

Faculty of Health
Department of Psychology
PSYC 4190 3.0 Section M: SEMINAR IN HEALTH PSYCHOLOGY
Monday / 2:30pm – 5:30pm / YK HNE B10
Winter 2023

This course will be delivered via synchronous in-person lectures. There is an expectation of attendance and participation. Lecture slides and assignment information will be available on eClass.

Instructor

Instructor: Max Slepian, Ph.D., C.Psych

Office Hours: Office hours will be held as needed over zoom. Please email to arrange a meeting.

Email: slepian@yorku.ca

Course Prerequisite(s): Course prerequisites are strictly enforced

- HH/PSYC 1010 6.00 (Introduction to Psychology), with a minimum grade of C.
- HH/PSYC 2021 3.00 (Statistical Methods I) or HH/PSYC 2020 6.00 (Statistical Methods I and II)
- HH/PSYC 2030 3.00 (Introduction to Research Methods) or substitutes
- HH/PSYC 3170 3.00 (Health Psychology)
- Students must be in an Honours program in Psychology and have completed at least 84 credits

Course Credit Exclusions

Please refer to [York Courses Website](#) for a listing of any course credit exclusions.

Course website: [eClass](#)

All course materials will be available on the course eClass site, unless otherwise indicated by the instructor. The site will be your central access point for course materials.

Course Description

This course will entail a deep dive into health psychology through the lens of physical pain. The complexities of the biopsychosocial model of health will be explored and complementary models will be introduced. Lecture material will cover the pathophysiology of pain; psychological, social, and behavioral factors that impact pain; and psychological management of pain.

Lecture material and assignments will cover three broad themes that will be elaborated on throughout the course:

- 1) Embodiment - how psychology, society, and behavior impact physiological aspects of health and illness;
- 2) Health Disparities – Preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by socially disadvantaged populations.

3) Intervention – Psychological and behavioural intervention to promote health or prevent/treat physical illness.

Program Learning Outcomes

Upon completion of this course, students should be able to:

1. Demonstrate in-depth knowledge in health psychology.
2. Critically evaluate, synthesize and resolve conflicting results in health psychology.
3. Articulate trends in health psychology.
4. Locate research articles and show critical thinking about research findings in health psychology.
5. Express knowledge of health psychology in written form.
6. Engage in evidence-based dialogue with course director and peers.
7. Demonstrate an ability to work with others.

Specific Learning Objectives

Upon completion of this course, students should be able to:

1. Understand psychophysiological mechanisms linking psychological, social, and behavioral variables to health.
2. Describe and appreciate the impact of the health disparities.
3. Identify health psychology interventions for health promotion and disease treatment.
4. Thoroughly review and critique peer-reviewed research.

Required Text

There is no required text for this course. Journal articles supporting lectures will be available on eClass.

Course Requirements and Assessment:

Assessment	Date of Evaluation (if known)	Weighting
Journal Article Review 1	Date of Evaluation 1	10%
Journal Club Presentation 1	Date of Evaluation 2	10%
Journal Club Review 2	Date of Evaluation 3	10%
Journal Club Presentation 2	Date of Evaluation 4	10%
Final Project Presentation	Date of Evaluation 5	20%
Final Project Paper	Date of Evaluation 6	20%
Class Participation	Date of Evaluation 7	20%
Total		100%

Description of Assignments

There will be three required assignments in this course. The first two will be “Journal Club” assignments. Each of these “Journal Club” assignments will consist of a written journal article review and critique and a presentation of that article to the class. The final project will include a written paper on a biopsychosocial conceptualization of an illness and a class presentation on

that conceptualization. Each of these projects can focus on the same illness or disease or you can choose different ones for each project.

Due to the size of the seminar, presentations will take place over two class periods (see below). A randomizer (randomizer.org) will be used to designate the order of presentations for each. This list will be uploaded to eClass one week before the presentations will begin. However, be prepared to present at the earliest slot in case there are absences.

Journal Club Article Review

Students will write a 500-1000 word essay in APA format reviewing and critique of a peer-reviewed journal article that has been published within the last five years. The review must focus on original research (not a review article, editorial, commentary, author response, case-report etc.). The review should consist of a summary of the article, including background, methods, results, and author's conclusions, critique of the article detailing any identified issues, and the student's own take on the implications of the article.

Journal article reviews must be submitted to the instructor by email by 11:59PM on the due date indicated.

Journal Club Presentation

Each student will be allotted 10-12 minutes to present the article that they reviewed and lead a class discussion. The presentation (5-8) minutes should summarize the article, identify any issues with the article and offer 3-5 discussion questions for the class.

Journal Club 1:

Journal Club 1 will focus on the mind-body connection, or "embodiment". You must select an article published in a peer-reviewed journal that details original research investigating how any psychological, social, or behavioral variable influences physiological pathology of any disease or illness where pain is a primary or secondary symptom. The physiological processes studied in the article could involve activity of the immune, endocrine, cardiovascular, or peripheral/central nervous system. Alternatively, the article could focus on the relationship between a psychological, social, or behavioral variable and an objective disease outcome, such as radiographic findings.

Journal Club 2:

Journal Club 2 will focus on health disparities. You must select an article published in a peer-reviewed journal that details original research investigating a sociodemographic variable (e.g. race, ethnicity, SES, age, gender, sex, sexual orientation, etc) and any facet of a disease where pain is a primary or secondary symptom.

***Note for Journal Clubs:** If two or more students choose the same article, whoever submitted first will be able to use that article. All other students will be asked to choose a different article asap.

Final Project – Paper and Presentation:

The final project will consist of a 1500-2500 word paper in APA format detailing a biopsychosocial conceptualization of any illness or disease where pain is a primary or secondary symptom and how this conceptualization might inform treatment. The paper should include brief reviews of 1) pathophysiology of the disease; 2) ONE psychological factor; and 3) ONE social factor. The paper should conclude with the presentation of an integrated model and how this can map on to a current treatment or can be used to inform treatment development. This paper should include at least five peer-reviewed articles as references. Final paper should be submitted through Turnitin on eClass by 11:59pm on the due date.

This will be complemented by a 7-10 minute presentation of the conceptualization and treatment, followed by a 2-5 minute question period where the class will have the opportunity to ask the presenter questions.

Class Participation

Class participation will be judged on:

- Participation in discussion and attendance
- Being ready to present when called upon
- Submitting topics for journal club and the final project on time

Class Format and Attendance Policy

Students are expected to attend each scheduled class period, and active participation in the class discussions will be required for full class participation marks. Attendance will not be taken at each class meeting.

Grading as per Senate Policy

The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.). Papers and presentations will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 89, B+ = 75 to 79, etc.)

For a full description of York grading system see the York University Undergraduate Calendar – [Grading Scheme for 2022-23](#)

Missed Tests/Midterm Exams/Late Assignment

Students are expected to complete each component of the course on time. Late papers will be deducted 5% per day. If you miss your scheduled presentation, you must have a legitimate excuse (e.g. death in the family, illness etc). Students with a legitimate excuse will be permitted to write an additional written paper on an assigned topic to make up for the missing mark.

For any missed quiz or late assignment, students MUST complete the following online form which will be received and reviewed in the Psychology undergraduate office. At this time, due to COVID-19 an Attending Physician's Statement (APS) is not required, however, a reason for missing an evaluated component in the course must be provided.

[HH PSYC: Missed Tests/Exams Form](#). Failure to complete the form within 48 hours of the original deadline will result in a grade of zero for the missed quiz or late assignment.

Add/Drop Deadlines

For a list of all important dates please refer to: [Fall/Winter 2022-23 Important Dates](#)

	Fall (Term F)	Year (Term Y)	Winter (Term W)
Last date to add a course without permission of instructor (also see Financial Deadlines)	Sept. 20	Sept. 20	Jan. 22
Last date to add a course with permission of instructor (also see Financial Deadlines)	Oct. 4	Oct. 25	Feb. 6
Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)	Nov. 11	Feb. 10	Mar. 17
Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below)	Nov. 12 - Dec. 7	Feb. 11 - April 11	March 18 - April 11
Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below)	Nov. 13 - Dec. 7	Feb. 12 - April 10	March 19 - April 10

Add and Drop Deadline Information

There are deadlines for adding and dropping courses, both academic and financial. Since, for the most part, the dates are **different**, be sure to read the information carefully so that you understand the differences between the sessional dates below and the [Refund Tables](#).

You are strongly advised to pay close attention to the "Last date to enrol without permission of course instructor" deadlines. These deadlines represent the last date students have unrestricted access to the registration and enrolment system.

After that date, you must contact the professor/department offering the course to arrange permission.

You can drop courses using the registration and enrolment system up until the last date to drop a course without receiving a grade (drop deadline).

You may [withdraw from a course](#) using the registration and enrolment system after the drop deadline until the last day of class for the term associated with the course. When you withdraw from a course, the course remains on your transcript without a grade and is notated as 'W'. The withdrawal will not affect your grade point average or count towards the credits required for your degree.

Information on Plagiarism Detection

You will be required to submit your final paper to Turnitin (via the course eClass). Turnitin reviews textual similarity and helps in the detection of possible plagiarism. By using this software, you are allowing your submitted material to be included as source documents in the Turnitin.com reference database, where they will be used only for the purpose of detecting plagiarism. Terms applying to the University's use of the Turnitin service are described on

Turnitin.com. Violations of academic honesty revealed by Turnitin will be subject to investigation and potential penalties levied by the Department of Psychology at York University.

Electronic Device Policy

Use of electronic devices (e.g. laptops, tables) will be permitted during lectures and instructor-led discussion for the purpose of note taking. Please refrain from the use of electronic devices during student presentations.

Academic Integrity for Students

York University takes academic integrity very seriously; please familiarize yourself with [Information about the Senate Policy on Academic Honesty](#).

It is recommended that you review Academic Integrity by completing the [Academic Integrity Tutorial](#) and [Academic Honesty Quiz](#)

Test Banks

The offering for sale of, buying of, and attempting to sell or buy test banks (banks of test questions and/or answers), or any course specific test questions/answers is not permitted in the Faculty of Health. Any student found to be doing this may be considered to have breached the Senate Policy on Academic Honesty. In particular, buying and attempting to sell banks of test questions and/or answers may be considered as “Cheating in an attempt to gain an improper advantage in an academic evaluation” (article 2.1.1 from the Senate Policy) and/or “encouraging, enabling or causing others” (article 2.1.10 from the Senate Policy) to cheat.

Academic Accommodation for Students with Disabilities

While all individuals are expected to satisfy the requirements of their program of study and to aspire to do so at a level of excellence, the university recognizes that persons with disabilities may require reasonable accommodation to enable them to do so. The university encourages students with disabilities to register with Student Accessibility Services (SAS) to discuss their accommodation needs as early as possible in the term to establish the recommended academic accommodations that will be communicated to Course Directors as necessary. Please let me know as early as possible in the term if you anticipate requiring academic accommodation so that we can discuss how to consider your accommodation needs within the context of this course.

<https://accessibility.students.yorku.ca/>

Excerpt from Senate Policy on Academic Accommodation for Students with Disabilities

1. Pursuant to its commitment to sustaining an inclusive, equitable community in which all members are treated with respect and dignity, and consistent with applicable accessibility legislation, York University shall make reasonable and appropriate accommodations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs. This policy aims to eliminate systemic barriers to participation in academic activities by students with disabilities.

All students are expected to satisfy the essential learning outcomes of courses. Accommodations shall be consistent with, support and preserve the academic integrity of the curriculum and the

academic standards of courses and programs. For further information please refer to: [York University Academic Accommodation for Students with Disabilities Policy](#).

Course Materials Copyright Information

These course materials are designed for use as part of the PSYC 4190 course at York University and are the property of the instructor unless otherwise stated. Third party copyrighted materials (such as book chapters, journal articles, music, videos, etc.) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.

Copying this material for distribution (e.g. uploading material to a commercial third-party website) may lead to a violation of Copyright law. [Intellectual Property Rights Statement](#).

IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Academic Standards, Curriculum & Pedagogy webpage (see Reports, Initiatives, Documents) -

<https://secretariat.info.yorku.ca/files/CourseInformationForStudentsAugust2012-.pdf>

- Senate Policy on Academic Honesty (<https://www.yorku.ca/secretariat/policies/policies/academic-honesty-senate-policy-on/>) and the Academic Integrity Website (<https://www.yorku.ca/unit/vpacad/academic-integrity/>).
- Ethics Review Process for research involving human participants (<https://www.yorku.ca/research/human-participants/>)
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities (<https://www.yorku.ca/secretariat/policies/policies/academic-accommodation-for-students-with-disabilities-policy/>; **and** <https://www.yorku.ca/secretariat/policies/policies/academic-accommodation-for-students-with-disabilities-guidelines-procedures-and-definitions/>)
- Student Conduct Standards (<https://www.yorku.ca/secretariat/policies/policies/code-of-student-rights-and-responsibilities-presidential-regulation/>)
- Religious Observance Accommodation (<https://www.yorku.ca/secretariat/policies/policies/academic-accommodation-for-students-religious-observances-policy-guidelines-and-procedures/>)

Course Schedule

1.	Jan 9, 2023	Lecture: Course overview and an Introduction to Pain
2.	Jan 16, 2023	Lecture: A deeper dive into the biopsychosocial model of pain Journal Club – Instructor Presentation 1st Journal Article Selection Due
3.	Jan 23, 2023	Journal Club – Student Presentations
4.	Jan 30, 2023	Journal Club – Student Presentations 1st Journal Article Review due
5.	Feb 5, 2023	Lecture: Disparities in acute and chronic pain and pain management 2nd Journal Article Selection Due
6.	Feb 12, 2023	Lecture: Acute and Chronic Pain Management
7.	Feb 19, 2023	NO CLASS – Reading Week
8.	Feb 26, 2023	2nd Journal Article Critique Due NO CLASS
9.	March 6	Journal Club – Student Presentations Final Project Topic Due
10.	March 13	Journal Club – Student Presentations
11.	March 20	Lecture: Pain and Public Health
12.	March 27	Student Presentations
13.	April 3	Student Presentations Final Paper Due

Calumet and Stong Colleges' Student Success Programming:

[Calumet](#) and [Stong](#) Colleges aim to support the success of Faculty of Health students through a variety of **free programs** throughout their university career:

- [Orientation](#) helps new students transition into university, discover campus resources, and establish social and academic networks.
- [Peer Mentoring](#) connects well-trained upper-year students with first year and transfer students to help them transition into university.

- [Course Representative Program](#) supports the academic success and resourcefulness of students in core program courses through in-class announcements.
- [Peer-Assisted Study Sessions \(PASS\)](#) involve upper-level academically successful and well-trained students who facilitate study sessions in courses that are historically challenging.
- [Peer Tutoring](#) offers one-on-one academic support by well-trained Peer Tutors.
- Please connect with your Course Director about any specific academic resources for this class.
- Calumet and Stong Colleges also support students' [Health & Wellness, leadership and professional skills development, student/community engagement and wellbeing, Career Exploration, Indigenous Circle, awards and recognition](#), and [provide opportunities to students to work or volunteer](#).
- For additional resources/information about Calumet and Stong Colleges' Student Success Programs, please consult our websites ([Calumet College](#); [Stong College](#)), email scchelp@yorku.ca, and/or follow us on Instagram ([Calumet College](#); [Stong College](#)), Facebook ([Calumet College](#); [Stong College](#)) and [LinkedIn](#).
- Are you receiving our weekly email (Subject: "Calumet and Stong Colleges - Upcoming events")? If not, please check your Inbox and Junk folders, and if it's not there then please contact ccscadm@yorku.ca, and request to be added to the listserv. Also, make sure to add your 'preferred email' to your [Passport York personal profile](#) to make sure you receive important news and information.