



Health Psychology
Psychology 451
Spring 1998

Instructor: Tracy Trevorror, Ph.D.

Room: 121 Henry Hall

Meeting times: Monday & Wednesday 1:00 - 2:20

Office Hours: Keiffer-L 12:00 - 1:00 Monday & Wednesday, or by appointment

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Text

Kaplan, R. M., Sallis, J. F., & Patterson, T. L. (1993). *Health & Human Behavior*. McGraw-Hill: New York

Articles and other reading materials will be distributed in class.

Course Description

This course should be good for your health! Considering that half of all premature deaths are related to individual behavior it will be important for us all to know more about health-related behaviors and how to change them. You will be encouraged to look at your own lifestyle and consider what changes may improve your own health. As a course in psychology, we will focus not only on what we should do but on how to make long lasting changes in behavior. You will also learn about a number of diseases and how behavior and lifestyle contribute to the disease or help prevent or lessen the impact of the disease. We will cover reasons for psychologists' involvement in health issues, different models of health care, and what psychologists do to promote health care with their patients. Health psychology and behavioral medicine are rapidly growing and exciting professions—you will be able to make an informed decision as to whether this is a career option that you would like to further explore.

Class Structure

Class periods will include lectures and discussion (emphasis on discussion), small group activities, student presentations, and instructional videos. Guest speakers and field trips will be integrated into the syllabus as possible.

Objectives

This course is intended to promote your;

- understanding of the inter-relationship between health and behavior
- understanding of different models of health, disease, and health care
- awareness of your own lifestyle and risk factors for disease and disability
- understanding of the role of health psychologists in promoting health
- ability to assess and modify behavior related to health
- understanding of a number of diseases that are related to psychological and lifestyle factors

Your progress will be monitored and evaluated by the following...

- Participation and engagement in class. You will be expected to attend each class and notify me in advance if you are not able to attend. You will be prepared and have completed required reading and other assignments. At times, you will be asked to review a topic from the text or journal article and give a brief presentation to the class.
- Reaction journals: You will complete 1 page journal entries where you will reflect on the material covered in class
- Knowledge review: You will have a series of questions to answer. You will bring your answers to class and collaborate with your peers in small groups. You will then integrate what you have learned from others into your answers and turn in your work at the next class period.
- Mid-course evaluation: You will be asked to participate in a course evaluation.
- Health behavior assessment and modification project. You will assess, evaluate, and modify a health related behavior (e.g., diet, exercise, smoking). This may be a self-directed project or you may serve as a "health director" to someone else. You will complete and present a report of your project.

I reserve the option to provide extra opportunities for you to earn points based on additional assignments.

Grading

Preparation & participation	25
Reaction journals (8 X 5)	40
Knowledge reviews (2 X 35)	70
Course evaluation	05
<u>Health Behavior Change Project</u>	<u>60</u>
Total	200

A = 180 +; B = 160→179; C = 140→159; D = 120→139; F = <120

Course Schedule*(subject to change)*

Class	Topic/Activity	Reading/Assignment Due
1/12	Introduction, What is health psychology? ; Syllabus review; Your own health.	None
1/14	How do psychologists study health?	Chapter 1./ Journal- Identifying areas of health improvement.
1/19	No Class - Martin Luther Day	
1/21	Research continued...	Chapter 2.
1/26	An example of a health psychology study-Stress management at the worksite.	Handout.
1/28	Designing your own project: Psychological approaches to health behavior change.	Handout/Journal-Preliminary ideas for Health Behavior Change Project
2/2	Models of health and health care; Is health psychology effective?	Chapter 4, Handouts.
2/4	Health psychology effectiveness continued...	Handouts
2/9	Your project design: student presentations	Health Behavior Change Project design
2/11	Life Stress: Models of stress	Chapter 6, Stress & Life Events Scale Lazarus stress model
2/16	No Class - Presidents' Day	
2/18	Stress impact on health/disease	
2/23	Stress & coping	Chapter 7, Social support measure
2/25	Tai Chi Demonstration - Guest demonstration	Handout
3/2	Knowledge Review - group work	Knowledge review questions
3/4	Knowledge Review- discussion	Hand-in finished answers
3/9	Follow-up project reports & problem solving	
3/11	Mid-term course evaluation	
3/16	Cardiovascular disease/Type A behavior	Chapters 10, 18
3/18	Heart health and cardiovascular rehabilitation	
3/23	Sleep	Handout
3/25	Sleep disorders & treatment	
3/30	Epilepsy & seizure disorders	Handout
4/1	Psychological treatment of epilepsy	
4/6	Pain - pain pathways, pain types	Chapter 8
4/8	Managing acute and chronic pain	

4/13	Smoking & its consequences	Chapter 16
4/15	Quitting smoking	Handout
4/20	Knowledge Review # 2 - group work	
4/22	Knowledge Review # 2 - discussion	
4/27	Health Behavior Change project presentations	
4/29	Health Behavior Change project presentations	
5/4-7	Finals Week	
