
HEALTH PSYCHOLOGY

830:377:B6 | SUMMER 2018
TUESDAY & THURSDAY 6:00PM – 9:40PM | TILLETT 103A

Instructor

Caitlin Bronson

Email

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Office Location & Hours

Tillett Hall 325 by appointment

Course Description

This course is designed to give you a broad overview of the field of health psychology. Health psychology is a young field of study that examines the relationship between psychology and physical health. We will review the current literature to determine how psychology, biology, and the social environment interact to affect wellbeing. We will cover a broad array of topics including: how stress can be maladaptive for your health; what affects people's adherence to taking prescribed medications; when do chronic conditions and depression co-occur; how do friends and family affect health; does health vary by gender, race, or ethnicity; how does bedside manner affect health; does dieting work; and what helps people make healthy lifestyle changes.

Course Structure

Students are required to participate in class and complete assignments. Assignments will be done in class, during class hours. Further, this course requires that the students complete three exams.

This course consists of three units:

- UNIT 1: Introduction, Physiology, and Health Behaviors
- UNIT 2: Stress, Coping, Doctor-Patient Relationships, and Pain
- UNIT 3: Chronic Illness, Terminal Illness, Heart Disease, and Psychoneuroimmunology

Grading

Requests for grade changes will not be fulfilled. Grades will be **earned** based on:

- Attendance & Participation 15%
- Assignments 35%
- Exams 50%

Grading Scale

A	90% or above
B+	84.5-89.99%
B	79.5-84.49%
C+	74.5-79.49%
C	69.5-74.49%
D	59.5-69.49%
F	59.49% or below

Attendance & Participation: You may have **one** unexcused absence. You are still responsible for asking other students for the notes and work you missed. If you already know you will miss a class, you need to email the instructor (c.bronson@rutgers.edu) within the first two weeks of the semester. **Two unexcused absences will result in a zero for your attendance and participation grade. Three unexcused absences will result in an automatic final grade of an F.** Further, being **more than 20 minutes late** to class counts as an unexcused absence. If you have an illness, religious observance, or unexpected emergency, you must provide documentation to the

instructor and excuse your absence by getting a written note from your Dean. Points will be deducted from your participation grade for excessive cell phone use, sleeping, and any other disruptive class behavior.

Assignments: There are 7 in-class assignments each worth 5 points. Check the course schedule (below) and Sakai for due dates. Some assignments will be group work. Each group member should submit a copy of the assignment. All assignments will be submitted through Sakai.

Exams: There will be three exams in this class. Each exam is 50 questions and worth 100 points. The exams will cover material from the textbook, lecture, videos and assignments from that unit.

Extra Credit: You may participate in psychology experiments to add points to your exam grade. Each study you participate in is worth 1 point. You may earn a maximum of 5 points to add to your total exam grade.

Late Policy

Assignments will **NOT** be accepted late, unless special arrangements have been made **in advance** or an extreme circumstance occurs. For an extreme circumstance, an excused absence from the Dean of Students office is also required.

Required Text

Taylor, Shelley E. (2015). Health Psychology. 9th Edition. McGraw Hill.

You may use an older edition of the text. If you do not have the 9th edition, check the chapter topics against the topics covered in each unit to make sure you are reading relevant material. For example, if I am covering cardiovascular disease, you want to check that you are reading the chapter on cardiovascular disease in an earlier edition.

I will often cover topics not included in the text. You are responsible for what is written in the text, videos shown in class, and what is covered in the slides and lecture.

Academic Integrity

Cheating or plagiarism will not be tolerated. All work turned in must be the student's own work. Do not collaborate with others unless you are explicitly asked to work in groups. Any and all sources must be appropriately cited in all written work. Refer to the APA style manual for how to properly reference sources. If you plagiarize or cheat, which includes failing to properly cite sources or turning someone else's work in as your own, at the very least **you will receive a failing grade in the course**. More severe consequences are also possible. Rutgers' policy on academic integrity can be found at <http://academicintegrity.rutgers.edu/>. You are responsible for knowing what constitutes plagiarism or cheating.

Students with Disabilities

Any student with a documented disability may contact the Office of Disability Services to determine the appropriate accommodations. Students with disabilities requesting accommodations need to follow the procedures found at <https://ods.rutgers.edu/>.

Course Schedule

UNIT 1

Date	In Class	Readings Due	Assignments
Tues 5/29	<ul style="list-style-type: none"> ▪ Overview syllabus and course structure ▪ Background, Methods, & History ▪ Physiological Systems 	<ul style="list-style-type: none"> ▪ Ch. 1 ▪ Ch. 2 	<ul style="list-style-type: none"> ▪ Assignment 1: Class Poll ▪ Assignment 2: Physio Matching
Thurs 5/31	<ul style="list-style-type: none"> ▪ Health Behavior ▪ Health Promoting & Health Damaging Behaviors 	<ul style="list-style-type: none"> ▪ Ch. 3 ▪ Ch. 4 ▪ Ch. 5 	<ul style="list-style-type: none"> ▪ Assignment 3: Health Behavior Assessment
Tues 6/5	<ul style="list-style-type: none"> ▪ Exam Review 		
Thurs 6/7		EXAM 1	

UNIT 2

Date	In Class	Readings Due	Assignments
Tues 6/12	<ul style="list-style-type: none"> ▪ Stress ▪ Stress: Silent Killer Video ▪ Coping, Resilience, & Social Support ▪ Health Services 	<ul style="list-style-type: none"> ▪ Ch. 6 ▪ Ch. 7 ▪ Ch. 8 	<ul style="list-style-type: none"> ▪ Assignment 4: Stress Measures
Thurs 6/14	<ul style="list-style-type: none"> ▪ Doctor-Patient Relations & Treatment ▪ Pain ▪ Exam Review 	<ul style="list-style-type: none"> ▪ Ch. 8 ▪ Ch. 9 ▪ Ch. 10 	<ul style="list-style-type: none"> ▪ Assignment 5: Mock Doctor Study
Tues 6/19		EXAM 2	

UNIT 3

Date	In Class	Readings Due	Assignments
Thurs 6/21	<ul style="list-style-type: none">▪ Chronic Illness▪ Psychological Issues in Terminal Illness	<ul style="list-style-type: none">▪ Ch. 11▪ Ch.12	<ul style="list-style-type: none">▪ Assignment 6: HIV Myths
Tues 6/26	<ul style="list-style-type: none">▪ Heart Disease, Hypertension, Stroke, & Diabetes▪ Psychoneuroimmunology▪ Exam Review	<ul style="list-style-type: none">▪ Ch. 13▪ Ch. 14	<ul style="list-style-type: none">▪ Assignment 7: Check Cardio Health Risks
Thurs 6/28		EXAM 3	
Tues 7/3		NO CLASS	
Thurs 7/5		Wrap Up	

Course schedule, due dates, and syllabus subject to change. Please regularly check Sakai for updates.