Preliminary Syllabus -- Subject to Change

HEALTH PSYCHOLOGY—Fall 2012 (PSYCH 485)

Tuesday and Thursday (3:40 – 5:00pm), Science I, Room 0152

Instructor: Max Guyll (guyll@iastate.edu), W137 Lagomarcino Office Hours: Tuesday 10:00am – 1:00pm

TA: Justin Marschall (marsju02@iastate.edu) Office Hours: To be announced


Class Schedule Notes:
First Class: Tuesday, August 21st
No class (Thanksgiving break): Tuesday, November 20th
No class (Thanksgiving break): Thursday, November 22nd
Last regular class Thursday, December 6th
Final exam Friday, December 14th (Noon-2pm)

Course Overview: This course is designed to provide students with a foundation in Health Psychology. It covers the field’s history, major theories and topic areas, as well as those physiologic systems of the body that are most relevant to the covered topics. Students’ knowledge with regard to these issues will primarily be assessed through exams. However, the most important factor leading to Health Psychology’s emergence as a discipline is the need to apply such knowledge for the purpose of improving health. For this reason the course includes a “therapy” component, in which students will apply the principles and techniques of cognitive-behavioral therapy to changing a health-related behavior in their own lives. Evaluation pertaining to this applied component of the course will include homework assignments, a written paper, and an oral presentation using powerpoint. These activities are designed to provide a more comprehensive educational experience for students by having them take the role of both a research-practitioner therapist and a patient/client.

Attendance and class participation: Although formal attendance will not be taken, your attendance is expected at all classes. Be prepared to engage in class and group discussions and exercises. Regular attendance will be necessary to achieve a high grade in this course. When class is missed, students are responsible for obtaining class notes from fellow students.

Note: Course schedule and topic coverage is subject to change. There will be a number of unannounced in-class activities that will be graded. No extra credit will be offered in this class.

HEALTH PSYCHOLOGY AND HEALTH BEHAVIOR THEORY

Lecture 1 Introduction and Course Overview
Lecture 2 History and Foundations of Health Psychology Taylor Ch.1
Lecture 3 Conducting Health Research: Theory and Research Methods Lecture
*In class assignment: 5 points
Lecture 4 Systems of the body Taylor Ch.2
Lecture 5 Health-Related Behavior Theories Taylor Ch.3
Lecture 6 Health-Related Behavior Theories Taylor Ch.3
*In class assignment: 5 points
Lecture 7 Cognitive Behavioral Therapy approaches Taylor Ch.3
******EXAM 1: THURSDAY, SEPTEMBER 13TH

HEALTH RELATED BEHAVIORS

Lecture 8 Primary prevention of Disease and Accidents Taylor Ch.4
*Demonstrate Behavior Assessment assignment
Lecture 9 Exercise, Nutrition, Eating, Obesity Taylor Ch.4
Lecture 10 Exercise, Nutrition, Eating, Obesity
*Behavior Assessment assignment Due
*Demonstrate Behavior Change assignment

Lecture 11  Body Image and Eating Disorders  Taylor Ch.4
Lecture 12  Substance use (Smoking, alcohol, drugs, etc)  Taylor Ch.5
Lecture 13  Substance use (Smoking, alcohol, drugs, etc)  Taylor Ch.5
*Behavior Change assignment Due
Lecture 14  Sleep and Sleep hygiene  Taylor Ch.4

******EXAM 2: THURSDAY, OCTOBER 11TH

STRESS & PAIN
Lecture 15  Stress: Definitions, Models, Measurement  Taylor Ch.6
Lecture 16  Stress: Definitions, Models, Measurement  Taylor Ch.6
*Maintenance and Relapse Prevention assignment Due
Lecture 17  Stress moderators and coping  Taylor Ch.7
Lecture 18  Stress moderators and coping  Taylor Ch.7
Lecture 19  Pain & Pain management  Taylor Ch.10
Lecture 20  Pain & Pain management  Taylor Ch.10
Lecture 21  Chronic Diseases  Taylor Ch.13
Lecture 22  Chronic Diseases  Taylor Ch.14

******EXAM 3: TUESDAY, NOVEMBER 13TH

HEALTH BEHAVIOR CHANGE PROJECT PAPER AND PRESENTATIONS
Lecture 23  Health change project discussion, consultation, presentation preparation
Lecture 24  *Health Behavior Change paper due
*Oral presentations
Lecture 25  *Oral presentations
Lecture 26  *Oral presentations
Lecture 27  *Oral presentations

******FINAL MEETING: FRIDAY, DECEMBER 14TH, NOON-2PM
Course review & Career trajectories

GRADING

Exam 1: 30 points
Exam 2: 30 points
Exam 3: 30 points
Paper: 30 points
Presentation: 20 points
Homework & Class activities: 60 points
Total: 200 points

Grades will be determined by points earned, as follows:

186-200  A  160-165  B–  134-139  D+
180-185  A–  154-159  C+  126-133  D
174-179  B+  146-153  C  120-125  D–
166-173  B  140-145  C–  0-119  F
Assignments

All assignments are expected to be neat, organized, and well written. Whenever feasible, assignments are to be typed. In any written work you submit for this course, your thoughts should be well organized, your sentences complete, and your words correctly spelled. If you doubt your ability, have someone who is a good writer read your assignment and provide comments before you hand it in. If you need to make a figure or a graph, use a computer program such as power point. Assignments are to be handed in on the date due. Late work will be penalized, and will not be accepted more than one week after the due date. In class assignments may not be made up.

Exams

Exams are NOT cumulative, meaning that they only cover material assigned since the previous exam. The exam questions will pertain to content covered in both the textbook and the lecture. Exams may will include multiple choice, as well as short answer or essay questions.

Students are expected to take all examinations at the regularly scheduled time. Exams are never administered prior to the scheduled time. Makeup exams require documentation of a valid excuse. If you must miss an exam for any reason, please contact the TA as soon as possible to supply the documentation of your valid excuse and get permission to take a makeup. If possible, makeups should be taken the following day. Friday, at 3:00pm, during the makeup period designated by the Psychology Department (see TA for details). If this is not possible, the TA will schedule and administer the makeup at a mutually convenient time. All makeup exams must be completed before the exam is covered in class (typically one week after the main administration of the test).

Expectations for classroom behavior

No electronic communications of any kind are permitted, neither for transmission nor reception (i.e., no cell phones, no email, no texting, etc). Laptops may be used for the purpose of taking notes, but email programs and the internet must be shut down. Please do not engage in personal conversations, as it is very distracting. If distracting talk is occurring, the instructor will stop lecture and wait for the conversation to stop. Sleeping is not allowed. Questions and comments on the course topic are most welcome. Class participation is encouraged, and participation in class activities is required. This class necessarily involves material having to do with anatomy, sickness, disability, death, and personal behaviors such as sex and drug/alcohol use that are related to health, as well as differences associated with gender, biological sex, sexual orientation, and ethnic group. Academic freedom and full participation in one’s education requires that all persons be able to speak about all issues relevant to the course content. Relevant speech should be respectful and respected.

Difficulties with course material

Students who are struggling to understand the course material are encouraged to seek assistance from the Instructor and Teaching assistant as early in the semester as possible to obtain assistance. Students who need assistance with more general factors such as study skills, motivation, memorization, note taking, and time management are encouraged to contact the ISU Academic Success Center at 1060 Hixon-Lied Student Success Center, 515-294-6624 http://www.dso.iastate.edu/asc/. Students struggling with difficulties such as depression, anxiety, or other psychological or medical issues are encouraged to contact ISU Student Counseling Services, located on the 3rd Floor of the Student Services Building (north of Friley Hall), 515-294-5056, http://www.public.iastate.edu/~stdtcouns/

Disability accommodations

Any student who feels s/he may need an accommodation based on the impact of a disability should contact the instructor privately to discuss your specific needs. In addition, s/he needs to contact the Disability Resource Office at 515-294-7220 in room 1076, Student Services Building to coordinate reasonable accommodations for students with documented disabilities (http://www.dso.iastate.edu/dr/).