

## **Introduction to Behavioral Medicine**

**CPSY 634**

**Summer 1999**

**Instructor: Dr. Don Nicholas**

**TC 619 phone: 285-8058 (use voicemail)**

**email: 00drnicholas@bsu.edu**

**Office hours by appointment**

**I. Catalog Description.** An introduction to interventions appropriate for the counseling psychologist in areas such as smoking cessation, weight management, cardiovascular disease, chronic illness, cancer and stress management. The theoretical, conceptual, and empirical basis of these interventions will be stressed.

**II. Course Rationale** As our nation's health care system has changed, new opportunities for psychologists in the health care field have developed. One of these is the field of behavioral medicine. In addition to their traditional role of mental health care service providers, psychologists have also been actively involved in providing more general health care services. In order to prepare our graduate students for possible involvement in the health care field, an introductory level familiarity with behavioral medicine is crucial.

**III. Course Content and Objectives.** This course is intended to introduce graduate students to the variety of intervention techniques in behavioral medicine. In addition to the general introduction to the field, students will also be able to demonstrate the ability to discuss and write about:

- A. Historical precursors and definitions of terms such as behavioral medicine, behavioral health, health psychology, health promotion and wellness.
- B. Basic principles and models of health, illness, and behavior change.
- C. Theoretical and conceptual basis of behavioral medicine interventions. These will include the theories of classical and operant conditioning, the mediational and cognitive-behavioral theories, and the social learning theories.
- D. Interventions for problem areas such as cardiovascular disease, smoking, cancer, chronic pain, stress management, weight management, and others of interest.
- E. Behavioral analysis of health-related behaviors to include writing behavioral goals, and developing treatment plans.

**IV. Instructional Strategies.** Lecture, small-group discussion, in-class student presentations, videotapes, skill development of specific interventions, etc.

**V. For whom the course is intended.** This course is designed primarily for students pursuing a graduate degree in counseling psychology. However, it is also relevant to students pursuing degrees in related fields such as wellness management, health science, nursing, or exercise physiology.

## **VI. Course Outline (tentative)**

Week One	Introduction & Professional Issues	1. Altmaier, et al. 2. Alcorn 3. Robinson Kurpius 4. Blanchard
	Systems Model of Health & The Biopsychosocial Model	1. Nicholas et.al 2. Brody & Sobel 3. Smith & Nicassio
Week Two	Theory and Principles of Behavior Change Self-Regulation Model	1. Snyder pp. 213-235 2. Kanfer & Schefft
<b>MIDTERM EXAM</b>		
Week Three	Intro to Health Promotion & Disease Prevention Models of Health Behavior Change	1. Nicholas & Gobble 2. Prochaska et al. 3. Winett
Week Four	Obesity & Weight Control Smoking Cessation Exercise & Heart Disease Cancer	1. Brownell & Wadden 2. Fiore, Jorenby & Baker 3. Miller, Balady & Fletcher 4. Suinn
Week Five	Class Presentations	

### **FINAL EXAMINATION - Friday, June 16**

## **VII. Course Assignments:**

1. Midterm Examination (35% of course grade)  
This will be a midterm examination emphasizing the introductory concepts and models. It will be primarily multiple choice, short essay questions and case examples.
- 2 Final Examination (45% of course grade)  
The final examination will consist of a variety of multiple choice questions, short-answer questions and a case example utilizing a conceptual model introduced and widely discussed during class.

3. Assigned Presentation (20%)

A 60 minute presentation on a clinical behavioral medicine problem area. Specific areas will be given to choose from. The presentation will include: definition of the problem, epidemiology (prevalence, course, etc), etiology, and behavioral medicine treatment interventions. Clinical relevance will be emphasized.

4. Class Attendance and Participation - Regular class attendance is important in being able to understand course content. Regular class participation in the form of questions, discussion, comments, critiques of content, etc. also help learning and is encouraged.

**All Readings are on Reserve in Bracken Library. They are available via both "traditional" and "electronic" reserve. Some will be Available via the Instructor.**

*If you need course adaptations or accommodations because of a disability, if you have emergency medical information to share with me, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible. My office location is TC619. Call to make an appointment, email me or catch me after class.*

*Sincerely*

*Don Nicholas*

Class Presentation Topics

Diabetes  
Gastrointestinal Disorders  
    e.g. Irritable Bowel Syndrome  
Exercise Adherence  
Fibromyalgia  
AIDS/HIV  
Chronic Fatigue Syndrome  
Rehabilitation Psychology  
    e.g. Traumatic Brain Injury

Arthritis  
Chronic Headaches  
Insomnia  
Asthma  
Psychoneuroimmunology  
Group Therapies for Medically Ill  
Collaboration in Primary Care