

PSY 4335

HEALTH PSYCHOLOGY

SUMMER 2022



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**Instructor: Dr. Ashley Araiza**

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

**Phone:** 325-486-6718

**Office:** Zoom

**Office Hours:** By Appointment

## 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

<b>Student Learning Outcome</b> By completing all course requirements, students will be able to:	<b>Assignment(s) or activity(ies) validating outcome achievement:</b>
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
Apply health psychology theories and concepts to everyday personal experiences and current events	Discussions, Assignments, Applied Activity

## 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
4. Learning how to find, evaluate, and use resources to explore a topic in depth

## Topic Outline

Week 1: Introductions to the Course and Health Psychology & Health Behaviors

Week 2: Stress & Coping, Resilience, and Social Support

Week 3: Quiz 1 & Using Health Services

Week 4: Patients, Providers, and Treatments & Chronic Illness (Applied Activity Due)

Week 5: The Future of Health Psychology & Quiz 2

## 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 (4 x 5 points)	20 points
Assignments (5 x 4 points)	20 points
Quizzes (2 x 30 points)	60 points
Applied Activity (1 x 20 points)	20 points
<b>Total</b>	<b>120 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 = 108-120 points
- B = 96-107 points
- C = 84-95 points
- D = 72-83 points
- F = 0-71 points

## Assignments and Activities

**DISCUSSION-BOARD ACTIVITIES (20 points):** There will be four class discussions, each worth 5 points, during weeks 1, 2, 3, and 4. For each discussion, a question/prompt will be posted on Blackboard. You will post one original response to the prompt (3 points each x 4 original responses) and you will post one response to a classmate's post for the prompt (2 points each x 4 responses to classmates). To receive full credit, you must complete and provide thoughtful responses to both portions of each discussion.

During discussion weeks, **both portions of each discussion will be due by 11:59PM on Fridays;** it will be important to not wait until the last minute to complete your original post, however, because you need to give yourself time to respond to a classmate (not to mention to allow them the opportunity to respond to you!). **Further instructions for discussion-board activities can be found in the *Start Here: Orientation & Course Documents* folder under the "Learning Modules" tab on Blackboard.**

**ASSIGNMENTS (20 points):** There will be five 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 by readings, your textbook, lecture slides, videos, discussions, and any other course materials related to those topics. Quiz 1 will cover all topics/materials related to the first four chapters we cover. Quiz 2 will cover all topics/materials related to the latter four chapters we cover. You will have 60 minutes to complete each quiz. **When they are available, quizzes can be found under the "Quizzes" tab on Blackboard.**

**APPLIED ACTIVITY: Health Psychology in the Real World (20 points):** This activity is aimed at helping you identify and understand applications of Health Psychology. This activity has three parts to help you learn about health psychology in the news, community health programs, and health psychology research. For each part, you will submit roughly one page of written content addressing a prompt, for a total activity submission of approximately three pages. Your applied activity will be due on Blackboard Friday 7/1 by 11:59PM. **Specific instructions for the activity can be found under the "Applied Activity" 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 Saturday and ends Friday. Due dates are shown on the Course Schedule below and on Blackboard. **\*All readings, quizzes, assignments, discussions, etc. are due by 11:59PM on the due date listed (e.g., your Discussion 2 Posts will be due by 11:59PM on Friday 6/17).**

## 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.

**Applied Activity:** This activity will not be accepted late under any circumstances. The instructions for the activity are made available to you in Week 1 and the activity is due in Week 4. You can begin this activity Day 1 of the semester, should you choose to do so. As such, there is absolutely no reason at all that this activity 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> 6/6 – 6/10	<b>Topics: Intros to Course and Health Psychology &amp; Health Behaviors</b> Review Syllabus & All Materials in the Start Here: Orientation Folder Read Textbook Chapters 1 and 3 Read/Watch All Materials in the Topic Folder for Chapters 1 and 3 Due Fri 6/10: Assignment 1 Due Fri 6/10: Discussion 1 Posts (Related to Ch. 1) Due Fri 6/10: Assignment 2 (Related to Ch. 3)	Syllabus Chapter 1 Chapter 3 Bb Material
<b>Week 2</b> 6/11 – 6/17	<b>Topics: Stress &amp; Coping, Resilience, and Social Support</b> Read Textbook Chapters 6 and 7 Read/Watch All Materials in the Topic Folders for Chapters 6 and 7 Due Fri 6/17: Discussion 2 Posts (Related to Ch. 6) Due Fri 6/17: Assignment 3 (Related to Ch. 7)	Chapter 6 Chapter 7 Bb Material
<b>Week 3</b> 6/18 – 6/24	<b>Topics: Quiz 1 &amp; Using Health Services</b> Review/Study for and Complete Quiz 1 Due Fri 6/24: Quiz 1 (Chapters 1, 3, 6, 7, & Associated Materials) Read Textbook Chapter 8 Read/Watch All Materials in the Topic Folder for Chapter 8 Due Fri 6/24: Discussion 3 Posts (Related to Ch. 8)	Chapter 8 Bb Material
<b>Week 4</b> 6/25 – 7/1	<b>Topics: Patients, Providers, and Treatments &amp; Chronic Illness</b> Read Textbook Chapters 9 and 11 Read/Watch All Materials in the Topic Folders for Chapters 9 and 11 Due Fri 7/1: Assignment 4 (Related to Ch. 9) Due Fri 7/1: Discussion 4 Posts (Related to Ch. 11) Due Fri 7/1: Applied Activity	Chapter 9 Chapter 11 Bb Material
<b>Week 5</b> 7/2 – 7/8	<b>Topics: The Future of Health Psychology &amp; Quiz 2</b> Read Textbook Chapter 15 Read/Watch All Materials in the Topic Folder for Chapter 15 Due Fri 7/8: Assignment 5 (Related to Ch. 15) Review/Study for and Complete Quiz 2 Due Fri 7/8: Quiz 2 (Chapters 8, 9, 11, 15, & Associated Materials)	Chapter 15 Bb Material

## 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>

### 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>

### 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, assignments, 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.

### 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://angelo.policystat.com/policy/10659448/latest>

<sup>6</sup> <https://angelo.policystat.com/policy/10659368/latest>

<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)