

Preliminary Syllabus Subject to Change: Check Periodically

HEALTH PSYCHOLOGY—Fall 2019 (830:377:01), Index: 03655

Schedule: Tuesday and Friday, Second Period (10:20-11:40am), Tillett Hall Room 232 (Livingston)

Instructor: Richard J. Contrada, Ph.D. contrada@psych.rutgers.edu Office Hours: By Appointment

TA: Willy Coleman willy.coleman@rutgers.edu Office Hours: By Appointment

This syllabus defines what we can expect of each other in this course. Please read it carefully and let me know if you have any questions, comments, or concerns. Any changes to the syllabus will be announced and revised versions uploaded to Canvas.

Main Canvas portal

Canvas will contain course materials including this syllabus, readings, lecture outlines, assignments, polls, practice quizzes, and exam review/preparation materials. Materials will be made available in Canvas under “**Pages**” unless otherwise indicated. Students are responsible for all information and materials on the course Canvas web pages. Because information/materials are subject to change, ***students should check Canvas at least twice a week*** and in response to email notifications about such changes. ***Email notifications are sent to your Rutgers email account.***

Attendance: Attendance will be monitored in this class. Lecture outlines made available in Canvas Pages will not substitute for attendance. They ***outline*** some (***not all***) of the material presented in class. It is best ***not*** to take this class if you do not plan to attend regularly.

Required readings are from primary sources and provided online through ***Canvas***. There is ***no required textbook***. ***Optionally***, you may wish to read any of the standard health psychology texts, including but not limited to those written by: Brannon & Feist, by Taylor, or by Sarafino & Smith. The more recent the edition, the better, and ***be aware that coverage of topics and certain facts and figures will differ between text books and my lecture***, though on balance any text will help you with major topics. Copies of useful texts may be available in the library.

Videos: Often (not always) shown in class and usually available on Canvas or elsewhere online.

Assignments: Posted and submitted in Canvas ***Assignments***; these are ***Graded***.

Bonus Exam Questions: **Depending on how the class goes, there may be bonus questions at the end of each exam.** These will be based on optional video or reading material outside of class made available before the exam. Correct answers will add points to the exam score. There will be no penalty for incorrect answers on these bonus questions.

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 laboratory and non-laboratory research in health psychology
5. The contributions of disciplines other than psychology to understanding behavior-health relationships
6. Social, cultural, economic, and political ramifications of health and psychology
7. How to write clearly and cogently about health psychology topics
8. How to improve your own health related behaviors and those of family and friends
9. How to manage illness problems experienced by yourself, friends, and family members
10. How to be a critical consumer of health- and psychology-related information presented in the media
11. Academic, professional, and other career opportunities in psychology, health, and medicine
12. Evolving/emerging/future problems of health/illness and health care and possible solutions

Note: These represent [Psychology Department learning goals](#) as they relate to Health Psychology

Class Schedule Outline

Month	Day	Class #	Topic	Assignment #
September	3	1	Overview/Introduction to Health Psychology	#1 (2 points)
	6	2	Health and Disease in the United States Today	
	10	3	Theory and Research Methods	
	13	4	Health Behavior Theory	#2 (3 points)
	17	5	Illness Cognition and Self-Regulation	
	20	6	Doctor-Patient Interactions	
	24	7	Hospitals	
	27	8	Stress I	#3 (2 points)
October	1	9	Stress II	
	4	10	Exam I	
	8	11	The Immune System	
	11	12	Psychosocial Factors/Stress Moderators I: Personality	#4 (2 points)
	15	13	Psychosocial Factors/Moderators II: Relationships	
	18	14	Pain	
	22	15	Stress Reduction	
	25	16	Cardiovascular Diseases	#5 (2 points)
	29	17	Cancer	#6 (3 points)
November	1	18	HIV/AIDS	#7 (2 points)
	5	19	Health Disparities	
	8	20	Exam II	
	12	21	Tobacco	#8 (4 points)
	15	22	Alcohol	
	19	23	Marijuana	
	22	24	Sex	
	26	25	No Class (Thursday Schedule)	
	27	26	Wednesday Music/Positive Emotions (Friday Schedule)	
December	3	27	Eating/Weight Regulation	
	6	28	Exercise; Body Image	
	10	29	Questionnaire Norms; The Future; Review	
	16	Final	12pm to 3pm Tillett 232 (pending confirmation)	

Notes

Topic coverage, assignment due dates, and exam dates are subject to change

First Class: Tuesday, September 3

Last Class: Tuesday, December 10

Exam III: Tentatively scheduled for *Monday, December 16, 12:00pm – 3:00pm, Tillett Room 232* (Subject to confirmation)

Assignments: Approximate dates assignments are opened

Possible changes to the number of Assignments/points will be announced

Assignments: How to submit your Assignments via Canvas:

1. Download Assignments from Canvas Assignments
2. To learn the most from each assignment complete it as we cover the relevant material
3. Use MS Word or another word processor to complete the assignment
4. Save a copy for your notes—assignments contain material for which you are responsible

When you are ready to submit your assignment:

1. Log in to [Canvas](#)
2. Click on the Course tab: “2019FA – HEALTH PSYCHOLOGY 01:830:377:01”
3. Click on the "Assignments" tab on the left
4. Click on the latest/current assignment
5. Click on the “Submit Assignment” button at the top
6. Click on “Text Entry” and then copy and paste your assignment into the text box
 - a. Make sure it can easily be read and that there are no problems with special characters, formatting, or font
 - b. Click “Submit Assignment”
7. ***OR*** you may click on “File Upload” to upload a PDF version of your assignment instead of using “Text Entry”
 - a. Click “Submit Assignment”
8. Be sure you see a notification that says that your assignment was submitted.

Exam Details

Three exams

From 50 to 75 multiple-choice and true-false questions each

Exam I covers material from the first set of classes

Exams II and III cover material since the previous exam. They will NOT be cumulative except for SELECTED TOPICS that will be clearly identified

Exam preparation

Guidance to exam coverage and practice quizzes will be provided for each of the exams. There is also a document presenting useful suggestions about how to prepare for any exam.

Determination of Final Grades:

Exams will count for from 75% to 85%* of the final course grade.

Assignments, attendance, quizzes/exercises, and other activities will count for 15 to 25%* of the final course grade.

*These percentages will be refined depending on class performance and announced when available.

Additional Notes:

1. Please contact the ***TA and Instructor*** with questions about ***course material***. The best way to do this is by ***posting your question to Canvas “Discussions”*** where others may benefit from your asking them and often help to answer them. The ***TA*** should be contacted for all matters relating to ***course mechanics*** such as registration, assignments, exams, grade issues, and the like.
2. This class necessarily involves material having to do with anatomy, sickness, disability, 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 mute cell phones and do not take calls during class. If you must arrive late, please enter through the back door; if you must leave early, please sit in the back near an exit door and leave that way. Please let me know if other students’ behavior is distracting to you.
4. ***Students are expected to attend all classes***. This is because ***the vast bulk of course material will be presented in class and will not be available from other sources***. This will include some in-class

exercises that cannot be made up if the class is missed. If you must miss a class, get notes, and find out if you missed any announcements about changes in exam dates, lecture topics, etc. **The Canvas “Discussions” page is a good way to find other students to exchange notes.** If you expect to miss class, please use the University absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence. An email is automatically sent to me.

5. If you have trouble downloading materials from Canvas, please use the “Help” tab on the left side of the Canvas website and/or 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. Sometimes the problem is solved by: (a) making sure you respond to a question about copyright issues in a window that may be open but hidden somewhere on your screen; (b) saving the file before opening; (c) upgrading to the latest version of relevant software (e.g., Adobe Reader).
6. Exam format is multiple choice/true-false and requires scantron sheets; students must provide a #2 pencil.
7. You must bring a picture ID (student ID or driver’s license) to the exams.
8. **It is expected that you will be in attendance for all exams as scheduled** (or rescheduled, as may be necessary, and if so will be announced in class and on Canvas) and not make plans or commitments that will create schedule conflicts. Students who miss an exam because they are physically unable to take it as scheduled must inform me in advance of the exam or as soon as possible afterward and may request a make-up. If granted, the make-up will include short essays and other open-ended questions. There must be documentation of severe illness or other emergency, such as 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. Unexcused absences will result in the deduction of points from the exam grade. Make-up exams are always scheduled **after** the regular exams and at the convenience of the TA.
9. For assignments **there will be a deduction in credit if submitted up to 1 week late without a documented excuse as outlined above for exams.** Credit for assignments submitted more than 1 week late, if any, will be worked out on a case-by-case basis.
10. **Assignments must be completed based on the student’s own, independent work.** Plagiarism is unacceptable. **Rutgers Academic Integrity Policy:** <http://academicintegrity.rutgers.edu/academic-integrity-policy/>. For additional information and resources regarding plagiarism see the information and links at the end of this syllabus.
11. 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 to receive a grade.
12. 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/exams they have taken.
13. **It is expected that students will complete course evaluations for this class.** Course evaluations, both the ratings and especially the comments, provide critical feedback for improving courses and for helping students to make decisions about course selection. Over the past many years, student evaluations have led to many improvements in Health Psychology. Please help your fellow/future students by providing evaluative ratings and comments when the time comes at the end of the semester.
14. **All grades are final and non-negotiable.** Some students may feel they “just missed” the next highest final course 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 based in part on fairly easy assignments, exercises, exams that may include bonus questions, and possible exam grade curves. Also,

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”. Such grades would be meaningless.

15. **There are no individualized extra credit opportunities.** 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. Note that many of the assignments and exercises are simple and only require following straightforward directions; several do not even have right or wrong answers, and just require thoughtfulness and effort in expressing your beliefs/opinions. A lot of information will be provided to guide efforts to prepare for the exams, including practice quizzes and specifics about what will and will not be covered. And you may be able to earn extra credit on bonus exam questions, even by guessing the correct answer. Please do not 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 individualized “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.

Student-Wellness/Support 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): <http://health.rutgers.edu/medical-counseling-services/counseling/>

(848) 932-7884/17 Senior Street, New Brunswick, NJ 08901

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): www.vpva.rutgers.edu/

(848) 932-1181/3 Bartlett Street, New Brunswick, NJ 08901

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 or to reach an advocate after hours, call 848-932-1181.

Disability Services: <https://ods.rutgers.edu/>

(848) 445-6800/LSH, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.

Cheating and Plagiarism

(Adapted from the spring 2010 syllabus for Prof. Andy Egan's 01:730: 252 Eating Right:

The Ethics of Food Choices and Food Policies)

Longer version: Cheating or plagiarizing deprives you of the educational benefits of preparing these materials appropriately. It is personally dishonest to cheat on a test or to hand in a paper based on the unacknowledged words or ideas of someone else. It is also unfair, since it gives you an undeserved advantage over fellow students who are graded on their own work. In this class we will take cheating very seriously. Suspected cases of cheating/plagiarism may be referred to the Office of Judicial Affairs. I advise you to familiarize yourself with University policy on Academic Integrity: <http://academicintegrity.rutgers.edu/academic-integrity-policy>

Since what counts as plagiarism is not always clear, I quote the definition given in Rutgers' policy: "Plagiarism: Plagiarism is the use of another person's words, ideas, or results without giving that person appropriate credit." To avoid plagiarism, every direct quotation must be identified by quotation marks or appropriate indentation and both direct quotation and paraphrasing must be cited properly according to the accepted format for the particular discipline or as required by the instructor in a course. Some common examples of plagiarism are:

- Copying word for word from an oral, printed, or electronic source without proper attribution
- Paraphrasing without proper attribution
- Submitting a purchased or downloaded term paper or other materials to satisfy a course requirement
- Incorporating into one's work graphs, drawings, photographs, diagrams, tables, spreadsheets, computer programs, or other non-textual material from other sources without proper attribution.

A SPECIAL NOTE: Students often assume that because information is available on the Web it is public information, does not need to be formally referenced, and can be used without attribution. This is a mistake. *All* information and ideas that you derive from other sources, whether written, spoken, or electronic, must be attributed to their original source. Such sources include not just written or electronic materials, but people with whom you may discuss your ideas, such as your roommate, friends, or family members. They deserve credit for their contributions too!

Judgments about plagiarism can be subtle. If you have any questions, please feel free to ask for guidance from your TA.

Useful Links

Online schedule of classes: <http://sis.rutgers.edu/soc/>

Building search: <http://rumaps.rutgers.edu/>

Plagiarism/Documenting your work:

General academic integrity Link: <http://academicintegrity.rutgers.edu/>

Academic integrity resources for students: <http://academicintegrity.rutgers.edu/resources-for-students>

The Camden plagiarism tutorial (INTERACTIVE):
<http://library.camden.rutgers.edu/EducationalModules/Plagiarism/>

Consult don't plagiarize: Document your research! For tips about how to take notes so that you don't plagiarize by accident. http://www.libraries.rutgers.edu/avoid_plagiarism

Online learning tools from Rutgers University Libraries including Rutgers RIOT, Searchpath and RefWorks: <http://www.libraries.rutgers.edu/tutorials>

Academic support programs: <http://newbrunswick.rutgers.edu/academics/academic-support>

Final Exams:

Policies: <http://nbregistrar.rutgers.edu/facstaff/examrules.htm> and
<https://www.sas.rutgers.edu/cms/sasoue/policies-resources/exams/15-policies-resources/policies/65-final-exams-policies>

Schedule: <http://finalexams.rutgers.edu/>