

Rutgers University
Psychology 377:B2: Health Psychology
Summer 2020 (Preliminary Syllabus)

Instructor: Keiko Brynildsen, Ph.D.
Class time: Mondays through Thursdays 10:30 am – 12:25 pm
*Class sessions will be recorded for students who cannot attend live
Class format: Online (Webex (a link to the class sessions will be posted on Sakai))
Course web page: Sakai
Email: keikob@psych.rutgers.edu
Office hours (via Webex Personal Room): Mondays and Wednesdays 1-2 pm and by appointment
<https://rutgers.webex.com/join/keikob>

Undergrad TA: Jacky Zhang
Email: jz675@scarletmail.rutgers.edu
Office hours (via Webex Personal room): Tuesdays and Thursdays 2-3 pm
<https://meetingsamer20.webex.com/meet/pr1261996334>

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 readings:

Assigned articles will be posted on in the Resources section of Sakai.

Required equipment:

- Regular and reliable access to a computer with Internet and speakers
- Access to Webex (you'll need to sign up by going to <https://webex.rutgers.edu/> and clicking the red "sign up" button on the center of the page. You may need to install some plugins if you use a Mac or a program if you use Windows. (It would be a good idea to get your Webex account set up and to test the speakers, etc. before the first class meeting.) **Please see the Webex student guide in the Resources section of Sakai for specific guidance.**

Recommended equipment:

- Webcam
- Microphone
- Headset

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:** Our course lectures will be conducted **synchronously** during our scheduled meeting times (Mondays through Thursdays, 10:30-12:25). Although it is not required, having your webcams on during class (if possible) is requested, as it provides another source of engagement in the class. Class sessions will be recorded and posted for students who are unable to attend. Attending class (either live or by accessing the recordings) is essential to the

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learning process; regular class attendance and reading of the assigned material are expected. I welcome your questions and comments during class; the hand-raising function on Webex can be used to let me know that you have a question. Webex's chat function can also be used for questions and comments during lecture. I will post the lecture slides before each class; you may find it helpful to take notes on these while attending or listening to the lecture.

3. **Exams:** Three midterm exams and one final exam will be given (using "Tests and Quizzes" on Sakai). Each exam will be based on material presented both in lecture and in the assigned readings. The final exam will be cumulative. All exams will be multiple-choice and open-note. Exams will be timed and backtracking (going back to previous questions) will not be possible. Exams will be given during our scheduled class time, but will remain open until 11:59 pm that day for students who are unable to take them at that time.
4. **Quizzes:** During each lecture, we will have a brief (timed) quiz to check and solidify your comprehension of the material. Quizzes will be taken on Sakai; you may take re-take each quiz once if you are not satisfied with your initial score. (Students who are not present for the class session may take the quiz by the end of that day (11:59 pm)).
5. **Written Assignment: Using Psychological Methods to Improve Health Behaviors:** Using a theory and/or intervention strategy you learned about in class, conduct a health behavior intervention on yourself for **1 week** and submit a 1-page write-up about your intervention. The assignment description on Sakai provides more information about this assignment.

Due date: **Thurs., June 18**

Submission: Sakai (Assignments tab – "Health Behavior Intervention")

*Note: all submissions will be screened for plagiarism using Turnitin.com.

Alternative assignment: Students who prefer not to participate in a health behavioral self-intervention may opt to complete an alternative assignment. The alternative assignment is as follows:

Using Research to Design a Health Behavioral Intervention: Using 2 different theories or intervention strategies you learned about in class, design a health behavioral intervention that targets 2 of your or another person's health behaviors and submit a 1-page write-up about your intervention. This alternative assignment is further described on Sakai.

Due date: **Thurs., June 18**

Submission: Sakai (Assignments tab – "Alternative Assignment")

*Note: all submissions will be screened for plagiarism using Turnitin.com.

Grading:

Course grades will be based on the following:

| | |
|---|-------------|
| Exam 1: | 20% |
| Exam 2: | 20% |
| Exam 3: | 20% |
| Final exam: | 25% |
| Health behavior intervention or alternative assignment: | 10% |
| Quizzes: | 5% |
| TOTAL | 100% |

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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 or quizzes will be given unless arrangements are made prior to the day of the exam/quiz or written proof of unavoidable absence is provided. Make-up exams may be different from the original exams. If exceptional last-minute circumstances prevent you from taking an exam or quiz, it is important that you contact me immediately. In some circumstances without a documented but still valid reason for your failure to submit an exam or quiz, you may take a make-up exam/quiz with a 5-90% deduction in points (at my discretion). Missed exams or quizzes 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 2). If you have a legitimate reason 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 share your letter of accommodation with 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.

As of 5/20: All CAPS locations are physically closed, but are providing services, including Let's Talk, remotely via phone and video appointments.

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.

As of 5/20: VPVA's physical office is closed but our hotline (848-932-1181) remains operational and will continue to provide 24/7 crisis response for anyone in the Rutgers community who needs it.

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 sure to use only respectful communication and maintain a congenial online environment.

Quiz, exam, and assignment scores will be posted on Sakai; it is your responsibility to contact me immediately (within 24 hours) if you believe you have not received credit for a submitted quiz, 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.

Please do not post any class materials such as class recordings, lecture slides, or practice questions to any web site.

Course schedule

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

| DAY | TOPIC | READING | ASSIGNMENT |
|--|---|------------|--|
| Part I: Introduction to Health Psychology | | | |
| May 26 (Tu) | Introduction and overview What is Health Psychology? | | |
| May 27 (W) | Research methods Psychophysiology | | |
| Part II: Stress and Coping | | | |
| May 28 (Th) | Psychophysiology Stress: measurement and models | | |
| June 1 (M) | Stress moderators (social support) | Article #1 | |
| June 2 (Tu) | Stress moderators (personality) | | |
| June 3 (W) | Exam 1 (will cover material addressed through 6/2) | | |
| June 4 (Th) | Coping with and reducing stress | | |
| Part III: Health Behaviors | | | |
| June 8 (M) | Theories of health behavior | | |
| June 9 (Tu) | Prevention and intervention | Article #2 | |
| June 10 (W) | Substance use and abuse (smoking) | | |
| June 11 (Th) | EXAM 2 (will cover material addressed 6/4-6/10) | | |
| June 15 (M) | Substance use and abuse (alcohol) | | |
| June 16 (Tu) | Eating and obesity | | |
| Part IV: Getting Medical Treatment | | | |
| June 17 (W) | Using health services | Article #3 | |
| June 18 (Th) | Decisions in health care | | Written assignment (intervention or alternative) due on Sakai |
| June 22 (M) | Patient-provider relations | | |
| June 23 (Tu) | EXAM 3 (will cover material addressed 6/15-6/22) | | |
| June 24 (W) | Iatrogenic illness | | |
| Part V: Pain and Illness | | | |
| June 25 (Th) | Pain | | |
| June 29 (M) | Pain (the placebo effect) | Article #4 | |
| June 30 (Tu) | Coping with serious illness | | |
| July 1 (W) | Wrap-up; final exam review | | |
| July 2 (Th) | Final exam (cumulative) | | |

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