

Rutgers University

Psychology 377:01: Health Psychology

Spring 2023

Instructor: Keiko Brynildsen, Ph.D.
Class time: Tuesdays and Thursdays 3:50-5:10 pm
Class location: HLL 114
Office hours: Wednesdays 12:30-1:30 pm, Fridays 2:15-3:15 pm, and by appointment
Office location: Tillett 329
Email: keikob@psych.rutgers.edu (I will aim to respond within 24 hours)
Course web page: Canvas (canvas.rutgers.edu)

Grad TA: Vanessa Hatton
Email: vhatton@scarletmail.rutgers.edu
Office hours: TBA
Office location: TBA

We have 3 undergrad TAs who will be available for office hours by appointment provide help with the material. You are encouraged to contact any of them to schedule an appointment.

Undergrad TA: Anahita Sheriyarji Ree Shakaib
Email: ans219@scarletmail.rutgers.edu ts989@scarletmail.rutgers.edu
Undergrad TA: Enrique Silva
Email: eos24@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.

Chosen names: If your chosen name is different from that which appears on the official course roster, please let me know so that I can use your chosen name.

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

Required materials:

Readings: Assigned articles will be posted in the Modules section of Canvas.

Other requirements: regular and reliable access to a computer with high-speed Internet. Please visit the [Rutgers Student Tech Guide](#) 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/>

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 **use only your Rutgers (not personal) email** when contacting me.
2. **Attendance:** Attending class is essential to the learning process. Regular class attendance is expected. I will post the lecture slides on Canvas before each class; you may find it helpful to take notes on these while attending 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 multiple-choice. You must provide your 9-digit RUID number on all exams.
4. **Quizzes:** Quizzes will be assigned weekly using Canvas Quizzes and will be due on Mondays at 11:59 pm. These brief quizzes will address the assigned articles and/or the material discussed in class with the aim of solidifying your comprehension and retention of the material. You may take each quiz an unlimited number of times; your highest score will be recorded. If you submit a quiz late, you will receive partial credit with a 10% per day late deduction (starting after 11:59 pm on Mondays).

Quiz points will be posted in the Canvas gradebook; it is your responsibility to check to ensure that your points have been recorded. **If you see a discrepancy, please let me know within 1 week of the quiz due date.**

Grading:

Course grades will be based on the following:

Exam 1:	20%
Exam 2:	20%
Exam 3:	20%
Final exam:	25%
Quizzes:	15%
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

Academic integrity:

Rutgers University takes academic dishonesty very seriously. By enrolling in this course, you assume responsibility for familiarizing yourself with the Academic Integrity Policy and the possible penalties (including suspension and expulsion)

for violating the policy. As per the policy, all suspected violations will be reported to the Office of Student Conduct. Academic dishonesty includes (but is not limited to):

- Cheating
- Plagiarism
- Aiding others in committing a violation or allowing others to use your work
- Fabrication
- Using another person's ideas or words without attribution, including re-using a previous assignment
- Unauthorized collaboration
- Sabotaging another student's work

Any suspected cases of academic dishonesty will be referred to the Office of Student Conduct (see <http://nbacademicintegrity.rutgers.edu/> 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 (<https://www.sasundergrad.rutgers.edu/degree-requirements/policies/final-exam>). 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/getting-registered>. Please give your letter of accommodation to me as soon as possible, and we will coordinate the accommodations privately.

Student support and mental wellness:

- Student Success Essentials: <https://success.rutgers.edu>
- Student Support Services: <https://www.rutgers.edu/academics/student-support>
- The Learning Centers: <https://rlc.rutgers.edu/>
- The Writing Centers (including Tutoring and Writing Coaching): <https://writingctr.rutgers.edu>
- Rutgers Libraries: <https://www.libraries.rutgers.edu/>
- Office of Veteran and Military Programs and Services: <https://veterans.rutgers.edu>
- Student Health Services: <http://health.rutgers.edu/>
- Counseling, Alcohol and Other Drug Assistance Program & Psychiatric Services (CAPS): <http://health.rutgers.edu/medical-counseling-services/counseling/>
- Office for Violence Prevention and Victim Assistance: www.vpva.rutgers.edu/

General policies:

In an effort to ensure a successful learning environment for everyone, please be mindful of your fellow students by avoiding behavior that interferes with classroom activities or with other students' ability to focus such as chatting, texting, using social media, playing computer games, or leaving the class prematurely (if it is necessary that you 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 quiz 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 quiz.

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 lecture slides, exams, quizzes, or practice questions to any web site or share with any individual.

Course Schedule (Quizzes, Exams, and Assignment)

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

January 2023

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

February 2023

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

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Exam 2 (will cover material addressed through 3/2)	8	9	10	11

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12	13	14 <i>No Class – Spring Break</i>	15	16 <i>No Class – Spring Break</i>	17	18
19	20 Quiz due 11:59 pm (Canvas)	21	22	23	24	25
26	27 Quiz due 11:59 pm (Canvas)	28	29	30	31	

April 2023

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

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Quiz due 11:59 pm (Canvas)	2 Reading Day	3 Reading Day	4	5 Final Exam (12-3 pm)	6
	8	9	10	11	12	13

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Course Schedule (Topics)

This schedule presents the topics we will cover. 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	READINGS (SUBJECT TO CHANGE WITH NOTICE)
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, 16</i> , 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, 141</i> , 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, 23</i> , 330-334.
Health behaviors: Smoking	
Health behaviors: Alcohol use	
Health behaviors: Eating and physical activity	
Part IV: Getting Medical Treatment	
Seeking and using medical care	
Patient-provider relations	Pereira, Figueiredo-Braga, & Carvalho, 2016. Preoperative anxiety in ambulatory surgery: The impact of an empathic patient-centered approach on psychological and clinical outcomes. <i>Patient Education and Counseling, 99</i> , 733-738.
Iatrogenic illness	
Decisions in health care	
Part V: Pain	
Pain	
The placebo effect	Howe, Goyer, & Crum (2017). Harnessing the placebo effect: Exploring the influence of physician characteristics on placebo response. <i>Health Psychology, 36</i> , 1074-1082.
Part VI: Chronic and Serious Illness	
Coping with serious illness	

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