

**Faculty of Health
Department of Psychology
PSYC 3170 3.0 Section A
HEALTH PSYCHOLOGY
Fall 2023**

Course Prerequisite(s): Course prerequisites are strictly enforced.

- **HH/PSYC 1010 6.00 (Introduction to Psychology).**

TIME: Official class time is **Fridays 11:30-2:30**. Lectures are pre-recorded and available online via eClass. Lecture time periods will have in person lectures but less formal presentations of these recorded lectures. These inclass presentations will be more focused on student interaction/question and answer period. **It is expected that students will review all pre-recorded lectures and the related chapter before attending lectures.** *Note that Tests 1 and 2 will be administered during this time in class. Test 3 will be administered during the exam period.*

ROOM: **LAS B**

COURSE DIRECTOR: Gerry Goldberg, Ph.D., C. Psych. (**email: gegold@yorku.ca**)

OFFICE HOURS: Before and after class as requested.

Office: BSB 275

UG PSYC OFFICE: 275 BSB, Email: psyc@yorku.ca, Phone: 416 736 5117.

TA:	Email	Office Hours	Students with last names starting with:
Sami Harb	harb@yorku.ca	142 BSB or Zoom As mutually agreed, by appointment	A-TBA
Teresa Sellitto	tsellitt@yorku.ca	133C BSB or Zoom As mutually agreed, by appointment	TBA-Z

***Office hours are by appointment. Contact TA by email to secure an appointment or to ask questions. The office hour indicated is a time in which the TA is available.**

Course Credit Exclusions:

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

REQUIRED TEXT: Required Text: Health Psychology Connect Access (McGraw Hill, 2023, Canadian 6th. ed.) by Shelley E. Taylor, Fushia M. Sirois, and Danielle S. Molnar
ISBN: 9781265605261 (NOTE: Previous editions will fail to provide you with all information offered and will likely result in a reduced grade.)

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 including recorded lectures, PowerPoint presentations, and more. Important notices will be placed there, and *it is your responsibility to regularly check for these.*

EVALUATION:	See eClass for sample questions and composition of the tests.
Oct 6 Quiz 1= 25%	Ch.1-5 inclusive, all lecture and class materials
Nov 10, Quiz 2= 25%	Ch.6-11 inclusive, all lectures and class materials following 1st Quiz to present.
TBA Exam period (Dec 7-20) Final exam= 50%	All lectures and class materials, Ch. 3-15 inclusive, (Note: The final will give weight to the chapters and lectures not yet tested. See course website for specifics)

Course Description: PLEASE READ THIS PARAGRAPH

This course is intended to demonstrate how theories and research in Health Psychology are applied to real life issues. The text covers a wide range of general topics in Health Psychology. The lectures reflect the academic and applied interests of the course director. **Lecture materials are not intended to follow the text but there is overlap.**

Reading the chapters in order will assist in following lectures.

See what is expected for each test to determine the pace at which to read.

Learning Outcomes

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

1. Demonstrate in-depth knowledge in health psychology.
2. Articulate trends in health psychology.
3. Express knowledge of health psychology in written form.
4. Describe and explain limits to generalizability of research findings in health psychology.
5. Demonstrate ability to relate information in health psychology to own and others' life experiences.

	DATE	<i>The lectures on not based on the textbook so</i> see above as to what is tested for each test to determine the pace at which you should read. Also, see box directly above.
1	Sep 8	Introduction
2	Sep 15	Health, sickness, and the attribution process
3	Sep 22	Health promotion: influence, attitudes, and beliefs
4	Sep 29	Attitudes towards sickness and disability. Programs to change health and safety behaviours (modern strategies, community-based programs, behaviour modification.)
5	Oct 6	Quiz 1=25%. A LECTURE WILL FOLLOW: The Placebo Effect.
	Oct 13	<i>Fall Reading week—no classes</i>
6	Oct 20	Placebo, Depression, Stress (its impact on health and performance, sources of stress.)
7	Oct 27	Stress Management and Coping
8	Nov 3	Stress related topics: ergonomics, environmental stressors, noise, mass psychogenic illness, pain
9	Nov 10	Quiz 2=25%. A LECTURE WILL FOLLOW: Doctor-patient communications/ “Breaking bad News”
10	Nov 17	“Breaking bad News” continued and Developing Compassion in Medicine
11	Nov 24	Risk Perception and Risk Communication
12	Dec 1	Dealing with the impact of traumatic events in medicine
	Exam period	Test 3=50% (exam period)

START YOUR OWN STUDY TEAM (ONLINE)

It has been said that students learn most from communicating with each other. When students get together to help each other understand material, they relate to and remember the material best. I encourage you to form your own study teams. The course eClass site is set up so that students may communicate among themselves using the class discussion forum link. This forum provides a means of communicating with your classmates in between classes. All of you can invite others to join them at a specified time and place to form teams. For example, you might select one of the following as a meeting time: immediately after class, one hour before class, Monday to Friday during the day, Monday to Friday during the evening, Weekend, etc. You would also suggest some meeting location. The specific location might be a reserved room in the library Here is the URL for booking rooms in the library (<http://www.library.yorku.ca/cms/learning-commons/study-rooms/>). If you are unable to do this, consider other locations in the library, various gathering places such as within the Student Centre or other safe and comfortable places on or off campus. While meeting on campus seems to be more effective, you might find that what works better for you is meeting people in a coffee shop, library, community centre. Make sure it is a safe location. **Get started right away. Take a leadership role and send out an email invite to your fellow students. Clearly, in times of the present medical crisis, you may not wish to meet face to face, but you can still set up virtual meetings.**

Missed Tests/Midterm Exams/Late Assignment:

Missing exam is considered a very serious matter. If you miss a test, you will be given **only one opportunity to make up this test. This will be directly after the exam period that follows this course.** If you miss a makeup test, there will be no other opportunity to make up the grade for the test. If you miss the test(s) prior to the drop date, **you have waived the right to have a specific percentage of graded feedback available prior to the drop date.**

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 a test 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: <https://registrar.yorku.ca/enrol/dates/2023-2024/fall-winter>

	Fall (F)	Year (Y)	Winter (W)
Last date to add a course without permission of instructor (also see Financial Deadlines)	Sept 6.	Sept 6	Jan. 8
Last date to add a course without permission of instructor (also see Financial Deadlines)	Sept 20	Sept 20	Jan 22
Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)	Nov. 8	Feb. 8	March 11

Course Withdrawal Period (withdraw from a course and receive a grade of “W” on transcript – see note below)	Nov. 9-Dec. 5	Feb. 9 – April 8	March 12-April 8
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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.

You are strongly advised to pay close attention to the "Last date to enroll 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.

Attendance Policy

It is expected that students would attend all lectures. If this is not possible one should review recordings of each lecture.

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.). Assignments and tests* 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 - FW23-24](#)

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](#)

In this course, we strive to maintain academic integrity to the highest extent possible. Please familiarize yourself with the meaning of academic integrity by completing SPARK's [Academic Integrity module](#) at the

beginning of the course. Breaches of academic integrity range from cheating (i.e., the improper crediting of another's work, the representation of another's ideas as your own, etc.) to aiding and abetting (helping someone else to cheat). All breaches in this course will be reported to the appropriate university authorities, and can be punishable according to the [Senate Policy on Academic Honesty](#).

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.

Electronic Devices During a Test/Examination:

Electronic mobile devices of any kind are not allowed during a test or examination. Students are required to turn off and secure any electronic mobile device in their bag that is to be placed under the chair while a test/exam is in progress. Any student observed with an electronic device during a test/exam may be reported to the Undergraduate Office for a potential breach of Academic Honesty.

Information on Plagiarism Detection (Turnitin)

Plagiarism is a serious matter and will be of concern when it comes to the take home open book assignments in the course. Please be aware that your assignments will need be submitted by you to a portal on eClass which will involve a program called **Turnitin**. You will be required to submit your written work to Turnitin (via the course eClass). Turnitin reviews textual similarity and helps in the detection of possible plagiarism (see below). 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.

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:

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 3170 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](#).

Audio-visual recordings: 1) the recordings should be used for educational purposes only and as a means for enhancing accessibility; 2) students do not have permission to duplicate, copy and/or distribute the recordings outside of the class (these acts can violate not only copyright laws but also [FIPPA](#) and intellectual property rights); and 3) all recordings will be destroyed after the end of classes. Please see the Teaching commons going remote website particularly the section on Copyright and Intellectual property at <https://bold.info.yorku.ca/> and <https://copyright.info.yorku.ca/students-reuse-of-teaching-materials-from-york-courses-2/> for some statements to use in your course outline about intellectual property.

Information about Academic Resources

Textbooks: Please see the York University Bookstore webpage (<https://bookstore.yorku.ca>) for ordering e-books and for the information about free shipping of course books/kits to students with a Canadian address.

Digital content: York University Libraries also has access to online content that can be linked (using permalinks) through eClass. A Library guide on creating permalinks/stable links to articles/ebooks/electronic resources can be found in various databases/Omni (the new library catalogue) at <https://researchguides.library.yorku.ca/permalinks> -- that can be used in eClass. When students click on the stable link, they will be asked to authenticate through Passport York and then they have full access to the online resource. Using these permalinks addresses copyright issues.

Technical requirements for taking the course:

Given the uncertainties of the pandemic, this course may depend on remote teaching and learning. There are numerous technical requirements for this course if this occurs. These include a computer equipped with a webcam and microphone and high-speed internet access. Several platforms will be used to support this course (eClass, Zoom, Turnitin).

Stable, higher-speed Internet connection and a computer with webcam and microphone, and/or a smart device with these features. Check your **Internet connection and speed using tests** such as [Speedtest](#).

Zoom: If needed, Zoom may be used for class meetings, and this may be recorded. Zoom is hosted on servers in the U.S. If you have privacy concerns, provide only your first name or a nickname when you join a session. All participants are automatically notified when a session is being recorded. A session cannot be recorded without your knowledge.

Video: You may sometimes need to appear on video via Zoom (e.g., for remote exam proctoring). If you have concerns about appearing on video or do not have access to a webcam, please inform the course instructor at the beginning of the course.

Useful links describing computing information, resources and help:

[Student Guide to eClass](#)

[Zoom@YorkU Best Practices](#)

[Zoom@YorkU User Reference Guide](#)

Email Etiquette

1. Emails sent to the professor or teaching assistant **MUST** indicate the course number and section in the subject line of the email.
2. Include your full name and student number in the body of the email. If your preferred name differs from the name on the course roster, please let your professor and TA know that early in the term.
3. Before sending an email, make sure you've done a thorough job of trying to find the answer to your question in the materials posted on the course outline or eClass. Emails asking questions that are clearly addressed in the posted course materials will not receive responses.
4. A proper email to your course director or TA begins by addressing them by their name and/or title. Your email message should be proofread for spelling, grammatical, and punctuation errors, and should be written in a polite tone.
5. Send your emails well in advance of when a response is required. You should expect to receive a response within 3 days of sending an email. If you have not received a response within that time period, you can follow-up politely.