

PSYC 332/3.0 [Health Psychology] Dr Dean A. Tripp

Please note that the following is presented for informational purposes and is subject to change.

The Fall term: September 8 – November 28
Final examinations held: DECEMBER EXAM PERIOD, 2014

Classes (Location): Tuesdays 10:00-11:30am (Bioscience 1102)
Thursdays 8:30-10:00am (Bioscience 1102)

Professor: Dean A. Tripp, dean.tripp@queensu.ca, (613) 533-6955;
Office Hours: Thursday, 10:00 – 11:00am
Humphrey Hall Rm 320

TA: Adrijana Krsmanovic, Oak93@queensu.ca
Office Hours: Mondays, 10:00 - 11:00am
Humphrey Hall Rm 318

Course Description from the Arts & Science Calendar: Key issues in health and health care require approaches embodying psychological, biological, and sociological factors. For every CT scan, injection, or doctor visit, there is a person to be considered. This course explores a variety of health-related topics where psychology has a significant role (e.g., health promotion, stress, psychoneuroimmunology, medical contacts, pain, illness, sport). Canadian statistics used in discussions.

PREREQUISITES: PSYC 202* or equivalent; PSYC 235.

Required Text: Taylor, Shelley, Health Psychology, CDN edition... check Q's bookstore.

Course Introduction: This course is designed to provide students with an overview of the theory and clinical applications of Health Psychology. The primary topics in health psychology will be examined with attention to the particular views, values, and contributions of a biopsychosocial model of health. Topics include: lifestyle risk factors, health promotion, coping, the relationship between mental and emotional states and health status, and the rehabilitation and the psychosocial adjustment of people with serious health problems and complementary and alternative medicine. Students will have an opportunity to learn about the increasing burden of chronic diseases, such as diabetes, heart disease and cancer, through use of this biopsychosocial model. The course is presented as interactive lectures and class discussions. You are responsible for the material in all required reading passages in their entirety, even if this material is not presented in lectures. Additional readings outside the class text are recommended, and will be specifically introduced as such if required. If extra readings are recommended, you will be provided with a reference and asked to find the article online at Queen's Library. Students are instructed to study the relevant required readings before coming to class. The primary objective of this course is to expand the student's knowledge about health and the interaction between psychosocial and cultural factors that impact health, for good or

bad! The student will be encouraged to discuss the lecture topics in small groups and respond to the opinions of others as well.

Term Schedule at a Glance

***Note that this schedule is flexible and subject to change*

| Dates | Topic | Assigned Readings |
|-----------------|----------------------------------|-------------------|
| Sept 9 & 11 | What is Health Psychology? | Chapter 1 |
| Sept 16 & 18 | Systems of The Body | Chapter 2 |
| Sept 23 & 25 | Health Behaviours | Chapter 3 |
| Sept 30 & Oct 2 | Health Enhancing Behaviours | Chapter 4 |
| Oct 7 | Exam 1 (in class) | |
| Oct 9 & 14 | Health Compromising Behaviours | Chapter 5 |
| Oct 16 & 21 | STRESS | Chapter 6 |
| Oct 23 | Moderators of STRESS Experience | Chapter 7 |
| Oct 28 | Guest Lecture - Dr Henry Aaverns | |
| Oct 30 | Management of Chronic-Illness | Chapter 11 |
| Nov 4 | Exam 2 (in class) | |
| Nov 6, 11 & 13 | PAIN | Chapter 10 |
| Nov 18 & 20 | Heart Disease, Stroke, etc | Chapter 13 |
| Nov 25 & 27 | Psychoneuroimmunology | Chapter 14 |

Course Evaluation

There are 3 exams weighed equally and worth a total of 85%, one of which will be a final exam in December Exam Period. There will also be weekly online assignments to be completed. They will comprise 15% of your final grade. (Please note dates of in-class exams above).

For the online homework assignments, students will register with the McGraw Connect program. You will be notified and provided the dates and times in which the assignments must be completed. The assignments will vary from week to week but will

most likely consist of a video with a short test or a worksheet that is designed to help you understand the material and its application better. There will be 10 assignments, worth between 0.5-2 points, for a total of 15% of your final grade.

To access the online assignments, register your Connect code on this website: <http://connect.mheducation.com/class/d-tripp-health-psychology>

Students will be excused from an Exam for documented medical or compassionate reasons. These would include situations such as major illnesses, accident, or a death in the family. You must contact both the professor and the teaching assistant as soon as you become aware you will miss an Exam and you must provide your documentation ASAP. Only students who provide written documentation (e.g., physician's note) will be exempted or allowed to re-write an Exam. Students who are exempted from an Exam for an approved reason may have their remaining Exams re-weighted. Students who are not able to meet the criteria of written documentation, timely provision of documentation, or alerting the professor and teaching assistant will receive a grade of zero for a missed Exam.

The final Exam will take place in the 3-hour final examination period, as specified in the University regulations governing examinations (see the Faculty of Arts & Science Calendar). No reference or supplementary material will be allowed, and the exam will be proctored. Note that you will only be required to write for a minimum of 90 minutes during this final exam.

Students who cannot write an exam during the December or April exam period due to a serious, extenuating circumstance (with the supporting documentation required as outlined above) must be available to write a deferred exam during the Psychology Department's *Make up Exam period* in January 2015.

Please see the following webpage under "Exam Absence" for additional information: <http://www.queensu.ca/psychology/Undergraduate/psycdepartmentalpolicies.html>

NOTE... The exams are **not cumulative**. You are examined solely on the assigned readings and lecture content occurring before the date of the exam.

In this course, some components will be graded using numerical percentage marks. Other components will receive letter grades, which for purposes of calculating your course average will be translated into numerical equivalents using the Faculty of Arts and Science approved scale:

Arts & Science Letter Grade Input Scheme

| Assignment mark | Numerical value for calculation of final mark |
|------------------------|------------------------------------------------------|
| A+ | 93 |
| A | 87 |
| A- | 82 |
| B+ | 78 |
| B | 75 |
| B- | 72 |
| C+ | 68 |
| C | 65 |
| C- | 62 |
| D+ | 58 |
| D | 55 |
| D- | 52 |
| F48 (F+) | 48 |
| F24 (F) | 24 |
| F0 (0) | 0 |

Your course average will then be converted to a final letter grade according to Queen's Official Grade Conversion Scale:

Queen's Official Grade Conversion Scale

| Grade | Numerical Course Average (Range) |
|--------------|-----------------------------------------|
| A+ | 90-100 |
| A | 85-89 |
| A- | 80-84 |
| B+ | 77-79 |
| B | 73-76 |
| B- | 70-72 |
| C+ | 67-69 |
| C | 63-66 |
| C- | 60-62 |
| D+ | 57-59 |
| D | 53-56 |

| | |
|----|--------------|
| D- | 50-52 |
| F | 49 and below |

Queen's Email:

Information from the University and updates concerning this course will be sent to your Queen's NetID account likely through MOODLE. Visit <http://www.queensu.ca/its/netid.html> to activate your Queen's email account and to find out more about Online Resources for students at Queen's. The Faculty reserves the right to make changes to any course offerings, dates, and times listed here.

Academic Integrity Policy

Academic integrity is constituted by the five core fundamental values of honesty, trust, fairness, respect and responsibility. (see www.academicintegrity.org). These values are central to the building, nurturing and sustaining of an academic community in which all members of the community will thrive. Adherence to the values expressed through academic integrity forms a foundation for the "freedom of inquiry and exchange of ideas" essential to the intellectual life of the University (see the Senate Report on Principles and Priorities <http://www.queensu.ca/secretariat/senate/policies/princpri/>). Students are responsible for familiarizing themselves with the regulations concerning academic integrity and for ensuring that their assignments conform to the principles of academic integrity. Information on academic integrity is available in the Arts and Science Calendar (see Academic Regulation 1), on the Arts and Science website (see http://www.queensu.ca/calendars/artsci/Regulation_1____Academic_Integrity.html), and from the instructor of this course. For current policy updates visit: <http://www.queensu.ca/artsci/academics/academic-integrity> Departures from academic integrity include plagiarism, use of unauthorized materials, facilitation, forgery and falsification, and are antithetical to the development of an academic community at Queen's. Given the seriousness of these matters, actions which contravene the regulation on academic integrity carry sanctions that can range from a warning or the loss of grades on an assignment to the failure of a course to a requirement to withdraw from the university.

Additional important information

Academic Misconduct: Academic misconduct is an act by a student, or by students working on a team project, which may result in a false evaluation of the student(s), or which represents a deliberate attempt to unfairly gain an academic advantage. The university has standard policies for dealing with these situations.

See:

http://www.queensu.ca/calendars/artsci/Regulation_14____Misconduct_in_an_Academic_or_Non_Academic_Setting.html for further information.

Special Needs: We are more than happy to accommodate students with disabilities or special needs, although these accommodations need to be approved by the Queen's Special Needs Office. For information regarding its services and resources, please contact the Special Needs Office through Queen's Disability Services, <http://www.queensu.ca/hcds/>, or (613) 533-6467, **well in advance of the time you think you will need an accommodation.**