

Queen's University Department of Psychology
PSYC 332 / 3.0 – Health Psychology
Winter 2019

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<u>Office:</u>	Humphrey Hall, Rm. 318	Humphrey Hall, Rm. 318
<u>Class Times:</u>	Mondays, 10 - 11:30AM	Wednesdays, 8:30 - 10:00AM
<u>Class Locations:</u>	Ellis 321	Jeffrey 127

Course Description:

Key issues in health and health care require approaches embodying psychological, biological, and sociological factors. For every CT scan, injection, or doctor visit, there is a person to be considered. This course explores a variety of health-related topics where psychology has a significant role (e.g., health promotion, stress, psychoneuroimmunology, medical contacts, pain, illness, sport). Canadian statistics used in discussions. **PREREQUISITES:** PSYC 202* or equivalent; PSYC 235.

Course Introduction:

The primary objective of this course is to expand students' knowledge about health and the interaction between psychosocial and cultural factors that impact health, for good or bad!

This course is designed to provide students with an overview of the theory and clinical applications of Health Psychology. The primary topics in health psychology will be examined with attention to the particular views, values, and contributions of a biopsychosocial model of health. Topics include: lifestyle risk factors; health promotion; coping, the relationship between mental and emotional states and health status; the rehabilitation and the psychosocial adjustment of people with serious health problems; and complementary and alternative medicine. Students will have an opportunity to learn about the increasing burden of chronic diseases, such as diabetes, heart disease, and cancer, through use of this biopsychosocial model. The course is presented as interactive lectures and class discussions. Students are encouraged to discuss the lecture topics in small groups and respond to the opinions of others.

Required Text:

Health Psychology, David Marks, Michael Murray, Brian Evans, Emea Vida Estacio, 4th Ed. Published by SAGE.

The textbook list for PSYC332 (WINTER19) is located in the link below:

<https://www.campusbookstore.com/textbooks/search-engine/results?Course=PSYCB04015>

Students are responsible for the material in all required reading passages in their entirety, even if this material is not presented in lectures. Additional readings outside the class text are recommended and will be specifically introduced as such if required. If extra readings are recommended, you will be provided with a reference and asked to find the article online at Queen's Library. Students are instructed to study the relevant required readings before coming to class.

Term Schedule at a Glance:

Date / Location	Topic	Readings
Jan 7 - Ellis (10 -11:30AM)	Course overview	Chapter 1
Jan 9 - Jeffrey (8:30 -10AM)	Introduction to health psychology	Chapter 1
Jan 14 - Ellis	Lab 1	
Jan 16 - Jeffrey	Macro-social influences – Chapter 1 Quiz	Chapter 2
Jan 21 - Ellis	Lab 2	
Jan 23 - Jeffrey	Culture and health – Chapter 2 Quiz	Chapter 4
Jan 28 - Ellis	Lab 3	
Jan 30 - Jeffrey	Health promotion – Chapter 4 Quiz	Chapter 14
February 4 - Ellis	Alcohol and drinking – Chapter 14 Quiz	Chapter 8
February 6 - Jeffrey	Tobacco and smoking – Chapter 8 Quiz	Chapter 9
February 11 - Ellis	Lab 4	
February 13 - Jeffrey	MIDTERM EXAMINATION	
February 18 - Ellis	NO CLASS – Reading break	
February 20 - Jeffrey	NO CLASS – Reading break	
February 25 - Ellis	Lab 5	
February 27 - Jeffrey	Food, diets, and obesity – Chapter 9 Quiz	Chapter 7
March 4 - Ellis	Lab 6	
March 6 - Jeffrey	Physical activity – Chapter 7 Quiz	Chapter 10

Date / Location	Topic	Readings
March 11 - Ellis	Stress and coping – Chapter 10 Quiz	Chapter 12
March 13 - Jeffrey	Illness and personality – Chapter 12 Quiz	Chapter 16
March 18 - Ellis	Lab 7	
March 20 - Jeffrey	Cancer and chronic diseases – Chapter 16 Quiz	Chapter 19
March 25 - Ellis	Pain and pain control – Chapter 19 Quiz	Chapter 18
March 27 - Jeffrey	Pain and pain control – Chapter 18 Quiz	Chapter 18
April 1 - Ellis	Lab 8	
April 3 - Jeffrey	Catch-up / Review / Q&A	
TBA	FINAL EXAMINATION	

***Note that this schedule is subject to change*

Course Evaluation:

Assignment	Weight	Due Date
In-Class Quizzes	1% x 10 = 10%	Various throughout
Laboratory Assignments	2.5% x 8 = 20%	Various throughout
Midterm Examination	35%	February 13
Final Examination	35%	TBA

In-Class Quizzes:

For each topic area, there will be a brief multiple-choice quiz. All quizzes will be completed in-class using pencil/pen and paper. A total of 12 quizzes will take place. The best 10 out of the 12 quizzes will be counted toward your mark. Each completed quiz is worth up to 1%, to a maximum of 10%.

Laboratory Assignments:

The eight Laboratory Assignments are worth 20% (8 x 2.5%).

Instructions that describe your task for the upcoming module will be posted on OnQ. You are to complete the pre-lab task and submit it before the class time that it will be reviewed. This reflection is to be submitted using the OnQ system. The prework should be one page, double spaced, with one inch margins, and Times New Roman, size 12 font. A title page is not necessary. Please do not include your name, the date, Dr. Tripp's name, etc. at the top of your paper. (This information is already available with your submission to OnQ.)

NOTE: If the written part of the assignment is not one page, you will be penalized (-0.5). Anything written in excess to one page will not be read. **The pre-lab is due at 10:00AM EST the day of that particular lab.** Late submissions will not be accepted and will receive a mark of 0.

You are responsible for attending the in-class module discussion and for completing the task as required in that module. For example, your group may be asked to share with the class what they have agreed upon as a meaningful reflection on their collective work for the module. If you do not come to class on those days and/or do not submit your reflection on time, you will receive a mark of 0.

Each pre-lab is worth 1.5% and will be marked as follows: 1.0 points for content and 0.5 points for adherence to APA style. Each in class lab is worth 1%, with 0.5 points for content and 0.5 points for adherence to APA style. This is a suggested starting reference for you:

https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html

It is possible to receive credit for the prework having not completed the lab, just as it is possible to receive credit for the lab without having completed the prework.

Examinations:

There will be one midterm and one final exam worth 35% each in this course. These exams will consist of short-answer questions only and will not be cumulative.

Students will be excused from an exam for documented medical or compassionate reasons. These would include situations such as major illnesses, accident, or a death in the family. You must contact both the professor and the teaching assistant as soon as you become aware you will miss an exam and you must provide your documentation ASAP. Only students who provide written documentation (e.g., physician's note) will be exempted or allowed to re-write an exam. Students who are exempted from an exam for an approved reason may have their remaining exams re-weighted. Students who are not able to meet the criteria of written documentation, timely provision of documentation, or alerting the professor and teaching assistant will receive a grade of zero for a missed exam.

The final exam will take place in the final examination period, as specified in the University regulations governing examinations (see the Faculty of Arts & Science Calendar). No reference or supplementary material will be allowed, and the exam will be proctored. Note that you will only be required to write for a minimum of 90 minutes during this final exam.

Students who cannot write an exam during the December or April exam period due to a serious, extenuating circumstance (with the supporting documentation required as outlined above) must be available to write a deferred exam during the Psychology Department's *make-up exam period*.

Please see the following webpage under "Exam Absence" for additional information:

<http://www.queensu.ca/psychology/Undergraduate/psycdepartmentalpolicies.html>

NOTE: Exams are not cumulative. You are examined solely on the assigned readings and lecture content occurring before the date of the exam.

Grades:

In this course, some components will be graded using numerical percentage marks. Other components will receive letter grades, which for purposes of calculating your course average will be translated into numerical equivalents using the Faculty of Arts and Science approved scale:

Arts & Science Letter Grade Input Scheme

Assignment mark	Numerical value for calculation of final mark
A+	93
A	87
A-	82
B+	78
B	75
B-	72
C+	68
C	65
C-	62
D+	58
D	55
D-	52
F48 (F+)	48
F24 (F)	24
F0 (0)	0

Your course average will then be converted to a final letter grade according to Queen's Official Grade Conversion Scale:

Queen's Official Grade Conversion Scale

Grade	Numerical Course Average (Range)
A+	90-100
A	85-89
A-	80-84
B+	77-79
B	73-76
B-	70-72
C+	67-69
C	63-66
C-	60-62
D+	57-59
D	53-56
D-	50-52
F	49 and below

Other Relevant Information:

Syllabus:

Please note that the instructor reserves the right to modify the course syllabus during the semester as the course progresses and external events may dictate. Any changes will be communicated in class, on OnQ, and/or via your Queen's e-mail.

E-mails to Instructors and TAs:

Please keep your e-mails brief and to the point (i.e., one or two questions that can be answered in one or two sentences). Detailed discussion should take place in-person before/after lecture or during office hours. All instructors have office hours posted.

Students with Accommodations:

Students with QSAS accommodations are asked to upload a PDF version of their statement to OnQ. A dropbox can be found under the "Assessments" section.

Academic Integrity:

Queen's students, faculty, administrators and staff all have responsibilities for supporting and upholding the fundamental values of academic integrity. Academic integrity is constituted by the five core fundamental values of honesty, trust, fairness, respect and responsibility (see www.academicintegrity.org) and by the quality of courage. These values and qualities are central to the building, nurturing and sustaining of an academic community in which all members of the community will thrive. Adherence to the values expressed through academic integrity forms a foundation for the "freedom of inquiry and exchange of ideas" essential to the intellectual life of the University.

Students are responsible for familiarizing themselves with and adhering to the regulations concerning academic integrity. General information on academic integrity is available at Integrity@Queen's University, along with Faculty or School specific information. Departures from academic integrity include, but are not limited to, plagiarism, use of unauthorized materials, facilitation, forgery and falsification.

The minimum penalty assessed for a breach of academic integrity a finding will be a grade of zero on the work in question. A more serious penalty may apply including, but not limited to, an additional subtraction of the value of the assignment from the student's final grade.

Turnitin:

Queen's University has partnered with the third-party application Turnitin to help maintain our standards of excellence in academic integrity. Turnitin is a suite of tools that provide instructors with information about the authenticity of submitted work and facilitates the process of grading. Submitted files are compared against an extensive database of content, and Turnitin produces a similarity report and a similarity score for each assignment. A similarity score is the percentage of a document that is similar to content held within the database. Turnitin does not determine if an instance of plagiarism has occurred. Instead, it gives instructors the information they need to determine the authenticity of work as a part of a larger process.

Copyright of Course Materials:

This material is copyrighted and is for the sole use of students registered in PSYC 332, Winter 2019. This material shall not be distributed or disseminated to anyone other than students registered in PSYC 332, Winter 2019. Failure to abide by these conditions is a breach of

copyright, and may also constitute a breach of academic integrity under the University Senate's Academic Integrity Policy Statement.

Accommodations Statement:

<http://www.queensu.ca/equity/accessibility/policystatements/accommodation-statement>

Queen's University is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a disability and think you may need accommodations, you are strongly encouraged to contact Student Wellness Services (SWS) and register as early as possible. For more information, including important deadlines, please visit the Student Wellness website at: <http://www.queensu.ca/studentwellness/accessibility-services/>

Academic Considerations for Students in Extenuating Circumstances

The [Senate Policy on Academic Consideration for Students in Extenuating Circumstances](#) was approved in April, 2017. Queen's University is committed to providing academic consideration to students experiencing extenuating circumstances that are beyond their control and which have a direct and substantial impact on their ability to meet essential academic requirements. The Faculty of Arts and Science has developed a protocol to provide a consistent and equitable approach in dealing with requests for academic consideration for students facing extenuating circumstances, which can be found at: <http://www.queensu.ca/artsci/accommodations>

Excused absences for significant events (i.e., a varsity athletic team participating in a provincial/national/international championship) is included in the Academic Consideration policy. Students must submit a [Request for Excused Absence for a Significant Event form](#) to the [Faculty Office](#) a minimum of two weeks before the sanctioned event, or as soon as the event is scheduled. Instructors will also consider appeals for excused absences related to varsity travel for regular season games, which falls outside of the Academic Consideration policy and protocol. Students are advised to send written confirmation from the Athlete Services Coordinator in Athletics to their instructor(s) about the event and to confirm that their participation is required. Please note that appeals for excused absences for varsity practices will be automatically denied.

Midterms and Course Assignments

Requests for accommodation for midterms and course assignments must be received by the instructor in a timely manner and should be accompanied by a letter of accommodation from Student Wellness Services. Requests for computer assisted midterm exams must be arranged through the Student Wellness Centre at least 10 working days in advance of the exam. Request for academic consideration due to extenuating circumstances should follow the protocol outlined above and detailed on the Faculty of Arts and Science website: <http://www.queensu.ca/artsci/accommodations>. Requests for an alternative midterm exam time or an extension for course assignments for the purposes of accommodating travel arrangements for personal reasons will be automatically denied. Students who are unable to write a midterm

exam on the published date for approved reasons will not be permitted to write in advance of the class.

Location and Timing of Final Examinations

Requests for accommodation for final exams must be arranged through the Student Wellness Centre in advance of the published deadlines on the [Office of the University Registrar's](#) webpage each term.

As noted in [Academic Regulation 8.2.1](#), “the final examination in any class offered in a term or session (including Summer Term) must be written on the campus on which it was taken, at the end of the appropriate term or session at the time scheduled by the Examinations Office.” The exam period is listed in the key dates prior to the start of the academic year in the Faculty of Arts and Science Academic Calendar and on the Office of the University Registrar's webpage. A detailed exam schedule for the Fall Term is posted before the Thanksgiving holiday; for the Winter Term it is posted the Friday before Reading Week, and for the Summer Term the window of dates is noted on the Arts and Science Online syllabus prior to the start of the course. Students should delay finalizing any travel plans until after the examination schedule has been posted. Exams will not be moved or deferred to accommodate employment, travel /holiday plans or flight reservations.

Students requesting a final exam deferral due to extenuating circumstances must complete a [Permission for an Incomplete Grade form](#) for approval by the course instructor and submit the completed form to the Undergraduate Office. Exams deferred for extenuating circumstances should be written within the first two weeks of the subsequent term, if possible.