

Rutgers University

Psychology 377: Health Psychology

Spring 2015

Instructor: Keiko Taga Brynildsen, Ph.D.
Office hours: Tuesdays and Fridays 1:30-2:00 pm and by appointment
Office location: Tillett Hall #329
Class times: Tuesdays and Fridays 12:00-1:20 pm
Class location: Tilett Hall #232
Email: keikob@rutgers.edu
Course web page: Sakai (sakai.rutgers.edu/portal)

Teaching Assistant: Jessica Yu
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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 social 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. (2014). *Health Psychology: Biopsychosocial Interactions* (8th ed.). Hoboken, NJ: Wiley. [ISBN: 9781118425206]

Required equipment:

Response card rf by turning tech-w/lcd (clicker)

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 general 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. **Clickers:** We will use clickers periodically to involve you in the lecture and to help the instructor know when concepts are unclear. You must bring your clicker with you to every lecture. I do not have loaners. You must register your clicker at <http://webreg.turningtechnologies.com>. Please be sure to enter your first name, last name, User ID, E-mail, and Device ID, since this is how I give you credit for your clicks. The Device ID is the number on the back of your clicker. See <https://www.turningtechnologies.com/pdf/UserGuides/NEWWebRegistrationToolUserGuide.pdf> for guidance on registering your clicker.

Grading:

Course grades will be based on the following:

Exam 1:	20%
Exam 2:	22%
Exam 3:	23%
Final exam:	30%
Clicker points:	5%
TOTAL	100%

Make-up policy:

No make-up exams or assignment extensions will be given unless arrangements are made prior to the day of the exam/assignment due date or written 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 but still valid reason for your absence on an exam day, you may take a make-up exam with a 10-90% deduction in points (at the instructor's discretion).

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 Student Conduct (see http://academicintegrity.rutgers.edu/files/documents/AI_Policy_2013.pdf for more information on Rutgers University's policies regarding academic dishonesty).

Disability services:

Any student who has a documented disability and is in need of academic accommodations should contact the Office of Disability Services (e-mail: dsoffice@echo.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 instructor by avoiding behavior that interferes with classroom activities or with other students' ability to focus such as 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.

Exam scores will be posted on Sakai; it is your responsibility to contact the instructor immediately if you believe you have not received credit for a submitted exam.

Please do not make digital or audio recordings of lecture without permission of the instructor.

The lectures and course web page are my personal intellectual property. I view the sale or purchase of these materials as a violation of copyright laws.

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. 20	Introduction and overview What is Health Psychology?	Ch. 1
	Jan. 23	Research Methods	Ch. 1
Part II: Stress and Coping			
2	Jan. 27	Psychophysiology	Ch. 2
	Jan. 30	Stress – its meaning, impact, and sources	Ch. 3
3	Feb. 3	Stress, biopsychosocial factors, and illness	Ch. 4
	Feb. 6	Stress, biopsychosocial factors, and illness	Ch. 4 (up to p. 95 (Type A Behavior and Beyond))
4	Feb. 10	EXAM 1 (Chs. 1-4 (up to p. 95 (Type A Behavior and Beyond)))	
	Feb. 13	Stress, biopsychosocial factors, and illness	Ch. 4 (starting on p. 95 (Type A Behavior and Beyond))
5	Feb. 17	Stress, biopsychosocial factors, and illness	Ch. 4
	Feb. 20	Coping with and reducing stress	Ch. 5
6	Feb. 24	Coping with and reducing stress	Ch. 5
Part III: Health Behaviors			
6	Feb. 27	Health-related behavior and promotion	Ch. 6
7	Mar. 3	Health-related behavior and promotion	Ch. 6
	Mar. 6	EXAM 2 (Chs. 4 (starting on p. 95 (Type A Behavior and Beyond)) -6)	
8	Mar. 10	Substance use and abuse	Ch. 7
	Mar. 13	Substance use and abuse	Ch. 7
9	Mar. 17	<i>No Class – Spring Recess</i>	
	Mar. 20	<i>No Class – Spring Recess</i>	
10	Mar. 24	Eating and exercise	Ch. 8
	Mar. 27	Eating and exercise	Ch. 8

Part IV: Becoming Ill and Getting Medical Treatment			
11	Mar. 31	Using health services	Ch. 9
	Apr. 3	Using health services	Ch. 9
12	Apr. 7	EXAM 3 (Chs. 7-9)	
	Apr. 10	Patient-provider relations	Ch. 10
13	Apr. 14	Patient-provider relations	Ch. 10
Part V: Physical Symptoms: Pain and Discomfort			
13	Apr. 17	Pain	Ch. 11
14	Apr. 21	Pain	Ch. 12
Part VI: Chronic and Life-Threatening Health Problems; Part VII: Looking to the Future			
14	Apr. 24	Serious and disabling chronic illness: causes, management, and coping	Ch. 13
15	Apr. 28	Serious and disabling chronic illness: causes, management, and coping	Ch. 13
	May 1	Wrap-up	Ch. 15
FINAL EXAM (cumulative): TBA			