

HEALTH PSYCHOLOGY
PSYO 348
Winter Session, 2017, Term 1

Instructor: Dr. Linda L. Hatt

Class time: Monday and Wednesday 3:30-5:00, Arts 114

Office: Arts 332

Office Hours: Monday 5-6:30, Tuesday 3:30-5:00 and Wednesday 5:00-6:00, or by appointment

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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. Course Projects.

Option 1. Participation in Voice: a UBCO community based health promotion research project

Objectives: Application of principles of health psychology

- a. Gain hands on experience with health promotion
- b. Work with a multi-disciplinary team
- c. Synthesize information from a variety of sources

Skills: communication skills, problem solving, team work,

As students in Health Psychology you have the opportunity to participate in a community based health promotion project called Voice. More information about this project will be presented during class on Sept. 11th. Students are expected to participate in required training sessions and project- specific meetings held during the term. The Voice project takes place on campus and your participation would contribute to the healthy campus initiative. Participation in the project will be evaluated by

Successful completion and/or substantial progress on the project selected and participation in required activities (tcps, training sessions, meetings etc.) 50%

A midterm report due October 15th which describes your activities with the project such as meetings or training attended.10% , Maximum 1 page.

Final report Due November 30th describing work completed since the midterm report, accomplishments, progress, contributions, relation to health psychology Maximum 2 pages. 20%

Self evaluation and reflection: 10% (structured form completed)

Option 2. In-Class Debate

Purpose: The purpose of the debate option is to allow students to go beyond the material covered in the course with respect to current issues in health psychology.

Objectives: after completing this assignment students should be able to:

1. Synthesize information from a variety of sources
2. Locate and summarize relevant, current, credible literature on a specific topic
3. Develop arguments both pro and con for a current health related issue
4. Present a written summary of the arguments along with a reference list in APA format
5. Present arguments to the class in a clear, well organized manner

Skills: oral communication skills, literature search skills, APA formatting

Suggested Debate Topics: Complete list posted on connect

1. Resolved: Conventional medicine inappropriately ignores the role of the mind in health and illness
2. Resolved: The use of animals in medical research is inhumane, unproductive and unethical
3. Resolved: complementary and alternative medicine is nothing more than quackery and placebos

Total Marks distribution.

Project	20 %
Class assignments (approximately 6-10)	10 %
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 4-11	Chapter 5
Thanksgiving	October 9 th	No classes
Health Related Behaviour	October 16-18	Chapter 6
Substance Use and Abuse	October 23	Chapter 7 Sally
Nutrition, weight control and diet, exercise	October 25	Chapter 8

Midterm 2	Oct. 30	Chapters 5-8
Nature and symptoms of Pain	Nov. 1	Chapter 11
Managing Pain	Nov. 6th	Chapter 12
Serious and Disabling Chronic Illness	Nov. 8-20	Chapter 13
Remembrance Day break	Nov. 13 (10-13)	No Classes
Heart Disease, Stroke, Cancer and AIDS	Nov. 22-29nd	Chapter 14 Nov. 20 th AIDS

FINAL EXAM : to be held during the regular examination period December 4-19th 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>