

Psychology 54 Section 1
Issues in Applied Psychology: Health Psychology
Dartmouth College: Dept of Psychology and Brain Sciences
3A: Winter 3014

Instructor: **Mark J. Detzer, Ph.D.**
 Visiting Ast. Professor/PBS
 Adjunct Ast. Professor/Psychiatry/Dartmouth Medical School

Class Meetings: **January 6 through March 6 2014**
 Monday 3-4:50
 X hour Monday 5-5:50pm (Part/all used most of the time)
 Thursday, 4-5:50

****Psychology Dept** Office Hours:** **3-3:50pm Thursdays**
 and after class or by appt
Psychology/College office: **Room 348 Moore**
Email: **mark.detzer@dartmouth.edu**

Course Description

This course will explore the role of psychology and health. We will review both empirical/research and clinical psychology contributions to: 1) health promotion; 2) chronic physical illness; and 3) interacting with the US healthcare system. This course utilizes a multi-modal learning approach and will include lectures, readings, large and small group class discussions, videos, guest speakers, and self-reflection of your own health behavior. Through in-depth study of medical conditions such as diabetes, cystic fibrosis, cancer and chronic physical pain, we will explore the impact of illnesses on the individual/family, the role of development/cognitive factors in illness, adherence/self-management issues, and medical treatment issues via doctor/patient/medical system aspects of care. We will also review health promotion/behavior change strategies.

Texts:

1. **The Anatomy of Hope: How People Prevail in the Face of Illness**
Jerome Groopman, MD
2. **How Doctors Think**
Jerome Groopman, MD
3. **Motivational Interviewing in Health Care: Helping Patients Change Behavior**
Stephen Rollnick PhD William R. Miller PhD Christopher C. Butler MD
4. **Mindfulness for Beginners: Reclaiming the Present Moment--and Your Life**
Jon Kabat Zinn PhD
5. **The How of Happiness: A New Approach to Getting the Life You Want**

Sonja Lyubomirsky PhD

Requirements for the course will be regular attendance, completing a midterm and final, and an empirically-based research paper and health behavioral journal. **The final grade in this course will be determined as follows:**

1) Attendance/Class participation (2 late/leave early or miss)	40 pts
2) Five Quizzes (can miss one, best 4) Jan 16, 30 Feb 6, 13, 27	40 pts
3) Empirical research paper due Feb 13 th 4:00:00 Blitz time	40 pts
4) Health Behavior Monitoring/Reflection Journal	40 pts
5) Final March 13 11:30am-2:30pm <u>*on-line*</u>	
<u>Emphasis on Synthesis-Integration</u>	<u>40 pts</u>
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Total:	200 pts

Final Grades for the course will be as follows:

200 points total possible

190 points and up	Grade: A
180-189.9	Grade: A-
174-179.9	Grade: B+
168-173.9	Grade: B
160-166.9	Grade: B-
154-159.9	Grade: C+
148-153.9	Grade: C
140-147.9	Grade: C-
120-139.9	Grade: D
120	Grade: F/Failing

*****Please note the Dartmouth College honor code and plagiarism/cheating policy in the current catalogue. Plagiarism intended or not, will result in an F grade in the course and possibly broader consequences by the college. Use caution in your work, and consult me, your Dean etc if you have any questions or concerns etc.***

******“Students with learning, physical, or psychiatric disabilities enrolled in this course that may need disability-related classroom accommodations are encouraged to make an office appointment to see me before the end of the second week of the term. All discussions will remain confidential, although the Student Accessibility Services office may be consulted to discuss appropriate implementation of any accommodation requested.”***

*****I realize that some students may wish to take part in religious observances that fall during this academic term. Should you have a religious observance that conflicts with your participation in the course, please come speak with me before the end of the second week of the term to discuss appropriate accommodations.***

Topics to Be Covered In This Course

- 1 Positive Psychology and Health
- 2 Diabetes
- 3 Depression/Illness, Insomnia, Primary Care Integration
- 4 Navigating the US Medical System/Managing Care
- 5 Health Behavior Change
- 6 Nutrition, Weight Control/Dieting, Exercise
- 7 Cystic Fibrosis
Organ Transplantation
- 8 Coping with Cancer/Palliative Care/Death/Dying
- 9 Coping with Chronic Pain
- 10 Stress: Definition and Measurement
Coping with Stress
- 11 Smoking
Alcohol Use
STDs
- 12 Spirituality/Religion and Health
- 13 Alzheimer's Disease

Grading System

LATE POLICY: Papers not turned in by the start of class (Blitz mail time, i.e. what the time is on blitzmail system) will be considered late. Each 24 hour period they are late they will lose 4 points, so if a paper is due at 4pm, 4 points off till 4pm the following day, 4 pts off the next 24 hours, etc.

1. Class/X-hour on –time attendance/ in-class participation 20% final grade

Class and X-hour attendance and participation are critical to learning the material of this course. Your participation helps you learn and it contributes to your fellow students' learning. Participation encompasses all forms of behavior in class, such as answering questions, sharing your ideas, joining in group activities, leading/participating in small groups, etc. Being late, leaving early and/or missing class suggests the class is not a priority to you and will have a negative impact on your grade in this course.

Treat your class time as you would attendance at a job. Like a job, If you are ready to go by the start of class, Blitzmail time, you are on time. ***You get two total “arrive late, OR, leave early, OR missed class passes this term *** to be used by you as you like (though assignments due that daye still considered late if not turned in).. After that, whenever you a) miss and/or b) arrive late, and/or c) leave early you will lose points from your attendance/participation grade for each occurrence.

What are “excused” reasons for missing Health Psychology class, and, what documentation will I need to consider a miss excused?

- a) being sick in bed; to be excused this will require verification from Dick’s House
- b) family death/ emergency
- c) job/med/grad school interviews (please schedule to avoid missing class if possible, but if/when you have to miss, I need a copy of official confirmation letter)
- d) conference attendance/presentation (need confirmation from your professor)
- e) 1 “away” varsity athletic “leave early/missed class” with confirmation from coach

To help you all get as good a class participation grade as possible....given past experience with laptops in this course...they get in the way of learning, as opposed to help learning and contribute to you as a student being somewhere else, mentally..... So given that....

*****Laptop Computers **will not be allowed during class time except 1) doing quizzes; 2) checking blitz etc before class, during class breaks, and 3) during the research strategy session; and 4) when presenting your 5 powerpoint slides during your 5 min research paper presentation Feb 13th. The same goes for cell phones, I-Pads and other tablets or any other electronics. Use them before and after class, or during break, only please.**

2. **Five Quizzes** **20% of final grade**
Thursdays- Jan 16, 30 Feb 6, 13, 27
Note you can miss one, no penalty.
3. **Final - March 13 11:30am-2:30pm** **20% of final grade**

Format: You will have five quizzes and a final for this course. These will cover any readings/assignments and lectures/guest speaker material prior to each. The Final will have a case/synthesis/integration focus. **The final exam for the 3A time slot for W14 is March 13 11:30am-2:30pm.** Given our 3A final exam time period is typically the last possible final exam time slot, the exam will be offered remotely (e.g. you can take it from your dorm room, library, or if you choose to, from home). You will email me your final, however if you choose to do so.....**It is your responsibility to have the technological aspects of completing this task.** If you are not on campus you should have a back-up plan to a problematic email connection to fax the final to the psychology dept fax (603 646-1419). **Note that Finals not turned in by 3:00pm Eastern Standard Blitz mail Time on March 13^h will be considered late.**

4. Health Behavior Monitoring Journal **20% of final grade**
 You will be asked to record your sleep, food intake, exercise and/or other health behaviors for specific time periods during the term. This will be done on Blackboard and “spot checked” by me throughout the term. Details about this assignment will be forthcoming. You will turn in a final hard-copy journal on the last day of class Thursday March 6th.

5. Research Paper **20% of final grade**
 For this assignment, you are to choose a topic related to the course on which you will write a 5-page, typewritten, double spaced research paper. You will need to use peer-reviewed journal articles and other scholarly materials for your paper. Late papers will be graded as described previously.

You must address a hypothesis or answer a question regarding health psychology in your research paper. Your grade will incorporate the timeliness(e.g. using recent research) and quality of your hypothesis and your outline. The paper will be 5 pages, typewritten, double-spaced, 1-inch margins, in APA format. A brief 5-slide PowerPoint presentation of your findings will be part of what you turn in with your final paper and present in small groups on Thursday Nov 8th and you will present your papers on small groups to each other that day..

Here are some *possible suggestions* for paper hypotheses/questions:

- Impact of pediatric physical illness on child and/or family**
- Psychological impact of facial disfigurement**
- Depression and individuals with spinal cord injury**
- The impact of chronic fatigue syndrome on family functioning**

Impact of chronic disease on marital functioning
Ethical issues surrounding end of life care
Impact of Chronic Pain/Disability on patient/family
Gender differences/similarities in health and/or health care usage
Faith and healing

Note: *Eating disorders*** are not a possible topic for this paper, given they are psychiatric disorders that have physical effects, as opposed to the role of psychological factors in physical illnesses.**

Research Paper Due Dates:

Topic Choice: 2 page Outline with a third page of 5 references in APA Format

Due Start of Class 3:00:00pm Blitz mail Time Monday Jan 27th

Final hard copy paper, stapled and handed in class, including a hard copy of your 5 PowerPoint Slide paper summary

Due: 4:00:00 pm Blitz mail Time Thursday February 13th

Outlines and Papers will be considered late after start of class that day, e.g. 4:00:00pm blitz mail time

Accepted format: I will want an email copy in addition to hard copy form turned in, in class **leave time for printing glitches***

Please email to: mark.detzer@dartmouth.edu