

**Faculty of Health
Department of Psychology
PSYC 3170 3.0 Section N
HEALTH PSYCHOLOGY
Winter 2019**

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

- **HH/PSYC 1010 6.00 (Introduction to Psychology), with a minimum grade of C.**

TIME/ROOM: Thursday 2:30-5:30 **ROOM:** LAS C
COURSE DIRECTOR: Gerry Goldberg, Ph.D., C. Psych. (email: gegold@yorku.ca)
OFFICE HOURS: Before and after class as requested
Office: BSB 277

UG PSYC OFFICE: 291 BSB, Email: psyc@yorku.ca, Phone: 416 736 5117.

TAs	yorku.ca	office number	office hours *
Kareena Gurbaxani	kareenag@my.yorku.ca	BSB 06N	Thurs 10-11 am
Sara Rependa	srependa@yorku.ca	BSB 143	Fri 10-11am

*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: Health Psychology (McGraw Hill, 2017, Canadian 4th. ed.) by Shelley E. Taylor, Fushia M. Sirois, and Danielle S. Molnar ISBN-13: 978-1-25-936215-6 (NOTE: Previous editions will fail to provide you with all information offered and will likely result in a reduced grade.)

Course website: [Moodle](#). It your responsibility to check Moodle regularly for updates. There you will find updated course outlines, PowerPoint presentations, grades, and much more.

EVALUATION:	See course website for sample questions and composition of the tests.
Jan Optional Project Proposal (By the beginning of class)	Not graded but required in order to do the project (last day to hand in). Must be a hard copy. <u>NO EXTENSIONS</u>
Jan 31 Quiz 1= 25%	Ch.1-5 inclusive, all lecture and class materials
Mar 7, Quiz 2= 25%	Ch.6-11 inclusive, all lectures and class materials following 1st Quiz to present.
Mar 28, Optional Final Project due by the beginning of class. Both a hard copy and submission to Turnitin.	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 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 optional term project is designed to give you the fundamental skills to deal with Health Psychology 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 and final to determine the pace at which you should 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>What to read and when.</i> See what is expected for each test and final to determine the pace at which you should read. Also, see box above.
1	Jan 3	Introduction
2	Jan 10	Health, sickness and the attribution process
3	Jan 17	Health promotion: influence, attitudes and beliefs
4	Jan 24	Attitudes towards sickness and disability. Programs to change health and safety behaviours (modern strategies, community-based programs, behaviour modification.) Last day to hand in proposal for Optional Project. <u>Must be submitted by the beginning of class.</u> NO EXTENSIONS.
5	Jan 31	Quiz 1=25%. A LECTURE WILL FOLLOW: The Placebo Effect.
6	Feb 7	Placebo, Depression, Stress (its impact on health and performance, sources of stress.)
7	Feb 14	Stress Management and Coping
	Feb 21	Reading Week (no classes)
8	Feb 28	Stress related topics: ergonomics, environmental stressors, noise, mass psychogenic illness, pain
9	Mar 7	Quiz 2=25%. A LECTURE WILL FOLLOW: Doctor-patient communications/ "Breaking bad News"
10	Mar 14	Breaking bad News" continued and Developing Compassion in Medicine
11	Mar 21	Risk Perception and Risk Communication
12	Mar 28	Dealing with the impact of traumatic events in medicine Optional project due at beginning of class.

START YOUR OWN STUDY TEAM

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. I encourage you to form your own study teams. The course website or Moodle 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 have the opportunity to 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.**

Missed Tests

Missing exam is considered a very serious matter. Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (Attending Physician Statement, which can be found at: [may request accommodation from the Course Instructor](#). Further extensions or accommodation will require students to submit a formal petition to the Faculty. Please remember that in the absence of a legitimate reason for missing a test, the student will be given a 0. Only medical circumstances or compassionate grounds are valid reason for missing an exam. If you miss a test, you will be given only one opportunity to make up this test. 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, regardless of their reason, that **you have waived the right to have a specific percentage of graded feedback available to them prior to the drop date**

1. For any missed tests or late contact your TA within 48 hours of the exam and provide the following information: Your name, your student number, course, and section, and Email and phone number at which you can be reached and the best time to call you back. If you cannot contact your TA within this 48-hour period, subsequent documentation accounting for the delay must be provided.
2. complete the missed test document that can be downloaded from the moodle site. Failure to complete the form within 48 hours of the original deadline will result in a grade of zero for the test/assignment
3. attach appropriate documentation verifying the circumstances for the missed exam must be provided. Failure to provide appropriate documentation will result in a grade of 0 on the missed exam. (Attending Physician Statement which can be found at: <http://myacademicrecord.students.yorku.ca/pdf/attending-physicians-statement.pdf> (you may also download this from the moodle site). This must be completed by a health care professional registered with the Province of Ontario. This excludes such practitioners as those offering Chinese Medicine.
4. Staple the two forms stapled together with the missed test document on top.
5. Submit these two completed documents to Dr. Goldberg's mailbox in BSB 101

Psychology Department's policies on missing an exam (available at http://www.yorku.ca/health/psyc/advising_missedtests.html)

What is appropriate documentation?

Medical circumstances: An Attending Physician's Statement or Statement by a Psychologist or Counsellor that must include:

- Full name, mailing address, and telephone number of the physician
- Statement of the nature of the illness and its duration (i.e. specific dates covered)
- An indication of whether the illness and/or medication prescribed would have *seriously* affected the student's ability to perform over the period in question.

Note: A MD's note is not sufficient you must submit an APS. Alternative medical practitioners such as those practicing Chinese Medicine will not be accepted. The physician's office may be contacted to verify that the physician completed the form.

Other Extreme circumstances (e.g. death of a family member): a photocopy of the death certificate or other documentation, agreed to by Dr. Goldberg, which will be on proper letterhead from a recognized institution.

Add/Drop Deadlines

For a list of all important dates please refer to: [Fall/Winter 2018-19 - Important Dates](#)

	WINTER (W)
Last date to add a course without permission of instructor (also see Financial Deadlines)	Jan. 16
Last date to add a course with permission of instructor (also	Jan. 30

see Financial Deadlines)	
Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)	March 8
Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below)	March 9 - Apr. 3

**Note: 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. Withdrawal will not affect your grade point average or count towards the credits required for your degree.*

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.

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.

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 [York University Accessibility Hub](#) is your online stop for accessibility on campus. The [Accessibility Hub](#) provides tools, assistance and resources. **Policy Statement**

Policy: York University shall make reasonable and appropriate accommodations and adaptations in order to promote the ability of students with disabilities to fulfill the academic requirements of their programs.

The nature and extent of accommodations shall be consistent with and supportive of the integrity of the curriculum and of the academic standards of programs or courses.

Provided that students have given sufficient notice about their accommodation needs, instructors shall take reasonable steps to accommodate these needs in a manner consistent with the guidelines established hereunder.

For Further Information please refer to: [York university academic accommodation for students with disabilities policy](#)

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. (*Examples of health related problem: getting children diagnosed with diabetes to follow the regime required of diabetics; preventing specific addictions such as alcoholism.*)

Find the *most recent* scholarly work (from refereed journals) *specific* to the problem you have selected. This requires using library tools such as databases 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. ***The final paper must be submitted to Turnitin.***

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://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**

6. **This original proposal (with marker's comments) must be resubmitted with the final paper.**

(Continued on next page.)

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, and contact information.
 6. Use APA style.
 7. ***Prior to submission of the hard copy in class, the paper must be submitted to Turnitin.***
 8. The original proposal (with marker's comments) must be resubmitted with the final paper.
 9. Submit the paper with only a staple--NO binders or attachments.
- If you wish to have your project back, attach a self-addressed stamped envelope otherwise they may be picked up from the secretary.**