

PSY 289: Health Psychology

Department of Psychology

Masaryk University

Spring 2018 (4 credits)

Class meeting & location:	Čt 15. 3. 9:45--15:00 U33, Čt 29. 3. 9:45--15:00 U33, Čt 12. 4. 9:45--15:00 U33, Čt 26. 4. 9:45--15:00 U33, Čt 10. 5. 9:45--15:00 U33, Čt 17. 5. 8:00--11:15 U23
Instructor:	Doc. Mgr. Steriani Elavsky, Ph.D. 2.46 FSS, 606-168-831, elavsky@fss.muni.cz
Office hours:	by appointment

Course Description

This course is designed as an introductory undergraduate course in the area of Health Psychology. Students will become familiar with the Health Psychology field broadly, including current status and topics in the field, research methods used, and applied issues in practice.

Course Objectives

1. To become familiar with the history, aims, current topics and the future of the Health Psychology field.
2. To gain an understanding of the key influences on health, ranging from macro-social and cultural issues to individual-level factors, and how they may interact.
3. To become acquainted with current health behavior theories and models and empirically-supported principles of health behavior change.
4. To understand the role of health/disease-related cognitions, individual difference characteristics, and context in the disease process.
5. To become familiar with factors associated with quality of life, sources of coping and resiliency in both health and chronic disease.

Course Format

This course will be a mixture of lectures, student-centered activities, and class discussion. Students will also work in groups on selected assignments. Students are expected to complete assigned readings (prior to coming to class), ask questions, engage in critical thinking, and are encouraged to take alternative viewpoints, present well thought-out arguments, and generally make themselves a presence in the class.

Course Materials**Recommended Textbooks:**

- Marks, D. F., Murray, M., Evans, B. & Estacio, E. V. (2011). Health Psychology: Theory, Research and Practice Sage: Thousand Oaks, CA. ISBN-13: 978-1-84860-622-7.
- Ogden J. (2012). Health Psychology: A Textbook. 5th edition. Open University Press.
- Brannon, L., Feist, J., Updegraff, J.F. (2010). Health Psychology: An Introduction to Behavior and Health 8th Edition.

Required Readings: Required readings will be posted online on IS. It is expected that students complete all required readings PRIOR to coming to class. A great deal of learning in this class will take place through completion of the required readings and critical evaluation of studies presented in them. **To get the most out of this class, to do well in it and be able to take part in class discussions, keeping up with assigned readings is essential.**

Other Materials: Occasionally, additional materials and clips may be assigned. These will be made available to you via IS.

General Course Requirements

Student evaluation will be based on attendance and active participation in class, assignments (individual and group), final project, and final exam. The detailed breakdown of the requirements is listed below. To do well in the class, students should also:

1. Attend classes and take their own notes.
2. Complete readings and assignments on time (i.e., prior to the class they were assigned for).
3. Collaborate with fellow classmates and carry their own weight when doing group-based projects.
4. If having to miss a class, students should complete assigned readings anyway and make arrangements with a classmate to acquire the notes relevant to the missed lecture as soon as possible. **The instructor is not responsible for letting you know “the important things” you missed; make friends in class who can pass that information on to you.**
5. Be proactive and seek clarification and solutions to problems well in advance of assignments/projects being due.

Attendance: Since most learning in class will take place through class lectures and discussions, class attendance will be monitored. Students will be evaluated for active class participation during class activities and discussions. Students are strongly encouraged to take their own detailed notes during class. Outlines of lectures will be posted on IS, however, these may be incomplete and are not meant to serve as a substitute for coming to class and taking notes. Similarly, **the instructor may not cover all information contained on slides or in readings, however, you are still responsible for reviewing those and knowing the information.**

Class Discussion: Students will be split into groups and assigned selected readings to either lead class discussion or prepare debate points. Each student will partake in these group discussions at least twice across the semester. Discussion questions and debate points have to be turned in two days before class.

Assignments: There will be a total of 5 written assignments to be completed across the semester (each due on one class day). Only 4 assignments will count towards the grade. The topic for each assignment will be related to the final class project and should be helpful in completing it. Thus, the completion of each assignment will mean an incremental step towards completing the final class project.

Final Project: For your final class project you will create a personal health diary. This will entail setting health-related goals, monitoring progress towards reaching your goals and implementing evidence-based strategies in your health goal pursuit. The purpose of this project is to give you the opportunity to get acquainted with health behavior theories and how they can be used practical applications.

Final Exam: There will be a final exam administered online at the end of the semester. You will have one week to complete the exam online. More details about the exam will be provided in class.

Course Evaluation Criteria & Grading Scale

The following are the physical class deliverables and associated grading criteria:

Assignment	% Grade	Points
Attendance & active participation	10	20
Discussion participation	10	20
Assignments	30	60
Final project	25	50
Exam	25	50
Total	100 %	200p

Grading Scale:

Grade	% Material Correct	Points Needed	Grade	% Material Correct	Points Needed
A	93 and higher	186+	C+	77 – 79.99	154 – 159.99
A-	90 - 92.99	180 – 185.99	C	70 – 76.99	140 - 153.99
B+	87 - 89.99	174 – 179.99	D	60 – 69.99	120 – 139.99
B	83 - 86.99	166 – 173.99	F	59.99 and below	119.99 and below
B-	80 - 82.99	160 – 165.99			

Academic Integrity and Classroom Code of Conduct

You are expected to act in accordance with the Masaryk University standards for academic integrity. *Academic integrity is the pursuit of scholarly activity in an open, honest, and responsible manner, and includes a commitment not to engage in or tolerate acts of falsification, misrepresentation or deception.* Such acts include but are not limited to plagiarism, cheating on examinations, pop quizzes, or assignments, and will not be tolerated in this class and dealt with according to standard University procedures.

Students with Disabilities and Special Needs

If you have a disability-related or other need for reasonable academic adjustments in this course, contact the Teiresias Center at Masaryk University (<http://www.teiresias.muni.cz/>) for proper steps to receiving academic adjustments.

Course Contract

The syllabus serves as a contract between the instructor and the students. Every student is responsible for reading the entire syllabus at the beginning of the semester and complying with the terms outlined in it. **The instructor reserves the right to make changes to the syllabus during the course. Any changes will be made in writing.**

Office Consultation

Students wishing to meet with me outside of normal class hours should make an appointment with me via email. If you have not heard back from me within 48 hours, assume the email has not been received. Once received, your email will be acknowledged within 48 hours and addressed in no later than 3 days.

Miscellaneous

Personal Communication Devices: As a sign of respect to your classmates and instructor, I ask that you refrain from the use of cell phones, pagers, ipods, or any other personal communication devices during class time. You may be asked to leave the class if using these devices. **Make sure these devices are turned off prior to entering the classroom.**

Tentative Course Outline

Week	Date	Topics to be Covered	Assignments <i>*dates may change</i>
Unit 1: Introduction to Health Psychology			
	Mar 15	Defining the field • Social ecological model • Macro-social influences on health, Health disparities • Mind-body connections, Biopsychosocial model • Methodology and research methods in health psychology	Assign 1 (Mar 22)
	Mar 29		Assign 2 (Mar 29)
Unit 2: Health beliefs, behaviors, behavior change			
	Apr 12	Health beliefs • Addictive behaviors • Eating behavior • Exercise behavior • Health promotion – changing health behaviors	Assign 3 (Apr 19)
	Apr 26		
Unit 3: Becoming Ill			
	May 10	Illness cognitions • Health care access and services • Stress and illness • Pain theories • Coping and resilience	Assign 4 (May 10)
Unit 4: Being Ill			
	May 17	Behavior and chronic disease • HIV, cancer • Obesity • Women's health • Men's health • Quality of life issues	Assign 5 (May 17)
		EXAM	Take any time between May 18-23

Notes. Syllabus terms, course outline, readings, and assignments are subject to change at the instructor's discretion. Any changes will be made in writing. Please refer to IS for assigned readings and assignment/group project instructions and deadlines.