

**Psychology 317-01**  
**Behavioral Health Therapy/Health Psychology**  
**Monday-Friday, 10 am - 11 am**  
**Martin Hall - Rm 236**

**Instructor:** Theresa J. Martin, Ph.D.; Kenny Arnette, PhD  
**Office:** 151A Martin Hall; 153E Martin Hall  
**Office Hours:** 11:00 am to 12:00 pm - Monday through Thursday (Dr. Martin);  
2:00 pm to 3:00 pm - Monday through Thursday (Dr. Arnette);  
and appointments by arrangement  
**Phone:** 359-6050; 359-7038

**Course Goals:**

The area of health psychology is a rapidly growing and increasingly interesting field in psychology. In this course we will be exploring how health psychologists have contributed to the scientific investigation of health beliefs and behaviors in individuals. We will also be exploring the current literature and the variety of interventions that have been developed through empirical research. Emphasis will be placed on major areas of intervention (i.e., pain, stress, smoking, weight reduction, etc.) and techniques that are unique to those interventions.

General goals for the class will be to expand your knowledge with respect to health psychology (i.e., to obtain a grasp for the content and methodology of the field) and to develop your abilities to think critically about health interventions.

**Classroom Dynamics:**

The course is designed around a number of instructional techniques including lectures, small group exercises, demonstrations, guest speakers, and films. I invite your active participation. I also strongly encourage you to ATTEND CLASS -- we'll be having a number of guest speakers and I can assure you that you will get very little out of the class if you are unable to attend.

Please be aware that your participation in in-class demonstrations may be requested; however, like any research participant, you have the right to decline participation and can withdraw your participation at any point in a demonstration. You will be told something about the activity before you participate and the purpose of the demonstration will be explained at its conclusion.

**Text:**

The course text will serve as our primary information source. However, from time to time, we will be placing some additional readings on reserve in the main office of the psychology department, which we will expect you to read as well. The text for the course is Brannon & Feist's *Health Psychology*. Reading assignments are as follows (though some changes may unavoidably occur during the quarter).

## **Reading Assignments:**

- **Week 1 (Jan 5 - 7)**
  - Greetings & Intros
  - Chapter 1: Introducing Health Psychology
- **Week 2 (Jan. 10 - 14)**
  - Chapter 2: Conducting Health Research
  - Chapter 3: Seeking Health Care

***No class on Jan. 17 – MLK Birthday***

- **Week 3 (Jan. 18 - 21)**
  - Chapter 4: Adhering to Medical Advice
  - Chapter 5: Defining/Measuring Stress
- **Week 4 (Jan. 24 - 28)**
  - Chapter 6: Understanding Stress & Disease
  - Chapter 7: Understanding Pain
- **Week 5 (Jan. 31 – Feb. 4)**
  - Chapter 8: Coping w/ Stress & Pain
  - Chapter 9: Cardiovascular Disease
- **Week 6 (Feb. 7 - 11)**
  - Chapter 10: Cancer
  - Chapter 11: Chronic Illness
- **Week 7 (Feb. 14 - 18)**
  - Chapter 12: Preventing Injuries
  - Chapter 13: Smoking Tobacco

***No class on Feb. 21 – President's Day***

- **Week 8 (Feb. 22 - 25)**
  - Chapter 14: Alcohol & Other Drugs
- **Week 9 (Feb. 28 – Mar. 3)**
  - Chapter 15: Eating to Control Weight
  - Chapter 16: Exercising
- **Week 10 (Mar. 6 - 13)**
  - Chapter 17: Future Challenges
  - ***Student Class Presentations***

***\*\*\*All materials due no later than the scheduled final period for this class during the week of March 14-17.\*\*\****

## **Evaluation:**

Your scores on the following items will contribute toward your grade in the course:

### **I. Quizzes:** (2 at 50 points each)

There will be two take home quizzes for the course, the first around Midterm time and the last during Finals week. We will ask you to complete short answer and essay questions for these quizzes. Please note that, for the take-home quiz, we do expect UNIQUE answers from each person in class -- in other words, we won't accept group answers.

### **II. Reaction papers:** (4 at 25 points each)

Write reaction papers (based on the information you've read) to 4 of the films/speakers/special readings in class. These papers should be 3-4 pages in length.

### **III. Do one of the following as a final project:**

#### **A. Portfolio:** (worth 100 points)

Develop a portfolio containing the following materials:

- 5 newspaper articles -- need to be relevant to health with a 1-2 page **critical analysis** of the article.
- 1 professional journal article -- summary and **critical analysis** (page limit of 5 pages).
- personal journal -- summary and **critical evaluation** of 5 text chapters (page limit of 1-2 pages per chapter).
- 10 leaflets/pamphlets -- from area health agencies

#### **B. Organizational & Intervention Review:** (worth 100 points)

Visit an area health agency and obtain information to develop a 10-15 minute poster session presentation for our class to be presented during Week 10.

Relevant information for your poster will include:

- history of the agency
- the goals/focus of the agency
- a description of one of the agency's intervention plans
- a description of the work performed by personnel at the agency
- a basic assessment of the impact of the agency within our community (what is its role and how does it benefit us?)

**You are expected to draw some clear and direct connections between what you observe concerning the agency and the concepts/issues we discuss in the class or which are covered in the text.**

#### **C. Literature Review/Research Paper:** (worth 100 points)

Write a 10-15 page paper that is either a literature review or proposes some kind of health-related research.

**Extra Credit:**

You may earn extra credit points through participation in department experiments (as they become available), by bringing in clippings from magazines/newspapers to discuss in class, by writing brief summaries of TV shows or movies with a theme revolving around health psychology, by writing about personal experiences that are relevant to topics discussed in the text or class, or by writing summaries of books relevant to class. Points earned will vary depending on what you choose to do. **You can earn up to 15 extra credit points.**

**Grading Criteria (Total of 300 points possible):**

The following distribution will be used for final grades.

<b><u>GRADE POINTS NEEDED</u></b>			<b><u>GRADE POINTS NEEDED</u></b>	
4.0	285		2.3	234
3.9	282		2.2	231
3.8	279		2.1	228
3.7	276		2.0	225
3.6	273		1.9	222
3.5	270		1.8	219
3.4	267		1.7	216
3.3	264		1.6	213
3.2	261		1.5	210
3.1	258		1.4	207
3.0	255		1.3	204
2.9	252		1.2	201
2.8	249		1.1	198
2.7	246		1.0	195
2.6	243		.9	192
2.5	240		.8	189
2.4	237		.7	186
			0.0	below 186