

**Faculty of Health  
Department of Psychology  
PSYC 3170 3.0 Section A  
HEALTH PSYCHOLOGY  
S1 2020**

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

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

**TIME/ROOM:** Monday and Wednesday 2:30-5:30 (Online via Zoom)

**ROOM:** The lectures will be online using Zoom due to medical crisis

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

**OFFICE HOURS:** Before and after class as requested (can meet via Zoom)

**Office:** BSB 277 (Not likely to be used so email)

**UG PSYC OFFICE:** 291 BSB, Email: [psyc@yorku.ca](mailto:psyc@yorku.ca), Phone: 416 736 5117.

**TAs:** Justine Ledochowski ([jledoch@yorku.ca](mailto:jledoch@yorku.ca))

Sarvenaz Ostadghafour ([Sarvost@yorku.ca](mailto:Sarvost@yorku.ca))

**Office hours are by appointment. Contact TA by email to secure an appointment or to ask questions. You can arrange a meeting via zoom, facetime, etc. if you wish.**

**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.*

<b><u>EVALUATION:</u></b>	
May 27 Test 1= 30%	<b>Ch.1-5 inclusive, all lecture and class materials</b>
Jun 10 Test 2= 40%	<b>Ch.6-11 inclusive, all lectures and class materials following Test 1 to present.</b>
Test 3= 30% Exam period: <i>Jun 24 to 26</i>	<b>Chapter 12-15 All lectures following Test 2 and class materials all lectures and class materials following 2<sup>st</sup> Test.</b>

**Bonus Marks:** The URPP is the Department of Psychology's participant recruitment pool. Students' can earn bonus marks to their overall grade in PSYC3170 (2%) based on participation in research via URPP. To earn the full 2% bonus:

- Participate in 4 hours of research during the URPP Summer Term (May 11th – June 22nd, 2020)
- Each 30-minute of research participation = 0.5 URPP Credit.
- A grade out of 2% will be calculated according to number of credits earned (out of 4).

**Please see the URPP student handout found on the course Moodle site for more information on completing your bonus marks.**

## 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 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. Reading the chapters in order will assist in following lectures. <i>See what is expected for each test and final to determine the pace at which you should read.</i>
1	May 11	Introduction
2	May 13	Health, sickness and the attribution process
	May 18	Victoria Day. No classes
3	May 20	Health promotion: influence, attitudes and beliefs
4	May 25	Attitudes towards sickness and disability. Programs to change health and safety behaviours (modern strategies, community-based programs, behaviour modification.)
5	May 27	<b>Test 1=30% is due</b> –Lecture: The Placebo Effect.
6	Jun 1	Placebo, Depression, Stress (its impact on health and performance, sources of stress.)
7	Jun 3	Stress Management and Coping
8	Jun 8	Stress related topics: ergonomics, environmental stressors, noise, mass psychogenic illness, pain
8	Jun 10	<b>Test 2=40% is due.</b> Lecture: Doctor-patient communications/ “Breaking bad News”
10	Jun 15	Breaking bad News” continued and Developing Compassion in Medicine
11	June 17	Risk Perception and Risk Communication
12	Jun 22	Dealing with the impact of traumatic events in medicine

### **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. 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. Clearly in times of the present medical crisis, you cannot meet face to face, but you can still set up virtual meetings.**

## **Regarding the mid-terms and final exam in during Health Crisis:**

Each exam will be in the form of "take home" open book essays which you will need to submit to a Turnitin portal on this course Moodle site. Below is an example question so you know what you are facing. Generally, the questions will be of an applied nature. For each of the three tests you will have at least two days to work on your response and will be due **2:30pm on the date indicated on the course outline.**

**Sample essay question. You will likely need to answer two questions such as the one below.**

Using materials from each lecture and each textbook chapter, identify specific ways in which one's beliefs about illness and wellness might impact health. **You need answer this in 500 words or less\***. In grading of this answer, we will be looking for a variety of specific theories, concepts and/or research findings taken from each chapter and lecture.) Credit will only be given for responses that answer the question asked. Your grade will be based on your ability to demonstrate an ability to **use specific course concepts appropriately** in answering the question rather than informal or "person on the street" thoughts. In addressing the question, a specific theory or two may come to mind immediately but *explore a range of concepts* from the course. You will be graded on the overall clarity of your essay as well as content. **Make sure you communicate in clear sentences do not use bullet points.**

\* **Regarding word limits.** A small variance may be acceptable if there appears to be a good reason for it. If it is because you were not concise, it could count against your grade. Note that such word limits are common in professional writing. Being concise is a very important skill involving clarifying your thoughts to communicate effectively. Asking you to be concise is asking you to know your stuff well enough to communicate it in a clear professional manner.

## **What to do if you miss a test.**

If you miss a test, you must email Dr. Goldberg within 48 hours of the exam and provide the following information: Your name, students number, email and phone number at which you can be reached and the best time to call you back.

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 at a later date. 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 the reason, that **you have waived the right to have a specific percentage of graded feedback available to them prior to the drop date**

## Add/Drop Deadlines

For a list of all important dates please refer to: [Summer 2020 Important Dates](#)

	Summer S1
Last date to add a course <b>without permission</b> of instructor (also see Financial Deadlines)	May 15
Last date to add a course <b>with permission</b> of instructor (also see Financial Deadlines)	May 26
Drop deadline: Last date to drop a course without receiving a grade (also see Financial Deadlines)	Jun 8
Course Withdrawal Period (withdraw from a course and receive a grade of "W" on transcript – see note below)	Jun 9 to Jun 22

**\*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.*

### Attendance Policy

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

### 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](#).

### Information on Plagiarism Detection

To promote academic integrity in this course, students will be normally required to submit their written assignments to Turnitin (via the course Moodle) for a review of textual similarity and the detection of possible plagiarism. In so doing, students will allow their 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. The terms that apply to the University's use of the Turnitin service are described on the Turnitin.com website."

### Electronic Device Policy

This course will be delivered in an online format and therefore electronic devices (e.g., tablets, laptops) as permitted during class time for course-related purposes. It is expected that you would complete tests/exams in a manner that does not require consulting an unauthorised source during an examination.

## 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:** 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](#)

### **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.

**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 Moodle. 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 Moodle. 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:**

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](#).

**Useful links describing computing information, resources and help:**

[Student Guide to Moodle](#)

[Zoom@YorkU Best Practices](#)

[Zoom@YorkU User Reference Guide](#)

[Computing for Students Website](#)

[Student Guide to eLearning at York University](#)