

Psychosocial Foundations of Health and Medicine
01:830:308 and 01:920:308

INSTRUCTOR:

Professor Lyra Stein, Psychology

Email: Lyra@psych.rutgers.edu

Office: Tillett 221 <http://rumaps.rutgers.edu/?q=tillett+Hall>

Office Hours: by appt.

COURSE DESCRIPTION:

This course will provide students with the conceptual, methodological, and substantive background in psychosocial perspectives on health that relate to the new MCAT module on the social and behavioral determinants of health. PLEASE NOTE: This is not an MCAT prep course and as such, we will not directly be teaching "to the test." That said, our topics loosely follow many of the foundational concepts covered on the new sections of the exam.

COURSE OBJECTIVES:

- To understand the basic methods and concepts used in psychological and sociological research.
- To identify the ways that psychosocial factors affect patients' health and health behaviors.
- To recognize the ways that social stratification (e.g. race, class, gender, and age) affect access to health-enhancing resources and services.
- To understand the psychosocial factors that affect diagnosis and treatment.
- To help students apply above principles to hypothetical doctor-patient relationships.

CURRENT ACADEMIC INTEGRITY POLICY:

<http://academicintegrity.rutgers.edu> Violations include: cheating, fabrication, plagiarism, denying others access to information or material, and facilitating violations of academic integrity.

General Academic Integrity Link:

<http://academicintegrity.rutgers.edu/>

Resources for instructors (and students) can be found at:

<http://academicintegrity.rutgers.edu/resources>

Take a 20 minute interactive-tutorial on Plagiarism and Academic Integrity,

<http://www.scc.rutgers.edu/douglass/sal/plagiarism/intro.html>

LEARNING RESOURCES:

All course materials can be found in Sakai under Course Content. The tab for each topic will link you to all assigned readings, videos, etc.

Main Sakai portal <https://sakai.rutgers.edu/portal>

COURSE POLICIES:

PREREQUISITES: General Psychology (830:101) OR Introduction to Sociology (920:101). Ability to make all three in-person class sessions.

IN PERSON MEETING AND EXAMS: There are three mandatory in-person meetings for this course, including the midterm and final exam. These in-person sessions are MANDATORY and are a pre-requisite for taking this course. If you cannot make any of these sessions, you should drop the course prior to the end of drop/add period-**July 12!**

Class session: Friday 7/12/19 in LSH B112, 1:00-2:50pm

Midterm: Friday 7/26/19 in LSH B112, 1:00-2:50pm

Final: Wednesday 8/14/19 in LSH B112, 1:00-2:50pm

TECHNOLOGY:

TECHNICAL REQUIREMENTS: Ability to use Sakai. As the course delivery and communication takes place via screen, students will benefit from a consistent, secure access to a personal computer with up-to-date software (Flash and video player). A high-speed Internet connection is recommended.

TECHNICAL PROBLEMS: In an online environment, there is always a possibility of technical issues (e.g., lost connection, hardware or software failure, systemic failure). Many of these can be resolved relatively quickly, but if you wait to the last minute before due dates, the chances of these glitches affecting your success are greatly increased. Please plan appropriately.

Technical questions should be directed to the Rutgers OIRT (Office of Instructional and Research Technology):

- sakai@rutgers.edu
- 848-445-8721
- 56 Bevier Rd., Piscataway NJ
- <https://oirt.rutgers.edu/>

If there is a systemic failure with Sakai or Rutgers' network, we will communicate by e-mail. Check your e-mail for instructions and relevant information (e.g. extensions on assignments).

EVALUATION:

Midterm: 25%
 Final: 30%
 Discussions: 20%
 Assignments: 20%
 Reading/Video quiz Questions 5%

Grading Scale

A = 90+	B+ = 85-89	B = 80-84	C+ = 75-79	C = 70-74	D = 60-69	F = Below 60
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Note: There will be no adjustments to grades unless there is a grading error. **FINAL GRADES ARE NOT ROUNDED UP.**

EXAMS:

Exam content will include all material from the course - articles, book chapters, videos, TED Talks, discussions, etc. Exam questions can come from ANY of the discussion threads for a given topic. Therefore, you should read through all the discussion groups to see the main points covered -- not only the one assigned to you.

We will post a study guide before the midterm and the final.

ACCOMMODATIONS:

The Rutgers Office of Disability Services evaluates students and provides documentation about necessary accommodations. Students who need accommodations in class must do so through the Rutgers Disabilities Services Office. See <https://ods.rutgers.edu/students> for details.

Students with disabilities requesting accommodations can do so here:
<http://disabilityservices.rutgers.edu/request.html>

If you need special accommodations, let me know early in the semester. If you need extra time on exams, you must bring me Letter of Accommodation from the disability office to sign at least one week prior to the first exam.

COUNSELING: College can be an overwhelming time. If you find yourself having a difficult time coping, please refer to <http://rhscaps.rutgers.edu/> where you can see an overview of support services available at Rutgers.

ASSIGNMENTS:

Every week you will be required to post to a group discussion forum (further details below) and submit an assignment. There will be several weekly quiz questions in Sakai on readings or videos you are assigned. The lowest group discussion score and assignment score will be dropped.

LATE POLICY: Unless prior arrangements are made with the instructors, no late assignments will be accepted. Exceptions will be in the case of emergencies, and late penalties will be made on a case-by-case basis. Notify the instructors, via email, in case of an emergency.

COMMUNICATION:

For general questions about the course, policies, etc., and clarification questions that other students could benefit from, post in the General Discussion Forum. For personal questions and issues, e-mail one of us directly. We will respond to your e-mail within 24-48 hours.

Make sure to read your e-mail and all the announcements on Sakai. This is a fluid class and there may be changes in pacing. There may be important changes in assignments and important clarifications; you are responsible for all changes announced.

DISCUSSION BOARD: Discussion Boards give you opportunity to share your ideas and get feedback from others in class. The discussion board questions are related to the week's assignments. Some discussions will have special instructions, so make sure to read each week's instructions carefully. For the first discussion, you will be posting an introduction to all members of the class. For subsequent discussions, you will be divided into groups for the remainder of the semester. However, you should read posts in all groups.

Your participation in the discussion boards requires at least three posts: one original post and two responses to your fellow students—one in your group and one in another group (all things being equal, try to respond to someone who has not had a response yet). Specific instructions will be posted each week for that week's discussion. You are also required to respond to questions or comments addressed directly to you by the professor or a classmate.

Your original post should be at least 150 words in length. Your replies to your peers should be at least 75 words. Responses to comments can be any length.

Your initial post will be due on the date posted at 11:59 p.m., and your response to a peer in your group and a different group is due 24 hours after the due date for the initial post. You should respond to all comments within 48 hours after your responses.

Example: If a discussion is post is due Fri. 7/12 at 11:59pm

- Your initial post will be due Fri. 7/12 at 11:59 p.m.
- Your response to a peer in your group and another group is due Saturday. 7/13 at 11:59 pm
- Your responses to your comments are due Monday 7/15 at 11:59 p.m.

You can find the rubric for grading discussion posts in Sakai Resources.

NETIQUETTE: A Web-based classroom is still a classroom, and comments that would be inappropriate in a regular classroom are likely to be inappropriate in a Web-based course as well. Treat your instructor and your fellow students with respect. A key distinguishing feature of an online course is that communication occurs solely via the written word. Because of this, the body language, voice tone, and instantaneous listener feedback of the traditional classroom are all absent. These facts need to be taken into account both when contributing messages to a discussion and when reading them.

When corresponding with your instructor and classmates through email or on the discussion forums, please

take the time to be grammatically correct and use a positive tone. Please also refrain from using all CAPITAL LETTERS, as this is often interpreted as shouting. Treat your instructor and fellow students with respect at all times, and in all communication.

Citations and Other Etiquette Sources. See infographic below for 15 rules of netiquette: <http://blogs.onlineeducation.touro.edu/15-rules-netiquette-online-discussion-boards/>

The Core Rules of Netiquette, excerpted from the book *Netiquette*, by Virginia Shea. The Core Rules of Netiquette can be accessed at <http://www.albion.com/netiquette/corerules.html>.

Further information was taken from Arlene H. Rinaldi's *The Net: User Guidelines and Netiquette*, which can be found at <http://courses.cs.vt.edu/~cs3604/lib/Netiquette/Rinaldi/>.

DISCUSSION GUIDELINES: - Posts should have a conversational tone; they should not sound like essays.

- End every post by signing your name. When responding to others, address them by name. **Include your name in the subject of your initial post.**

- Brevity is best: Be as concise as possible when contributing to a discussion; posts should be on-topic, concise, and to-the-point. Web-based courses require a lot of reading, and your points might be missed if hidden in a flood of text. Break up long sections of text into paragraphs to aid in readability.

- Posts should be original and introduce new information. Do not duplicate someone else's post.

- Post early. Do not wait until the last minute. Posting at the last minute does not give students adequate time to respond to your posts, and will not earn maximum points.

- Tone down your language and keep a straight face: given the absence of face-to-face clues, written text can easily be misinterpreted and come across as harsher since there are no physical gestures or voice inflections to give clues. Avoid sarcasm, strong language, and the excessive use of exclamation points.

- The recorder is on: Think carefully about the content of your message before contributing it. Once sent to the group, there is no taking it back. If you feel particularly strongly about a point, it may be best to write it first as a draft and then to review it, before posting it, in order to remove any strong language.

- Condescending, derogatory, and otherwise "inflammatory" posts will not be tolerated. If you disagree with someone, do so respectfully and without insulting the person.

- Test for clarity: messages may often appear perfectly clear to you as you compose them, but turn out to be perfectly obtuse to your reader. One way to test for clarity is to read your message aloud to see if it flows smoothly. If you can read it to another person before posting it--even better.

- Offer evidence-based support (of own experience and/or cited research) at least once per thread.

- Apply normative English and grammar (you are not texting or on social media).
- Focus on meaningful discussion - adding meaningfully to the thread - rather than number of posts. Otherwise, it becomes clear that you are posting just to try to meet the requirements.
- Change the subject line as necessary to reflect the nature of your post.
- Make sure that your post contains some reference back to the original discussion question - do not go off on tangents. Stay on track by referring back to the original question.
- Be forgiving: if someone states something that you find offensive, mention this directly to the instructors. Remember that the person contributing to the discussion is also new to this form of communication. What you find offensive may quite possibly have been unintended and can best be cleared up by the instructors.
- Here are some suggestions for meaningful contribution: suggest solutions, point out problems, *respectfully* disagree, discuss an issue on which you would like some feedback, offer a different perspective about an idea, share a personal experience related to the subject, discuss how you have applied the concepts to your personal/professional life.
- Netspeak: Although electronic communication is still young, many conventions have already been established. As mentioned above, DO NOT TYPE IN ALL CAPS. This is regarded as shouting and is out of place in a classroom.

The rubric used for discussion forums has been uploaded to Resources. Please read it carefully so you know what is expected.

ATTENDANCE POLICY:

You bear the responsibility for fulfilling all course expectations in a timely and responsible manner. If you miss an exam, assignment or discussion post, please go to the Deans Office <http://deanofstudents.rutgers.edu/> and present your evidence of absence and bring the Dean's note

University religious holiday policy is at <http://scheduling.rutgers.edu/religious.shtml>

University attendance policy is at <http://sasundergrad.rutgers.edu/academics/courses/registration-and-course-policies/attendance-and-cancellation-of-class>

Cheating and Plagiarism

Short version: Don't cheat. Don't plagiarize.

Longer version: Cheating on tests or plagiarizing materials in your papers deprives you of the educational benefits of preparing these materials appropriately. It is personally dishonest to cheat on a test or to hand in a paper based on unacknowledged words or ideas that someone else originated. It is also unfair, since it gives you an undeserved advantage over your fellow students who are graded on the basis of their own work. In this class we will take cheating very seriously. All suspected cases of cheating and plagiarism will be automatically referred to the Office of Judicial Affairs, and we will recommend penalties

appropriate to the gravity of the infraction. The university's policy on Academic Integrity is available at <http://academicintegrity.rutgers.edu/academic-integrity-policy>¹ I strongly advise you to familiarize yourself with this document, both for this class and for your other classes and future work. To help protect you, and future students, from plagiarism, we require all papers to be submitted through Turnitin.com.

Since what counts as plagiarism is not always clear, I quote the definition given in Rutgers' policy: **Plagiarism: Plagiarism is the use of another person's words, ideas, or results without giving that person appropriate credit. To avoid plagiarism, every direct quotation must be identified by quotation marks or appropriate indentation and both direct quotation and paraphrasing must be cited properly according to the accepted format for the particular discipline or as required by the instructor in a course. Some common examples of plagiarism are:**

- Copying word for word (i.e. quoting directly) from an oral, printed, or electronic source without proper attribution.
- Paraphrasing without proper attribution, i.e., presenting in one's own words another person's written words or ideas as if they were one's own.
- Submitting a purchased or downloaded term paper or other materials to satisfy a course requirement.
- Incorporating into one's work graphs, drawings, photographs, diagrams, tables, spreadsheets, computer programs, or other nontextual material from other sources without proper attribution.²

Here are some links for APA Style:

<http://owl.english.purdue.edu/owl/resource/560/02/>

<http://owl.english.purdue.edu/owl/resource/560/03/>

<http://owl.english.purdue.edu/owl/resource/560/05/>

<http://owl.english.purdue.edu/owl/resource/560/06/>

<http://owl.english.purdue.edu/owl/resource/560/07/>

<http://owl.english.purdue.edu/owl/resource/560/08/>

<http://owl.english.purdue.edu/owl/resource/560/09/>

<http://owl.english.purdue.edu/owl/resource/560/10/>

<http://owl.english.purdue.edu/owl/resource/560/11/>

LECTURE TOPICS

(All dates are approximate and changes will be announced)

Week of:	Topic	Assignments Due
M 7/8	Introduction to Sociology and Psychology and intersection with health and medicine Introductions in forum	

¹ This web link was corrected on Sept. 13, 2015. S. Lawrence

² <http://academicintegrity.rutgers.edu/academic-integrity-policy/> Updated with the University's current language on July 13, 2012 and web link was corrected on Sept. 13, 2015. S. Lawrence.

T 7/9 W 7/10	Perspectives on Health and Illness-Demshock	Introductory post in discussion forums due W 7/10
F 7/12	In Class meeting F 7/12 from 1:00-2:50 in LSH B112 Human Development-Stein	Discussion Post on Perspectives of Health and Illness due F 7/12 by 11:59pm
M 7/15 T 7/16	Memory and Learning-Demshock	Assignment on Human Development due M 7/15 by 11:59pm
W 7/17 Th 7/18	Language and Cognition-Stein	Discussion Post on Memory and Learning due W 7/17 by 11:59pm
F 7/19 M 7/22	Psychological and Sociological Perspectives on Mental Health-Demshock	Assignment 2 on Language and Cognition due on F 7/19 by 11:59pm
T 7/23 W 7/24	Emotion-Stein	Discussion Post on Psychological and Sociological Perspectives on Mental Health due T 7/23 by 11:59pm Exam #1 quiz questions due W 7/24 by 11:59 pm
F 7/26	MIDTERM 1:00-2:50 LSH B112	
M 7/29 T 7/30	Stigma and Discrimination-Demshock	Assignment 3 on Emotion due M 7/29 by 11:59pm
W 7/31 Th 8/1	Personality, Identity, and Status-Stein	Discussion Post on Stigma and Discrimination due W 7/31 by 11:59pm
F 8/2 M 8/5	Social Psychology-Stein	Assignment 4 on Personality, Identity and Status due F 8/2 by 11:59pm
T 8/6 W 8/7	Health and Healthcare Disparities-Demshock	Discussion Post on Social Psychology due T 8/6 by 11:59pm
Th 8/8 F 8/9	Stress/Positive Psychology/Decision Making-Stein	Assignment 5 on Health and Healthcare Disparities due Th 8/8 by 11:59pm
M 8/12 T 8/13	Power, Authority, and Institutions-Demshock	Discussion Post on Stress/Positive Psychology/Decision Making due S 8/11 by 11:59pm Exam #2 quiz questions due M 8/12

		by 11:59 pm
W 8/14	Final W 8/14 from 1:00-2:50 in LSH B112	Assignment 6 on Power, Authority and Institutions due W 8/14 by 11:59pm

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.

Disability Services

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu/>

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.

Scarlet Listeners

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

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