HEALTH PSYCHOLOGY — Fall 2013 (PSYCH 485)

Tuesday and Thursday (3:40 – 5:00pm), Science I, Room 0102

**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 26th
- No class (Thanksgiving break): Tuesday, November 26th
- No class (Thanksgiving break): Thursday, November 28th
- Last regular class: Thursday, December 12th
- Final exam: Monday, December 16th (2:15-3:35pm)

**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.

**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 are subject to change.

**Tuesday, August 27th**
- Introduction and course overview

**Thursday, August 29th**
- History and foundations of health psychology  
  Taylor Ch 1

**Tuesday, September 3rd**
- Conducting health psychology research  
  Taylor Ch 1

**Thursday, September 5th**
- Health behavior theories  
  Taylor Ch 3  
  See online readings
Tuesday, September 10th
   Health behavior theories
   Taylor Ch 3
   Online readings

Thursday, September 12th
   Behavior change strategies
   Taylor Ch 3
   Online readings

Tuesday, September 17th
   Health behavior-change project discussion

Thursday, September 19th
   *Exam #1 (30 points)

Tuesday, September 24th
   Acute injury: Accidents and Violence
   Taylor Ch 4

Thursday, September 26th
   Sudden infant death syndrome (SIDS)
   Taylor Ch 4

Tuesday, October 1st
   Obesity & Exercise
   Taylor Ch 4

Thursday, October 3rd
   Eating Disorders
   Taylor Ch 4

Tuesday, October 8th
   Cancer prevention behaviors
   Taylor Ch 4

Thursday, October 10th
   Alcohol & Smoking
   Taylor Ch 5

Tuesday, October 15th
   Personality and Health
   Taylor Ch 13

Thursday, October 17th
   *Exam #2 (30 points)

Tuesday, October 22nd
   Stress: Biological perspectives
   Taylor Ch 6

Thursday, October 24th
   Stress: Psychological perspectives
   Taylor Ch 6

Tuesday, October 29th
   Coping and other stress moderators
   Taylor Ch 7

Thursday, October 31st
   Interaction with Health Care System
   Taylor Ch 8, 9

Tuesday, November 5th
   Pain
   Taylor Ch 10
Thursday, November 7th
Pain Management  
Taylor Ch 10

Tuesday, November 12th
Chronic Illness  
Taylor Ch 11

Thursday, November 14th
Death and Dying  
Taylor Ch 12

Tuesday, November 19th
*Exam #3 (30 points)

Thursday, November 21st
Health change project discussions & consultation

Tuesday, November 26th  -------No class, Thanksgiving Break-------

Thursday, November 28th  -------No class, Thanksgiving Break-------

Tuesday, December 3rd  *Final Paper due: Health Change Project (30 points)

Note...Oral presentations also begin Dec. 3rd, the same day that the Final Paper is due!

Tuesday, December 3rd
Thursday, December 5th
Tuesday, December 10th  *Oral presentations: Health Change Project (20 points)
Thursday, December 12th

Monday, December 16th  2:15-3:35pm
Final Meeting: Course Review and Career Trajectories in Health Psychology

*** Online readings
What is behaviorism?
http://psychology.about.com/od/behavioralpsychology/f/behaviorism.htm
Introduction to Classical Conditioning
http://psychology.about.com/od/behavioralpsychology/a/classcond.htm
Introduction to Operant Conditioning
http://psychology.about.com/od/behavioralpsychology/a/introopcond.htm
What Is Behavioral Therapy?
http://psychology.about.com/od/typesofpsychotherapy/a/behavioral-therapy.htm
What Is Cognitive Behavior Therapy?
http://psychology.about.com/od/psychotherapy/a/cbt.htm
Rational Emotive Behavior Therapy
http://psychology.about.com/od/typesofpsychotherapy/a/rational-emotive-behavior-therapy.htm
GRADING

Exam 1: 30 points
Exam 2: 30 points
Exam 3: 30 points
Paper: 40 points
Presentation: 10 points
Homework & Class activities: 60 points
Total: 200 points

Grades determined by percent of total points available.

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<td>160-165</td>
<td>B− (80%)</td>
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<td>154-159</td>
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<td>C− (70%)</td>
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Daily Quizzes and Activities

Except for days on which an exam is given or oral presentations are scheduled, each day that class meets there will be either a short quiz based on lecture material presented in class that day or an in-class activity. This results in a total of 23 scores (30 total meetings minus 3 exams minus 4 periods of presentations). Each is worth 2 points. However, only your 20 best scores will be counted. Thus, the total value of these daily quizzes/activities is 40 points. You must be present in class and actually complete the quiz or activity yourself in order to receive these points. No makeups are allowed. Students who “sign for” another student will be considered guilty of academic dishonesty. In group activities, all students in a group are responsible for confirming that the total number of names signed equals the number of students who actually completed the activity in their group.

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, your words correctly spelled, and there should be an absence of colloquial language. If you doubt your ability, have someone who is a good writer read your assignment and provide comments before you hand it in. Although we will gladly discuss ideas and relevant issues, neither the instructor nor the TA will “proofread” your assignment. If you need further help with constructing well-written paragraphs, you may contact the Writing and Media Help Center at ISU for free consultations and tutoring. You can also google “how to avoid colloquial style”, or “how to write in a formal style” to see what information is provided. The following link provides some issues to consider when writing paragraphs http://writingcenter.unc.edu/handouts/paragraphs/

Exams

Exams are NOT cumulative, meaning that they only cover material assigned since the previous exam. Exams will consist primarily of multiple choice questions, although they may also include several short-answer and essay questions. Exam questions will cover information both from the assigned textbook chapters and from the lecture. Though there will be overlap, the lecture will not focus on re-iterating material already presented in the textbook. Exams may 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).

Health Behavior Change Project:
For the health behavior change project each student will target one health-related behavior to change in their own life. This will require baseline assessments, evaluation of pros and cons, assessments of what encourages and discourages behavioral change, attempts to implement change, and assessments of success. 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. **IT IS VERY IMPORTANT FOR YOU TO KNOW** that you will be expected to regularly share and discuss your behavior-change project publically. Therefore, choose a project accordingly. In addition, all behavior-change projects must be approved by the instructor.

**Expectations for classroom behavior**

My criteria for deciding what is appropriate regarding the use of electronics is that it should in no way distract other students or the instructor. Therefore, you are asked to turn off and refrain from using any device that makes any type of noise, such as a cell phone. Laptops may be used for the purpose of taking notes, but not for email, web surfing, video watching, etc. I would also ask you to be courteous and not text during class. For some reason, it is distracting to lecture while one is being obviously ignored. 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. Other than letting you know my expectations and asking you to respect them, I honestly don’t know a good way to deal with these issues when they arise during the class without the possibility of embarrassing or angering people... which of course I do not want to do. So I would very much appreciate your cooperation in these matters.

Questions and comments on the course topic are most welcome. If you are present in class, you are required to participate in class activities. 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 both 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/](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/](http://www.public.iastate.edu/~stdtcouns/)

**Miscellaneous questions**

Any questions about grading, when scores will be posted, etc., should be directed to the TA. **Students are responsible for promptly assuring that their grades for participation in activities, quizzes, homeworks and exams are correct.** Students who feel that a score is inaccurate must contact the TA by email to dispute the score within two weeks of the score being posted on BlackBoard. Failure to be able to document contact by email within this timeframe will be taken as indicating that you are in agreement with your score as posted on BlackBoard.

**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/](http://www.dso.iastate.edu/dr/).