Health Psychology
PSY3740:001

Special Course Expectations During COVID-19

Maintaining a safe campus during the ongoing COVID-19 pandemic remains a top priority. UToledo continues to follow the guidance of the U.S. Centers for Disease Control and Prevention and Ohio Department of Health to keep our campus safe.

ATTENDANCE

The University of Toledo has a missed class policy. It is important that students and instructors discuss attendance requirements for the course. Before coming to campus each day, students should take their temperature and complete a self-assessment for symptoms of COVID-19, such as cough, chills, fatigue, or shortness of breath. Anyone with a temperature at or above 100.0 degrees Fahrenheit or who is experiencing symptoms consistent with COVID-19 should not come to campus and contact their primary care physician or the University Health Center at 419.530.5549. For more information on the symptoms of COVID-19, please go to https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

COVID-19 testing for sick students is available on both Main Campus and Health Science Campus. Call 419.383.4545 for an appointment. Absences due to COVID-19 quarantine or isolation requirements **are** considered excused absences. Students should notify their instructors and follow the protocols summarized in this document on Navigating COVID-Related Course Concerns.

In the event that you have tested positive for COVID-19 or have been diagnosed as a probable case, please review the CDC guidance on self-isolation and symptom monitoring, and report the disclosure to the Division of Student Affairs by emailing StudentAffairs@utoledo.edu or by connecting with their on-call representative at 419.343.9946. Disclosure is voluntary and will only be shared on a need to know basis with staff such as in the Office of Student Advocacy and Support, The Office of Residence Life, and/or the Office of Accessibility and Disability Resources to coordinate supportive measures and meet contact tracing requirements.

FACE COVERINGS

Face coverings are required while on campus, except while eating, alone in an enclosed space, or outdoors practicing social distancing. Students will not be permitted in class without a face covering. If you have a medical reason preventing you from wearing a face covering due to a health condition deemed high-risk by the CDC, submit an online application to request an accommodation through the Office of Accessibility and Disability Resources. Students will need to provide documentation that verifies their health condition or disability and supports the need for accommodations. Students already affiliated with the Office of Accessibility and Disability Resources who would like to request additional accommodations due to the impact of COVID-19, should contact their accessibility specialist to discuss their specific needs. You may connect with the office by calling 419.530.4981 or sending an email to StudentDisability@utoledo.edu.

VACCINATION

Doctors and other health care professionals agree that the best way to protect ourselves and each other is to get vaccinated. Case data clearly show that vaccines remain highly effective at preventing serious illness from COVID, including the highly contagious delta variant. If you have not yet received your COVID vaccine, the University encourages you do so as soon as possible. No appointment is needed to get the shot at the UTMC Outpatient Pharmacy, University Health Clinic, or Main Campus Pharmacy. Once you receive the COVID vaccination, please register on the COVID Vaccine Registry site at: https://utvaccinereg.utoledo.edu/.

SPECIAL NOTES

It's important to note, that based on the unpredictability of the COVID-19 virus, things can change at any time. So please be patient and understanding as we move through the semester. I also ask that you keep me informed of concerns you may have about class, completing course work/assignments timely and/or health concerns related to COVID.

Course Location and Times

Mondays & Wednesdays 2:30PM – 3:50PM
Memorial Field House Room 2210

Contact Information

Professor: Keith A. Edmonds, M.A.
Email: keith.edmonds@rockets.utoledo.edu
Office Location: University Hall 6510
Office Hours: Mondays & Wednesdays 10:30AM – 12:00PM or by appointment

Teaching Assistant: Clare Krzykala
Email: clare.krzykala@rockets.utoledo.edu

Course Description

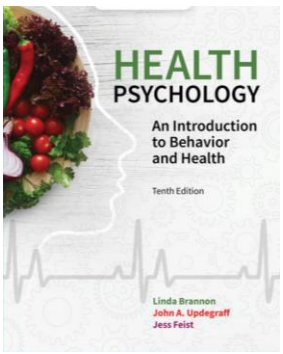
The objective of this course is to provide an overview of the scientific field of Health Psychology, which explores the behavioral, psychological, social, and biological factors that affect stress and illness. More specifically, this area of study applies psychological science to the understanding of (a) promotion and maintenance of physical health; (b) prevention and treatment of physical illness; (c) identification of causal and diagnostic correlates of physical health and illness; and (d) analysis and improvement of the healthcare system and health policy. Students will be able to explain the effects of stress on the body, and how behavior influences physical disorders. Students will also be able to explain how psychological and behavioral treatments can prevent and treat physical illness.

Student Learning Outcomes

By the end of the course, you should be able to:

- Interpret and evaluate research findings in Health Psychology.
- Identify and explain the main conceptualizations of stress, the effect of stress on the body, and evidence-supported mechanisms for coping with stress.
- Explain the factors involved in and the process of health behavior change (generally and for specific health-related behaviors; e.g., smoking cessation) using the major models of health behavior.
- Identify sources of problems in health care delivery (e.g., physician-patient communication) and ways to address them.
- Recognize and explain psychological factors involved in pain and serious illness.

Required Textbook and Additional Readings



Required Text: Brannon, L. Updegraff, J.A. & Feist, J. (2021). *Health Psychology: An Introduction to Behavior and Health* (10th ed.). Belmont CA: Wadsworth. You can purchase access directly from Cengage at https://www.cengage.com/c/health-psychology-an-introduction-to-behavior-and-health-10e-brannon/9780357375006PF/

Selected Readings: In addition to the text, there will be several required empirical journal articles that must be reviewed. These articles will be available on Blackboard.

Selected Readings (PDFs linked on Blackboard)

(1) Cohen (2004). Social relationships and health. *American Psychologist,* 676-684.

(2) Stone, J., Aronson, E., Crain, A.L., Winslow, M.P., & Friend, C.B. (1994). Inducing hypocrisy as a means of encouraging young adults to use condoms. *Personality and Social Psychology Bulletin, 20*, 116-128.

(3) Kiecolt-Glaser, J.K., Marucha, P.T., Malarkey, W.B., Mercado, A.M., & Glaser, R. (1995). Slowing of wound healing by psychological stress. *The Lancet, 346,* 1194-96.

(4) Schier et al. (1989). Dispositional optimism and recovery from coronary artery bypass surgery: The beneficial effect on physical and psychological well-being. *Journal of Personality and Social Psychology, 57*, 1024-1040.

(5) Helgeson, V., Cohen, S., Schultz, R., & Yasko, J. (2001). Long-term effects of educational and peer discussion group interventions on adjustment to breast cancer. *Health Psychology*, *20*, 387-392.

(6) Pischke, C. R., Scherwitz, L., Weidner, G., & Ornish, D. (2008). Long-term effects of lifestyle changes on well-being and cardiac variables among coronary heart disease patients. *Health Psychology, 27,* 584-592.

Course Elements and Grading

Attendance (100 Points)

Attendance in the course is mandatory but due to COVID-19 attendance will be rather flexible. Attendance is worth a total of 100 points. **You are allowed two unexcused absences from the class that can be used for any reason (no need to contact me but you will still be responsible for learning the material and turning in assignments).** Specifically, the percentage of lectures you attend will be the number of points you earn. For example, if you attend 90% of the lectures (not including the two "freebies"), you will earn 90 points for attendance. "Attending" a lecture means being there for the entire time. If you miss a significant portion of a lecture, you may be given partial or no attendance credit for that class period. Excused absences will be granted when necessary. Any work missed for an excused absence must be made up within one week. Contact me for extended absences; if you are ill for long periods (more than four weeks), consider petitioning for a medical withdrawal. Attendance points cannot be made up by completing other assignments.

Class Cancellations: Although it is unlikely that lectures will be cancelled, it is always a possibility. If I need to cancel class, I will send an email to your UT Rockets email address via a Blackboard announcement.

Exams (300 Points)

There will be **6 small exams over the course of the semester, worth 60 points each (2 points per question). I will drop your lowest exam score (resulting in 300 points**

total per semester). Each exam will consist of 30 multiple-choice questions. The exams will draw from the text, readings, videos, lecture, and other content. You can expect some questions about definitions, research designs, theories, and results, but many of the questions will ask you to *apply* the materials of this course to some real world situation. **Exams will be taken in-class during the second half of the class period**. Thus, you will not be permitted to use your notes, book, journal articles, electronic devices, etc. during the exam. You will have 40 minutes to complete each exam. This gives you just over 1 minute per question. See schedule below for specific details about exam dates. The content will cover everything since the last exam (i.e., there are no comprehensive exams). Under extreme circumstances, I will allow make-up exams if the student has a legitimate, university-appropriate reason for missing the exam. Please contact me via email ASAP if you find yourself in this situation. As you can imagine, it would be rather difficult to miss multiple exams in a row and still perform well in the course. So please try to keep up and, if you do fall behind, let me know ASAP so that we can discuss your options. Exam points cannot be made up by completing other assignments.

Activity Participation/Projects (150 Points)

Throughout the semester, there will be two separate activities (75 points each). Documents in Blackboard under the "Activities" folder describe these in greater detail. Completed activities should be submitted through Blackboard as attachments by the due date. Failure to complete the activities by the deadline without a university-appropriate excuse will result in loss of points (5 points off per day late). Activity participation/project points cannot be made up by completing other assignments.

Activity 1: Family Health History Project (Due by Friday 10/8 at 5:00PM)

The goal of this project is for you to determine any trends in the types of illnesses that run in your family, what types of risk factors are associated with these illnesses, and what types of health behaviors may be able to reduce your risks.

Activity 2: Tiny Habits (Due by Friday 12/10 at 5:00PM)

The goal of this project is to provide insights into the process of behavior change.

Extra Credit (45 Points)

Roughly halfway through the semester, there will be opportunities for extra credit. Specifically, to earn extra credit you will be asked to read and critique three health-related research articles (each worth 15 points). Articles will be chosen by you but should be empirical and peer-reviewed (i.e., should come from Google Scholar or the UT library databases). Article critiques must be at least 2 pages long. Critiques typically consist of a short summary of the article, presentation of the research question, and a discussion of the adequacy of the researchers' sample, methodology, results, and interpretation. More information about extra credit will be provided during lecture.

Grading Policy

You earn points in the class as follows:

Assignment	Total Points Possible
Attendance	100 (18%)
Exams	300 (55%)
Activity Participation/Projects	150 (27%)
Total	550

Letter Grades

A	> 93%	B-	80-82%	D+	67-69%
A-	90-92%	C+	77-79%	D	63-66%
B+	87-89%	C	73-76%	D-	60-62%
B	83-86%	C-	70-72%	F	< 60%

Note that I only round grades that are X9.XX%. For example, if you finish the course with an 89.01%, I will round it to a 90%.

Technology

Blackboard

This course uses Blackboard (https://blackboard.utdl.edu) to house announcements, a copy of the syllabus, a link to the textbook, assignments, handouts, grades, and other interesting and useful resources. You should check it at least a few times per week.

If you encounter technical difficulties with Blackboard, contact the UT Online Help Desk at (419) 530-8835 or utdl@utoledo.edu. The Help Desk offers extended hours in the evenings and on weekends to assist students with technical problems. When calling after hours, leave a detailed message, including your Rocket Number and phone number, and an Online Learning staff member will respond on the next business day.

Technical questions related to on-campus Internet access, virtual labs, hardware, software, personal website hosting, and UTAD account management can be directed to UT's IT Help Desk at (419) 530-2400 or ithelpdesk@utoledo.edu.

Microsoft Office 365

We will be using Microsoft office products (e.g., Word, Excel, PowerPoint) frequently in the course. The University of Toledo provides a license to access Microsoft Office 365 to registered students for free. This cloud-based software ensures access to university email

as well as the latest versions of Word, Excel, PowerPoint, and more. To download Microsoft Office 365, go to https://www.utoledo.edu/it/office365/.

Classroom Etiquette

Communication
Communication with me is most reliable by email. Keep in mind that I am here to help and will respond to emails as quickly as possible (usually within 24 hours if not earlier). Please note that I will not respond to emails received after 5:00PM until the next morning (and emails over the weekend on Monday morning). If there are assignments that are due during or upon return of a holiday, please plan accordingly to work on assignments in a manner that will give you enough time to email me with questions and receive a response within a reasonable time frame before the assignment due date. You should check your university email daily for messages about the course. If you are having difficulty with the course concepts, please let me know so that I can review those topics in class or post explanations on Blackboard. If you find something confusing, others probably do too. Before you email me, please double-check the syllabus.

When you contact me, please address the email professionally. Begin your email with a greeting, state exactly what you need help with in a concise manner, then close the email with an appropriate signature.

Electronics
Laptops and other electronics should be used for note taking and participating in class only. Cell phones should be put away during class meetings. If you are using your laptop or other electronics for something other than class assignments, I will address the issue with you directly and in certain cases (e.g., Internet use is distracting others) I may ask you to leave the class. If you receive an emergency call, please leave the room quietly to take the phone call. It is important not to disrupt other students' learning environment.

Respect
Respect is a must in this course. Please respect me and your fellow classmates, their questions, their responses, their views, and personal attitudes. Some course materials are presented to get you thinking about how you would respond, react, and/or your attitudes about various sensitive subjects/situations. I expect you all to participate during class.

Food
Due to COVID-19, eating in class is not permittable. I understand that you may want to eat during class; hectic schedules can make it difficult to find time to eat and sometimes a coffee or snack can be helpful for staying awake or simply staying fueled during the day. If

you must eat during the class period, please step outside or into the hall quietly.

Student Resources

Academic Honesty

Cheating will not be tolerated. The first instance of cheating will result in a zero (0) for the assignment or exam and a note in your college file. A second instance will result in an F grade for the course and a note in your college file. A low grade that results from cheating will not be deleted if you retake the course for a higher grade. Cheating includes (but is not limited to) ***use of non-permitted resources*** for exams or assignments (e.g., passing off someone else's work as your own). Plagiarism (use of another person's words without citing a reference to assign credit to them) is also cheating; always use your own words in all assignments. See the university's policy on academic honesty.

If you have questions as to what counts as plagiarism, there are resources online that can help clarify or you can ask me. If you're unsure if something is plagiarism, it would be in your best interest to check before turning in an assignment to avoid receiving a 0 for unintentional plagiarism.

- Plagiarism (use of another person's words without citing a reference to assign credit to them) is cheating; always use your own words in all assignments. Copying and pasting large paragraphs from someone else's work can still be considered plagiarism even if you put quotes around it and cite them.

- Submitting the work of another student (past or present) who has taken this course as your own is also a form of plagiarism and is considered cheating. Using a past or present student's work as the basis for your own work is also considered cheating. I understand that it can be confusing as to what exactly counts as plagiarism when it comes to citing other's work. We will discuss this more in class.

Academic Accommodations for Students with Disabilities

Please read The University's Policy Statement on Nondiscrimination on the Basis of Disability Americans with Disability Act Compliance.

The University of Toledo is committed to providing equal opportunity and access to educational experiences through the provision of reasonable accommodations. For students who have an accommodations memo from Student Disability Services, correspond with me as soon as possible to discuss your disability-related accommodation needs for this course. For students not registered with Student Disability Services who would like

information regarding eligibility for academic accommodations due to barriers associated with a potential disability, please contact the Student Disability Services Office.

Resources Related to Sexual or Gender-based Violence and Harassment
The University of Toledo cares greatly about the health and well-being of our students, staff, and faculty, and takes all sexual or gender-based violence and harassment very seriously. If you have experienced sexual assault, sexual harassment, intimate partner violence, and/or stalking and want a confidential place to obtain support and information, please contact the Center for Student Advocacy and Wellness on the main campus in Health and Human Services Room 3017. You can call 419.530.2497 during regular business hours and 419.530.3431 for 24-hour assistance from a trained advocate. In-person, walk-in appointments are also available Monday-Thursday from 8:30AM to 5:00PM. The Center for Student Advocacy and Wellness provides free and confidential advocacy and counseling services to students, faculty, and staff. The YWCA H.O.P.E. Center also can be accessed as an off-campus confidential resource at 419.241.7273. Faculty, teaching assistants, and other university employees are mandated reporters of any incidents of sexual or gender-based violence or harassment. Thus, any disclosures of sexual or gender-based violence or harassment on or off campus made to faculty or teaching assistants, or other university employees must be forwarded to the Title IX Coordinator. The Title IX Office will then contact you regarding your rights, your option to participate in the investigation, interim safety measures and/or academic accommodations, and the need to proceed with an investigation (even if none is requested). Your participation in the process is voluntary. You may call 419.530.3152 to file a complaint or visit the following website for more information and resources: http://www.utoledo.edu/title-ix/. Policies relating to Title IX can be found at: http://www.utoledo.edu/title-ix/policies.html.

eTutoring Services
The Ohio eTutoring Collaborative, in partnership with The University of Toledo, now provides online tutoring support for all UT students. eTutoring Services are offered in a wide array of subjects including Writing, Math, Calculus, Statistics, Accounting, Biology, Chemistry, and Anatomy and Physiology.
Learn more at Etutoring

Counseling Center
Completing a course in psychology may result in more awareness of mental health issues. The Counseling Center is the university's primary facility for personal counseling, psychotherapy, and psychological outreach and consultation services. The Counseling Center staff provides counseling (individual and group), mental health and wellness programming, and crisis intervention services to help students cope with the demands of college and to facilitate the development of life adjustment strategies.

The Writing Center
Although successful completion of this course does not require a research paper, you may benefit from additional academic writing support. The Writing Center provides tutoring for writers in all disciplines working on various types of writing projects.

Tentative Course Schedule
(Subject to change based on announcements)

Week	Day	Topics	Readings	Assignments
1	8/30	Introducing Health Psychology	Ch. 1	
	9/1		Cohen article	
2	9/6	No Class – Labor Day	Ch. 2	
	9/8	Conducting Health Research		
3	9/13	Seeking and Receiving Health Care	Ch. 3	**Exam 1**
	9/15			
4	9/20	Adhering to Healthy Behavior	Ch. 4	
	9/22		Stone et al. article	
5	9/27	Defining, Measuring, Managing Stress	Ch. 5	
	9/29			**Exam 2**
6	10/4	Understanding Stress, Immunity, Disease	Ch. 6	**Activity 1** due by 10/8 at 5:00PM
	10/6			
7	10/11	Understanding and Managing Pain	Ch. 7	
	10/13		Kiecolt-Glaser et al. article	
8	10/18	Considering Alternative Approaches	Ch. 8	**Exam 3**
	10/20			
9	10/25	Behavioral Factors in Cardio Disease	Ch. 9	
	10/27		Schier et al. article	
10	11/1	Behavioral Factors in Cancer	Ch. 10	
	11/3			
11	11/8	Living with Chronic Illness	Ch. 11	**Exam 4**
	11/10		Helgeson et al. article	
12	11/15	Smoking Tobacco	Ch. 12	
	11/17			
13	11/22	Using Alcohol and Other Drugs	Ch. 13	**Exam 5**
	11/24	No Class – Thanksgiving Break		
14	11/29	Eating and Weight	Ch. 14	
	12/1			
15	12/6	Exercise	Ch. 15	**Activity 2** due by 12/10 at 5:00PM
	12/8		Pischke et al. article	
16	12/13	**Finals week**		**Exam 6**