

# Preliminary Syllabus Subject to Change: Check Periodically

HEALTH PSYCHOLOGY—Fall 2011 (830:377:01), Index: 26082

Tuesday and Friday, Second Period (10:20-11:40am), Beck Hall Auditorium

Instructor: Prof. Richard J. Contrada ([contrada@rci.rutgers.edu](mailto:contrada@rci.rutgers.edu))  
Hours: Tuesdays, Third Period (12:00-1:20pm), Tillett Hall Room 323  
make an appointment)

Office  
(Please

TA:  
Hours: By Appointment

Office

Text: There is ***no required text***. Reading assignments will be posted on Sakai throughout the semester.

***Optionally***, you may wish to read any of the standard Health Psychology Texts, including those written by: L. Brannon & J. Feist, by S. Taylor, or by E. P. Sarafino. The more recent the edition, the better, and ***be aware that certain facts and figures will differ between text books and my lecture***, though on balance any text will help you with major concepts. Copies of useful text will be placed on reserve at the Kilmer Library.

The readings and other course material will be provided online through ***Sakai***.

***To see and download this syllabus:*** Sign in to the class website on ***Sakai***.

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

Sakai will contain course materials including this syllabus, PowerPoint slides, readings, links to useful websites, out-of-class assignments, sample midterm and final exam questions, and midterm and final exam review guides. Students are responsible for everything on ***this*** webpage and on all the webpages contained within ***Sakai***. In addition, because all the information is subject to change, students should check ***Sakai*** at least twice a week for changes and announcements.

Materials will be made available under ***"Resources"*** unless otherwise indicated.

***Videos:*** Excerpts from several videos will be shown in class and then placed on reserve in the Media Center, in the basement of the Kilmer Library.

***To see your grades:*** <https://secure.fas.rutgers.edu/apps/gradebook/>

**Assignments:** There will periodically be brief assignments for you to complete outside class. All will be announced and made available through ***Sakai*** and completed assignments will be submitted to the TA through ***Sakai***.

How to submit your assignments via Sakai:

1. Log in to Sakai (<https://sakai.rutgers.edu/>)
2. Click on the Course tab: "01:830:377:01 F11"
3. Click on "Assignments" tab on the left
4. Click on the assignment you wish to submit (e.g., Assignment 1)
5. Scroll down
6. Under Submissions, click on "Add Attachments"

7. Click on "Browse" to upload your assignment
8. Click "Continue"
9. Click "Submit"
10. You will see a screen that says that your assignment was submitted.

**IMPORTANT:**

1. Before submitting your completed assignments, please make sure your full name (last name, first name) and RUID number are included.

**Learning Goals:** It is my purpose in teaching this class to foster your 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 basic research and applications to health problems
5. The contributions of disciplines other than psychology to research and application concerning behavior and health
6. How to write clearly and cogently about health psychology topics
7. How to improve your own health related behaviors and those of family and friends
8. How to be a critical consumer of health- and psychology-related information presented in the media
9. Academic, professional, and other career opportunities in psychology, health, and medicine
10. Evolving problems of health/illness and health care

Class Schedule Notes:

**Thu Sep 8                      Monday schedule is followed—Does not affect this class**

**Mon Nov 21 Wednesday schedule is followed—Does not affect this class**

**Tue Nov 22 No Class—Thursday schedule is followed**

**Fri Nov 25                      No Class—Thanksgiving Break**

**Main Topics and Exams:** Topic coverage is subject to changes (announced in class).

Class 1 and 2	Course Introduction and History and Background of the Health Psychology Field
Class 3	Conducting Health Research: Theory and Research Methods
Class 4 and 5	Health-Related Behavior: Major Theoretical Models and Perspectives
Class 6 and 7	Interacting with the Health Care System and Adhering to Medical Advice
Class 8 and 9	Defining and Measuring Stress: Biological, Psychological, and Environmental Approaches
Class 10	Stress and Disease: A focus on the immune system
Class 11	Psychosocial Resources and Stress Moderators
Class 12	Pain
Class 13	Managing Stress and Pain: Coping Techniques

**Midterm Exam Tuesday, October 18**

Class 15 and 16 Behavioral Factors in Cardiovascular Disease

Class 17 and 18 Behavioral Factors in Cancer  
Class 19 Living with Chronic Illness  
Class 20 and 21 HIV/AIDS  
Class 22 Smoking Tobacco  
Class 23 Using Alcohol  
Class 24 Eating and Weight Control  
Class 25 Exercising  
Class 26 Future Challenges  
Class 27 and 28 Review for Final

## **Final Exam Friday, December 23, 8:00am to 11:00am, Beck Hall Auditorium**

### **EXAMS**

Mid-Term: About 60 multiple-choice and true-false questions based on lecture and readings.

Final Exam: About 80 multiple-choice and true-false questions. Primarily on material covered since the Mid-Term Exam, with some coverage of important material from before the Mid-Term.

### Determination of Final Grades:

Mid-Term:	30%
Assignments:	30%
<u>Final Exam:</u>	<u>40%</u>
Total:	100%

### NOTES

1. Please contact the instructor with questions about course material. The TA should be contacted for all matters relating to registration, assignments, exams, grades and the like.
2. This class necessarily involves material having to do with sickness, disability, and death, and personal behaviors such as sex and drug/alcohol use that are related to health.
3. Please do not talk during class; it is disruptive in a lecture room this size. Also, please turn off the sound on cell phones and pagers. If you must arrive late or leave early, please sit in back.
4. While attendance is not required, it is strongly recommended. If you must miss a class, get notes, and find out if you missed any announcements about changes in exam dates, etc.
5. The slide presentations are made available in Sakai about a day prior to each class. You will need to use a PC with Microsoft PowerPoint to be able to download/print them. If you have trouble with this, please 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.
6. Both the Mid-Term and the Final are multiple choice/true-false and require scantron sheets; students must provide a #2 pencil.
7. You must bring a picture ID (student ID or driver's license) to the midterm and final exams.
8. Students who miss an exam because they are physically unable to take it as scheduled must inform me in advance of the exam and may request a make-up, which may include short essays and other open-ended questions. There must be documentation of severe illness in the form of a letter from a physician that includes a phone number so that the physician can be contacted for verification. The letter must be received by the instructor within one week of the missed exam.

9. During the 13th and 14th weeks of the semester tests of more than 30 minutes duration may not be given except if a course gives more than one hour test and a final. If there is no final examination in a course, the last hour test must be given earlier than the 13th week or at the hour scheduled for the final examination.
10. There will be a loss of credit for assignments that are submitted late.
11. Assignments must be based on the student's own, independent work. Plagiarism is unacceptable. Violations include: cheating, fabrication, plagiarism, denying others access to information or material, and facilitating violations of academic integrity. **Rutgers Academic Integrity Policy:** <http://academicintegrity.rutgers.edu/integrity.shtml>
12. 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.
13. 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 or exams they have taken.
14. All grades are final. If necessary, curves for the midterm exam, final exam, and overall score will raise grades. Also, many of the assignments will be simple and only require following straightforward directions. And a lot of information will be provided to guide efforts to prepare for the midterm and final exams, including specifics about what will and will not be covered. Some may feel they "just missed" the next highest 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 only after the curves and fairly easy assignments. 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".
15. There are no extra credit opportunities. All students will receive the same extra credit opportunities in the form of simple assignments and grade curves. 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. I will not respond if you 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 "extra credit" opportunities because I believe a grading system is only fair if it is based on the same exams/assignments for all students.
16. 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.