

**University of Florida**  
**CLP4314 - Introduction to Health Psychology - (Section 5164), 3 credits**  
**Spring 2018, Tuesdays 11:45AM-1:40PM and Thursdays 11:45AM-12:35PM.**

**HPNP Building:**  
**Tuesdays: HPNP Auditorium**  
**Thursdays: HPNP G-312**

**Instructor Information**

**Chantel Ulfig, M.S.**

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Office Hours: Please e-mail to schedule a meeting

**Adaixa Padron, B.S.**

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Office Hours: Please e-mail to schedule a meeting

\*Note: E-mail is the preferred method of contact for the instructors. You are welcome to e-mail questions at any time; however, questions about exams or projects sent after 5:00pm on the day before class may not receive a response in time to make the deadline.

**Faculty Course Supervisor Information**

**Deidre B. Pereira, PhD, Associate Professor**

Office: HPNP 3137

Phone: (352) 273-6039

**E-mail: dpereira@php.ufl.edu**

Office Hours: Please e-mail to schedule a meeting

**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 and class activities will comprise the majority of class sessions. Students will be expected to participate in both individual and group-based activities in order to receive the highest possible grades given. Additionally, assigned readings will be reviewed during designated classes but students will be expected to read and review all assigned material prior to coming to class. 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.

### **Canvas:**

Canvas is the course management system that you will use for this course. Canvas is accessed by using your Gatorlink account name and password at <https://ufl.instructure.com/courses/347392>. There are several tutorials and student help links on the Canvas 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. (2018). *Health Psychology* (10<sup>th</sup> edition). New York: McGraw-Hill. ISBN: 9781259870477

Additional readings and videos may be required throughout the semester and will be provided electronically via Canvas.

### **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.

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! As an incentive for participation, class attendance will be monitored throughout the semester. Students who show evidence of regular attendance may be provided with extra credit points at the end of the semester.

### **Policy Related to Classroom Etiquette:**

- Please refrain from using cell phones, tablets, 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.
- 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 or presentation 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 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.

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

### **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 two non-cumulative exams that will be comprised of a variety of multiple choice 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.

### **Students will be required to complete ONE of the following two options:**

1. **Research Paper:** The research paper should demonstrate proficiency in the application of the biopsychosocial model to a specific health issue discussed in class. Students who prefer to complete the research paper will choose a topic reviewed in class and research the development of that health issue, relevant risk factors, current treatment and prevention approaches, and the possible implications of the topic to their own area of study. Additionally, students should include information presented in class regarding psychological dysfunction and/or well-being. It is imperative that the research paper be written from the perspective of a clinical health psychologist.

The body of the paper should be 5-7, double-spaced, and 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). ***A rough draft is due as an electronic copy via Canvas by 11:45 AM on 3/20/2018. A final version is due as an electronic copy via Canvas by 11:45 AM on 4/19/2018.*** 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.

- 2. Health Topic Presentation:** For students who prefer to complete the special topic presentation, these will take place throughout the semester and will be designed to complement the day's lecture by focusing on a relevant topic that is a current or controversial in the field. Students will sign up for presentation dates on the second week of class on **01/16/2018**.

Students should plan for 15-20 minute presentations with 3-5 minutes for questions from classmates. It is imperative that the research paper be written from the perspective of a clinical health psychologist. A rubric will be available online and will be discussed on the first week of class. Prior to the presentation, students will be expected to turn in a copy of the presentation on Canvas. Additionally, students will be expected to submit 3-4 proposed test questions on the topic of their presentation via Canvas before the presentation. Questions should be in multiple choice format with correct answers provided. These questions will be included on the exams throughout the semester as the instructors deem appropriate and therefore should cover material shared with the class.

Requirement	Due date	% of final grade
Midterm Exam	February 20, 2018	30%
Final Exam	April 24, 2018	30%
Research Paper ( <i>Option 1</i> )	April 19, 2018	30%
Special Topic Presentation ( <i>Option 2</i> )	Ongoing	30%
Class Participation/In-Class Work	Ongoing	10%

**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 <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

**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.

**Student Evaluation of Course:**

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results/>.

**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: <http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>

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:**

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/)) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

**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 352-392-0627 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 and do not be afraid to ask for assistance.*

**Disclaimer:** The following 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.

## Tentative Calendar of Topics and Readings

Week:	Topic:	Required Assignments Due:	Instructor
Jan. 9	Overview of Course & Review of Syllabus		Dr. Pereira, Ulfig & Padron
Jan. 11	Intro to Health Psychology	Ch. 1 <b>Sign up for either Presentation or Research Paper</b>	Ulfig
Jan. 16	Systems of the Body	Ch. 2	Padron
Jan. 18	Health Behaviors	Ch. 3	Ulfig
Jan. 23	Intro to Chronic Disease (CVD, Stroke, Diabetes)	Ch. 11 & 13 <b>Student Presentation</b>	Padron
Jan. 25	Chronic Disease (HIV)	Ch. 14	Ulfig Guest: Cartagena
Jan. 30	Substance Use and Abuse	Ch. 5	Padron Guest: Mannes
Feb. 1	Obesity		Ulfig Guest: Eastman
Feb. 6	Eating Disorders		Padron Guest: Cooke
Feb. 8	Health at Every Size	<b>Student Presentation</b> Documentary: Weight of the Nation 01: Consequences Documentary Activity in Class	Ulfig
Feb. 13	Catch Up/ Presentations	<b>Student Presentation</b> <b>Student Presentation</b>	Padron
Feb. 15	<b>Review for Midterm Exam</b>		Ulfig
Feb. 20	<b>Midterm Exam</b>		Padron
Feb. 22	Media Literacy	Ch. 8 <b>Student Presentation</b>	Ulfig
Feb. 27	Patient-Provider Communication	Ch. 9 <b>Student Presentation</b>	Padron
Mar. 1	Sleep Medicine	Ch. 4 <b>Student Presentation</b>	Ulfig
Mar. 6	NO CLASS: SPRING BREAK		Padron
Mar. 8	NO CLASS: SPRING BREAK		Ulfig
Mar. 13	Pain	Ch. 10	Padron Guest: Wesolowicz
Mar. 15	Intro to Cancer	Ch. 12 Documentary: <i>The Hunting Ground</i>	Ulfig

		<a href="https://www.netflix.com/title/80036655">https://www.netflix.com/title/80036655</a> )	
		<b>Student Presentation</b>	
Mar. 20	Cancer, Psychoneuroimmunology, Terminal Illness, and Palliative Care	Ch. 14 <b>Student Presentation</b>	Ulfig & Padron
Mar. 22	Stress and Coping	Ch. 6 & 7	Ulfig Guest: Murphy
Mar. 27	Death & Dying		Padron Guest: TBD
Mar. 29	Pediatric Health		Ulfig Guest: Fidler
Apr. 3	Pediatric Health		Padron Guest: Basch
Apr. 5	Women's Health	<b>Research Paper Draft Due</b>	Ulfig Guest: Dr. Durning
Apr. 10	Women's Health	<b>Student Presentation</b>	Padron
Apr. 12	Future Directions of Health Psychology	Ch. 15 <b>Student Presentation</b>	Ulfig
Apr. 17	Catch Up/ Presentations	<b>Student Presentation</b> <b>Student Presentation</b>	Padron
Apr. 19	Review for Final Exam	<b>Final Paper Due</b>	Ulfig
Apr. 24	<b>Final Exam</b>		Padron