

Psychology 695.01: Health Psychology

Winter 2000

Coordinator: Sharla Wells, Ph.D.
Townshend)

Class: 12:30-3:20PM Tuesday (241

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Faculty: B. Andersen, C. Emery, J. Kiecolt-Glaser, K. Stoney
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Description:

Behavioral medicine is an interdisciplinary field which examines health, illness, and related physiological dysfunctions. This course provides a survey of contributions by health psychologists to the study of health and illness. Different social science and related perspectives and traditional conceptualizations of stress and illness (e.g. Cannon, Seyle, Alexander) serve as introductory material. Major topics include prevention, psychological responses to medical diagnosis and treatment, responses to chronic illness and adjustment, and psychological interventions with health populations, psychoneuroimmunology, and cardiovascular disease.

Format and readings:

Assigned readings, lectures on Tuesday, colloquia and other research presentations as announced.

Readings:

Taylor, S.E. (1999). *Health Psychology, (4th Edition)*. Boston: McGraw-Hill, Inc.
Journal of Consulting and Clinical Psychology, 60(4), 489-656 (Special Issue).
Selected readings.

Evaluation:

Research proposal (60%): A 15-20 page paper in APA format which provides the introduction, goals, brief literature review, hypotheses, methods, and proposed analysis sections of a quasi-experimental or experimental study in behavioral medicine. This must be a novel study and *not* a revised version of a study submitted for other purposes (e.g. paper in research design class, first year project, etc.).

Review of measures (30%): A summary of measures available which operationalize your independent or dependent variables for your study. This should be at least 5 pages, but will vary depending on the type of measure you choose to review. An example of such a review will be provided in class. You will be presenting these annotated bibliographies in groups during the final class during exam week.

Class preparation/participation (10%): Preparation for and participation in class will be important. Be prepared to discuss central topics in the week's readings. You will be asked to review and present at least three articles, potentially more, in class. Genuine lack of understanding of an issue after an attempt is permissible, but not having read or thought about an issue is not.

Weekly Agenda

Week	Topic	Prof	Date
1	I. Overview A. History of behavioral medicine and health psychology B. Training and professional issues in health psychology 1. Training models 2. Professional societies C. The future of health psychology – health care policy	B.A.	01/07
2	II. Prevention and health promotion A. Theoretical models of adopting/maintaining health behavior B. Research in prevention and health promotion C. Practical issues in prevention and health promotion	C.E.	01/11
3	III. Physiological bases of health-behavior relationships A. Overview, immune system B. Mechanisms for stress effects C. Evidence for stress-immune & stress-immune-health relationships	J.K-G. & L.Mc. & J.S.	01/18
4	IV. Psychosocial bases of health-behavior relationships I A. Stress: Classic and contemporary approaches B. Coping: Theory and measurement C. Social Support: Effect on psychological and physical health	B.A. & S.W.	01/25
5	V. Psychosocial bases of health-behavior relationships II A. Cognitive-perceptual bases of health B. Interpersonal bases: Families & socioenvironmental factors C. Interpersonal bases: Patient-physician relations & adherence	S.W. & B.A.	02/01
6	VI. Psychological assessment and treatment in medical settings A. Diseases/medications masquerading as psychiatric illness B. Role of consultation-liaison psychologist C. Assessment in the medical setting D. Specialized treatment situations: Organ transplant, chronic pain, and surgery	S.W.	02/08
7	VII. Cardiovascular disorders, Part I: Coronary heart disease A. The cardiovascular system and overview of CHD B. Evidence for behavioral influences on CHD C. Stress and reactivity	K.S.	02/15
8	VIII. Cardiovascular disorders, Part II: Hypertension A. Overview of hypertension B. Evidence for behavioral influences on hypertension C. Mechanisms	K.S.	02/22
9	IX. Chronic and terminal illness A. Psychosocial typology of illness B. Cardiac, pulmonary, and obese conditions: Reciprocal influences of psychological and physical processes C. Terminal illness: Clinical approaches to end of life issues	J.O'N.	02/29
10	X. Cancer, AIDS, and autoimmune disease A. Coping with the diagnosis and treatment of cancer B. Cancer recurrence and long-term survivorship C. Interventions with cancer patients D. Assessment and therapy with patients diagnosed with AIDS E. Psychosocial impact of autoimmune diseases and need for psychological interventions	B.A. & S.W.	03/07
11.	XI. Group presentations of Measure Reviews.	class	03/14

Reading and Assignment List

I. Overview - January 4

Taylor: Chapter 1: pg. 2-16 & Chapter 15

Engel, G.L. (1977). The need for a new medical model: A challenge for biomedicine. *Science*, 196, 129-136.

Matarazzo, J.D. (1994). Health and behavior: The coming together of science and practice in psychology and medicine after a century of benign neglect. *Journal of Clinical Psychology in Medical Settings*, 1, 7-39.

Kaplan, R.M. (1990). Behavior as the central outcome in health care. *American Psychologist*, 45, 1211-1220.

Suinn, R.M. (1997). Presenting the case of benefits of psychological services in health care. Unpublished manuscript.

Blanchard, E. (1992). Introduction to the special issue on behavioral medicine: An update for the 1990's. *Journal of Clinical and Consulting Psychology*, 60, 491-492.

Schwartz, G.E. & Weiss, S.M. (1978). Yale conference on behavioral medicine: A proposed definition and statement of goals. *Journal of Behavioral Medicine*, 1, 3-12.

Agras, W.S. (1992). Some structural changes that might facilitate the development of behavioral medicine. *Journal of Clinical and Consulting Psychology*, 60, 499-504.

Anderson, N.B. & Armstead, C.A. (1995). Toward understanding the association of socioeconomic status and health: A new challenge for the biopsychosocial approach. *Psychosomatic Medicine*, 57, 213-225.

II. Prevention and health promotion – January 11

Research topic due in class today.

Taylor: Chapter 3, 4, and 5

Evans, R.I. (1988). Health promotion – Science or ideology? *Health Psychology*, 7(3), 203-219.

Dubbert, P.M. (1992). Exercise in behavioral medicine. *JCCP*, 60, 613-618.

Lichtenstein, E. (1992). Smoking cessation: What have we learned over the past decade? *JCCP*, 60, 518-527.

Stetson, B.A., Rahn, J.M., Dubbert, P.M., Wilner, B.I., & Mercury, M.G. (1997). Prospective evaluation of the effects of stress on exercise adherence in community-residing women. *Health Psychology*, 16, 515-520.

Optional Reading: Prochaska, J.O. et. al. (1994). Stages of change and decisional balance for 12 problem behaviors. *Health Psychology*, 13, 39-46.

III. Physiological bases of health-behavior relationships/Psychoneuroimmunology - January 18

Specific Aims/Definition of study variables/Hypotheses due in class today.

Taylor: Chapter 2 & pp. 429-438

Kiecolt-Glaser, J.K. & Glaser, R. (1995). Measurement of immune response. In S. Cohen, R.C. Kessler, & L. Underwood Gordon (Eds.), *Measuring Stress: A Guide for Health and Social Scientists* (pp. 215-229). London: Oxford University Press.

Cohen, S. & Herbert, T.B. (1996). Health psychology: Psychological factors and physical disease from the perspective of human psychoneuroimmunology. In J. Spence, D. Foss, & J. Darley (Eds.), *Annual Review of Psychology*, 47, 113-142. El Camino, CA: Annual Review, Inc.

Kiecolt-Glaser, J.K. & Glaser, R. (1992). Psychoneuroimmunology: Can psychological interventions modulate immunity? *Journal of Consulting and Clinical Psychology*, 60, 569-575.

Kiecolt-Glaser, J.K. & Glaser, R. (1995). Psychoneuroimmunology and health consequences: Data and shared mechanisms. *Psychosomatic Medicine*, 57, 269-274.

Marsland, A.L., Manuck, S.B., Fazzari, T.V., Stewart, C.J., & Rabin, B.S. (1995). Stability of individual differences in cellular immune responses to acute psychological stress. *Psychosomatic Medicine*, 57, 295-298.

Baum, A. & Grunberg, N.E. (1995). Measurement of stress hormones. In S. Cohen, R.C. Kessler, & L.G. Gordon (Eds.), *Measuring stress* (pp. 175-192). New York: Oxford Press.

IV. Psychosocial bases of health-behavior relationships I - January 25

Taylor: Chapters 6 & 7

Cohen, S. & Rodrigues, M.S. (1995). Pathways linking affective disturbances and physical disorders. *Health Psychology*, 14, 374-380.

Clark, R., Anderson, N.B., Clark, V.R., Williams, D.R. (1999). Racism as a stressor for African Americans: A biopsychosocial model. *American Psychologist*, 54, 805-816.

Aldwin, C.M. & Revenson, T.A. (1987). Does coping help? A reexamination of the relationship between coping and mental health. *Journal of Personality and Social Psychology*, 53(2), 337-348.

Schwarzer, R. & Schwarzer, C. (1996). A critical survey of coping instruments. In M. Zeidner & Endler, N.S. (Eds.) *Handbook of Coping: Theory, Research, Applications* (pp. 107-132). NY: John Wiley & Sons.

Schwarzer, R. & Leppin, A. (1991). Social support and health: A theoretical and empirical overview. *Journal of Social and Personal Relationships*, 8, 99-127.

Cassel, J.C. (1976). The contribution of the social environment to host resistance. *American Journal*

of *Epidemiology*, 104, 107-123.

Optional reading: Uchino, B.N., Cacioppo, J.T., & Kiecolt-Glaser, J.K. (1996). The relationship between social support and physiological processes: A review with emphasis on underlying mechanisms and implications for health. *Psychological Bulletin*, 119(3), 488-531. See table pp. 503-518.

V. Psychosocial bases of health-behavior relationships II - February 1

Brief literature review due in class today.

Taylor: Chapters 8 (pp. 238-258) & 9 (pp. 268-292)

Pennebaker, J.W. (1983). Accuracy of symptom perception. In A. Baum, S.E. Taylor, & J. Singer (Eds.) *Handbook of Psychology and Health, Volume 4*, (pp. 189-218). Hillsdale, NJ: Erlbaum.

Wagner, P.J. & Curran, P. (1984). Health beliefs and physician identified "worried well." *Health Psychology*, 3, 459-474.

Taylor, S.E. (1979). Hospital patient behavior: Reactance, helplessness, or control? *Journal of Social Issues*, 35, 156-184.

Taylor, S.E., Repetti, R.L. & Seeman, T. (1997). Health psychology: What is an unhealthy environment and how does it get under the skin? *Annual Review of Psychology*, 48, 411-447.

Nichols, K.A. (1987). Chronic physical disorder in adults. In J. Orford (Ed.) *Treating the Disorder, Treating the Family* (pp. 62-85). Baltimore: John Hopkins University Press.

DiNicola, D.D. & DiMatteo, M.R. (1984). Practitioners, patients, and compliance with medical regimens: A social psychological perspective. In A. Baum, S.E. Taylor, & J.E. Singer, *Handbook of Psychology and Health, Volume IV: Social Psychological Aspects of Health* (pp. 55-84)

Optional reading: Given, B.A. & C.W. Given (1989). Compliance among patients with cancer. *Cancer Nursing Perspectives*, 16(1), 97-103.

Reiss, D., Gonzalez, S., & Kramer, N. (1986). Family process, chronic illness, and death: On the weakness of strong bonds. *Archives of General Psychiatry*, 43, 795-804.

VI. Psychological assessment and treatment in medical settings – February 8

Design/Methods section of paper due in class today.

Taylor: Chapter 9 (260-264) & 10

Groves, J.E. (1978). Taking care of the hateful patient. *New England Journal of Medicine*, 298 (16), 883-887.

Steed, L.G. & Wagner, W.L. (1998). The bereavement process in organ and tissue donor families. *Australian Psychologist*, 33(2), 101-104.

Mahler, H.I.M. & Kulik, J.A. (1998). Effects of preparatory videotapes on self-efficacy beliefs and recovery from coronary bypass surgery. *Annals of Behavioral Medicine*, 20(1), 39-46.

Ulrich, R.S. (1984). View through a window may influence recovery from surgery. *Science*, 224(4647), 420-1.

Kerns, R.D. (1999). Family therapy for adults with chronic pain. In R.J. Gatchel & D.C. Turk *Psychosocial Factors in Pain: Critical Perspectives* (pp. 445-456). New York: Guilford Press.

Optional Reading: Keefe, F.J., Dunsmore, J., & Burnett, R. (1992). Behavioral and cognitive-behavioral approaches to chronic pain: Recent advances and future directions. *Journal of Consulting and Clinical Psychology*, 60, 528-536.

DiMatteo, R.M. (1995). Health psychology research: The interpersonal challenges. In Brannigan, G.G. & Matthew, R. *The Social Psychologists: Research Adventures* (pp. 207-220). New York: McGraw-Hill Book Company.

VII. Cardiovascular disease, Part I - February 15

COEP due in class today.

Taylor: Chapter 13

Cohen, S., Kaplan, J.R., & Manuck, S.B. (1994). Social support and coronary heart disease: Underlying psychological and biological mechanisms. In S.A. Schumaker & S.M. Czajkowski (Eds.) *Social Support and Cardiovascular Disease*. New York: Plenum.

Miller, T.Q., Smith, T.W., Turnier, C.W., Guijarro, M.L., & Hallet, A.J. (1996). A meta-analytic review of research on hostility and physical health. *Psychological Bulletin*, 119, 322-348.

VIII. Cardiovascular disorders, Part II: Hypertension – February 22

FINAL RESEARCH PROPOSAL DUE IN CLASS TODAY.

Jorgensen, R.S., Johnson, B.T., Kolodziej, M.E., & Schreer, G.E. (1996). Elevated blood pressure and personality: A meta-analytic review. *Psychological Bulletin*, 120, 293-320.

Kaplan, J.R., Adams, M.R., Clarkson, T.B., Manuck, S.B., Shively, C.A., Williams, J.K. (1996). Psychosocial factors, sex differences, and atherosclerosis: Lessons from animal models. *Psychosomatic Medicine*, 58, 598-611.

Schneiderman, N., McCabe, P.M. (1989). Psychophysiological strategies in laboratory research. In S. Schneiderman, S.M. Weiss, P.G. Kaufmann (Eds.) *Handbook of Research Methods in Cardiovascular Behavioral Medicine*. New York: Plenum.

Stoney, C.M., Niaura, R., Bausserman, L., & Matarin, M. (1999). Lipid reactivity to stress:

I. Comparison of acute stress responses in middle-aged pilots. *Health Psychology*, 3, 241-250.

II. Biological and behavioral influences. *Health Psychology*, 3, 251-261.

Taylor: Chapter 11, 12, & 14 (pp. 464-466)

Rolland, J.S. (1994). The impact of the illness on the family. In J.S. Rolland *Families, Illness, and Disability* (pp. 80-99). New York: Basic.

Emery, C.F. (1993). Psychological considerations among pulmonary patients. In J.E. Hodgkin, C.W. Bell, & G. Connors (Eds.), *Pulmonary Rehabilitation: Guidelines to Success*. Philadelphia: J.B. Lippincott.

Lehrer, P.M., Sargunraj, D., & Hochron, S. (1992). Psychological approaches to the treatment of asthma. *Journal of Consulting and Clinical Psychology, 60*, 639-643.

Brownell, K.D. & Wadden, T.A. (1992). Etiology and treatment of obesity: Understanding a serious, prevalent, and refractory disorder. *Journal of Consulting and Clinical Psychology, 60*, 505-517.

Frasure-Smith, N., Lesperance, F., Juneau, M., Talajic, M., & Bourassa, M. G. (1999). Gender, depression, and one-year prognosis after myocardial infarction. *Psychosomatic Medicine, 61(1)*, 26-37.

Schacter, S. & Coyle, N. (1998). Palliative home care: Impact on families. In J. Holland *Psycho-Oncology* (pp. 1004-1015). New York: Oxford University Press.

X. Cancer, AIDS, and autoimmune disease - March 7
Review of measures due in class today.

Taylor, S.T. (August, 1985). Health psychology's progress and prospects: The tasks of a maturing discipline. Invited address at American Psychological Association annual conference.

Andersen, B.L. (1992). Psychological interventions for cancer patients to enhance the quality of life. *Journal of Consulting and Clinical Psychology, 60*, 552-568.

Andersen, B.L., Kiecolt-Glaser, J., & Glaser, R. (1994). A biobehavioral model of cancer stress and disease course. *American Psychologist, 49*, 389-404.

Andersen, B.L., Farrar, W.B., Golden-Kreutz, D., Kutz, L.A., MacCallum, R. Courtney, M.E., & Glaser, R. (1998). Stress and immune responses after surgical treatment for regional breast cancer. *Journal of the National Cancer Institute, 90(1)*, 30-36.

Kelly, J.A. (1998). Group psychotherapy for persons with HIV and AIDS-related illnesses. *International Journal of Group Psychotherapy, 48(2)*, 143-162.

Kemeny, M.E. (1994). Stressful events, psychological responses, and progression of HIV infection. In Glaser, R.G. & Kiecolt-Glaser, J.K. *Handbook of human stress and immunity* (pp. 245-266). San Diego, CA: Academic Press.

Schneiderman, N. (1999). Behavioral medicine and the management of HIV/AIDS. *International Journal of Behavioral Medicine, 6(1)*, 3-12.

Ader, R. & Cohen, N. (1982). Behaviorally conditioned immunosuppression and murine systemic lupus erythematosus. *Science, 215(4539)*, 1534-1536.

Wells, S.M. (1999). Physical, psychological, and role adjustment in autoimmune disease. Unpublished manuscript.

Optional Reading: Young, L.D. (1992). Psychosocial factors in rheumatoid arthritis. *Journal of Consulting and Clinical Psychology, 60*, 619-627.

Cox, D.J. & Gonder-Frederick, L. (1992). Major developments in behavioral diabetes research. *Journal of Consulting and Clinical Psychology, 60*, 628-638.