PSY 260 HEALTH PSYCHOLOGY
SPRING SEMESTER, 2017

Section E, 4 credits, T 6:00 - 9:35 pm
Location: Rankin 204A

Instructor: Jeanne Marquette, M.S.,
Health Psychology
Office hours: Tuesdays 5:00-5:50 pm

E-mail: jmarquet@carrollu.edu
Office location: Due to the construction
project, we’ll meet in Rankin 204A. If at all possible, please e-mail me if you plan to meet me.

Please use the above e-mail address to contact me. I check my e-mail frequently, and I look forward to hearing from you.

Course Description:

Based on the research of clinical, experimental social and health psychologists, this course examines how psychological, social, and biological factors affect health and illness. Topics include coping with stress and pain, psychoneuroimmunology, and living with chronic illness, such as diabetes, cardiovascular disease, or cancer. Emphasis is also placed on effective patient-clinician communication and on the modification of health-related behaviors.

Objectives:

At the conclusion of this course, students will be able to:

1. Explain the biopsychosocial influences on, and ramifications of, acute and chronic stress.

2. Describe the biopsychosocial correlates of both poor and positive treatment outcomes for a variety of disease states.

3. Recognize the many ways in which cultural factors influence one’s perception of health, health behaviors, and health care outcomes.

4. Design, implement, and assess a behavior change program.

5. Demonstrate familiarity with current trends in health psychology research.
Required Text:


Other readings provided in class

Prerequisite:

PSY 101 with a grade of “D” or higher

Attendance:

Attendance is expected and essential to your success. Every class is important. If you *must* miss a class, it is your responsibility to obtain lecture notes, scheduling updates, etc. from another student, not the instructor.

Participation:

Students are expected to complete the assigned readings prior to each class and actively participate in related discussions and activities. Although I assign no particular point value for participation, students who participate tend to achieve greater mastery of course content. Class discussion and activities often introduce content beyond the textbook, and this additional material is essential to your success.

Texting and Other Forms of Multitasking:

When you are in class, you are expected to direct your full attention to class activities. Texting and any other forms of multitasking are prohibited. I reserve the right to remove students who text or otherwise multitask during class.

Exams (300 points):

A total of three exams will be given—two within the semester and a final. None of the exams are cumulative. Each is worth 100 points for a total exam potential of 300 points.
Make-up Exams:

No make-up exams will be given except under valid emergency conditions verified by a third party authority. If you request a make-up exam, you will be expected to submit documentation of your emergency from a medical provider, accident/police report, etc. I reserve the right to decide what events qualify as valid emergencies. Valid emergencies are situations one would not reasonably anticipate that require medical or police intervention. Examples of unacceptable excuses include oversleeping, missing a bus, changes in work schedule, troubled relationships, general malaise not requiring a medical visit, and upset family/friends/pets in need of emotional support and/or transportation.

Article Comparison (64 points):

You will write a short (2-3 page) paper examining the similarities and differences between two journal articles. This paper should compare and contrast experimental designs, participant characteristics, results, and discuss the ways in which the chosen methods are appropriate for the hypotheses. Further instruction and a rubric will be provided.

Behavior Modification Project (200 points):

You will design, implement, and assess a behavior modification program for yourself. Below is a general introduction to the project; additional instructions are provided in class. If you choose a dietary or exercise modification program, you must check with a physician before you begin. If you don’t want to get medical clearance for this project, you may choose from a wide variety of other health behaviors (time or money management, coping with stress, meditation, prayer, positive thinking, etc).

Part 1: Literature review, proposal, and blank chart (100 points).

Literature review (60 points): Choose a specific, measurable, realistic health behavior goal. Compose a short (2-3 page, minimum of 4 sources) literature review of selected behavior change methods appropriate for your target behavior change. Include at least one complementary/alternative method (i.e., meditation, prayer, yoga).

Proposal (40 points): In 1-2 pages, specifically describe the ways in which you will apply one (or more) of the behavior change methods discussed in your literature review to your behavioral change plan. Your proposal will include your behavioral goal, your chosen method(s) of behavior change, and the way you will monitor and record the change process. Complete your proposal with a copy of your blank chart.
Part 2: **Completed chart and evaluation** (100 points).

Chart: Record your behavior, environmental antecedents, and all other relevant factors in a clear, professional chart format such as an Excel spreadsheet (40 points).

Evaluation: Critically discuss your program and overall behavior change experience in a 10 minute Power Point presentation to the class (60 points). Turn in a hard copy of your slides just before you make your presentation to the class.

Be aware that your grade on the project is in no way related to the success or failure of your attempted behavior change. In other words, you could experience little/no success in changing your target behavior yet still earn an A. Poor quality projects, including those that report a significant behavior change, will earn low grades.

**Carroll Writing Center:**

The Carroll University Writing Center, located in the library Learning Commons, is open Sunday through Friday. Writing Assistants are available either by appointment or on a drop in basis. To schedule an appointment, use LC Online, which is accessible through the student portal or by visiting the webpage: [http://www.carrollu.edu/learningcommons/writingcenter.asp?nav=5790](http://www.carrollu.edu/learningcommons/writingcenter.asp?nav=5790)

From brainstorming to citation, Writing Assistants can help you with any stage of the writing process. Appointments are thirty minutes long, and are free to all students.

**Late Assignments:**

All work is to be completed on time and in hard-copy format. No late work will be accepted unless you have had a **valid emergency verified in writing by a third party authority** (i.e., health center note, police/accident report, etc.). Events such as oversleeping, missing a bus, or change in work schedule, etc. do not qualify as valid emergencies. If you have a problem that prevents your attendance, but does not require medical or police intervention, you are expected to email it to me (jmarquet@carrollu.edu) no later than 6:00 pm on the due date. This is not to be used as a standard practice-it is only for situations when you must miss class. It is your **responsibility** to be sure your assignment has been delivered to me on time. I will not accept excuses such as “I sent it-I don’t know why you didn’t get it”, “I sent you the email, but I forgot the attachment” or “I wanted to send it but my computer was down/occupied by my brother/at the bottom of a lake,” etc.
Optional Extra Credit:

Extra credit is only available to students who regularly attend class and complete assignments in a fashion that indicates genuine effort. Extra credit is not used to counterbalance missing assignments or incomplete work. Similarly, extra credit is not granted to students who have engaged in academic misconduct. A maximum of 10 extra credit points may be earned through a typewritten 1 1/2 page double-spaced critique/reflection (I will provide the material to critique). Appropriate college-level standards for academic writing will apply. **Extra credit assignments are due on May 2nd.** You are free to turn it in early if you prefer.

Academic Integrity:

The Carroll University Academic Integrity Policy is located in the student handbook [https://my.carrollu.edu/ICS/icsfs/Student Handbook 14-15 Updated](https://my.carrollu.edu/ICS/icsfs/Student Handbook 14-15 Updated). Please familiarize yourself with it. Carroll University emphasizes that students have an obligation to conduct their academic work with honesty and integrity. All acts of academic misconduct are serious. If you have any questions about citations, please ask. If a student violates the Carroll policy, I reserve the right to impose a sanction of failure (0 points) on the assignment or exam in question. As noted above, extra credit is not offered or granted to students who have engaged in academic misconduct.

Use of MyCourses Gradebook:

Your grades will be posted online throughout the semester, and it is your responsibility to check those grades regularly. If you believe there is an error in any posted grade, please notify me immediately. I will be happy to investigate any questioned items.

Missing Assignments:

If you do not submit an assignment, I will not approach you to inquire about the item. I will simply assign a score of zero.

Accommodation for Disabilities:

Students with disabilities who may need accommodations or any student considering obtaining documents should make an appointment with the Walter Young Center (262524-7621) no later than the first week of class.
Grading System

A maximum of 564 points may be earned (excluding optional extra credit). Grades will be assigned as follows:

- **A** = 93% - 100+
- **AB** = 88% - 92%
- **B** = 83% - 87%
- **BC** = 78% - 82%
- **C** = 70% - 77%
- **D** = 60% - 69%
- **F** = <60%

Course Outline:

The following course schedule is a tentative outline only. The instructor and the University reserve the right to modify, amend, or change the syllabus (course requirements, grading policy, etc.) as the curriculum and/or program require(s).

<table>
<thead>
<tr>
<th>Date</th>
<th>Preparation and Events</th>
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<tbody>
<tr>
<td>T Jan. 24</td>
<td><strong>First day for submitting written project topic for approval;</strong> Ch. 1 Health Psychology: Setting the Stage</td>
</tr>
<tr>
<td>T Jan. 31</td>
<td><strong>Last day to submit written project topic for approval;</strong> Ch. 2 Cultural Approaches to Health</td>
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<tr>
<td>T Feb. 7</td>
<td>Ch. 2 Cultural Approaches to Health; Ch. 3 Essential Physiology</td>
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<tr>
<td>T Feb. 14</td>
<td>Ch. 3 Essential Physiology; Ch. 4 Stress Across Cultures; <strong>Bring nearly completed Project Part 1 to class for peer review</strong></td>
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<td>T Feb. 21</td>
<td><strong>Project Part 1 (Lit. review, proposal, and blank chart) due;</strong> Begin collecting baseline data tomorrow (1 week of baseline Wed Feb 22th-Tues Feb. 28th); Ch. 4 Stress Across Cultures</td>
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<td>T Feb 28</td>
<td><strong>Exam 1 (Ch. 1, 2, 3, &amp; 4)</strong> Begin collecting attempted behavior modification data tomorrow (6 weeks of behavior mod. data: Wed. Mar. 1- Tues.Apr.11); Ch. 5 Coping and Social Support</td>
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<tr>
<td>T Mar. 7</td>
<td>Ch. 6 Increasing Healthy Behaviors; Ch. 7 Living Healthy; Discuss Article Comparison</td>
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T Mar. 14   NO CLASSES- SPRING BREAK

T Mar. 21   Film: Mind over Medicine, meet in groups for peer review of nearly-finished Article Comparison

T Mar. 28   Article Comparison due; Ch. 7 Living Healthy; Ch. 8 Factors Surrounding Illness

T Apr. 4   Exam 2 (Ch. 5, 6, 7 & 8) Ch. 9 Pain

T Apr. 11   Last day to collect behavior mod data; Ch. 10 Chronic Illness, Terminal Illness, and Death; Ch. 11 Psychoneuroimmunology

T Apr. 18   Project Part 2: Completed Chart and Evaluation due; Project Evaluation Presentations-EVERYONE must be ready to present today; Ch. 12 Culture and Cancer

T Apr. 25   Project Evaluation Presentations (again, everyone who has not yet presented must be ready); Last day to submit optional extra credit; Ch. 13 Culture and Cardiovascular Disease

T May 2   Finish Project Evaluation Presentations; Optional extra credit due

T May 9   FINAL EXAM (Ch. 9, 10, 11, 12, 13) 6:00 pm Rankin 204A