

**Department of Psychology
Trent University
Trent in Oshawa
PSYC 3750H-A: Health Psychology
2012 WI OSH**

Instructor: Murray Stainton

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Office Hours Before class (4:30-5:30 PM) by appt. via email

Psychology Dept. LHS C104, 705-748-1011 ext. 7535
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Course Description: The focus will be a broad introduction to the field of health psychology. Topics discussed will include the development of this field of study; different social scientific approaches; psychoneuroimmunology; health promotion; stress and coping; communication in medical settings; hospitalization; health risks and behaviour; and pain. The course text will give a general overview concerning health psychology as it is practised in the mainstream of the sub-discipline. The lectures will present some of this information and will engage you in the material more actively with the use of problem-based learning activities requiring significant student participation. The seminars will involve similar but more in-depth exercises involving application of material gleaned from the text, from lectures, and from assigned readings (when applicable).

Course Prerequisite: 8.0 University credits including PSYC 2016H and 2017H (or 215) and 1.0 other 2000 level PSYC credit; or 60% or higher in PSYC 1020H (102H) and 1030H (103H) or in PSYC 1010Y (101), NURS 2030H, 4.0 additional NURS credits, and co-registration in NURS 3030H. Excludes PSYC 343, 353, 450.

Course Format: **Lecture:** Tuesdays, 6:30 to 8:20 PM in Thornton 125
Seminars: Before and after every other class, 5:30 to 6:20 or 8:30 to 9:20 PM in Room 125

Required Readings: Poole, G., Hunt-Matheson, D., & Cox, D. (2011). *The psychology of health and health care: A Canadian perspective* (4th ed.). Toronto. Prentice Hall

American Psychological Association (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: Author.

Evaluation:	Due Dates
1. Seminar Participation	15%
2. Midterm Test	25% Feb 14, 2012
3. Written Assignment	30% Feb 14 (outline); Mar 13 (paper)
4. Final Exam	30% April 24

It is the responsibility of each student to read and accept the due dates outlined on the course syllabi.

Learning Outcomes Upon completion of this course the successful student will be able to:

1. Distinguish between the common models of health and well-being, explaining their genesis, strengths and weaknesses;
2. Identify and critically evaluate major health behaviour change theories and use them to explain a range of health behaviours (including personal experience through a health behaviour change project);
3. Identify how psychological stress and other psychological factors impact biological function including

- how individuals cope and adapt to stressful situations;
4. Identify different patterns of patient-provider relations and explain how they impact on health outcomes and satisfaction with treatment interventions including application to clinical cases;
 5. Identify motivational barriers to a healthy lifestyles and how health promotion programs can influence health behaviour in the population with specific reference to exercise,
 6. Develop a program logic model of cause and effect and use it to evaluate a health program; Identify how psychological factors influence pain and how individuals cope with pain including application to clinical rehabilitation.

Explanation of Assignments

1. Participation (15% in total):

See "Course Policy on attendance in class/labs" below for details.

2. Midterm Test (25%) – The midterm test will assess students' grasp of material up to the midpoint in the course. The midterm test will consist of multiple-choice, short answer, and longer-answer questions. The midterm test will be held during the lecture period on **Tuesday, February 14th, 5:30 - 7:20 PM.**

3. Written Assignment (30%):

Paper Outline (6%) – On **Tuesday, February 14th**, (note that this is the same day as the midterm test, so organize your time accordingly) students must submit a one-page outline of their major paper (no title page, one page of content maximum [I WILL NOT READ OR GIVE CREDIT FOR MATERIAL BEYOND ONE PAGE]), and a separate page(s) for references. You will receive and **MUST USE** the electronic template provided to complete this outline. This outline is assigned primarily to help you avoid procrastination on the paper. The idea is that, by the time you have written the outline, you have essentially done ALL of the research/reading required for the paper, but just haven't assembled it yet. In the outline, you will state clearly the title of your final paper (it must obviously be within the area of Health Psychology).

The outline, like the final paper must **EXPLICITLY STATE A THESIS**, some (hopefully new) assertion you gleaned from your reading. In the outline and in the paper, your primary purpose is to state this thesis and then build a convincing case for it, using evidence from the papers which led you to this thesis. In briefly outlining what you will discuss more at length in the final paper, be sure to include any important definitions in the outline also. This outline will be graded at the time the paper is graded and **will not be returned to students until the day their full papers are returned.** Grading of the outline will assess the reading, thought, and planning that is apparent or lacking. Some weight in grading will be given to the extent to which the final paper is indeed an extension of the submitted plan (and the degree of compatibility between the reference sections). The thesis statement in the outline should be restated in the final paper **verbatim!**

Failure to submit this outline by **Tuesday, February 14th at 5:30 PM** (beginning of class) will mean an automatic **zero grade** for this component.

Major Paper (24%) – You will select the topic of this paper. Approval of the instructor is not required, but you are strongly encouraged to discuss your topic with the instructor. This is an 7-9 page paper (I WILL NOT READ OR GIVE CREDIT FOR MATERIAL BEYOND PAGE 9 OF ACTUAL CONTENT, but you will lose marks for submitting a paper which is less than 7 FULL pages of content) with at least 7 primary source references (refereed journal articles – you can have more than 7 which include other sources, for example, books, but 7 must be from journals). Abstracts must be attached. As stated in the Outline description above, you must restate your thesis explicitly and then build a case for it throughout, using evidence gleaned from the journal articles you reviewed to construct your thesis. The paper must be written in APA format.

Due date: Tuesday, March 13th at 5:30 PM (the beginning of class). Extensions will only be granted on documented medical or compassionate grounds. **Late papers will not be accepted.**

4. Final Exam (30%) – The final examination will consist of multiple-choice, short answer, and longer-answer questions covering material from throughout the course, with an emphasis on the material following the midterm test. It will be held at our final meeting **Tuesday, April 24th, at 5:30 - 7:30 PM.**

Course Policy on Late Submissions

IMPORTANT NOTE: There are no provisions for late assignments or for extensions. Late assignments will receive a grade of 0 (zero). Emergency situations will be dealt with on a case by case basis. Let me make this perfectly clear. **Unless you are physically incapacitated, you should arrive in class with your assignment on the date and at the time it is due or be prepared to explain what happened that it is not completed.**

Course Policy on attendance in class/labs

Seminars – This is a course requiring a great deal of YOUR thinking and participation. Students will be expected to participate **substantially** in discussions about assigned seminar topics and assigned readings. In each of the seminars, students will receive a score of 0 (did not attend seminar), 1 (attended seminar but did not participate substantially), or between 1.5 and 3 marks for effective, prepared (if applicable), thoughtful participation.

Seminar Schedule:

Number	Date (Fridays)	
	<u>A1 and A2 weeks</u>	<u>B1 and B2 weeks</u>
1.	January 17	January 24
2.	January 31	February 7
3.	February 28	March 6
4.	March 13	March 20
5.	March 27	April 3

No seminar meetings on the night of the Midterm Test (February 14th) or during the Study Break week (February 21st). However, any “disruption” in the seminar schedule may make it necessary to hold a seminar the night of the midterm exam.

Note: When reading or other preparation are required for seminars, readings or required preparation will be provided/announced at least 4 days prior to the seminar in question.

Class Schedule:

Date	Discussion Topic and Assigned Reading
January 10	Course Requirements, Schedule, Seminar Organization Introduction to Health Psychology Poole et al., Chapter 1
January 17	Introduction (Continued) & Stress and Coping Poole et al., Chapters 1&3
January 24	Psychoneuroimmunology Poole et al., Chapter 4
January 31	Clinical Communication Poole et al., Chapter 5; Discussion of Assignment
February 7	Hospital Stays and Medical Procedures Poole et al., Chapter 6

February 14	Midterm Test (25%); Paper Outlines Due (and Valentine's Day)
February 21	Reading Week (no class)
February 28	The Health Care Provider Poole et al., Chapter 7; Take Up Midterm Test
March 6	Health Promotion Poole et al., Chapter 12;
March 13	Health and Physical Activity Poole et al., Chapter 9; Assignment due
March 20	Health-Compromising Behaviour Poole et al., Chapter 10
March 27	Pain Poole et al., Chapter 11
April 3	Chronic/Life-Threatening Illness (time permitting) Poole et al., Chapter 8; Exam Review
April 24	Final Exam

University Policies

ACADEMIC INTEGRITY:

Academic dishonesty, which includes plagiarism and cheating, is an extremely serious academic offence and carries penalties varying from a 0 grade on an assignment to expulsion from the University. Definitions, penalties, and procedures for dealing with plagiarism and cheating are set out in Trent University's *Academic Integrity Policy*. You have a responsibility to educate yourself – unfamiliarity with the policy is not an excuse. You are strongly encouraged to visit Trent's Academic Integrity website to learn more – www.trentu.ca/academicintegrity.

ACCESS TO INSTRUCTION:

It is Trent University's intent to create an inclusive learning environment. If a student has a disability and/or health consideration and feels that he/she may need accommodations to succeed in this course, the student should contact the Disability Services Office (DSO office #111, 905-435-5100) disabilityservices@trentu.ca as soon as possible. Complete text can be found under Access to Instruction in the Academic Calendar.

Departmental Policy on Tests, Exams, and Assignments

A. MIDTERMS & FINAL EXAMINATIONS

Midterm examinations for half courses within the Psychology Department are scheduled by the instructor of the course. Midterm examinations for full courses and final examination for all courses are scheduled by the Registrar's Office. Students are strongly urged NOT to make any commitments (i.e., vacation, job related, or other travel plans) during either the term as a whole or the final examination period. Students are required to be available for all examinations during the periods for which they are scheduled (as published in course syllabi).

B. DEFERRAL OF MIDTERM / FINAL EXAMINATIONS and/or TERM WORK

Extensions of deadlines for completion of assignments or writing of midterms/final examinations may be granted to students on the basis of illness, accident, or other extreme and legitimate circumstances beyond their control. Consideration for deferrals will not normally be granted on the basis of vacation/travel plans or job-related obligations.

C. SUPPORTING DOCUMENTATION

Students should expect that supporting documentation will be required and must be submitted before a deferral is approved. For illness or accident, supporting documentation will take the form of: (1) the Trent University Medical Certificate from Health Services: (<http://www.trentu.ca/healthservices/medical.html>), or (2) a certificate or letter from the attending physician clearly indicating the start and end dates of the illness and the student's inability to write an examination, complete assignments, and/or attend classes, as relevant to the particular request. For other circumstances, students should consult the individual Psychology faculty member about acceptable forms of documentation.

Notes

1. Academic Integrity:

For the purpose of interpreting and applying the University policy on academic dishonesty, the Department of Psychology has adopted the following:

When a student submits a piece of written work in fulfillment of an assignment, he/she implicitly acknowledges the following: a) that she/he is the sole author of the work; b) that the wording and organization of the work, apart from acknowledged quotations, is her/his own; and c) that she/he has not and will not submit this work, either as a whole or in part, to satisfy another course requirement. These basic assumptions will be reasonably interpreted. They do not preclude collaboration between students upon a single project, by prior arrangement with the instructor, for shared academic credit (either for written or oral presentation).

For an elaboration of the Department's policy on, and for specific examples of, plagiarism, students should consult p. 178 in the APA (2010) and the sections on academic honesty (pp. 6-8), and appropriate citing and referencing (pp. 135-137, 169) in Mitchell et al. (2010) on reserve in the library. Students who have doubts about what might be considered academic dishonesty are urged to consult the instructor of the course. Ignorance of the University or Department policy does not excuse academic dishonesty. Submissions that fail to meet one or more of these considerations will be subject to procedures laid down in the policy on academic dishonesty as stated in the University calendar.

2. It is the policy of the Department NOT to accept faxed assignments.
3. The same assignment cannot be submitted in more than one course without the prior written permission of all instructors concerned. The written approval must be attached to the work when it is submitted.
4. Students are required to use American Psychological Association style (6th edition) for all written assignments.
5. Please see the Trent University academic calendar for University Diary dates, Academic Information and Regulations, and University and departmental degree requirements.
6. Last date to withdraw from a Winter half-term course without academic penalty in 2011-2012 is March 9, 2012.