

Instructor:
John Pugliese, Ph.D.

PSY 3460 — Section 01 — CRN 27452

Spring 2015

Contact Information

Phone: (435) 879-4634
e-mail: pugliese@dixie.edu
Office: 211 McDonald
Office Hours:
MTWRF — 3 pm to 5 pm,
or by appointment

Required Textbook

Straub, R. O. (2014). *Health Psychology: A Biopsychosocial Approach (3rd ed.)*. New York, NY: Worth Publishers.

Required Films

Patch Adams (1999)
Philadelphia (1993)
Super Size Me (2004)

These films are widely available for viewing—it will be up to you to decide how you view them.

Important Dates

Classwork Starts	12 Jan
Last Day to add without a signature	16 Jan
Drop/Audit Fee Begins (\$10 per class)	22 Jan
\$50 Late Registration/Payment Fee	27 Jan
Last day for a refund, Pell Grant census, Last day to drop without receiving a "W" grade	2 Feb
Courses dropped for nonpayment	4 Feb
Last day to Add/Audit	6 Feb
Graduation application deadline for Summer 2015	2 Mar
Last day to DROP classes	6 Mar
Last day for complete withdrawal	10 Apr
Graduation application deadline for Fall 2015	1 Apr
Classwork ends	29 Apr
Final Exam (12:30pm to 2:30 pm)	7 May

Course Description

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. **Lecture; 3 credits.**



Location: Udvar-Hazy Business 230

Lecture/Lab: Tuesday—Thursday @ 1:00 PM to 2:15 PM

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

Course Fees: None

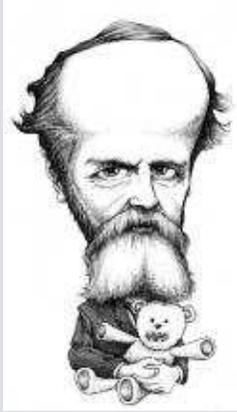
Succeeding in this Course

Prerequisites. It is required that you take General Psychology (PSY 1010) prior to taking this course. Concepts presented in this course will assume a basic knowledge of psychology and build upon that foundation. If you have taken General Psychology but are still somewhat uncertain as to your level of preparation, consider checking out an introductory psychology text from the DSU library to keep on hand as a reference. <http://library.dixie.edu/>

(When) should I read the text? Start reading now. After the first day, class discussion and lecture will begin with the assumption that you have read the text assigned for the day. Lecture will supplement and NOT replace the text. For best results, read/view/listen to the assigned material BEFORE the session for which it is required. Be sure to consult the syllabus for specific page numbers before you read as the order of the readings for class does not always match the order in which they appear in your text.

(When) should I come to class? Skip at your own risk. I advise that you attend. I won't grade you on attendance, but I often cover material not found in the text. Since this information usually turns up on the exams, you would be well advised to come to class as often as possible. If you must miss class, make arrangements to copy class notes from one of your classmates.

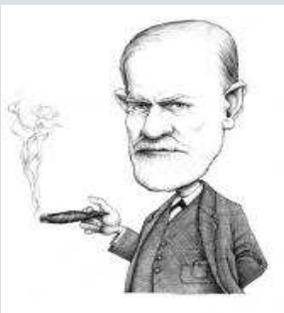




William James

"Education survives when what has been learnt has been forgotten."

- B.F. Skinner



Sigmund Freud

Social Science Program Objectives

As an outcome of taking courses in the Social Science program, students shall:

1. Demonstrate the ability to examine human behaviors in a structured and organized way as a means of understanding the human condition. Measured by examination and/or oral and written reports.
2. Demonstrate the ability to recognize the ideas, people and events that are generally thought to be important by social scientists. Measured by examination and/or oral or written reports.
3. Develop a perceptual frame of reference based on social scientific knowledge. Measured by the presence of an attitudinal frame of reference which would be expressed in written or oral activities.
4. Exhibit concepts of critical thinking and scientific methodology in examining human behavior. Measured by the presence of an attitudinal frame of reference which would be displayed in written or oral activities.

Course Objectives

Students in health psychology will:

1. Develop an appreciation of the interaction of biological, psychological and social factors influencing one's physical well-being and health behaviors.
2. Learn how psychological research methods, theories and principles can be applied to better understand health behaviors, health promotion and health care issues such as patient and caregiver experiences, adherence to treatment regimens, coping with chronic illness and management of pain.
3. Learn about the role of lifestyle factors (diet, exercise, stress, substance abuse, safety behaviors) in the etiology and course of many health problems.
4. Become aware of training and career opportunities in health psychology or related fields.

Academic Integrity

Dixie State University is committed to the highest standard of academic integrity. Dishonest conduct is unacceptable. Students must take all exams independently (without the help of others, except for appropriate disability services). No notes or

books are to be used when taking exams. Academic dishonesty, including cheating and/or plagiarism, may result in immediate dismissal from the course and a failing grade.

Classroom Conduct

As a university college student you are expected to conduct yourself in a professional and mature fashion. Please exhibit respect for your fellow classmates and myself, by turning off cell-phones and arriving on-time. A student who infringes on the rights of others or who in any way disturbs the orderly conduct of academic functions may be subject to probation, suspension, or dismissal. Physical or verbal abuse of any

person, theft of or damage of University property, unauthorized entry to University facilities, disruption of teaching or administration, misuse of University documents, or knowingly furnishing false information to the University is grounds for such disciplinary action.

For further information regarding student responsibilities related to academic integrity and student conduct, please refer to the following DSU policies, which can be viewed at

<http://www.dixie.edu/humanres/policy/sec5/533.html>

<http://www.dixie.edu/humanres/policy/sec3/334.html>

Students with Disabilities

Students with medical, psychological, learning or other disabilities desiring reasonable academic adjustment, accommodations, or auxiliary aids to be successful in this class will need to contact the DISABILITY RESOURCE CENTER Coordinator (Baako Wahabu) for eligibility determination. Proper documentation of impairment is required in order to

receive services or accommodations. DRC is located in the North Plaza Building. Visit or call 652-7516 to schedule appointment to discuss the process. DRC Coordinator determines eligibility for and authorizes the provision of services.



2003 Dave Coverly

“Please exhibit respect for your fellow classmates and myself, by turning off cell-phones and arriving on-time.”



Baako Wahabu

Course Requirements and Evaluation

Article Reflections

Prior to each class session, you must submit an article reflection assignment. Use the reflection assignment template for each submission. Students should bring a print out of their reflection to class each day. **Reflections are worth 5 points each.**



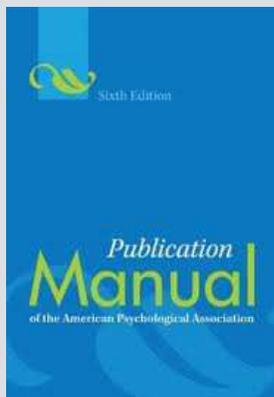
Activity/Film Reflections

During the semester there will be a few activities and films assigned. You must submit a reflection on each assignment. Reflection for activities/films will center on how they reflect various concepts presented in the readings. Students should bring a print out of their reflection to class the day each are discussed. **Reflections are worth 5 points each.**

"Term papers must follow the guidelines as set forth in the APA Publication Manual."

Term Paper

As you have seen in this course, there is a lot more to health and health care than that which occurs in the doctor's office. Health care occurs in a social context. Listed below are important issues in the health field. For this paper, you should pick one such issue and delve in depth into the topic. (The references in the texts, the course readings, and the reference librarians will be helpful here.) In doing your reading, pay special attention to the psychological aspects. Then for the paper, explain the issue and analyze it in terms of psychological concepts and findings. For example, you might analyze the excessive numbers of hysterectomies in terms of sex roles, status inequalities between the sexes, the influence of Freudian concepts on psychiatry, the role of nurses, and so on. Your paper should have original thought as well as grounding in specific topics in psychology. The paper should be about fifteen type-written pages in length. This paper will be graded on the usual scale of A - F. **Term paper is worth 50 points. Each student will give an oral presentation of their paper at the end of the term. The oral presentation is worth 25 points.**



Exams

There will be three mid-term exams and one cumulative final exam. Mid-term exams will be given in the Testing Center. The final will be given in class on our scheduled final exam day/time. **Exams are worth 50 points each.**

Date	Topic/Session	Readings*
13-Jan	Introductions/Syllabus; What is Health Psychology?	Syllabus; <i>Jordan & Zanna 1999; Marek 2010 (optional)</i>
15-Jan	The Biopsychosocial and Social Ecological Perspectives	Chapter 1; <i>Engel 1977; Kaplan, 1990</i>
20-Jan	Health Psychology Research Methods	Chapter 2, pp. 31-42; <i>Moseley et al., 2002; Schulman et al., 1999</i>
22-Jan	Epidemiological Research	Chapter 2, pp. 42-53; <i>Lilienfeld & Lilienfeld, 1980; MacDonald et al., 1985</i>
27-Jan	Stress and Coping	Chapter 4; <i>Cohen et al., 1991;</i>
29-Jan	Stress and Coping	Chapter 5, pp. 124-144; <i>Sherman et al., 2009;</i>
3-Feb	Social Support	Chapter 5, pp. 144-148; <i>Ditzen et al., 2007; Kulik & Mahler, 1989</i>
5-Feb	Exam 1	
10-Feb	Personality	Chapter 9, pp. 299-308; <i>Iribarren et al., 2000; Raynor & Levine, 2009</i>
12-Feb	Theories of Health Behavior	Chapter 6, pp. 163-172; <i>Diem et al., 1996; Martin et al., 2009</i>
17-Feb	Smoking	Chapter 8, pp. 267-281; <i>Dal Cin et al., 2007; Gerrard et al., 2005</i>
19-Feb	Alcohol	Chapter 8, pp. 252-266; <i>MacDonald et al., 1996; Prentice & Miller, 1993</i>
24-Feb	Injury	<i>Schwebel et al., 2003; Durbin et al., 2003 (optional)</i>
26-Feb	Nutrition, Obesity & Eating Disorders	Chapter 7; <i>Rozin et al., 2003; Sanderson et al., 2008</i>
3-Mar	Exercise & Physical Activity	Chapter 6, pp. 175-177; TBD
5-Mar	Exam 2	
10-12 Mar	Spring Break	
17-Mar	Pain	Chapter 13, pp. 417-436; <i>Bandura et al., 1987; Kahneman et al., 1993</i>
19-Mar	Pain Management	Chapter 13, pp. 436-445; <i>Cohen et al., 1999; Kennell et al., 1991</i>
24-Mar	Chronic Illness: Coronary Heart Disease	Chapter 9 pp. 287-298; <i>Christenfeld et al., 1999; Quittner et al., 1998</i>
26-Mar	Chronic Illness: Cancer	Chapter 10; <i>Anderson et al., 2008</i>
31-Mar	Chronic Illness: HIV & AIDS	Chapter 11, pp. 351-376; <i>Kelly et al., 1991</i>
2-Apr	Terminal Illness: The Patient	Chapter 11, pp. 376-377; <i>Fried et al., 2002; Singer et al., 1999</i>
7-Apr	Terminal Illness: The Survivors	Chapter 11, pp. 377-378; <i>Bonanno et al., 2005; Shultz et al., 2001</i>
9-Apr	Exam 3	
14-Apr	Seeking and Utilizing Health Care	Chapter 12, pp. 383-396 & 406-413; <i>Salovey & Brinbaum, 1989; Raps et al., 1982</i>
16-Apr	Adherence and Relapse	Chapter 12, pp. 396-399; <i>DiMatteo, 2004; Koenig et al., 2008</i>
21-Apr	Practitioner-Patient Communication	Chapter 12, pp. 399-406; <i>Bensing et al., 2003; Heritage et al., 2007</i>
23-Apr	Oral Presentations	
28-Apr	Oral Presentations	
30-Apr	Reading Day - No Class	
7-May	Final Exam (12:30pm to 2:30 pm)	

* For best results, read in small doses PRIOR to lecture

Due Date	Assignment**
26-Jan	Activity Reflection: Coping Worksheet
9-Feb	Activity Reflection: Type A/B Test
11-Feb	Activity Reflection: Health Behavior Survey
25-Feb	Film Reflection: Super Size Me Due
30-Mar	Film Reflection: Philadelphia
15-Apr	Activity Reflection: Drug Regimen
20-Apr	Film Reflection: Patch Adams
23-Apr	Term Paper Due

** Due start of class, date listed

Late Work and Make-Up Policy

Exams, and reflections cannot be made up or be submitted at a date/time past the assigned due date. Please arrange your schedule so that you are able to complete all course requirements on the designated time. If you know you will be out of class, you need to make arrangements to turn in your assignments before the scheduled due date. Term papers that are submitted late will be penalized 20% for each calendar day it is late.

Policies for Absences Due to College Related Functions. For students, such as student athletes, who travel as official representatives of the college, absences due to college functions will not negatively affect the student's grade. The student is required to provide the instructor with a schedule of days that will be missed and will be required to negotiate any scheduled work ahead of time with the instructor.

Grading

Points	Assignment
115	Article Reflections
35	Activity/Film Reflections
50	Term Paper
25	Oral Presentation
200	Exams
425	Total Points

Percentage (%) Letter Grade

100-93 = A	76-73 = C
92-90 = A-	72-70 = C-
89-87 = B+	69-67 = D+
86-83 = B	66-63 = D
82-80 = B-	62-60 = D-
79-77 = C+	Less than 60 = F

Social & Behavioral Sciences Department

McDonald Building
225 South 700 East
St. George Utah 84790

If you need to contact us
please call
(435) 879-4221
or fax us at
(435) 656-4032.



Campus Resources

Disability Resource Center - dixie.edu/drcenter
IT Student Help Desk - dixie.edu/helpdesk
Library - library.dixie.edu
Testing Center - dixie.edu/testing
Tutoring Center - dixie.edu/tutoring
Writing Center - dixie.edu/english/dsc_writing_center.php

Dmail

You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit go.dixie.edu/dmail. If you do not know your Dmail username or you have forgotten your PIN, visit go.dixie.edu/mydixie and follow the respective instructions.