Modifications to PSY 498 – Health Psychology - transition from 3 credits to 4 credits

Instructor: Dr. Aurora Sherman

In keeping with our proposed program change, I am proposing a change to the course PSY 498. I believe that this change will benefit students and bring the substance and requirements of this course more in line with other quality university programs across the state and nation.

Please refer to the following table, which shows the planned changes for this course at both the undergraduate and graduate levels. The modified course, with additional class time, will allow a wider range of topics to be discussed in class (including recent developments within the field), a greater array of reading assignments, and more time for classroom discussion.

Students will also engage in significantly more writing in this 4-credit format than in the 3-credit format.

<table>
<thead>
<tr>
<th>Hours of Class Room Lecture &amp; Discussion</th>
<th>4 hours per week</th>
<th>3 hours per week</th>
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<tbody>
<tr>
<td>Course Reading</td>
<td>1 Book; Supplemental Readings on Blackboard</td>
<td>1 Book</td>
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<tr>
<td>Requirements &amp; Grading</td>
<td>2 Exams: 30% Each; Term Paper: 20%; Participation: 20%</td>
<td>Exam 1: 15%; Exam 2: 19%; Participation: 10%; Analyze + Connect Papers: 14%; Position Paper: 19%; Final Exam: 23%</td>
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PSY 498: Health Psychology
Health Psychology

PSY 498/598

Enforced Prerequisites: A 300-level course in psychology
Class time: TBA

Instructor: TBA
Phone: 541-737-****
Email: TBA@oregonstate.edu

Credits: This is a 4 credit course
Format: 4 hours of lecture each week.

Office: TBA
Office hours: TBA, or by appointment

Overview

Health psychology is the study of relations physical health, behavior, and cognition. Although most illnesses have physical causes, behavior impacts risk for disease and injury, and thoughts and emotions influence factors such as immune functioning and treatment compliance. This course will introduce you to leading research and theory in health psychology, and encourage exploration of personal and practical implications of this information.

Textbook


Supplemental Readings will be available on the PSY 498 website

PSY 498 Course Objectives:

Students will:
Define and describe the core concepts and terms in Health Psychology
1. Apply course knowledge to health information available in the popular media.
2. Distinguish between reputable and unsupported sources of information about health.
3. Identify factors that lead individuals to make poor health decisions or interfere with care.
4. Demonstrate awareness of the interaction between physiology, mental process and social environment in determining health.
5. Evaluate the strengths and weaknesses of existing health-related policies and interventions.

PSY 598 Course Objectives (all PSY 498 objectives also apply):

Students will:
1. Identify ways in which this course furthers your graduate education in non-psychology fields.
2. Create an individualized learning and assessment plan with the professor to meet your specific goals.
3. Critique the methodology and conclusions of current research by writing a paper based on a thorough review of recent research on a single topic.
4. Generate a research proposal that addresses an unanswered question or methodological flaws in current research.
Requirements:
Requirements:
Requirements:
Requirements:
Reading assignment schedules, study questions and learning exercises will be found each week on the Assignments page. Supplemental reading material will be posted in Course Documents.

Exams
Exams
Exams
Exams
There will be two exams worth 300 points each. Exam #1 will cover material presented in Lessons 1-5. Exam #2 will cover material presented in Lessons 7-10. Exams may contain multiple choice, definitions, matching, and essay questions, with questions based on reading and lecture material.

Participation
Participation
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Participation
Students are expected to read text assignments, complete learning exercises and participate in class discussions with the instructor and other students, including some work in small groups. The group work consists of discussing and applying course concepts to case studies or other problems. This participation accounts for 200 of the 1000 points comprising your grade.

PSY 498 Term Paper:
Guidelines for the research essay are posted in Course Information. Students will choose a topic that has received recent popular media coverage, analyze the available information in the popular media and scientific literature and prepare an opinion as to the accuracy and importance of the information.

PSY 598 Term Paper:
This paper is an expanded version of the PSY 498 research paper. Guidelines for the PSY 598 paper are posted in Course Information. It differs from the 400-level paper because it involves a more thorough review of the scientific literature and a research proposal to help supplement gaps in the existing knowledge base.

Summary of Grading:
The relative contribution of requirements to total points is:

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Points</th>
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<tbody>
<tr>
<td>Exam #1 (Week 6)</td>
<td>300</td>
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<tr>
<td>Exam #2 (Finals week)</td>
<td>300</td>
</tr>
<tr>
<td>Term Paper (Week 9)</td>
<td>200</td>
</tr>
<tr>
<td>Class discussion and small group work</td>
<td>200</td>
</tr>
<tr>
<td>TOTAL</td>
<td>1000</td>
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Accommodations for Disabilities
"Accommodations are collaborative efforts between students, faculty and Services for Students with Disabilities (SSD). Students with accommodations approved through SSD are responsible for contacting the faculty member in charge of the course prior to or during the first week of the term to discuss accommodations. Students who believe they are eligible for accommodations but who have not yet obtained approval through SSD should contact SSD immediately at 737-4098."

Academic Honesty
If you have any doubts about the definitions of cheating or plagiarism, please review the OSU definitions at http://www.oregonstate.edu/admin/stucon/achon.htm. At the very least, if you are caught cheating on a test you will receive an F for the work and will be reported to the Student Conduct and Mediation program. Under university policies, penalties for academic dishonesty can be as severe as failing the entire course.
Topics and Reading Schedule

Please note that parts of some chapters are scheduled in separate weeks. It is important that you follow this schedule in order to be ready for exams during the weeks they are scheduled.

Week 1
Chapter 1 (1-30) An Overview of Psychology and Health - definitions, cultural effects, biopsychosocial and life-span perspectives defined, research methods.

Week 2
Chapter 2 (31-60) The Body's Physical Systems - nervous, endocrine, digestive, respiratory, cardiovascular, immune and reproductive systems.

Week 3

Chapter 4 (86-108) Stress, Biopsychosocial Factors, and Illness -psychosocial modifiers of stress

Week 4
Chapter 4 page (108-115) Stress, Biopsychosocial Factors, and Illness- psychophysiological disorders, cardiovascular disorders, cancer

Week 5
Chapter 5 (116-138) Coping With and Reducing Stress

Week 6
Chapter 6 (139- 170) Health-Related Behavior and Health Promotion - health and behavior, what determines people's health related behavior, developmental, gender and sociocultural factors, health promotion

Exam # 1

Week 7
Chapter 7(171-202) Substance Use and Abuse

Chapter 8 (203-235) Nutrition, Weight Control, Diet, Exercise, & Safety

Week 8
Chapter 9 (236-265) Using Health Services - types of health services, perceiving and interpreting symptoms, using and misusing health services, practitioners, patient's behavior and style, adherence to medical advice

Chapter 10 (266-290) In The Hospital -hospital history, being hospitalized, emotional adjustment, health psychologists

Week 9
Health Issues Paper is due


Chapter 12 (319 - 342) Managing & Controlling Clinical Pain

Week 10
In Chapter 13 (343 - 371) Serious & Disabling Chronic Illness - adjusting, & interventions

Chapter 14 (372 - 404) Life Threatening Illness: Management, and Coping

Finals Week

Final Exam (Exam #2) to be taken on ****