

**Psych 178: Health Psychology**  
MTWR 9:40 – 11:10 am OLMS 1136

**Professor:** Peggy Kern  
**Email:** mkern001@ucr.edu  
**Office:** Psychology 3131  
**Office Hours:** Tues 11:30a – 1:30p & by appointment  
**Final Exam:** Friday, July 24, 10:30a – 12:30p

<b>TAs:</b>	Loryana Vie	Veronica Sanchez
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<b>Office:</b>	Psyc 1321	Olmstead 2139 G
<b>Office Hours:</b>	M 12:00 – 1:00 pm & by appointment	R 11:10 am – 1:00 pm

**Prerequisites:** PSYC 002 or SOC 001 or HNPG 042K or SOC 001H

**Course Webpage:** <http://www.ilearn.ucr.edu>

I will be using this a lot – posting lecture notes, announcements, readings, links, and more. **Check this often.** There is also a discussion board available – you can use this to post questions to me, Loryana and Veronica, or the other students. Also, feel free to email me with questions, comments, concerns, etc. throughout the course.

**Course Textbook and Readings:**

- Friedman, H. S. (2002). *Health Psychology* (2<sup>nd</sup> ed.). New Jersey: Prentice Hall. ISBN: 0138952442  
*A copy of the textbook will be available on reserve at Rivera Library.*

- Required and optional supplemental readings will be posted on iLearn.

**Note:** The supplemental readings are a mix of short articles, background information, and more that will supplement your learning. Some are informational, whereas others will be used as a base of discussion in class. **Please read the assigned article(s) BEFORE class** (see course schedule).

**Course Overview:**

What is health? Over the next few weeks, we will explore this question. Specifically, through lectures, readings, discussions, in-class activities, videos, and projects, we will explore how psychological, social, cultural, biological, and behavioral factors influence health, illness, and medical care. Topics will include the biological, psychological, and socio-cultural bases of health, illness, and well-being; stress; pain and healing; personality; health-promoting and risky behaviors; patient adherence and physician-patient communication; adaptation to chronic illness; death and bereavement; complementary and alternative medicine; and social policy implications.

**Grade Breakdown:**

Midterm exam	100 points
Final exam	100 points
In-class assignments (10 total)	50 points (5 points each)
Discussion sections (5 sessions)	50 points (10 points each)
Critical review paper	100 points
Group presentation	100 points
Paper/materials	50 points
Presentation	30 points
Group contribution	20 points
<b>Total</b>	<b>500 points</b>

**Exams:**

There will be two exams in the course: a midterm and a final. Exams will cover information from lectures, the textbook and supplemental readings, discussion section, and any activities that we do in class. We will be covering a lot of material very quickly; a study guide will be provided before each exam to guide your studies. You are responsible for knowing the material. The final exam is not cumulative per se, although the concepts that we cover in the first part of the class will be carried throughout the course. Exams will consist of multiple choice, fill-in, and short answer questions. You will NOT need a scantron sheet. There will be NO notes, textbooks, cell-phones, or other materials used during the exam.

**In-class Assignments:**

There are multiple ways of learning (auditory, visual, hands-on), and we will be incorporating these different methods into the course to aid your learning and understanding of the material. Lecture periods will often consist of a mix of lectures and in-class activities, aimed at both increasing your learning experience and keeping the course interesting. You will receive 5 points per assignment or for participating in the activity (Note: you must be present on the days we do these to receive points – no make-ups are allowed).

**Discussion Section:**

Discussion sections will include quizzes and in-class work. You are expected to attend your section and participate in the discussion. Points will be rewarded for your participation, quizzes, and assignments (Note that you must be present - these points cannot be made up if you miss the section). The sections are designed to facilitate your reading and understanding of the material and the course assignments (i.e., the paper and the group project). It is also your opportunity to ask for clarification of the material and gain other perspectives on the concepts and material.

**Critical Review Paper:**

A 4 to 6 page literature review paper is required on a topic relevant to the course (see Paper Guidelines for details). For the paper, choose a topic and find at least 4 scientific articles on the topic. Critically review the articles - make an argument, and use the articles to support your points. Papers should be in APA format, well-written, and demonstrate a clear conceptual understanding of the material. Parts of the paper will be due throughout the session (see schedule). More detailed information will be discussed in the first section.

**Group Presentation:**

In groups of 3 to 5 people, you will examine a health-related claim in the media from a health psychology perspective and present the information to the class (see Presentation Guidelines). For the assignment, you (as a group) will find an article or ad (this may be a news article, a TV show or movie clip, an internet site, etc.) that presents advice aimed at the general population or a “new” finding related to health. Look at the source of the information. What perspective does this stem from? How valid are the claims? How would a health psychologist think about the issue? Based on your knowledge from the course, what alternative advice would you give? As a group, you will summarize this information in a 1-2 page executive summary, and then you will present the information to the class. Have fun and be creative with this assignment! Presentations will start the second week and will continue until the end of the session. Groups and topics will be determined in the first section; more details will be presented at that time.

**Attendance Policy:**

You are expected to attend lecture and discussion sections. If you choose not to come to a class, that is your choice; however, you will only receive points for being there and participating in the activities or assignments (NOTE: you will **NOT** be allowed to make up these points, **regardless of your reason for missing class**). Exams must be taken on the assigned day, at the assigned time. A make-up exam **may** be offered in extreme cases, such as familial death or severe personal illness; you must have valid documentation for your absence, and **contact the instructor BEFORE the exam period begins**. Papers will be docked 5 points for each day late.

**You are responsible for your own learning!**

As your instructor, I aim to provide you with contexts and opportunities to facilitate the learning process. Please call on me to help you with this learning in whatever ways I can.

### Course Schedule

Day	Topic	Readings	Notes
<b>Week 1</b>			
Mon, June 22	Course introduction What is health psychology?	Chapter 1	
Tues, June 23	History of the field Methods of study	Chapter 1	
Wed, June 24	Health part 1: Physiological aspects	Chapter 2	
Thurs, June 25	Health part 2: Social & cultural aspects	Chapter 3	
<b>Week 2</b>			
Mon, June 29	Health promoting behaviors (nutrition, physical activity, etc.)	Chapter 11; S1	<i>Group Presentation 1</i>
Tues, June 30	Risky behaviors (smoking, alcohol, sex, etc.)	Chapter 10	<b>Paper topic &amp; reference page due in class</b>
Wed, July 1	Stress & illness	Chapter 5	<i>Group Presentation 2</i>
Thurs, July 2	Personality & health	Chapter 6; S2 & S3	
<b>Week 3</b>			
Mon, July 6			<b>MIDTERM EXAM</b>
Tues, July 7	Chronic illness & pain	Chapter 8	
Wed, July 8	Quality of life Positive psychology	Chapter 7; S4	<i>Group Presentation 3</i>
Thurs, July 9	Social support Caregiver health & wellbeing	S5	<i>Group Presentation 4</i>
<b>Week 4</b>			
Mon, July 13	Lifespan perspective Aging & health	S6	<b>Paper outline due in class</b> <i>Group Presentation 5</i>
Tues, July 14	Death & bereavement	Chapter 9	
Wed, July 15	Special populations: Children, Cultural aspects	S7	<i>Group Presentation 6</i>
Thurs, July 16	Patient cooperation	Chapter 12, S8	
<b>Week 5</b>			
Mon, July 20	Doctor-patient communication	Chapter 13	<b>Final paper due in class</b>
Tues, July 21	Health care professionals; Alternative medicine	Chapter 14; S9	<i>Group Presentation 7</i>
Wed, July 22	Social policy Ethics	Chapter 15; S10 & S-11	
Thurs, July 23	Future of health psychology Course wrap-up		
Friday, July 24			<b>FINAL EXAM</b>

**Note:** Chapter refers to readings from the Friedman book. Supplemental readings (S#) are posted under "Course Materials" on iLearn. **This syllabus is a tentative schedule for the session; the instructor has the right to change it at anytime.** Last updated June 13, 2009