

CLASS SCHEDULE FOR HEALTH PSYCHOLOGY

Psychology 1215 (39588)
Tue., Thu. 11:00-12:15

Spring Term, 1999-00
314 Bellefield Hall

Instructor: Tom Kamarck, Ph.D.
Associate Professor, Psychology

Office: Bellefield Professional Building, Suite 520, Rm. 570. Bellefield Professional Building is 130 N. Bellefield Ave., right across the street from Information Science (it's the building with the Kaplan sign out front) Go to 5th floor, follow signs to Behavioral Medicine Research. Please call in advance or catch me in class to set up appointment.

Office Hours- After class (12:15-1:00 pm, Tue and Thu)
and by appointment
Phone 383-2200 (office # and voice mail)
EMAIL address: TKAM+ @PITT. EDU

Readings:

1. Taylor, S.E.(1999). Health Psychology (4' ed). New York: McGraw Hill. Available at University of Pittsburgh Bookstore.
2. Supplementary readings are available in a course packet sold by Copy Cat (3945 Forbes).

Prerequisites:

1. Research Methods (Psy 0035)
2. Social Psychology (Psy 0105),

Intro to Biopsychology (Psy 0505), or

Biology (e.g., Bio 0800, Bio 0645)

Course requirements:

1 paper, 2 exams, active class participation.

Grading Criteria:

Paper--33.3 %, Each Exam- 33.3 %.

Papers: (See "Class Papers" handout). Students are responsible for seeing that assignments are turned in on schedule. Points will be deducted for late assignments. Late assignments must be turned in, in person, to the receptionist in the Behavioral Medicine Research Group, 520 Bellefield Professional Building, during business hours. You must ask him or her to certify the date and time of assignment receipt. No assignments slipped under office doors or left on desks will be accepted.

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Exams: Multiple choice, short answer, and essay. Students are expected to attend each of the exam sessions. In case of documented illness or emergency, a make up exam will be administered, as long as Dr. Kamarck gives his approval in advance. All make up exams (regardless of circumstances) will be entirely short answer and essay, a format which is designed to be more difficult than the original exam. Students who fail to obtain advance approval and who do not show up for an exam will not be allowed to take a make up exam.

LECTURESCHEDULE

Part I: Concepts in Health Psychology

January 6	Introduction to Health Psychology
January 11, 13	Overview of Physiological Systems
January 18, 20	Stress and Disease
January 25, 27	Social Support and Other Moderators Of Life Stress

*Topics for class paper and copies of proposed articles due
Thursday, January 27.*

February 1	Illness Behavior and Medical Help-Seeking
February 3, 8	Coping with Chronic Illness

Part II: Psychological Influences in Specific Conditions

February 10, 15	Pain
February 17	Diabetes
February 22, 24	Cardiovascular Disease
February 29	Psychoneuroimmunology
March 2	First Exam

March 5-12 Spring Break

Part III: Behavioral Medicine Interventions

March 14, 16	Cognitive-Behavioral Treatment Approaches
March 21, 23	Obesity: Dietary and Physical Activity Management <i>First drafts of papers due March 23.</i>
March 28, 30	Smoking Cessation
April 4, 6	Behavioral Interventions for Cardiovascular Disease
April 11	Treatment of Alcoholism, Drug Abuse
April 13	Prevention Efforts for AIDS
April 18	Adherence to Medical Regimens
April 20	Review for Final Exam

Final drafts of papers due April 20.

FINAL EXAM.

DATE to be announced.

READING LIST FOR HEALTH PSYCHOLOGY

Psy 1215, University of Pittsburgh
Spring Term, 2000
T. Kamarck

Textbook:

Taylor, S.E. (1999). Health Psychology (4th Ed.). New York: McGraw-Hill.

PART 1: CONCEPTS IN HEALTH PSYCHOLOGY

Unit 1: Introduction to Health Psychology (Jan. 6)

Textbook, Ch. 1.

Unit 2: Systems of the Body (Jan. 11, 13)

Textbook, Ch. 2.

Unit 3: Stress and Disease (Jan. 18, 20)

Textbook, Ch. 6.

Supplementary Readings:

Chen, C.C., David, A.S., Nunnerley, H., Michell, M., Dawson, J.L., Berry, H., Dobbs, J. & Fahy, T. (1995). Adverse life events and breast cancer: Case-control study. British Medical Journal, 311, 1527-30.

Leor, J. & Kloner, R.A. (1996). The Northridge earthquake as a trigger for acute myocardial infarction. American Journal of Cardiology, 77, 1230-1232.

Unit 4: Social Support and Other Health-Protective Resources

(Jan. 25, 27)

Textbook, pp. 202-230.

Supplementary Readings:

Berkman, L.F. (1995). The role of social relations in health promotion. Psychosomatic Medicine, *57*, 245-254.

Smyth, J.M., Stone, A.A., Hurweitz, A & Kaell, A. (1999). Effects of writing about stressful experiences on symptom reduction in patients with asthma or rheumatoid arthritis: A randomized trial. Journal of American Medical Association, *281*, 1304-1309.

Unit 5: Illness Behavior and Medical Help-Seeking (Feb. 1)

Textbook, pp. 238-252.

Supplementary Readings:

Pennebaker, J.W. & Skelton, J.A. (1981). Selective monitoring of physical sensations. Journal of Personality and Social Psychology, *41*, 213-223.

Unit 6: Coping with Chronic Illness (Feb. 3, 8)

Textbook, Ch. 11.

PART 11: PSYCHOLOGICAL FACTORS IN SPECIFIC DISEASES/DISORDERS

Unit 7: Pain (Feb. 10, 15)

Textbook, Ch. 10.

Melzack, R. & Wall, P. (1988). The challenge of pain. New York: Penguin Books. Pp. 15-46.

Unit 8: Diabetes (Feb. 17)

Textbook, pp. 421-427

Unit 9: Cardiovascular Disease (Feb. 22, 24)

Textbook, pp. 394-420.

Supplementary Readings:

Kamarck, T.W., Everson, S.A., Kaplan, G.A., Manuck, S.B., Jennings, J.R., Salonen, R. & Salonen, J.T. (1997). Exaggerated blood pressure responses during mental stress are associated with enhanced carotid atherosclerosis in middle-aged Finnish men: Findings from the Kuopio Ischemic Heart Disease Study. Circulation, 96, 3842-3848.

Unit 10: Psychoneuroimmunology (Feb. 29)

Textbook, pp. 429-438.

Supplementary Readings:

Cohen, S., Doyle, W.J., Skoner, D.P., Rabin, B.S. & Gwaltney, J.M. (1997). Social ties and susceptibility to the common cold. Journal of American Medical Association, 277, 1940-44.

PART III: BEHAVIORAL MEDICINE INTERVENTIONS

Unit 11: Cognitive-Behavioral Approaches (Mar. 14, 16)

Textbook, pp. 68-84.

Unit 12: Treatment of Obesity (Mar. 21, 23)

Textbook, pp. 107-129.

Supplementary Readings:

Perri, M.G. (1998). The maintenance of treatment effects in the long-term management of obesity. Clinical Psychology- Science and Practice, 5, 526-543.

Unit 13: Smoking Cessation (Mar. 28, 30)

Textbook, pp. 145-164.

Supplementary Readings:

Klesges, R.C., Ward, K.D. & DeBon, M. (1996). Smoking cessation: A successful behavioral/pharmacologic interface. Clinical Psychology Review, 16, 479-496.

Unit 14: Behavioral Interventions for Cardiovascular Disease (Apr. 4, 6)

Textbook, pp. 84-91.

Supplementary Readings:

Ornish, D., Scherwitz, L.W., Billings, J.H., Gould, K.L. et al. (1998). Intensive lifestyle changes for reversal of coronary heart disease Journal of American Medical Association, 280, 2001-2007.

Unit 15: Treatment of Alcoholism, Drug Abuse (Apr. 11)

Textbook, pp. 132-145.

Supplementary Readings:

Drummond, D.C. & Glautier, S. (1994). A controlled trial of cue exposure treatment in alcohol dependence. Journal of Consulting and Clinical Psychology, 62, 809-817.

Unit 16: Prevention Efforts for AIDS (Apr. 13)

Textbook, pp. 438-453.

Supplementary Readings:

Kelly, J.A., St. Lawrence, J.S., Diaz, Y.E., Stevenson, L.Y., Hauth, A.C., Brasfield, T.L., Kalichman, S.C., Smith, J.E. & Andrew, M.E. (1991). HIV risk behavior reduction following intervention with key opinion leaders of population: An experimental analysis. American Journal of Public Health, 81, 168-171.

Unit 17: Adherence to Medical Regimens (Apr. 18)

Textbook, pp. 281-292.