



Course PSY 4328 Health Psychology
Professor Heidi Kane, Ph.D.
Term Fall 2015
Meetings UTD Main Campus GR 4.301
Mon/Wed 2:30-3:45pm

Professor's Contact Information

TA's Contact Information

Office Phone	972-883-4469	Name	Megan Adelson
Office Location	JO 3.216	Office Location	JO 2.302
Email Address	Heidi.kane@utdallas.edu	Email Address	mja150230@utdallas.edu
Office Hours	Tues/Wed 4-5 pm	Office Hours	Tues 1-3 pm

Communication: The best form of contact is email. Please put the **course name and number** in the subject of your email. Email will be checked on a daily basis and will be responded to within 24 hours except on weekends. Emails received after 5pm on Friday may not be returned until Monday.

General Course Information

Pre-requisites	NSC 3361; PSY 2301
Course Description	<p>The purpose of this course is to introduce you to the field of health psychology. During this course we will examine and discuss the relevant theories and research associated with the biological, psychological, and social aspects of health and illness. We will learn among other topics about the physiological and psychological factors that influence perceptions of stress, the links between stress and illness, the psychosocial influences on health enhancing and health compromising behaviors, adjustment to illness and coping, pain, sociocultural factors and health, personality and health, and patient-doctor communication.</p> <p>Course requirements will include class attendance and participation, quizzes, in-class activities, exams and writing assignments.</p>
Learning Objectives	<p>1.1 Describe and explain the nature of health psychology as a scientific discipline 1.2 Describe and analyze major theoretical perspectives and overarching themes of health psychology and their historical development 1.3 Describe, apply, and analyze five selected content areas within health psychology 2.5 Use critical thinking to evaluate popular media, scholarly literature, and empirical reports about health psychology and health information</p>
Required Texts & Readings	<p>Straub, R. O. (2014). <i>Health Psychology</i> (4th edition). New York: Worth.</p> <p>Supplemental Readings will be found posted on elearning.</p>

Course Calendar

Date	Topic	Assignment
Aug. 24	Course Overview: What is health psychology?	Ch 1
Aug. 26	What is health?	Ch1
Aug. 31	Methods in Health Psychology	Ch 2
Sept. 2	Stress: Conceptualization	Ch 4 p. 105- 127; 141-151 Journal Assignment #1 due
Sept. 7	NO CLASS – Labor Day	
Sept. 9	The Physiology of Stress and Disease	Ch3 p.70-82 ; Ch4 p. 128-132
Sept. 14	Psychoneuroimmunology	Ch3 p.90-91; Ch 4 p.133-141; Reading
Sept. 16	Development and Early Family Environment	Ch 3 p. 96-102; Reading Journal Assignment #2 due
Sept. 21	EXAM 1	
Sept. 23	Coping with Stress and Thriving	Ch 5; Ch 6 p. 221-231
Sept. 28	Relationships and Health	Reading Journal Assignment #3 due
Sept. 30	Personality and Health	Reading
Oct. 5	Cardiovascular Disease and Diabetes	Ch 10; Reading
Oct. 7	Cancer	Ch 11 Journal Assignment #4 due
Oct. 12	HIV and AIDS	Ch 12
Oct. 14	EXAM 2	
Oct. 19	Behavior Change I: Media Campaigns	Reading
Oct. 21	Behavior Change II: Behavior Change Models	Ch 6 p.195-221
Oct. 26	Health Communication	Reading Journal Assignment #5 due
Oct. 28	Health Behavior : Sleep	Ch 7 p. 250-270; Reading
Nov. 2	Health Behavior: Eating & Exercise	Ch 7 p. 234-250; Ch 8
Nov. 4	Health Behavior: Substance Use	Ch 9 Journal Assignment #6 due
Nov. 9	EXAM 3	
Nov. 11	Bereavement	Reading
Nov.16	Pain	Ch 14
Nov. 18	Placebos	Reading Journal Assignment #7 due
Nov. 23	Seeking Treatment	Ch 13
Nov.25	NO CLASS: Fall Break	
Nov.30	NO CLASS: Fall Break	
Dec. 2	CAM	Ch 15 Journal Assignment #8 due
Dec. 7	Health Information and Misinformation	Reading
Dec. 9	EXAM 4	

Note: We do not meet during finals week! Any changes to the course calendar will be discussed in class and posted on elearning.

Course Policies

<p>Detailed Assignments</p>	<p>Exams: There will be four exams. Exam format will be multiple choice – bring a scantron 229630 (pink, Exam System II) on test days. These exams will not be cumulative. Material from lectures, videos, class discussion, your text and the readings will appear on the exams. In addition, information covered in the textbook but not covered in class will be included on the exams, as will information covered in class but not in the textbook.</p> <p>Each exam will be worth 100 points (400 points total). The exams are closed-book/note exams that should be completed independently and with academic integrity (see below).</p> <p>You are responsible for purchasing the appropriate scantron forms for taking the exams. You are also responsible for bringing scantron form with you to exams, along with sharpened pencils. I will not have extra scantron forms, extra pencils, or a pencil sharpener available for exams.</p> <p>During an exam, in order to preserve the security of the exam, <u>no one will be admitted to the lecture room after the first person has finished the exam.</u> Thus, you may arrive late to an exam, but doing so is <u>very</u> risky – you will not be admitted to the exam if someone has already finished the exam and left. Students who arrive for an exam after the first student has left will not be allowed to take a make-up exam.</p> <p><u>In-class quizzes and activities:</u> Random, brief pop quizzes and in-class activities will be administered throughout the semester. They are to be completed independently without the aid of books, notes or help from classmates. Students who are absent will earn 0 and will not be able to make up the missed quiz/activity. There will be 12 quizzes/in-class activities. Students may drop their lowest two grades. Students who miss quizzes/activities due to tardiness or leaving class early will earn a 0. Quizzes/activities will be worth 100 points in total.</p> <p><u>Journal Assignment:</u> You will be required to write 8 journal entries (1 page) pertaining to material covered in the text and/or lecture. You should find a recent newspaper or magazine article or think about a personal experience that illustrates a health-related phenomenon, concept, theory, issue or research finding. Then write a brief explanation of how it related to material covered in class or the text. Only one journal entry can cover each health-related phenomenon, concept, theory, issue or research finding. These journal entries will be due at various points during the semester (see Course Calendar). All Journal entries are due at the beginning of class on their assigned due date (within 15 minutes of class beginning). The journal entries will be with 80 points in total. More information about the Journal Assignment will be provided in class and posted on the elearning website.</p>														
<p>Grading</p>	<p><u>Letter grades will be assigned using the following scale:</u></p> <table data-bbox="544 1623 1088 1858"> <tr> <th><i>Grade (percent)</i></th><th><i>Grade (percent)</i></th></tr> <tr> <td>A 100 - 93</td><td>C 76 - 73</td></tr> <tr> <td>A - 92 - 90</td><td>C - 72 - 70</td></tr> <tr> <td>B+ 89 - 87</td><td>D+ 69 - 67</td></tr> <tr> <td>B 86 - 83</td><td>D 66 - 63</td></tr> <tr> <td>B - 82 - 80</td><td>D - 62 - 60</td></tr> <tr> <td>C+ 79 - 77</td><td>F less than 60</td></tr> </table>	<i>Grade (percent)</i>	<i>Grade (percent)</i>	A 100 - 93	C 76 - 73	A - 92 - 90	C - 72 - 70	B+ 89 - 87	D+ 69 - 67	B 86 - 83	D 66 - 63	B - 82 - 80	D - 62 - 60	C+ 79 - 77	F less than 60
<i>Grade (percent)</i>	<i>Grade (percent)</i>														
A 100 - 93	C 76 - 73														
A - 92 - 90	C - 72 - 70														
B+ 89 - 87	D+ 69 - 67														
B 86 - 83	D 66 - 63														
B - 82 - 80	D - 62 - 60														
C+ 79 - 77	F less than 60														

	<p>Sources of points in the course:</p> <table><tr><th>Source</th><th>Points per</th><th>Occurrences</th><th>Total per source</th></tr><tr><td>1. Exams</td><td>100</td><td>4</td><td>400</td></tr><tr><td>2. In-class quizzes/activities</td><td>10</td><td>12*</td><td>100</td></tr><tr><td>3. Journal Assignment</td><td>100</td><td>10</td><td>80</td></tr><tr><td>TOTAL</td><td></td><td></td><td>580</td></tr></table> <p>* May drop two quizzes/activities</p>	Source	Points per	Occurrences	Total per source	1. Exams	100	4	400	2. In-class quizzes/activities	10	12*	100	3. Journal Assignment	100	10	80	TOTAL			580
Source	Points per	Occurrences	Total per source																		
1. Exams	100	4	400																		
2. In-class quizzes/activities	10	12*	100																		
3. Journal Assignment	100	10	80																		
TOTAL			580																		
Instructor Expectations	<p>You are expected to arrive to class on-time and ready to participate. This means turning off cell phones, refraining from talking during lecture or films, and engaging in appropriate laptop behavior (e.g., no email, facebook or web surfing) and being alert and attentive during class. Each day you will be assigned chapters or portions of chapters from the book or readings. Please read all assigned material PRIOR to the related class. Classes will be a mixture of lecture, discussion and in-class activities. You are expected to participate in the discussions and class activities. <i>Most importantly, you are expected to respect other students in the class and their comments, opinions and points of view.</i></p>																				
Make-up Exams	<p>The policy on missing exams will be <i>strictly</i> as follows: There will be no make-up exams given unless you are seriously ill with a <i>written, verifiable</i> excuse from a physician or you have an urgent family affair that is supported by <i>written, verifiable</i> documentation. In those cases, you must (a) inform me that you will be unable to take the scheduled exam <i>prior</i> to the exam time and (b) provide <i>written, verifiable</i> documentation. If you are going to be out town for one of the schedule exams, you must drop the course. If you miss an exam without making <i>prior</i> arrangements with me and without providing <i>documented justification</i>, you will receive a zero for that exam. <i>Sorry, but there will be no exceptions</i> to this policy. Make-up exams will be more difficult to account for the extra studying time and will be a mix of short answer/essay questions and multiple choice questions. Note the exams on the syllabus and plan accordingly.</p>																				
Extra Credit	<p>Occasionally, extra credit questions may appear on exams, but this it at the discretion of the professor. These extra credit questions will assess topics from the exam just prior to the current one. No other extra credit assignments will be offered.</p>																				
Late Work	<p>Assignments are due at the beginning of class on their due date (within the first 15 minutes of class). All assignments turned in after this time are considered late and will not be accepted.</p>																				
Class Attendance	<p>You are required to attend ALL class meetings. During class sessions, I will present material not covered in your textbook or the readings, expand on important points in the text, and discuss new developments in the field. We will also complete various activities, discuss the readings, watch parts of films, and so on. Thus if you miss lecture, you will be missing valuable information and this could affect your performance on exams and other assignments. Attendance will be graded through the use of quizzes and in-class activities.</p>																				

<p>Student Conduct and Discipline</p>	<p>The University of Texas System and The University of Texas at Dallas have rules and regulations for the orderly and efficient conduct of their business. It is the responsibility of each student and each student organization to be knowledgeable about the rules and regulations which govern student conduct and activities. General information on student conduct and discipline is contained in the UT Dallas printed publication, <i>A to Z Guide</i>, which is available to all registered students each academic year.</p> <p>The University of Texas at Dallas administers student discipline within the procedures of recognized and established due process. Procedures are defined and described in the <i>Rules and Regulations, Series 50000</i>, Board of Regents, The University of Texas System, and in <i>Title V, Rules on Student Services and Activities</i> of the university's <i>Handbook of Operating Procedures</i>. Copies of these rules and regulations are available to students in the Office of the Dean of Students, where staff members are available to assist students in interpreting the rules and regulations (SU 1.602, 972/883-6391) and online at http://www.utdallas.edu/judicialaffairs/UTDJudicialAffairs-HOPV.html.</p> <p>A student at the university neither loses the rights nor escapes the responsibilities of citizenship. He or she is expected to obey federal, state, and local laws as well as the Regents' Rules, university regulations, and administrative rules. Students are subject to discipline for violating the standards of conduct whether such conduct takes place on or off campus, or whether civil or criminal penalties are also imposed for such conduct.</p> <p>Students are expected to be attentive during class and to participate actively in group activities. Students are expected to listen respectfully to faculty and to other students who are speaking. Racism, sexism, homophobia, classism, ageism, and other forms of bigotry are inappropriate to express in class. Classes may discuss issues that require sensitivity and maturity. Disruptive students will be asked to leave and may be subject to disciplinary action.</p>
<p>Academic Integrity</p>	<p>The faculty expects from its students a high level of responsibility and academic honesty. Because the value of an academic degree depends upon the absolute integrity of the work done by the student for that degree, it is imperative that a student demonstrate a high standard of individual honor in his or her scholastic work.</p> <p><i>Scholastic Dishonesty:</i> Any student who commits an act of scholastic dishonesty is subject to discipline. Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, submitting for credit any work or materials that are attributable in whole or in part to another person, taking an examination for another person, or any act designed to give unfair advantage to a student or the attempt to commit such acts.</p> <p>Plagiarism, especially from the web, from portions of papers for other classes, and from any other source, is unacceptable and will be dealt with under the university's policy on plagiarism (see general catalog for details). This course will use the resources of <i>turnitin.com</i>, which searches the web for possible plagiarism and is over 90% effective.</p>

Disability Services	<p>It is the policy and practice of The University of Texas at Dallas to make reasonable accommodations for students with properly documented disabilities. However, written notification from the Office of Student AccessAbility (OSA) is required. If you are eligible to receive an accommodation and would like to request it for a course, please discuss it with an OSA staff member and allow at least one week's advanced notice. Students who have questions about receiving accommodations, or those who have, or think they may have, a disability (mobility, sensory, health, psychological, learning, etc.) are invited to contact the Office of Student AccessAbility for a confidential discussion.</p> <p>The primary functions of the Office of Student AccessAbility are to provide:</p> <ol style="list-style-type: none"> 1. academic accommodations for students with a documented permanent physical, mental or sensory disability 2. non-academic accommodations 3. resource and referral information and advocacy support as necessary and appropriate. <p>OSA is located in the Student Services Building, suite 3.200. They can be reached by phone at (972) 883-2098, or by email at disabilityservice@utdallas.edu.</p>
Comet Creed	<p><i>This creed was voted on by the UT Dallas student body in 2014. It is a standard that Comets choose to live by and encourage others to do the same:</i></p> <p><i>“As a Comet, I pledge honesty, integrity, and service in all that I do.”</i></p>
UT Dallas Syllabus Policies and Procedures	<p><i>The information contained in the following link constitutes the University's policies and procedures segment of the course syllabus.</i></p> <p><i>Please go to http://go.utdallas.edu/syllabus-policies for these policies.</i></p>

The descriptions and timelines contained in this syllabus are subject to change at the discretion of the Professor.