

## PSY333H5F - Health Psychology

Thursday 12:00pm – 3:00pm

Room Location: IB 250 (Instructional Building)

### Contact Information

**Professor Judith Andersen**

e-mail: [judith.andersen@utoronto.ca](mailto:judith.andersen@utoronto.ca)

**Office Hours: Wednesdays 3:15-4:15pm**

**Location: Deerfield Hall 4032**

**Teaching Assistant:**

**Jennifer Chan**

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### Course Description

This course provides an overview of health psychology. Students will learn about the biological and psychological mechanisms by which stress and social experiences get ‘under the skin’ and influence health across the life span. Students will learn about theoretical and applied topics in health psychology such as: the interaction between mental and physical health; health promotion and disease prevention research; health compromising and enhancing behaviors; stress management; chronic disease; pain management; social inequality and group disparities in healthcare; the impact of severe stress on health, and the future of health psychology.

We will examine how the major theories of health promotion and disease prevention address health disparities and disease incidence. An aim of the course is for you to become an active agent of change to better your own health, and navigate the healthcare system in general. Critical thinking, as well as mastery of the material, is a goal of this course.

### Required Course Material

1. Health Psychology 5<sup>th</sup> Ed. Sage Publications. Special edition available at bookstore ISBN: 9781544399478, Authors: Marks, D., Murray, M., & Vida Estacio, E.
2. An Unquiet Mind. A Memoir of Moods and Madness. Kay R. Jamison. Vintage Books, 1996.
3. Articles posted on Quercus by the Professor

### Course Evaluation

Quizzes	20%
Jamison Essay Test	25%
Midterm Test	30%
Final Term Test	25%
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Total	100%

**Quizzes:** To receive credit, quizzes must be completed **before** coming to class. You have the entire week to complete the quiz. There will be 10 quizzes in total. Each quiz covers material covered the week before. Quizzes can be accessed on your Quercus account <http://q.utoronto.ca>. The first quiz is due before class on September 12<sup>th</sup> covering the material reviewed on September 5<sup>th</sup>.

**Jamison Essay Test:** Read the Jamison book listed above in the textbook section and come to class prepared to answer 5 multi-part essay questions based on the book. The learning objective is to understand a.) the interaction between mental and physical health as indicated by the thoughts, feelings and behavior of Dr. Jamison b.) how medication for mental illness may impact things like physical health, well-being, quality of life, ability to function c.) Warning signs and risk factors for mental illness as well as indicators of resilience (as exemplified by Dr. Jamison's life) d.) Indications of how typical mood fluctuations differ from clinical medical diagnoses and may become life threatening e.) factors that contribute to the stigmatization and de-stigmatization of mental illness.

**Tests (MIDTERM and FINAL TEST):** The midterm and final test will both consist of 100 questions. There will be short essay questions on each test. The tests will consist of questions in at least two different formats. For example, questions may include multiple choice, short answer, fill in the blank and diagrams. It is at the professor's discretion to choose the types of questions on each exam. The topics covered on the exams are taken from the in-class lecture slides, class discussion and assigned readings. The professor or TA will not provide you with material that was covered in class if you do not attend class. You must attend class to learn about class material because you will be tested on it.

**\*\*IMPORTANT:** If you believe that one or more of the questions on your tests were graded incorrectly you must do the following procedure. 1). Meet with the TA to review your test. No tests are handed back but you will be able to see all test questions and answers in the TAs office. If you still believe, after speaking with the TA that a question was misgraded, you need to write a paragraph as to why you believe that is the case and support your case with material from the textbook or class material. Once you have written that paragraph you may meet with the professor to review your case. **The professor NEVER changes grades simply by request.** The professor never changes grades without reviewing each case in the above manner.

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## Course Webpage

The website associated with this course is accessible via <http://q.utoronto.ca>

**Note:** You don't need to create a new login for Quercus; it already knows who you are. You just need your UTORid and password. This is the same login that gets you onto the wireless network with your laptop, and the same one that you use to check your email. If you're confused about your UTORid or don't remember your password, go to: <https://www.utorid.utoronto.ca/>

In order to access course material, monitor course information, and view your grades you must log into Quercus. If you have any general questions regarding Quercus, please visit the following help site: <https://q.utoronto.ca/courses/46670/pages/student-quercus-guide>

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## IMPORTANT COURSE POLICIES \*\*PLEASE READ\*\*

### Missed Test Special Consideration Request Process

Students who miss a test due to circumstances beyond their control (e.g. illness or an accident) can request that the Department grant them special consideration. Students must present their case to the Department (NOT the Instructor) by submitting a request via the online Special Consideration Request form at: <https://utmapp.utm.utoronto.ca/SpecialRequest>.

Students are to submit original supporting documentation (e.g., medical certificates, verification of extenuating circumstances form, etc.) to the Psychology Academic Counselor or drop it in the drop box located outside the Psychology office, Deerfield Hall, 4th Floor. Students have up-to one week from the date of the missed test to submit request. Late submissions will NOT be considered without a letter of explanation specifying and documenting the reasons for the lateness.

Medical certificates or physician's notes must be completed by the Physician and MUST include the statement "This Student [name] was unable to write the test on [date(s)] for medical reasons". This documentation must show that the physician was consulted within one the day of the missed term test. A statement merely acknowledging a report of illness

made by the student to the physician is NOT acceptable. For further information on this procedure please see: <http://www.utm.utoronto.ca/psychology/undergraduate-studies/missed-testslate-submissions>

If you missed your test/assignment deadline for a reason connected to your registered disability, please be advised that the department will accept documentation supplied by the UTM AccessAbility Resource Centre.

**IMPORTANT:** The Department of Psychology verifies the authenticity of medical certificates by contacting medical offices. Students are NOT to make any changes or alteration to completed medical certificates. Students who submit forged or altered documentation are subject to severe academic penalties.

If your request is approved by the department, a make-up test will be offered. You will receive an email when a make-up date has been arranged. The department will try to give 2-3 days notice of make-up date, however this is sometimes not possible. **Be prepared for the make-up.**

### **Extension of Time Special Consideration Request Process**

Students who seek to be granted more time to complete their term work beyond the due date without penalty, owing to circumstances beyond their control (e.g., illness, or an accident), must do so by submitting a request directly to the Instructor for the period up to and including the last day of the term. The decision as to whether or not to apply a penalty for the specified period rests with the Instructor.

Students who seek to be granted more time to complete term work beyond the last day of the term must submit their request directly to the Department. This request covers the period following the last day of classes and ends the last day of the exam period. This is done by submitting a request via the online Special Consideration Request form at <https://utmapp.utm.utoronto.ca/SpecialRequest>. **You are advised to seek advising by the departmental Undergraduate Counsellor prior to the deadline.**

Original supporting documentation (e.g., medical certificates, verification of extenuating circumstances form, etc.) must be submitted to the Psychology Academic Counselor or dropped off in the drop box located outside the Psychology office Deerfield Hall, 4th Floor. Students are expected to submit requests to the Department before the last day of the term, unless demonstrably serious reasons prevent them from doing so. In the event of an illness, medical certificates or doctor's notes must confirm that student was ill on the due date of the assignment (for a one-day extension). For a longer extension, documentation must specify the full duration during which academic work could not be carried out.

For extensions of time beyond the examination period you must submit a petition through the Office of the Registrar. <http://www.utm.utoronto.ca/registrar/current-students/petitions>

### **Penalties for Lateness**

A penalty of 10% per calendar day (i.e., including week-ends and holidays, during which students are not able to submit term work) up to and including the last day of classes, will be applied by the Instructor. After the last day of classes, the penalty of 10% per calendar day will be applied by the Undergraduate Counsellor on behalf of the Department. No penalty will be assigned if request for special consideration, described above, was successful.

### **Academic Guidelines**

It is your responsibility to ensure that you have met all prerequisites listed in the UTM Calendar for this course. If you lack any prerequisites you WILL BE REMOVED from the course up until the last day to add a course. Further information about academic regulations, course withdrawal dates and credits can be found in the University of Toronto Mississauga Calendar at: <http://www.erin.utoronto.ca/regcal/>.

You are encouraged to read this material. If you run into trouble and need advice about studying, preparing for exams, note taking or time management, free workshops and advice are available from the Robert Gillespie Academic Skills Centre at 905-828-5406.

## AccessAbility Services

Students requiring academic accommodations for learning, physical, sensory, or mental health disabilities or medical conditions should contact the AccessAbility Office (2037B Davis Building), 905-828-3847.

<http://www.utm.utoronto.ca/accessability/>

## Academic Honesty and Plagiarism

Honesty and fairness are considered fundamental to the university's mission, and, as a result, all those who violate those principles are dealt with as if they were damaging the integrity of the university itself. When students are suspected of cheating or a similar academic offence, they are typically surprised at how formally and seriously the matter is dealt with -- and how severe the consequences can be if it is determined that cheating did occur. The University of Toronto treats cases of cheating and plagiarism very seriously. Please take the time to review the Academic Integrity website:

<http://www.utm.utoronto.ca/academic-integrity/students.>

- Common trends in academic offences:
- Plagiarizing/concocted references
- Collaboration/unauthorized assistance
- Purchasing work
- Recycling work - "double-dipping"
- Resubmitting of altered work for re-grading
- Electronic devices (cell phones) or any unauthorized aids
- Altering medical certificates and UofT documents

From the Code of Behaviour on Academic Matters: "It shall be an offence for a student to knowingly: represent as one's own any idea or expression of an idea or work of another in any academic examination or term test or in connection with any other form of academic work, i.e. to commit plagiarism. Wherever in the Code an offence is described as depending on "knowing", the offence shall likewise be deemed to have been committed if the person ought reasonably to have known." All students must refer to this website to obtain information on what constitutes plagiarism.

<http://www.writing.utoronto.ca/advice/using-sources/how-not-to-plagiarize.>

If questions arise after reading the material on the website, consult your instructor.

**Plagiarism will not be tolerated.**

## Equity Statement

The University of Toronto is committed to equity and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect. As a course instructor, I will neither condone nor tolerate behaviour that undermines the dignity or self-esteem of any individual in this course and wish to be alerted to any attempt to create an intimidating or hostile environment. It is our collective responsibility to create a space that is inclusive and welcomes discussion. Discrimination, harassment and hate speech will not be tolerated. If you have any questions, comments, or concerns you may contact the UTM Equity and Diversity officer at [edo.utm@utoronto.ca](mailto:edo.utm@utoronto.ca) or the University of Toronto Mississauga Students' Union Vice President Equity at [vpequity@utmsu.ca](mailto:vpequity@utmsu.ca).

## Academic Rights

You, as a student at UTM, have the right to:

- Receive a syllabus by the first day of class.
- Rely upon a syllabus once a course is started. An instructor may only change marks' assignments by following the University Assessment and Grading Practices Policy provision 1.3.
- Refuse to use turnitin.com (you must be offered an alternative form of submission).
- Have access to your instructor for consultation during a course or follow up with the department chair if the instructor is unavailable.
- Ask the person who marked your term work for a re-evaluation if you feel it was not fairly graded. You have up to one month from the date of return of the item to inquire about the mark. If you are not satisfied with a

re-evaluation, you may appeal to the instructor in charge of the course if the instructor did not mark the work. If your work is remarked, you must accept the resulting mark. You may only appeal a mark beyond the instructor if the term work was worth at least 20% of the course mark.

- Receive at least one significant mark (15% for H courses, 25% for Y courses) before the last day you can drop a course for H courses, and the last day of classes in the first week of January for Y courses taught in the Fall/Winter terms.
- Submit handwritten essays so long as they are neatly written.
- Have no assignment worth 100% of your final grade.
- Not have a term test worth 25% or more in the last two weeks of class.
- Retain intellectual property rights to your research.
- Receive all your assignments once graded.
- View your final exams. To see a final exam, you must submit an online Exam Reproduction Request within 6 months of the exam. There is a small non-refundable fee.
- Privacy of your final grades.
- Arrange for representation from Downtown Legal Services (DLS), a representative from the UTM Students' Union (UTMSU), and/or other forms of support if you are charged with an academic offence.

**Please note that this outline is subject to change depending on the needs of the class (we may need additional time to cover a topic). Any changes to the syllabus will be announced in class one week before. However, the assignment and test dates are fixed. COME TO CLASS HAVING READ THE CHAPTER(S) ASSIGNED THAT WEEK.**

## Course Outline

Dates: 2019	Topic	Readings and Assignments
Week 1: Sept 5 <sup>th</sup>	What is Health Psychology? How does stress get 'under our skin'	Stress: Portrait of a Killer <a href="https://www.youtube.com/watch?v=eYG0ZuTv5rs">https://www.youtube.com/watch?v=eYG0ZuTv5rs</a>
Week 2: Sept 12 <sup>th</sup>	The, Nervous , Endocrine, and Immune Systems	Read Marks textbook chapter on 'The Nervous, Endocrine and Immune Systems, and Principle of Homeostasis'
Week 3: Sept 19 <sup>th</sup>	Social Justice and Macro Social Influences	Read Marks textbook chapters on 'Macro-social Influences and the chapter on Social Justice'
Week 4: Sept 26 <sup>th</sup>	Stress and Communication: Resolving Conflict and De-escalating During Stress	Read article posted on Quercus "The Unease Modulation Model"
Week 5: Oct 3 <sup>rd</sup>	Food, Eating and Obesity, Physical Exercise and Chronic Illness	Read Marks textbook chapter on 'Food, Diets and Obesity and the chapter on Physical Activity and Exercise'
<b>Week 6: Oct 10<sup>th</sup></b>	<b>MIDTERM TEST</b>	<b>You have 2 hours to complete the test beginning at 12:10 pm. The last hour of class will be a discussion of the Jamison text</b>
Week 7: Oct 17 <sup>th</sup>	Reading Week	NO CLASS *Reminder to read the Jamison Book
Week 8: Oct 24 <sup>th</sup>	Intersection between Mental and Physical Health	Read Marks textbook chapter on 'Chronic Conditions'
Week 9: Oct 31 <sup>st</sup>	<b>Jamison Essay Test</b>	<b>You have 2 hours to complete the test beginning at 12:10 pm. The last hour of class will be a discussion of the application of the Unease Modulation Model (see paper on Quercus)</b>
Week 10: Nov 7 <sup>th</sup>	Pain and Pain Control	Read Marks textbook chapter on 'Pain and Pain Control'
Week 11: Nov 14 <sup>th</sup>	Health Promotion	Read Marks textbook chapter on 'Health Promotion'
Week 12: Nov 21 <sup>st</sup>	Genetics and Epigenetics	Read Marks textbook chapter on 'Genetics, Epigenetics, and Life Span Development'
<b>Week 13: Nov 28<sup>th</sup></b>	<b>Final Term Test</b>	<b>You have the entire class period to complete this test. The final test is not cumulative. It covers only the material following the Midterm test. HOWEVER, biological components (i.e. immune, disease/diabetes) learned during the first half of the semester (pre-midterm) are relevant if they explain concepts covered during the second half of the course (post-midterm).</b>