

Course Syllabus
Psychology 180: Health Psychology
Spring 2000
(Revised 2/21/2000)

Instructor: William S. Shaw, Ph.D.

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Office Hours: Tuesdays & Thursdays 5:00 – 6:00 pm or by appointment

Class meets: Tuesdays & Thursdays 6:15 – 7:30 pm, 202 White Gravenor

Textbook: Kaplan, R.M., Sallis, J.F., & Patterson, T.L. (1993). Health and Human Behavior. New York: McGraw-Hill.

Class meetings and assigned readings:

Class Date	Assigned Reading	Topic
Thurs, Jan 13	Chapter 1	Introduction
Tues, Jan 18	Chapter 2	Behavioral Epidemiology
Thurs, Jan 20		SNOW DAY
Tues, Jan 25		SNOW DAY
Thurs, Jan 27	Chapter 3, pp 39-59	Health Behavior
Tues, Feb 1	Chapter 3, pp 60-70	Health Behavior
Thurs, Feb 3	Chapter 14	Diet
Tues, Feb 8	Chapter 17	Obesity
Thurs, Feb 10	Chapter 15	Exercise
Tues, Feb 15		Exercise (cont'd)
Thurs, Feb 17		Exam #1
Tues, Feb 22	Chapter 16	Smoking
Thurs, Feb 24	Chapter 8	Pain
Tues, Feb 29	Chapter 9	Diabetes

Class meetings and assigned readings (continued):

Class Date	Assigned Reading	Topic
Thurs, Mar 2 (Spring Break)	Chapter 10, pp 206-222	CV Disease **Project 1 Due and Extra Credit Proposal Due
Tues, Mar 14	Chapter 10, pp 223-242	Hypertension
Thurs, Mar 16	Chapter 11, pp 243-252	Cancer
Tues, Mar 21	Chapter 11, pp 253-264	Cancer
Thurs, Mar 23	Chapter 12, pp 265-277	HIV/AIDS
Tues, Mar 28	Chapter 12, pp 278-290	HIV/AIDS
Thurs, Mar 30		Review for Exam
Tues, Apr 4		Exam #2
Thurs, Apr 6	Chapter 13, pp 291-307	Injury & Violence
Tues, Apr 11	Chapter 13, pp 308-319	Substance Abuse
Thurs, Apr 13	Chapter 6	Stress/Coping **Project 2 Due**
Tues, Apr 18 (Easter Break)	Chapter 18	Person Factors
Tues, Apr 25	Chapter 19	Community Interventions
Thurs, Apr 27	Chapter 4	Health Care Use (Dr. Meredith Carey Guest lecturer: "Yourhealth.com")
Tues, May 2		Review for Exam **Extra Credit Project Due**
Finals Week		Exam #3

Course Requirements

I. Class Projects:

This course requires the completion of 2 projects. Project 1 involves the evaluation of an alternative medical therapy and Project 2 involves an assessment of media accuracy. All projects should be word-processed, and run 3-5 double-spaced pages. Thirty possible points are available for each project. I will award scores of “+” for 30 points, “√+” for 25 points, “√” for 20 points, “√-“ for 15 points, and “-“ for 10 points. There are no rewrites. All projects are to be completed on time unless there is a medical excuse or a family emergency. If your project is late, you will not receive a “+”.

Project 1: “Alternative Therapies”: Select a treatment that is considered “alternative” to traditional medical treatments (e.g., acupuncture, biofeedback, accupressure, herbal remedies, healing touch, magnets). Then locate 2 to 3 research articles evaluating their effectiveness or describing their physiological effects, and provide a critical review of the scientific evidence supporting (or not supporting) the technique (3 to 5 pages double-spaced).

Project 2: “Truth in Media”: In a newspaper, popular magazine, internet website, or television advertising campaign, find a specific reference to scientific evidence in support of a particular treatment or product, then locate the scientific publication that was cited. Prepare a short paper (3 to 5 pages double-spaced) that compares and contrasts the information provided by the popular news media and the actual scientific evidence included in the scientific publication. Comment on the overall accuracy of the popular news report and any potential distorting or misleading claims.

II. Examinations: Three exams will be given in this course. The material will cover the text, the course lectures/discussions, and any handouts. The format will be multiple choice with a few short answer or matching items. Each exam will be worth 100 points.

III. Class Attendance: Class attendance is recommended, and class participation is encouraged. Excessive absences from class will result in lower scores for class participation.

IV. Extra Credit (“Behavioral Change” project): Design a health behavior change project for yourself based on the theories and approaches described in the text. Provide a 1-2 page proposal (main hypothesis, outcome measure, methods, etc.) for such a project by week #4, then implement your intervention over the next few weeks. Prepare a report describing your findings with objective data, conclusions, and recommendations for improving or re-designing the intervention (minimum 7 pages double-spaced).

V. Grading and Point Values: The course will include three exams, two written projects, and an optional extra credit project. Course grading will be based on the following:

Exam #1	100 points
Exam #2	100 points
Exam #3	100 points
Project 1	30 points
Project 2	30 points
<u>Class Participation</u>	<u>40 points</u>
Total	400 points

Extra Credit: 30 points (maximum)

Final grades will be based on the following total points:

A	368 - 400
A-	360 - 367
B+	352 - 359
B	328 - 351
B-	320 - 327
C+	312 - 319
C	288 - 311
C-	280 - 287
D+	272 - 279
D	248 - 271
D-	240 - 247
F	< 240