



# HEALTH PSYCHOLOGY

**Course Description:** This course provides a general introduction to health psychology. Topics include research methods in health psychology, health behaviour and promotion, stress and coping, social support, health disparities, patient-provider relations, pain and pain management, management of chronic and terminal illness, caregiving and grief, and death and dying. These topics have been organized more broadly according to three units: (1) Health Behaviours, (2) Stress & Social Processes, and (3) Illness Management. While many of these topics are relevant to neighbouring disciplines, the purpose of this class is to provide you with a psychological perspective.

## Course Teaching Team

UNITS 1&2 (July)

**Instructor:** Mark Lam, PhD  
**Office:** Room 2565, Douglas Kenny Building, 2136 West Mall  
**Email:** [mlam@psych.ubc.ca](mailto:mlam@psych.ubc.ca)

**Office Hours:** Mondays & Wednesdays 3:00 – 4:00 pm or by appointment. It is helpful (but not necessary) to let us know beforehand if you plan to attend office hours.

UNIT 3 (Aug)

**Instructor:** David King, PhD  @David\_Bothered  
**Office:** Room 2514, Douglas Kenny Building  
**Email:** [dbking11@psych.ubc.ca](mailto:dbking11@psych.ubc.ca)

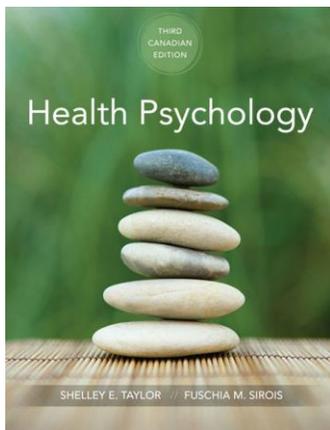
**Office Hours:** Wednesdays 3:00 – 3:40 pm or by appointment. It is helpful (but not necessary) to let us know beforehand if you plan to attend office hours.

**Course TA:** Anita Hibbert, MA  
**TA Office:** Room 1604, Douglas Kenny Building  
**TA Email:** [anita.hibbert@psych.ubc.ca](mailto:anita.hibbert@psych.ubc.ca)  
**TA Office Hours:** Wednesdays 9:00 – 10:00 am, or by appointment

**EMAILS: Please put “Psyc 314” in the Subject line** and use your UBC email account or your message could get lost. **Before Emailing: Please check** with your class notes, syllabus, and with your classmates for an answer to your question. Emails will be answered on weekdays during normal working hours. Please limit emailed questions to ones that can be answered briefly. For more complex questions, please come to our office hours or contact one of us to schedule an appointment.

**Course Learning Goals:** By the end of this course you should be able to...

1. define health psychology and identify the major perspectives within it
2. recognize, recall, connect, and evaluate psychological concepts and theories from specific subfields of health psychology
3. Increase your awareness of how these concepts relate to the world around you
4. critically evaluate new evidence about health psychology that you encounter in your daily life
5. Understand and explain basic research methods currently employed by health psychologists
6. interpret basic descriptive statistics and graphs presented in health psychology research



**Textbook:** APA Reference: Taylor, S. E., & Sirois, F. M. (2014). *Health Psychology* (3rd Canadian ed.). Toronto, Ontario: McGraw-Hill Ryerson. ISBN: 9781259024788

*Note about using older editions:* For this section of the course, you may use either the newest edition of the textbook (as recommended) or the previous edition (2<sup>nd</sup> Canadian edition, ISBN: 9780070319790). These are the only 2 editions of the textbook that should be used.

\*NOTE: You are not responsible for reading Chapters 2, 13, or 14 (although some of this material will appear in lecture).

**Prerequisites:** Health Psychology touches on issues that are of interest to students coming from many different disciplines. This also means that students have different backgrounds and skills. This course requires basic knowledge of psychological concepts and research methods, however class time will not be spent reviewing this information. Students who want a refresher are recommended to use the following resources. These books are on hold in the Koerner Library under Psych 314.

- Cozby & Rawn (2012). *Methods in Behavioral Research*. New York: McGraw-Hill.
- Lilienfeld. (2011). *Psychology: From Inquiry to Understanding*. Toronto: Pearson Canada.

**Course Website:** This course uses *Connect* (<http://connect.ubc.ca>) to make announcements, provide lecture slides/notes before class, post grades, and supply any other relevant content to be downloaded by students. Please ensure that this course is registered under your *My Connect* account. It is your responsibility to check in regularly for important updates and announcements. Lecture slides/notes will be posted by 11:00 am (at the very latest) on the day of class.

**Course Format:** This course consists primarily of lectures accompanied by active, in-class discussions and activities that utilize various multimedia platforms (including video, movies, thought-provoking images, news stories, etc.). A preliminary set of lecture slides/notes will be posted on the website prior to each lecture. The slides are intended as visual aids to complement the lecture and may be difficult to follow on their own. It is recommended that you take your own notes in class, using the slides as an outline.

- **VIDEO DISCLAIMER:** Although a variety of videos and film clips will be shown throughout the course, any opinions or attitudes expressed in these videos do not necessarily reflect the opinions or attitudes of the instructor, the TA(s), the Psychology Department, or UBC.

**Course Evaluation:** Students will be given 3 non-cumulative exams and the option of writing one paper.

Learning Evaluation Summary	Route 1	Route 2	Dates
<b>Exams</b>			
Midterm 1	33%	25%	July 15 <sup>th</sup>
Midterm 2	33%	25%	July 29 <sup>th</sup>
Final	33%	25%	During exam period Aug 17 <sup>th</sup> -21 <sup>st</sup>
<b>Optional Paper*</b>		25%	Aug 10 <sup>th</sup> start of class & Turnitin 23:59
Total	100%	100%	
• <b>Bonus Research Experience Component (REC)</b>	(3%)	(3%)	HSP closes & library summaries due Aug 13 <sup>th</sup>

\*If you choose to submit a paper, your paper grade will only be counted in your final grade if it *improves* your overall grade in the course. If your paper grade brings your overall grade down, you will only be evaluated according to Route 1. You will not be penalized for doing extra work!

*NOTE:* You do NOT need to notify us ahead of time of your choice. If you hand in a paper and it improves your grade, you will be evaluated according to Route 2.

**Examinations.** All three exams are weighted equally, and therefore each will be similar in length and scope (i.e., the final exam will not be particularly long or burdensome, despite having more time). **Examinations are non-cumulative.** Two midterm exams will be held during class time (**2 hours each in length; see class schedule**) while the final exam will be scheduled by the university during the regular exam period. **Two hours** will be allotted for the final exam.

The exams will cover both lecture and textbook material and will consist of multiple choice (drawn primarily from the textbook) and short answer questions (drawn primarily from lectures). Please bring an HB pencil and an eraser to each exam to allow for electronic scoring of the multiple-choice questions. The purpose of the lecture is to amplify, explain, and expand upon the textbook material. Although there will be overlap between the lectures and the textbook, there will also be material that will be covered in the lectures that is not part of the textbook. Furthermore, some material from the textbook will not be discussed in class. This means that to be successful in this course you must carefully read the text and attend the lectures. Please note that during exams, invigilators may ask students to move or alter students' seating arrangements with no explanation provided. An invigilator may ask you to move due to the possible misconduct of a classmate in an adjacent seat. Note that if you arrive more than 30 minutes late to an exam, you may be refused admittance to the exam and therefore be assigned a grade of "0" on the exam. Students who arrive to an exam after a classmate has completed the exam and left the exam room will not be permitted to write the exam. This applies to all examinations.

Examinations will be given on published dates only. Exceptions will be made in the case of medical problems, in which case a doctor's note is required. Exceptions will also be made for students who have religious obligations that conflict with an exam date. If you are unable to write an exam due to medical problems, please contact us before the exam or within 24 hours after the exam. Students who do not contact me within 24 hours after the exam will be assigned a grade of "0" on the exam. If you are unable to write an exam due to religious obligations, please notify us within the first 2 weeks of class.

Exam grades will be posted on the course website as soon as they are available. Please allow 1-2 weeks for grades to be posted. Students wishing to view their exam should make an appointment with the TA. Students who have viewed their exam and who wish to have their exam re-graded should email us detailing in several sentences why they think that their exam was unjustly graded within 2 weeks of the grades being posted. Re-grades will not be considered after the 2-week mark, although students are welcome to review their exams at any point in the term. Note that due to minor errors that may occur in grading and/or scoring, exam grades may be adjusted after their original posting. In such corrections, your grade on an exam may go up or down in order to ensure that all grades reflect the most accurate assessment of the material. Nevertheless, we will make every effort possible to ensure that such errors do not occur.

**Make-Up Exams.** If you must write a make-up exam, you are expected to complete it within the shortest time period possible at the convenience of the TA. You may be offered at least one alternative time to write the exam and it is your responsibility to be accommodating in this regard (i.e., it is not possible to offer multiple dates for make-up exams in all cases). You are required to contact the TA immediately upon confirming your absence with us in order to schedule the make-up. (That is to say, even if your medical document indicates that you require a week for recovery, you must contact the TA at the start of that week to schedule the make-up, not once you are feeling better. This is in order to ensure that you write the exam as soon as possible following your illness or extenuating circumstance.) Moreover, the content and/or format of the make-up exam may differ from the original version.

**Optional Paper.** You have the option of submitting one written assignment (8-10 pages) during the course. This assignment is designed to help you think more critically about the topics we discuss in the course in an insightful way.

The goal of the written assignment is to examine and review a particular area of interest within the field of health psychology and to make insightful conclusions regarding this topic. Your paper will be based on a news story/article on any topic related to health psychology that appeared in print or online since January, 2014. For example, a recent headline in an online news forum read, "Scientists demonstrate the connection between stress and cancer." This would be a suitable topic. The news story/article may be in paper or electronic format (including video) and is to be used as a "jumping off" point for your paper. The original news story should be discussed and referenced minimally in the introduction and discussion sections. The body of your paper will then be used to review relevant research (minimum 5 peer reviewed articles) related to the topic in order to make clearer conclusions about the original article or news story. **Topics must include both a health component and a psychosocial component or be directly applicable to health psychology to qualify.** Please email your TA to confirm your topic BEFORE you start to write your paper.

*The paper should be organized as follows:* Start with an overview of the topic discussed in the news story or article. What is the specific aspect of the story that you will focus on in more detail? Provide a background to the topic and identify the goals and purpose of your paper (approx. 1page). Using the findings from at least 5 empirical, peer-reviewed articles, discuss the issue in more depth (these articles are in addition to the newspaper/magazine article). For example, you might choose 3 articles arguing one side of the topic and another 3 articles arguing a different perspective. Or, all articles may be on the same side, but offering slightly different points about the main topic (approx. 5-7 pages). Your conclusions on the topic should be based on the literature you reviewed and discussed, noting implications, common limitations in the field, areas of improvement, and suggestions for future research. In cases where topics involve controversy or debate, you should also make a firm conclusion regarding which “side” or perspective is the strongest based on the research you reviewed (approx. 1-2 pages).

The written assignment must be typed, double-spaced, in 12-point Times New Roman or similar font, and 8-10 pages in length. This is not including your title page and reference section. It must also adhere to all APA formatting guidelines as outlined in the *Publication Manual of the American Psychological Association, Sixth Edition (APA, 2009)*, with the exception of an Abstract. Please do not include an abstract in your written assignment (it will be ignored). You must reference a minimum of 5 primary source scholarly articles from peer-reviewed academic journals. These articles must be relevant to the area/field of interest. Given that your paper is addressing a recent topic in the media, only recent literature should be reviewed (approximately 2000 onward; some exceptions may apply, particularly in the case of landmark or key papers in the field). Primary source articles are those which present original findings for the first time (and do not include review articles or meta-analyses, although these may be used in addition to your 5 primary sources). First person perspective and direct quoting should be avoided. You must also attach a printout or photocopy of the news story or article, or an internet address (URL) in the case of an online video clip. Do not include copies of journal articles reviewed.

Your paper will be graded on such things as writing style, grammar and punctuation, organization, critical thinking and reasoning, insightfulness and originality of thought, comprehensiveness, quality of cited references, and adherence to APA formatting. Your written assignment should be at a level which is representative of a 300 level course and should reflect a high degree of critical thinking.

More details about the written assignment will be presented in class and posted on the course website. **Assignments must be turned in at the start of class on August 10, 2014**, and can NOT be emailed or given to the instructors or TA outside of class. Since you have all term to work on this assignment, no late papers will be accepted without appropriate medical documentation within 24 hours of the due date.

All papers must be scanned by “TurnItIn” by **11:59 PM on the day of submission**. TurnItIn is a service designed to detect and deter plagiarism. Through this service, students’ papers are scanned and compared to over 4.5 billion pages of content located on the Internet or in TurnItIn’s own proprietary databases. The results of comparisons are compiled into customized “Originality Reports” that contain several measures of plagiarism. These reports are forwarded to instructors. Details regarding the use of TurnItIn will be provided in class the week prior to the due date. Papers that have not been scanned by TurnItIn by midnight on the due date will not be graded and will receive a grade of “0.” Please submit your paper in the exact same form as the hardcopy

submission (i.e., do not remove your title page or reference section). Originality reports of 30% or higher should be of concern. If you are worried about potential plagiarism in your paper, it is strongly advised that you submit your paper early to TurnItIn and, in the case that your paper demonstrates significant overlap, make appropriate changes before the final submission. Students will be able to view their originality reports and resubmit before the deadline.

Please visit <http://www.turnitin.com> and use the following information to submit your paper for this course: TurnItIn ID: **10008312**, Password: **alwayscite**. Note that you must first set up an account if you do not already have one. PLEASE NOTE: Information submitted to Turnitin is stored in the United States. If you are concerned about your privacy please visit <http://elearning.ubc.ca/toolkit/turnitin/for-students/>. If you use an alias, it is your responsibility to inform your instructors.

Paper grades will be posted on the course website as soon as they are available. Please allow 1-2 weeks for grades to be posted. Students wishing to view their paper should make an appointment with the TA. Students who have viewed their paper and who wish to have their paper re-graded should email Dr. Lam, detailing in several sentences why they think that their paper was unjustly graded within 2 weeks of the grades being posted.

**Extra Credit:** You may earn extra credit for research participation (at a rate of 1/2 point for 1/2 hour, to a maximum of 3 points) or, as an alternative, by completing a library writing project. Your earned points are added to your final grade. For complete details, see "Subject Pool Information for Participants" on the Department's website: <https://hsp.psych.ubc.ca/>. Please **register** in this online system as soon as possible, as deadlines are in place.

**Participation:** We strongly encourage and appreciate student participation. Participation may be in the form of questions or comments posed during class amongst your classmates or outside of class in discussion with your instructors. We will make every effort to create a classroom environment in which students feel comfortable to discuss their ideas. If, however, you would prefer to share your ideas with us outside of class, you are welcome to see us during office hours or by appointment. In order to encourage and facilitate participation, we ask that all students support their classmates' efforts to contribute to class discussion. General course policies can be obtained from the UBC Calendar on academic regulations.

**Class Etiquette:** In consideration of your fellow students, please turn your phones off during class. The use of laptops in class is an effective means to take notes and record comments related to course content. However, some students use laptops in class to "surf" the internet, engage in e-mail correspondence, and/or work on material associated with other courses. These activities can be very distracting to those who sit in adjacent seats and can interfere with their efforts to focus on course content. For this reason, all students who intend to use laptops in class for activities unrelated to the course are asked to sit in rows at the rear of the classroom. If you arrive at class late or need to leave early, do so with minimal disruption.

**Respect and Decency:** We strive to provide a respectful and safe classroom environment. The opinions and perspectives of all individuals are valued and respected, no matter their age, gender, ethnicity, or sexual orientation. Individuals should feel safe to express their thoughts and opinions without judgment, ridicule, or discrimination. To this end, thoughts and opinions should



only ever be shared in a respectful manner. In regards to more sensitive issues, it is advisable that students “think before they speak.” If a particular statement or behaviour might offend someone or make an individual feel alienated or threatened in any way, it should not be shared. Educated and respectful opinions, on the other hand, are always welcome.

**Communication with the Instructor and TA:** Complex questions are typically easier to answer face-to-face, rather than via e-mail. In addition to the instructors, the TA is a great resource and will be able to provide you with answers to many of your questions. The TA works in close contact with the instructor and will refer matters if they cannot resolve them for you. We take your questions very seriously and want to facilitate learning. We always try to get back to you as soon as we can. This can be challenging due to the size of the class, especially around exam times. So please make sure to allow at least one day for us to reply, particularly just prior to exams when student requests tend to be high.

**Department Policy on Distribution of Grades in Psychology Courses:** Courses offered by the Psychology Department are required to meet a target grade distribution. This is done in order to ensure that all students are assessed fairly in relation to students in other sections of the same course and to students in other courses. The target grade distribution for 300-level psychology courses requires that the mean for the class fall between 66% and 70%, with a standard deviation of approximately 13%. Accordingly, students should note that the Department may scale the final grades in this course up or down if the distribution of grades deviates substantially from the target. A student’s grade is not official until it appears on his or her academic record.

**Learning Resources:** There are a number of useful resources available on and off campus to assist students in achieving their learning goals.

Study Support: Learning Commons (<http://learningcommons.ubc.ca/>) is an online resource designed to provide UBC students with learning and study support. It is an interactive website that provides access to information on exam preparation, tutoring, on-campus learning workshops, study groups, and technical tools. The University of Northern British Columbia (UNBC) has a number of useful learning resources available for students online. A series of helpful study skills handouts (e.g., concentration tips, memory strategies) from UNBC can be found at: <http://www.unbc.ca/lsc/index.html>.

Writing Support: UBC students may obtain assistance with writing through the UBC Writing Centre (<http://www.writingcentre.ubc.ca/>). The Writing Centre offers courses, tutoring services, and an online Writer’s Workshop to assist students in developing their writing skills. The UBC Library (<http://www.library.ubc.ca/home/instruct/>) provides online information to assist students in conducting library searches for papers. Time Management: Resources to assist you in managing your time across courses are available at: <http://www.arc.sbc.edu/timeschedule.html>.

**Academic Accommodation:** The University accommodates students with disabilities who have registered with Access and Diversity (<http://www.students.ubc.ca/access/index.cfm>). Please let me know in advance, preferably within the first week of class, if you require any accommodation on these grounds.

**Academic Concession:** During your time in this course, if you encounter medical, emotional, or personal problems that affect your attendance or performance, please notify me. You may be able to obtain academic concession from the Dean of your Faculty. Please discuss any extenuating circumstances with me prior to exam dates. In order to ensure equity among the students in the class, accommodations will not be made after an exam has been written. Furthermore, the relative weight of course requirements will not be changed for any given student. For further information on academic concession, please consult Policies and Regulations in the UBC Calendar (<http://www.calendar.ubc.ca/vancouver/index.cfm>).

**Cheating and other Academic Offenses:** Cheating, plagiarism, and other forms of academic misconduct are very serious concerns of the University, and the Department of Psychology has taken steps to alleviate them. In the first place, the Department has implemented software that can reliably detect cheating on multiple-choice exams by analyzing the patterns of students' responses. In addition, the Department subscribes to *TurnItIn*--a service designed to detect and deter plagiarism.

In all cases of suspected academic misconduct, the parties involved will be pursued to the fullest extent dictated by the guidelines of the University. Strong evidence of cheating or plagiarism may result in a zero credit for the work in question. According to the University Act (section 61), the President of UBC has the right to impose harsher penalties including (but not limited to) a failing grade for the course, suspension from the University, cancellation of scholarships, or a notation added to a student's transcript.

All graded work in this course, unless otherwise specified, is to be original work done independently by individuals. If you have any questions as to whether or not what you are doing is even a borderline case of academic misconduct, please consult your instructor. For details on pertinent University policies and procedures, please see Chapter 5 in the UBC Calendar (<http://students.ubc.ca/calendar>). Further course policies can be obtained from the UBC Calendar on academic regulations.

**Final Note:** Due to the nature of the course, some students may have personal experience with a topic that is covered in class. Our role as instructors is to present the current state of research in this area. If you need someone to talk to or seek advice, you may contact UBC Counseling Services, 1040 Brock Hall-1874 East Mall, Vancouver, BC V6T 1Z1, Tel: (604) 822-3811.



## PSYC-314 Schedule of Course Lectures, Readings, & Exams

	Date	Topic <i>(subject to change)</i>	Readings
HEALTH BEHAVIOURS	July 6	<b>INTRODUCTION TO HEALTH PSYCHOLOGY</b>	Ch. 1
		<i>Syllabus Review; The Biopsychosocial Model; Research Methods</i>	
	July 8	<b>IN GOOD CARBS AND IN BAD: GETTING REAL ABOUT THE BASICS</b>	Chs. 3, 4
		<i>Health Behaviours &amp; Primary Prevention; Research in the Media;  <b>Cereal Killers</b></i>	
	July 13	<b>FROM BOOZE TO BACTERIA: CONTROVERSIES OF CONTROL</b>	Chs. 3, 5
		<i>Behaviour Change; Addiction; Vaccination Behaviours / <a href="#">Exam #1 Study Guide</a></i>	
	July 15	<b>*MIDTERM EXAM #1* (2 hours, in class)</b>	
STRESS & SOCIAL PROCESSES	July 20	<b>FIGHT OR FLIGHT, OR FRENZY? DYNAMICS OF STRESS &amp; COPING</b>	Chs. 6, 7
		<i>Stress &amp; Coping; Social Networks &amp; Support; The Role of Animals &amp; Nature </i>	
	July 22	<b>WIDENING THE LENS: THE TRUE COSTS OF OUR DIFFERENCES</b>	Ch. 7
		<i>S.E.S.; Health Disparities; Cultural Health;  <b>Stress: Portrait of a Killer</b></i>	
	July 27	<b>AN EYE ON THE PATIENT: FROM TREATMENT TO CARE</b>	Chs. 8, 9
		<i>Using Health Services; Patient-Provider Relations; Adherence / <a href="#">Exam #2 Study Guide</a></i>	
	July 29	<b>*MIDTERM EXAM #2* (2 hours, in class)</b>	
ILLNESS MANAGEMENT	August 3	<b>No Class – BC Day!</b>	
	August 5	<b>HERE TO STAY: LIVING (&amp; THRIVING?) WITH DISEASE</b>	Chs. 10, 11
		<i>Pain &amp; Pain Management; Living with Chronic Illness; Quality of Life</i>	
	August 10	<b>AN END IN SIGHT: DEATH, DYING, &amp; GRIEF IN PERSPECTIVE</b>	Ch. 12
		<i>Terminal Illness; Death; Caregiving;  <b>The Alzheimer's Project: Caregivers</b></i> <b>*OPTIONAL PAPER DUE AT START OF CLASS* (and to Turnitin by 11:59 PM)</b>	
	August 12	<b>HOW TO GET IT RIGHT: LIVING FOR HEALTH &amp; WELLNESS</b>	Ch. 15
		<i>Successful Aging; Positive Psychology; Course Wrap-Up / <a href="#">Exam #3 Study Guide</a></i>	
	Aug. 17-21	<b>*FINAL EXAM* (2 hours, to be scheduled during exam period)</b>	



Although videos clips will be shown throughout the course, ~1-hour documentaries will be shown on select days in order to facilitate discussion. Content is testable. Attendance is recommended.