Health Psychology

**PSYC 3170 Section M; 2016-2017, Winter Term**

Course Director Professor Jennifer Mills

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TA office hours and room numbers will be announced in class and online

Online Resources This course is on **Moodle**: please go to www.moodle.yorku.ca and login using your Passport York account for all online resources, including lecture slides.

Course Description This course explores the role of psychological factors in the experience of health and illness. We will examine research evidence and the need for a biopsychosocial model in order to understand and clinically treat various health problems (e.g., obesity, stress, pain, heart disease, cancer).

\*Please note that this is a “blended” course, which means that some of the course is taught online. See course schedule below for further details.

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.

Time and Location Tuesdays, 8:30-11:30 am, Curtis Lecture Hall E

Required Textbook Sarafino, Smith, King, & De Longis (2015). *Health Psychology: Biopsychosocial Interactions – Canadian edition.* Wiley: Toronto.

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

Course Credit Exclusions AS/SC/PSYC 3440 3.0 (prior to Summer 2002), GL/PSYC 3635 3.0, KINE 3100 3.0, AS/SC/KNE 4050D3.0 or AS/SC/KINE 4710 3.0

Additional Information

Excellent tips on all aspects of studying for and writing exams can be found at the Counseling and Development Centre’s, Learning Skills Services website: <http://www.yorku.ca/cds/lss/> .

The university takes academic integrity very seriously. York’s Senate Policy on Academic Integrity is important for all students to know and can be found at <http://www.yorku.ca/academicintegrity/>. Breaches of academic integrity include plagiarism, buying and selling test banks, copying off of others, and using electronic devices of any kind during a test or examination.

Important YorkU Winter 2017 term dates

January 5 Classes start

January 18 Last date to enroll in a course without permission from the instructor

February 1 Last date to enroll in a course with permission from the instructor

March 10 Last date to drop a course without receiving a grade

# Evaluation Scheme

# **Test 1 (30%) TUESDAY, JANUARY 31, 2017**

# Content: Chapters 1-5 and all lecture material and videos covered in the course to-date

# Format: 75 multiple choice, one long answer

# **Test 2 (30%) TUESDAY, MARCH 14, 2017**

Content: Chapters 5-10 and all lecture material and videos covered after Test 1

Format: 75 multiple choice, one long answer

**Final Exam (40%)** **T.B.A.** (During the final exam period of April 7-24)

Content: Based on material from the entire course, with more weight on the material

since Test 2. It will cover textbook chapters 11-15, and all lecture material and videos since the beginning of the course.

# Format: 50 multiple choice, two long answers

## Grading as per Senate Policy

The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ - 7, C+ = 5, etc.). Assignments and tests\* will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.)

(For a full description of York grading system see the York University Undergraduate Calendar - [calendars.students.yorku.ca/2016-2017/academic-and-financial-information/academic-services/grades-and-grading-schemes](http://calendars.students.yorku.ca/2016-2017/academic-and-financial-information/academic-services/grades-and-grading-schemes%20))

Tips for Doing Well in this Course

1. Start using the online resources right away.
2. Come to class and pay attention. Access online lecture slides to help with note taking.
3. Buddy up with someone in class with whom you can share notes in case you can’t come to class. I do not give out my detailed lecture notes and the slides do not cover all of the details of the lecture.
4. Come see me or one of the TAs if you have any questions about the material or the tests.
5. Keep up with the readings! The textbook material is quite dense.

Electronic Device Policy

Electronic devices in class can be distracting to other students. While in lecture, please use devices like laptops and tablets only for note-taking. Please check phones and email only during class breaks.

Policy on Missed Tests or Exams

1. Within 48 hours of the missed test or exam, students must contact the instructor by phone or email. Be sure to clearly state your name, student number, course, reason for missing the exam, and a phone number or email address.

2. Appropriate documentation verifying the circumstances for the missed test or exam must be provided within one week of the missed exam. Failure to provide appropriate documentation will result in a grade of 0.

A. Tests or exams missed for medical reasons must be supported by an Attending Physician’s Statement, which can be found at: <http://registrar.yorku.ca/pdf/attending-physicians-statement.pdf>. The Attending Physician’s Statement must include (I) the full name, mailing address and telephone number of the Physician, (ii) state the nature of the illness and its duration and (iii) a statement that the illness and/or treatment would have SERIOUSLY affected the student’s ability to study and perform over the period in question, not just that they were ill and were seen by a doctor. If the note is not detailed enough, it will not be accepted.

B. Tests or exams missed for non-medical reasons must be supported by appropriate documentation (i.e., copy of a death certificate, automobile accident report, etc.) Pre-booked travel is not an acceptable excuse for missing a test or exam.

3. In the case of a missed test, a prorated grading procedure will be used: the grade component will be distributed across the other tests or exams in the course. The other evaluative components will still have the same weighting relative to each other (i.e., 43% and 57% for the other test and the final exam, respectively). If the final exam is missed, the student must formally petition for deferred standing in the course with the Registrar’s office.

## 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 which 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](http://accessibilityhub.info.yorku.ca/) is your online stop for accessibility on campus. The [Accessibility Hub](http://accessibilityhub.info.yorku.ca/) 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](http://secretariat-policies.info.yorku.ca/policies/academic-accommodation-for-students-with-disabilities-policy/)

## Course Materials Copyright Information

These course materials are designed for use as part of the HH/PSYC 3170 3.0M 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](http://copyright.info.yorku.ca/students-reuse-of-teaching-materials-from-york-courses/)

# DATE FORMAT LECTURE TOPIC CHAPTER(S)

January 10 In-class Introduction to the course 1, 2

The Biopsychosocial Model of Health

“Health, Mind, & Behaviour” (DVD 10691)

January 17 In-class Biopsychosocial aspects of stress 3

“Stressed to the Limit” (DVD 13991)

January 24 In-class Stress and Illness 4, 5

“Understanding the Mind-Body

Connection” (DVD 13990)

January 31 **TEST 1**

February 7 In-class Health Interventions and Behaviour Change 6 “Motivational Interviewing: Preparing People

for Change” (DVD 6167, Disc 2, Program E)

February 14Online Substance Use and Abuse 7

February 21 **READING WEEK**

February 28In-class Dieting and Obesity 8

March 7 Online Becoming Ill and Seeking Medical Treatment 9, 10

March 14 **TEST 2**

March 21 In-class Pain and Pain Management 11, 12

“Placebo: The Science of Hope” (DVD 8120)

March 28 Online Terminal and Chronic Illness 13, 14

April 4 In-class Review and exam preparation 15