

Rutgers University

Psychology 377: Health Psychology

Spring 2017

Instructor: Keiko Taga Brynildsen, Ph.D.
Office hours: Wednesdays and Thursdays 12:00-1:00 pm and by appointment
Office location: Tillett Hall #329
Class times: Mondays and Thursdays 10:20-11:40 am
Class location: Tilet Hall #232
Email: keikob@rutgers.edu
Course web page: Sakai (sakai.rutgers.edu/portal)

Teaching Assistant: Kiki Fehling
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Office location: Tillett 527
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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* (8th ed.). Hoboken, NJ: Wiley. [ISBN: 9781118425206]

Required equipment:

Regular access to a computer with Internet, Word, and Adobe Acrobat; #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. **Health promotion/intervention project:** For this assignment, you are asked to find a **peer-reviewed journal article** that describes a health promotion program or intervention and create a brief handout to describe your program. Your handout should contain:

- a short summary of the program
- bullet points or brief descriptions of the program's key features
- (optional) pictures or other figures that illustrate the program

 More information about this project will be provided during the semester

Grading:

Course grades will be based on the following:

Exam 1:	18%
Exam 2:	20%
Exam 3:	22%
Final exam:	30%
Health promotion/ intervention project:	10%
TOTAL	100%

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 projects will receive a 5% deduction in points for each day late. An extension on projects may be granted only if there is a documented emergency. Otherwise, missed exams and unsubmitted projects 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 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/

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:

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.

WEEK	DAY	TOPIC	READING	ASSIGNMENTS
Part I: Introduction to Health Psychology				
1	Jan. 19 (Th)	Introduction and overview What is Health Psychology?	Ch. 1	
	Jan. 23 (M)	Research Methods	Ch. 1	
Part II: Stress and Coping				
2	Jan. 26 (Th)	Psychophysiology	Ch. 2	
	Jan. 30 (M)	Stress – its meaning, impact, and sources	Ch. 3	
3	Feb. 2 (Th)	Stress, biopsychosocial factors, and illness	Ch. 4	
	Feb. 6 (M)	Stress, biopsychosocial factors, and illness	Ch. 4 (up to p. 95 ("Type A Behavior and Beyond"))	
4	Feb. 9 (Th)	EXAM 1 (Chs. 1-4 (up to p. 95 (Type A Behavior and Beyond)))		
	Feb. 13 (M)	Stress, biopsychosocial factors, and illness	Ch. 4 (p. 95 ("Type A Behavior and Beyond"-end))	
5	Feb. 16 (Th)	Stress, biopsychosocial factors, and illness	Ch. 4	
	Feb. 20 (M)	Coping with and reducing stress	Ch. 5	
6	Feb. 23 (Th)	Coping with and reducing stress	Ch. 5	
Part III: Health Behaviors				
6	Feb. 27 (M)	Health-related behavior and promotion	Ch. 6	
7	Mar. 2 (Th)	Health-related behavior and promotion	Ch. 6	
	Mar. 6 (M)	EXAM 2 (Chs. 4 (starting on p. 95 (Type A Behavior and Beyond)) -6)		
8	Mar. 9 (Th)	Substance use and abuse	Ch. 7	
	Mar. 13 (M)	No Class – Spring Recess		
9	Mar. 16 (Th)	No Class – Spring Recess		
	Mar. 20 (M)	Substance use and abuse	Ch. 7	
10	Mar. 23 (Th)	Eating and exercise	Ch. 8	
	Mar. 27 (M)	Eating and exercise	Ch. 8	
Part IV: Becoming Ill and Getting Medical Treatment				
11	Mar. 30 (Th)	Using health services	Ch. 9 (up to p. 244)	
	Apr. 3 (M)	Using health services	Ch. 9 (up to p. 244)	
12	Apr. 6 (Th)	Patient-provider relations	Ch. 9 (p. 244-248)	

			("The Patient-Practitioner Relationship")	
	Apr. 10 (M)	EXAM 3 (Chs. 7-9)		
13	Apr. 13 (Th)	Patient-provider relations	Ch. 10 (up to p. 278 – stop before "When the Illness is Terminal")	
Part V: Physical Symptoms: Pain and Discomfort				
13	Apr. 17 (M)	Pain	Ch. 11	Project due (on Sakai)
14	Apr. 20 (Th)	Pain	Ch. 12	
Part VI: Chronic and Life-Threatening Health Problems; Part VII: Looking to the Future				
14	Apr. 24 (M)	Serious and disabling chronic illness: causes, management, and coping	Ch. 13	
15	Apr. 27 (Th)	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))	
	May 1 (M)	Wrap-up		
FINAL EXAM (cumulative): TBA				