

## PSY3460 Health Psychology

Welcome to Health Psychology, the "subfield of psychology that applies psychological principles and research to the enhancement of health and the treatment and prevention of illness" (Straub, 2012, p. 3).

Questions about the course? Click the syllabus tab on the left. The course outline, grading information, and course objectives are found in the syllabus.

Questions about assignments? Click assignments.

Questions about what we will cover week by week? Click modules.

ALWAYS feel free to email me ([vcarlson@dixie.edu](mailto:vcarlson@dixie.edu)) or drop by my office (McD 223) with questions/comments/ideas/ or just to say howdy.

Straub, R.O. (2012). *Health psychology: A biopsychosocial approach* (3rd ed.). New York, NY: Worth Publishers.

### PSY3460 Health Psychology Syllabus

TR 10:30-11:15am, McD110 [Click here for final exam schedule \(Scroll down to the finals table\)](#).

**Prerequisites:** PSY 1010; AND Psychology major or Integrated Studies Emphasis in Psychology major; or instructor permission.

**Instructor:** Valerie Wilstead Carlson. *Office Hours:* McD223 TR 11:45-1pm, MW 1-2pm or by appointment. **Email:** [vcarlson@dixie.edu](mailto:vcarlson@dixie.edu) **Office Phone:** (435) 879-4293

**Textbook:** Straub, R.O. (2012). *Health psychology: A biopsychosocial approach* (3rd ed.). New York, NY: Worth Publishers.

**Course Description from the Catalog:** Examines the relationship between psychosocial factors and health and provides a broad overview using the basic concepts, theories, methods, and applications of health psychology. Course will critically examine state-of-the-art research as well as current gaps in knowledge to explore topics including: definitions and vice-versa, patient-practitioner relations, and health promotion. Emphasis will be placed on the ways psychological factors interact with the social, cultural, economic, and environmental contexts of health.

Prerequisites: PSY 1010; AND Psychology major or Integrated Studies Emphasis in Psychology major; or instructor permission. SP (Odd years)

[Click here to see how this course fits in with overall Psychology Department objectives.](#)

[Click here for the Course Outline and the Course Objectives](#) 

[Click here for Grading Criteria](#) 

[Click here for the Late Policy and the Plagiarism Policy](#)  AND [here](#)

[Click here for Attendance and Academic Conduct Information](#)  AND [here](#)

**Grading:** Your grade will be based on points earned in the following way:

1. **Exams.** You will be offered 6 exams (100 pts each) at the testing center during the semester (in addition to a final comprehensive exam given in class during finals week). Each exam (except the final exam) will be open for a two day period at the testing center.

*You will be expected to take the exam within that period. If you need to take the exam beforehand, let me know at least one week before. Check your schedules now so that you know when you will be able to be at the testing center. Your lowest exam score will be dropped.*

- a. **Exam 1:** 1/22-1/23
- b. **Exam 2:** 2/5-2/6
- c. **Exam 3:** 2/19-2/20
- d. **Exam 4:** 3/5-3/6
- e. **Exam 5:** 3/26-3/27
- f. **Exam 6:** 4/9-4/10

2. **Quizzes.** You will also be offered a total of 28 quizzes (2 pts each) -- one quiz before most class periods (The quiz schedule is on your course outline [find your course outline via the syllabus]). You may take the quizzes on your own computers; however, you are not allowed to give or receive aid from any person. You may, however, use your books and notes. Your lowest 3 quiz scores will be dropped.

3. **Activities.** I will assign you a total of 11 health-related activities (10 pts each) over the course of the semester. These activities are designed to bring the material to life and will take about 30 minutes each to complete. Your lowest activity score will be dropped.

4. **Papers.** You will also be assigned topics for two brief term papers (25 pts each; 3 pages each, not counting title and references pages). These papers will be a way for you to investigate a chosen health topic a little deeper. You will be required to submit these through turn-it-in.com in APA format.

- a. **Paper one:** due 2/21
- b. **Paper two:** due 4/4

5. **Attendance and Participation.** You are expected to attend class and to participate. If you miss more than 5 class periods, I reserve the right to lower your grade by one step, e.g. from a B+ to a B.

Therefore, you will have the following points possible. The final exam is comprehensive.

exams	5 x 100 points each	500 possible points
quizzes	25 x 2 points each	50 possible points
activities	10x 10 points each	100 “ “
papers	2 x 25 points each	50 “ “
final exam	1 x 100 points (comprehensive)	100 “ “

**TOTAL: 800 possible points**

*Final Grades will be determined on a standard percentage basis:*

*A = 93%, A- = 90%, B+ = 87%, B = 83%, B- = 80%, C+ = 77%, C = 73%, C- = 70%, and so forth.*

### General Tentative Course Outline for Health Psychology

Date	Discussion Topic	COs**	Preparation	Quiz
Tues 1/8	Syllabus & Welcome; The Emergence of Health Psychology	1	Chapter 1	---
Thurs 1/10	The Biopsychosocial and Social Ecological Perspectives	1	(Reread Ch 1)	1
Tues 1/15	Health Psychology Research Methods	2	Chapter 2	2
Thurs 1/17	Epidemiological Research	2-4		3
Tues 1/22	Biological Foundations	1	Chapter 3	4
Thurs 1/24	Biological Foundations	1		5
Tues 1/29	Physiology of Stress/Major Models of Stress and Illness	6,8	Chapter 4	6
Thurs 1/31	Biopsychosocial Sources of Stress	5,8		7
Tues 2/5	Responding to Stress/ Coping	5,6,8	Chapter 5	8
Thurs 2/7	Stress Management	5,6,8		9
Tues 2/12	Theories of Health Behavior	5,6	Chapter 6	10
Thurs 2/14 ;)	Prevention/ Positive Psychology and Thriving	5-7		11
Tues 2/19	Biopsychosocial Model of Obesity/Treatment/Prevention	3-5	Chapter 7	12
Thurs 2/21	Eating Disorders	5,6		13
Tues 2/26	Models of Addiction	5,6	Chapter 8	14
Thurs 2/28	Alcohol Use and Abuse/Tobacco	3-6		15
Tues 3/5	Psychosocial Factors in Cardiovascular Disease	3,4,9	Chapter 9	16
Thurs 3/7	Psychosocial Factors in Diabetes	3,4,9		17
Tues 3/12	<b>spring break</b>			
Thurs 3/14	<b>spring break</b>			
Tues 3/19	Risk Factors for Cancer	3,4,9	Chapter 10	18
Thurs 3/21	Coping with Cancer	3,4,9		19
Tues 3/26	Biopsychosocial Factors in HIV/AIDS	3,4,11	Chapter 11	20
Thurs 3/28	Coping with HIV and AIDS	3,4,9,11		21
Tues 4/2	Seeking Treatment and Patient Adherence	12	Chapter 12	22
Thurs 4/4	The Patient-Provider Relationship	12		23
Tues 4/9	Biopsychosocial Factors in the Experience of Pain	10	Chapter 13	24
Thurs 4/11	Biopsychosocial Factors in Treating and Coping with Pain	8,10		25
Tues 4/16	Complementary and Alternative Medicine	7	Chapter 14	26
Thurs 4/18	The Future of Health Psychology	12	Chapter 15	27
Tues 4/23	Review	1-12		28
Thurs 4/25	Reading Day for the University			
Thurs 5/2	Comprehensive Final Exam (9:30am-11:30 in classroom)		Get good sleep, eat healthily	

#### **Course Objectives:**

Students in Health Psychology will develop and demonstrate a basic understanding of the following:

1. The effect of biology, culture, environment, society and health policy on individual health and well-being.
2. Research methodologies used in health research and how research can be applied to promote healthy behaviors and treat illness.
3. Global health problems, health policy, and chronic disease.
4. Global and local consequences of poor health.
5. Theories and models of health behavior change, challenges to sustaining healthy behaviors, and how to improve one's own and others health behaviors.
6. Risky health behaviors.
7. Positive psychology, emotional health and well-being, and contributions of non-traditional medicine.
8. The definition of stress and how stress affects physical health; effective coping strategies.
9. Cardiovascular disease, diabetes, cancer, and associated health behaviors and treatments.
10. Chronic pain management through combined medical and psychotherapeutic techniques.
11. An overview of AIDS as a global epidemic and the behaviors and treatments involved.
12. Health care systems, the interaction between patient and caregiver, and the role of the health psychologist.