

**AN INTRODUCTION TO HEALTH PSYCHOLOGY
HH/PSYC 3170 B; Fall 2014**

Course Instructor Dr. Janice Montbriand
Office: TBA
Email: montbri@yorku.ca

Teaching Assistant Ami Tint
Office: by appointment, 031 BSB
Email : amitint@yorku.ca

Hannah Gennis
Email: hgennis@yorku.ca

TA office hours as announced in class or by appointment

Course Description This course provides an introduction to behavioural health science. The material covered will introduce the student to the major issues in the field of health psychology. Of the ten leading causes of mortality and morbidity in Canada, many, if not all, have behavioural component(s). Specifically, we will focus on the biological, psychological, and social aspects as they relate to health promotion, health compromising and enhancing behaviours, stress management, coping strategies, patient-provider relations, utilization of health services, pain management, and coping with chronic illness. **As this is an intensive course, it is highly recommended that you read the assigned chapters ahead of class, and attend all classes.**

Time and Location Fridays, 11:30-2:30pm, location CLH-A Curtis Lecture Hall. Fall term (Sept. 8 to Dec 9, 2014). Last day of finals Dec. 22nd.

Required Reading Taylor, S., & Sirois, F.M. (2014). *Health Psychology, Third Canadian Edition*. McGraw-Hill Publishers.

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

Additional Information

Learning Skills Program website for tips on studying and preparing for examinations:
<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>.

Special Needs: If there are students in this course who, because of a disability, may have a need for special academic accommodations, please come and discuss this with me privately during the first week, or contact disability services.

<http://www.yorku.ca/secretariat/policies/document.php?document=68>

You are expected to have read and kept a copy of this outline.

Evaluation:

The final exam must be passed in order to receive a passing grade for this course.

Examinations (25% each): There will be two examinations during the semester. Exams will consist of definitions, multiple choice, short answer etc., taken from text and class lectures. The answer to the question 'could this be on the exam?' is 'yes' unless I have stated otherwise.

Final Exam (30%): The final exam will be cumulative with an emphasis on more recently taught material. You must pass the final exam to pass this class. The dates for final examinations are from December 15th to 22nd inclusive, you need to be available during these dates. Travel plans etc. are not valid reasons to miss your final exam and will result in a 0 on the exam. Please wait to make travel plans.

Class Participation and health journal (5%): During this class there will be opportunities for class participation and a health journal. These are worth 5% of your final grade. For those who may be shy about participating in class, the class wiki is editable, and can be updated with additional information from academic sources, thoughts, etc.

Group Work: Wiki etc (15%) Throughout the class we will be filling in some sections on the wiki, creating annotated bibliographies etc., in groups. You are responsible for remembering who is in your group, meeting as needed etc.

Schedule of Classes and Activities:

*On the dates where specific chapters are listed, you are responsible for reading the chapters ahead of class.

*These dates are my best estimate only; I reserve the right to change the lecture if necessary.

DATE	LECTURE TOPIC	CHAPTERS
Sept. 12	Introduction to course The Biopsychosocial Model of Health Health disparities in Canada- a northern example Future challenges and directions in Health Psychology Conducting Research in Health Psychology <i>Start health behaviour change diary.</i> <i>Introduce yourself on the Wiki.</i>	1, 15
Sept. 19	Conducting Research in Health Psychology Systems of the body: NS, Endocrine and Stress Response (Cardiovascular and immune saved for subsequent chapters) Using health services, patient-provider relations <i>Wiki group work (announced in class)</i>	2 8,9
Sept. 26	Health Models, Interventions and Behaviour Change <i>Wiki group work (announced in class)</i>	3
Oct. 3 assigned.	Mid-Term 1: All chapters taken in class, lecture, readings	
Oct. 10	Preventative and Health-Promoting Behaviours: Cancer screening, exercise, and maintaining a healthy weight. <i>Evaluate your success at health behaviour change.</i> <i>Hand in copy of your journal so far, along with evaluation.</i>	4
Oct. 17	Health-Compromising Behaviours: Drinking, smoking <i>Wiki group work (announced in class).</i>	5
Oct. 24	Stress and Coping with Stress <i>Wiki group work (announced in class)</i>	6, 7
Oct. 31	Co-Curricular day, no class	
Nov. 7 midterm 1.	Midterm 2: Chapters, lecture and assigned reading after	
Nov. 14	Pain Living with Chronic Illness	10 11

Nov. 21	Chronic illness, Coronary Heart Disease	13,2
Nov. 28	Catch-up class, TBA	TBA
Dec.5	Psychoneuroimmunology Epigenetics Exam Review Final exam: Cumulative in main ideas (e.g. models of health change, stress etc), with a focus on information learned since midterm2.	14,2

* The dates for final examinations are from Dec.9 – Dec. 22, 14 inclusive, **you are required by York University to be available during these dates.**

Policies:

1. Make-up examinations:

Students are expected to write each test on the dates specified. There will be no make-up tests, except under extraordinary documented circumstances. Make-up examinations will consist largely of short answer/essay questions. If you miss a mandatory piece of course work with no official documentation, you will receive a grade of zero.

If you need to request a make-up exam, requests should be made in advance of the exam if at all possible. Students must contact the professor (cc'd to the TA) 24 hours in advance of a missed examination, and provide appropriate documentation to be permitted a make-up examination. Pre-booked travel is not a reasonable excuse for missing an exam.

In the case of an emergency, contact me, cc'd to your course TA, as soon as possible. In this email, please (a) outline the reason for your absence, and (b) confirm that you have medical or other relevant documentation to support this reason. Please be sure to note your course section and your full name and student number in the subject header of your email. Failure to contact your professor and TA within 24 hours of an examination will result in a grade of 0.

If you have a legitimate reason (e.g., death in the family, severe illness, etc.) for being excused from an exam, and have documentation to verify your absence (please see below), you may take a make-up exam. Please note that I am extremely strict about the conditions that will allow you to write a make-up examination – nonetheless, you should contact me regardless of your reason if you have missed or will miss an examination.

Please note that there will be *one* set date for the make-up test/exam. So please make every effort to attend this date. Please also note that if you miss exam and the make-up of the exam prior to the drop date, regardless of your reason, you have waived the right to have a specific percentage of graded feedback available to you prior to the drop date.

If you produce a valid medical document, signed by a physician, stating that you were medically unable to take the exam for a specific time period, you will be able to take a make-up exam. If you miss an exam for non-medical reasons, you still must produce supporting documentation (e.g., death certificate, obituary notice, automobile accident report, etc.).

Once you have contacted the course instructor and your TA, you will need to have completed the attending physician's statement found at <http://www.registrar.yorku.ca/exams/deferred/>. This should be brought to your instructor's mailbox (located on the first floor of the BSB rm 101; if the mail room is closed try the undergraduate office), or faxed to the psychology department (with Attention Dr. Janice Montbriand) at 416-736-5814. You will need to receive confirmation of the make-up examination date from your TA; you should be back in touch within a few days with your TA if you have not heard back. It is your responsibility to find out the information about when and where the make-up exam is scheduled, and ensure that you are set to write the make-up exam. If the final exam is missed, the student must formally petition for deferred standing in the course with the Registrar's office.

2. Grade Revision: Your first step is to contact your TA right away. You have 3 days from the return of exam marks to contact your TA if you feel any changes are required. Past this point no grade changes will be made. If you find that an examination has been totalled incorrectly, please advise your TA. If you feel that an error has been made in marking, please double-check with your textbook/notes and come prepared to support your position with documentation of what was covered in *this* course.

Recognize that the evaluator must be convinced that answers on examinations indicate mastery of the concept being examined, and that a response that may appear to be 'close enough' by your standards may not be by the evaluator's. When double-checking marks your TA may look over the entire examination for marking errors. This means that while your grade may improve on some questions, your grade may decrease in others if errors have been made.

3. Plagiarism and Academic Dishonesty: Academic dishonesty will not be tolerated. Not only will you lose complete marks for the examination, but the event will be listed on your permanent record. It is your responsibility to be aware of what constitutes academic dishonesty. Here are two sources on what constitutes academic dishonesty.:

<http://www.yorku.ca/secretariat/policies/document.php?document=69>
<http://www.yorku.ca/academicintegrity/students/index.htm>

Etiquette:

- Before class, turn off cell phones, PDAs, etc. that might disturb others.
- Arrive on time. If you arrive late or leave early, please do so quietly.
- Focus your attention on the main activity in the classroom.
- Don't bring messy or smelly foods to class. Avoid foods that might elicit allergic reactions (e.g. peanuts).
- Avoid wearing strong perfumes or scents to class; many people are allergic to or bothered by these.
- Do not come to class if you are actively sick with a flu.
- If you must talk to your neighbour during lecture, do so quietly and briefly.
- During discussion, take turns and let others have a turn before contributing again.
- If you miss a class it is your responsibility to find out what you missed.
- The instructor will not loan out notes; if you missed class you are responsible for getting the notes from one of your classmates. Find a note-sharing partner and exchange contact information.
- Respect each other's space (e.g., do not put your feet on someone else's desk).