

Rutgers University
Psychology 377: Health Psychology
Spring 2014

Instructor: Keiko Taga Brynildsen, Ph.D.
Office hours: Tuesdays 10:50-11:50 am and by appointment
Office location: Tillett Hall #329
Class times: Tuesdays and Fridays 12:00-1:20 pm
Class location: Tilet Hall #232
Email: keikob@rutgers.edu
Course web page: Sakai (sakai.rutgers.edu/portal)

Teaching Assistant Jenna Herold
Office hours: Fridays 1:30-3:30
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Course Objectives:

The objectives of this course are to understand the psychosocial processes that influence health and health care delivery. Topics to be examined are the psychophysiological and sociocultural bases of health and illness; pain and healing; adaptation to chronic illness; stress; personality and illness; death, dying, and grief; substance use; health-promoting behaviors; patient adherence; physician-patient communication; and using health care.

Required text:

Sarafino, E. P., & Smith, T. W. (2011). *Health Psychology: Biopsychosocial Interactions* (7th ed.). Hoboken, NJ: Wiley. [ISBN: 978-0-470-64698-4]

Required equipment:

Regular access to a computer with Internet and Word, #2 pencil for all exams.

General course requirements:

1. **Sakai.** It is expected that all students will regularly access Sakai for course announcements and materials. Please also check your rutgers.edu email regularly.
2. **Attendance and participation:** Attending class is essential to the learning process. Regular class attendance and preparation of the assigned material are expected. Further, some exam questions will be drawn from material presented in the lecture that is not repeated in the textbook; thus, it is in your best interest to attend all classes. *If you miss a class, you are responsible for obtaining the missed information from a classmate* (my lecture notes will not be provided to students).

3. **Exams:** Three midterm exams and one final exam will be given. Each exam will be based on material presented both in lecture and in the assigned readings. The final exam will be cumulative, with an emphasis on a basic understanding of the material from the first 3/4 of the course and specific understanding of the material from the last 1/4 of the course. All exams will be multiple-choice. You must show your RUID and provide your 9-digit RUID number on all exams.
4. **Literature review paper:** All students are asked to complete a literature review paper on a topic of their choice (due on **Tuesday, Apr. 22**). Topics are not limited to those covered in the course, but must be related to health psychology. Papers should be 3-4 double-spaced pages and written in APA format (6th edition). In these papers, you are asked to integrate the research on the topic you choose. More information will be provided about this assignment on Sakai.

Grading:

Course grades will be based on the following:

Exam 1:	20%
Exam 2:	20%
Exam 3:	20%
Final exam:	25%
Paper	15%
TOTAL	100%

Make-up policy:

No make-up exams will be given unless arrangements are made prior to the day of the exam or proof of necessary absence is provided (e.g., doctor's note). Make-up exams may be in essay or oral format. If exceptional circumstances prevent you from taking an exam (e.g., car accident), it is important that you contact the instructor within 24 hours. In some circumstances without a documented, valid reason for your absence on an exam day, you may take a make-up exam with a 10-90% deduction in points.

Academic integrity:

Rutgers University does not tolerate academic dishonesty, which includes, but is not limited to, cheating, fabrication, plagiarism, denying others access to information or material, and facilitating violations of academic integrity. Any cases of academic dishonesty will be referred to the office of the provost (see http://academicintegrity.rutgers.edu/files/documents/AI_Policy_9_01_2011.pdf for more information on Rutgers University's policies regarding academic dishonesty).

Differing abilities:

Any student who has a documented disability and is in need of academic accommodations should contact the Office of Differing Abilities Services (e-mail: dsoffice@rci.rutgers.edu, phone: (848) 445-6800). Please bring your letter of accommodation to me as soon as possible, and we will coordinate the accommodations privately.

General policies:

Please be mindful of your fellow students and the instructors. Behavior that persistently interferes with classroom activities or with other students' ability to focus may be subject to disciplinary action. Such behavior may include, but is not limited to, texting, surfing the internet, playing computer games, cell phones or beepers ringing, entering the class late, or leaving the class prematurely. A student responsible for continual disruptive behavior may be required to leave class pending discussion and resolution of the problem.

Course Schedule

The following is a **tentative** schedule for this course. Dates may change slightly depending on our **actual** progress in covering the material.

WEEK	DAY	TOPIC	READING
Part I: Introduction to Health Psychology			
1	Jan. 21	Introduction and overview What is Health Psychology?	Ch. 1
	Jan. 24	Research Methods	Ch. 1
Part II: Stress and Coping			
2	Jan. 28	Psychophysiology	Ch. 2
	Jan. 31	Stress – its meaning, impact, and sources	Ch. 3
3	Feb. 4	Stress, biopsychosocial factors, and illness	Ch. 4
	Feb. 7	Stress, biopsychosocial factors, and illness	Ch. 4
4	Feb. 11	EXAM 1 (Chs. 1-4 (up to p. 90))	
	Feb. 14	Stress, biopsychosocial factors, and illness	Ch. 4
5	Feb. 18	Stress, biopsychosocial factors, and illness	Ch. 4
	Feb. 21	Coping with and reducing stress	Ch. 5
Part III: Health Behaviors			
6	Feb. 25	Health-related behavior and promotion	Ch. 6
	Feb. 28	Health-related behavior and promotion	Ch. 6
7	Mar. 4	EXAM 2 (Chs. 4 (starting on p. 91)-6)	
	Mar. 7	Substance use and abuse	Ch. 7
8	Mar.11	Substance use and abuse	Ch. 7
	Mar. 14	Eating and exercise	Ch. 8
9	Mar. 18	<i>No Class – Spring Recess</i> <i>No Class – Spring Recess</i>	
	Mar.21		
10	Mar. 25	Eating and exercise	Ch. 8
	Part IV: Becoming Ill and Getting Medical Treatment		
	Mar. 28	Using health services	Ch. 9
11	Apr.1	Using health services	Ch. 9
	Apr. 4	EXAM 3 (Chs. 7-9)	

*Note: This syllabus provides a general plan for the course. Deviations may be necessary.

PART V: PHYSICAL SYMPTOMS: PAIN AND DISCOMFORT			
12	Apr. 8	Patient-provider relations	Ch. 10
	Apr. 11	Patient-provider relations	Ch. 10
13	Apr. 15	Pain	Ch. 11
	Apr. 18	Pain	Ch. 12
Part VI: Chronic and Life-Threatening Health Problems; Part VII: Looking to the Future			
14	Apr. 22	Serious and disabling chronic illness: causes, management, and coping Papers due (hard copy and electronically on Sakai)	Ch. 13
	Apr. 25	Serious and disabling chronic illness: causes, management, and coping	Ch. 13
15	Apr. 29	Wrap-up	Ch. 15
FINAL EXAM (cumulative): TBA			