

Requirements for the Health Psychology Concentration

(1) Didactics. Classroom instruction provides the foundation for the Health Psychology Concentration. Students should acquire the ability to recognize and articulate the foundational assumptions, central ideas, and dominant criticisms of health psychology theory and approaches. The curriculum includes completion of one core course (16:830:577 Health Psychology) and three elective courses, selected from the following classes (an inclusive, but not exhaustive list). Students are required to earn a B or higher in courses. Students will be permitted to allow courses in their Concentration to count towards and fulfill other PhD requirements in their main program. The list of classes is maintained and updated by the Health Psychology Curriculum Committee.

Elective Courses (3):

Psychology

- 16:830:558 Psychopharmacology: Theory and Practice
- 16:830:592 Applied Psychophysiology
- 16:830:585 Psychoneuroimmunology
- 16:830:532 Advanced Studies- Racial Disparities in Health

GSAPP

- 18:821:631 Behavioral Medicine
- 18:844:524 Addiction and Evidence-Based Prevention/Intervention
- 18:844:525 Social Psychology and Health Behavior

SEBS

- 16:572:511 Neurophysiology of Health
- 16:340:510 Neuroendocrinology

Public Health

- 75:832:505 Social and Behavioral Health Sciences
- 75:832:663 Modifying Health Behaviors: Theory and Practice
- 75:832:664 LGBTQ Health and Health Disparities

(2) Research. Research training and experience will synergize with classroom knowledge. Research training will enable students to apply and analyze information learned, then to synthesize and evaluate ideas to form novel solutions or insights. Students will demonstrate efforts to actively conduct research and to disseminate health psychology work in scientific outlets. The Concentration requires a) Submission of at least one health psychology-focused empirical paper to a peer-reviewed journal; and b) Presentation of at least one empirical poster or talk on a health-related topic. Faculty mentors in the Health Psychology Concentration assist in research efforts and help students prepare their work for presentation and publication.

(3) Professional Development. Students in the Health Psychology Concentration are required to attend three of four annual Health Psychology Brown Bag (HPBB), an informal meeting lead by Dr. Farris that occurs twice a semester, that serves as a vehicle for professional development. The HPBB meeting provides a forum for faculty and students to: discuss research projects and findings, refine oral presentation skills, gain grant writing exposure, and discuss professional development issues like job and career opportunities in health psychology. The preparation and presentation of student-led research is a primary focus of the HPBB seminars.

Evaluation of Completion of Concentration Requirements: The Health Psychology Curriculum Committee consists of three faculty members (initially, Drs. Samantha Farris, Richard Contrada, and Alexander Kusnecov). The committee evaluates and approves students' completion of the concentration requirement: including (a) completion of required and elective coursework; (b) relevant research activities and products; (c) and attendance and participation in HPBB. A majority vote (2 of 3) is required for approval.

Students who are interested in completing the Health Psychology Concentration can use the attached form to track their progress. Once all requirements are met, students should email their completion form to Dr. Samantha Farris for review and approval.

Health Psychology Concentration Completion Form

Example

1. **Your name:** John Q. Student
2. **Your advisor's name:** Dr. Joan D. Faculty
3. **Year you entered the Rutgers PhD program:** 20XX
4. **Ph.D. Program** (e.g., Clinical, Cognitive, Social, BSN):
5. **Health Psychology Coursework to date** (*add more rows as needed*):

Semester	Class	Grade
<i>Fall 20XX</i>	<i>16:830:577 Health Psychology</i>	<i>A</i>
<i>Fall 20XX</i>	<i>16:830:532 Advanced Studies- Racial Disparities in Health</i>	<i>A</i>
<i>Fall 20XX</i>	<i>16:340:510 Neuroendocrinology</i>	<i>A</i>
<i>Spring 20XX</i>	<i>18:844:525 Social Psychology and Health Behavior</i>	<i>B+</i>

6. Research paper and presentation citation (with paper and evidence of presentation attached):

7. **Dates of attendance to Health Psychology Brown Bag** (*add more rows as needed*):

Semester	Title of Presentation	Date
<i>Fall 20XX</i>	<i>Data Blitz</i>	<i>X/XX/20XX</i>
<i>Fall 20XX</i>	<i>Faculty Research Talks</i>	<i>X/XX/20XX</i>
<i>Spring 20XX</i>	<i>Professional Development</i>	<i>X/XX/20XX</i>
<i>Spring 20XX</i>	<i>Grant writing in Health Psychology</i>	<i>X/XX/20XX</i>

Faculty mentor who reviewed and approved the content on this form:

Faculty Name: _____

Faculty Signature: _____

Health Psychology Curriculum Committee Review Outcome:

Health Psychology Concentration Completion Form

1. **Your name:**
2. **Your advisor's name:**
3. **Year you entered the Rutgers PhD program:**
4. **Ph.D. Program** (e.g., Clinical, Cognitive, Social, BSN):
5. **Health Psychology Coursework to date** (*add more rows as needed*):

Semester	Class	Grade

6. **Research paper and presentation citation** (with paper and evidence of presentation attached):

7. **Dates of attendance to Health Psychology Brown Bag** (*add more rows as needed*):

Semester	Title of Presentation	Date

Faculty mentor who reviewed and approved the content on this form:

Faculty Name: _____

Faculty Signature: _____

Health Psychology Curriculum Committee Review Outcome: