



PSY333H1S L0101 Health Psychology

Winter 2023

Contact Information

Instructor: Dr. Taryn E. Grieder, M.Ed., Ph.D.

Contact: taryn.grieder@utoronto.ca

Office hours: Before and after class, and by appointment

Teaching Assistant:

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Course Information

Lectures Tuesdays at 11 am. Course assessments and participation will be completed on Quercus. Students will have the opportunity for both in-person and synchronous online office hours to ask questions and clarifications about course content. Students need the ability to read and edit PDFs or Powerpoint slides and use Quercus for submission of assessments.

Course Description, Goals, and Prerequisites

This course is designed to give you a broad overview of the field of health psychology. Health psychology is an exciting, relatively new field of study that examines the bi-directional relationships between body and mind and the implication of these processes for various health outcomes. We will explore scientific research questions such as: What does stress do to your health? What psychological and social factors cause people to behave in unhealthy ways? How do various forms of stigma and discrimination impact health? What helps people cope with stress and illness? How do friends and family impact health? Does it matter how your doctor talks to you? Can a sugar pill cure back pain? And more!!

Intended Learning Outcomes: By the end of this course you should be able to:

1. Understand basic human physiology and the dynamic connections between mind and body.
2. Describe how a variety of psychological experiences (e.g. stigma, stress, social exclusion and support) “get under the skin” to influence health outcomes.
3. Discuss how physical health and physiological processes can influence a person’s psychological experiences.
4. Explain how individuals and health care professionals can use psychological research to promote health.

Note about prerequisites: It is your responsibility to ensure that you have met **all** prerequisites listed in the Psychology section of the A&S Calendar for this course. If you lack any prerequisites you **WILL BE REMOVED**. No waivers will be granted.

Reading Material

The recommended (but not required) textbooks for this course are:

Taylor SE, Sirois FM, Molnar D (2020) *Health Psychology (5th Canadian Ed.)*. McGraw-Hill: Toronto. ISBN: 9781260065831

and/or

Hadjistavropoulos T, Hadjistavropoulos HD (2018) *Fundamentals of Health Psychology (2nd edition)*. Oxford University Press: Toronto. ISBN-13: 9780199028641

Course Evaluation/Marking Scheme

Participation – 5% - ongoing

Commentary Assignment - 20% - February 7th

Midterm Assessment - 25% - February 14th

Health Behavioural Change Self-Assessment - 10% - Jan 31st (2%) & April 4th (8%)

Communicating Research Project – 15% - March 14th

Final Assessment - 25% - TBA (April 11-28)

Lectures: PowerPoint and PDF slides will be posted prior to lecture. These slides should be downloaded and/or printed to facilitate with note taking. Please note that if you do not understand a particular concept as it is presented, please ask questions! It is your responsibility to let us know if you do not understand a particular concept or idea.

Any posted videos and slides are only for the exclusive use of enrolled students, for their personal learning. Lecture videos and slides are not to be shared in any way beyond enrolled students. I do not want to discover that a student has put any of our course materials into the public domain, has sold my materials, or has given my materials to a person or company that is using them to earn money. The University will support their instructors in asserting and pursuing their rights, and their copyrights, in such matters.

Participation (5%): There will be 1-2 written reflection/participation questions given in lectures to be completed on Quercus. Students will reflect on a topic covered in class, applying the course material to their response. Students will have at least 24 hours to respond to these discussion questions on Quercus (see the course schedule, below).

Online assessments (2 x 25%): There will be midterm and final assessments in this course. The assessments will have a combination of multiple choice and written response questions (with a strict word limit). The written response questions will ask you to think critically about course themes, connect topics in the course, and apply what you have learned to real-world situations. On the release day you will have a set amount of time (3 hours) to complete the assessment, individually, using your lecture slides and notes only, and writing in *your own words*. You will not need to provide citations and should not be using any outside sources. The assessments are not cumulative and will cover lecture material only (this means that there will not be any questions from the recommended textbook that were not discussed in lectures). It is expected that students will use their OWN notes from lecture to assist in their writing the tests, which will be more about your ability to *apply* your knowledge than rote memorization and regurgitation of facts from lecture.

Health Behavioural Change Self-Assessment (10%): We all have health-related behaviours that we would like to change (e.g. exercising or sleeping more, smoking or drinking less, better stress coping strategies, etc.). This assignment will allow you to take what you learn in this class and apply it in your life. Over the course of the semester, you will choose a health-related behaviour that you would like to change, track/monitor that behaviour, and develop and implement a plan to change that behaviour. Your grade on this assignment does NOT depend on whether you achieve your behavioural change goal, but on whether you complete and are

engaged with the assignment. The assignment has 2 parts:

Part I: Setting goal and initial tracking = 2%, due January 31st. Note: We will discuss material related to goals in the lecture on January 24th so you don't need to start prior to that.

Part II: Data submission and personal report = 8%, April 4th.

Commentary Assignment (20%): The journal club assignment is a written commentary on a recent primary research article (aka research study, which will have methods and results sections) of your choice that examines an issue related to the course (ie. produced new research on health psychology). Please see the commentary assignment outline for further details, which is available for download on Quercus.

Communicating Research Project (15%): Taking what you have learned from your commentary assignment, you will complete a project designed to communicate this health psychology research to others to whom this topic would be important, interesting, or pertinent, but are not researchers themselves. Reaching your audience could take any of several forms including: a press release, an informational video, a brochure, blog post or a letter to the legislature. Your goal is to convey the importance of the research and how it is likely to impact your audience. Further information will be provided on Quercus.

Course Webpage/Quercus

This course uses the University's learning management system, Quercus, to post information about the course. This includes posting readings and other materials required to complete class activities and course assignments, as well as sharing important announcements and updates. The site is dynamic and new information and resources will be posted regularly as we move through the term, so please make it a habit to log in to the site on a regular basis.

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

SPECIAL NOTE ABOUT GRADES POSTED ONLINE: Please also note that any grades posted are for your information only, so you can view and track your progress through the course. No grades are considered official, including any posted in Quercus at any point in the term, until they have been formally approved and posted on ACORN at the end of the course. Please contact the instructor and TA as soon as possible if you think there is an error in any grade posted on Quercus.

Course Policies

Missed Assessments/Medical Documentation/ACORN Self-Declaration Tool

If you are unable to complete a test or assignment, you should submit an absence self-declaration within one week to the instructor. The absence self-declaration tool is available on ACORN and applies for both medical and non-medical circumstances.

Religious Accommodations

As a student at the University of Toronto, you are part of a diverse community that welcomes and includes students and faculty from a wide range of cultural and religious traditions. For my part, I will make every reasonable effort to avoid scheduling tests, examinations, or other compulsory activities on religious holy days not captured by statutory holidays. If you anticipate missing a major course activity (such as an assessment) due to a religious observance, please let me know as soon as possible so that we can work together to make alternate arrangements.

Penalties for Lateness

A penalty of 10% per calendar day, up to and including the last day of classes, will be applied for late assignments. After the last day of classes, the penalty of 10% per calendar day will be applied by the Undergraduate Counselor on behalf of the Department. No penalty will be assigned if a request for special consideration was successful. Any term work that will be handed in after the final day of the term is subject to a petition for extension of term work. This petition should be filed with the student's College Registrar's Office.

Ouriginal

Normally, students will be required to submit their course assignments for review of textual similarity and detection of possible plagiarism. In doing so, students will allow their assignments to be included as source documents in the Ouriginal reference database, where they will be used solely for the purpose of detecting plagiarism.

We will be using Ouriginal in this course for submission of your assignments and applied learning activities. You have the option to opt out of using this service. If you wish to do so, please email me.

Contact

All communication should be sent via University of Toronto email addresses only. Please include "PSY333" in the subject line, and do not send messages through Quercus/Canvas (as they often get filtered as spam/junk). The University requires that all students have a U of T email address and check it regularly; it is the only address to which official university communications will be sent.

Requesting a Regrade

If you think an assessment has been incorrectly marked, you can request a regrade. In this case, you must first review your assessment with the TA. Following review with the TA, if you wish to have your assessment reviewed by the instructor, please submit a request by email within 2 weeks of the grade return date.

Academic Resources

Accessibility Needs:

Students with diverse learning styles and needs are welcome in this course. If you have an acute or ongoing disability issue or accommodation need, you should register with Accessibility Services (AS) (www.accessibility.utoronto.ca) at the beginning of the academic year. Without registration, you will not be able to verify your situation with your instructors, and instructors will not be advised about your accommodation needs. AS will assess your medical situation, develop an accommodation plan with you, and support you in requesting accommodation for your course work. Remember that the process of accommodation is private: AS will not share details of your condition with any instructor, and your instructors will not reveal that you are registered with AS.

Writing: The university provides its students with multiple resources to help them achieve this. For more information on campus writing centres and writing courses, please visit <http://www.writing.utoronto.ca/>

Academic Integrity and Plagiarism:

All students, faculty and staff are expected to follow the University's guidelines and policies on academic integrity. For students, this means following the standards of academic honesty when writing assignments, collaborating with fellow students, and writing tests and exams. Ensure that the work you submit for grading represents your own honest efforts. Plagiarism—

representing someone else's work as your own or submitting work that you have previously submitted for marks in another class or program—is a serious offence that can result in sanctions. To learn more about how to cite and use source material appropriately and for other writing support, see the U of T writing support website at www.writing.utoronto.ca/. Consult the Code of Behaviour on Academic Matters for a complete outline of the University's policy and expectations. For more information, please see <http://www.artsci.utoronto.ca/osai> and <http://academicintegrity.utoronto.ca/>

Other Resources

Student Life Programs and Services (<http://www.studentlife.utoronto.ca/>)

Academic Success Services (<http://www.studentlife.utoronto.ca/asc>)

Counselling and Psychological Services (<http://www.studentlife.utoronto.ca/hwc>)

Course Outline/Schedule

Every effort will be made to manage the course as stated. However, adjustments may be necessary at times. If so, students will be advised, and alterations announced on Quercus.

Date	Topic	Related Textbook Chapter
Jan 10	Introduction/Overview What is Health Psychology?	Chapters 1 & 2
Jan 17	Theories of Behaviour Change	
Jan 24	Motivation & Goals	Chapter 4
Jan 31	Stress & Health *HBCSA part 1 due	Chapter 6
Feb 7	Coping with Stress *Commentary Assignment Due	Chapter 7
Feb 14	Midterm Assessment	
Feb 28	Psychoneuroimmunology	Chapter 14
Mar 7	Health-Promoting Behaviours	Chapter 3
Mar 14	Addictions *Communicating Research Project Due	Chapter 5
Mar 21	Pain, Chronic Illness & End of Life	Chapters 10, 11
Mar 28	Health Care & Policy	Chapters 8 & 9
Apr 4	Final Review *HBCSA part 2 due	
April 11-28	Final Assessment (date TBA)	