

Rutgers University
Psychology 377:02: Health Psychology
Spring 2021

Instructor: Keiko Brynildsen, Ph.D.
Class time: Mondays and Wednesdays 2:15-3:35 pm (class will be taught synchronously, but class sessions will be recorded for students who cannot attend live)
Class format: Remote (Zoom)
Office hours: Tuesdays 1-2 pm, Wednesdays 3:40-4:40 pm, and by appointment
Zoom personal room: <https://rutgers.zoom.us/j/3291005050?pwd=eTZUeEpwckE3YTc1ckR1aGYzVWFFQT09> (passcode: 223606)
Email: keikob@psych.rutgers.edu (I will aim to respond within 24 hours)
Course web page: Canvas (canvas.rutgers.edu); Sakai (sakai.rutgers.edu) for exams

Grad TA: Jacqueline Smith
Email: jes48@scarletmail.rutgers.edu
Office hours: TBA
Zoom personal room: TBA

Undergrad TA: Shama Vaidya
Email: sdv25@scarletmail.rutgers.edu

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.

Learning goals:

By the end of this course, you should be able to:

- interpret and evaluate research findings in Health Psychology.
- identify and explain the main conceptualizations of stress, the effect of stress on the body, and evidence-supported mechanisms for coping with stress.
- explain the factors involved in and the process of health behavior change (generally and for specific health-related behaviors such as smoking) using the major models of health behavior.
- identify sources of problems in health care delivery (e.g., physician-patient communication) and ways to address them.
- recognize and explain psychological factors involved in pain and serious illness.

Respect for diversity:

It is of utmost importance that all students in this class enjoy a safe learning environment with equal opportunities to succeed and grow, without being subjected to judgment or disrespect from others, whether based on one's ethnicity, religion, gender identity, or any other reason. We must ensure that we use only civil, appropriate, and respectful communication with each other to promote a comfortable class environment.

Required materials:

Readings: Assigned articles will be posted in the Modules section of Canvas; there will be questions on exams that address these articles.

Learning Platform: We will be using **Top Hat Pro** (www.tophat.com) for quizzing and lecture. You will be able to submit answers to in-class questions using Apple or Android smartphones and tablets, laptops, or through text message. Students using the lecture recordings rather than attending live can complete the quizzes by 11:59 pm the following day via the Top Hat platform. For instructions on how to create a Top Hat account and enroll in our Top Hat Pro course, please refer to the invitation sent to your school email address or consult Top Hat's Getting Started Guide (<https://success.tophat.com/s/article/Student-Getting-Started-with-Top-Hat>).

If you already have a Top Hat account, go to <https://app.tophat.com/e/089811> to be taken directly to our course. If you are new to Top Hat, go to <https://app.tophat.com/register/student> and search for our course with the following join code: **089811**

Top Hat Pro requires a paid subscription, which is \$20 for our course. If you are enrolled in multiple courses using Top Hat, you only need to pay for one subscription.

Should you require assistance with Top Hat at any time, please contact their Support Team directly by way of email (support@tophat.com), the in-app support button, or by calling 1-888-663-5491. Specific user information may be required by their technical support team when troubleshooting issues.

Other requirements: regular and reliable access to a computer with high-speed Internet. Please visit the Rutgers Student Tech Guide page for resources available to all students. If you do not have the appropriate technology for financial reasons, please email Dean of Students (deanofstudents@echo.rutgers.edu) or complete the contact form for assistance. If you are facing other financial hardships, please visit the Office of Financial Aid at <https://financialaid.rutgers.edu/>

*Learning remotely presents new challenges. For assistance with learning how to address these challenges, please consult the resources available here: https://rlc.rutgers.edu/remote_instruction

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:** Our course lectures will be conducted on Mondays and Wednesdays 2:15-3:35 pm, but **synchronous attendance is not required**. 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 learning process; regular class attendance is expected. I welcome your questions and comments during class; Zoom's chat function can be used for questions and comments during lecture. I will post the lecture slides on Canvas 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. 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 open-note; questions will take the form of multiple-choice, fill-in-the-blank, and/or matching.
4. **Quizzes:** During each lecture, we will have brief quizzes (using Top Hat) to check and solidify your comprehension of the material. For students in the live sessions, the quizzes will be given during class; for students accessing the recordings, the quizzes will be accessible after class on Top Hat. Quizzes will be graded for participation only; in total, quiz scores will contribute 20% to your total grade.

Quiz points will be posted on Canvas within 24 hours of each quiz deadline. It is your responsibility to check your Canvas gradebook to ensure that your responses have been recorded. **If you see a discrepancy, please let me know within 1 week of the quiz due date.**

5. **Written Assignment: Using Psychological Methods to Improve Health Behaviors:** Using a theory 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 Canvas includes important details about this assignment.

Your 3-4-paragraph write-up should include:

- the behavior you changed, including an explanation of why you chose this behavior.
- the theory/intervention strategy that you applied (and why?).
- the success of your intervention.
- your reflections about why your intervention strategy did or did not work.

Please consult with me before starting your intervention if you have any concerns about your selected behavior.

Due date: **Sunday, Apr. 18 (11:59 pm)**

Submission: Canvas (Assignments tab – “Health Behavior Intervention”)

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 3-4-paragraph write-up about your intervention. This alternative assignment is further described on Canvas.

Due date: **Sunday, Apr. 18 (11:59 pm)**

Submission: Canvas (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:	15%
Exam 2:	15%
Exam 3:	15%
Final exam:	20%
Assignment:	15%
Quizzes:	20%
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:

Make-up exams may be different from the original exams. If exceptional last-minute circumstances prevent you from taking an exam, it is important that you contact me immediately. In some circumstances, you may take a make-up exam with a 0-90% deduction in points (at my discretion). Missed exams and quizzes will otherwise be given a score of

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zero. Late assignments will receive a 10% deduction in points for each day late (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 at the time scheduled by the University (<http://finalexams.rutgers.edu/>). University regulations set the time and date of all final examinations and specific guidelines that define conflicts (<http://sasundergrad.rutgers.edu/forms/final-exam-conflict>). 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 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:

As we discover practices that may work better or worse than others, I will need to be flexible in adjusting some aspects of the class to improve your experience. I will, of course, notify you about any adjustments!

All students will be muted upon entry to the Zoom classroom to minimize disruption from background noise. Please be mindful of your fellow students by avoiding behavior that interferes with their ability to focus such as using the chatroom for communication that is not relevant to the material. Please be sure to use only respectful communication and maintain a congenial online environment.

Exam, quiz, 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, quiz, 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 class recordings, lecture slides, exams, quizzes, or practice questions to any web site.

Course Schedule (Quizzes, Exams, and Assignment)

This calendar presents dates of exams, quizzes, assignments, and important dates (please see the next schedule for course topics).

January 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20 <small>First class</small>	21	22	23
24	25	26 <small>Quiz due by 11:59 pm (TopHat)</small>	27	28 <small>Quiz due by 11:59 pm (TopHat)</small>	29	30
31						

February 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <small>Quiz due by 11:59 pm (TopHat)</small>	3	4 <small>Quiz due by 11:59 pm (TopHat)</small>	5	6
7	8	9 <small>Quiz due by 11:59 pm (TopHat)</small>	10	11 <small>Quiz due by 11:59 pm (TopHat)</small>	12	13
14	15 <small>Exam 1 (will cover material addressed through 2/10)</small>	16 <small>Quiz due by 11:59 pm (TopHat)</small>	17	18 <small>Quiz due by 11:59 pm (TopHat)</small>	19	20
21	22	23 <small>Quiz due by 11:59 pm (TopHat)</small>	24	25 <small>Quiz due by 11:59 pm (TopHat)</small>	26	27
28						

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March 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Quiz due by 11:59 pm (TopHat)	3	4 Quiz due by 11:59 pm (TopHat)	5	6
7	8	9 Quiz due by 11:59 pm (TopHat)	10 Exam 2 (will cover material addressed through 3/8)	11 Quiz due by 11:59 pm (TopHat)	12	13
14	15 No Class – Spring Break	16	17 No Class – Spring Break	18	19	20
21	22	23 Quiz due by 11:59 pm (TopHat)	24	25 Quiz due by 11:59 pm (TopHat)	26	27
28	29	30 Quiz due by 11:59 pm (TopHat)	31			

April 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Quiz due by 11:59 pm (TopHat)	2	3
4	5	6 Quiz due by 11:59 pm (TopHat)	7	8 Quiz due by 11:59 pm (TopHat)	9	10
11	12 Exam 3 (will cover material addressed through 4/7)	13 Quiz due by 11:59 pm (TopHat)	14	15 Quiz due by 11:59 pm (TopHat)	16	17
18 Intervention assignment (or alternative) due by 11:59 pm (Canvas)	19	20 Quiz due by 11:59 pm (TopHat)	21	22 Quiz due by 11:59 pm (TopHat)	23	24
25	26	27 Quiz due by 11:59 pm (TopHat)	28	29 Quiz due by 11:59 pm (TopHat)	30	

May 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Last day of class	4 Quiz due by 11:59 pm (TopHat)	5	6	7	8
9	10	11 Final Exam (12-3 pm)	12	13	14	15

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Course Schedule (Topics)

This schedule presents the topics we will cover and the order in which we will cover them. Specific dates are not given here for topic coverage and reading assignments because these dates will be determined by our pace in covering the material.

TOPIC	READING
Part I: Introduction to Health Psychology	
Introduction and overview; What is Health Psychology?	
Research methods	
Psychophysiology	
Part II: Stress and Coping	
Stress: measurement and models	Creswell, Welch, Taylor, Sherman, Gruenewald, & Mann (2005). Affirmation of personal values buffers neuroendocrine and psychological stress responses. <i>Psychological Science</i> , 16, 846-851.
Stress moderators (social support)	
Stress moderators (personality)	
Coping with and reducing stress	Jamieson, Nock, & Mendes (2020). Mind over matter: Reappraising arousal improves cardiovascular and cognitive responses to stress. <i>Journal of Experimental Psychology</i> , 141, 417-422.
Part III: Health Behaviors	
Theories of health behavior	
Prevention and intervention	Mann, Sherman, & Updegraff (2004). Dispositional motivations and message framing: A test of the congruency hypothesis in college students. <i>Health Psychology</i> , 23, 330-334.
Smoking	
Alcohol use	
Eating and obesity	
Part IV: Getting Medical Treatment	
Using health services	
Decisions in health care	
Patient-provider relations	
Iatrogenic illness	
Part V: Pain and Discomfort	
Pain	
The placebo effect	Howe, Goyer, & Crum (2017). Harnessing the placebo effect: Exploring the influence of physician characteristics on placebo response. <i>Health Psychology</i> , 36, 1074-1082.
Part VI: Chronic and Life-Threatening Health Problems	
Coping with serious illness	

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