includes 4 lectures/modules (Modules 1—4) and 4 chapters of the textbook (Chs. 1, 3—5).**
- **Unit 2 includes 3 lectures/modules (Modules 5—7) and 5 chapters of the textbook (Chs. 6—10).**
- **Unit 3 includes 4 lectures/modules (Modules 8—11) and 5 chapters of the textbook (Chs. 11—15).**

*Reminder: You will NOT be tested on Chapters 2 and 16 of the textbook.*

**One week** is dedicated to each learning module (except Module 11). Beginning on a Monday, each module will include 1 lecture file (PDF) as well as a video file of the lecture with instructor voice-over (also found in [Media Gallery](#)). Assigned chapters from the textbook must also be read that week.

Each module ends with a **quiz** (excluding Module 11), which becomes available on Friday and closes on the following Monday.

*Note that due to the midterm break from Feb. 19—23 and the observed holiday on Apr. 1, respective module quiz deadlines and start dates have been shifted to the following day or week (see schedule).*

One application exercise is also due at the end of each of the 3 units (**assignments are always due on Fridays**; see deadlines in course schedule). At the end of each unit, you will see that there is some extra time (almost a week) before your assignment is due. You should use this extra time to complete your assignment and/or get ahead with your reading and studying.

Note that there is **no quiz for Lecture 11**. This concluding lecture can be watched any time at the end of the term and before the Final Exam. **Content from this lecture will only be tested on the Final Exam.**

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**IN CANVAS:** In addition to the [Modules](#) tab, which will help you stay organized, as well as the [Media Gallery](#) tab (where you will find video files of lectures with voice-over), the [Course Summary](#) located at the bottom of the Home page will help you keep track of deadlines.

Also be sure to refer to the [Study Guide](#) in Canvas for more tips on how to study the textbook and lectures and better prepare for the final exam!

## **FREQUENTLY ASKED QUESTIONS**

### *1. Why do quiz and exam questions appear one at a time?*

While I am fully aware that this format is not ideal from a test-taking perspective, there is a very important reason for displaying quiz and exam questions one at a time: this allows us to randomize the question order from student to student, thus making it far more challenging for students to complete quizzes and exams together. As it is noted, all work submitted in this course must be your own, but since we can't invigilate test-taking directly, we have to rely on other measures to reduce the likelihood of collaborating on work. Furthermore, displaying questions one at a time makes it more difficult for students to save or copy questions and share them with other students or websites. Quiz/exam security is a big concern for us!

### *2. Why do I only have 10 minutes to complete quizzes?*

I have to make quizzes challenging enough to ensure that we meet the department's requirements pertaining to grade distributions, as discussed in the introductory lecture. The quizzes are already open-book and open-note. I have to do something to make them more challenging. (This is a 300-level university course, after all.)

### *3. Why are quizzes only available for 4 days?*

When designing this course, I was originally going to make quizzes available for only one day, but decided on four days. Making quizzes available at the end of the course module is consistent with the layout of the course and encourages better time management. Making them available at the end of the course module also makes it more difficult for students to discuss questions with each other.

### *4. Why are correct quiz responses only visible once after quiz completion?*

This decision is also a matter of security. If correct quiz responses were visible indefinitely after completion, it would make it that much easier for students to share them with other students or with websites that provide students with the means to cheat. It is not standard practice for us to return quizzes and exams to students in in-person classes anyway, or to share answer keys with students, which is what this would amount to. Typically, exam review sessions are held and you get to see your exam once. This is consistent with this practice.

### *5. Do you have any tips on how to study for the course and prepare for the exam?*

Yes, I do! Please read the Study Guide for this course, which is available in Canvas. (Look under *Student Resources* on the Canvas homepage.) The Study Guide includes tips for reading and studying the textbook specifically.

### *6. Is there a practice test to help prepare for the final exam?*

Yes, there is! In Canvas, go to *Quizzes* and then scroll down to *Practice Quizzes*. There you will find a practice exam consisting of 30 questions which are written and structured in a way that is consistent with the questions you will see on the final exam.

## Appendix A

### Zoom Meeting Invitation Details for Office Hours

Please use the following Zoom meeting link and details for drop-in office hours as well as all other scheduled Zoom meetings:

David King is inviting you to a scheduled Zoom meeting.

Topic: Dr. King's Virtual Office

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://ubc.zoom.us/j/64610599232?pwd=NDJqTXJFdjFmTitnQURHbIR3THQvUT09>

Meeting ID: 646 1059 9232

Passcode: 11

One tap mobile

+17789072071,,64610599232#,,,,,0#,,11#

Dial by your location

+1 778 907 2071 (Vancouver)

+1 647 374 4685 (Toronto)

+1 647 375 2970 (Toronto)

+1 647 375 2971 (Toronto)

+1 204 272 7920 (Manitoba)

+1 438 809 7799 (Montreal)

+1 587 328 1099 (Alberta)

+1 613 209 3054 (Ottawa)

Meeting ID: 646 1059 9232

Passcode: 11

Join from a videoconferencing system

IP: 65.39.152.160

Meeting ID: 646 1059 9232

Passcode: 11

SIP: 64610599232@vn.zmca.us

Passcode: 11

## Appendix B

### Notice about Requests for Letters of Reference

During your academic career, you may wish to request a letter of reference or recommendation (for admission into a graduate or diploma program, to apply for a research job, etc.).

Unfortunately, due to the volume of requests I receive, I will not be able to accommodate all students. I will only be able to \*consider\* such a request under the following conditions:

**(1) You have had significant interaction with me such that I have gotten to know you as an individual.** I am not able to provide a reference based solely on you taking this course, and this does make the possibility less likely in a distance-education course (though not impossible). I will *not* provide a reference simply stating the grade that you receive in this course. (Your transcript will do that.) If I cannot confidently speak to your other qualities or traits, I cannot write a letter of reference for you. I will make \*no exceptions\* to this rule.

**(2) You have received a final grade in this course of at least 80%.** This means that I cannot consider such requests before the term has ended and grades are finalized. Please do not ask before that time.

**(3) Your GPA should also be at a level that reflects a high academic performance overall.** Note that my academic reputation would be compromised if I were to refer students who do not have the necessary qualifications for a program of study. Please be mindful of this.

**(4) You make the request at least one month before the letter(s) must be submitted.** Ideally, such a request should be made even earlier.

**(5) In your correspondence, you clearly state the schools/programs you are applying to and the deadline(s) for submission of said letter(s) of support, and also attach your C.V., an unofficial copy or screenshot of your transcript, and a brief explanation of your interest in the desired program(s) and why a letter of reference from me specifically would be relevant.**

**Even if these above conditions are met, it is still very possible that I will not be able to provide you with a letter of reference due to the sheer volume of requests I receive.** Writing such letters is a very time consuming process, and as such, it is necessary for me to set a limit on how many I can write per academic term/year. Please also note that I may not be able to get back to you in a timely manner if any of the above conditions are not satisfied.

*Please note that in recent years, I have started to receive follow-up requests from students immediately after I inform them that I am unable to provide them with a letter. In these follow-up requests, students ask me a second time if I can help, often pleading and begging me to accommodate the request. Unfortunately, I do not have unlimited amounts of time, and as such, it should not be presumed that I could just "make it work" if I wanted to. In the end, I would appreciate not receiving such follow-up requests. (And keep in mind that they come across as highly unprofessional, and as such, do not make me more inclined to provide the support requested.) I consider every request seriously, and if I can make it work (and the above requirements are satisfied), I will. If I cannot, I'm sorry, but this is sometimes how these things go...*