PSYCHOLOGY CLP 7379: SEMINAR IN HEALTH PSYCHOLOGY

Semester: Fall, 1999
Class time: Thurs 3:00-5:50
Classroom: BEH 318
Office Hours: Wed 9:30-10:30 & by appt.
Instructor: Paul Jacobsen, Ph.D.
Office: BEH
Telephone: 979-3862 or 974-0477
E-mail: jacobsen@moffitt.usf.edu

COURSE MATERIALS

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


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**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topics/Readings</th>
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| 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  
*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)  
| 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  
*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)  
Psychological research on primary prevention of disease: Tobacco use
(Guest speaker: Thomas Brandon, Ph.D.)


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


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


**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)


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


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

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


*Rec.* B&F, Chapter 4 - Adhering to Medical Advice (entire chapter)
B&F, Chapter 3 - Seeking Health Care (pp. 71-77)


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


*Rec.* B&F, Chapter 7 - Understanding Pain (entire chapter)
B&F, Chapter 8 - Coping with Stress and Pain (entire chapter)


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


*Rec.* B&F, Chapter 11 – Living with Chronic Illness (pp. 293-311)


10/28 Effects of Psychological Interventions on Adaptation to Illness

Effects of Psychological Interventions on Disease Course


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