

HEALTH PSYCHOLOGY

PSYC 2580.002

Spring 2021

Date and Time: **Asynchronous on Canvas (we will not meet in person or live on Zoom)**

Professor: Dr. Danica Slavish

Preferred personal pronouns: she/her

Office Hours: By appointment

Office: Terrill Hall 372

Email Address: danica.slavish@unt.edu

Teaching Assistants:

Brett Messman

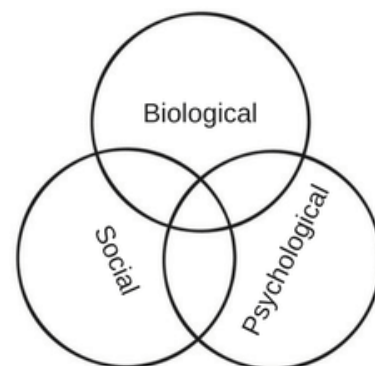
Office Hours: by appointment

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Heidi Ellis

Office Hours: by appointment

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CANVAS:

All slides, course materials, and grades will be available on Canvas at: www.canvas.unt.edu.

OPTIONAL TEXTBOOK:

Sarafino, E. P. and Smith, T. W. (2017). *Health Psychology, Biopsychosocial Interactions, 9th Edition*. New Jersey: John Wiley & Sons Inc.

COURSE OVERVIEW:

This course will expand your knowledge of the importance and significance of psychology in health, illnesses, and chronic health conditions. We will examine the etiology, prevention, and treatment of various medical conditions (e.g., cancer, depression, chronic pain) through a biopsychosocial lens. This class will introduce you to the main components of the field of health psychology, including: health behavior change models, stress and coping, illness perception and prevention, treatment and medical decision making, health disparities, and health behaviors (e.g., sleep, substance use, physical activity).

COURSE OBJECTIVES:

By the end of this course, students will have:

- Developed an awareness of biopsychosocial processes occurring in the medical realm
- Learned to use psychological theory and research to understand how diseases emerge and how they can be prevented
- Critically evaluated the validity of medical findings using a biopsychosocial perspective
- Developed skills to be your own advocate in medical encounters

COURSE STRUCTURE:

This class is asynchronous. This means we do not meet live in person or on Zoom. All lectures will be posted to Canvas for you to watch at your convenience. Please see the **Course Schedule** on pg. 5 for when to specific lectures will be posted to Canvas. Sometimes instead of posting lectures, I will ask that you listen to a podcast or watch a documentary relevant to the topics we cover in class. Please note that your assignments and exams are expected to be completed by specific dates. It is important that you keep track of the **Course Schedule**.

GRADING:

Your course grade will come from 3 exams and 3 brief homework assignments:

- **Exams:** The exams are not necessarily cumulative, but some concepts will reoccur and build on each other. Test questions will be based on information covered in class recorded lectures. All exams will be open note/Internet. The tests will not be curved; however, I review each exam carefully and provide points for questions that the majority of the class missed. **All exams will be available to take on Canvas during the following dates. You will have two hours to complete the exam once you start it. Please remember to it is your responsibility to complete the exams during these time frames:**
 - **Exam 1** is available to complete on Canvas between **Friday Feb. 5th and Friday Feb. 12th**
 - **Exam 2** is available to complete on Canvas between **Friday Mar. 5th and Friday Mar. 12th**
 - **Exam 3** is available to complete on Canvas between **Friday Apr. 9th and Friday Apr. 16th**
- **Assignments:** There will be three brief writing assignments each worth 20 points. These assignments should take less than two hours to complete and are designed to demonstrate synthesis of the material we cover in class. All assignments are due on Canvas (see **Course Schedule** below).
- **Extra Credit:** Extra credit questions will be offered on each exam. Other extra credit opportunities may be offered throughout the semester at instructor discretion.

Breakdown of Course Grading:

Course Component	Points	Percentage of Course Grade
Online Exam 1	50	23.8%
Online Exam 2	50	23.8%
Online Exam 3	50	23.8%
Assignment 1	20	9.5%
Assignment 2	20	9.5%
Assignment 3	20	9.5%
TOTAL	210	100%

Grading:

A	90 – 100%
B	80 – 89%
C	70 – 79%
D	60 – 69%
F	<60%

If you need help in this course for any reason: Please send me an email! I want to hear what you're experiencing and will do my best to work with you to find an appropriate solution. Both UNT and I believe it is important to foster an environment that encourages students to maintain a standard of responsibility for self-care, which includes the ability to respond adequately to one's emotional, physical, and educational needs. If you are experiencing physical or emotional distress which adversely affects your ability to succeed in class, please let me know as soon as possible. I will strive to direct you toward the appropriate resources so you can succeed in this course.

Some UNT resources that may be helpful:

- Counseling Services: <https://studentaffairs.unt.edu/counseling-and-testing-services/services>
- Student Health and Wellness Center: <https://studentaffairs.unt.edu/student-health-and-wellness-center#programs>
- Psychology Clinic: <https://psychology.unt.edu/clinics-and-centers/psychology-clinic/>
- Substance Use Resource and Education Center: <https://studentaffairs.unt.edu/sure-center>
- CARE Team: <https://studentaffairs.unt.edu/care>

OTHER COURSE POLICIES:

Email Policy: Neither the TAs nor I will discuss grades via email, per university policy. When emailing the instructor or the TA for the course, please include the following information in your email in order to expect a response:

- Your name (first and last)
- Your UNT email address
- The course name (Health Psychology) or number (2580)

Incomplete Policy: Incompletes will only be given in rare circumstances on a case-by-case basis. In the event an "I" is granted, it is the student's responsibility to complete the required course material within one year, after which the "I" will become "F".

Academic Dishonesty Policy: If you're here to learn something, it's probably not in your best interest to cheat. Students caught cheating will receive a "0" for that assignment/exam. The incident will be reported to the Dean of Students (where it will be kept on record), who may impose further penalty. Further information on student standards of academic dishonesty and integrity can be found on the website of the Provost's office: <https://policy.unt.edu/policy/06-003>. Substantial plagiarism will result in, at a minimum, a "0" on that assignment. The Student Standards of Academic Integrity policy states that the term "plagiarism" is defined as:

- (a) The knowing or negligent use by paraphrase or direct quotation of the published or unpublished work of another person without full and clear acknowledgement or citation
- (b) The knowing or negligent use of materials prepared by another person or by an agency engaged in the selling of term papers or other academic materials.

Student Behavior in the Classroom: Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Center for Student Rights and Responsibilities to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at www.unt.edu/csrr

Disability Accommodations: The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time, however, ODA notices of reasonable accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of reasonable accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of reasonable accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information, refer to the Office of Disability Access website at <http://www.unt.edu/oda>. You may also contact ODA by phone at (940) 565-4323.

Sexual Assault Prevention: UNT is committed to providing a safe learning environment free of all forms of sexual misconduct, including sexual harassment sexual assault, domestic violence, dating violence, and stalking. Federal laws (Title IX and the Violence Against Women Act) and UNT policies prohibit discrimination on the basis of sex, and therefore prohibit sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking, and/or sexual assault, there are campus resources available to provide support and assistance. UNT's Survivor Advocates can assist a student who has been impacted by violence by filing protective orders, completing crime victim's compensation applications, contacting professors for absences related to an assault, working with housing to facilitate a room change where appropriate, and connecting students to other resources available both on and off campus. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565- 2648. Additionally, alleged sexual misconduct can be non-confidentially reported to the Title IX Coordinator in the Office of Equal Opportunity at oeo@unt.edu or at (940) 565 2759.

Retention of Student Records: Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration of the course are kept for at least one calendar year after course completion. Course work completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about student's records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University's policy. See UNT Policy 10.10, Records Management and Retention for additional information.

Course Recordings: Asynchronous sessions in this course will be recorded for students enrolled in this class section to refer to throughout the semester. Class recordings are the intellectual property of the university or instructor and are reserved for use only by students in this class and only for educational purposes. Students may not post or otherwise share the recordings outside the class, or outside the Canvas Learning Management System, in any form. Failing to follow this restriction is a violation of the UNT Code of Student Conduct and could lead to disciplinary action.

COURSE SCHEDULE (subject to change)

When will the lecture be posted to Canvas?		Lecture Number and Topic	Assignment due on Canvas
M	Jan. 11	1. Syllabus, Introduction to Health Psychology	*Assignment 1 due
W	Jan. 13	2. History of Health Psychology	
F	Jan. 15	3. Why We Need Health Psychology: Changing Disease Patterns	
M	Jan. 18	Martin Luther King Day - NO LECTURE	
W	Jan. 20	4. Research Methods in Health Psychology	
F	Jan. 22	5. Health Behavior Change Models, Part 1	
M	Jan. 25	6. Health Behavior Change Models, Part 2	
W	Jan. 27	7. Health Behaviors – Obesity and Physical Activity	
F	Jan. 29	8. Health Behaviors – Smoking	
M	Feb. 1	9. Health Behaviors – Marijuana and Alcohol Use	
W	Feb. 3	10. Health Behaviors – Opioid Epidemic	
F	Feb. 5	11. LISTEN TO PODCAST: https://www.npr.org/2018/10/26/661011560/life-death-and-the-lazarus-drug-confronting-americas-opioid-crisis	
EXAM 1 covers lectures 1-11 (can be taken on Canvas between Feb 5. and Feb. 12)			
M	Feb. 8	12. Stress, Part 1	*Assignment 2 due
W	Feb. 10	13. Stress, Part 2	
F	Feb. 12	14. Stress and Social Support	
M	Feb. 15	15. Stress and Coping	
W	Feb. 17	16. LISTEN TO PODCAST: https://www.npr.org/2020/04/20/838757183/a-social-prescription-why-human-connection-is-crucial-to-our-health	
F	Feb. 19	17. Psychoneuroimmunology	
M	Feb. 22	18. Chronic Stress	
W	Feb. 24	19. Introduction to Sleep	
F	Feb. 26	20. Normal Sleep and Circadian Rhythms	
M	Mar. 1	21. Sleep Disorders, Part 1	
W	Mar. 3	22. Sleep Disorders, Part 2	
F	Mar. 5	23. Insomnia	
EXAM 2 covers lectures 12-23 (can be taken on Canvas between Mar. 5 and Mar. 12)			
M	Mar. 8	24. Using Health Services	
W	Mar. 10	25. Family Involvement in Disease Management	
F	Mar. 12	26. Terminal Illness	
M	Mar. 15	27. LISTEN TO PODCAST: https://www.npr.org/2020/09/02/908728981/laying-the-fee-for-service-monster-of-american-healthcare	
W	Mar. 17	28. Autoimmune Disease	
F	Mar. 19	29. Cardiovascular Disease	
M	Mar. 22	30. Depression and Health	
W	Mar. 24	31. Aging	
F	Mar. 26	32. Pain, Part 1	
M	Mar. 29	33. Pain, Part 2	
W	Mar. 31	34. Health Disparities, Part 1	
F	Apr. 2	UNT Day Off - NO LECTURE	
M	Apr. 5	35. Health Disparities, Part 2	*Assignment 3 due
W	Apr. 7	36. Watch “Unnatural Causes:” https://unt.kanopy.com/video/sickness-and-wealth	
F	Apr. 9	37. Making Health Psychology More Inclusive	
EXAM 3 covers lectures 24-37 (can be taken on Canvas between Apr. 9 and Apr. 16)			
M	Apr. 12	38. BONUS PODCAST: https://www.npr.org/2019/12/09/786469762/zipcode-destiny-the-persistent-power-of-place-and-education	*Assignment 3 due
W	Apr. 14	39. BONUS LECTURE: Applying for Grad School in Health Psychology	
F	Apr. 16	40. BONUS LECTURE: The Future of Health Psychology	

*There is no exam for lectures 38-40.