

Health/Medical Psychology 393

Instructor: Sinead N. Younge Ph.D.

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Office: Nabrit, Mapp, McBay Rm. 227B

Office Hours: T/Th 1:15-2:15p & By Appointment

Course Meeting Time: T/Th 2:25-3:40p

Office Phone: (404) 653-7926

Course Description:

This course is intended to familiarize students with the discipline of health psychology and the role of the health psychologist. Students will gain an understanding of the impact of psychological factors on health and illness. Such an understanding will be gained from using a biopsychosocial and cross-cultural perspective to examine prevention, etiology, diagnosis, and treatment of illness, stress and health, coping strategies, health care systems, as well as health policy formation and implementation. *Prerequisite:* Psychology 101 or permission of instructor. Three hours.

Health Psychology, APA Division 38: *"The American Psychological Association's (APA) Division of Health Psychology was established to facilitate collaboration among psychologists and other health science and health care professionals interested in the psychological and behavioral aspects of physical and mental health."* (www.health-psych.org).

Course Objectives:

This course is designed to give you an overview of the health psychology field. The course objectives are:

- Articulate how health psychology differs from other areas of psychology
- Identify how a biopsychosocial perspective can be used to solve health problems
- Recognize how different research methods can be used in health psychology
- Describe the concept of health disparities

Required Text:

Health Psychology, 8th ed., by Shelley Taylor, published by McGraw-Hill.

Course Website:

Information for the course will be placed on <http://healthmedpsychology.pbworks.com/>. The course website is a helpful resource for our class to post important information over the course of the semester (i.e. syllabus, assignments, exam information, supplemental readings etc). It is the student's responsibility to access and check the website regularly.

Submitting Assignments:

Assignment will be submitted on WEBCT. An assignment submitted after the specified due date is considered late (with the exception of an excused absence). Assignments will be **deducted 10%** for every day that it is late.

Office of Disability Services (ODS):

Morehouse College is committed to equal opportunity in education for all students, including those with documented disabilities. Students with disabilities or those who suspect they have a disability must register with the "ODS" in order to receive accommodations. Students currently registered with the ODS are required to present their Disability Services Accommodation Letter to faculty immediately upon receiving the accommodation. If you have any questions, contact the Office of Disability Services, 104 Sale Hall Annex (404) 215-2636

Rev. 9/12

Class Attendance:

Class attendance is required of all students at Morehouse College. Each student is allowed as many unexcused absences as credit hours for the course. For example, a student is allowed three unexcused absences for a three-credit-hour class. A student is expected to attend all classes and not absent himself without adequate cause. **It is the responsibility of the student (NOT THE INSTRUCTOR) to make up scheduled work MISSED because of officially EXCUSED class absences.** Absences from unannounced tests and other assignments may be made up at the discretion of the instructor. The instructor must report any student who exceeds the maximum number of unexcused absences. Students who exceed the maximum number of unexcused absences may be administratively dropped from the course or receive a failing grade in the course.

Class Excuse Policy:

Morehouse College expects each student to attend scheduled classes on a routine basis and to be punctual. However, in cases of a family emergency, medical excuse, official school business, military obligation, bereavement, court appearance, and conference with dean/faculty/staff, the Vice President of Students services or his designee may provide verification of all official class excuses. Valid written documentation must be submitted to justify class absences within five (5) calendar days of the class absence.

Contacting the Instructor: During non-office hours, the best way to contact the instructor is by e-mail (**always include your name and course number in the subject line**). Emails will be responded to within 12 to 24 hours Monday through Friday. Emails sent after regular business hours may be responded to the next business day (please keep this in mind during examination time).

Code of Conduct:

Academic dishonesty will not be tolerated. Academic dishonesty involves submitting work that is not a product of your own effort. Some examples of cheating are; copying from others, crib notes, and plagiarism (the misrepresentation of the ideas or words of another as one's own). At my discretion, cheating will be punishable by either an "F" for the assignment or an "F" in the course. Further details about cheating are available in the College Handbook.

Grading

- 5% = Community Service Hours
- 10% = Biweekly Reports (7 Total)
- 15% = Quizzes
- 20% = Assignments
- 20% = Final Paper
- 30% = Exams

Final Grade (in percentages):

A+ 96–100	A 93 – 95	A- 90 – 92
B+ 86–89	B 83 - 85	B- 80 – 82
C+ 76–79	C 73 – 75	C- 70 – 72
D+ 66–69	D 63 – 65	D-60 – 62

*Tentative Schedule

Date	Topic	Reading	Assignment
8/22/13	Course Introduction		
8/27/13 & 8/29/13	What is health psychology?	Chapter 1	Homework #1 Due
9/3/13 & 9/5/13	Knives and Forks Documentary		
9/10/13 & 9/12/13	Heart Disease, Hypertension, Stroke and Type II Diabetes	Chapter 14	Homework #2 Due
9/17/13 & 9/19/13	Specific Health Related Behaviors	Chapter 4	Homework #3 Due
9/24/13 & 9/26/13	Health Compromising Behaviors	Chapter 5	Homework #4 Due
10/1/13 & 10/3/13	EXAM I		
10/8/13 & 10/10/13	Stress	Chapter 6	Homework #5 Due
10/15/13 & 10/17/13	Moderators of Stress	Chapter 7	Homework #6 Due
10/22/13 & 10/24/13	Patient-Provider Relations	Chapter 8/9	Homework #7 Due
10/29/13 & 10/31/13	The management of pain	Chapter 10	Homework #8 Due
11/5/13 & 11/7/13	EXAM II		
11/12/13 & 11/14/13	Chronic and Terminal Illness	Chapter 11	Homework #9
11/19/13 & 11/21/13	Psychoneuroimmunology	Chapter 14	
11/26/13	HIV/AIDS	Chapter 14	Homework #10 Due
11/28/13	Thanks Giving-No Class		
12/3/13	Last Day of Class	TBD	