

## **PSYCHOLOGY CLP 7379: SEMINAR IN HEALTH PSYCHOLOGY**

Semester: Fall, 1999  
Class time: Thurs 3:00-5:50  
330

Classroom: BEH 318  
0477

Office Hours: Wed 9:30-10:30 & by appt.  
jacobsen@moffitt.usf.edu

Instructor: Paul Jacobsen, Ph.D.  
Office: BEH

Telephone: 979-3862 or 974-

E-mail:

### **COURSE MATERIALS**

Required Readings: A set of the required readings will be made available for photocopying.

Recommended Readings: Brannon, L., & Feist, J. (1999). Health Psychology: An Introduction to Behavior and Health (4th ed.). Brooks/Cole: Pacific Grove, CA. (Abbreviated as B&F). The recommended readings are designed to provide you with background information about the topics of each class meeting.

Additional Readings: Citations are provided to relevant literature for those of you wishing to learn more about specific topics.

### **PURPOSE OF THE COURSE**

This course is designed to introduce you to current research issues in health psychology. The course will focus primarily on issues related to the study of chronic and life-threatening illnesses (e.g., cancer, AIDS, and cardiovascular disease). Through readings and class discussion, we will evaluate the role of psychological factors in: the etiology of disease, disease prevention and early detection, adaptation to illness, and disease progression. Research on the use of psychological interventions to prevent disease and to promote health will also be examined.

### **GRADING**

Grades will be assigned based on class attendance and participation (10%), completion of the required reading assignments (10%), quality of the oral presentations (40%), and quality of the term paper (40%). You are expected to attend all class meetings (barring illness or other legitimate reasons) and to contribute to the discussion each week. You are also expected to turn in, at the beginning of every class meeting, a brief description of the principal strength and principal weakness of each of the required readings. Two types of oral presentations are required. You will be responsible for presenting an oral summary of one of the required readings.

Much like a thesis or dissertation defense, I would like you to prepare a brief presentation that: 1) explains the study's theoretical background and hypotheses; 2) describes the methods and results; 3) considers the theoretical and/or clinical implications of the study and; 4) identifies directions for future research. You will then respond to questions and comments about the study from the class. You are also expected to prepare a 30-minute presentation on a topic in health psychology to be chosen in consultation with me. The material for these presentations should draw heavily from your term paper. Last, but not least, you are expected to complete a term paper (approximately 20-25 pages double-spaced) by 12/3/99. I suggest that you meet with me early in the semester to discuss your topic. The term paper is designed to provide you with an opportunity to explore how psychological theory and research can be used to understand an important issue in the prevention, early detection,

and/or treatment of illness.

## COURSE OUTLINE

### Date    Topics/Readings

8/26    Organizational issues  
Course overview

9/2    A brief history of health psychology and behavioral medicine  
The biopsychosocial model and its application  
Perceptions of health risk

*Req.*    Kreuter MW et al. (1995). Changing inaccurate perceptions of health risk: Results from a randomized trial. Health Psychology, 14, 56-63.

*Rec.*    B&F, Chapter 1 - Introducing Health Psychology (entire chapter)  
B&F, Chapter 2 - Conducting Health Research (entire chapter)  
B&F, Chapter 17 - Future Challenges (entire chapter)

*Add.*    Taylor, SE (1990). Health psychology: The science and the field. American Psychologist, 45, 40-50.  
Engel, GL (1977). The need for a new medical model: A challenge for biomedicine. Science, 196, 129-136.  
Weinstein, ND (1989). Optimistic biases about personal risks. Science, 246, 1232-1233.

9/9    Theories of health protective behavior  
Psychological research on disease screening and early detection methods  
Psychological research on primary prevention of disease: HIV infection

*Req.*    Rakowski, WE, et al. (1998). Increasing mammography among women aged 40-74 by use of a stage-  
matched, tailored intervention. Preventive Medicine, 27, 748-756.  
Jemmott JB, et al. (1998). Abstinence and safer sex HIV risk-reduction interventions for African-American adolescents. Journal of the American Medical Association, 279, 1529-1536.

*Rec.*    B&F, Chapter 3 - Seeking Health Care (pp. 46-58)  
B&F, Chapter 11- Living with Chronic Illness (pp. 311-321)  
B&F, Chapter 16 – Exercising (entire chapter)

*Add.*    Chesney MA (1993). Health psychology in the 21st century: Acquired immunodeficiency syndrome as a harbinger of things to come. Health Psychology, 12, 259-268.  
Curry SJ, et al. (1994). Theoretical models for predicting and improving adherence with breast cancer screening. Annals of Behavioral Medicine, 16, 302-316.  
Weinstein ND (1993). Testing four competing theories of health-protective behavior. Health Psychology, 12, 324-333.  
Winett RA (1995). A framework for health promotion and disease prevention programs.

American Psychologist, 50, 341-350.

9/16 Psychological research on primary prevention of disease: Tobacco use  
(Guest speaker: Thomas Brandon, Ph.D.)

- Req.* Zelman DC, et al. (1992). Measures of affect and nicotine dependence predict differential response to smoking cessation. Journal of Consulting and Clinical Psychology, 60, 943-952.  
Killen JD, et al. (1999). Prospective study of risk factors for the initiation of cigarette smoking. Journal of Consulting and Clinical Psychology, 65, 1011-1016.

*Rec.* B&F, Chapter 13 - Smoking Tobacco (entire chapter)

- Add.* Cinciripini PM et al (1998). Smoking cessation: Recent developments in behavioral and pharmacologic interventions. Oncology, 12, 249-259.  
Wetter DW et al. (1998). The Agency for Health Care Policy and Research Smoking Cessation Clinical Practice Guideline: Findings and implications for psychologists. American Psychologist, 53, 657-669.

9/23 Role of Stress and Emotions in the Development of Illness: Clinical Examples

- Req.* Cohen S, et al. (1993). Negative life events, perceived stress, negative affect, and susceptibility to the common cold. Journal of Personality and Social Psychology, 64, 131-140.  
Gallagher et al. (1999). Anger and incident heart disease in the Caerphilly study. Psychosomatic Medicine, 61, 446-453.

*Rec.* B&F, Chapter 9 - Identifying Behavioral Factors in Cardiovascular Disease (entire chapter)  
B&F, Chapter 10 - Identifying Behavioral Factors in Cancer (pp. 267-288)

- Add.* Cohen S, et al (1996). Health psychology: Psychological factors and physical disease from the perspective of human psychoneuroimmunology. Annual Review of Psychology, 47, 113-142.  
Smith, T. (1992). Hostility and health: Current status of a psychosomatic hypothesis. Health Psychology, 11, 139-150.

9/30 Role of Stress and Emotions in the Development of Illness: Basic Mechanisms

- Req.* Petrie KJ, et al. (1995). Disclosure of trauma and immune response to a Hepatitis B vaccination program. Journal of Consulting and Clinical Psychology, 63, 787-792.  
Smith TW, et al. (1998). Agency, communion, and cardiovascular reactivity during marital interaction. Health Psychology, 17, 537-545.

*Rec.* B&F, Chapter 5 - Defining and Measuring Stress (entire chapter)  
B&F, Chapter 6 - Understanding Stress and Disease (entire chapter)

- Add.* Esterling BA, et al. (1999). Empirical foundations for writing in prevention and psychotherapy: Mental health and physical outcomes. Clinical Psychology Review, 19, 79-96.  
Kiecolt-Glaser JK et al. (1999). Stress, personal relationships, and immune function: Health implications. Brain, Behavior, and Immunity, 13, 61-72.

10/7 Psychological Factors Influencing Adherence to Medical Regimens  
Psychological Preparation for Medical Procedures

- Req.* Bond GG, et al. (1992). The Health Belief Model and adolescents with insulin-dependent diabetes mellitus. Health Psychology, 11, 190-198.
- from Mahler H, et al. (1998). Effects of preparatory videotapes on self-efficacy beliefs and recovery  
coronary bypass surgery. Annals of Behavioral Medicine, 20, 39-46.
- Rec.* B&F, Chapter 4 - Adhering to Medical Advice (entire chapter)  
B&F, Chapter 3 - Seeking Health Care (pp. 71-77)
- Add.* Roter D, et al. (1998). Effectiveness of interventions to improve patient compliance: A meta-analysis. Medical Care, 36, 1138-1161.
- procedures. O'Halloran C, et al (1995). The efficacy of preparation for surgery and invasive medical  
Patient Education and Counseling, 25, 9-16.

10/14 Role of Psychological Factors in the Experience of Pain and Other Symptoms  
Psychological Interventions for Pain and Symptom Management

- Req.* Gil KM, et al. (1996). Effects of cognitive coping skills training on coping strategies and experimental pain sensitivity in African American adults with sickle cell disease. Health Psychology, 15, 3-10.
- Jensen MP, et al. (1994). Correlates of improvement in multidisciplinary treatment of chronic pain.  
Journal of Consulting and Clinical Psychology, 62, 172-179.
- Rec.* B&F, Chapter 7 - Understanding Pain (entire chapter)  
B&F, Chapter 8 - Coping with Stress and Pain (entire chapter)
- Add.* Wilson GT, et al. (1996). The efficacy of psychological and pharmacological interventions for  
the treatment of chronic disease-related and non-disease related pain. Clinical Psychology  
Review, 16, 573-597.
- Norton PJ, et al. (1999). Growing pain: 10-year research trends in the study of chronic pain and headache. Pain, 79, 59-65.

10/21 Role of Psychological Factors in Adaptation to Illness  
Impact of Psychological Factors on Disease Course

- Req.* Stanton AL, et al. (1999). Social comparison and adjustment to breast cancer: An experimental examination of upward affiliation and downward evaluation. Health Psychology, 18, 151-158.
- related Bower JE, et al. (1998). Cognitive processes, discovery of meaning, CD4 decline, and AIDS-mortality among bereaved HIV-seropositive men. Journal of Consulting and Clinical Psychology, 66, 979-986.
- Rec.* B&F, Chapter 11 – Living with Chronic Illness (pp. 293-311)

*Add.* Andersen BL, et al. (1994). A biobehavioral model of cancer stress and disease course. American Psychologist 49, 389-404.

for Schreurs KM, et al. (1997). Integration of coping and social support perspectives: Implications  
the study of adaptation to chronic illness. Clinical Psychology Review, 17, 89-112.

10/28 Effects of Psychological Interventions on Adaptation to Illness  
Effects of Psychological Interventions on Disease Course

*Req.* Smyth JM, et al. (1999). Effects of writing about stressful experiences on symptom reduction in patients with asthma or rheumatoid arthritis. Journal of the American Medical Association, 281, 1304-1309. (see also accompanying editorial)

Blumenthal JA, et al. (1999). Stress management and exercise training in cardiac patients with myocardial ischemia. Archives of Internal Medicine, 157, 2213-2223.

*Add.* Meyer TJ, et al. (1995). Effects of psychosocial interventions with adult cancer patients: A meta-analysis of randomized experiments. Health Psychology, 14, 101-108.

cardiovascular Miller TD, et al. (1997). Exercise and its role in the prevention and rehabilitation of disease. Annals of Behavioral Medicine, 1997, 220-229.

11/4 Student Presentations

11/11 No class - Veteran's Day

11/18 Student Presentations

11/25 No class - Happy Thanksgiving

12/2 Student Presentations