

Health Psychology (PSYC 385): Summer 2022
Department of Psychology, University of Wisconsin – Stevens Point

Professor: Ellen Meier, Ph.D.

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Zoom Virtual Office hours: Wednesdays 12-2pm or by appointment

Note: It may be necessary to change parts of this syllabus to adapt to class circumstances. To allow necessary flexibility, Dr. Meier reserves the right to change this syllabus as she deems necessary. Notice of such changes will be announced on canvas or through email.

Course Description

This course will explore the interplay between psychology and health, including the psychological impact of illness, psychological contributions to illness and wellness, health behaviors, and psychological interventions to improve health and health care.

Prerequisite

PSYC 110

Course Goals

To explore the interdisciplinary field of health psychology that combines the world of psychology, biology, and the medical field. In this class, we will explore the development, maintenance, and treatment of psychological and biological problems from a variety of perspectives. The goal of this class is to introduce you to major areas in the field including illness perception and prevention, medical treatment decision making, stress and coping, the psychological impact of illness, and most importantly - *how our behaviors affect our health.*

Expected Instructor Response Times

Announcements. Given that this is a short 4-week class, I will post canvas announcements at 2-3 times per week. These announcements will communicate information about assignments and tests, and other relevant information. Additionally, I will post weekly tasks list with all the link and information you need.

Email. I check my email frequently, daily, M-F. Most emails will receive a response from me within 24 hours (excluding weekends). I encourage general questions to be posted on the FAQ board (see below)

FAQ board. If you have general course/assignment questions, please use the FAQ discussion forum (link here). Students are free to answer each other's posts and I will respond within 24 hours (excluding weekends).

Online Office Hours. My office hours are on Wednesdays 12-2pm via zoom or phone, or by appointment. I will email and post to canvas a link to the meeting. Sign-in and download software through UWSP at <https://uwsp.zoom.us>.

Optional Class Meetings. I will host two optional zoom class meetings, once in the 2nd and once in the 4th week. We will review content (e.g., via Kahoot!) and I can answer any questions students may have. These are the weeks of an exam/final. I will email and post to canvas a link to the meeting. I

will try to record and post these meetings. Sign-in and download software through UWSP at <https://uwsp.zoom.us/>

Grading/Feedback. Feedback for any assigned discussions will be provided within 48 hours after posting. Feedback on written submitted assignments (e.g., participation, HP activities, exam short answers) will be provided 72 hours after the due date.

Quizzes/Exams. Quizzes and Exams are auto-graded (canvas will provide feedback immediately upon completion) and I will provide class-level feedback in the form of announcements when relevant. As noted above, short answer on exams will be graded within 72 hours of due date.

Required Texts

1. Health Psychology, 10th edition, by Shelley E. Taylor. Publisher: McGraw Hill. ISBN: 978-1259870477.

2. Regular readings, case studies, and other short materials will be posted to Canvas. Unless otherwise noted, these readings will also be required and questions about their content may appear on exams. You will be notified of new assigned readings via in-class announcements.

Electronic Resources

Canvas. This course will be 100% an online course and will utilize the Canvas platform. All course resources will be available there including links to additional readings. Visit the site early and often (I recommend daily) to check for updates.

Virtual Office Hours. My office hours are Wednesdays, 12-2pm or by appointment. I will also be available virtually via zoom (link posted in weekly canvas task list).

Technical Requirements. Because this course is delivered fully online, certain technical requirements and competencies are necessary for you to participate in this course. You will need to have regular (daily) access to a computer or tablet with (a) a reliable high-speed Internet connection, (b) audio/sound, and (c) hardware and software capable of video streaming. You will need to have a browser compatible with Canvas and the ability to navigate Canvas and other common websites (like YouTube). Students are also expected to have access to software either freely available or through the UWSP Software Distribution Center including Adobe Acrobat Reader and Microsoft Word and PowerPoint.

Student Learning Objectives

1. Students will describe examples of the interdisciplinary field of health psychology (psychology, biology, and the medical field).
2. Students will critically evaluate professional research and reports.
3. Students will identify applications of health psychology field in medicine, public policy, psychotherapy, and other disciplines.
4. Students will synthesize how our behaviors affect our health.

We will learn about these topics through several techniques including out-of-class reading and written work, discussion, recorded lecture, exams/quizzes, and activities.

My Expectations for Students

- ✓ Be respectful of, and open to, others' values, beliefs, and learning style.
- ✓ Turn in assignments on time and take exams on time.
- ✓ Work hard and put forth an honest effort.
- ✓ Ask questions when you have them; ask for help when you need it.
- ✓ In order to do well in the course, you must complete all assigned readings and videos.

What Students Can Expect from Me

- ✓ I will encourage students to share ideas in small groups via discussion boards.
- ✓ I will create an online classroom environment that is respectful; I will not tolerate disrespect.
- ✓ I will take all questions, concerns, and comments seriously and respond in a timely manner.
- ✓ I will provide helpful feedback on all assignments that are earnestly submitted. I reserve the right to *not* grade or comment on assignments that were only partially completed or otherwise show lack of effort.
- ✓ On discussion boards and in emails:
 - Give other students the opportunity to join in the discussion.
 - Do not use offensive language. Present ideas appropriately.
 - Be cautious in using Internet language. For example, do not capitalize all letters since this suggests shouting.
 - Popular emoticons such as ☺ or / can be helpful to convey your tone but do not overdo or overuse them.
 - Never make fun of someone's ability to read or write.
 - Share tips with other students. Help each other out ☺
 - Keep an "open-mind" and be willing to express even your minority opinion. Minority opinions must be respected.
 - Think and edit before you push the "Send" button.
 - Do not hesitate to ask for feedback.

Mintu-Wimsatt, A., Kernek, C., & Lozada, H. R. (2010). Netiquette: Make it part of your syllabus. *Journal of Online Learning and Teaching*, 6(1). Retrieved from http://jolt.merlot.org/vol6no1/mintu-wimsatt_0310.htm

Shea, V. (1994). Netiquette. Albion.com. Retrieved from: <http://www.albion.com/netiquette/book/>.

Grading Breakdown (500 points possible)

Examinations (150 points) - 2 exams worth 75 points each

There are 2 exams, including the final. Each exam will contain 25-30 multiple choice questions (worth 2 points each) and 3-4 essay questions (worth 5 points each). Quizzes will provide good examples of what exam questions will look like. Exams will be taken online. Exam questions will be drawn from the text, lectures, and discussions and will be in the form of definitions, comparisons, identifying findings, and application of concepts. Review guides will be posted at the beginning of a unit. You will have 60 minutes from the time you begin the exam to complete it. *You can use the textbook or your notes, but you will not have enough time to look up each answer.* If you are unable to take the exam during the open times due to a university excused reason, please notify me at least 1 week before the exam for accommodations. Exams will be open for 48 hours and are due Fridays.

You are expected to take the exams by the deadline time and any exceptions must be discussed and agreed upon *before the exam begins*. Missing an exam for an excused reason without making

previous arrangements can result in a 25% penalty for each day you fail to notify me about your situation. Missing an exam for an unexcused reason can result in a zero for the exam.

Health Psychology in the Real-World (HP; 120 points: 4 activities worth 30 points each)

There will be 4 different assignments throughout the semester applying course content to things found in the media, online, policy, scholarly articles, and publically available population health data. The purpose of this activity is to learn to think critically about science that is presented to you. Instructions for each activity will be posted Canvas. All HP assignments are due Sundays at midnight.

Participation Activities (40 points: 4 Activities worth 10 points each)

In order to measure your learning and understanding of the material early in each unit, we will do various short activities testing your knowledge of what we have covered. This will help me understand what materials students are comprehending, and which we need further review. This will *help you as a student*, by giving you an idea of what material needs more attention. Examples of these activities include finding a patient-oriented video, answering questions related to a case, or summarizing a take home message. All participation assignments are due Sundays at midnight.

Quizzes (90 points possible – 9 worth 10 points each)

We will have 9 quizzes assessing knowledge from each chapter involving straightforward multiple-choice questions from the reading and lectures for each specific chapter. Each quiz is worth 10 points (5 questions, 2 points each). You will have 7 minutes to complete each quiz. Students who watch videos, keep up with readings, engage in discussions and participation, do very well on these quizzes. However, you must learn the material ahead of time. Don't expect to have time to answer unfamiliar questions by looking them up in your book/notes. Quizzes will be open for 1 week and close Sunday at midnight (except for the last quiz – due Friday at midnight).

Calculation of Final Course Grade

Item	Points	%
Exams (total of 2 @ 75 points each)	150	37.5%
Health Psychology in the Real World (4 @ 30 points each)	120	30%
Participation Activities (4 @ 10 points each)	40	10%
Chapter Quizzes (9 @ 10 points each)	90	22.5%
Total:	400	100

Extra Credit

Any extra credit opportunity will be announced on canvas and/or via email and will be available to the entire class – no extra credit opportunities will be provided on an individual basis.

Grading

I grade using typical percentages; i.e. 93% and above of the total points is an A.

A = 93%-100% A- = 90%-92.9% B+ = 88%-89.9% B = 83%-87.9%
B- = 80%-82.9% C+ = 78%-79.9% C = 73%-77.9% C- = 70%-72.9%
D = 65%-69.9% F = ≤64.9%

Summary of Course Activities

Any changes to this schedule will be announced on canvas or via email.

Date	Topic	Readings	Assignments Due
Week 1 (May 31– June 5)	What is Health Psychology? Health Behaviors Chronic Pain	Chapter 1 Chapter 3 Chapter 10	All the following are due Sunday 6/5 at 11:59pm: <input type="checkbox"/> Participation Activity 1 <input type="checkbox"/> Quiz 1 (Ch 1) <input type="checkbox"/> Quiz 2 (Ch 3) <input type="checkbox"/> Quiz 3 (ch 10) <input type="checkbox"/> Health Psyc Activity 1 – Population Health
Week 2 (Jun 6 - 12)	Health Promoting Behaviors Health Defeating Behaviors	Chapter 4 Chapter 5	All the following are due Sunday 6/12 at 11:59pm: <input type="checkbox"/> Participation Activity 2 <input type="checkbox"/> Quiz 4 (ch 4) <input type="checkbox"/> Quiz 5 (ch 5) <input type="checkbox"/> Health Psyc Activity 2 – Tobacco Research <input type="checkbox"/> Exam 1 – Open Wed 6/8 – Fri 6/10 at 11:59pm
Week 3 (Jun 13 - 19)	Stress and Coping Chronic Illness	Chapter 6 Chapter 11	All the following are due Sunday 6/19 at 11:59pm: <input type="checkbox"/> Participation Activity 3 <input type="checkbox"/> Quiz 6 (ch 6) <input type="checkbox"/> Quiz 7 (ch 11) <input type="checkbox"/> Health Psyc Activity 3 – Sleep Research
Week 4 (Jun 20 - 24)	Psycho-neuro-immunology Health Psychology: Future	Chapter 14 Chapter 15	All the following are due Friday 6/24 at 11:59pm: <input type="checkbox"/> Participation Activity 4 <input type="checkbox"/> Quiz 8 (ch 14) <input type="checkbox"/> Quiz 9 (ch 15) <input type="checkbox"/> Health Psyc Activity 4 – Policy Research <input type="checkbox"/> Exam 2 – Open Wed 6/22- Fri 6/24 at 11:59pm

This syllabus and schedule are subject to change. Attend class regularly so you won't miss anything!

SYLLABUS SUPPLEMENT

Make up work for Legitimate Excuses:

Planned absences: Class deadlines are a pre-arranged commitment. Deciding/scheduling to attend another engagement is a choice (eg., wisdom teeth surgery, hunting, family reunion, etc.). If you decide to schedule a non-immediate event during an exam/quiz time, you will not be able to makeup missed points or take quizzes/exams early. University excused pre-planned absences must be discussed with Professor Meier at least **one week** prior to planned absence (eg., sports events). Additional information on UWSP policy for missing class can be found at <https://www.uwsp.edu/dos/Pages/MissedClassGuidelines.aspx>

Note: if you have a chronic illness/need surgery/treatment that makes it probable that you will repeatedly miss class, please inform both me and the Disability Service and Assistive Technology offices at 715-346-3365, in the LRC. Disability Services is a great department that can inform your professors of a prolonged illness so that you will not have to discuss your health with each of your professors. Do this early in the term. **Don't miss more than a full week of class without informing your advisor or a professor of the problem.** If you need to withdraw from a class for medical reasons after the withdrawal deadline, contact Enrollment Services at 715-346-3300.

Policy on Late Work: Assignments should be turned in on time to Canvas. Late work is typically not accepted. Any accepted late work will be docked 25% for each day it is late, including the date it was due. Consult with me if you anticipate needing to turn in an assignment late.

Incompletes: If you are unable to complete your work in a course due to extenuating circumstances or if you need to extend your research or performance beyond the normal limits of a term, you may ask the instructor for an "incomplete" in the course. An "incomplete" should be reserved for the completion of a definable amount of work (for example, one term paper or one exam) that occurs near the end of the semester. An "incomplete" normally will not be used for making up in-class work; therefore, do not expect to sit in the class in a subsequent semester. If your request for an "incomplete" is approved, the instructor will inform you and the department chair of the work you need to complete and the due date. More information on the University's policy can be viewed at <https://www.uwsp.edu/dos/Pages/Incompletes.aspx>

Scholastic Dishonesty: We will use Canvas for all assignments which allows me to submit all work to TurnItIn. If you (1) report another person's published work verbatim (word for word) without placing it in quotation marks and providing a full citation including page numbers, (2) loosely paraphrase another's written work, making only occasional synonym substitutions but retaining the basic grammatical structure of the original (even if you include a reference citation), (3) submit another student's writing (or a loosely paraphrased version of it) as your own work, or (4) resubmit a paper you wrote for another course or for the same assignment in your second attempt at the same course (without explicit prior consent of the instructor), then you are guilty of plagiarism and this will be identified on TurnItIn. At my discretion, you may receive a final grade of zero on the assignment (without an opportunity to revise and resubmit it for credit).

In addition to the penalty, in all cases the incident will be reported to the Academic Affairs Office which maintains a file of such cases. A second instance within the same course may result in an automatic course grade of F. Multiple instances, especially across more than one course, may make you subject to expulsion from the University (at the discretion of the Academic Dean). Breaches of academic integrity and intellectual property rights are serious infractions and will not be tolerated. Please familiarize yourself with what constitutes plagiarism. When in doubt, err on the side of caution. Own your own ideas and words and give credit where it is due. Ignorance of the rules is not an acceptable excuse for breaking

them. More information on UWSP Academic Honesty Policy and Procedures can be found under UWSP 14.01 Statement of principles at <https://www.uwsp.edu/dos/Documents/UWS%2014-1.pdf>

Student's Right and Responsibilities: Understanding your rights and responsibilities as students is an important aspect of your education here at UWSP. Your instructor expects you to understand and adhere to these rights and responsibilities in accordance with UWSP policy. Accordingly, students are encouraged to visit the Community Rights and Responsibilities document on-line at the listed URL below: <http://www.uwsp.edu/Admin/stuaffairs/rights/rightsChap14.pdf>

Course Withdrawal: Students must withdraw from class in a timely manner in accordance with published deadlines. Failure to do so could result in a failing grade or the loss of reimbursable tuition fees. The published deadlines can be found at: <https://www.uwsp.edu/regrec/pages/calendars.aspx> and <https://www.uwsp.edu/regrec/Pages/Withdrawals.aspx>

Student Conduct: As a UWSP student, you are expected to adhere to the Board of Regents student conduct policies. The University strives for an environment that promotes academic achievement and integrity. Similarly, the University seeks a community that is free from violence, threats, and intimidation; that is respectful of the rights, opportunities, and welfare of students, faculty, staff, and guests of the University; and that does not threaten the physical or mental health or safety of members of the University community. More information can be found at <https://www.uwsp.edu/dos/Pages/Student-Conduct.aspx>

Sexual Harassment: As outlined in the UWSP Sexual Harassment Policy, sexual harassment is recognized as a violation of civil rights laws, U.S. Equal Opportunity Commission Rules and by the civil law courts (<https://www.uwsp.edu/hr/Pages/Affirmative%20Action/prevention.aspx>). Sexual harassment is defined as unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature when: 1) Submission to such conduct is made either as an implicit or explicit condition of an individual's employment, career advancement, grades, or academic achievement. 2) Submission to or rejection of such conduct by an individual is used as the basis for employment or academic decisions affecting that individual. 3) Such conduct has the purpose or effect of substantially interfering with an individual's academic or work performance or creating an intimidating, hostile, or offensive working environment. Such behavior is unacceptable and will not be tolerated.

Equity, Diversity, Equal Opportunity, and Affirmative Action: The University provides equal access to and opportunity in its programs and facilities, without regard to race, color, creed, religion, national origin, gender, age, marital status, disability, public assistance status, veteran status, sexual orientation, gender identity, or gender expression. For more information, please consult Board of Regents Policy: <https://www.uwsp.edu/hr/Pages/Affirmative%20Action/About-EAA.aspx>

Disability Services and Accommodations: UWSP is committed to providing students with disabilities the academic accommodations and auxiliary aids necessary to ensure access to all university services, programs and activities. In addition to the university's campus wide efforts to promote access and inclusion, students with disabilities are further accommodated based on specific individual needs. The Disability and Assistive Technology Center (DATC) is responsible for determining these accommodations. They provide services and assistance to enrolled students who are either permanently or temporarily disabled.

If you have, or think you have, a disability such as mental health, attention, learning, chronic health, sensory, or physical, please contact Disability Services. The registration process is a complex and lengthy (2-3 weeks). Start the process early by contacting Disability Services at 715-346-3365 or emailing datctr@uwsp.edu and/or by completing the a Request for Services found at

<https://www.uwsp.edu/disability/Pages/default.aspx> If you are registered with Disability Services and have a current letter requesting reasonable accommodations, please contact your instructor as early in the semester as possible to discuss how the accommodations will be applied in the course.

Mental Health and Stress Management: You may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance and may reduce your ability to participate in daily activities. UWSP has services available to assist you. You can learn more about the broad range of confidential mental health services available on campus via the Student Mental Health Website: <https://www.uwsp.edu/counseling/Pages/default.aspx> *Therapy and consultation services are free for registered students.* The Counseling Center is located on the 3rd Floor of Delzell Hall. The office is open from 8:00-4:30, Mon-Fri; Tele: 715-346-3553. Please schedule an appointment ahead of time.

Academic Freedom and Responsibility: Academic freedom is a cornerstone of the University. Within the scope and content of the course as defined by the instructor, it includes the freedom to discuss relevant matters in the classroom. Along with this freedom comes responsibility. Students are encouraged to develop the capacity for critical judgment and to engage in a sustained and independent search for truth. Students are free to take reasoned exception to the views offered in any course of study and to reserve judgment about matters of opinion, but they are responsible for learning the content of any course of study for which they are enrolled.* Reports of concerns about academic freedom are taken seriously, and there are individuals and offices available for help. Contact me (the instructor), the Department Chair (Dr. Craig Wendorf), your adviser, the associate dean of the college (Dr. Todd Good), or the Vice Provost for Faculty (Greg Summers). * *Language adapted from the American Association of University Professors "Joint Statement on Rights and Freedoms of Students".*

Campus Resources:

The Tutoring-Learning Center strives to maximize every student's learning potential through a variety of services. Trained peer tutors, consultants, and discussion will do everything within their power to increase their clients' knowledge of the subject. Individual tutoring and writing help are available. This resource is highly recommended for students who have struggled with writing in the past and can be a great resource for starting, finishing, and/or proofing papers. More information can be found at <https://www.uwsp.edu/tlc/Pages/default.aspx>.