

Queen's University Department of Psychology  
**PSYC 332 / 3.0 – Health Psychology**  
Winter 2019

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<b><u>Office:</u></b>	Humphrey Hall, Rm. 318	Humphrey Hall, Rm. 318
<b><u>Class Times:</u></b>	Mondays, 10 - 11:30AM	Wednesdays, 8:30 - 10:00AM
<b><u>Class Locations:</u></b>	Ellis 321	Jeffrey 127

**Course Description:**

Key issues in health and health care require approaches embodying psychological, biological, and sociological factors. For every CT scan, injection, or doctor visit, there is a person to be considered. This course explores a variety of health-related topics where psychology has a significant role (e.g., health promotion, stress, psychoneuroimmunology, medical contacts, pain, illness, sport). Canadian statistics used in discussions. **PREREQUISITES:** PSYC 202\* or equivalent; PSYC 235.

**Course Introduction:**

The primary objective of this course is to expand students' knowledge about health and the interaction between psychosocial and cultural factors that impact health, for good or bad!

This course is designed to provide students with an overview of the theory and clinical applications of Health Psychology. The primary topics in health psychology will be examined with attention to the particular views, values, and contributions of a biopsychosocial model of health. Topics include: lifestyle risk factors; health promotion; coping, the relationship between mental and emotional states and health status; the rehabilitation and the psychosocial adjustment of people with serious health problems; and complementary and alternative medicine. Students will have an opportunity to learn about the increasing burden of chronic diseases, such as diabetes, heart disease, and cancer, through use of this biopsychosocial model.

**Required Text:**

Health Psychology, David Marks, Michael Murray, Brian Evans, Emea Vida Estacio, 4<sup>th</sup> Ed.  
Published by SAGE.

The textbook list for PSYC332 (WINTER19) is located in the link below:

<b>Date / Location</b>	<b>Topic</b>	<b>Readings</b>
March 11 - Ellis	Stress and coping – <b>Chapter 10 Quiz</b>	Chapter 12
March 13 - Jeffrey	Illness and personality – <b>Chapter 12 Quiz</b>	Chapter 16
March 18 - Ellis	Lab 7	
March 20 - Jeffrey	Cancer and chronic diseases – <b>Chapter 16 Quiz</b>	Chapter 19
March 25 - Ellis	Pain and pain control – <b>Chapter 19 Quiz</b>	Chapter 18
March 27 - Jeffrey	Pain and pain control – <b>Chapter 18 Quiz</b>	Chapter 18
April 1 - Ellis	Lab 8	
April 3 - Jeffrey	Catch-up / Review / Q&A	
TBA	<b>FINAL EXAMINATION</b>	

*\*\*Note that this schedule is subject to change*

**Course Evaluation:**

throughout

You are responsible for attending the in-class module discussion and for completing the task as required in that module. For example, your group may be asked to share with the class what they have agreed upon as a meaningful reflection on their collective work for the module. If you do not come to class on those days and/or do not submit your reflection on time, you will receive a mark of 0.

Each pre-lab is worth 1.5% and will be marked as follows: 1.0 points for content and 0.5 points for adherence to APA style. Each in class lab is worth 1%, with 0.5 points for content and 0.5 points for adherence to APA style. This is a suggested starting reference for you:

[https://owl.purdue.edu/owl/research\\_and\\_citation/apa\\_style/apa\\_style\\_introduction.html](https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html)

It is possible to receive credit for the prework having not completed the lab, just as it is possible to receive credit for the lab without having completed the prework.

***Examinations:***

There will be one midterm and one final exam worth 35% each in this course. These exams will consist of short-answer questions only and will not be cumulative.

Students will be excused from an exam for documented medical or compassionate reasons.



*E-mails to Instructors and TAs:*

copyright, and may also constitute a breach of academic integrity under the University Senate's Academic Integrity Policy Statement.

### **Accommodations Statement:**

<http://www.queensu.ca/equity/accessibility/policystatements/accommodation-statement>

*Queen's University is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a disability and think you may need accommodations, you are strongly encouraged to contact Student Wellness Services (SWS) and register as early as possible. For more information, including important deadlines, please visit the Student Wellness website at: <http://www.queensu.ca/studentwellness/accessibility-services/>*

### **Academic Considerations for Students in Extenuating Circumstances**

The [Senate Policy on Academic Consideration for Students in Extenuating Circumstances](#) was approved in April, 2017. Queen's University is committed to providing academic consideration to students experiencing extenuating circumstances that are beyond their control and which have a direct and substantial impact on their ability to meet essential academic requirements. The Faculty of Arts and Science has developed a protocol to provide a consistent and equitable approach in dealing with requests for academic consideration for students facing extenuating circumstances, which can be found at: <http://www.queensu.ca/artsci/accommodations>

Excused absences for significant events (i.e., a varsity athletic team participating in a provincial/national/international championship) is included in the Academic Consideration policy. Students must submit a [Request for Excused Absence for a Significant Event form](#) to the [Faculty Office](#) a minimum of two weeks before the sanctioned event, or as soon as the event is scheduled. Instructors will also consider appeals for excused absences related to varsity travel for regular season games, which falls outside of the Academic Consideration policy and protocol. Students are advised to send written confirmation from the Athlete Services Coordinator in Athletics to their instructor(s) about the event and to confirm that their participation is required. Please note that appeals for excused absences for varsity practices will be automatically denied.

### **Midterms and Course Assignments**

Requests for accommodation for midterms and course assignments must be received by the instructor in a timely manner and should be accompanied by a letter of accommodation from Student Wellness Services. Requests for computer assisted midterm exams must be arranged through the Student Wellness Centre at least 10 working days in advance of the exam. Request for academic consideration due to extenuating circumstances should follow the protocol outlined above and detailed on the Faculty of Arts and Science website:

<http://www.queensu.ca/artsci/accommodations>. Requests for an alternative midterm exam time or an extension for course assignments for the purposes of accommodating travel arrangements for personal reasons will be automatically denied. Students who are unable to write a midterm

exam on the published date for approved reasons will not be permitted to write in advance of the class.

### **Location and Timing of Final Examinations**

Requests for accommodation for final exams must be arranged through the Student Wellness Centre in advance of the published deadlines on the [Office of the University Registrar's](#) webpage each term.

As noted in [Academic Regulation 8.2.1](#), “the final examination in any class offered in a term or session (including Summer Term) must be written on the campus on which it was taken, at the end of the appropriate term or session at the time scheduled by the Examinations Office.” The exam period is listed in the key dates prior to the start of the academic year in the Faculty of Arts and Science Academic Calendar and on the Office of the University Registrar's webpage. A detailed exam schedule for the Fall Term is posted before the Thanksgiving holiday; for the Winter Term it is posted the Friday before Reading Week, and for the Summer Term the window of dates is noted on the Arts and Science Online syllabus prior to the start of the course.