

**PSYC 3810: Psychology of Health
Spring 2008**

Tuesdays/Thursdays 12:30-1:45
Journalism 504

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Office: Psychology Building, Rm 421

Office Hours: Tuesdays 9:30-11:30

Prerequisite: PSYC 1101

Course Description & Objectives: This course will examine psychological influences on health, illness, and responses to those states, as well as psychological origins and outcomes of health policy and health interventions. The purpose of this course is to explore the relationship between psychology and physical health. The course will explore the role of biological, psychological, and environmental/social factors, as well as health behaviors, in developing and coping with illness. We will discuss topics such as health beliefs, stress and health, behavior and health, pain, chronic illness, and psychological interventions aimed at increasing health behaviors. The course will furthermore provide an introduction to research methods and major theories of health that are used to analyze health behaviors, attitudes, outcomes, and illnesses. Students are expected to gain knowledge of these areas, develop critical thinking skills, and apply the concepts learned. By the end of the course, students should be able to utilize the biopsychosocial model as an organizing template for understanding health and illness.

Course Structure: The course will include lectures based on the course textbook, supplemental readings, and class activities/discussions. Students are expected to come to class prepared to discuss assigned readings from the text and supplemental materials.

Required Text: Ogden, J. (2007). *Health Psychology: A Textbook (4th edition)*. New York, NY: McGraw-Hill Open University Press.

Textbook website: <http://www.openup.co.uk/ogden>. Students are encouraged to utilize the resources available on this website.

Course Website: You can access many course-related materials, such as powerpoint slides and the syllabus, on WebCT at <https://webct.uga.edu>.

Evaluation: The final course grade will be based on scores on examinations and class participation. Three exams will be given throughout the semester and one cumulative final exam will be given during Finals Week at the time scheduled by the University. Students are required to take the final exam but are *only* required to take **two** of the three semester exams. A student may elect to take all three, and only the two highest grades earned will count towards the final grade. With the flexibility provided regarding the exams, students will not be permitted to make-up an exam if missed for any reason. Students should plan accordingly in case an emergency situation arises.

Grades will be calculated as follows:

Semester Exams (highest 2 out of 3):	50% (25% each)
Final Exam:	40%
Participation:	10%

Final Grades and Corresponding Percentages Earned:

A = 93-100	C+ = 77-79
A - = 90-92	C = 73-76
B+ = 87-89	C - = 70-72
B = 83-86	D = 60-69
B - = 80-82	F = <60

Participation: Attendance is expected for all class meetings. Students are responsible for all material from class lectures, discussions, and group exercises as well as material in the assigned readings. Students who miss class should meet with a classmate to get a copy of any notes missed. Students may contact the instructor with any questions, but the instructor is not under any obligation to provide missed class materials.

There will be a group project in which students will be assigned articles to read, analyze, and present to their classmates. A detailed assignment sheet will be provided at the time of the project. The group and article assignments will be made in class and the activity will occur in class. Attendance is required. Students will be required to present a valid, documented excuse (e.g., note from Student Health Center, funeral program, airline ticket receipt, etc.) if they miss the group project to be allowed the opportunity to make it up. Please note that make-up projects will be more difficult than the in-class projects as students will have to complete them individually.

The participation grade will be based on student's attendance and engagement in class discussions, the group project, and activities in class. Ungraded assignments in class will count towards participation grades.

Academic Honesty Policy: In accordance with the University Honor Code: All academic work must meet the standards in "A culture of Honesty." All students are responsible to inform themselves about those standards before performing any academic work. Please refer to the Student Honor Code, <http://www.uga.edu/honesty/>. Instructors are required to report any possible violations of this policy to the Office of the Vice President for Instruction.

Disability Services: For any students registered with the Office of Disability Services, please see the instructor as soon as possible to discuss appropriate accommodations.

Disruptive Behavior: Students are expected to tolerate differences and respect others' opinions during class discussion. Please respect your fellow students and minimize distractions. Turn off cell phones and refrain from text messaging, reading unrelated material, or working on other coursework during class. Arrive on time to lectures and minimize talking. If it is absolutely necessary to leave a lecture early, sit near the door and try to slip out without distracting others in the room. If you must take an emergency phone call, please keep your phone on silent and take the call outside the classroom.

Course Schedule

NOTE: The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

Day	Date	Topic	Readings
Tu	1/8	Course Intro; Intro to Health Psychology	Chapter 1
Th	1/10	Health Beliefs & Predicting Health Behaviors	Chapter 2
Tu	1/15	“	“
Th	1/17	Illness Cognitions	Chapter 3
Tu	1/22	“	“
Th	1/24	Compliance & Health Provider-Pt Communication	Chapter 4
Tu	1/29	“	“
Th	1/31	Finish Material; Review for Exam 1	
*Tu	2/5	Exam 1 (Ch 1-4)	
Th	2/7	Smoking and Alcohol Use	Chapter 5
Tu	2/12	“	“
Th	2/14	Eating Behavior	Chapter 6
Tu	2/19	Exercise	Chapter 7
Th	2/21	Obesity and Coronary Heart Disease	Chapter 15
Tu	2/26	“	“
Th	2/28	Prevention & Health Screening	Chapter 9
Tu	3/4	Finish material; Review for Exam 2	
*Th	3/6	Exam 2 (Ch 5-7; 9; 15)	
Tu	3/11	Spring Break – No Class	---
Th	3/13	Spring Break – No Class	---
Tu	3/18	Stress & Illness	Chapters 10-11
Th	3/20	Stress & Illness; Assign Group Projects	“
Tu	3/25	In-Class Activity: Group Projects	Articles TBA
Th	3/27	Presentations of Group Projects	---
Tu	4/1	Pain	Chapter 12
Th	4/3	Pain (continued); Placebo Effects	Chapter 13
Tu	4/8	Finish material; Review for Exam 3	
*Th	4/10	Exam 3 (Ch 10-13)	
Tu	4/15	HIV and Cancer	Chapter 14
Th	4/17	Child Health Psychology	Readings TBA
Tu	4/22	“	“
Th	4/24	Review of course; course evaluations	
Tu	5/6	FINAL EXAM 12:00-3:00	