

WELCOME TO...

# HEALTH PSYCHOLOGY

UBC

OKANAGAN

PSYO 348 – SECTION 101

TUESDAYS and WEDNESDAYS 2:00-3:30PM (ADM 026)

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**Office Hours:** Tuesdays and Thursdays 11am-12pm (or by appointment)

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## REQUIRED COURSE MATERIALS

Sarafino, E. P., Smith, T. W., King, D. B., & DeLongis, A. (2015). *Health Psychology: Biopsychosocial Interactions* (Canadian edition). Toronto, ON: John Wiley and Sons Canada, Ltd.

**NOTE:** Additional readings and videos may be assigned over the course of the term. Details will be announced in class and posted on Canvas.

## COURSE WEBSITE

Go to [www.canvas.ubc.ca](http://www.canvas.ubc.ca) for PSYO 348 lecture outlines, course announcements, and grades.

## ADDITIONAL RESOURCES

You can find practice quizzes for each chapter here: <http://bcs.wiley.com/he-bcs/Books?action=index&itemId=1118991982&bcsId=9593>.

## COURSE DESCRIPTION AND OBJECTIVES

This course is designed to introduce you to the field of health psychology. Topics will include: research methods in health psychology, health behaviour and promotion, stress, coping, and social support, patient-provider relations, the role of psychosocial factors in chronic illness (e.g., chronic pain, heart disease, cancer), and death and dying. Throughout the course, careful attention will be given to current issues and debates in the field of health psychology. This course will help you become a wise consumer of health psychology information in the media and to understand how health psychology is relevant to your own life.

## **COURSE EVALUATION**

Your final grade will be determined by **two midterm exams** (worth 30% each), and a **final exam** (worth 40%). Exams will be comprised of predominantly multiple choice, as well as short answer questions. Exams will cover relevant textbook material, any additional assigned readings, as well as all lecture material (including videos, class discussions, etc.).

MIDTERM EXAM #1 (Feb 11): Covers course material up to February 4<sup>th</sup>.

MIDTERM EXAM #2 (Mar 17): Covers course material between February 6<sup>th</sup> and March 10<sup>th</sup>.

FINAL EXAM (during final exam period): The final exam will be cumulative, with an emphasis on material covered after the second midterm.

## **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 break down of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating usually result in a failing grade or mark of zero on the assignment or in the course. Careful records are kept in order to monitor and prevent recidivism. A more detailed description of academic integrity and misconduct, including the policies and procedures, can be found at:  
<http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0>

A helpful resource explaining what plagiarism is, and how to avoid it can be found at:  
<http://www.library.ubc.ca/clc/airc.html>

## **FREQUENTLY ASKED QUESTIONS**

### **DO I NEED TO COME TO CLASS?**

Students are expected to attend all lectures. Lectures will cover material from the textbook plus related material that is not in your textbook. Exams will cover information from the textbook and lectures. If you miss a class, please contact one of your fellow students for the notes. Basic lecture outlines will be posted on Canvas. This is only to help you take notes in class – much more will be covered in class than is on these Powerpoint slides.

### **WHAT IF I HAVE A LEARNING DISABILITY OR OTHER SPECIAL NEED?**

If you have any special needs that will affect your learning in this course, please contact the UBC-O Disability Resource Center (DRC) as early as possible. The DRC provides a variety of academic accommodations to help students overcome disability-related challenges. Visit their website for more information: <http://web.ubc.ca/okanagan/students/disres/welcome.html>

### **WHAT HAPPENS IF I MISS AN EXAM?**

If you miss the midterm exam, please contact Dr. Holtzman by e-mail as soon as possible and provide written, verifiable evidence of health problems or other extreme circumstances. Make up exams will only be scheduled for students with valid reasons for missing the exam (i.e., sleeping in, being away on holiday are not valid reasons). The University accommodates students whose religious obligations conflict with scheduled exams. Please let the instructor know in advance, preferably in the first week of class, if you will require any accommodation on these grounds.

**FINAL EXAM.** A make-up exam will be held for students who miss the final exam for a valid reason. Valid reasons include: (1) an exam hardship\*\*\* or (2) serious illness or emergency. If you miss the final exam because of an exam hardship you must notify the instructor in writing no later than 1 month prior to the final exam. If you miss the exam because of serious illness or an emergency you must contact the instructor within 24 hours of the final exam and provide written, verifiable evidence explaining your absence. Only one make-up exam date will be scheduled.

\*\*\*An exam hardship is defined as 3 or more exams scheduled within a 24-hour period. A student facing an examination hardship shall be given an examination date for the second examination causing hardship by the respective instructor or department. You must notify the instructor no later than 1 month prior to the final exam. (*This is a UBCO Policy*).

# Course Schedule

DATE	TOPIC	CHAPTER***
Tues Jan 7	Welcome and Introduction	
Thurs Jan 9	What is Health Psychology?	1 (p.1-27)
Tues Jan 14	Stress and the Body	3 (p.53-76)
Thurs Jan 16	Stress and the Body	4 (p.91-97)
Tues Jan 21	Modifiers of Stress: Social Support	4 (p.77-83)
Thurs Jan 23	Modifiers of Stress: Personality	4 (p.83-91)
Tues Jan 28	Modifiers of Stress: Positive Emotions	-
Thurs Jan 30	Coping with and Reducing Stress	5 (p.104-114)
Tues Feb 4	Coping with and Reducing Stress	5 (p.114-124)
Thurs Feb 6	Health-Related Behaviour	6 (p. 125-154)
Tues Feb 11	<b>MIDTERM EXAM #1</b>	
Thurs Feb 13	Health-Related Behaviour	6 (p. 125-149)
Tues Feb 18	<b>READING BREAK – No class</b>	
Thurs Feb 20	<b>READING BREAK – No class</b>	-
Tues Feb 25	Health-Related Behaviour	8 (p.191-202; 204-212)
Thurs Feb 27	Patient-Provider Relations	9 (p.218-239)
Tues March 3	Psychosocial Aspects of Heart Disease	2 (module 5) 14 (p.334-343)
Thurs March 5	Psychosocial Aspects of Cancer	14 (p.346-355)
Tues March 10	Psychosocial Aspects of Spinal Cord Injury	13 (p.317-319)
Thurs March 12	Psychosocial Aspects of Organ Transplantation	-
<b>Tues March 17</b>	<b>MIDTERM EXAM #2</b>	
Thurs March 19	Psychosocial Aspects of Organ Transplantation	-
Tues March 24	Nature and Symptoms of Pain	11 (p.265-288)
Thurs March 26	Managing and Controlling Clinical Pain	12 (p.289-308)
Tues March 31	Psychosocial Aspects of Advancing and Terminal Illness	10 (p.257-264)
Thurs April 2	Alzheimer's Disease and Caregiving	13 (p.327-329)
Tues April 7	The Future of Health Psychology & Review	15 (p.361-374)

\*\*\*\*NOTE: Schedule is subject to change.