

Rutgers University
Psychology 377:B2: Health Psychology
Summer 2019

Instructor: Keiko Brynildsen, Ph.D.
Class time: Mondays through Thursdays 10:30 am – 12:25 pm
Class location: Livingston Campus – Tillett #242
Office hours: Mondays and Wednesdays 12:30-1:30 pm and by appointment
Office location: Tillett Hall #329 (Livingston)
Email: keikob@psych.rutgers.edu
Course web page: Canvas

Undergrad TA: Ivana Milojkovic
Email: im251@scarletmail.rutgers.edu
Office hours: TBA
Office hrs. location: TBA

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; adaptation to chronic illness; stress and coping; personality and illness; substance use; eating behaviors; health-promoting behaviors; patient adherence; physician-patient communication; and using health care.

Required text:

Sarafino, E. P., & Smith, T. W. (2016). *Health Psychology: Biopsychosocial Interactions* (9th ed.). Hoboken, NJ: Wiley. [ISBN: 978-1-119-29946-2]

Required equipment:

Regular access to a computer with Internet; #2 pencil for all exams.

General course requirements:

1. **Canvas.** It is expected that all students will regularly access Canvas 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 reading of the assigned material are expected. Further, many 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 provide your 9-digit RUID number on all exams.

4. **Exam Preparation: Multiple Choice Questions:** You are asked to submit (via Canvas) 5 self-written multiple-choice questions on the material covered in class four times throughout the course (see Course Schedule for each deadline). Each question must have 4-5 answer choices and the correct answer must be indicated (using highlighting, bold, etc.). Writing exam-type questions gives you an opportunity think about the material, note any areas of the content that are unclear to you, and review the course concepts. In addition, these questions will be used in an in-class review activity every week. Each submission will be graded on a 0-5 scale; questions must be well-written, challenging, and require in-depth understanding of the material to receive full credit.
5. **Written Assignment: Using Health Psychology to Improve Health:** For this assignment, you are asked to try one intervention (from a list of options that will be provided to you) that has been shown to improve health and/or reduce stress and submit a brief report and analysis about the experience. The intervention options will be included in the description of this assignment on Canvas.

The write-up should be 3-4 paragraphs, be well-written, and contain:

- A report on the baseline (pre-test) level of your health or stress
- A description of how you conducted the intervention
- A report on the post-intervention level of your health or stress (e.g., did it seem to work?) and reaction to the intervention

This assignment is due on **Tuesday, June 18** (must be submitted to the appropriate Assignments tab on Canvas).

More information about this assignment will be provided in class and on Canvas.

Grading:

Course grades will be based on the following:

Exam 1:	17%
Exam 2:	19%
Exam 3:	19%
Final exam:	30%
Written assignment:	5%
Multiple choice questions:	10%
TOTAL	100%

Final grades will be determined by the following (standard Rutgers grading scale):

90.00% and above	A
85.00-89.99%	B+
80.00-84.99%	B
75.00-79.99%	C+
70.00-74.99%	C
60.00-69.99%	D
below 60.00%	F

Make-up policy:

No make-up exams will be given unless arrangements are made prior to the day of the exam due date or written proof of unavoidable absence is provided (e.g., doctor's note). Make-up exams may be different from the original exams. If exceptional last-minute circumstances (e.g., car accident) prevent you from taking an exam, it is important that you contact me immediately. 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 5-90% deduction in points (at my discretion). Missed exams will otherwise be given score of zero. Late assignments will receive a 10% deduction in points for each day late (beginning

on the due date; assignments submitted after the time they are due will be subject to the 10% deduction); unsubmitted assignments will receive a grade of zero.

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 suspected cases of academic dishonesty will be referred to the Office of Student Conduct (see <http://academicintegrity.rutgers.edu/academic-integrity-policy/> for more information on Rutgers University's policies regarding academic dishonesty).

Final exam:

Our final exam will be held during the last class session (July 3). If you have a legitimate medical excuse for missing the exam, you will receive a TF in the course until the make-up exam has been completed.

Disability services:

The Office of Disability Services works with students with a documented disability to determine the eligibility of reasonable accommodations, facilitates and coordinates those accommodations when applicable, and lastly engages with the Rutgers community at large to provide and connect students to appropriate resources (e-mail: <https://ods.rutgers.edu/>, phone: (848) 445-6800). Students with disabilities requesting accommodations must follow the procedures outlined at <https://ods.rutgers.edu/students/applying-for-services>. Please give your letter of accommodation to me as soon as possible, and we will coordinate the accommodations privately.

Student-wellness services:

Just In Case Web App: <http://codu.co/cee05e>

Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.

Counseling, ADAP & Psychiatric Services (CAPS): (848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901 / www.rhscaps.rutgers.edu/

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

Violence Prevention & Victim Assistance (VPVA): (848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / www.vpva.rutgers.edu/

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.

Scarlet Listeners: (732) 247-5555 / <http://www.scarletlisteners.com/>

Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.

General policies:

Please be mindful of your fellow students by avoiding behavior that interferes with classroom activities or with other students' ability to focus such as texting, surfing the Internet, using social media, playing computer games, having cell phones ringing, entering the class late, or leaving the class prematurely (if it is necessary that you arrive late or leave early, please sit in the back to minimize disruption). A student responsible for continual disruptive behavior may be required to leave class pending discussion and resolution of the problem.

Exam and assignment scores will be posted on Canvas; it is your responsibility to contact me immediately (within 2 days) if you believe you have not received credit for a submitted exam or assignment.

Final grades are unalterable except in the case of a true clerical error. Although students may sometimes desire a different grade to get into graduate school, avoid academic probation, maintain financial aid, or for other reasons, changing any student's grade would be unfair to the other students. Therefore, I will not entertain any requests for grade changes or opportunities for additional assignments.

You may not post any class materials such as lecture slides or practice questions to any web site. You may not record lectures without my express consent.

Course schedule

The following is a **tentative** schedule for this course. Dates may change depending on our **actual** progress in covering the material. You will be notified via an announcement/email about any changes to the course schedule.

DAY	TOPIC	READING	ASSIGNMENTS
Part I: Introduction to Health Psychology			
May 28 (Tu)	Introduction and overview What is Health Psychology? Research methods	Ch. 1	
May 29 (W)	Psychophysiology Stress: measurement and models	Ch. 2 Ch. 3	
Part II: Stress and Coping			
May 30 (Th)	Stress moderators (social support)	Ch. 4 (up to p. 95 (“Type A Behavior and Beyond”))	
June 3 (M)	Stress moderators (personality)	Ch. 4 (p. 95 (“Type A Behavior and Beyond”-end))	Questions due 9:00 am (Canvas)
June 4 (Tu)	Stress moderators (personality)	Ch. 4 (p. 95 (“Type A Behavior and Beyond”-end))	
June 5 (W)	Exam 1 (will cover material addressed through 6/4) Coping with and reducing stress	Ch. 5	
June 6 (Th)	Coping with and reducing stress	Ch. 5	
Part III: Health Behaviors			
June 10 (M)	Theories of health behavior	Ch. 6	
June 11 (Tu)	Prevention and intervention	Ch. 6	Questions due 9:00 am (Canvas)
June 12 (W)	Substance use and abuse (smoking)	Ch. 7	
June 13 (Th)	EXAM 2 (will cover material addressed 6/5-6/12) Substance use and abuse (alcohol)	Ch. 7	
June 17 (M)	Substance use and abuse (alcohol) Eating and obesity	Ch. 7 Ch. 8	
June 18 (Tu)	Eating and obesity Using health services	Ch. 8 Ch. 9 (up to p. 246)	Written assignment due 11:59 pm (Canvas)
June 19 (W)	Using health services	Ch. 9 (up to p. 246)	
Part IV: Becoming Ill and Getting Medical Treatment			
June 20 (Th)	Using health services (decisions in health care)	Ch. 9 (up to p. 246)	Questions due Friday 9:00 am (Canvas)
June 24 (M)	Patient-provider relations	Ch. 9 (p. 246-249 (“The Patient-Practitioner Relationship”))	
Part V: Physical Symptoms: Pain and Discomfort			
June 25 (Tu)	EXAM 3 (will cover material addressed 6/13-6/24) Patient-provider relations (iatrogenic illness)	Ch. 10 (up to p. 280 – stop before “When the Illness is Terminal”))	

*Note: This syllabus is subject to change if adjustments become necessary during the session.

Part VI: Chronic and Life-Threatening Health Problems; Part VII: Looking to the Future

June 26 (W)	Pain	Ch. 11	
June 27 (Th)	Pain (the placebo effect)	Ch. 12	Questions due Friday 9:00 am (Canvas)
July 1 (M)	Coping with serious illness	Ch. 13 Ch. 10 (p. 280-end) Ch. 14 (p. 385-386 (Psychosocial Interventions for Cancer))	
July 2 (Tu)	Wrap-up; final exam review		
July 3 (W)	Final exam (cumulative) – 10:30 am -12:25 pm		

*Note: This syllabus is subject to change if adjustments become necessary during the session.