

Schedule: MW4 3:00 to 4:20

Location: Online via Zoom

Instructor: Richard J. Contrada, Ph.D. contrada@psych.rutgers.edu

Office Hours: By appointment

TA:

Office Hours:

Please read this syllabus carefully and email me any questions, comments, or concerns.

Note: This course has received an ***Open and Affordable Textbooks Program award*** from the Rutgers Libraries. The **OAT Program** supports textbook affordability by encouraging courses to adopt educational materials that are freely available, available at a low cost (compared to similar courses), or part of the Rutgers University Libraries' electronic collections, and thereby free of charge to Rutgers University students. As a student in this course, you will be asked to provide feedback on this initiative at the end of the semester.

Zoom will be used to hold class online. The link will take you to instructions for setup. It is free to students.

Main Canvas portal: Canvas contains this syllabus, readings, multimedia course materials, course email, assignments, polls, practice quizzes, and exam review/preparation materials. All will be made available in Canvas under ***“Modules”*** unless otherwise indicated. Students are responsible for all information and materials on the course Canvas web pages. Because information/materials are subject to change, ***students should check Canvas at least twice a week*** and in response to email notifications about such changes. ***Email notifications are sent to your Rutgers email account.***

Attendance: Take this class only if you plan to attend regularly. ***A critical amount of course material will be presented, explained, and discussed only in class*** and there will be ***graded class exercises*** (4 can be missed without losing credit).

Required readings are from primary sources and provided online through **Canvas**. There is ***no required textbook***. **Optionally**, you may wish to read any of the standard health psychology texts, including but not limited to those written by: Brannon, Updegraff, & Feist, by Taylor, or by Sarafino & Smith. The more recent the edition, the better, and ***be aware that coverage of topics and certain facts and figures will differ between text books and my lecture***, though any text will help you with major topics. Copies may be available in the library and can be purchased/rented online.

Videos: Often (not always) shown in class and usually available on Canvas or elsewhere online. Please note that Canvas's media features are not always compatible with Apple's Safari web browser. Thus, for Mac users, if you encounter issues attempting to view videos on Canvas using Safari, instead please try to view the videos using an alternative browser such as Google Chrome or Firefox.

Assignments: Posted and submitted in Canvas **Assignments**; these are **Graded**.

Learning Goals: **Health and illness have multiple determinants, concomitants, and consequences, of which many fall into the domain of psychology. It is my purpose in teaching this class to foster familiarity and understanding of:**

1. The history, basic assumptions, main topic areas, concepts, and methods of Health Psychology
2. The relationships between health psychology and more traditional areas of psychology
3. How to think critically about psychology and health
4. The relationship between laboratory and non-laboratory research in health psychology
5. The contributions of disciplines other than psychology to understanding behavior-health relationships
6. Social, cultural, economic, and political ramifications of health and psychology
7. How to write clearly and cogently about health psychology topics
8. How to respond appropriately to peers' written and oral comments in discussion forums
9. How to improve one's own health related behaviors and those of family and friends
10. How to manage illness problems experienced by oneself, family members, and friends
11. How to be a critical consumer of health- and psychology-related information presented in the media
12. Academic, professional, and other career opportunities in psychology, health, and medicine
13. Evolving/emerging/future problems of health/illness and health care and possible solutions

Note: These include **Psychology Department learning goals** as they relate to Health Psychology.

Class Schedule Outline

Month	Week	Date	Class#	Topic	Assignments
September	1	1	1	Overview/Introduction to Health Psychology	#1
	2	8	2	Health and Disease in the United States Today	
	3	13	3	Theory and Research Methods	
		15	4	Health Behavior Theory	#2
	4	20	5	Illness Cognition and Self-Regulation	
		22	6	Doctor-Patient Interactions	
	5	27	7	Hospitals	
		29	8	Stress I	#3
October	6	4	9	Stress II	
		6	10	Exam I	
	7	11	11	The Immune System	
		13	12	Psychosocial Factors/Stress Moderators I: Personality	#4
	8	18	13	Psychosocial Factors/Moderators II: Relationships	
		20	14	Pain	
	9	25	15	Stress Management	
		27	16	Cardiovascular Diseases	
November	10	1	17	Cancer	
		3	18	Infectious Diseases: HIV/AIDS and COVID-19	#5
	11	8	19	Exam II	#6
		10	20	Tobacco	#7
	12	15	21	Alcohol	
		17	22	Marijuana	#8
	13	22	23	Sex	
		24		Thanksgiving Break No Classes	
	14	29	24	Music/Positive Emotions	
December		1	25	Eating/Weight Regulation	
	15	6	26	Exercise; Body Image	
		8	27	The Future of Psychology and Health	
	16	13	28	Review	
				Final Exam During Finals Week	

Notes

Topic coverage, assignment due dates, and exam dates are subject to change

First Class: Tuesday, September 1

Last Class: Monday, December 13

Exam III:

Assignments: How to submit your Assignments via Canvas:

1. Download Assignments from Canvas Assignments
2. To learn the most from each assignment complete it as we cover the relevant material
3. Use MS Word or another word processor to complete the assignment
4. Save a copy for your notes—assignments contain material for which you are responsible

When you are ready to submit your assignment:

1. Log in to [Canvas](#)
2. Click on the Course tab: “2021FA – HEALTH PSYCHOLOGY 01:830:377:01”
3. Click on the "Assignments" tab on the left
4. Click on the latest/current assignment
5. Click on the “Submit Assignment” button at the top
6. Click on “Text Entry” and then copy and paste your assignment into the text box
 - a. Make sure it can easily be read and that there are no problems with special characters, formatting, or font
 - b. Click “Submit Assignment”
7. ***OR*** you may click on “File Upload” to upload a PDF version of your assignment instead of using “Text Entry”
 - a. Click “Submit Assignment”
8. Be sure you see a notification that says that your assignment was submitted.

Exam Details

Three exams

From 50 to 75 multiple-choice and true-false questions each

Exam 1 covers material from the first set of classes

Exams 2 and 3 cover material since the previous exam. They will NOT be cumulative

Exam preparation

You will be given guidance on exam coverage and how to prepare for any exam. There are also practice quizzes. And assignments, exercises, discussions, and other class activities are designed to help students learn course material.

Determination of Final Grades:

Exams will count for about 60%* of the final course grade.

Quizzes, class exercises, assignments, and contributions to discussion will count for about 40%* of the final course grade.

*These percentages will be refined depending on class performance and announced when available.

Additional Notes:

1. **Diversity, Climate, and Inclusivity.** In teaching this course I am committed to ensuring an inclusive, diverse, and supportive environment for all students irrespective of race, ethnicity, religion, national origin, immigration status, marital status, sex, sexual orientation, gender identity or expression, age, political affiliation, socioeconomic status, disability or medical history/conditions, veteran status, first-generational/non-traditional student status, or any other characteristic protected by law. Rutgers University supports this [commitment](#).
2. Please contact the **TA and Instructor** with questions about **course material**. The best way to do this is by **posting your question to Canvas "Discussions"** where others may benefit from your asking them and often help to answer them. The **TA** should be contacted for all matters relating to **course mechanics** such as registration, assignments, exams, grade issues, and the like.
2. This class necessarily involves material having to do with anatomy, sickness, disability, death, and personal behaviors such as sex and drug/alcohol use that are related to health.
3. **Please do not talk, except when called on to speak, or allow background noise to be picked up by your microphone.** This would be disruptive and interfere with other students' class experience. Please mute your microphone except when called on to speak. Also, please mute cell phones and do not take calls or text during class. Please let me know via private chat if other students' behavior is distracting to you.
4. **Students are expected to attend all classes.** This is because **a critical amount of course material will be presented, explained, and discussed in class** during which time your questions can be addressed. This will include in-class exercises and demonstrations. However, a recording will be available to you if you must miss a class. **The Canvas "Discussions" page is a good way to ask questions about course material especially when you have missed class and were therefore unable to seek clarification during lecture.** If you expect to miss class, please use the University absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence. An email is automatically sent to me.
5. If you have trouble downloading materials from Canvas, please use the "Help" tab on the left side of the Canvas website and/or get help at one of the University computer labs, because it is unlikely that I will be able to help since the issues are usually local to your PC/browser/printer. Sometimes the problem is solved by: (a) making sure you respond to a question about copyright issues in a window that may be open but hidden somewhere on your screen; (b) saving the file before opening; (c) upgrading to the latest version of relevant software (e.g., Adobe Reader).
6. **In normal times**, the exam format is multiple choice/true-false and requires scantron sheets, and students must provide a #2 pencil. However, this semester exams will take place online.
7. **In normal times**, you must bring a picture ID (student ID or driver's license) to the exams. However, a different ID process will be used for the online exams.
8. **It is expected that you will make every effort to take all exams as scheduled** (or rescheduled, as may be necessary, and if so will be announced in class and on Canvas) and not make plans or commitments that will create schedule conflicts. Students who miss an exam are advised to let me know in advance when this is possible. Either way you may request a make-up. Make-up exams are always scheduled **after** the regular exams and at the convenience of the TA.
9. **Assignments must be completed based on the student's own, independent work.** Plagiarism is unacceptable. **Rutgers Academic Integrity Policy:** <http://academicintegrity.rutgers.edu/academic-integrity->

[policy/](#). For additional information and resources regarding plagiarism see the information and links at the end of this syllabus.

10. Because the instructor for this course may not be on campus after the end of the semester, all students must complete all assignments and take all exams prior to the end of the semester to receive a grade.
11. All grades will be posted electronically. Students are responsible for contacting the TA in a timely fashion if they believe they have not received credit for submitted assignments/exams they have taken.
12. ***It is expected that students will complete course evaluations for this class.*** Course evaluations, both the ratings and especially the comments, provide critical feedback for improving courses and for helping students to make decisions about course selection. Over the past many years, student evaluations have led to many improvements in Health Psychology. Please help your fellow/future students by providing evaluative ratings and comments when the time comes at the end of the semester.
13. ***All grades are final and non-negotiable.*** Some students may feel they “just missed” the next highest final course grade, for example, because they were sick or under a lot of stress during exam periods. But remember, you will have come that close to the next highest grade based in part on fairly easy assignments, exercises, exams that may include bonus questions, and possible exam grade curves. Also, if I were to lower the cutoff to raise the letter grade for a student who “just misses” the next highest grade, there would be another student who scored slightly lower who now would “just miss” the new cutoff, and the logical conclusion would be to keep lowering the cutoff until everyone receives an “A”. Such grades would be meaningless.
14. ***There are no individualized extra credit opportunities.*** I cannot negotiate extra credit opportunities for individual students because it would not be fair to the others. And I cannot work separately with each student until all students are satisfied with their grades. Note that many of the assignments and exercises are simple and only require following straightforward directions; several do not even have right or wrong answers, and just require thoughtfulness and effort in expressing your beliefs/opinions. A lot of information will be provided to guide efforts to prepare for the exams, including practice quizzes and specifics about what will and will not be covered. And you may be able to earn extra credit on bonus exam questions, even by guessing the correct answer. Please do not contact me to request further extra credit opportunities or just to let me know you were not satisfied with your grade. I do not under any circumstances offer individualized “extra credit” opportunities because I believe a grading system is only fair if it is based on the same exams/assignments for all students.
15. 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.

Student-Wellness/Support Services

Counseling, ADAP & Psychiatric Services (CAPS): <http://health.rutgers.edu/medical-counseling-services/counseling/>

(848) 932-7884/17 Senior Street, New Brunswick, NJ 08901

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): www.vpva.rutgers.edu/

(848) 932-1181/3 Bartlett Street, New Brunswick, NJ 08901

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 or to reach an advocate after hours, call 848-932-1181.

Disability Services: <https://ods.rutgers.edu/>

(848) 445-6800/LSH, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854
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>.

Just In Case Web App: <http://www.justincaseforcolleges.com/faq/>

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.

Caring Contact: <https://caringcontact.org/>

(908) 232-2880; A listening/support community

National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/>

(800) 273-8255; 24/7 support for people in distress

Cheating and Plagiarism

(Adapted from the spring 2010 syllabus for Prof. Andy Egan's 01:730: 252 Eating Right:

The Ethics of Food Choices and Food Policies)

Longer version: Cheating or plagiarizing 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 the unacknowledged words or ideas of someone else. It is also unfair, since it gives you an undeserved advantage over fellow students who are graded on their own work. In this class we will take cheating very seriously. Suspected cases of cheating/plagiarism may be referred to the Office of Judicial Affairs. I advise you to familiarize yourself with University policy on Academic Integrity: <http://academicintegrity.rutgers.edu/academic-integrity-policy>

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 from an oral, printed, or electronic source without proper attribution
- Paraphrasing without proper attribution
- 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 non-textual material from other sources without proper attribution.

A SPECIAL NOTE: Students often assume that because information is available on the Web it is public information, does not need to be formally referenced, and can be used without attribution. This is a mistake.

All information and ideas that you derive from other sources, whether written, spoken, or electronic, must be attributed to their original source. Such sources include not just written or electronic materials, but people with whom you may discuss your ideas, such as your roommate, friends, or family members. They deserve credit for their contributions too!

Judgments about plagiarism can be subtle. If you have any questions, please feel free to ask for guidance from your TA.

Useful Links

Online schedule of classes: <http://sis.rutgers.edu/soc/>

Building search: <https://maps.rutgers.edu/>

Plagiarism/Documenting your work:

General academic integrity Link: <http://academicintegrity.rutgers.edu/>

Academic integrity resources for students: <http://academicintegrity.rutgers.edu/resources-for-students>

The Camden plagiarism tutorial (INTERACTIVE):
<http://library.camden.rutgers.edu/EducationalModules/Plagiarism/>

Consult don't plagiarize: Document your research! For tips about how to take notes so that you don't plagiarize by accident. http://www.libraries.rutgers.edu/avoid_plagiarism

Online learning tools from Rutgers University Libraries including Rutgers RIOT, Searchpath and RefWorks: <http://www.libraries.rutgers.edu/tutorials>

Academic support programs: <http://newbrunswick.rutgers.edu/academics/academic-support>

Final Exams:

Policies: <http://nbregistrar.rutgers.edu/facstaff/examrules.htm> and
<https://www.sas.rutgers.edu/cms/sasoue/policies-resources/exams/15-policies-resources/policies/65-final-exams-policies>

Schedule: <http://finalexams.rutgers.edu/>