

HEALTH PSYCHOLOGY

PSYO 348 – SECTION 101



UBC OKANAGAN - 2020 WINTER TERM 2
THURSDAYS 8AM-11AM PST

IMPORTANT

This is an online course. LIVE synchronous lectures will be held on Zoom from 9:50am-10:50am every Thursday. The remaining weekly lecture content will be pre-recorded and posted on Canvas. Midterms must be written on Canvas during class time. All times posted below are in PST (Kelowna time)***

CONTACT US

Instructor: Dr. Susan Holtzman

E-mail: susan.holtzman@ubc.ca

Virtual Office Hours: Thursdays 11am-1pm (or email me for an appointment)

<https://ubc.zoom.us/j/63407979987?pwd=UFFVSTlwU1pWMLdCS1ZkQ3lZdlQvdz09>

Meeting ID: 634 0797 9987

Passcode: 725262

TA: Carley Paterson

Email: carley.paterson@ubc.ca

Virtual Office Hours: Wednesdays 3-4pm
Thursdays 9-945am

TA: Emma Alcott

Email: ealcott@student.ubc.ca

Virtual Office Hours: Mondays 1-2pm

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 FORMAT

This course has been adapted for online delivery and involves **both synchronous and asynchronous** components. **Each week**, you will be responsible for: (1) completing the assigned readings (readings are mostly from the textbook, although additional readings may be assigned), (2) viewing the pre-recorded lecture content (posted by 3pm Wednesdays), (3) participating in live classes on Zoom (Thursdays 9:50-10:50am) and (4) completing a “weekly tweet”. Students are expected to attend the live classes, but live classes will also be recorded for students who are unable to attend due to illness, time zone conflicts, and internet issues. The two midterms and final exam will be open-book and will include multiple-choice and short answer questions. There is one mandatory syllabus quiz, one mandatory assignment, and one optional assignment. The optional assignment will reduce the weight of your exams (only if it improves your grade). More details can be found under the “Course Evaluation” section below.

REQUIREMENTS FOR ONLINE DELIVERY

Students must have a laptop or desktop computer and a stable internet connection to view lectures and complete the graded components of this course. The syllabus quiz, weekly tweets, and exams will all be completed on Canvas. In order to take part in live activities (live, synchronous lectures, live office hours), students must have a microphone (a webcam is recommended but not required).

iCloud Clickers will be used during live lectures. Detailed instructions on how to use iCloud Clickers be found here: <https://lthub.ubc.ca/guides/iclicker-cloud-student-guide/>. iCloud clickers can be used as a mobile app (recommended) or via a web browser. **Please ensure you set up iClickers before the first live class on January 14th**. If you have any trouble, please contact UBC technical support directly (contact link is provided at the bottom of the iClicker instruction page) or contact one of the course TA’s (Carley or Emma).

REQUIRED TEXTBOOK

Sarafino, E. P., Smith, T. W., King, D. B., & DeLongis, A. (2020). *Health Psychology: Biopsychosocial Interactions (2nd Canadian edition)*. Toronto, ON: John Wiley & Sons Canada, Ltd.

You have several options for acquiring the textbook:

- 1) Purchase a hard copy
- 2) Purchase the e-book
- 3) Rent the e-book for 150 days (most cost-effective)

<https://www.wiley.com/en-ca/Health+Psychology%3A+Biopsychosocial+Interactions%2C+2nd+Canadian+Edition-p-9781119506881>

NOTE: Additional readings/videos may be assigned. Details will be announced on Canvas.

COURSE WEBSITE

Pre-recorded and recorded live lectures, lecture slides, video clips, assignments, quizzes, course announcements, study resources, and grades are posted on Canvas. Quizzes and exams will be administered on Canvas.

COURSE EVALUATION

Your final grade will be determined by the following (mandatory) components:

- (1) Midterm Exam #1 (34%)
- (2) Midterm Exam #2 (28%)
- (3) Final Exam (31%)
- (4) Syllabus Quiz (1%)
- (5) Weekly Tweets (4%)
- (6) Health Psychology in the News (2%)

You may also choose to complete the following (optional) assignment:

- (A) Health Behaviour Change Assignment (9%)

(1-3) Exams: There will be two midterm exams and a final exam. All exams will be non-cumulative, open-book, and comprised of both multiple choice and open-ended questions. Exams will cover relevant textbook material (including material not covered in class), any additional assigned readings, as well as all lecture material (including videos, guest speakers, class discussions, etc.). Exams will be administered through Canvas quizzes. “Open book” means that you can use your textbook, lecture slides, and study notes during the exam. You are **NOT** permitted to use any search engines or any other online programs during the exam. You **MUST** complete your exams **independently**. You are **NOT** permitted to communicate with anyone for the duration of the scheduled exam time. Copying the exam questions is **STRICTLY FORBIDDEN**. You must write the exams during scheduled times. For missed exam policies, please see FAQs below.

- (1) MIDTERM EXAM #1 (Thursday Feb 11th @8:30am): Covers Chapters 1 and 3-5, Lectures 1-4, and any other assigned reading/viewing materials. Worth 34%
- (2) MIDTERM EXAM #2 (Thursday March 18th @8:30am): Covers Chapters 6 and 9, Lectures 5-7, and any other assigned reading/viewing materials. Worth 28%
- (3) FINAL EXAM (final exam period): Covers Chapters 10-12 and 14-15, Lectures 8-10, and any other assigned reading/viewing materials. Worth 31%

(4) Syllabus Quiz (1%): There will be one open-book, multiple choice quiz based on the content of the syllabus. This will be released on Canvas at 10:50am on Thursday January 14th and must be completed by Friday January 15th at 5pm.

(5) Weekly Tweets (4%): You will be asked to submit 9 “weekly tweets ” via Canvas. This must be submitted **within 24 hours of each live lecture** (i.e., between Thursday 10:50am

and Friday 11am). “Tweets” must be a maximum of 50 words (sorry, Canvas doesn’t let us set a character limit like Twitter ☺). Tweets should highlight something interesting that you learned that day in class (from the pre-recorded or live lecture) that you would want to share with others. Each tweet will be worth 0.5% of your course grade. You will get one “oops” – this means that if you forget or are otherwise unable to complete a tweet, we will drop that one and use your 8 best tweets. Any subsequent missed or late tweets will receive a mark of zero.

Tweets will be graded based on the following criteria:

Full marks (0.5%):	Tweet is accurate and is sufficiently detailed. It is easy to understand and acts as a “stand-alone” statement without reading anything further. Example: Recent meta-analysis of 100 studies shows that chocolate ice cream increases happiness by 500%! #yum #itoldyouso
Partial marks (0.25%):	Tweet is accurate but lacks detail OR Tweet is detailed but inaccurate. Example: “Recent study shows chocolate ice cream is good for you!” OR “Huge experiment shows that dark chocolate ice cream makes you 500% happier, healthier, and live a longer life!”
Go for GOLD! Each week, our TA’s will pick the top tweet of the week. This will be a tweet that received full marks AND stood out because of its compelling nature (e.g., attention-grabbing, persuasive, humorous, etc.). Winners will receive a \$5 Starbucks e-card.	

(6) HEALTH PSYCHOLOGY IN THE NEWS (2%): In this assignment you will find an online news story that reports the results of a research study on the role of psychological stress in a specific disease (e.g., heart disease, cancer, arthritis, obesity, depression) OR on the role of psychological or social factors in COVID-19. You will then find the original peer-reviewed article that is described in the media report. Further details about this assignment will be posted on Canvas. **Due Thursday February 25th at 12pm.**

* * *

(A) Optional Health Behaviour Change Assignment (9%): You may also choose to complete an optional assignment worth 9%. In this assignment you will identify a health behaviour (e.g., sleep, exercise, diet) that you would like to change. You will monitor this behaviour, identify a smartphone app that is touted to support behaviour change in this area, and evaluate the app. If you do not have access to a smartphone and would like to complete this assignment, please contact the course instructor to make alternate arrangements. By completing this assignment, your final grade will be calculated as follows:

- (1) Midterm Exam #1 (31%)
- (2) Midterm Exam #2 (25%)
- (3) Final Exam (28%)
- (4) Syllabus Quiz (1%)
- (5) Weekly Tweets (4%)
- (6) Health Psychology in the News (2%)
- (7) Health Behaviour Change Assessment (9%)

NOTE: We will only count your assignment if it improves your course grade. If it reduces your grade, we will not count this assignment. You will not be penalized for doing the extra work. If you chose to do this assignment you must submit **Part A** of the assignment by **Thursday March 11th at 12pm PST** at the very latest. **Part B** of the assignment is due by **Thursday April 8th at 12pm PST**.

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>

GRAIDING PRACTICES

Out of fairness to all students enrolled in this course, the instructor will not consider requests for “bumping” grades (e.g., changing a 49% to 50%, 79% to 80%) or requests for extra credit assignments to increase grades. Faculties, departments, and schools reserve the right to scale grades in order to maintain equity among sections and conformity to University, faculty, department, or school norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the faculty, department, or school. Grades are not official until they appear on a student's academic record.

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,90,1014>

STUDENTS LIVING ABROAD

During this pandemic, the shift to online learning has greatly altered teaching and studying at UBC, including changes to health and safety considerations. 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 (please visit

<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,33,86,0> 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: <http://academic.ubc.ca/support-resources/freedomexpression>

UBC STUDENT RESOURCES

OFFICE OF THE OMBUDSPERSON FOR STUDENTS

The Office of the Ombudsperson for Students offers independent, impartial, and confidential support to students in navigating UBC policies, processes, and resources, as well as guidance in resolving concerns related to fairness.

Email: ombuds.office@ubc.ca

Web: www.ombudsoffice.ubc.ca

EQUITY, HUMAN RIGHTS, DISCRIMINATION, AND HARRASSMENT

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, 250-807-9383

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

Unit Equity Representatives: <https://equity.ok.ubc.ca/programs/equityreps/>

HEALTH AND WELLNESS

At UBC Okanagan health services to students are provided by Health and Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Health and Wellness for more information or to book an appointment.

LOCATION: UNC 337 (250-807-9270)

email: healthwellness.okanagan@ubc.ca

Web: www.students.ok.ubc.ca/health-wellness

UBCO VIRTUAL WALK-IN WELL-BEING CLINIC

A barrier-free wellness clinic, accessible without an appointment to students, staff, faculty and community members. Complete a brief meeting with a graduate clinician supervised by a registered psychologist for 30 minutes to develop the right wellness plan for you. Services are free of charge. Must be in the Okanagan area to receive services.

Tuesdays & Thursdays 11:00 – 3:00 PM PST

Email: ipc.ok@ubc.ca

Voicemail: (250) 807-8241

Web: <https://psych.ok.ubc.ca/psychology-clinic/thrive-thursdays/>

SEXUAL VIOLENCE PREVENTION AND RESPONSE OFFICE (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.

Phone: 250-807-9640

Web: www.svpro.ok.ubc.ca

COPYRIGHT DISCLAIMER

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Diagrams and figures included in lecture presentations adhere to Copyright Guidelines for UBC Faculty, Staff and Students <http://copyright.ubc.ca/requirements/copyright-guidelines/> and UBC Fair Dealing Requirements for Faculty and Staff <http://copyright.ubc.ca/requirements/fair-dealing/>. Some of these figures and images are subject to copyright and will not be posted to Canvas. All material uploaded to Canvas that contain diagrams and figures are used with permission of the publisher; are in the public domain; are licensed by Creative Commons; meet the permitted terms of use of UBC's library license agreements for electronic items; and/or adhere to the UBC Fair Dealing Requirements for Faculty and Staff.

FREQUENTLY ASKED QUESTIONS

DO I NEED TO ATTEND THE LIVE LECTURE (OR CAN I JUST WATCH THE RECORDING?)

Students are strongly encouraged to attend all live, synchronous lectures, but they are not mandatory. These lectures will offer the opportunity to engage with the instructor, guest speakers, and classmates in real-time and participate in live, anonymous polls about hot topics in the field of health psychology. If you miss a live lecture, they will be recorded and posted on Canvas.

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

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://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*).

WHAT HAPPENS IF I MISS A WEEKLY TWEET?

You must complete tweets within 24 hours of them being posted on Canvas. Late or missed tweets will receive a mark of zero. We will use your best 8 of 9 tweets.

WHAT HAPPENS IF I HAND MY ASSIGNMENT IN LATE?

Late assignments will not be accepted and will receive a mark of zero.

COURSE SCHEDULE¹

DATE	LECTURE	Readings	QUIZZES/ ASSIGNMENTS
Thurs Jan 14	Lecture 1: Introductions; History of Health Psych; Overview of Research Methods	Chapter 1 Chapter 2 ²	Syllabus Quiz (due Jan 15 th @5pm)
Thurs Jan 21	Lecture 2: Stress and the Body	Chapter 3 Chapter 4 (131-139)	Tweet #1
Thurs Jan 28	Lecture 3: Modifiers of Stress: Personality and Social Support	Chapter 4	Tweet #2
Thurs Feb 4	Lecture 4: Modifiers of Stress: Coping Strategies	Chapter 5	Tweet #3
Thurs Feb 11	MIDTERM EXAM #1		
Thurs Feb 18	READING BREAK – NO CLASS		
Thurs Feb 25	Lecture 5: Health-Related Behaviour	Chapter 6 (183-204); Chapter 8 (289-294; 297-306)	Tweet #4 “Health Psych in the News” Due
Thurs March 4	Lecture 6: Health-Related Behaviour	Chapter 6 (204-224)	Tweet #5
Thurs March 11	Lecture 7: Using Health Services	Chapter 9 (321-252)	Tweet #6 OPTIONAL “Health Behaviour – Part A” Due
Thurs March 18	MIDTERM EXAM #2		
Thurs March 25	Lecture 8: Psychosocial Aspects of Heart Disease; Organ Transplantation	Chapter 14 (484-497)	Tweet #7
Thurs April 1	Lecture 9: Psychosocial Aspects of Cancer; Death & Dying	Chapter 14 (503-515) Chapter 15	Tweet #8
Thurs April 8	Lecture 10: Psychosocial Aspects of Pain; Future of Health Psychology	Chapter 11,12, and 16	Tweet #9 OPTIONAL “Health Behaviour – Part B” Due

1. Topic schedule is subject to change. However, midterm exam dates will not change.
2. You will not be tested on Chapter 2. Please use this chapter as a reference throughout the course. It provides specific details on the physical systems involved in the diseases and disorders discussed in class.