



Psychology 380M - Interpersonal Relationships

2023 Summer Term 1

Mondays and Thursdays, 8:30 – 12:00pm

FIP 121 (In-Person)

Instructor: Carley Paterson, M.A.

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Office hours: By appointment

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ACADEMIC CALENDAR ENTRY

PSYO 380M (3) Interpersonal Relationships

Prerequisites: PSYO 111, 121, and at least six credits in 200-level Psychology.

COURSE FORMAT

Classes will be in-person and will be delivered in lecture format. Material will be presented in class that is not covered in the readings. Lectures will focus on the theoretical and empirical content related to interpersonal relationships and will focus on specific research examples. Exams will test knowledge of lectures and readings, and the written assignment will focus on the students' ability to find, describe, and critique research, and apply key concepts and theories they learn in the course to relationships depicted in popular media.

COURSE DESCRIPTION, CONTENT, AND OBJECTIVES

This course will provide an overview of a variety of topics in the area of interpersonal relationships, such as friendships and intimate relationships. Different dynamics within these relationships will be explored, such as attraction, sexuality, communication, conflict, violence, and power. Additionally, the maintenance and dissolution of such relationships will be examined. The course will also include an overview of the role of relationships and social support on mental health. Special consideration will be given throughout the course to understandings of relationship dynamics across different cultures, ages, and sexual/gender identities.

LEARNING OUTCOMES

The learning outcomes for this course align with the Psychology Department's program learning outcomes (1. Knowledge Base, 2. Scientific Inquiry and Critical Thinking, 3. Ethical and Social Responsibility in a Diverse World, 4. Communication, and 5. Professional Development).

Course Learning Outcome	Assessment	PLO
<i>Identify and discriminate</i> between main theories and concepts of interpersonal relationships	Exam 1&2, iClickers, Final Paper	1, 2
<i>Compare and contrast</i> understandings of interpersonal relationships across different genders, ages, identities, and cultures	Exam 1 & 2	1, 3
<i>Effectively communicate and critique</i> a theory/concept in interpersonal relationships	Final Paper	1, 2, 4, 5
<i>Apply and communicate</i> knowledge of interpersonal relationships to a relationship example depicted in popular media	Final Paper	1, 2, 4, 5

TEXTBOOK & REQUIRED READINGS:

Note: This textbook can be purchased/rented online on www.mheducation.ca in eBook and/or print versions. Although there are previous versions of this text, please ensure you have the 9th edition.

1. Miller, R.S. (2021). *Intimate relationships (9th Edition)*. McGraw-Hill.

Required Readings:

Note: These readings will be uploaded to Canvas. Alternatively, you can also locate these readings through [UBC library](#) (PsycInfo or Google Scholar).

1. Han, S. H., Kim, K., & Burr, J. A. (2019). Friendship and depression among couples in later life: The moderating effects of marital quality. *The Journals of Gerontology: Series B*, 74(2), 222–231. <https://doi.org/10.1093/geronb/gbx046>

- Taylor, H. O., Taylor, R. J., Nguyen, A. W., & Chatters, L. (2018). Social isolation, depression, and psychological distress among older adults. *Journal of Aging and Health*, 30(2), 229–246. <https://doi.org/10.1177/0898264316673511>

COURSE REQUIREMENTS:

Exam 1 (30%): The first exam will consist of 60 multiple-choice questions and will be 1.5 hours in length. Exam 1 will take place on **June 5th**. Questions will be drawn from all content presented in class (i.e., lectures and videos) **and** assigned readings (textbook and articles), and will cover up to and including content from **June 1st**.

Exam 2 (30%): The second exam will also consist of 60 multiple-choice questions and will be 1.5 hours in length. This exam will **not** be cumulative. Questions will be drawn from content presented in class (i.e., lectures and videos) **and** assigned readings (textbook and articles) from **June 5th** to the end of the course. Exam 2 will occur during the **final exam period** (date TBA).

iClicker Participation (5%): Each lecture (except for the first lecture) will have a selection of iClicker questions throughout. These could include questions from the reading/class material, and/or general questions asking you to share your opinions or make predictions. Credit will be given for **completion only** to demonstrate your attendance at lecture and participation. You must answer each iClicker question presented in the lecture to receive full marks (please contact me if you encounter any technical difficulties). You may miss **one lecture** without penalty. If you miss more than one lecture, each missed lecture will result in a deduction of 0.5%.

Final Paper: Interpersonal Relationships in Popular Media (35%): A 3-4 page paper will be due on the last day of class (**June 22nd**). The purpose of this paper is to help you learn how to search for empirical research in psychology, consume this research critically, and apply your knowledge of this research to the world around you.

This paper will include three general components. Before you begin, you will select a theory or concept from the course (readings and/or lecture) that interests you. The first component of the paper will involve conducting a brief literature search to find **one** empirical research article that involves your selected theory/concept. In the first section of your paper, you will briefly describe your chosen topic and the research article. For the second component of this assignment, you will watch an episode of a TV show or a movie and discuss how your chosen theory or topic connects to one or more of the relationships depicted in the show/movie. Finally, you will provide a brief critical analysis of where the chosen topic falls short in explaining the interpersonal dynamics in your illustrative relationship. Further details and instructions for this assignment will be posted on Canvas.

COURSE SCHEDULE

Chapter readings are from the *Intimate Relationships* textbook (see **Textbook & Readings**) unless otherwise indicated. Schedule may be subject to change. Students will be informed in advance.

Date	Topics	Readings
May 15th	Review of Syllabus The Building Blocks of Relationships	Chapter 1: The Building Blocks of Relationships
May 18th	Attraction Communication	Chapter 3: Attraction Chapter 5: Communication
May 22nd	***Victoria Day – No Class***	
May 25th	Interdependence and Commitment	Chapter 6: Interdependency
May 29th	Friendship	Chapter 7: Friendship
June 1 st	Love Exam Review	Chapter 8: Love Review (please post questions for review on Canvas two days before class)
June 5 th	—Midterm— Sexuality	Exam 1 (beginning of class) No Readings (Lecture Only)
June 8 th	Stresses, Strains, and Conflict	Chapter 10: Stresses and Strains Chapter 11: Conflict
June 12 th	Power and Violence	Chapter 12: Power and Violence

SONA RESEARCH ACTIVITY

Students earn Sona credit points for their eligible courses from participating in research activity. This can be either through direct participation in research through the Sona online research system (Option 1), by completing summaries of primary research articles (Option 2), or by a combination of the two types of activities. First year courses (i.e., PSYO 111 and PSYO 121) include 4% as part of the final course grade for participating in Sona research activity, while second year and higher courses allow for a 2% bonus to be added to the final course grade for participating.

Research Participation In Online Research System (Option 1)

As a participant in one of the numerous research studies posted at <http://ubco.sona-systems.com/>, you will obtain 0.5% credit for each 0.5 hour of participation. Hence, studies requiring a 1-hour time commitment provides a credit of 1%, 1.5 hours provides a credit of 1.5%, and 2 hours provides a credit of 2.0%, etc.

Important Requirements

You may participate in more than one study in order to earn credits. It is important to sign up for studies early in the semester in order to increase the odds that a timeslot is available. If you wait until later in the semester, timeslots may no longer be available.

Logging On To The System

Sona is only open for those students who are registered in a psychology course offering Sona credit points. Please only use the request account option if you have never used the Sona system before. If you have used the Sona system before, please use the most recent login information you remember to log in.

Missed Appointments & Penalties

Missed appointments (i.e., failure to cancel the appointment at least 3 hours prior to the session) will be tracked. The consequence will be that you will not receive credit for participation in the study and you will be assigned an unexcused no-show. The unexcused no-show designation will cause you to lose the credit value of the study from the total possible credit points you can earn for your course. For example, if you are in PSYO 111 (or 121), you can earn up to 4.0 credits. If you miss an hour-long session that you signed up for (i.e., 1.0 credit) and don't cancel it in advance, the maximum credits that you can now earn for your course is 3.0, regardless of how many studies you complete.

If, after consenting to participate and starting a session (or survey), you decide to withdraw your consent, to avoid receiving an unexcused no-show on Sona, you must do one of the following:

- if it is an online study, you must cancel your Sona sign-up and/or contact Shirley (psyc.ubco.research@ubc.ca) if you are unable to cancel your sign-up;

- if it is an in-person study, you must let the researcher know directly. Their email can be found on the main description page for the study (little envelope icon). Depending upon the study, they will either cancel your session or assign you an excused no-show (meaning that you will not be penalized).

Your ability to withdraw your data will depend upon the study. Instructions for withdrawing your data (including limitations) will be described in the study's consent form.

Please email psyc.ubco.research@ubc.ca with any questions or concerns that you may have regarding the Sona system. Your professor or instructor does NOT have access to this information.

Research Summary Assignment (Option 2)

As an alternative to participating in research studies, you may obtain Sona credit points by completing library-writing projects to a satisfactory level. Each library-writing project is worth a total of two credits.

Important Requirements

1. This project consists of reading and summarizing (in written form) a recent, peer-reviewed, primary research article.
 - A “recent” article has been published within the past 12 months.
 - A “peer reviewed” article is one that has been reviewed by other scholars before it is accepted – for example, it **cannot** be a news item, an article from a popular magazine, a notice, or a letter to the editor.
 - A “primary” research article describes an experiment or study where data are collected by the authors. In other words, the article you choose to review **cannot** be a book review, literature review, or summary article.
2. You must choose an article published by one of the following agencies:
 - The American Psychological Society - *Psychological Science*, *Current Directions in Psychological Science*, *Psychological Science in the Public Interest*, or *Perspectives on Psychological Science*.
 - The American Psychological Association - www.apa.org/journals/by_title.html has a full listing.
 - The Canadian Psychological Association - *Canadian Psychology*, *Canadian Journal of Behavioural Science*, or *Canadian Journal of Experimental Psychology*.
 - The Psychonomic Society - *Behavior Research Methods, Cognitive, Affective, & Behavioral Neuroscience*, *Learning & Behavior*, *Memory & Cognition*, *Perception & Psychophysics*, or *Psychonomic Bulletin & Review*.

3. Other Assignment Guidelines

The summary should be about 300-500 words in length. The source must be cited and referenced in accordance with the *Publication Manual of the American Psychological Association*. The review will be graded on a pass – fail basis (2% or 0%). At least **14 days before the end of classes** each term, submit the following to the course instructor:

- the article summary
- a copy of the article
- a cover page that specifies your name, student number, email address, and word count of the summary.
- the course title and number

Submitting the assignment 14 days in advance is necessary to ensure that you have an opportunity to make corrections, if required. If you do not check your email frequently, provide a phone number on the cover page.

UBC OKANAGAN POLICIES

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 University's policies and procedures, may be found in the Academic Calendar at

<http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0>.

UBC OKANAGAN DISABILITY RESOURCE CENTRE

The Disability Resource Centre ensures educational equity for students with disabilities, injuries or illness. If you are disabled, have an injury or illness and require academic accommodations to meet the course objectives, please contact Earllene Roberts, the Diversity Advisor for the Disability Resource Centre. Location: **UNC 227**; Telephone: 250.807.9263; Email:

earllene.roberts@ubc.ca; Web: www.ubc.ca/okanagan/students/drc

UBC OKANAGAN OMBUDS OFFICE

The Ombuds Office 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. Location: **UNC 227B**; Telephone: 250.807.9818; Email:

ombuds.office.ok@ubc.ca; Web: <http://ombudsoffice.ubc.ca/ubc-okanagan-2/>

UBC OKANAGAN EQUITY AND INCLUSION OFFICE

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 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 and Inclusion Office. Location: **UNC 227C**; Telephone: 250.807.9291; Email: equity.ubco@ubc.ca; Web: www.ubc.ca/okanagan/equity

HEALTH AND WELLNESS

At UBC Okanagan health services to students are provided by Health and Wellness. Nurses, physicians and counselors 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.

- UBCO Health and Wellness: Telephone: 250-807-9270; Website: www.students.ok.ubc.ca/health-wellness; Mon-Fri, 9am-4pm
- UBCO Counselling Services: please call 250-807-9270 to book an appointment
- UBCO Psychology Walk-In Well-Being Clinic: Location: **ASC167**; Telephone: 250-807-8241; Email: ipc.ok@ubc.ca; Tue & Thur
- Security 250-807-8111 (emergency)
- Security 250-807-9236 (non-emergency)
- 24 Hour Crisis line 1-800-784-2433 (1-800-SUICIDE)
- 24 Hour Nurses Help Line 811

SAFEWALK

*Don't want to walk alone at night? Not too sure how to get somewhere on campus? Call Safewalk at **250-807-8076**. For more information, see:*

<http://www.ubc.ca/okanagan/students/campuslife/safewalk.html>