

PSY333H5F – Health Psychology

Delivery Method: **IN-PERSON**

Schedule: **WED 3:00pm – 6:00pm**

Room Location: **IB150 (Instructional Centre)**

Contact Information

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Office Hours: Thursdays, 1-2PM

Office Location:

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Email policy: Emailing your instructors: As your first contact on matters regarding accessibility concerns, comments or concerns about the class, or related matters, you can email the instructor at jenniferf.chan@utoronto.ca.

We are also happy to review material and clarify content in office hours. E-mail should not be seen as an alternative to attending office hours with your TA or instructor, and questions that could benefit others should be asked in class. When emailing us, please include “PSY333” and the topic of your email in the subject line. We will try to respond to all emails within 2 business days (the professor is not available on the weekends). Please note that emails sent through Quercus are sometimes delayed by a day or two before the TA or professor has access to them. All email must come from an official utoronto.ca account.

Course Description

This course provides an overview of health psychology. Students will learn about the biological and psychological mechanisms by which stress, the environment 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 and wellness interventions; chronic disease; pain management; social inequality and group disparities in healthcare; the impact of severe stress on health; stigma and discrimination in health policy and healthcare in general; epigenetics, careers in health psychology and the future of health psychology. Students will learn about different types of research study designs used in psychological research and 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, examine how to talk to others about health and the healthcare system in Canada. Critical thinking, as well as mastery of the material, are goals of this course.

Required Course Material

1. Health Psychology 5th Ed. Sage Publications. Special e-book edition available at bookstore ISBN: 9781544399478, Authors: Marks, D., Murray, M., & Vida Estacio, E.
2. Articles posted on Quercus by the Instructor

Learning Objectives

By the end of this course, students should be able to:

1. Identify and distinguish anatomical, cellular, and functional features of the Autonomic Nervous System (ANS), the Hypothalamic-Pituitary-Adrenal (HPA) axis, and parts of the immune system.
2. Describe research demonstrating how inflammation, depression, visceral fat, and pain are related.
3. Describe how inflammation enhances cardiovascular disease, diabetes, and obesity.
4. Explain how social inequality, social rank and economic factors contribute to health and disease
5. Identify and analyze how discrimination, stigma and racism contribute to health risk and inequality.
6. Identify and distinguish between research study designs in health psychology (e.g., Correlation vs Controlled Experiment, Cross-sectional vs Longitudinal).
7. Analyze how health psychology research findings are interpreted and communicated to broad audiences.
8. Use scientific sources to critically evaluate health behavior change interventions. What works and what doesn't?
9. Connect foundational principles of health psychology to modern-day, real-world applications.

Course Evaluation

Weekly Quizzes	10%
Paper	30%
Midterm Test	35%
Final Term Test	25%
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Total	100%

Quizzes: Open book quizzes following each lecture will be posted on Quercus (Quiz schedule below in the course outline). The quiz will be available for you to complete any time between the lectures of it's associated week, but once you begin the quiz, you will have 15 minutes to complete it. There will be 8 quizzes in total. The quizzes will be multiple choice or short answer. Each quiz covers material that was prepared for in the previous week of classes on the day the quiz is assigned.

Paper: For this paper, you will take the role of a health psychologist. You will develop a detailed case study of a patient who has come to you for treatment. Included in this report will be a description of the patient's biopsychosocial profile, their health behavior risks, co-morbid medical diseases and any other variables relevant to their health. You will include a treatment plan for this patient. Your treatment plan will be based on empirical research cited from at least 2 empirical research articles and targets at least 1 related biological mechanism discussed in class. You are required to turn in least two of the empirical articles you used when writing the paper. You may find it helpful to interview a real person for this project but their identity must be kept confidential (ex. change their name and other details). A full outline rubric with the specific formatting requirements will be available Quercus. The paper will be in APA format and between 7-10 pages (double spaced) in length, not including the required cover page or references. A rubric with the specific formatting requirements will be available Quercus. **The paper is due November 25th, 2022 at 5pm.**

Tests (MIDTERM and FINAL TEST): The midterm and final test may consist of short answer, multiple choice, essay, matching or fill in the blank questions. It is at the instructor's discretion to choose the types of questions on each test. The topics covered on the tests are taken from the in-class lecture slides, tutorial sessions, class discussion and assigned readings/videos. The midterm test will cover material from class up to that date. The final test is cumulative and will cover material from all classes and tutorials. Both tests will be in person, during class time (see class schedule below).

****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. If you still believe, after speaking with the TA that a question was mis-graded, 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 instructor does not change grades simply by request.**

Bonus Assignment: There is an opportunity to receive an additional **2% on the final test**. This can be done one of two ways, with your choice to either:

1. **Participate in a health psychology research study** on mental and physical health
 - a. Involves a 15-minute survey, and non-invasive heart rate (wireless heart rate chest band) and saliva measures in response to receiving your flu shot. Advanced signup required.
2. **Write a 2-page** (double spaced, not including references) **research article** on Flu shot vaccine uptake in Canada
 - a. Identify rates of flu shot uptake in Canada, and demographic groups with the lowest uptakes
 - b. Incorporating themes from class, include discussions such as factors impacting whether someone receives a flu shot (e.g., COVID-19, biopsychosocial, socioeconomic, accessibility).
 - i. <https://www.canada.ca/en/public-health/services/provincial-territorial-immunization-information/public-funding-influenza-vaccination-province-territory.html>
 - c. Describe a recommendation (supported by empirical evidence) that would be relevant and realistic to improve uptake in the identified demographic group with lower uptake rates. This could include (but not limited to) a health promotion campaign, government policy, or a specific type of advertisement.

Further details will be discussed in class. **Completion of either of these activities must be done by the last day of classes (December 8th) to be eligible to receive the bonus.**

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 [help site](#).

Student Tech Requirements and Connection Tools

- [Recommended tech requirements for online learning](#)
- [UTM Library Learn Anywhere resource website](#)

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>.

Important note: If you sit down and receive a test, you will **NOT** be able to receive special consideration. 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.

Supporting Documentation

The University is temporarily suspending the need for a doctor's note or medical certificate for any absence from academic participation. However, you are required to use the Absence Declaration tool on ACORN found in the Profile and Settings menu to formally declare an absence from academic participation. The tool is to be used if you require consideration for missed academic work based on the procedures specific to our campus/department.

Missed Final Exam or Extension of Time beyond exam period

Missed final exams or for extensions of time beyond the examination period you must submit a petition through the Office of the Registrar and follow their procedures.

Penalties for Lateness

A penalty of 10% per calendar day (i.e., including weekends 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.

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

The University provides academic accommodations for students with disabilities in accordance with the terms of the Ontario Human Rights Code. This occurs through a collaborative process that acknowledges a collective obligation to develop an accessible learning environment that both meets the needs of students and preserves the essential academic requirements of the University's courses and programs. 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.

Academic Honesty and Plagiarism

Academic integrity is essential to the pursuit of learning and scholarship in a university, and to ensuring that a degree from the University of Toronto Mississauga is a strong signal of each student's individual academic achievement. As a result, UTM treats cases of cheating and plagiarism very seriously.

The University of Toronto's Code of Behaviour on Academic Matters outlines behaviours that constitute academic dishonesty and the process for addressing academic offences. Potential offences include, but are not limited to:

In papers and assignments:

1. Using someone else's ideas or words without appropriate acknowledgement.
2. Submitting your own work in more than one course without the permission of the instructor.
3. Making up sources or facts.
4. Obtaining or providing unauthorized assistance on any assignment.

On tests and exams:

1. Using or possessing unauthorized aids.
2. Looking at someone else's answers during an exam or test.
3. Misrepresenting your identity.

In academic work:

1. Falsifying institutional documents or grades.
2. Falsifying or altering any documentation required, including (but not limited to) doctor's notes.

With regard to remote learning and online courses, UTM wishes to remind students that they are expected to adhere to **the Code of Behaviour on Academic Matters** regardless of the course delivery method. By offering students the opportunity to learn remotely, UTM expects that students will maintain the same academic honesty and integrity that they would in a classroom setting. Potential academic offences in a digital context include, but are not limited to:

Remote assessments:

1. Accessing unauthorized resources (search engines, chat rooms, Reddit, etc.) for assessments.
2. Using technological aids (e.g. software) beyond what is listed as permitted in an assessment.
3. Posting test, essay, or exam questions to message boards or social media.
4. Creating, accessing, and sharing assessment questions and answers in virtual "course groups."
5. Working collaboratively, in-person or online, with others on assessments that are expected to be completed individually.

All suspected cases of academic dishonesty will be investigated following procedures outlined in the Code of Behaviour on Academic Matters. If you have questions or concerns about what constitutes appropriate academic behaviour or appropriate research and citation methods, you are expected to seek out additional information on academic integrity from your instructor or from other institutional resources.

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 more than 25% 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.

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 or the University of Toronto Mississauga Students' Union Vice President Equity at vpequity@utmsu.ca.

Course Outline

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.

Dates: 2022	Topic	Suggested Readings
Week 1: Sept 14 th	What is Health Psychology?	<p>READ: Marks textbook chapter on 'Health Psychology: An Introduction'</p> <p>OPTIONAL READ: Marks textbook chapter on 'An A-Z of Research Methods and Issues Relevant to Health Psychology'</p> <p>Quiz 1 opens on Quercus at 6PM</p>
Week 2: Sept 21 st	The Nervous System, the Endocrine System, and the Principle of Homeostasis	<p>QUIZ 1 on Quercus Due at 3PM</p> <p>READ: Marks textbook chapter on 'The Nervous, Endocrine and Immune Systems'</p> <p>WATCH: Stress: Portrait of a Killer https://www.youtube.com/watch?v=eYG0ZuTv5rs</p> <p>Quiz 2 opens on Quercus at 6PM</p>
Week 3: Sept 28 th	Introduction to Theories, Models, and Interventions for Behaviour Change, and Applications	<p>QUIZ 2 on Quercus Due at 3PM</p> <p>READ: Marks textbook chapter on 'Theories, Models and Interventions' and article posted on Quercus "The Unease Modulation Model"</p> <p>WATCH: https://youtu.be/stQ1DmWbwOU</p> <p>Quiz 3 opens on Quercus at 6PM</p>
Week 4: Oct 5 th	The Immune System and Gut Microbiome	<p>QUIZ 3 on Quercus Due at 3PM</p> <p>WATCH: Videos listed on Quercus (Immune and gut microbiome)</p> <p>READ: Articles on Quercus – Will be assigned a specific one in class to read</p> <p>Quiz 4 opens on Quercus at 6PM</p>
Week 5: Oct 12 th	READING WEEK	NO CLASS
Week 6: Oct 19 th	Equity, Diversity, and Inclusion in Healthcare and Research	<p>QUIZ 4 on Quercus Due at 3PM</p> <p>READ: Marks textbook chapters on 'Macro-Social</p>

		<p>Influences' and 'Social Justice'</p> <p>OPTIONAL WATCH: Inequality for All. Movie link is provided in Week 6 on Quercus</p>
Week 7: Oct 26 th	<u>MIDTERM TEST</u>	You have the entire class period to complete this test beginning at 3:10PM(IB150).
Week 8: Nov 2 nd	Epigenetics	<p>READ: Marks textbook chapter on 'Genetics, Epigenetics, and Early Life Development' and article on childhood adversity on Quercus</p> <p>Quiz 5 opens on Quercus at 6PM</p>
Week 9: Nov 9 th	Diet, Exercise, and Obesity	<p><u>QUIZ 5 on Quercus Due at 3PM</u></p> <p>READ: Marks textbook chapters on 'Food, Eating and Obesity' and 'Physical Activity and Exercise'</p> <p>Quiz 6 opens on Quercus at 6PM</p>
Week 10: Nov 16 th	Health Promotion, Information, and Communication in Disease Prevention	<p><u>QUIZ 6 on Quercus Due at 3PM</u></p> <p>READ: Marks textbook chapters on 'Health Promotion' and other articles on Quercus</p> <p>Quiz 7 opens on Quercus at 6PM</p>
Week 11: Nov 23 rd	Pain and Pain Control	<p><u>QUIZ 7 on Quercus Due at 3PM</u></p> <p>READ: Marks textbook chapter 'Pain and Pain Control'</p> <p>Quiz 8 opens on Quercus at 6PM</p>
November 25 th	<u>PAPER DUE</u>	Upload your paper and 2 research articles onto Quercus by 5pm today .
Week 12: Nov 30 th	End-of-Life Care. Dying and Death	<p><u>QUIZ 8 on Quercus Due at 3PM</u></p> <p>READ: Marks textbook chapter 'End-of Life Care, Dying, and Death'</p>
Week 13: Dec 7 th	<u>FINAL TERM TEST</u>	You have the entire class period to complete this test beginning at 3:10PM (IB150). The final test is cumulative, with a larger weight devoted to material after the midterm.
December 8 th	<u>BONUS ASSIGNMENT DUE</u>	Last day to complete one of the available bonus assignments to receive 2% bonus on Final Term Test