

Behavioral Interventions for Health Psychology (Psyc 6300) Course Syllabus

Instructor: Monica Ramirez Basco, Ph.D.

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Office Hours: Mondays: 1:00 to 2:00 and 4:00 to 5:00, or Wednesdays by appointment

Time and Place of Class Meetings:

Wednesdays: 4:00pm to 6:50pm in LS 420

Description of Course Content:

This graduate seminar will focus on the development and testing of psychosocial interventions for health psychology.

Student Learning Outcomes:

1. Become familiar with clinical issues in the implementation of psychotherapy and psychosocial interventions in health psychology
2. Learn how to develop a psychosocial intervention
3. Gain skills in designing treatment outcome studies to validate the efficacy and effectiveness of psychosocial interventions.

Requirements: None

Required Textbooks and Other Course Materials:

Required Text:

Boyer, B.A. & Paharia, M.I. (2008). Comprehensive Handbook of Clinical Health Psychology. New Jersey: John Wiley and Sons

Recommended Text:

Beck, Judith D. (1995). Cognitive Therapy: Basics and Beyond. New York: Guilford Press

Reading Assignments: The reading assignments will be discussed on the first day of class. The required text is required reading. Students will be expected to identify articles on their health problem of choice as it applies to the topics of discussion during the course. The APA ethical guidelines are also required reading. A foundation in cognitive behavior therapy can be gained from the Beck (1995) book listed as optional reading.

Class Date	General Topics	Health Problems (See Book Chapters)	Theoretical models and interventions	Research Issues	Assignments due
August	Introduction to Psychosocial Interventions for Health Psychology Ethics of psychosocial interventions Ethics of intervention research	Diabetes Renal Disease Obesity	Biopsychosocial model Cognitive Behavioral Model	Ethics of intervention work	Topic of psychosocial intervention due by 9/2, including brief rationale for this selection.
September	Basic Principles of Cognitive Behavior Therapy	Cancer Multiple Sclerosis Gastrointestinal disorders	Social Cognitive Theory Transtheoretical model Expressive Writing	Targets of intervention Assessing treatment outcome. Literature searches	Psychosocial intervention target of intervention and rationale. Due 9/30
October	How design a psychosocial treatment protocol for health Psychology	Cardiovascular Diseases Headaches	Theory of Reasoned Action Cognitive Model of Stress and Coping Motivational interviewing	Control conditions Focus Groups	Evidence Tables to justify selection of psychosocial treatment strategy. Due 10/28.
November	Testing Psychosocial treatment interventions Validation, efficacy, and effectiveness	HIV/AIDS Injuries Arthritis	Gate Control Theory of Pain Systems Theory Learned Helplessness Theory Biofeedback	Training interventionists Internal validity of interventions	Final psychosocial treatment protocol due by 11/30. Presentations begin by 11/16

Attendance: Attendance is required to allow for review of articles and discussion of topics relevant to the course syllabus. Group exercises will aid development of skills. Alert the professor if you will not be in attendance in class.

Descriptions of major assignments and examinations with due dates:

The final product to be developed during the course is a psychosocial treatment protocol for a health problem of your choosing. The details of the project will be discussed in class. The final product will consist of several subcomponents. The subcomponents will be turned in through the semester and will be graded individually. The final product will be completed and presented to the class in lieu of a final examination.

Grading Policy: There will be no examinations in this course. There will be several in-class participatory exercises to facilitate development of the four required assignments (see table above). The topic selection and rationale will be worth 25 points. The psychosocial intervention target of intervention and rationale written summary will be worth 50 points. The Evidence Tables to justify selection of psychosocial treatment strategy will also be worth 50 points. The final protocol will be worth 100 points which will include a presentation of the final protocol to the class. Final grades are determined based on a percentage of the total possible points earned.

Drop Policy: Please refer to the University's drop policies. Note that the last day to drop classes is October 30th.

Americans with Disabilities Act: The University of Texas at Arlington is on record as being committed to both the spirit and letter of federal equal opportunity legislation; reference Public Law 92-112 - The Rehabilitation Act of 1973 as amended. With the passage of federal legislation entitled *Americans with Disabilities Act (ADA)*, pursuant to section 504 of the Rehabilitation Act, there is renewed focus on providing this population with the same opportunities enjoyed by all citizens.

As a faculty member, I am required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Student responsibility primarily rests with informing faculty of their need for accommodation and in providing authorized documentation through designated administrative channels. Information regarding specific diagnostic criteria and policies for obtaining academic accommodations can be found at www.uta.edu/disability. Also, you may visit the Office for Students with Disabilities in room 102 of University Hall or call them at (817) 272-3364.

Academic Integrity: It is the philosophy of The University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University.

"Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts." (Regents' Rules and Regulations, Series 50101, Section 2.2)

Student Support Services Available: The University of Texas at Arlington supports a variety of student success programs to help you connect with the University and achieve academic success. These programs include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. Students requiring assistance academically, personally, or socially should contact the Office of Student Success Programs at 817-272-6107 for more information and appropriate referrals.

Final Review Week: A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. This will be the week of November 30 through December 4th. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week unless specified in the class syllabi. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. A course review will occur on Wednesday, December 5th.

E-Culture Policy: The University of Texas at Arlington has adopted the University email address as an official means of communication with students. Through the use of email, UT-Arlington is able to provide students with relevant and timely information, designed to facilitate student success. In particular, important information concerning registration, financial aid, payment of bills, and graduation may be sent to students through email.

All students are assigned an email account and information about activating and using it is available at www.uta.edu/email. New students (first semester at UTA) are able to activate their email account 24 hours after registering for courses. There is no additional charge to students for using this account, and it remains active as long as a student is enrolled at UT-Arlington. Students are responsible for checking their email regularly.

Students may contact Dr. Basco by email at Basco@UTA.edu or by phone (817) 272-7559. In the event of an emergency, the student should contact the Psychology office (817-272-2281) to leave a message if unable to reach Dr. Basco by phone.

Make-up Exam Policy: Examinations can be taken early with prior arrangement with the professor. Missed examinations can be made up with two conditions. First, the student must provide prior notification to Dr. Basco that an examination will be missed. This must be done prior to the time of the examination. The student can email or call Dr. Basco or can leave a message with the Psychology office. Second, only absences due to illness, injury, or other extreme circumstance will be accepted. Documentation of the problem, such as a doctor's note, is required in all cases. **No papers will be accepted late.**