

PSY 4335

HEALTH PSYCHOLOGY

SPRING 2022



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**Instructor: Dr. Ashley Araiza**

**Email:** [ashley.araiza@angelo.edu](mailto:ashley.araiza@angelo.edu) | **Phone:** 325-486-6718

**Office:** Academic Building 104G / Zoom | **Office Hours:** MW 1:30pm-4:30pm or By Appointment

**Graduate Assistant: Carter Adams**, M.S. Student in Industrial/Organizational Psychology

**Email:** [cadams31@angelo.edu](mailto:cadams31@angelo.edu)

## **Course Information**

### **Course Description**

This course is focused on theories and research in health psychology. Emphasis is on the interplay of biological, psychological, and social factors in relation to illness and wellness. A primary goal of this course is to introduce you to theoretical perspectives, research methods, empirical findings, and practical applications in the field of health psychology. This course will provide a broad overview of health psychology topics, including health behaviors and health-behavior change, stress and coping, the use of health services, relationships between patients and healthcare providers, chronic illness, and more. This course is worth 3 credit hours (3-0).

### **Prerequisite Skills**

Using the Blackboard (Bb) Learning Management System and proficiency with creating and submitting files (e.g., .docx files, .pdf files) generated from commonly used computer programs.

### **Course Delivery**

This is an online course to be delivered via [ASU's Blackboard Learning Management System](#).

### **Technology Requirements**

To participate in one of ASU's distance education programs, you need this technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests & Collaborate sessions)
- Webcam

## Required Texts and Materials

**Required Text:** *Health Psychology* (11<sup>th</sup> Edition), Taylor & Stanton (2020). ISBN: 9781260253900

*\*ASU's bookstore has several options for renting digital or used versions at reasonable prices*

**Required Readings/Materials:** In addition to the textbook, several readings and videos will be posted on Blackboard each week. You are required to read/watch/engage with **all** materials.

## Student Learning Outcomes

Student Learning Outcome By completing all course requirements, students will be able to:	Assignment(s) or activity(ies) validating outcome achievement:
Define and describe key concepts and important areas of research within health psychology	Discussions, Quizzes
Demonstrate familiarity with and knowledge of health psychology theories and their applications	Assignments, Quizzes, Behavior-Modification Project
Apply health psychology theories and concepts to everyday personal experiences and current events	Discussions, Assignments, Behavior-Modification Project

## IDEA Objectives and Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion. The most essential IDEA objectives related to this course are:

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Learning to apply course material (to improve thinking, problem solving, and decisions)
3. Developing skill in expressing oneself orally or in writing

## Topic Outline

Week 1: Course Introduction

Week 2: Introduction to Health Psychology & Health Behaviors

Week 3: Stress & Coping, Resilience, and Social Support

Week 4: Quiz & Project Start

Week 5: Using Health Services & Patients, Providers, and Treatments

Week 6: Chronic Illness & The Future of Health Psychology

Week 7: Quiz & Health Psychology in the Real World

Week 8: Project End & Course Wrap-Up

## Communication

I will always try to respond to email, telephone, and/or Blackboard messages within 24 hours during working hours Monday to Friday; weekend messages may not be returned until Monday.

**Written communication:** Course-related questions should be posted on the “Help/General Questions” board in the Discussions section of Blackboard. All private communication should be done exclusively through your ASU email address; check frequently for announcements and policy changes. In all email communications, include “PSY 4335” at the beginning of the subject line so that I may quickly identify class emails and respond accordingly.

**Office Hours:** Office hours and/or advising may be done with the assistance of the telephone, Zoom, Blackboard Collaborate, Skype, etc. Virtual Office Hours will be held via Zoom.

**Online Etiquette:** Online classes require more effortful communication on your part. **Please reach out and communicate with me so that I can help you be successful in this course.** To make this experience go smoothly, know that you are responsible for initiating contact and being direct, persistent, and vocal when you do not understand something or have issues.

## Syllabus Changes

I may make changes as necessary to this syllabus, the course content, and/or the course schedule. If changes become necessary during the course, I will notify you by email or course announcements on Blackboard. It is your responsibility to check daily for such communications.

## Grading

### Evaluation and Grades

Course grades will be determined as indicated in the table below.

Assessment	Points of Total Grade
Discussion-Board Activities (5 x 5 points)	25 points
Assignments (6 x 4 points)	24 points
Quizzes (2 x 30 points)	60 points
Behavior-Modification Project (1 x 41 points)	41 points
<b>Total</b>	<b>150 points</b>

### Grading System

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes. The following grading scale is in use for this course:

- A = 135-150 points
- B = 120-134 points
- C = 105-119 points
- D = 90-104 points
- F = 0-89 points

## Assignments and Activities

**Discussion-Board Activities (25 points):** There will be five class discussions, each worth 5 points, during weeks 1, 2, 3, 5, and 6. For each discussion, a question/prompt will be posted on Blackboard. You will post one original response to the prompt (3 points each x 5 original responses) and you will post one response to a classmate's post for the prompt (2 points each x 5 responses to classmates). To receive full credit, you must complete and provide thoughtful responses to both portions of each discussion. **During discussion weeks, original posts will be due by 11:59PM on Wednesday and responses to classmates' posts will be due 48 hours later, by 11:59PM on Friday.** Further instructions for discussion-board activities (e.g., instructions and grading rubrics) are posted on Blackboard under Week 1: Course Introduction and Information.

**Assignments (24 points):** There will be six assignments, each worth 4 points. These assignments are meant to get you thinking about and reflecting on course content and on how it applies to your everyday life. The assignments will be graded as: Full Credit, Half Credit, or No Credit. If you complete an assignment *correctly, thoughtfully, and fully*, and you submit it on time, you should receive full credit. Specific instructions for each assignment will be posted under the "Assignments" tab on Blackboard.

**Quizzes (60 points):** There will be two multiple-choice quizzes, each worth 30 points. Each quiz will reflect information on four topics covered in readings, your textbook, lecture slides, videos, discussions, and any other course materials related to those topics. Quiz 1 will cover all topics/materials covered in Weeks 2-3. Quiz 2 will cover all topics/materials covered in Weeks 5-6. You will have 60 minutes to complete each quiz.

**Behavior-Modification Project (41 points):** You will analyze/synthesize course materials and integrate them with your personal experience through a project modifying a personal health behavior. You will submit a brief worksheet (1 point) related to this project in Week 4, so I can confirm you are on the right track. Your task will be to develop and implement a theory-based program to change one of your existing health behaviors (e.g., smoking, eating) or implement a new one over one week (40 points). After your behavior-modification attempt, you will summarize your developed program, results, and experience in a paper. You will make **explicit** references to course materials throughout the paper, which should be formatted in APA style. Further instructions for this project are posted under the "Final Project" tab on Blackboard.

### Assignment Submission

All assignments must be submitted through the Blackboard site. This is for grading, documenting, and archiving purposes. The course is set up in weeks. The week begins on Saturday and ends on Friday. Assignments are typically due Wednesdays and Fridays; due dates are shown on the Course Schedule below and posted on Blackboard. **\*ALL READINGS, QUIZZES, ASSIGNMENTS, DISCUSSIONS, PAPERS, ETC. ARE DUE BY 11:59PM ON THE DUE DATE LISTED. For example, your Discussion 1 Post is due by 11:59PM on Wednesday 1/19 and your Response to a Classmate's Discussion Post for that week is due by 11:59PM on Friday 1/21.**

## Submission Issues

Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at [ashley.araiza@angelo.edu](mailto:ashley.araiza@angelo.edu) and attach a copy of what you are trying to submit. **Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.** This lets me know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

## Late Work or Missed Assignments Policy

Faculty reserve the right to deduct points for late assignments that are accepted past the original due date. Outlined below are the late policies for the various activities in our course. **If you have a DOCUMENTED extenuating circumstance and contact me ASAP, we can discuss further details or additional options outside of those listed here. If you do NOT have documentation, you should refer to the information below.**

**Discussion Posts:** Late original posts will be accepted up to one week after a due date with a 25% point deduction from your final discussion score. Responses to classmates cannot be submitted late because they involve other students. This means if you submit a discussion post late, you will lose 2 points for not responding to a classmate and you will receive a 25% deduction from the score you receive on your original post. Missed discussions more than one week late will not be accepted.

**Assignments:** Assignments will be accepted up to one week after a due date with a 25% point deduction from your final assignment score. Missed assignments more than one week late will not be accepted.

**Quizzes:** Quizzes will not be accepted late. Quizzes are open for one full week, which gives you plenty of time to complete them. Do not wait until the last minute to complete a quiz.

**Behavior-Modification Project:** This project will not be accepted late under any circumstances. The instructions for the project are made available to you in Week 1, a brief plan for your project is due in Week 4, and the entire project requires one week of activity plus writing time (over an 8-week period). You could begin this project Day 1 of the semester, should you choose to do so. As such, there is absolutely no reason at all that this project should not be completed by its due date. There will be no exceptions here.

\*This is an online course, as part of which content and activities, including quizzes, are made available to you at least one week prior to their due dates. Whenever possible, try to work a bit ahead in the course in case you have unforeseen circumstances (e.g., technical difficulties, sudden illness) that may prevent you from completing tasks on time.

## Grading Rubrics

Grading rubrics will be included in assignment instructions inside of the Blackboard Learning Management System, when applicable.

## Course Schedule \*Course schedule subject to change with adequate notice\*

Week/Dates	Topic/Assignments/Assessments Due	Readings
<b>Week 1</b> 1/18 – 1/21	<u>Topic: Course Introduction and Information</u> Read/Review Syllabus and All Materials in the Week 1 Folder Due Wed 1/19: <a href="#">Original</a> Discussion 1 Post Due Fri 1/21: <a href="#">Response</a> to Classmate's Discussion 1 Post Due Fri 1/21: Assignment 1	Syllabus Bb Materials
<b>Week 2</b> 1/22 – 1/28	<u>Topics: Introduction to Health Psychology &amp; Health Behaviors</u> Read Textbook Chapters 1 and 3 Read/Watch All Materials in the Week 2 Folder Due Wed 1/26: <a href="#">Original</a> Discussion 2 Post (Related to Ch. 1) Due Fri 1/28: <a href="#">Response</a> to Classmate's Discussion 2 Post Due Fri 1/28: Assignment 2 (Related to Ch. 3)	Chapter 1 Chapter 3 Bb Materials
<b>Week 3</b> 1/29 – 2/4	<u>Topics: Stress &amp; Coping, Resilience, and Social Support</u> Read Textbook Chapters 6 and 7 Read/Watch All Materials in the Week 3 Folder Due Wed 2/2: <a href="#">Original</a> Discussion 3 Post (Related to Ch. 6) Due Fri 2/4: <a href="#">Response</a> to Classmate's Discussion 3 Post Due Fri 2/4: Assignment 3 (Related to Ch. 7)	Chapter 6 Chapter 7 Bb Materials
<b>Week 4</b> 2/5 – 2/11	<u>Topics: Quiz &amp; Begin Behavior-Modification Project</u> Review/Study for and Complete Quiz 1 Due Fri 2/11: Quiz 1 (Chapters 1, 3, 6, 7, Week 2-3 Materials) Due Fri 2/11: Behavior-Modification Plan Worksheet	Behavior-Modification Project Instructions
<b>Week 5</b> 2/12 – 2/18	<u>Topics: Health Services &amp; Patients, Providers, and Treatments</u> Read Textbook Chapters 8 and 9 Read/Watch All Materials in the Week 5 Folder Due Wed 2/16: <a href="#">Original</a> Discussion 4 Post (Related to Ch. 8) Due Fri 2/18: <a href="#">Response</a> to Classmate's Discussion 4 Post Due Fri 2/18: Assignment 4 (Related to Ch. 9)	Chapter 8 Chapter 9 Bb Materials
<b>Week 6</b> 2/19 – 2/25	<u>Topics: Chronic Illness &amp; The Future of Health Psychology</u> Read Textbook Chapters 11 and 15 Read/Watch All Materials in the Week 6 Folder (Ch. 11 & 15) Due Wed 2/23: <a href="#">Original</a> Discussion 5 Post (Related to Ch. 11) Due Fri 2/25: <a href="#">Response</a> to Classmate's Discussion 5 Post Due Fri 2/25: Assignment 5 (Related to Ch. 15)	Chapter 11 Chapter 15 Bb Materials
<b>Week 7</b> 2/26 – 3/4	<u>Topics: Quiz &amp; Health Psychology in the Real World</u> Review/Study for and Complete Quiz 2 Read/Watch All Materials in the Week 7 folder Due Fri 3/4: Quiz 2 (Chapters 8, 9, 11, 15, Week 5-6 Materials) Due Fri 3/4: Assignment 6 (Related to Week 7 Materials)	Bb Materials
<b>Week 8</b> 3/5 – 3/11	<u>Topic: Finish Behavior-Modification Project &amp; Course Wrap-Up</u> Due Wed 3/9: Behavior-Modification Paper Due Fri 3/11: IDEA Evaluation for our Course	

## General Policies Related to This Course and ASU

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)<sup>1</sup>
- [Angelo State University Catalog](#)<sup>2</sup>

### Student Responsibility and Attendance

This class is asynchronous, meaning you do not have to be on-line at a certain time. There are readings which you will have to complete to be able to adequately participate in individual and group assignments. In order to complete this course successfully, you do have to participate in all course activities (i.e., discussion boards, course projects, etc.). Students are expected to engage in course activities and submit work by due dates and times. The hope is that students will make substantive contributions which reflect integration of assigned materials as well as any outside readings as appropriate. Scholarly contribution is an expectation. For planning purposes, this class will probably require a minimum of 8-10 study hours per week on average.

### Academic Integrity

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU. The College of Health and Human Services adheres to the university's [Statement of Academic Integrity](#).<sup>3</sup>

### Accommodations for Students with Disabilities

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation. Student Disability Services is located in the Office of Student Affairs and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at [ADA@angelo.edu](mailto:ADA@angelo.edu). For more information about the application process and requirements, visit the [Student Disability Services website](#).<sup>4</sup> The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford, Director of Student Disability Services  
Office of Student Affairs  
325-942-2047, [dallas.swafford@angelo.edu](mailto:dallas.swafford@angelo.edu)  
Houston Harte University Center, Room 112

### Incomplete Grade Policy

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact me if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 [Grading Procedures](#)<sup>5</sup> for more information.

### Student Absence for Observance of Religious Holy Days

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)<sup>6</sup> for more information.

## Plagiarism

Plagiarism is a serious topic covered in ASU's Academic Integrity policy<sup>7</sup> in the Student Handbook. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft. In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list. Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the ASU Writing Center.<sup>8</sup>

## Copyright Policy

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

## Title IX at Angelo State University

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex. You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: [www.angelo.edu/incident-form](http://www.angelo.edu/incident-form)

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022, Email: [michelle.boone@angelo.edu](mailto:michelle.boone@angelo.edu)

*Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).*

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: [www.angelo.edu/title-ix](http://www.angelo.edu/title-ix).

## End of Syllabus

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<sup>1</sup> <https://www.angelo.edu/student-handbook/>

<sup>2</sup> <https://www.angelo.edu/catalogs/>

<sup>3</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

<sup>4</sup> <https://www.angelo.edu/services/disability-services/>

<sup>5</sup> <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

<sup>6</sup> <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>

<sup>7</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

<sup>8</sup> [https://www.angelo.edu/dept/writing\\_center/academic\\_honesty.php](https://www.angelo.edu/dept/writing_center/academic_honesty.php)