

**Health Psychology**  
PSY 367, Fall, 2020  
Grand Valley State University

Professor: **Amanda Dillard, Ph.D.**

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Virtual office hours: Monday and Wednesdays 1-3 pm, or by appointment; via Blackboard Collaborate

### **Course description**

Welcome to Health Psychology! Health Psychology is the application of psychological principles and research to the enhancement of health, and the prevention and treatment of illness. This course will introduce you to Health Psychology through examining current theories and empirical research in the field. We will examine health from a Biopsychosocial perspective, examining the interaction of biological, psychological, and social factors to understand contemporary health problems. After completing this course, you will have a comprehensive understanding of Health Psychology and how this field can be applied to prevent risky behaviors, treat illness and health problems, and promote health and well-being.

### **Required book**

Taylor, Shelley. (2018). *Health Psychology* (10<sup>th</sup> ed.). New York: McGraw Hill. (Connect is not required.)

### **Blackboard**

This is an online class. You need to be on Blackboard (BB) for this class. Make sure you have access to the BB website or contact the help desk. All materials (lectures, class activities, collaborative assignments) will be posted on BB. You will use BB to submit activities and assignments. In addition, all grades and any announcements will be posted on BB. You should be on BB every day that we have class – M,W, and F. Please check your grades on the website OFTEN. Contact me ASAP if you think an error has been made.

Because this is an online class, you will need:

- High-speed internet access
- Computer with sound card and speakers (in order to watch videos); operating system that meets current Blackboard browser requirements.
- Microsoft Word & a program that reads pdf file
- Video camera & microphone (built into computer or external); an iPad, iPhone, or Android device may suffice

### **Course evaluation procedure**

The total points for this class will be 350. You will be evaluated on 3 Tests (each worth 70 points; 210 points), 22 class exercises (each worth 5 points; 110 points), and 3 collaborative exercises (each worth 10 points; 30 points total).

Tests and your Final grade will use the following grading scale.

A	93-100%	C	73-76%
A-	90-92%	C-	70-72%
B+	87-89%	D+	67-69%
B	83-86%	D	62-66%
B-	80-82%	F	61% or lower
C+	77-79%		

### **Tests**

There will be 3 Tests during the semester, all which will be open-note, open-book. These Tests will be administered on BB and will be timed. Check the Course Schedule and *make sure* you will be available on the Test days as Tests have to be completed on these scheduled days. Tests will be non-cumulative, covering material from lecture, class activities, 2-3 book chapters, and additional readings as noted in the Course Schedule. Test questions will be a combination of multiple choice and essay.

### **Class activities**

There will be 22 class activities during the semester. Unless otherwise noted, these activities will always be due the following day by 9pm. For example, if an activity is assigned during Monday's lesson, you must submit the activity by 9pm Tuesday. You will submit the activities via BB. They are graded credit/no credit. The content may vary from reflections to something you read or watch to questions I may provide you about class topics. *The purpose of these exercises is to check understanding of concepts, promote further learning, and give you a chance to "do" not just read, think, or watch.*

### **Collaborative participation**

Health Psychology is an Issues course (Health). As part of this curriculum, the course meets three goals – Collaboration, Integration, and Problem-solving. There will be 3 exercises to meet these goals. See the Course Schedule for the weeks these will occur and due dates. For each exercise, you will collaborate with group members (assigned by me) to apply theory and research in the field to solve a problem in Health Psychology. These exercises will be submitted via BB. *The purpose of these exercises is to engage you in thinking about how to solve problems of the field, to have you collaborate with your classmates, and to expose you to different perspectives on class topics.*

### **Note about Readings**

The Course Schedule details the readings each week. In addition to the book chapters, there are additional readings in the Course Schedule. You can find these additional readings on BB (in

“Assignments”). Only some of the readings will be covered by me, but Tests will require you to demonstrate that you have read all assigned readings. I have carefully selected these additional readings to provide more depth to the (sometimes only) basic information covered in the book chapters. Some of the additional readings also provide direct examples of empirical research.

### **Please respect due dates**

Tests, class activities and collaborative exercises all have due dates. Please check the Course Schedule to make sure that you are available on the Test dates. Please turn in class activities (due the following day after they are assigned) and complete collaborative exercises (see the Course Schedule) on time. Because you have multiple days to complete any given exercise, work turned in after the due date will not be accepted. However, for class exercises, there will be one “freebie”. In other words, if you miss one of these class exercises, you can still get credit. In the case of missing a collaborative exercise or Test, you must have an excused absence. Information on excused absences can be found at <https://www.gvsu.edu/catalog/navigation/academic-policies-and-regulations.htm> under Class Attendance.

### **Students with special needs or concerns**

If there is any student in this class who has special needs because of a learning, physical, or other disability, please contact me and Disability Support Resources (DSR) at (616) 331-2490. It is the student’s responsibility to request assistance from DSR.

### **GVSU Course Policies**

This course is subject to the GVSU academic policies listed at <http://www.gvsu.edu/courjanolicies/>

Academic policy changes due to COVID-19 can be found at <https://www.gvsu.edu/provost/student-affairs-activities-updates-228.htm>

This course is part of GVSU’s General Education Program. The goal of the program is to prepare you for intelligent participation in public dialogues that consider the issues of humane living and responsible action in local, national, and global communities. For more information about this Issues course, please see the document in this Syllabus section of BB, titled, “Issues Description Health Psych”.

## *Fall 2020 Course Schedule\**

<b>Week</b>	<b>Topic</b>	<b>Readings</b>
<b>Week 1:</b> Aug 31 -Sep 4	Introduction to Health Psychology; Historical roots and conceptualization	Taylor, 1; Taylor, 15
<b>Week 2:</b> Sep 7 - Sep 11	Research methods in Health Psychology	Straub, 2007
<b>Week 3:</b> Sep 14 -Sep 18	Health behaviors: Habits and outcomes; Characteristics of health behaviors	Taylor, 4; Taylor, 5
<b>Week 4:</b> Sep 21 -Sep 25	Theories of behavior change	Prochaska et al., 1992; Stroebe, 2011; Taylor, 3
<b>Week 5:</b> Sep 28 -Oct 2	Wrap up; <b>Friday Oct 2, TEST 1</b>	<u>Collaborative exercise 1 due Thursday</u>
<b>Week 6:</b> Oct 5 - Oct 9	History of stress and health	Taylor, 2 (pps. 15-20); Taylor, 6
<b>Week 7:</b> Oct 12 - Oct 16	Chronic stress and illness: Contemporary models and evidence	Cohen et al., 1998; Dougall & Baum, 2012
<b>Week 8:</b> Oct 19 - Oct 23	Sources of chronic stress	Kiecolt-Glaser et al., 1995
<b>Week 9:</b> Oct 26 - Oct 30	Coping with stress and chronic illness	Taylor, 7; Taylor, 11
<b>Week 10:</b> Nov 2 -Nov 6	Wrap up; <b>Friday Nov 6, TEST 2</b>	<u>Collaborative exercise 2 due Thursday</u>
<b>Week 11:</b> Nov 9 -Nov 13	The five-factor model of personality and health	Smith et al., 2012; (pps. 375-387)

<b>Week 12:</b> Nov 16 -Nov 20	Optimism and health	Dillard & Ellis (2018)
<b>Week 13:</b> Nov 23	The role of positive emotions in health and longevity	Fredrickson, 2011; Lawrence et al., 2015
<b>Week 14:</b> Nov 30 -Dec 4	Social support: Types and sources	Reblin & Uchino, 2008
<b>Week 15:</b> Dec 7 -Dec 11	Wrap up; <b>Friday Dec 11, TEST 3</b>	<u>Collaborative exercise 3 due</u> <u>Thursday</u>

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*\* I may adapt this schedule as needed.*