

**PSYC 5309****Health Psychology****Spring 2008**

**Time and Place of Class Meetings:** LS428, Monday & Wednesday 9:30-10:50 AM

The discipline of health psychology has evolved rapidly and with diverse methods and theory. One of the intriguing aspects of the field, and also one that makes its study more difficult, is the complete integration of physiological and psychological systems in creating conditions under which disease etiology and progression are more or less likely.

This is a core course for the PhD program in health psychology. As such, it will present key information in this field and will seek to get you to think about and beyond the concepts already evident. It will provide a foundation for study in this area but will require independent thought, discussion, and insight into the material presented. Because you will be expected to be active participants in the class, 40% of your grade will be based on class participation. All assignments are designed to reflect activity that will enhance this process; they are not primarily evaluative. Learning objectives include:

- Being able to summarize and integrate theory and research in the field of Health Psychology by reviewing and discussing fundamental and more recent contributions to the science.
- Being able to identify and discuss the interplay of psychological, biological, behavioral, and social factors in health including mechanisms and pathways in disease processes.
- Being able to apply the basic tenets of Health Psychology to common health issues including both acute and chronic conditions.

**Required Textbooks and Other Course Materials:**

- Reserved readings will be available in the Science Education and Career Center in LS106 or a link will be available on the WebCT site for the course.

**Major assignments:**

There will be three (3) short descriptive papers on specified topics that will be 3-5 pages in length and will be worth 10 points each. A final research paper will be worth 30 points and will be a review paper on applying the mind-body model to a chronic illness or condition of your choosing. Approval of the topic must be secured prior to submitting the final paper. More detailed descriptions of the papers are provided below.

Short Paper 1: Due February 6, 2008

Given the information that we have discussed, how should stress be conceptualized? What is it? Does it have adaptive value? What are some of the theoretical and pragmatic implications of your conceptualization?

Short Paper 2: Due February 25, 2008

Stress has been a popular topic of study for several reasons. It seems to be ubiquitous, affects most or all bodily systems, and it seems to contribute to health

and illness. What do we know about how stress causes specific disease or alters its course and resistance to treatment? Are there any general pathways and/or specific response syndromes that might contribute?

**Short Paper 3: Due April 2, 2008**

Prevention research programs are easier to study, harder to design, and less likely to yield reliable results than are interventions directed at patients. What are common elements in prevention and patient-centered interventions, what are the relative benefits of each, and how would you best integrate them into health care?

**Final Research Paper: Due May 5, 2008**

The final research paper will describe how the mind-body model of illness is associated with a chronic illness of your choosing. You will need to describe the illness and how biological, psychosocial, and behavioral variables may each relate to illness-related outcomes and how these pathway variables may be interrelated. You will need to choose a CHRONIC ILLNESS to write about that is NOT discussed at length in the class. Chronic illnesses that you can NOT choose are the following: chronic pain, coronary heart disease, hypertension, stroke, diabetes, HIV/AIDS, cancer, and arthritis.

**Tentative Course Schedule:**

Week	Date	Lecture Topic
1	M 1/14	Overview
	W 1/16	Stress/ History of Stress Construct
2	M 1/21	<b><i>Martin Luther King Jr. Day holiday</i></b>
	W 1/23	Stress
3	M 1/28	Appraisal and Coping
	W 1/30	Appraisal and Coping
4	M 2/4	Appraisal and Coping
	W 2/6	Stress Responses <b>Short Paper 1 Due</b>
5	M 2/11	Stress Responses
	W 2/13	Stress Responses

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Week	Date	Lecture Topic
6	M 2/18	Cardiovascular Disease
	W 2/20	Cardiovascular Disease
7	M 2/25	Diabetes Mellitus <b>Short Paper 2 Due</b>
	W 2/27	Psychoneuroimmunology
8	M 3/3	Psychoneuroimmunology
	W 3/5	Cancer
9	M 3/10	HIV
	W 3/12	Arthritis
10	M 3/17	<i>Spring Break</i>
	W 3/19	
11	M 3/24	Pain
	W 3/26	Pain
12	M 3/31	Interventions
	W 4/2	Interventions <b>Short Paper 3 Due</b>
13	M 4/7	Health Behaviors
	W 4/9	Health Behaviors
14	M 4/14	Appetitive Behaviors
	W 4/16	Appetitive Behaviors
15	M 4/21	Patients in Medical Settings
	W 4/23	Patients in Medical Settings

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Week	Date	Lecture Topic
16	M 4/28	Selected Topics
	W 4/30	Selected Topics
17	M 5/5	<i>Finals Week -- Final Research Paper Due May 5, 2008</i>
	W 5/7	

A list of readings for each topic will be distributed at least one week prior to the start of the topic. All students are expected to read all of the readings and be prepared to discuss the readings in class.

Your grade in this class will be determined by class participation (40%), the three short papers (10% each), and the final paper (30%). Final grades above 89.5% will earn an "A," with 10% intervals corresponding to letter grades below that.

<b>Instructors:</b>	Angela Liegey Dougall, PhD	Andrew Baum, PhD
<b>Office Locations:</b>	523 Life Science	501 Life Science
<b>Office Telephone Numbers:</b>	817-272-0531	817-272-0530
<b>Email addresses:</b>	adougall@uta.edu	baum@uta.edu
<b>Office Hours:</b>	Monday & Wednesday 11:00 AM -12:00 PM and by appointment	Tuesday & Thursday 10:00 AM - !2:00 PM and by appointment

**Course Website:** Please go to WebCT at <http://www.uta.edu/webct/index.htm>

**THE FOLLOWING IS INFORMATION THAT THE UNIVERSITY BELIEVES YOU SHOULD HAVE AND REPEATS INFORMATION IN OTHER OFFICIAL DOCUMENTS.**

**Grade Grievance Policy:**

The University Grade Grievance Policy will be followed. (See Grade Grievance Policy in the Graduate School Regulations and Information.)

**Attendance Policy:** Attendance is not mandatory, but it is *highly* recommended. If you are dropped from this class for non-payment of tuition, you may secure an Enrollment Loan through the Bursar's Office. You may not continue to attend class until your Enrollment Loan has been applied to outstanding tuition fees.

**Drop Policy:** Please refer to university drop policy. Please also refer to the academic calendar (<http://www.uta.edu/uta/acadcal/>).

**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](http://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)

**Sections of your work for which scholastic dishonesty has been detected will receive zero points and a disciplinary report will be filed.**

**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. 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. Classes are held as scheduled during this week and lectures and presentations may be given.

**Librarian to Contact:**

Library information can be obtained through Helen Hough, Psychology Librarian. Please contact her by phone (817-272-7429) or by email ([hough@uta.edu](mailto:hough@uta.edu)). You will find useful information for psychology at <http://library.uta.edu/JDBC/DBs/narrowdbs.jsp?DBID=PSYCHOLOGY>.

**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](http://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.