

**University of Florida**  
**CLP4314- Introduction to Health Psychology - (section 5164), 3 credits**  
**Spring 2013, Mondays 5:10- 8:10 P.M.**  
**HPNP Building, Room: G101**

**Instructor Information**

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**Faculty Course Supervisor Information**

Deidre B. Pereira, PhD, Associate Professor Office: HPNP 3137 Phone: (352) 273-6039 <a href="mailto:dpereira@phhp.ufl.edu">dpereira@phhp.ufl.edu</a> Office Hours: Please email to schedule a meeting
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**Prerequisites of course:** PSY 2012 General Psychology, CLP 3144 Abnormal Psychology, and three additional credit hours in psychology, health science or statistics.

**Course Overview and Purpose**

This course will examine the theoretical and research foundations of behavioral health and illness from a biopsychosocial perspective. Course topics will provide students with an understanding of Health Psychology as a specialty within psychology that addresses the role of behavioral factors in health and illness. The field of Health Psychology is founded on the biopsychosocial model and includes “any specific or professional application of psychological concepts or methods to any problem arising in the health system, not only the care giving system, but the public health, health education, health planning, health financing, health legislations and other such components of the total system” (Stone, 1979). The emergence of this field marks the expansion of psychology beyond the traditional concerns of mental health to the broader health care arena.

**Objectives**

Upon successful completion of the course, students should be able to:

1. Identify the possible roles and contributions of clinical health psychology in addressing the biopsychosocial model of health and illness.
2. Describe behavioral factors that influence wellness and that play a role in the prevention, development, course, and outcome of many human diseases and health problems.
3. Discuss the roles that health psychologists play in promoting wellness and in addressing and treating psychological factors related to health and illness.

## **Methods of Instruction**

Lecture, class discussion, and individual work will comprise the majority of class sessions. The role of the instructors will be to: present an overview of relevant topics, provide additional reading material and learning resources with up-to-date research findings, facilitate discussion of selected topics, and provide timely feedback. Expectations for students are to attend class fully prepared, participate in class discussions, and read assigned materials prior to class in preparation for lecture.

## **Sakai**

Sakai is the course management system that you will use for this course. Sakai is accessed by using your Gatorlink account name and password at <http://lss.at.ufl.edu>. There are several tutorials and student help links on the Sakai login site. If you have technical questions call the UF Computer Help Desk at 352-392-HELP or send email to [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu). You are responsible for checking your account prior to each class to determine how you should prepare for the upcoming class.

## **Course Materials**

Required Textbook:

Taylor, S.E. (2011). *Health Psychology* (8<sup>th</sup> edition). New York: McGraw-Hill. ISBN: 978-0-07-803519-7

Additional reading may be required throughout the semester and will be provided electronically via Sakai.

## **Policy related to Class attendance**

Class attendance is considered an integral part of the learning experience as class discussions and lectures will include valuable material covered in the examinations that is not otherwise covered in the textbook. Thus, students are expected to attend all classes and participate in class discussions to have exposure to this information. Attendance will be taken during each class. Signing anyone else's name aside from your own will be considered a violation of the University's Honesty Policy. If students must be absent, it is expected they will contact the instructor as soon as possible and be responsible for any missed material. Students who miss lectures are expected to acquire lecture notes from other students who attended. Some material presented in lectures will not be in the text and may be included on examinations. Thus, reduced attendance can be expected to result in a lower course grade. Additionally, class participation points will only be awarded to those students in attendance.

As Health Psychology is a thought provoking topic and often leads to interesting discussions about the topics covered within this course, student participation is expected. We expect each individual to contribute throughout the semester and will monitor ongoing student participation. Remember: There are no "stupid questions" and one of the most powerful ways to learn is in the moment by interacting with your instructors and classmates.

## **Policy related to Classroom Etiquette:**

- Please refrain from using iPods or cell phones or any other electronic devices during class as it is distracting and inconsiderate of other students and the instructor. Cell phones must be placed on silent or turned off during class. Any use of a cell phone during class (i.e., chatting, texting) will be considered a violation of this policy as it disrupts other students from learning. Students who violate this policy will be asked to leave and will lose 1% of their participation grade per violation. Please speak to the instructors prior to the beginning of class if you experience an emergency that requires you to leave the room to take a phone call.
- Please do not arrive late to class or disrupt the class as it is distracting and inconsiderate of other students and the instructor.
- To the extent permitted by facility rules and restrictions, you may bring food and/or beverages to class as long as it does not interfere with your ability to work and/or participate in class and as long as

it does not interfere with or your classmates' ability to work and participate in class. You will be expected to clean-up after yourself and dispose of all trash before leaving the classroom.

### **Policy related to make-up work**

We expect you to attend and to be prepared to participate in all class sessions. Personal issues with respect to class attendance or fulfillment of course requirements will be handled on an individual basis. If you must miss an exam because of a foreseeable conflict (i.e., professional conference, participation in an athletic competition, religious observance, etc.) you are expected to notify us immediately via email to set-up alternative arrangements *prior* to the exam date. In addition, if a student experiences an illness or medical emergency that prevents him/her from attending an exam, s/he is required to notify the instructors by email, phone, or voicemail, etc. PRIOR to the exam AND will be required to provide a statement from their healthcare provider documenting the illness or medical emergency. The only exception to this rule is if the student is incapacitated due to the illness or emergency and therefore unable to contact the instructors prior to the exam. Otherwise, students that do not notify the instructors of their illness/emergency in some manner prior to the exam will not be eligible to make-up the exam and will receive "0" points for it.

### **Reporting illnesses and family emergencies**

In the event you experience an unexpected illness, family, or other personal emergency please notify us immediately to set-up alternative arrangements.

### **Course Evaluation/Grading**

*Procedures:* Students will be graded based on a grading scale as detailed below.

*Exams:* There will be three non-cumulative exams that will be comprised of a variety of multiple choice questions and short answer questions. Class attendance will be rewarded via the inclusion of in-class information in each exam. This information will not be covered in the textbook.

*Research Paper:* Students will be required to complete a research paper which demonstrates proficiency in the application of the biopsychosocial model to a specific health issue discussed in class. Students will choose a topic reviewed in class and research the development of that health issue, relevant risk factors, and current treatment and prevention approaches. Additionally, students should include information presented in class regarding psychological dysfunction and/or well being.

The body of the paper should be 5-7, double-spaced, typed pages. Please use 1 inch margins and Times New Roman, font size 12. The format of your paper must follow APA style (Publication Manual of the American Psychological Association, 6<sup>th</sup> Edition). Please turn in 1 paper copy of your paper in class and one electronic copy via Sakai. Additional details regarding the content and formatting guidelines of the paper will be provided in class. Late papers will be penalized one letter grade on the first day late, and will continue to drop one letter grade for each subsequent day on which they are not turned in.

*Research Proposal:* Please turn in a one paragraph-long typed description your topic and include at least five APA formatted peer-reviewed references (i.e., peer-reviewed journal articles) for feedback by **March 11, 2013**. This will count for part of your participation grade.

*Participation:* Your participation grade will include attendance and participation in class as well as group discussions. Group discussions will require you to demonstrate an understanding of the reading material and apply this knowledge to current events.

Requirement	Due date	% of final grade
Exam #1	February 4 <sup>th</sup> , 2013	20.00%
Exam #2	March 18 <sup>th</sup> , 2013	20.00%
Exam #3	April 22 <sup>nd</sup> , 2013	20.00%
Research Paper	April 15 <sup>th</sup> , 2013	20.00%
Participation	ongoing	20.00%

### Extra Credit

As an optional extra credit opportunity students can adhere to a health promotion behavior change goal for a period of four weeks (plus one week of baseline data collection). Students who choose to take advantage of this opportunity will be responsible for gathering data which reflect baseline functioning, outlining a specific health promotion goal, detailing a health behavior change plan, tracking progress toward their specific goal, and evaluating the final outcome of their behavior change. Students will document this information in a 4-6 page long, double-spaced, typed paper. Additional details regarding the content and formatting guidelines of the paper will be provided in class. Late papers will not be accepted. The final assignment is due on **April 8<sup>th</sup>** at the **beginning** of class. The total extra-credit you could potentially earn will be worth up to 5.00% of your overall class grade. **\*\* Due to the longitudinal nature of this assignment, all interested students must commit to this project by January 28<sup>th</sup>. \*\***

### Grading Scale:

Percentage earned in class	93.00%-100.00%	90.00%-92.99%	87.00%-89.99%	83.00%-86.99%	80.00%-82.99%	77.00%-79.99%	73.00%-76.99%	70.00%-72.99%	67.00%-69.99%	63.00%-66.99%	60.00%-62.99%	Below 60.99%
Letter Grade equivalent	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	F

### Final Grades:

Letter Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E	WF	I	NG	S-U
Grade Points	4.00	3.67	3.33	3.00	2.67	2.33	2.00	1.67	1.33	1.00	0.67	0.00	0.00	0.00	0.00	0.00

For greater detail on the meaning of letter grades and university policies related to them, see the Registrar's Grade Policy regulations at <http://www.registrar.ufl.edu/catalog/policies/regulationgrades.html>

### Academic Support

If you feel that you need additional academic support in this class please contact us immediately. Please do not wait until it is too late to ask for assistance (i.e., day before the exam). Come and discuss issues with us during office hours or per appointment.

### Standards of Academic honesty

It is expected that you will abide by the University of Florida's honesty policy.

**Academic Integrity** – Students are expected to act in accordance with the University of Florida policy on academic integrity, please carefully review the Student Conduct Code, the Student Handbook, or this website for more details: [www.dso.ufl.edu/judicial/procedures/academicguide.php](http://www.dso.ufl.edu/judicial/procedures/academicguide.php).

Cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior.

*We, the members of the University of Florida community,  
pledge to hold ourselves and our peers to the  
highest standards of honesty and integrity.*

### **Statement Related to Accommodations for Students with Disabilities**

If you require classroom accommodation because of a disability, you must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to you, which you then give to the instructor when requesting accommodation. The College is committed to providing reasonable accommodations to assist students in their coursework.

### **Counseling and Student Health**

Students may occasionally have personal issues that arise in the course of pursuing higher education or that may interfere with their academic performance. If you find yourself facing problems affecting your coursework, you are encouraged to talk with an instructor and to seek confidential assistance at the University of Florida Counseling Center, 352-392-1575, or Student Mental Health Services, 352-392-1171. Visit their web sites for more information: <http://www.counsel.ufl.edu/> or <http://www.health.ufl.edu/shcc/smhs/index.htm#urgent>

The Student Health Care Center at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services, including primary care, women's health care, immunizations, mental health care, and pharmacy services. The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 392-0627 or check out the web site at: [www.health.ufl.edu/shcc](http://www.health.ufl.edu/shcc)

Crisis intervention is always available 24/7 from:  
Alachua County Crisis Center: (352) 264-6789.

*BUT – Do not wait until you reach a crisis to talk with a crisis counselor. They have helped many students through stressful situations impacting their academic performance. You are not alone so do not be afraid to ask for assistance.*

## Tentative Calendar of Topics and Readings

Week:	Topic:	Required Assignments Due:	Instructor
Jan. 7	Syllabus Overview Introduction to Clinical Health Psychology Systems of the Body	Chs. 1 & 2	Dr. Deidre Pereira Laura
Jan. 14	Sleep Health Compromising Behaviors Review of extra-credit project	Ch. 5	Alicia Roth, M.A. Laura
Jan. 21	<b>NO CLASS- MLK</b>		--
Jan. 28	Health Related Behaviors	Chs. 3 & 4 <b>Extra-credit Proposals Due</b>	Dani
Feb. 4	<b>** Exam 1 **</b>		Dani & Laura
Feb. 11	Obesity & Eating Disorders, Diabetes	Ch. 4: 91-107 Ch. 13: 336-342 Ch.14: 375-377	Dani
Feb. 18	Pediatric Health Psychology Coronary Heart Disease, Hypertension, Stroke	Ch. 13: 312-335	Dr. Dave Janicke Laura
Feb. 25	Stress and Coping with Stress	Ch. 6 and 7	Dani
Mar. 4	<b>NO CLASS- Spring Break</b>		--
Mar. 11	Psychoneuroimmunology, HIV, & Cancer	Ch. 14 (excluding Diabetes section) <b>Research Proposals Due</b>	Laura
Mar. 18	<b>** Exam 2 **</b>		Dani & Laura
Mar. 25	Chronic Pain	Ch. 10	TBA Dani
Apr. 1	Infertility Health Services Patient-Provider Communication	TBA Chs. 8 & 9	Dr. Patricia Durning Laura
Apr. 8	Inpatient Consultation and Liaison Terminal Illness and Palliative Care	Ch. 12 <b>Extra-credit Projects Due</b>	Dr. Robert Guenther Laura
Apr. 15	Health Psychology Policy Future of Health Psychology Becoming a Health Psychologist	Assigned readings on Sakai Ch. 15 <b>Research Papers Due</b>	Dr. Ronald Rozensky Dani
Apr. 22	<b>** Exam 3 **</b>		Dani & Laura

**Disclaimer:** The scheduled dates are intended to serve as an indication of the sequence of classroom topics. Some units may take more or less time to cover – the schedule is subject to change. It is your responsibility to remain abreast of any changes.