

**COURSE OUTLINE**  
**Health Psychology PSYC 3170 3.0A**  
**York University**  
**Fall 2013**

**Prerequisites:** AK/AS/SC/PSYC 1010 6.00 or AK/PSYC 2410 6.00, with a minimum grade of C.  
**Last date to drop courses without receiving a grade: NOVEMBER 8, 2013**

**TIME/ROOM:** Thursday 11:30-2:30 **ROOM: LSB 103**  
**COURSE DIRECTOR:** Gerry Goldberg, Ph.D., C. Psych. (email: [gegold@yorku.ca](mailto:gegold@yorku.ca))  
**OFFICE HOURS:** Before and after class as requested  
**Office: BSB 277**

**SECRETARY:** Zehra Bandhu office is 284 BSB, Email: [zehra@yorku.ca](mailto:zehra@yorku.ca)  
 Phone: 416 736 2100 Ext. 66232.

**TA:**  
**OFFICE HOURS:** **Melissa Rourke** ([rourke22@yorku.ca](mailto:rourke22@yorku.ca)) 041 BSB (basement). By appointment (Thurs.10:30-11:30pm). Contact TA by email to secure appointment or to ask questions.

**REQUIRED TEXT:** Health Psychology (McGraw Hill, 2012, **Canadian 2<sup>nd</sup> ed.**) by Shelley E. Taylor and Fushia M. Sirois) ISBN-13: 978-0-07-031979-0 (*NOTE: Previous editions will fail to provide you with all information offered and will likely result in a reduced grade.*)

**MOODLE:** *Check Moodle regularly for updates, lecture outlines, grades, and much more!*

<b>EVALUATION:</b>	See course website for sample questions and composition of the tests.
Oct 3 Optional Project Proposal (by the beginning of class)	Not graded but required to do the project (last day to hand in). Must be a hard copy. <b>NO EXTENSIONS</b>
Oct 10 Quiz 1= 25%	<b>Ch.1-5 inclusive, all lecture and class materials</b>
Nov 14 Quiz 2= 25%	<b>Ch.6-11 inclusive, all lectures and class materials following 1<sup>st</sup> Quiz to present.</b>
Dec 5 Optional Project (by the beginning of class)	Bonus marks will be added to your final course grade. Number of bonus marks depends on quality of paper-if poor quality it will neither add nor detract marks from you total, if it has merit, it will be used to see if you can be move up to the next grade, if exceptional it can further increase your grade.
Exam period (Dec 10-23) Final exam= 50%	<b>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)</b>

**PLEASE READ THIS PARAGRAPH**

*The text covers a wide range of general topics in Health Psychology. The lectures reflect the academic and applied interests of the course director. This course is intended to demonstrate how theories and research in Health Psychology are applied to real life issues. The optional term project is designed to give you the fundamental skills to deal with Health Psychology issues. 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 and final to determine the pace at which you should read.*

	DATE	
1.	Sep 12	Introduction
2.	Sep 19	Health, sickness and the attribution process
3.	Sep 26	Health promotion: influence, attitudes and beliefs
4.	Oct 3	Attitudes towards sickness and disability. Programs to change health and safety behaviours (modern strategies, community-based programs, behaviour modification.) <b>Last day to hand in proposal for Optional Project. Must be submitted by the beginning of class. NO EXTENSIONS.</b>
5.	Oct 10	<b>Quiz 1=25%. A LECTURE WILL FOLLOW:</b> The Placebo Effect.
6.	Oct 17	Placebo, Depression, Stress (its impact on health and performance, sources of stress.)
7.	Oct 24	Stress Management and Coping
	Oct 31	<i>Co-curriculum day—No class (Happy Halloween)</i>
8.	Nov 7	Stress related topics: ergonomics, environmental stressors, noise, mass psychogenic illness, pain
9.	Nov 14	<b>Quiz 2=25%. A LECTURE WILL FOLLOW:</b> Doctor-patient communications/ “Breaking bad News”
10.	Nov 21	Breaking bad News” continued and Developing Compassion in Medicine
11.	Nov 28	Risk perception and communication
12.	Dec 5	Dealing with the impact of traumatic events in medicine <b>Optional project due at beginning of class.</b>

**IF YOU MISS A QUIZ OR TEST: MISSING A QUIZ OR TEST IS CONSIDERED A VERY SERIOUS MATTER.** Contact me within 48 hours of missing the quiz or test. **Documentation** is required in order to be permitted to take a make-up quiz/test. Should you miss an exam due to a medical reason, you must have your attending physician complete the “**Attending Physician’s Statement**”. This form can be obtained from the Registrar’s Office or the course’s Moodle site. Submit this with a deferral form also found on the Moodle site. If you miss an exam with no legitimate excuse, you will receive a grade of zero. **PLEASE NOTE THAT THERE WILL BE ONLY ONE OPPORTUNITY TO MAKE UP THE GRADE FOR EACH QUIZ/TEST.**

SHOULD WEATHER OR OTHER PROBLEMS MAKE IT IMPOSSIBLE TO HOLD A QUIZ ON THE DATE SCHEDULED, IT WILL BE HELD THE NEXT LECTURE PERIOD.

**LETTER GRADES:** : 90-100=A+; 80-89=A; 75-79=B+; 70-74=B; 65-69=C+; 60-65=C; 55-59=D+; 50-54=D; 40-49=E; 0-39=F (For a full description of York grading system see the York University Undergraduate Calendar - [http://calendars.registrar.yorku.ca/pdfs/ug2004cal/calug04\\_5\\_acadinfo.pdf](http://calendars.registrar.yorku.ca/pdfs/ug2004cal/calug04_5_acadinfo.pdf))

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) - [http://www.yorku.ca/secretariat/senate\\_cte\\_main\\_pages/ccas.htm](http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm)

- York’s Academic Honesty Policy and Procedures/Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation

## OPTIONAL PROJECT: THE PROBLEM SOLVING PROJECT APA STYLE

### OVERVIEW: (The project consists of a proposal and a final paper.)

Select health psychology related problem and using up-to-date scientific literature and guidance from experts in the field develop a comprehensive plan to reduce or eliminate the problem. This is a chance for independent research on a course-related area of interest. It is an opportunity for you to familiarize yourself with an issue in a career field you are considering and offers a chance to meet individuals in that field. The *earlier* you contact agencies/experts the more time they have to send information to you and arrange interview times.

Find the *most recent* scholarly work (from refereed journals) *specific* to the problem you have selected. This requires using library tools such as data bases like Medline, the Web of Science (formerly the Social Sciences Citation Index), PSYCINFO/PSYCHLIT. Look for information in health psychology textbooks on your topic. Then look at the bibliographies for the key names and journals that deal with the problem you selected. You may also start by using popular sources of information (e.g. The Globe and Mail, Worldwide Web etc.) but remember such popular publications will not earn you credit. Once you have demonstrated your ability to find very current peer reviewed materials, you may use other materials.

You will also need to obtain applied work. Contact relevant experts or practitioners. **By experts I do not mean people who have experienced the problem** but people who have **specialized training** in dealing with the problem or have a program to deal with the problem. You will need to use tact and interviewing skills, over the telephone or in person, to get individuals to give you their valuable time. Asking these people for opinions, suggestions, leads and information will make your task easier and add to the quality of the paper. They may also save you time and energy by directing your literature search.

### PROPOSAL

#### Specifications for the Proposal

*Proposals will be used to provide feedback but will not be graded.* The proposal must:

1. be one page, double spaced. The bibliography can be on a second page. STAPLE PAGES.
2. clearly and briefly identify and explain the specific problem, its causes and consequences and indicate specific approaches to dealing with the problem.
3. integrate the main ideas of at least five current scientific journal articles from **peer reviewed** journals into about one to three paragraphs. **Do not do an annotated bibliography or summarize each article.** Select out only information relevant to your topic and relate this information to the other articles in a concise manner.
4. list relevant resource agencies/individuals you will/ have contacted. Give name, position, agency, contact info (phone number, e-mail address). You need not make contact before writing the proposal.
5. provide a bibliography (use APA style). This includes proper within text referencing (e.g. Smith (1999) argues. ... or It has been found that fear of job loss causes anxiety (Green and Brown, 1998). Do not use footnotes or endnotes. There are many student guides to APA style including several websites. The following websites are some such guides: (seen next page)  
[www.apastyle.org/styletips.html](http://www.apastyle.org/styletips.html)  
<http://writing.wisc.edu/Handbook/DocAPA.html>  
<http://apastyle.org/>,  
<http://owl.english.purdue.edu/owl/resource/560/01/>,  
<http://www2.liu.edu/cwis/cwp/library/workshop/citation.htm>

NOTE: Of particular interest to the reader is that APA style requires **concise** writing in the **third person**

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6. **This original proposal (with marker's comments) must be resubmitted with the final paper.**  
**Feedback will be based on:** clear identification of a problem, quality of bibliography, integration of literature to into paragraph(s) which suggest the dimensions and/or how to deal with the problem, identify agencies and spelling, grammar, clear communication.

### **OPTIONAL PROJECT FINAL PAPER**

The completed assignment should be **approximately 6 PAGES** (not including the bibliography). They *must be typed, double spaced and in 12 pitch type*. Make a second copy of your paper for your files before submitting. Properly reference others work. Do not include quotations.

#### **Specifications:**

1. Identify a specific **problem** (not just a topic area). It must be a problem that can be mitigated by the application of theories and research in health psychology. Define your terms and the parameters or limits to which your paper will cover (e.g. if wish to examine the impact of social support on persons with an illness, be clear about what social support means and what specific benefits and/or harms you will explore. *If you are unable to find relevant research articles you must modify or change your topic.*
2. Find current research and theories to explain the problem, its causes and consequences in a brief and concise manner. Also state the emerging issues or new dimensions related to the problem. Explain and focus on specific approaches and give details on how to DEAL with the problem.
3. Find agencies, organizations, individuals who have specialized training or expertise dealing with the problem (**not just persons who have experienced the problem and tried things out**). While interviews with the experts are best, other information from such persons or agencies is acceptable (e.g. brochures, Internet sites, e-mails, etc). *If you use an Internet site, you must reference it and provide an explanation within the bibliography as to why this is an authoritative source.* Make sure you can describe the specific approaches used and/or how these approaches are applied. Information from these organizations/individuals will enable you to evaluate their efforts in terms of the literature. It is expected that you will interview three such experts.
4. Describe how scientific literature and research might be of assistance to these specialists. Specifically, **(a)** how would the literature be of use to them? **(b)** what kinds of research do you suggest health psychology researchers should do to help these specialists toward their/your goals? **(c)** from your research can you provide a new or modified solution?
5. Indicate what specialists you contacted at the bottom of the bibliography. Stipulate name, position, agency, contact information.
6. Use APA style.
7. **Must submit to Turnitin**
7. **Only hard copy will be graded. Staple** the paper and please, no binders or attachments.
8. The original proposal (with marker's comments) must be resubmitted with the final paper.

**If you wish to have your project back, attach a self-addressed stamped envelope otherwise they may be picked up from the secretary.**