

PSY333H1 S

Health Psychology

Winter 2024 Syllabus

Course Meetings

PSY333H1 S

Section	Day & Time	Delivery Mode & Location
LEC0201	Friday, 2:00 PM - 5:00 PM	In Person: SS 1072

Refer to ACORN for the most up-to-date information about the location of the course meetings.

Course Contacts

Course Website: <http://q.utoronto.ca>

Teaching Assistant: Katherine Alonso

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Instructor: Dr. Jennifer Chan

Email: jenniferf.chan@utoronto.ca

Office Hours and Location: Mondays, 10-11am. Virtual-Zoom (see syllabus for details)

Course Overview

Examines research evidence concerning the impact of psychological factors on physical health and illness.

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.

Course Learning Outcomes

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.

Credit Value: 0.5

Course Materials

1. Health Psychology 6th Ed. Sage Publications. Special e-book edition available at bookstore ISBN: 978-1-5297-2308-6, Authors: Marks, D., Murray, M., & Vida Estacio, E.
2. Articles posted on Quercus by the Instructor

Marking Scheme

Assessment	Percent	Details	Due Date
Quizzes	5%	Best 7/8 quizzes. Due on Fridays before class (2PM)	2024-01-19,2024-01-26,2024-02-02,2024-02-09,2024-03-15,2024-03-22,2024-03-29
Midterm Test	30%		2024-02-16
Term Paper	30%		2024-03-08
In-Person Final Exam	35%		Final Exam Period

Late Assessment Submissions Policy

A penalty of 10% per calendar day (i.e., including weekends and holidays, during which students are not able to submit term work)

Course Schedule

Date	Topic	Suggested Reading
Week 1: Jan 12 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>

		Quiz 1 opens on Quercus at 5PM
Week 2: Jan 19 th	The Nervous System, the Endocrine System, and the Principle of Homeostasis	<p><u>QUIZ 1 on Quercus Due at 2PM</u></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 5PM</p>
Week 3: Jan 26 th	The Immune System and Gut Microbiome	<p><u>QUIZ 2 on Quercus Due at 2PM</u></p> <p>WATCH: Videos listed on Quercus (Immune and gut microbiome)</p> <p>READ: Articles on Quercus – YOU DO NOT NEED TO READ ALL OF THEM BEFORE CLASS; more details in class to summarize</p> <p>Quiz 3 opens on Quercus at 5PM</p>
Week 4: Feb 2 nd	Introduction to Theories, Models, and Interventions for Health, Behaviour Change, and Applications	<p><u>QUIZ 3 on Quercus Due at 2PM</u></p> <p>READ: "The Unease Modulation Model" article posted on Quercus</p> <p>WATCH: https://youtu.be/stQ1DmWbwOU</p> <p>OPTIONAL READ: Marks textbook chapter on 'Theories, Models and Interventions'</p> <p>Quiz 4 opens on Quercus at 5PM</p>

Week 5: Feb 9 th	Equity, Diversity, and Inclusion in Healthcare and Research	<p><u>QUIZ 4 on Quercus Due at 2PM</u></p> <p>READ: Marks textbook chapter on 'Macro-Social Influences'</p> <p>READ: Marks textbook chapter on 'Social Justice'</p> <p>OPTIONAL WATCH: Inequality for All. Movie link is provided on Quercus</p>
Week 6: Feb 16 th	<u>MIDTERM TEST</u>	You have the entire class period to complete this test beginning at 2:10PM (SS1072).
Week 7: Feb 23 rd	<u>READING WEEK-NO CLASS</u>	
Week 8: March 1 st	Diet, Exercise, and Obesity	<p>READ: Marks textbook chapter on 'Food, Eating and Obesity'</p> <p>OPTIONAL READ: Marks textbook chapter on 'Physical Activity and Exercise'</p> <p>Quiz 5 opens on Quercus at 5PM</p>
Week 9: March 8 th	Epigenetics	<p><u>QUIZ 5 on Quercus Due at 2PM</u></p> <p>READ: Marks textbook chapter on 'Genetics, Epigenetics, and Early Life Development'</p> <p>OPTIONAL READ: article on childhood adversity on Quercus</p> <p>Quiz 6 opens on Quercus at 5PM</p>
March 8 th	<u>PAPER DUE</u>	Upload your paper and 2 research articles onto Quercus by 11:59 pm TODAY.

Week 10: March 15 th	Health Promotion, Information, and Communication in Disease Prevention	<u>QUIZ 6 on Quercus Due at 2PM</u> READ: Marks textbook chapter on 'Health Promotion' Quiz 7 opens on Quercus at 5PM
Week 11: March 22 nd	Pain and Pain Control	<u>QUIZ 7 on Quercus Due at 2PM</u> READ: Marks textbook chapter on 'Pain and Pain Control' Quiz 8 opens on Quercus at 5PM
March 29 th	GOOD FRIDAY – NO CLASS	<u>QUIZ 8 on Quercus Due at 2PM</u>
Week 12: April 5 th	End-of-Life Care. Dying and Death	READ: Marks textbook chapter on 'End-of Life Care, Dying, and Death'
During Final Exam Period	<u>FINAL EXAM</u>	The final exam is cumulative, with a larger weight devoted to material after the midterm.

Policies & Statements

Plagiarism Detection Tool

Normally, students will be required to submit their course essays to the University's plagiarism detection tool for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their essays to be included as source documents in the tool's reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of this tool are described on the Centre for Teaching Support & Innovation web site (<https://uoft.me/pdt-faq>).

Late/Missed Assignments

The Paper: 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. 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** to be addressed on a case-by-case basis. If the extension request is for passed the examination period, then a formal petition needs to be filed to their College Registrar's Office.

Make-Up Quizzes/Tests

Quizzes: There are no make-ups or extensions for missed quizzes.

Midterm: A make-up midterm test will be held approximately 10 days after the date of the regular midterm. Students will be permitted to take the make-up test only if they were absent on the date of the midterm due to a specific medical circumstance (see below to declare on absence on ACORN), emergency, or religious observances (see accessibility). Students should still declare their absence/submit their documentation to the instructor/TA within one week of missing a term test. Please note that students can only use the ACORN Absence Declaration tool ONCE per semester in total (<https://www.artsci.utoronto.ca/current/academics/student-absences>). If you already submitted an ACORN Absence Declaration form before you can submit a Verification of Student Illness or Injury (VOI) or other documentation (for alternative circumstances) to the instructor within the one week timeline.

Students who miss the midterm test must contact the instructor and TA (cc'd) within one week of the midterm date. Students who do not follow these instructions may not write the make-up midterm. In addition, those students who miss the make-up midterm test will not have another opportunity to receive a grade for this evaluation.

Final Exam: Students requesting accessibility-related accommodations must arrange these through Accommodated Testing Services (ATS). Students who encounter exam conflicts once the schedule is released should go to <https://www.artsci.utoronto.ca/current/faculty-registrar/final-exams/exam-conflicts> for more information. Students reporting other reasons for not being able to write a scheduled final exam should be directed to their College Registrar's Office for advice on the petitions process for final exams.

Re-marking Policy - Timeline and Protocol

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 2) 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. Students have no more than 2 weeks from the day they receive their assignment/test grade to contact the Instructor or TA for review/regrading consideration.**

Students with Disabilities or Accommodation Requirements

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) at the beginning of the academic year by visiting <https://studentlife.utoronto.ca/department/accessibility-services/>. 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 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 needs or condition with any instructor, and your instructors will not reveal that you are registered with AS.

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. Further to University Policy, if you anticipate being absent from class or missing a major course activity (such as a test or in-class assignment) due to a religious observance, please let me know as early in the course as possible, and with sufficient notice (at least two to three weeks), so that we can work together to make alternate arrangements.

Accommodation for Personal Reasons

There may be times when you are unable to complete course work on time due to non-medical reasons. If you have concerns, speak to me or to an advisor in your College Registrar's office; they can help you to decide if you want to request an extension or other forms of academic consideration. They may be able to email your instructors directly to provide a College Registrar's letter of support and connect you with other helpful resources on campus.

Specific Medical Circumstances

If you become ill and it affects your ability to do your academic work, consult me right away. Normally, I will ask you for documentation in support of your specific medical circumstances. This documentation can be an Absence Declaration (via ACORN) or the University's Verification of Student Illness or Injury (VOI) form. The VOI indicates the impact and severity of the illness, while protecting your privacy about the details of the nature of the illness. If you cannot submit a VOI due to limits on terms of use, you can submit a different form (like a letter from a doctor), as long as it is an original document, and it contains the same information as the VOI (including dates, academic impact, practitioner's signature, phone and registration number). For more information on the VOI, please see <http://www.illnessverification.utoronto.ca>. For information on Absence Declaration Tool for A&S students, please see <https://www.artsci.utoronto.ca/absence>. If you get a concussion, break your hand, or suffer some other acute injury, you should register with Accessibility Services as soon as possible.

Harassment/Discrimination

Some instructors choose to include syllabus statements directly addressing policies regarding harassment and discrimination, including sexual harassment. We have not provided sample text here, as this is best crafted by each instructor, in conversation with colleagues. Helpful documents to consider when thinking through this question include the "[Conflict of Interest and Close Personal Relations](#)" guideline and the policies and guidelines on Workplace Conduct collected at the [Human Resources and Equity website](#).

Mental Health and Well-being

As a student, you may experience challenges that can interfere with learning, such as strained relationships, increased anxiety, substance use, feeling down, difficulty concentrating and/or lack of motivation, financial concerns, family worries and so forth. These factors may affect your academic performance and/or reduce your ability to participate fully in daily activities. Everyone feels stressed now and then – it is a normal part of university life. Some days are better than others, and there is no wrong time to reach out. There are resources for every situation and every level of stress.

There are many helpful resources available through your College Registrar or through Student Life (<http://studentlife.utoronto.ca> and <http://www.studentlife.utoronto.ca/feeling-distressed>). An important part of the University experience is learning how and when to ask for help. Please take the time to inform yourself of available resources.

Equity, Diversity and Inclusion

The University of Toronto is committed to equity, human rights and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect where all members of our community can express themselves, engage with each other, and respect one another's differences. U of T does not condone discrimination or harassment against any persons or communities.

Quercus Info

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. New information and resources will be posted regularly as we move through the term. To access the course website, go to the U of T Quercus log-in page at <https://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 me as soon as possible if you think there is an error in any grade posted on Quercus.