

Health Psychology (PSYC 385): Spring 2019
Department of Psychology, University of Wisconsin – Stevens Point

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Email: emeier@uwsp.edu Office hours: Thursdays 11-12; 3:05-4:05, by appointment
Meeting times: MW 9:30 – 10:45am Final Exam: Monday 5/13 12:30-2:30pm, D224

I want to be available to meet with you when you need help. Feel free to contact me as soon as issues arise. Before/after class, during office hours, and through email is the best way to reach me. I will usually respond within one day of receiving your email, Monday-Friday. I do not answer emails on Saturdays.

Note: It may be necessary to change parts of this syllabus to adapt to class circumstances. To allow necessary flexibility, Dr. Meier reserves the right to change this syllabus as she deems necessary. Notice of such changes will be given in class or through email.

Course Description

Contribution of environmental and psychological factors to the causes, treatment, and prevention of disease.

Prerequisite

PSYC 110

Course Goals

To explore the interdisciplinary field of health psychology that combines the world of psychology, biology, and the medical field. In this class, we will explore the development, maintenance, and treatment of psychological and biological problems from a variety of perspectives. The goal of this class is to introduce you to major areas in the field including illness perception and prevention, medical treatment decision making, stress and coping, the psychological impact of illness, and most importantly - *how our behaviors affect our health.*

Required Texts

1. Health Psychology, 10th edition, by Shelley E. Taylor. Publisher: McGraw Hill. ISBN: 978-1259870477.
2. Regular readings, case studies, and other short materials will be posted to Canvas. Unless otherwise noted, these readings will also be required and questions about their content may appear on exams. You will be notified of new assigned readings via in-class announcements.

Student Learning Goals

- ✓ Develop an understanding and appreciation of the complex interaction between biology, psychology and social factors and their effect on physical health.
- ✓ Apply psychological research methods, theories, and principles to enhance biomedical approaches for promoting health and treating illness.
- ✓ Synthesize behavioral and cognitive methods in their application to helping individuals cope with stress and illness.
- ✓ Identify factors that affect adherence to medical regimens, and sources of problems in patient/practitioner relationships.

- ✓ Differentiate between the effectiveness of psychological and medical methods for relieving pain and understand how combination treatments are often best for treatment effectiveness.
- ✓ Discover how psychological methods and principles can be applied to help patients manage and cope with chronic illness.

We will learn about these topics through several techniques including out-of-class reading and written work, in-class discussion and lecture, in-class exercises, exams/quizzes, and activities.

My Expectations for Students

- ✓ Come to class on time and be prepared to actively participate in the class.
- ✓ Be respectful of, and open to, others' values, beliefs, and learning style.
- ✓ Turn in assignments on time and take exams on time.
- ✓ Work hard and put forth an honest effort.
- ✓ Ask questions when you have them; ask for help when you need it.
- ✓ In order to do well in the course, you must complete all assigned readings. It is required that you have each chapter read at the completion of their discussion in class. *Do not wait until the week before the test to finish 3 chapters of reading.* We know from research that this is NOT an effective way to learn and retain information.

What Students Can Expect from Me

- ✓ I will come to class prepared, begin on time, and end on time.
- ✓ I will not lecture for the entire class period. Rather, I will take breaks to facilitate discussions, illustrate concepts, show videos that demonstrate concepts, and structure activities in which students can learn from each other.
- ✓ I will encourage students to share ideas in small groups.
- ✓ I will create a classroom environment that is respectful; I will not tolerate disrespect.
- ✓ I will take all questions, concerns, and comments seriously and respond in a timely manner.
- ✓ I will provide helpful feedback on all assignments that are earnestly submitted. I reserve the right to *not* grade or comment on assignments that were only partially completed or otherwise show lack of effort.
- ✓ **No electronic devices during class other than laptops.** No texting, tweeting, Facebooking, or wearing headphones. This is very distracting to both me and your classmates. If you use a computer to take notes, please do not engage in non-class related activities like Facebook, twitter, etc. If laptops become a distraction in class, this privilege will be removed for everyone. Don't ruin it for your classmates. Research shows that humans are bad multi-taskers and by engaging in facebook/texts/web searching, you are not able to learn in class as well. Also, research shows that peers are distracted by others' non-class related electronic device use and it negatively affects their learning. *Take home message: using technology in class for non-class related things hurts you and others.*

Attendance

Attendance is mandatory. *If you choose to not attend class due to an unexcused reason, I will not provide you with notes, handouts, announcements, or any other materials that you missed because you did not attend.* You should get these materials from a classmate instead. Also, if you are late to class you are responsible for getting the information you missed from a classmate and online. Quizzes will be taken at the beginning of class (see quizzes section). If you come late, you will not be able to retake a quiz. Additionally, participation points will be earned through various small activities completed in class at various time points during the class hour. Missing these activities due to coming late or leaving early, will also result in loss of points.

Grading Breakdown (500 points possible)

Examinations (320 points) - 4 exams worth 80 points each

There are 4 exams, including the final. Each exam will contain 30-35 multiple choice questions (worth 2 points each), and 5-10 short answer or fill in the blank questions (worth 3 points each). In-class quizzes will provide good examples of what exam questions will look like. Exams will be taken in class without books or notes. Exam questions will be drawn from the text, lectures, and discussions and will be in the form of definitions, comparisons, identifying findings, and application of concepts. We will have a short review activity before each exam. For review days, you will be expected to come prepared with questions and/or brief examples of material you would like me to review. Review guides will be posted at the beginning of a unit and updated 1 week before the exam.

Tips for doing well on the exam

1. Attend all classes and actively participate
2. Review notes before and after class for a minimum of 10 minutes
3. Read chapters prior to covering the content in class and pay attention to concepts that overlap with the study guide
4. Re-read chapters after we cover material in class and add details from the readings to your lecture notes
5. Take detailed lecture notes. If you print lecture slides ahead of time, make sure to add new comments to the slides during the lecture
6. Ask questions soon and often
7. Re-watch lecture videos posted online
8. Use the review guide throughout the unit and while studying for the exam

You are expected to take the exams at the assigned time and any exceptions must be discussed and agreed upon *before the exam begins*. Missing an exam for an excused reason without making previous arrangements can result in a 25% penalty for each day you fail to notify me about your situation. Missing an exam for an unexcused reason can result in a zero for the exam.

Exam Redo: If you earn less than 70% on an exam you may re-take the exam and earn up to 70% on the retake. Students can only retake one exam. You will have an opportunity to review your original answers; however, you will not be able to take the exam home. You will only retake questions that you answered incorrectly the first time (thus your previously answered correct questions will count). For the questions you answered incorrectly, you will be asked to provide your original rationale for answering + why your new response is correct. This retake policy does not apply to the final exam. The deadline to retake any exam is April 29th.

In-class quizzes (30 points possible – 6 worth 5 points each)

We will have 8 unannounced quizzes, which will involve straightforward multiple-choice and short answer questions from the reading and lectures. The best of 6 quizzes will be tallied for your scores. Each quiz is worth 5 points. Eight will be taken, so you can miss two with no penalty or throw out your two lowest scores. Students who attend class and spend 15-20 minutes/class period reviewing the notes from previous lectures, tend to do very well on these quizzes. This will also help keep material fresh as exam time approaches. *If you miss class or come to class late, you cannot make up a quiz.* Quizzes will be taken at the **beginning** of class periods. **If you arrive a few minutes late to class and we are in a middle of a quiz, please quietly seat yourself, begin the quiz, take your best guess on any questions you missed, and understand that you will not be given additional time for the quiz due to lateness.**

Health Psychology in the Real World (HP; 60 points: 2 activities worth 30 points each)

There are a lot of good podcast, talks, and articles covering psychological phenomenon. I have posted a selection of activities on Canvas for you to view. Read/listen to one of these postings and write up a summary that outlines the main points of the talk/article. The purpose of this activity is to learn to think critically about science that is presented to you. You are also welcome to identify podcasts or articles for this activity; however, *you must have them pre-approved by me prior to writing your summary or they may not count towards your points.* Summaries should be a minimum of 700 words. As a part of your summary

- 1. Identify at least 2 conclusions** that were drawn from the talk/article
- 2. Identify at least 2 holes/questions** in the current research conclusions (either identified in the talk/article or generated yourself).
- 3. Connect the content** of the activity back to something learned in class or discussed in your book (you may have to jump ahead if you select some topics we haven't covered yet). Be sure to clearly discuss something from this class.

In Class Participation Activities (30 points: 10 Activities worth 3 points each)

In order to measure your learning and understanding of the material early in each unit, we will do various short (1-15 minutes) in class activities testing your knowledge of what we have covered. This will help me as an instructor, understand what materials students are comprehending, and which we need to go back and review. This will *help you as a student*, by giving you an idea of what material needs more attention when you study and review between classes. I will provide feedback/correct answers; however, your participation points will be based on completeness and effort, not correctness. Examples of these activities include non-graded review questions, muddiest point, and one sentence summary/take home messages.

Research Article Activity (40 points: 2 Activities worth 10 points each, 1 Activity worth 20 points). The area of health psychology is a rapidly changing field. It is important to be able to think critically and comprehend scientific articles. We will practice doing this as a class for two research articles (worth 10 points each) and then you will complete this activity on your own for the final article (20 points). Instructions will be posted on Canvas.

End of Semester Reflection (20 points: 1 worth 20 points)

You will be asked to complete a reflection on the topics and assignments covered. Research demonstrates that a significant trait in successful students is their ability to monitor their own learning. This reflection is a focused, organized approach to that process. You will have specific questions to answer for this assignment. Take the time to review your previous assignments when completing this paper. This assignment will be due on CANVAS **May 3rd at midnight.**

Calculation of Final Course Grade

<u>Item</u>	<u>Points</u>	<u>%</u>
Exams (total of 4 @ 80 points each)	320	64%
Health Psyc in the Real World (2 @ 30 points each)	60	12%
Research Article Activity (2 @ 10 points each, 1 @ 20 points)	40	8%
In Class Quizzes (best of 6 @ 5 points each)	30	6%
In Class Participation Activities (10 @ 3 points each)	30	6%
End of Semester Reflection (1 @ 20 points)	20	4%
Total:	500	100

Extra Credit

Any extra credit opportunity will be discussed in class and will be available to the entire class – no extra credit opportunities will be provided on an individual basis.

Grading

I grade using typical percentages; i.e. 93% and above of the total points is an A.

A = 93%-100% **A- = 90%-92.9%** **B+ = 88%-89.9%** **B = 83%-87.9%**
B- = 80%-82.9% **C+ = 78%-79.9%** **C = 73%-77.9%** **C- = 70%-72.9%**
D = 65%-69.9% **F = ≤64.9%**

Summary of Course Meetings

Any changes to this schedule will be announced in class and on CANVAS.

Date	Topic	Readings	Assignments Due
Jan 23	Introduction to the course	---	
Jan 28	What is Health Psychology?	Chapter 1	
Jan 30	The Systems of the Body	Chapter 2	
Feb 4	The Systems of the Body	Chapter 2	HP 1 due in class
Feb 6	Health Behaviors	Chapter 3	
Feb 11	Health Behaviors; Review for Exam	Chapter 3	
Feb 13	Unit 1 Exam		
Feb 18	Health Promoting Behaviors	Chapter 4	
Feb 20	Health Promoting Behaviors	Chapter 4	
Feb 25	Health Defeating Behaviors	Chapter 5	
Feb 27	Health Defeating Behaviors	Chapter 5	Research Article
Mar 4	Stress	Chapter 6	
Mar 6	Stress	Chapter 6	
Mar 11	Catch-up; Review for exam	Chapter 6	
Mar 13	Unit 2 Exam		
Mar 18/20	***No Class – Spring Break***		
Mar 25	Pain Management	Chapter 10	
Mar 27	Pain Management	Chapter 10	HP 2 due
Apr 1	Chronic Illness	Chapter 11	
Apr 3	Chronic Illness	Chapter 11	Research Article
Apr 8	Heart Disease, Hypertension, etc	Chapter 13	
Apr 10	Heart Disease, Hypertension, etc.	Chapter 13	
Apr 15	Catch-up; Review for exam	Chapter 13	
Apr 17	Unit 3 Exam		
Apr 22	Psychoneuroimmunology	Chapter 14	
Apr 24	Psychoneuroimmunology	Chapter 14	
Apr 29	Health Psychology: Future	Chapter 15	
May 1	Health Psychology: Future	Chapter 15	Research Article due
May 6	Special topics: Drugs of Abuse	CANVAS	
May 8	Catch up; review for exam		

This syllabus and schedule are subject to change. Attend class regularly so you won't miss anything!

SYLLABUS SUPPLEMENT

Make up work for Legitimate Excuses:

Planned absences: Class times are a pre-arranged commitment. Deciding/scheduling to attend another engagement is a choice (eg., wisdom teeth surgery, hunting, family reunion, etc.). If you decide to schedule a non-immediate event during class time, you will not be able to makeup missed points or take quizzes/exams early. University excused pre-planned absences must be discussed with Professor Meier at least **two weeks** prior to planned absence (eg., sports events).

Sick days: All students are allowed **2 sick days** for this class. **Assignments with due dates noted on the syllabus are still due on time and can be handed in via email or in person.**

- a) If you are too sick to come to a regular class day, please notify me via email at least 30 minutes before class. Any missed in-class assignments or in-class quizzes can be made up if I receive your email 30 minutes before class (*Don't wait to find out if we had a quiz or participation points to email me*).
- b) If you are so sick that you are unable to contact me within 30 minutes of missing class, then you must have a doctor's note to make up your assignment.
- c) After using 2 sick days (without a doctor's note), students are required to obtain a doctor's note for any additional sick days if they would like to make up missed work.
- d) In the event that you are sick on an exam day, a doctor's note is required.

My policies are consistent, and even more lenient (eg., sick days), than what would be expected of you in a work place environment (eg., you don't want your patients to show up to their appointment to find that you are out sick). Additional information on UWSP policy for missing class can be found at <https://www.uwsp.edu/dos/Pages/MissedClassGuidelines.aspx>

Note: if you have a chronic illness/need surgery/treatment that makes it probable that you will repeatedly miss class, please inform both me and the Disability Service and Assistive Technology offices at 715-346-3365, in the LRC. Disability Services is a great department that can inform your professors of a prolonged illness so that you will not have to discuss your health with each of your professors. Do this early in the term. **Don't miss more than a full week of class without informing your advisor or a professor of the problem.** If you need to withdraw from a class for medical reasons after the 10th week withdrawal deadline, contact Enrollment Services at 715-346-3300.

Policy on Late Work: Assignments should be turned in on time to Canvas or in person (see assignment instructions). Late work is typically not accepted. *Forgetting to print an assignment and turning it in after the beginning of class is considered turning in an assignment late.* Any accepted late work will be docked 25% for each day it is late, including the date it was due. Consult with me if you anticipate needing to turn in an assignment late.

Incompletes: If you are unable to complete your work in a course due to extenuating circumstances or if you need to extend your research or performance beyond the normal limits of a term, you may ask the instructor for an "incomplete" in the course. An "incomplete" should be reserved for the completion of a definable amount of work (for example, one term paper or one exam) that occurs near the end of the semester. An "incomplete" normally will not be used for making up in-class work; therefore, do not expect to sit in the class in a subsequent semester. If your request for an "incomplete" is approved, the instructor will inform you and the department chair of the work you need to complete and the due date. More information on the University's policy can be viewed at <https://www.uwsp.edu/dos/Pages/Incompletes.aspx>

Scholastic Dishonesty: We will use D2L Dropbox for many assignments which allows me to submit all work to TurnItIn. If you (1) report another person's published work verbatim (word for word) without placing it in quotation marks and providing a full citation including page numbers, (2) loosely paraphrase another's written work, making only occasional synonym substitutions but retaining the basic grammatical structure of the original (even if you include a reference citation), (3) submit another student's writing (or a loosely paraphrased version of it) as your own work, or (4) resubmit a paper you wrote for another course or for the same assignment in your second attempt at the same course (without explicit prior consent of the instructor), then you are guilty of plagiarism and this will be identified on TurnItIn. At my discretion, you may receive a final grade of zero on the assignment (without an opportunity to revise and resubmit it for credit).

In addition to the penalty, in all cases the incident will be reported to the Academic Affairs Office which maintains a file of such cases. A second instance within the same course may result in an automatic course grade of F. Multiple instances, especially across more than one course, may make you subject to expulsion from the University (at the discretion of the Academic Dean). Breaches of academic integrity and intellectual property rights are serious infractions and will not be tolerated. Please familiarize yourself with what constitutes plagiarism. When in doubt, err on the side of caution. Own your own ideas and words and give credit where it is due. Ignorance of the rules is not an acceptable excuse for breaking them. More information on UWSP Academic Honesty Policy and Procedures can be found under UWSP 14.01 Statement of principles at <https://www.uwsp.edu/dos/Documents/UWS%2014-1.pdf>

Student's Right and Responsibilities: Understanding your rights and responsibilities as students is an important aspect of your education here at UWSP. Your instructor expects you to understand and adhere to these rights and responsibilities in accordance with UWSP policy. Accordingly, students are encouraged to visit the Community Rights and Responsibilities document on-line at the listed URL below: <http://www.uwsp.edu/Admin/stuaffairs/rights/rightsChap14.pdf>

Course Withdrawal: Students must withdraw from class in a timely manner in accordance with published deadlines. Failure to do so could result in a failing grade or the loss of reimbursable tuition fees. The published deadlines can be found at: <https://www.uwsp.edu/regrec/pages/calendars.aspx> and <https://www.uwsp.edu/regrec/Pages/Withdrawals.aspx>

Student Conduct: As a UWSP student, you are expected to adhere to the Board of Regents student conduct policies. The University strives for an environment that promotes academic achievement and integrity. Similarly, the University seeks a community that is free from violence, threats, and intimidation; that is respectful of the rights, opportunities, and welfare of students, faculty, staff, and guests of the University; and that does not threaten the physical or mental health or safety of members of the University community. More information can be found at <https://www.uwsp.edu/dos/Pages/Student-Conduct.aspx>

Sexual Harassment: As outlined in the UWSP Sexual Harassment Policy, sexual harassment is recognized as a violation of civil rights laws, U.S. Equal Opportunity Commission Rules and by the civil law courts (<https://www.uwsp.edu/hr/Pages/Affirmative%20Action/prevention.aspx>). Sexual harassment is defined as unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature when: 1) Submission to such conduct is made either as an implicit or explicit condition of an individual's employment, career advancement, grades, or academic achievement. 2) Submission to or rejection of such conduct by an individual is used as the basis for employment or academic decisions affecting that individual. 3) Such conduct has the purpose or effect of substantially interfering with an individual's academic or work performance or creating an intimidating, hostile, or offensive working environment. Such behavior is unacceptable and will not be tolerated.

Equity, Diversity, Equal Opportunity, and Affirmative Action: The University provides equal access to and opportunity in its programs and facilities, without regard to race, color, creed, religion, national origin, gender, age, marital status, disability, public assistance status, veteran status, sexual orientation, gender identity, or gender expression. For more information, please consult Board of Regents Policy: <https://www.uwsp.edu/hr/Pages/Affirmative%20Action/About-EAA.aspx>

Disability Services and Accommodations: UWSP is committed to providing students with disabilities the academic accommodations and auxiliary aids necessary to ensure access to all university services, programs and activities. In addition to the university's campus wide efforts to promote access and inclusion, students with disabilities are further accommodated based on specific individual needs. The Disability and Assistive Technology Center (DATC) is responsible for determining these accommodations. They provide services and assistance to enrolled students who are either permanently or temporarily disabled.

If you have, or think you have, a disability such as mental health, attention, learning, chronic health, sensory, or physical, please contact Disability Services. The registration process is a complex and lengthy (2-3 weeks). Start the process early by contacting Disability Services at 715-346-3365 or emailing datctr@uwsp.edu and/or by completing the a Request for Services found at <https://www.uwsp.edu/disability/Pages/default.aspx> If you are registered with Disability Services and have a current letter requesting reasonable accommodations, please contact your instructor as early in the semester as possible to discuss how the accommodations will be applied in the course.

Mental Health and Stress Management: You may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance and may reduce your ability to participate in daily activities. UWSP has services available to assist you. You can learn more about the broad range of confidential mental health services available on campus via the Student Mental Health Website: <https://www.uwsp.edu/counseling/Pages/default.aspx> *Therapy and consultation services are free for registered students.* The Counseling Center is located on the 3rd Floor of Delzell Hall. The office is open from 8:00-4:30, Mon-Fri; Tele: 715-346-3553. Please schedule an appointment ahead of time.

Academic Freedom and Responsibility: Academic freedom is a cornerstone of the University. Within the scope and content of the course as defined by the instructor, it includes the freedom to discuss relevant matters in the classroom. Along with this freedom comes responsibility. Students are encouraged to develop the capacity for critical judgment and to engage in a sustained and independent search for truth. Students are free to take reasoned exception to the views offered in any course of study and to reserve judgment about matters of opinion, but they are responsible for learning the content of any course of study for which they are enrolled.* Reports of concerns about academic freedom are taken seriously, and there are individuals and offices available for help. Contact me (the instructor), the Department Chair (Dr. Craig Wendorf), your adviser, the associate dean of the college (Dr. Todd Good), or the Vice Provost for Faculty (Greg Summers). * *Language adapted from the American Association of University Professors "Joint Statement on Rights and Freedoms of Students".*

Campus Resources:

The Tutoring-Learning Center strives to maximize every student's learning potential through a variety of services. Trained peer tutors, consultants, and discussion will do everything within their power to increase their clients' knowledge of the subject. Individual tutoring and writing help are available. This resource is highly recommended for students who have struggled with writing in the past and can be a great resource for starting, finishing, and/or proofing papers. More information can be found at <https://www.uwsp.edu/tlc/Pages/default.aspx>.