AN INTRODUCTION TO HEALTH PSYCHOLOGY
HH/PSYC 3170 3.0; Summer 2012

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Office hours: As announced in class or by appointment

Course Description: This course explores the role of psychological factors in the experience of health and illness. We will examine research evidence and the need for a biopsychosocial model in order to understand and clinically treat various health problems (e.g., obesity, stress, pain, heart disease, cancer).

Time and Location: Mondays and Wednesdays, 1:00 - 4:00 pm in Vari Hall B
S1 Term: May 7-June 15, 2012


Prerequisites: AK/AS/HH/SC/PSYC 1010 6.0 with a minimum grade of C.

Course Credit Exclusions: AS/SC/PSYC 3440 3.0 (prior to Summer 2002), GL/PSYC 3635 3.0, KINE 3100 3.0, AS/SC/KNE 4050D3.0 or AS/SC/KINE 4710 3.0

Additional Information:

Excellent tips on all aspects of studying for and writing exams can be found at the Counseling and Development Centre’s, Learning Skills Program website: http://www.yorku.ca/cdc/lsp.

York’s Senate Policy on Academic Integrity is important for all students to know and can be found at http://www.yorku.ca/academicintegrity/students/policy.htm.

Important Summer 2012 S1 term dates:

May 11: Last date to enroll without instructor’s permission
May 18: Last date to enroll with instructor’s permission
June 1: Last date to drop course without receiving a grade
Evaluation Scheme:

**Test 1 (30%)**     WEDNESDAY, MAY 16, 2012  
Content:  Chapters 1-5, all lecture material and videos to date  
Format:  75 multiple choice, one long answer (chosen from two)

**Test 2 (30%)**     MONDAY, JUNE 4, 2012  
Content:  Chapters 6-10, all lecture material and videos since Test 1  
Format:  75 multiple choice, one long answer (chosen from two)

**Final Exam (40%)**  T.B.A. (During final exam period: June 20–22, 2012)  
Content:  Based on material from the entire course, with an emphasis on the material  
        since Test 2.  Chapters 11-15, all lecture material and videos since the beginning of the  
        course  
Format:  50 multiple choice, two long answer (one mandatory, one chosen from two).

Tips for Doing Well in this Course

1) Come to class!  
2) Pay attention in class.  
3) Buddy up with someone with whom you can share notes in case you can’t do 1)  
   or 2).  
4) Come see either me or the TA before/after class or during office hours if you have  
   questions.  
5) Keep up with the readings.

Policy on Missed Tests or Exams:

1. Within 48 hours of the missed test or exam, students must contact the instructor by phone or  
   email. If you do not speak to the instructor directly, you must leave a message on her voicemail.  
   Be sure to clearly state your name, student number, course, reason for missing the exam, and a  
   phone number or email address.
2. Appropriate documentation verifying the circumstances for the missed test or exam must be  
   provided within one week of the missed exam. Failure to provide appropriate documentation will  
   result in a grade of 0.  
   A. Tests or exams missed for medical reasons must be supported by an Attending  
      Physician’s Statement. The Attending Physician’s Statement must include (i) the full name,  
      mailing address and telephone number of the Physician, (ii) state the nature of the illness and  
      its duration and (iii) a statement that the illness and/or treatment would have SERIOUSLY  
      affected the student’s ability to study and perform over the period in question, not just that they  
      were ill and were seen by a doctor. If the note is not detailed enough, it will not be accepted.  
   B. Tests or exams missed for non-medical reasons must be supported by appropriate  
      documentation (i.e., copy of a death certificate, automobile accident report, etc.) Pre-booked  
      travel is not a reasonable excuse for missing a test or exam.  
3. In the case of a missed test, a prorated procedure will be used: the grade component will be  
   distributed across the other tests or exams in the course. The other evaluative components will  
   still have the same weighting relative to each other. If two tests are missed, an alternative form  
   of evaluation in place of the second test will be decided by the instructor.
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<tr>
<th>DATE</th>
<th>LECTURE TOPIC</th>
<th>CHAPTERS</th>
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<tr>
<td>May 7</td>
<td>Introduction to course</td>
<td>1, 2</td>
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<tr>
<td></td>
<td>The Biopsychosocial Model</td>
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<td>VIDEO: Health, Mind, &amp; Behaviour (#7809)</td>
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<td>May 9</td>
<td>Interventions and Behaviour Change</td>
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<td>VIDEO: Motivational Interviewing in Medical Settings (#6172)</td>
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<td>May 14</td>
<td>Dieting, Eating Disorders, and Obesity</td>
<td>4, 5</td>
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<td>Substance Use and Abuse</td>
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<td>VIDEO: Substance Abuse Disorders (#2708)</td>
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<td>May 16</td>
<td><strong>TEST 1</strong></td>
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<td>May 21</td>
<td><strong>Victoria Day</strong> (no class)</td>
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<td>May 23</td>
<td>Stress and Coping</td>
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<td>VIDEO: Stressed to the Limit (#13991)</td>
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<td>May 28</td>
<td>Becoming Ill and Getting Medical Treatment</td>
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<td>VIDEO: The Mind Body Connection (#5262)</td>
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<td>VIDEO: Placebo: The Science of Hope (#8120)</td>
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<td>May 30</td>
<td>Pain and Pain Management</td>
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<td>VIDEO: The Physiology of Pain (#7898)</td>
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<td>June 4</td>
<td><strong>TEST 2</strong></td>
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<td>June 6</td>
<td>Terminal and Chronic Illness</td>
<td>11, 12</td>
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<td>VIDEO: Cancer: Increasing Your Odds of Survival (#5509)</td>
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<td>June 11</td>
<td>Psychoneuroimmunology</td>
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<td>Guest lecture by Dr. Karen Fergus</td>
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<td>VIDEO: Psychological Factors and Physical Illness (#2706)</td>
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<td>June 13</td>
<td>Cardiovascular Disease</td>
<td>13, 15</td>
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<td>VIDEO: Understanding the Mind-Body Connection (#13990)</td>
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