

University of Florida
CLP4314 - Introduction to Health Psychology - (Section 5164), 3 credits
Spring 2020
Tuesdays 11:45AM-1:40PM & Thursdays 11:45AM-12:35PM.
HPNP Building: G-103

Instructor Information

Adaixa Padron, M.S.

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Office Hours: Please e-mail to schedule a meeting

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Office Hours: Please e-mail to schedule a meeting

*Note: E-mail is the preferred method of contact for the instructors. You are welcome to e-mail questions at any time; however, questions about exams or projects sent after 5:00pm on the day before class may not receive a response in time to make the deadline.

Faculty Course Supervisor Information

Deidre B. Pereira, PhD, Associate Professor

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Office Hours: Please e-mail to schedule a meeting

Prerequisites of Course: PSY 2012 General Psychology, CLP 3144 Abnormal Psychology, and three additional credit hours in psychology, health science, or statistics.

Course Overview and Purpose:

This course will examine the theoretical and research foundations of behavioral health and illness from a biopsychosocial perspective. Course topics will provide students with an understanding of Health Psychology as a specialty within psychology that addresses the role of behavioral factors in health and illness. The field of Health Psychology is founded on the biopsychosocial model and includes “any specific or professional application of psychological concepts or methods to any problem arising in the health system, not only the care giving system, but the public health, health education, health planning, health financing, health legislations and other such components of the total system” (Stone, 1979). The emergence of this field marks the expansion of psychology beyond the traditional concerns of mental health to the broader health care arena.

Objectives:

Upon successful completion of the course, students should be able to:

1. Identify the possible roles and contributions of clinical health psychology in addressing the biopsychosocial model of health and illness.
2. Describe behavioral factors that influence wellness and that play a role in the prevention, development, course, and outcome of many human diseases and health problems.
3. Discuss the roles that health psychologists play in promoting wellness and in addressing and treating psychological factors related to health and illness.

Methods of Instruction:

Lecture and class activities will comprise the majority of class sessions. Students will be expected to participate in both individual and group-based activities in order to receive the highest possible grades given. Additionally, assigned readings will be reviewed during designated classes but students will be expected to read and review all assigned material prior to coming to class. The role of the instructors will be to: present an overview of relevant topics, provide additional reading material and learning resources with up-to-date research findings, facilitate discussion of selected topics, and provide timely feedback. Expectations for students are to attend class fully prepared, participate in class discussions, and read assigned materials prior to class in preparation for lecture.

Canvas:

Canvas is the course management system that you will use for this course. Canvas is accessed by using your Gatorlink account name and password at <https://ufl.instructure.com/courses/347392>. There are several tutorials and student help links on the Canvas login site. If you have technical questions call the UF Computer Help Desk at 352-392-HELP or send email to helpdesk@ufl.edu. You are responsible for checking your account prior to each class to determine how you should prepare for the upcoming class.

Course Materials:

Required Textbook:

Taylor, S.E. (2018). *Health Psychology* (10th edition). New York: McGraw-Hill. ISBN: 9781259870477

Additional readings and videos may be required throughout the semester and will be provided electronically via Canvas.

Policy Related to Class Attendance:

Class attendance is considered an integral part of the learning experience as class discussions and lectures will include valuable material covered in the examinations that is not otherwise covered in the textbook. Thus, students are expected to attend all classes and participate in class discussions to have exposure to this information. Attendance will be taken during each class. Signing anyone else's name aside from your own will be considered a violation of the University's Honesty Policy. If students must be absent, it is expected they will contact the instructor as soon as possible and be responsible for any missed material. Students who miss lectures are expected to acquire lecture notes from other students who attended.

As Health Psychology is a thought-provoking topic and often leads to interesting discussions about the topics covered within this course, student participation is expected. We expect each individual to contribute throughout the semester and will monitor ongoing student participation. Remember: There are no "stupid questions" and one of the most powerful ways to learn is in the moment by interacting with your instructors and classmates! As an incentive for participation, class attendance will be monitored throughout the semester.

Policy Related to Classroom Etiquette:

- Please refrain from using cell phones, tablets, or any other electronic devices during class as it is distracting and inconsiderate of other students and the instructor. Cell phones must be placed on silent or turned off during class.
- Please do not arrive late to class or disrupt the class as it is distracting and inconsiderate of other students and the instructor.
- To the extent permitted by facility rules and restrictions, you may bring food and/or beverages to class as long as it does not interfere with your ability to work and/or participate in class and as long as it does not interfere with or your classmates' ability to work and participate in class. You will be expected to clean up after yourself and dispose of all trash before leaving the classroom.

Policy Related to Make-Up Work:

We expect you to attend and to be prepared to participate in all class sessions. Personal issues with respect to class attendance or fulfillment of course requirements will be handled on an individual basis. If you must miss an exam or presentation because of a foreseeable conflict (i.e., professional conference, participation in an athletic competition, religious observance, etc.) you are expected to notify us immediately via email to set-up alternative arrangements *prior* to the exam date. In addition, if a student experiences an illness or medical emergency that prevents him/her from attending an exam, s/he is required to notify the instructors by email, phone, or voicemail PRIOR to the exam AND will be required to provide a statement from their healthcare provider documenting the illness or medical emergency. The only exception to this rule is if the student is incapacitated due to the illness or emergency and therefore unable to contact the instructors prior to the exam. Otherwise, students that do not notify the instructors of their illness/emergency in some manner prior to the exam will not be eligible to make-up the exam and will receive "0" points for it.

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at: catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/

Reporting Illnesses and Family Emergencies:

In the event you experience an unexpected illness, family, or other personal emergency please notify us immediately to set-up alternative arrangements.

Course Evaluation/Grading:

Procedures: Students will be graded based on a grading scale as detailed below.

Exams: There will be two non-cumulative exams that will be comprised of a variety of multiple choice questions. *Class attendance will be rewarded via the inclusion of in-class information in each exam.* This information will not be covered in the textbook.

Students will be required to complete ONE of the following two options:

1. **Research Paper:** The research paper should demonstrate proficiency in the application of the biopsychosocial model to a specific health issue discussed in class. Students who prefer to complete the research paper will choose a topic reviewed in class and research the development of that health issue, relevant risk factors, current treatment and prevention approaches, and the possible implications of the topic to their own area of study. Additionally, students should include information presented in class regarding psychological dysfunction and/or well-being. It is imperative that the research paper be written from the perspective of a clinical health psychologist.

The body of the paper should be 5-7, double-spaced, and typed pages. Please use 1-inch margins and Times New Roman, font size 12. The format of your paper must follow APA style (Publication Manual of the American Psychological Association, 6th Edition). ***Final paper topics will be emailed to Adaixa Padron by 11:59 PM on 01/21/2020. A rough draft is due as an electronic copy via Canvas by 11:45 AM on 4/02/2020. A final version is due as an electronic copy via Canvas by 11:45 AM on 4/16/2020.*** Additional details regarding the content and formatting guidelines of the paper will be provided in class. Late papers will be penalized one letter grade on the first day late and will continue to drop one letter grade for each subsequent day on which they are not turned in.

2. **Health Topic Presentation:** For students who prefer to complete the special topic presentation, these will take place throughout the semester and will be designed to complement the day's lecture by focusing on a relevant topic that is a current or controversial in the field. Students will sign up for presentation dates on **01/21/2020**.

Students should plan for 15-20 minute presentations with 3-5 minutes for questions from classmates. It is imperative that the research paper be written from the perspective of a clinical health psychologist. A rubric will be available online and will be discussed on the first week of class. Prior to the presentation, students will be expected to turn in a copy of the presentation on Canvas. Additionally, students will be expected to submit 3-4 proposed test questions on the topic of their presentation via Canvas before the presentation. Questions should be in multiple choice format with correct answers provided. These questions will be included on the exams throughout the semester as the instructors deem appropriate and therefore should cover material shared with the class.

Requirement	Due date	% of final grade
Midterm Exam	February 18, 2020	30%
Final Exam	April 21, 2020	30%
Research Paper (<i>Option 1</i>)	April 16, 2020	30%
Special Topic Presentation (<i>Option 2</i>)	Ongoing	30%
Attendance/Participation/In-Class Work	Ongoing	10%

Grading Scale:

Percentage earned in class	93.00%-100.00%	90.00%-92.99%	87.00%-89.99%	83.00%-86.99%	80.00%-82.99%	77.00%-79.99%	73.00%-76.99%	70.00%-72.99%	67.00%-69.99%	63.00%-66.99%	60.00%-62.99%	Below 60.99%
Letter Grade equivalent	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	F

Final Grades:

Letter Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E	WF	I	NG	S-U
Grade Points	4.00	3.67	3.33	3.00	2.67	2.33	2.00	1.67	1.33	1.00	0.67	0.00	0.00	0.00	0.00	0.00

For greater detail on the meaning of letter grades and university policies related to them, see the Registrar's Grade Policy regulations at catalog.ufl.edu/UGRD/academic-regulations/grades-gradingpolicies/.

Academic Support:

If you feel that you need additional academic support in this class please contact us immediately. Please do not wait until it is too late to ask for assistance (i.e., day before the exam). Come and discuss issues with us during office hours or per appointment.

Student Evaluation of Course:

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a

professional and respectful manner is available at gatorevals.aa.ufl.edu/students/. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via ufl.bluera.com/ufl/. Summaries of course evaluation results are available to students at gatorevals.aa.ufl.edu/public-results/.

Standards of Academic Honesty:

UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code (sccr.dso.ufl.edu/process/student-conduct-code/) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class.

Statement Related to Accommodations for Students with Disabilities:

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the disability Resource Center by visiting <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

Counseling and Student Health:

Students may occasionally have personal issues that arise in the course of pursuing higher education or that may interfere with their academic performance. If you find yourself facing problems affecting your coursework, you are encouraged to talk with an instructor and to seek confidential assistance at the University of Florida Counseling Center, 352-392-1575, or Student Mental Health Services, 352-392-1171. Visit their web sites for more information: <http://www.counsel.ufl.edu/> or <http://www.health.ufl.edu/shcc/smhs/index.htm#urgent>

The Student Health Care Center at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services, including primary care, women's health care, immunizations, mental health care, and pharmacy services. The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 352-392-0627 or check out the web site at: www.health.ufl.edu/shcc

Crisis intervention is always available 24/7 from Alachua County Crisis Center: 352-264-6789.

BUT – Do not wait until you reach a crisis to talk with a crisis counselor. They have helped many students through stressful situations impacting their academic performance. You are not alone and do not be afraid to ask for assistance.

Campus Resources:

U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit umatter.ufl.edu/ to refer or report a concern and a team member will reach out to the student in distress.

Counseling and Wellness Center: Visit counseling.ufl.edu/ or call 352-392-1575 for information on crisis services as well as non-crisis services.

Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit shcc.ufl.edu/. University Police Department: Visit police.ufl.edu/ or call 352-392-1111 (or 9-1-1 for emergencies).

UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; ufhealth.org/emergency-room-trauma-center.

E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at helpdesk@ufl.edu.

Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services career.ufl.edu/.

Library Support: cms.uflib.ufl.edu/ask various ways to receive assistance with respect to using the libraries or finding resources.

Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352392-6420. General study skills and tutoring.teachingcenter.ufl.edu/

Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers. writing.ufl.edu/writing-studio/

Student Complaints On-Campus: sccr.dso.ufl.edu/policies/student-honor-codestudent-conduct-code/

On-Line Students Complaints: distance.ufl.edu/student-complaint-process//

Disclaimer:

The following scheduled dates are intended to serve as an indication of the sequence of classroom topics. Some units may take more or less time to cover; the schedule is subject to change. It is your responsibility to remain abreast of any changes.

Tentative Calendar of Topics and Readings

Week:	Topic:	Required Assignments Due:	Instructor
Jan. 7	Overview of Course & Review of Syllabus		Padron & Hanvey
Jan. 9	Intro to Health Psychology	Ch. 1	Hanvey
Jan. 14	Systems of the Body Part 1	Ch. 2 Sign up for either Presentation or Research Paper	Padron
Jan. 16	Health Disparities		Hanvey
Jan. 21	Systems of the body Part 2; Intro to Chronic Illnesses	Ch. 11 & 13 Sign up for presentation date/topic Research paper topic due via Email	Padron
Jan. 23	Health Behaviors	Ch. 3	Hanvey
Jan. 28	Chronic Disease (HIV)	Ch. 14	Padron Guest: Cartagena
Jan. 30	Acute and Chronic Pain	Ch. 10	Hanvey
Feb. 4	Obesity	Ch. 5	Padron Guest: Eastman
Feb. 6	Health at Every Size		Hanvey
Feb. 11	Documentary/ APA style	Documentary: Weight of the Nation 01: Consequences Documentary Activity in Class	Padron
Feb. 13	Review for Midterm Exam		Hanvey
Feb. 18	Midterm Exam		Padron
Feb. 20	Health Services & Media Literacy		Hanvey
Feb. 25	Patient-Provider Communication	Ch. 9	Padron
Feb. 27	Sleep Medicine	Ch. 4	Hanvey Guest: Dr. Payne-Murphy
Mar. 3	NO CLASS: SPRING BREAK		--
Mar. 5	NO CLASS: SPRING BREAK		--
Mar. 10	Cancer, Psychoneuroimmunology; Caregiver Impacts & Outcomes	Ch. 14	Padron Guest: Bacharz

Mar. 12	Eating Disorders & Bariatric Surgery	Ch. 5	Hanvey Guest: Holgerson
Mar. 17	Marijuana & Inflammation		Padron Guest: Ferguson
Mar. 19	Women's Health		Hanvey Guest: TBD
Mar. 24	Stress and Coping	Ch. 6 & 7	Padron Guest: TBD
Mar. 26	Pediatric Health Care		Hanvey
Mar. 31	Pediatric Health Care		Padron Guest: Molly
Apr. 2	Health Services	Ch. 8 Research Paper Draft Due	Hanvey
Apr. 7	Terminal Illness & Palliative Care	Ch. 12	Padron
Apr. 9	Oh the Places You'll Go! Career Paths in Health Psychology		Hanvey
Apr. 14	Future Directions of Health Psychology	Ch. 15	Padron
Apr. 16	Review for Final Exam	Final Paper Due	Hanvey
Apr. 21	Final Exam		Padron