

**Psychology 3143 – Health Psychology Laboratory**  
University of Texas at Arlington  
Section 2, Spring 2009

**Class:** M 5:30-8:20, Life Science #428  
**Instructor:** Jeffrey Swanson, MA  
**Office:** Life Science #521  
**Email:** [jswanson@uta.edu](mailto:jswanson@uta.edu)  
**Office hrs:** W 4:00-5:00, Th 2:00-3:00 & by appointment

**Course Goals and Objectives:**

Designed to supplement the Undergraduate course in Health Psychology (PSYC 4357), this laboratory offers a hands-on approach to learning associations between psychology and health, as well as a critical evaluation of methodologies in health psychology. Students will participate in exercises that teach them health-related risk factors, methods to improve access and combat barriers to fitness and nutrition, as well as incorporate prevention practices into their lifestyle. Scientific research and theories taught in the Health Psychology course will be applied to improve the effectiveness and maintenance of gains attained throughout the course, as well as to improve the student's ability to disseminate knowledge gained through the course.

**Required Courses:**

Psychology 2444 Prerequisite  
Psychology 4357 Prerequisite or Corequisite

**Recommended Textbooks:**

- 1) American Psychological Association (2001). *Publication Manual of the American Psychological Association, Fifth Edition*. Washington, DC: American Psychological Association. (ISBN 1557987914)
  - 2) Brannon, L., and Feist, J. (2007). *Health Psychology: An Introduction to Behavior and Health, Sixth Edition*. Belmont, CA: Thomson Wadsworth. (ISBN 0495090654)  
Companion Website: [http://www.wadsworth.com/cgi-wadsworth/course\\_products\\_wp.pl?fid=M20b&product\\_isbn\\_issn=9780495090656&discipline\\_number=24](http://www.wadsworth.com/cgi-wadsworth/course_products_wp.pl?fid=M20b&product_isbn_issn=9780495090656&discipline_number=24)
- OR
- Taylor, S. (2006). *Health Psychology* (6<sup>th</sup> ed.). New York, NY: McGraw-Hill. (ISBN 0073107263)  
Companion Website: <http://www.mhhe.com/taylor6>

**Course Requirements:**

***Research Paper***

As part of your participation in this course, you will analyze data that are being collected on a research project related to Health Psychology. On an individual basis, you will conduct an initial research review and write an APA-format paper that provides the background to the hypotheses that we have provided to you, the study methods, your results and conclusions. Portions of the paper will be submitted throughout the course as part of your regular assignments, culminating in the final paper. A grading rubric for each portion of the paper will be discussed in class and posted on WebCT prior to each portion's due date.

### *Group Poster Presentation*

While the paper will be done individually, your hypotheses and data analysis will be conducted on a group basis. Your group will be responsible for developing a poster during one of the laboratory classes that summarizes your background, methods, results, and conclusions from your papers. This poster will be presented with the findings from other lab studies on Friday, May 8<sup>th</sup>. You are expected to be there and prepared to defend your poster as a group among peers. A grading rubric for the poster and your presentation will be discussed in class and posted on WebCT prior to this date.

### *Homework and Lab Assignments*

Homework and in-class lab assignments will be assigned regularly throughout the course. Briefly, a lab assignment will be given each week and will generally be done during the laboratory, although you may need to finish the assignment at home on some circumstances. Homework assignments will be due on days in which you do not have a portion of your research paper due. In order to obtain credit for your homework or assignments, they must be turned in on time (see the schedule of the due dates below for your homework assignments) and neat. We will not accept homework that is late! Therefore, if you are not in class on the due date, you will need to email your homework to the TA (or deliver your time and date stamped homework to the mailbox) no later than at the beginning of the class time on the due day. Keep in mind that you will not receive credit for your participation in activities and in-class lab assignments on your missed date.

### *Class Participation & Attendance*

We have a small class with an interactive curriculum. The success of the course will partially depend on your continual and effortful input. As a result, class attendance and participation is mandatory and constitutes part of your final grade. Absences may be excused only at the discretion of the instructor and only for serious situations (i.e., a death in the family, serious illness with a note from your doctor). Students that miss the laboratory will still be responsible for the material covered during that laboratory, and will not be able to receive credit for the in-lab assignments without this approved absence.

### Grading:

*Final grade letters will be given according to the following scale:*

<u>Total Percent</u>	<u>Letter Grade</u>
89.5-100%	A
79.5-89.4%	B
69.5-79.4%	C
59.5-69.4%	D
0-59.4%	F

*All test and assignments will be graded on 100% scale and the grades will be posted on WebCT.*

*Final Grades will be based on:*

(1) Homework Assignments (9 total)	30% of total
(2) In-Lab Assignments (15 total)	30% of total
(3) Class Participation & Attendance (15 total)	8% of total

**Paper & Group Poster:**

(4) Introduction Section	5% of total
(5) Methods Section	5% of total
(6) Results & Discussion Section	5% of total
(7) Final Paper	9% of total
(8) Group Poster Presentation	8% of total

---

**Total:** 100%

## **Things you need to know:**

### *Grade Grievance Policy*

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

### *Drop Policy*

Please refer to university drop policy. Please also refer to the academic calendar (<http://www.uta.edu/uta/acadcal/>). The last day to drop classes is Oct. 31<sup>st</sup> 2008.

### *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). 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.

**Tentative Lab Schedule:**

School Week	Date	Topic	Assignments
1	M 1/19	<b>Martin Luther King Jr. Day – No Lab</b>	
2	M 1/26	Syllabus; APA style review; IRB training; Ethics in Health Psychology Research & Practice	Homework 1 Given
3	M 2/02	Hypotheses and Discussion of Laboratory Experiment/Paper; Reporting Research and Findings in Health & Health Psychology; Biopsychosocial Model	<b>Homework 1 Due!</b> Homework 2 Given
4	M 2/09	Models of Health Behavior Change; Levels of Health Promotion; Treatment vs. Primary & Secondary Prevention; Chronic Illness vs. Infectious Illness	<b>Homework 2 Due!</b>
5	M 2/16	Strategies for Adoption and Maintenance of Health Behaviors; Health Program Development, Research, and Implementation	<b>Introduction Section Due!</b> Homework 3 Given
6	M 2/23	Energy Balance: Physical Fitness	<b>Homework 3 Due</b> Homework 4 Given
7	M 3/02	Energy Balance continued: Nutrition	<b>Homework 4 Due!</b>
8	M 3/09	Substance Use: Smoking, Alcohol, Performance Enhancers	<b>Methods Section Due!</b> Homework 5 Given
9	M 3/16	<b>Spring Vacation – No Lab</b>	
10	M 3/23	Special Topic: Prevention of Sexually Transmitted Infections; Statistical Analysis of Data	<b>Homework 5 Due!</b> Homework 6 Given
11	M 3/30	Stress: Previous and Current Models, Defining & Measuring Stress in Research; Discussion of Results & Discussion Sections	<b>Homework 6 Due!</b>
12	M 4/06	Chronic Stress and Immunity; Discussion of Final Paper	<b>Results &amp; Discussion Sections Due!</b> Homework 7 Given
13	M 4/13	Prepare Group Poster Presentation	<b>Homework 7 Due!</b> Homework 8 Given
14	M 4/20	Chronic Pain: Theory, Prevention, & Treatment; Discussion of Final Paper	<b>Homework 8 Due!</b> Homework 9 Given
15	M 4/28	Obesity and the Metabolic Syndrome; Discussion of Final Paper Modifications	<b>Homework 9 Due!</b>
16a	M 5/04	Cancer: Causes and Risk Factors; Prevention and Treatment; Coping.	<b>Final Paper Due!</b>
16b	Tr 5/07	<i>Group Poster Presentation Practice</i>	<i>Attendance Highly Recommended</i>
16c	Fr 5/08	3:00 – 5:00 PM (Tentative Time) Group Poster Presentation	<b>Group Poster Presentation!</b>