

Rutgers University  
Psychology 377: Health Psychology  
Spring 2016

Instructor: Keiko Taga Brynildsen, Ph.D.  
Office hours: Tuesdays 1:30-2:30 pm and by appointment  
Office location: Tillett Hall #329  
Class times: Tuesdays and Fridays 12:00-1:20 pm  
Class location: Tillett Hall #232  
Email: keikob@rutgers.edu  
Course web page: Sakai (sakai.rutgers.edu/portal)

Teaching Assistant: Janna Kline  
Office hours: Tuesdays 3:00-4:00 pm  
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Email: jrk177@scarletmail.rutgers.edu

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### 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; dying; substance use; eating behaviors; health-promoting behaviors; patient adherence; physician-patient communication; and using health care.

### Required text:

Sarafino, E. P., & Smith, T. W. (2014). *Health Psychology: Biopsychosocial Interactions* (8<sup>th</sup> ed.). Hoboken, NJ: Wiley. [ISBN: 9781118425206]

### Required equipment:

Regular access to a computer with Internet, Word, Excel, and PowerPoint; #2 pencil for all exams.

### 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 and participation:** Attending class is essential to the learning process. Regular class attendance and reading of the assigned material are expected. Further, many exam questions will be drawn from material presented in the lecture that is not repeated in the textbook; thus, it is in your best interest to attend all classes. *If you miss a class, you are responsible for obtaining the missed information from a classmate* (my lecture notes will not be provided to students).
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 have your RUID and provide your 9-digit RUID number on all exams.

4. **Posters:** Each student will create a 1-page poster (see Sakai for template) that will report on study conducted this semester. The poster will include the following sections: Title, Abstract, Introduction, Method, Results, Discussion, and References. We will collect data from the class (on a voluntary basis – students are not required to complete the survey) based on students' interests during the semester and each student will analyze the data (using Excel) for their poster. The first assignment for the poster project involves a brief indication of students' variables of interest (due on **Tuesday, Jan. 26** on Sakai). The survey questions we will use to collect data will include as many of these variables as possible, but will not include every variable students choose due to practical limitations. Before we collect data, each student must complete human subjects training by completing the online tutorial at <https://orra.rutgers.edu/citi> and submitting their completion report to Sakai by **Friday, Jan. 29**. **Failure to complete the tutorial will result in the inability use the data for your poster project and thus a score of zero for the poster.** There may be overlap in students' poster topics, but each poster must be created individually – collaboration or group work are prohibited. The posters are due (on Sakai) on **Tuesday, Apr. 22**. More information about the poster assignment will be provided in class.

## Grading:

Course grades will be based on the following:

Exam 1:	18%
Exam 2:	20%
Exam 3:	22%
Final exam:	30%
Poster:	10%
Topic statement	(.5%)
Human subjects tutorial	(.5%)
<b>TOTAL</b>	<b>100%</b>

## Make-up policy:

No make-up exams will be given unless arrangements are made prior to the day of the exam/assignment due date or written proof of unavoidable absence is provided (e.g., doctor's note). Make-up exams may be in essay format. If exceptional circumstances prevent you from taking an exam (e.g., car accident), it is important that you contact the instructor within 24 hours. In some circumstances without a documented but still valid reason for your absence on an exam day, you may take a make-up exam with a 10-90% deduction in points (at the instructor's discretion). Late posters will receive a 5% deduction in points for each day late. An extension on posters may be granted only if there is a documented emergency.

## 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 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).

## 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 <http://disabilityservices.rutgers.edu/request.html>. Please bring your letter of accommodation to me as soon as possible, and we will coordinate the accommodations privately.

## Final exam:

Our final exam is scheduled to be held on Thursday, May 5 12:00-3:00 pm (<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 medical excuse for missing the exam, you will receive a TF in the course until the make-up has been completed.

## 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/](http://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/](http://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:

Please be mindful of your fellow students and the instructor by avoiding behavior that interferes with classroom activities or with other students' ability to focus such as texting, surfing the internet, playing computer games, having cell phones ringing, entering the class late, or leaving the class prematurely (if it is necessary that you arrive late or 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 assignment scores will be posted on Sakai; it is your responsibility to contact the instructor immediately if you believe you have not received credit for a submitted exam.

**I consider the course materials used for lecture content and the course web page to be my personal intellectual property or the intellectual property of other parties, as identified. I view the sale or purchase of these materials as a violation of copyright laws. You may not post these materials or derivative materials such as study guides to any web site. You may not record lectures and/or classroom discussion without my express consent.**

## Course Schedule

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

WE EK	DAY	TOPIC	READING	ASSIGNMENTS
<b>Part I: Introduction to Health Psychology</b>				
<b>1</b>	Jan. 19	Introduction and overview What is Health Psychology?	Ch. 1	
	Jan. 22	Research Methods	Ch. 1	
<b>Part II: Stress and Coping</b>				
<b>2</b>	Jan. 26	Psychophysiology	Ch. 2	Topic statement due (on Sakai)
	Jan. 29	Stress – its meaning, impact, and sources	Ch. 3	Human Subjects Training Completion Report due (on Sakai)
<b>3</b>	Feb. 2	Stress, biopsychosocial factors, and illness	Ch. 4	
	Feb. 5	Stress, biopsychosocial factors, and illness	Ch. 4 (up to p. 95 ("Type A Behavior and Beyond"))	
<b>4</b>	Feb. 9	<b>EXAM 1 (Chs. 1-4 (up to p. 95 (Type A Behavior and Beyond)))</b>		
	Feb. 12	Stress, biopsychosocial factors, and illness	Ch. 4 (starting on p. 95 ("Type A Behavior and Beyond"))	
<b>5</b>	Feb. 16	Stress, biopsychosocial factors, and illness	Ch. 4	
	Feb. 19	Coping with and reducing stress	Ch. 5	
<b>6</b>	Feb. 23	Coping with and reducing stress	Ch. 5	
<b>Part III: Health Behaviors</b>				
<b>6</b>	Feb. 26	Health-related behavior and promotion	Ch. 6	
<b>7</b>	Mar. 1	Health-related behavior and promotion	Ch. 6	
	Mar. 4	<b>EXAM 2 (Chs. 4 (starting on p. 95 (Type A Behavior and Beyond)) -6)</b>		
<b>8</b>	Mar. 8	Substance use and abuse	Ch. 7	
	Mar. 11	Substance use and abuse	Ch. 7	
<b>9</b>	Mar. 15	<b>No Class – Spring Recess</b>		
	Mar. 18			
<b>10</b>	Mar. 22	Eating and exercise	Ch. 8	
	Mar. 25	Eating and exercise	Ch. 8	

<b>Part IV: Becoming Ill and Getting Medical Treatment</b>				
<b>11</b>	Mar. 29	Using health services	Ch. 9 (up to p. 244)	
	Apr. 1	Using health services	Ch. 9 (up to p. 244)	
<b>12</b>	Apr. 5	Patient-provider relations	Ch. 9 (p. 244-248 ("The Patient-Practitioner Relationship"))	
	Apr. 8	<b>EXAM 3 (Chs. 7-9)</b>		
<b>13</b>	Apr. 12	Patient-provider relations	Ch. 10 (up to p. 278 – stop before "When the Illness is Terminal"))	
<b>Part V: Physical Symptoms: Pain and Discomfort</b>				
<b>13</b>	Apr. 15	Pain	Ch. 11	
<b>14</b>	Apr. 19	Pain	Ch. 12	
<b>Part VI: Chronic and Life-Threatening Health Problems; Part VII: Looking to the Future</b>				
<b>14</b>	Apr. 22	Serious and disabling chronic illness: causes, management, and coping	Ch. 13	Posters due (on Sakai)
<b>15</b>	Apr. 26	Serious and disabling chronic illness: causes, management, and coping	Ch. 13 Ch. 10 (p. 278-284 (When the Illness is Terminal)) Ch. 14 (p. 381-382 (Psychosocial Interventions for Cancer))	
	Apr. 29	Wrap-up		
<b>FINAL EXAM (cumulative): Thursday, May 5 12:00-3:00 pm</b>				