

HEALTH PSYCHOLOGY

PSYO 348 – SECTION 101



UBC OKANAGAN - 2021 WINTER TERM 2
MONDAYS 8AM-10:50AM PST

IMPORTANT

This is an online course. Lecture content will be pre-recorded and posted on Canvas. There will be four live lectures on Zoom to help orient you to the course and help you prepare for the exams. Live lectures will also be recorded and posted on Canvas. Midterms must be written on Canvas during class time. All times are in PST (Kelowna time).

CONTACT US

Instructor: Dr. Susan Holtzman

E-mail: susan.holtzman@ubc.ca

Office Hours: Fridays 10:30am-11:30am

If this time does not work for you, email me to set up an appointment. Due to the pandemic, my office hours will be on Zoom. If I am with another student, you will be placed in the Zoom waiting room and I will be with you as soon as possible.

Zoom Link: <https://ubc.zoom.us/j/63407979987?pwd=UFFVSTlwU1pWMldCS1ZkQ3lZdlQvdz09>

Meeting ID: 634 0797 9987

Passcode: 725262

TA: Gloria Cho

Email: glocho@mail.ubc.ca

Office Hours: Tues 12-1pm

TA: Michelle St. Pierre

Email: michelle.stpierre@ubc.ca

Office Hours: Wed 11am-12pm*

*Michelle's office hours start on Feb 2nd

TA: Casandra Wood

Email: cwood888@student.ubc.ca

Office Hours: Thurs 11am-12pm

TA: Stefanie Ciszewski

Email: stefanie.ciszewski@ubc.ca

Office Hours: email for appointment

NOTE: Zoom links for TA office hours are posted on the course home page on Canvas.

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

Due to the ongoing COVID-19 pandemic this course has been adapted for online delivery. **Each week**, you will: (1) complete the assigned readings (readings are mostly from the textbook, although additional readings and videos may be assigned) and (2) view the pre-recorded lecture content (posted by 9am on the Friday before each class). There will be **four live classes held on Zoom** during the term. The first live class (January 10) will help orient you and introduce you to the course. The other three live classes (January 31, March 7, April 11) will include a short live lecture and an opportunity to discuss the course material and help you prepare for the upcoming midterm/final exam. 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 midterm exams will be multiple-choice. The final exam will be mostly multiple-choice questions plus one open-ended question that will ask you to reflect on your learning across the entire course. There will be one mandatory syllabus quiz and one mandatory assignment. More details can be found under the “Course Evaluation” section below and on Canvas.

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 and exams will 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 10th.** 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 (Cassandra or Gloria).

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 will be assigned. Details will be announced on Canvas in the Module for each class.

COURSE WEBSITE

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

COURSE EVALUATION

Your final grade will be determined by the following components:

- (1) Midterm Exam #1 (33%)
- (2) Midterm Exam #2 (28%)
- (3) Final Exam (33%)
- (4) Syllabus Quiz (1%)
- (5) Health Psychology in the News (5%)

(1-3) Exams: There will be two midterm exams and a final exam. All exams will be open-book. The midterm exams will be non-cumulative and multiple-choice format. The final exam will be mostly multiple-choice questions plus one open-ended question that will ask you to reflect on your learning across the entire course. 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 (Monday February 7th; 9am-10:30am): Covers Lectures 1-4, assigned textbook readings for those lectures, and any other assigned reading/viewing materials. Worth 33%
- (2) MIDTERM EXAM #2 (Monday March 14th; 9am-10:30am): Covers Lectures 5-7, assigned textbook readings for those lectures, and any other assigned reading/viewing materials. Worth 28%
- (3) FINAL EXAM (final exam period): Covers Lectures 8-11, and any other assigned reading/viewing materials. Worth 33%

(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 11am on Monday January 10th and **must be completed by Monday January 17th at 5pm.**

(5) HEALTH PSYCHOLOGY IN THE NEWS (5%): In this assignment you will find an online news story that reports the results of a research study on: (1) the role of a psychosocial factor (e.g., psychological stress, loneliness, depression, personality) in a specific physical disease (e.g., heart disease, cancer, arthritis, obesity) OR (2) the role of a psychosocial factor on a physical health indicator in the general population (e.g., blood pressure, cell aging), OR (3) the role of psychosocial factors related to the COVID-19 pandemic (e.g., psychosocial factors that predict adherence to public health guidelines, COVID-related stress and burnout). You will then find the original peer-reviewed article that is described in the media report (published between May 2021 and February 2022). Further details about this assignment will be discussed in class and posted on Canvas. **Due Monday March 28th at 5pm.**

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>

GRADING 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 and are for anyone 16 years and older living in BC. The clinic is offering in-person and virtual appointments. Pre-Screening is required prior to in-person appointments.

Please email or call the clinic for more information.

Tuesdays & Thursdays 10:00am – 3:00pm PST

Email: ipc.ok@ubc.ca

Voicemail: (250) 807-8241

Web: <https://psych.ok.ubc.ca/psychology-clinic/walk-in-wellness/>

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

STUDENT LEARNING HUB: LEARNING SUPPORT

The Student Learning Hub is your go-to resource for **free** learning support. The Hub welcomes students from all disciplines and years to access a range of supports that include **tutoring in math, sciences, writing, and languages**, as well as **dedicated learning support** to help you develop skills and strategies for academic success. Don't wait—successful learners access support early and often. For more information, visit

students.ok.ubc.ca/hub or contact learning.hub@ubc.ca.

COPYRIGHT DISCLAIMER

Lecture videos, slides, exams, and assignments are the exclusive copyright of Dr. Susan Holtzman and may only be used by students enrolled in PSYO 348-101, Winter 2021, at the University of British Columbia. Access to the Canvas course site is limited to students currently registered in this course. Under no circumstance are students permitted to provide any other person with means to access this material. Anyone violating these restrictions may be subject to legal action. Permission to electronically record any course materials must be granted by the instructor. **Distribution of any course material to a third party is forbidden.** Copying, recording, or taking photos of any quiz or exam material during is **not permitted under any circumstances** and is strictly forbidden. Students who publicly distribute or help others publicly distribute copies or modified copies of the course materials may be in violation of UBC's article 4.2.2 of the Discipline for Non-Academic Misconduct: Student Code of Conduct policy.

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 your instructor and classmates in real-time, hear tips about upcoming exams and assignments, participate in live, anonymous polls and discussions 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, forgetting the exam, 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 AM LATE SUBMITTING MY QUIZ OR ASSIGNMENT?

Without a valid reason (e.g., health or family emergency), late syllabus quizzes will receive a mark of zero and late "health psych in the news" assignments will be penalized 20% per day. Please notify the instructor immediately if this applies to you.

COURSE SCHEDULE¹

Date	Lecture	Readings	
Mon Jan 10	Lecture 1: Introductions; History of Health Psych; Overview of Research Methods	Chapter 1 Chapter 2 ²	Live Lecture 9am-10:30am
Mon Jan 17	Lecture 2: Stress and the Body	Chapter 3 Chapter 4 (131-139)	Syllabus Quiz due Jan 17 th 5pm
Mon Jan 24	Lecture 3: Modifiers of Stress: Personality and Social Support	Chapter 4	
Mon Jan 31	Lecture 4: Modifiers of Stress: Coping Strategies	Chapter 5	Live Lecture 9:45am-10:50am
Mon Feb 7	MIDTERM EXAM #1		
Mon Feb 14	Lecture 5: Health-Related Behaviour	Chapter 6 (183-204); Chapter 8 (278-294; 297-306)	
Mon Feb 21	READING BREAK – NO CLASS		
Mon Feb 28	Lecture 6: Health-Related Behaviour	Chapter 6 (204-217)	
Mon March 7	Lecture 7: Using Health Services	Chapter 9 (315-352)	Live Lecture 9:45am-10:50am
Mon March 14	MIDTERM EXAM #2		
Mon March 21	Lecture 8: Psychosocial Aspects of Heart Disease; Organ Transplantation	Chapter 14 (484-497)	
Mon March 28	Lecture 9: Psychosocial Aspects of Cancer; Death & Dying	Chapter 14 (503-515) Chapter 15 (523-529; 543-561)	“Health Psych in the News” due Mar 28 th 5pm
Mon April 4	Lecture 10: Psychosocial Aspects of Pain	Chapter 11,12	
Mon April 11	Lecture 11: Future of Health Psychology	Chapter 16	Live Lecture 9:45am-10:50am

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.