

## Health Psychology PSYC303-001 Spring 2023

Room: Founder Hall 1407    Time: Tuesday & Thursday 9:30-10:45am    Credit Hours: 3

**Instructor:** Mitsuru Shimizu

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Office: Alumni Hall 0331

Office Hours: Tuesday & Thursday 11:00 a.m. – 12:00 p.m. or by appointment

**Textbook (required):** Straub, R.O. (2019). *Health Psychology: A Biopsychosocial Approach*, (6<sup>th</sup> Ed.). Worth Publishers: New York. ISBN 1-4641-0937-0

### Course Description:

Health psychology is an exciting interdisciplinary field of study that examines the relationship between psychology and health. This course will provide an introduction to the field of health psychology, which is concerned with the roles of behavioral, psychosocial factors on health, illnesses, and chronic disease. The course will address two major general subject areas: 1) long-term behavioral and psychological implications of chronic illness (e.g., cardiovascular disease, cerebrovascular disease, cancer, obesity) and 2) stress and psychological processes associated with disease development and progression.

### Goals:

1. Acquire an understanding of the components of the field of Health Psychology.
2. Acquire an understanding of the scientific methods employed by health psychologists and acquire some basic conceptual skills for interpreting their research.
3. Learn about the role of behavior in health risks and outcomes and about prevention and intervention efforts in health behavior.
4. Learn about evidence for the roles of central psychosocial constructs, such as coping, personality, and social support, in health risks and outcomes.
5. Learn about the mechanisms through which psychological factors might influence the relationship between stress and physical health.

### Class Format and Requirements:

The course format will consist of lectures, readings, quizzes, exams, an individual presentation, and an assignment. The readings will compliment the lecture materials. However, some things will be covered in lecture that will not be covered in the book. You are responsible for learning everything that is covered in class. The best strategy will be to complete the assigned reading before the class lecture on that topic (see below – Tentative Class Schedule).

The notes posted are only an approximation of what will be covered in class. The material on the notes will always be incomplete. **The best strategy is to print out the notes before class, bring them to class, and then write additional notes on top of them.**

### **Requirements for Satisfactory Completion of Course:**

**There will be 12 quizzes, four exams, one individual presentation, and one assignment.** Quizzes consist of 4 questions, usually given at the end of each section (e.g., Introduction to Health Psychology). Those quizzes are open book/note.

The mid-term exams and the final exam will each consist of 30 questions. All questions will be multiple-choice format. Those exams are NOT open/book or open/note. Exam grades will be posted approximately one week after the exam in class. **Exams will not be handed back; instead students may go over their exams during my office hours.** If you must miss an exam because of a personal/family emergency or illness you must notify me as soon as possible AND provide adequate documentation of the event that caused you to miss the exam. The makeup exam will consist of short answer questions in addition to multiple-choice questions. There will be NO opportunity to make up the final exam after it is given in class.

For the assignments, you will be required to write up to 5-6 pages paper (including a reference pages). The assignment will involve searching the literature (references) and providing a critical assessment. For the presentation, you will give a short online presentation about behavioral and psychosocial factors on a certain disease. **Individual presentations will be scheduled in Week 12-13.** More information on the individual presentation will be provided before the first exam.

**Methods for Evaluating Student Performance:** The weighting will be given as follows:

<b>Quizzes</b>	<b>10%</b>
<b>Exam 1 (February 2<sup>nd</sup>)</b>	<b>15%</b>
<b>Exam 2 (February 28<sup>th</sup>)</b>	<b>15%</b>
<b>Exam 3 (April 6<sup>th</sup>)</b>	<b>15%</b>
<b>Final Exam (TBA)</b>	<b>15%</b>
<b>Presentation (Week 12-13)</b>	<b>15%</b>
<b>Assignment (April 27<sup>th</sup>)</b>	<b>15%</b>

I will use the following scale to assign letter grades:

90 and above = A	80-89 = B	70-79 = C
60-69 = D	59 and below = F	

**Use of Technology/Internet Resources:**

Students may use a variety of research sources in the development of assignments, including published and Internet available resources. Standard publications from scholarly books and journals should be used as your primary sources, with Internet sources providing useful *supplemental* support.

Assignments **may not** be based solely on Internet sources. Furthermore, students must be cautious in the use of reliable Internet sources. If in doubt about the quality or accuracy of a source, do not use it. For information on proper citation for Internet sources, please use the following site:

[www.apa.org/journals/webref.html#Web](http://www.apa.org/journals/webref.html#Web)

**Notice for Students with Disabilities:**

SIUE offers a range of resources to support students with disabilities. At SIUE every effort has been made to eliminate barriers to learning and help you reach your educational goals. If you are a student with a disability and wish to request accommodations, please contact Disability Support Services located in the Student Success Center, Room 1270 (phone: 650-3726). Furthermore, according to SIUE safety and procedures policies, students with disabilities have the option of developing a written plan for evacuation in the unlikely event of an emergency that requires evacuation. If any student with a disability would like to develop a written evacuation plan for this class, please contact the instructor.

**Departmental Policy on Incomplete Grades and Withdrawal Options:**

All withdrawals must be completed by the end of the 13th week of classes during fall and spring, and by a similarly late date (i.e., before 82% of class meetings have occurred) in any summer term. When students discontinue attending class and do not withdraw from a course they may receive the grade of UW (Unauthorized Withdrawal). The grade of UW will only be given when a student's grade based on the course requirements is an F. The grade of UW is calculated as an F in a student's grade average. The granting of a grade of I (Incomplete) is not automatic and is available only in cases when a student has completed most of the work required for a class but is prevented by a medical or similar emergency from completing a small portion of the work not later than the end of the following semester. An I must be approved by the instructor with appropriate documentation provided by the student. If an instructor agrees to give a student an I, the instructor will fill out a Memorandum of Incomplete Grade to be kept with the student's records. If the work is not completed by the time specified on the Memorandum, the student's grade will be changed from I to F.

**If not the Psychology MAJOR, consider the Psychology MINOR:**

- All you need is: Introduction to Psychology (Psyc 111) and 6 more psych courses.
- Most jobs are greatly enhanced by psychology knowledge and related skills!

## COVID-19 Pandemic Policies Related to Classroom Instruction (Fall 2022)

### Health and Safety

The measures outlined below are required and any student who does not comply may be in violation of the *COVID-19 People-Focused Health and Safety Policy*, as well as the University's *Student Code of Conduct*.

The full text of the *COVID-19 People-Focused Health and Safety Policy* can be found here: <https://www.siue.edu/policies/Covid.shtml>

### Classrooms, Labs, Studios, and Other Academic Spaces

Under current University policy, SIUE will only require masking in campus healthcare settings. See, <https://www.siue.edu/about/announcements/coronavirus/safety-guidelines-support/index.shtml>.

Individual faculty of record may determine that masking will be required in their classrooms and are asked to communicate accordingly with students. Face masks may be required in other campus sites following guidance from governing regulatory agencies.

- Students who forget to wear a face covering when masking is required will be reminded of their obligation to comply with SIUE's *COVID-19 People-Focused Health and Safety Policy* and temporarily asked to leave the class until they are able to conform to the policy. Students who forget or lose their face coverings when masking is required may be able to obtain replacements from a friend, a faculty member, or a nearby departmental office. Face coverings are also available for purchase in the Cougar Store (MUC).
- Students who refuse to wear a face covering when masking is required will be asked to leave the classroom and referred to the Dean of Students for non-compliance with community health and safety protocols. Repeated non-compliance may result in disciplinary actions, including the student being administratively dropped from an on-ground/face-to-face course or courses without refund if no alternative course format is available.
- If a student has a documented health condition which makes wearing a face covering medically intolerable, that student should contact ACCESS to explore options with the understanding that ACCESS will not grant accommodations which excuse the need for a face covering while on campus or in the classroom. ACCESS will work with qualifying individuals to find reasonable alternatives, whenever such solutions are available. Please call or contact the ACCESS Office via email to schedule an online appointment to discuss potential alternatives. ACCESS office (Student Success Center, Room 1203, 618-650-3726, and [myaccess@siue.edu](mailto:myaccess@siue.edu)).

### **General Health Measures**

Students and employees are expected to review the [siue.edu/coronavirus](https://www.siu.edu/coronavirus) website (<https://www.siu.edu/about/announcements/coronavirus/>) to better understand prevention strategies and safety expectations.

- Students and employees are expected to maintain healthy hygiene practices.
- Students and employees are expected to follow COVID-related guidelines and directions.
- Students and employees are expected to conduct a daily health self-assessment and isolate themselves if COVID-related symptoms are present. COVID-related symptoms include:
  - o Fever (100.4 degrees or above) or chills
  - o Cough
  - o Shortness of breath or difficulty breathing
  - o Fatigue
  - o Muscle or body aches
  - o Headache
  - o New loss of taste or smell
  - o Sore throat
  - o Congestion or runny nose
  - o Nausea or vomiting
  - o Diarrhea

### **Academic Integrity**

Students are reminded that the expectations and academic standards outlined in the Student Academic Code (3C2) apply to all courses, field experiences and educational experiences at the University, regardless of modality or location. The full text of the policy can be found here: <https://www.siu.edu/policies/3c2.shtml>.

### **Recordings of Class Content**

Faculty recordings of lectures and/or other course materials are meant to facilitate student learning and to help facilitate a student catching up who has missed class due to illness or quarantine. As such, students are reminded that the recording, as well as replicating or sharing of any course content and/or course materials without the express permission of the instructor of record, is not permitted, and may be considered a violation of the University's Student Conduct Code (3C1), linked here: <https://www.siu.edu/policies/3c1.shtml>.

### **Potential for Changes in Course Schedule or Modality**

As the COVID-19 pandemic continues, there remains a possibility that planned classroom activities will need to be adjusted. Depending on circumstances and following state-issued recommendations, potential changes include alterations to distancing requirements, course modality (e.g., transition from face-to-face to online, hybrid, or hy-flex, mask wearing, in-course activities, etc). These changes would be implemented to ensure the successful completion of the course while preserving health and safety. In these cases, students may be provided with an addendum to the class syllabus that will supersede the original version. If the course schedule or modifications significantly alter expectations, a new syllabus will be issued.

### Tentative Class Schedule

<b>Date</b>	<b>Topic</b>	<b>Corresponding Reading</b> Chapters in 6 <sup>th</sup> (3 <sup>rd</sup> ) edition
1/10 1/12	Syllabus Introduction to Health Psychology	Ch.1 (Ch.1)
1/17 1/19	Research in Health Psychology	Ch.2 (Ch.2)
1/24 1/26	Biological Foundations of Health Psychology	Ch.3 (Ch.3)
1/31 <b>2/2</b>	<b>Exam 1</b>	Ch.1, 2, & 3 (Ch.1, 2, & 3)
2/7 2/9	Stress and Health Overview Psychoneuroimmunology	Ch.4 (Ch.4) Ch.4 (Ch.4)
2/14 2/16	Coping and Resources	Ch.5 (Ch.5)
2/21 2/23	HIV/AIDS	Ch.12 (Ch.11)
<b>2/28</b> 3/2	<b>Exam 2</b> Health Behavior Change	Ch.4, 5, & 12 (Ch.4, 5, & 11) Ch.6 (Ch.6)
3/7 3/9	<i>Spring break</i>	
3/14 3/16	Eating and Obesity	Ch.8 (Ch.7)
3/21 3/23	Eating and Obesity (Continued)	Ch.8 (Ch.7)
3/28 3/30	Presentations	
4/4 <b>4/6</b>	Presentations (Continued) <b>Exam 3</b>	Ch.6 & 8 (Ch.6 & 7)
4/11 4/13	Substance Abuse	Ch.9 (Ch.8)
4/18 4/20	Managing Pain	Ch.14 (Ch.13)
4/25 <b>4/27</b>	The Role of Health Psychology in Health Care Settings <b>Assignment Due</b>	Ch.12 (Ch.12)

**Note: Final exam (Ch.9, 12, & 14) scheduled on during the final exam week (TBA).**