

DEPARTMENT OF PSYCHOLOGY
TRENT UNIVERSITY

PSYC 3750H – A: HEALTH PSYCHOLOGY
Winter 2014 PTBO

© Rory Coughlan

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OFFICE HOURS **Thursday 10-12**

TEACHING ASSISTANT **Rebecca Martin (office hours TBA)**

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COURSE DESCRIPTION

The focus will be a broad introduction to the field of health psychology from a social-psychological foundation. Topics discussed will include the development of this field of study; different social scientific approaches; psychoneuroimmunology; health promotion; stress and coping; communication in medical settings; hospitalization; health risks and behaviour; and pain. The course text will give a general overview concerning health psychology as it is practiced in the mainstream of the sub-discipline. The lectures will present some of this information and will attempt to broaden your understanding of this knowledge by way of a cultural-historical and inter-disciplinary contextualization of current mainstream psychological and medical practices. Alternative approaches will be introduced.

Learning goals for this course involves gaining skills in understanding and interrogating basic introductory health psychology concepts and the mainstream research literature as well as understanding some theoretical and methodological critiques of North American knowledge claims. The successful student will be able to start applying all they have learned in their own lives as well as to real world health issues. Students will learn about the mutual inter-relationships between “self”, communication, socio-economic factors and culture. In addition, the development of critical thinking skills that form a large part of this course will enhance successful students’ ability to present arguments verbally and in writing and augment perceptions of personal agency to become aware of and act in their own interests. Such students will gain the pre-requisites for upper level university content, in both psychology and other social-scientific academic disciplines and will have gained knowledge towards becoming an empowered, engaged and empathic citizen of Canada.

Prerequisite(s): Prerequisite: 8.0 university credits including PSYC 2016H and 2017H (or 215) and 1.0 other 2000-level PSYC credit; OR 60% or higher in PSYC 1020H (102H) and 1030H (103H) or in PSYC 1010Y (101), NURS 2030H, 4.0 additional NURS credits, and co-registration in NURS 3030H. Excludes PSYC 343H, 353, 450.

Required Texts:

Poole, G., Hunt-Matheson, D., & Cox, D. (2012). *The psychology of health and health care: A Canadian perspective*. (4th ed.) Toronto, ON: Prentice Hall.

American Psychological Association (2010). *Publication manual of the American Psychological Association*, (6th ed.). Washington, DC: American Psychological Association.

Required Reading: <http://www.trentu.ca/academicintegrity>

Format Lectures: Tuesdays 6.00 - 8.50 pm OCA 208

Weblink to Academic Timetable:

<https://scheduler.trentu.ca/AcademicTimetable/Peterborough/FallWinter/>

Psyc 3750H on LearningSystem/ Blackboard

This course has an accompanying Blackboard site that can be accessed at <http://www.trentu.ca/mytrent/>. Notes concerning each chapter will be posted here. It will be expected that students will download these and bring them to lectures to function **as a scaffold** for their lecture notes. This will facilitate greater involvement in the lectures. In addition I will also post brief introductory notes on the important readings for the class. These are designed to orient you to these discussions.

You may sign up for chat rooms to discuss the course, materials and to help each other with exams and assignments. However, it will be expected that all submitted work will be the original individual work of the student.

Look at the **Health Research Icon on the main Health Psyc Blackboard page**. Here you will find interesting research studies and commentaries on a range of health and health psychology topics. You can read this for education, fun or perhaps to help you with your term paper. Visit Often

Evaluation	Midterm Exam	40% (February 25)
	Final Exam	40% (TBA Exam period)
	Term paper	20% (March 18)

Students will have 40% of their mark by the drop date –March 7 2014

It is the responsibility of each student to read and accept the due dates outlined on the course syllabus. All papers are either to be handed to the instructor or brought to the psychology main office by 4:00 pm on the assigned day.

Exams

The midterm and final exam will include multiple choice and essay questions. Exams will cover material from the **assigned chapters in the main text, all readings and material covered in lectures**.

*** If you do not come to class you are seriously undermining your ability to do well in these exams ***

Marks on mid term and final exams may be scaled to adjust for test difficulty. In general, **the exams will not be strictly cumulative**. However, some theoretical and methodological concepts discussed at the beginning will be needed to fully understand the concepts discussed later in the course. Midterm & Final exams will be 3 hours in length.

Please do not underestimate the extensive preparation required to do well on these exams

You will find exam preparation questions for both the midterm and final exams on LearningSystem/Blackboard/

Term Paper

This paper will require you to investigate a health problem of your choice. You will provide a rationale why this phenomenon requires attention, provide a review of the medical / nursing / social scientific literature pertinent to our understanding and present some rudimentary policy changes that flow logically from the scientific conclusions. This paper will be written in the form of a persuasive letter to your choice of governing body or individual. Provide details of the scientific literature from differing points of view and provide a reasoned argument towards your conclusions. Choose to address this letter to somebody that

has the power to influence change in your area of choice (e.g. a government minister or director of a health programme)

The paper will not be strictly APA format as it is a letter. However, it will be expected that you will **cite social-scientific research** that can be from empirical and/or discussions from journals or books. You can use any social scientific journals (psychology, sociology, anthropology, medicine, environmentalism, history, political science, nursing, economics or history journals will be considered appropriate). However I expect you to **make the connection to health psychology**.

I would like you to reference your articles, books or book chapters in the body of your argument using APA citation style and to provide an attached APA style reference page to the back of your letter. **A minimum of 10 social-scientific references** is required (more will be better). Each paper should be typed and requires a cover page. The paper should **not be less than six pages** in length (using double spacing and one inch margins all round). There is no maximum size but it would be appreciated if you can avoid repetition. **Quality is the main issue** but 8-14 pages should suffice.

You will submit the paper in both hard copy and electronic forms (on a CD or USB stick). Word files will be acceptable. Unless both forms of your paper are received, the assignment will not be considered to have been submitted. **Do not send me huge e-mails**

In addition I would like you to submit your paper with working copies of all the articles you used as references in your paper. You can submit these as hardcopy OR on a CD / data stick

This paper is an exercise but I would hope that many of you would take the opportunity to thoroughly research a health issue and actually submit your letter to the governing bodies or individuals addressed. Letters to governing officials do make a difference, especially when they are based upon informed opinions. It is hoped that this assignment will both foster your involvement as a member of your society and will broaden your understanding of the application of health-psychology.

A late penalty of 5% per day (for each day – excluding weekends) will be applied to all late assignments. No papers will be accepted if more than 7 days late

It is the responsibility of each student to read and accept the due dates outlined on the course syllabus. All papers are either to be handed to the instructor or brought to the psychology main office by 4:00 pm on the assigned day.

Course Policy on Attendance: It is expected that you will attend each lecture. While there are no marks for attendance, failure to do so means you will be missing material that may not be covered in either texts or scaffold notes supplied on LearningSystem/Blackboard, and this may place you in a difficult position on the exams. It is the student's responsibility to arrange notes from peers should you not be able to attend

Departmental Policy on Tests, Exams, and Assignments:

A. MIDTERMS & FINAL EXAMINATIONS

Midterm examinations for half courses within the Psychology Department are scheduled by the instructor of the course. Midterm examinations for full courses and final examination for all courses are scheduled by the Registrar's Office. Students are strongly urged NOT to make any commitments (i.e., vacation, job related, or other travel plans) during either the term as a whole or the final examination period. Students are required to be available for all examinations during the periods for which they are scheduled (as published in course syllabi).

B. DEFERRAL OF MIDTERM / FINAL EXAMINATIONS and/or TERM WORK

Extensions of deadlines for completion of assignments or writing of midterms/final examinations may be granted to students on the basis of illness, accident, or other extreme and legitimate circumstances beyond their control. Consideration for deferrals will not normally be granted on the basis of vacation/travel plans or job-related obligations.

C. SUPPORTING DOCUMENTATION

Students should expect that supporting documentation will be required and must be submitted before a deferral is approved. For illness or accident, supporting documentation will take the form of: (1) the Trent

University Medical Certificate from Health Services: (<http://www.trentu.ca/healthservices/medical.html>), or (2) a certificate or letter from the attending physician clearly indicating the start and end dates of the illness and the student's inability to write an examination, complete assignments, and/or attend classes, as relevant to the particular request. For other circumstances, students should consult the individual Psychology faculty member about acceptable forms of documentation.

D. Access to Instruction Statement:

It is Trent University's intent to create an inclusive learning environment. If a student has a disability and/or health consideration and feels that he/she may need accommodations to succeed in this course, the student should contact the Student Accessibility Services Office (BH 132, 748-1281, (accessibilityservices@trentu.ca) as soon as possible. Complete text can be found under Access to Instruction in the Academic Calendar.

Notes

1. Academic Integrity: Academic dishonesty, which includes plagiarism and cheating, is an extremely serious academic offence and carries penalties varying from a 0 grade on an assignment to expulsion from the University. Definitions, penalties, and procedures for dealing with plagiarism and cheating are set out in Trent University's Academic Integrity Policy. You have a responsibility to educate yourself - unfamiliarity with the policy is not an excuse. You are strongly encouraged to visit Trent's Academic Integrity website to learn more - www.trentu.ca/academicintegrity. For the purpose of interpreting and applying the University policy on academic dishonesty, the Department of Psychology has adopted the following:

When a student submits a piece of written work in fulfillment of an assignment, he/she implicitly acknowledges the following: a) that she/he is the sole author of the work; b) that the wording and organization of the work, apart from acknowledged quotations, is her/his own; and c) that she/he has not and will not submit this work, either as a whole or in part, to satisfy another course requirement. These basic assumptions will be reasonably interpreted. They do not preclude collaboration between students upon a single project, by prior arrangement with the instructor, for shared academic credit (either for written or oral presentation).

For an elaboration of the Department's policy on, and for specific examples of, plagiarism, students should consult p. 178 in the APA (2010) and the sections on academic honesty (pp. 6-8), and appropriate citing and referencing (pp. 135-137, 169) in Mitchell et al. (2010) on reserve in the library. Students who have doubts about what might be considered academic dishonesty are urged to consult the instructor of the course. Ignorance of the University or Department policy does not excuse academic dishonesty. Submissions that fail to meet one or more of these considerations will be subject to procedures laid down in the policy on academic dishonesty as stated in the University calendar.

2. It is the policy of the Department NOT to accept faxed assignments.
3. The same assignment cannot be submitted in more than one course without the prior written permission of all instructors concerned. The written approval must be attached to the work when it is submitted.
4. Students are required to use American Psychological Association style (6th edition) for all written assignments.
5. Please see the Trent University academic calendar for University Diary dates, Academic Information and Regulations, and University and departmental degree requirements.
6. Last date to withdraw from Winter term half courses without academic penalty is March 7, 2014.

Course Schedule

Please come to class

- 1) having read the assigned chapter / assigned reading material
- 2) and having downloaded and printed your lecture note template from the course WebCT

<u>Class date</u>	<u>Lecture Topic</u>	<u>Text chapter</u>
Jan 7	General introduction to health psychology	1,2 and Module A
14	Social Science & Health Reading: <i>Rory Coughlan – History of medicine (holism & dualism)</i>	Modules B, C, D,E
21	Psychoneuroimmunology / Movie: Drug Deals	4
28	Stress & Coping	3
Feb 4	Health Promotion/ Movie: Homeopathy & the Placebo Effect	12
11	Clinical Communication / Reading: <i>Rory Coughlan – Clinician-patient relations</i>	5
15-23	Reading week – No classes	
25	Midterm Exam	
March 4	Hospital Stays & Medical Procedures / Movie: The Business of Being Born. Reading: <i>Rory Coughlan: The Socio-politics Of Technology & Innovation: Problematizing the “Caring” in Healthcare? Social Theory & Health</i>	6
11	The Health Care Provider Reading: <i>Coughlan, R. & Jung, K. E. :New Mothers’ Experiences of Agency During Prenatal and Delivery Care: Clinical Practice, Communication & Embodiment</i>	7
18	Pain / Movie: Prescription for Disaster / Abuse *Term paper due – in class*	
25	Chronic Illness / Movie: Condoms & Aids Reading: <i>Coughlan, R. & Ward, L (2007) Experiences of Recently Relocated Residents of a Long-Term Care Facility in Ontario: Assessing Quality Qualitatively. International Journal of Nursing Studies, 7,44, 47-57</i>	8
April 1	Health Compromising Behaviours / Movie: Sicko Reading: <i>Karen Jung - Chronic Illness and Educational Equity: The Politics of Visibility</i>	10

FINAL Exam – scheduled during university examination period (April 8-22)