

HEALTH PSYCHOLOGY
PSYO 348
Winter Session, 2018, Term 1

Instructor: Dr. Linda L. Hatt

Class time: Tuesday and Thursday 5:00 -6:30, ASC 140
Office: Arts 332
Office Hours: Tuesday 3:30-4:30 and Thursday 11-1:00, or by
appointment
Email: linda.hatt@ubc.ca

Teaching Assistants:

Cassidy Wallis. Cassidy.wallis@ubc.ca
Kailey Melna k.melna@alumni.ubc.ca

Textbook:

Required: Health Psychology: Biopsychosocial interactions
Canadian edition, 2015
Author: Edward Sarafino, Timothy W. Smith, David King, Anita
DeLongis
Publisher: John Wiley and Sons, Inc.

Also available as an e-book

Course Description: PSYC 348 (3) Health Psychology

A critical survey of basic research findings and theory on the relation between psychological factors (including behaviour, emotion, cognition, personality and interpersonal relationships) and health. Topics include health related behaviours such as smoking and drug use, the effect of stressful events on health, methods for coping with stress, the impact of chronic illness on the family and social support systems.

Prerequisite: six credits of 200 level psychology

Course Objectives: After completing this course students should be able to:

1. Evaluate the merits of specific research methodologies as they pertain to the knowledge base in health psychology
2. Discuss the impact of psychological factors on health and disease
3. Discuss the role of psychology in preventing illness, promoting wellness and shaping health care policy
4. Synthesize information from a variety of sources in health psychology and related areas
5. Demonstrate knowledge of current issues in health psychology
6. Describe the psychological, biological and sociological aspects and

interactions as they apply to stress and coping, health promotion, illness prevention, pain management, chronic and life threatening illness

Student Evaluation:

1. Midterms and Final Exam: There will be 2 midterms and 1 final exam held during the regularly scheduled final exam period. The midterms and final exam may consist of multiple choice and written questions (short answer). Besides the assigned readings in the text, students are responsible for all material covered in class including additional readings, presentations, videos and handouts.

2. Group Project. (30%)

Students are required to participate in a group project with a number of components. Group size is 5-6 students and you may form your own group or let me know your topic and I will help you find a group of like-minded students. The topic will be a medical condition such as those found in Chapters 13 and 14. These are life threatening or chronic illnesses. If there is a particular medical condition which interests you but is not in the textbook, let me know. However, the focus will be medical conditions not mental illness.

Requirements for the project:

1. Form a group and decide on a topic. Notify me of your choice and your group members. Deadline is September 20th
2. Outline the content of your group presentation and include a list of references. Content of your presentation should include a brief description of the medical condition, psychological and physiological risk factors, associated psychological problems, explanation of how psychological principles can be used to manage or reduce risk factors and/or manage the condition. References should consist largely of research articles and be written using APA format. Deadline is October 23rd. (20 marks)
3. The presentation should be no longer than 15 minutes with 5 minutes for questions. Presentations will be scheduled during the last two weeks of class. Criteria for evaluation will be provided at a later date. (50 marks)
4. Submit examination questions based on the material in your presentation. Questions should include 5 multiple choice questions and 3 short answer questions with answers also provided. Deadline is November 29th. (10 marks)
5. Each group will be asked to provide a critique/rating of 3 other presenting groups. Criteria and form will be provided. This should be handed in immediately after the evaluated presentation. (10 marks)
6. Provide a self and peer participation rating for members of your group. A questionnaire will be provided. Deadline is December 4th. (10 marks)

Total Marks distribution.

Group Project	30 %
2 Midterm exams (20% each)	40 %
Final exam	30 %

Course Outline

TOPIC	DATE	READINGS
Introduction to Health Psychology	Sept. 6	Chapter 1
Research in Health Psychology	Sept. 11	Chapter 1
Physical Systems	Sept. 13	Chapter 2
Stress	Sept. 18-20	Chapter 3
Illness, biopsychosocial factors and stress	Sept. 25-27	Chapter 4
Midterm 1	October 2nd	Chapters 1-4
Coping with and reducing stress	October 4-9	Chapter 5
Health Related Behaviour	October 11-16	Chapter 6
Substance Use and Abuse	October 18	Chapter 7
Nutrition, weight control and diet, exercise	October 23-25	Chapter 8
Midterm 2	Oct. 30	Chapters 5-8
Nature and symptoms of Pain	Nov. 1	Chapter 11
Managing Pain	Nov. 6	Chapter 12
Serious and Disabling Chronic Illness	Nov. 8-20	Chapter 13
Heart Disease, Stroke, Cancer and AIDS	Nov. 22-29nd	Chapter 14

FINAL EXAM : to be held during the regular examination period December 3-18th and will be comprehensive.

Topic dates are tentative. Exam dates are fixed and not changeable.

ACADEMIC INTEGRITY

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise

and harsh sanctions are imposed. For example, incidences of plagiarism or cheating may result in a mark of zero on the assignment or exam and more serious consequences may apply if the matter is referred to the President's Advisory Committee on Student Discipline. Careful records are kept in order to monitor and prevent recurrences.

A more detailed description of academic integrity, including the policies and procedures, may be found at <http://web.ubc.ca/okanagan/faculties/resources/academicintegrity.html>.

If you have any questions about how academic integrity applies to this course, please consult with your professor.

DISABILITY SERVICES

If you require disability-related accommodations to meet the course objectives, please contact the Coordinator of Disability Resources located in the Student Development and Advising area of the student services building. For more information about Disability Resources or academic accommodations, please visit the website at: <http://okanagan.students.ubc.ca/current/disabilities.cfm>

Equity, Human Rights, Discrimination and Harassment

UBC Okanagan is a place where every student, staff and faculty member should be able to study and work in an environment that is free from human rights-based discrimination and harassment. Under UBC's Policy 3 on Discrimination and Harassment, UBC prohibits discrimination and harassment on the basis of the following grounds: age, ancestry, colour, family status, marital status, physical or mental disability, place of origin, political belief, race, religion, sex, sexual orientation or unrelated criminal conviction.

If you require assistance related to an issue of equity, discrimination or harassment, please contact the Equity Office, your administrative head of unit, and/or your unit's equity representative.

IKBSAS Unit 4 Equity Representative: Paul Gabias: paul.gabias@ubc.ca, 807-9383

UBC Okanagan Equity Advisor: ph. 250-807-9291; email equity.ubco@ubc.ca

Web: www.ubc.ca/okanagan/equity

Unit Equity Representatives:

<http://www.ubc.ca/okanagan/equity/programs/equityreps/unitcontacts.html>

SVPRO:

A safe and confidential place for UBC students, staff and faculty who have experienced sexual violence regardless of when or where it took place. Just want to talk? We are here to listen and help you explore your options. We can help you find a safe place to stay, explain your reporting options (UBC or police), accompany you to the hospital, or support you with academic accommodations. You have the right to choose what happens next. We support your decision, whatever you decide.

Visit svpro.ok.ubc.ca or call us at 250.807.9640

Independent Investigations Office (IIO)

If you or someone you know has experienced sexual assault or some other form of sexual misconduct by a UBC community member and you want the Independent Investigations Office (IIO) at UBC to investigate, please contact the IIO. Investigations are conducted in a trauma informed, confidential and respectful manner in accordance with the principles of procedural fairness.

You can report your experience directly to the IIO via email: director.of.investigations@ubc.ca or by calling 604.827.2060 or online by visiting investigationsoffice.ubc.ca