

**Psy 492: Health Psychology  
Course Syllabus  
Spring 2013**

*Syllabus tentative and subject to change*

**Instructor:** Shirley Allen, MS  
**Office Hours:** by appointment only  
**Email:** [sallen2@leomail.tamuc.edu](mailto:sallen2@leomail.tamuc.edu)

When sending me an e-mail, please be sure to include "PSY 492" in the subject line or I may not read it.

This course is web enhanced so you can view your grades and take the exams.

**Course Description:** This class is designed to introduce the basic concepts of Health Psychology. Students will be introduced to different medical disorders and diseases and the implications for the psychological health and impact on psychological functioning of individuals with these disorders. Students will study physical limitations and adaptations. They will understand basic ADA law and how to make buildings accessible. Psychological treatments for persons with disorders and physical limitations will be introduced. Topics covered will include depression and illness, traumatic injuries, neuromuscular diseases, cancer, and chronic pain. Also covered will be the use of psychological techniques to improve behaviors for wellness including smoking cessation, proper nutrition, and exercise. Such methods of treatment will include biofeedback, relaxation and behavioral goal setting. Graduate students will understand the applicability of foundations of health psychology to older adults and the study of geriatrics.

**Textbook:**

Brannon, L., Feist, J. (2010). *Health Psychology: An introduction to behavior and health* (7<sup>th</sup> ed.).

Davis, M., Eshelman, E., McKay, M. (2008). *The Relaxation & Stress Reduction Workbook* (6<sup>th</sup>).

**University Closing Due to Inclement Weather**

University closing information will be posted on the web at <http://www.tamu-commerce.edu>. Information will be forwarded to radio station KETR (88.9 FM); Dallas-area television stations KDFW (Channel 4), KXAS (Channel 5), and WFAA (Channel 8); and, Tyler/Longview-area television station KLTV (Channel 7).

**Students with Disabilities:**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

**Office of Student Disability Resources and Services  
Texas A&M University-Commerce  
Gee Library, Room 132  
Phone (903) 886-5150 or (903) 886-5835  
Fax (903) 468-8148  
[StudentDisabilityServices@tamu-commerce.edu](mailto:StudentDisabilityServices@tamu-commerce.edu)**

### **Course Requirements and Assignments:**

1. **Attendance:** The student is expected to attend all class sessions. University guidelines will be followed (See 2005-2006 *Undergraduate Student's Guidebook*). Only University approved excuses (in writing) are accepted reasons to make up assignments, activities, or tests.
  - A. The attendance policy is outlined in the current Undergraduate Catalog and *Student's Guidebook*.
    - i. Students are expected to attend every class period. Attendance will be taken at the beginning of each class period.
    - ii. It is the prerogative of the professor to drop students from courses in which they have accrued excessive **absences (3)** as defined in the course syllabus. In such cases, the student can be dropped from the course or dropped a grade point. The faculty member will document absences and will make a reasonable effort to communicate with the student prior to recommending the drop. If approved, the college dean will forward the recommendation to the Registrar's Office. Students who wish to drop a course or withdraw from the university are responsible for initiating this action.
    - iii. **If you miss more than three (3) classes you will receive a drop in letter grade no matter what your average may be.**
  - B. **If you are more than 15 minutes late for class, you will be counted absent. (Text messaging or any other electronic non-participatory activities during class will also result in an absence.)**
  - C. You should always attend class. Much of the material covered in class may not be found in your text. I plan on incorporating videos, class discussions and class activities into each lecture. Please note that all questions on the examinations will be taken from the text, as well as the classroom lectures, videos, and discussions.
  - D. If you miss class, (and therefore miss the lecture notes), it is YOUR RESPONSIBILITY to obtain the notes. I will not supply lecture notes to you for any reason. You will need to borrow class notes from a classmate.
  - E. On average, you will be expected to read two chapters per week. Do not wait until the night before the exam to start your reading. It is advised to stay on top of the readings and to read the chapters before each class that has the corresponding lecture material.
  
2. **Participation:** Students are expected to make an active and personal effort to contribute to class, as a part of developing professional collegial skills. This will include such basic commitments as prior preparation, regular attendance, arriving on time, remaining for the entire class period, and participating appropriately in discussions and other class activities. I consider class participation to be one of the most important, yet underrated elements of a student's education.

There are numerous elements that go into class participation:

- (1) Good attendance (according to University rules, students may be dropped from the class for excessive unexcused absences);
- (2) Arriving to class on time and **not packing up early**;
- (3) Somewhat frequent, and preferably intelligent, contributions to class discussion;
- (4) Reading the reserve readings (if any are assigned);

(5) **Polite and civil** interactions with all members of the class (See Student's Guide Handbook, Policies and Procedures, Conduct).

3. **Student Behavior:** Disturbing the education of students by other students is taken seriously. Appropriate (as defined by the instructor) level of interaction/participation during classroom discussions and presentations is expected. All pagers, cell phones, electronic games, radios, CD players, or other devices must be turned off when you enter the classroom. Disruption of class or inconsiderate behavior will not be tolerated. *It is my expectation that every student will have the utmost respect for their peers in class when discussing experiences of a sensitive nature.*

*“All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment.” (See Student's Guide Handbook, Policies and Procedures, Conduct.)*

4. **Academic Honesty:** The *Student's Guidebook* addresses the issues of academic cheating and plagiarism. These are a breach of conduct, and students are subject to disciplinary actions.

5. **Evaluation and Assessment:**

<u>Method</u>	<u>Total Percentage</u>
Presentation	50%
Test 1	15%
Test 2	15%
Wellness Plan Paper	10% required to pass class
Workbook Papers (3)/Article Review(1)	10% required to pass class

LATE WORK WILL NOT BE ACCEPTED

→ If you are having problems in class, please come and talk to me immediately. I will be better able to help you if you come to me early. Do not come to me at the end of the semester, unhappy with your grade, asking for a way to change it. I cannot randomly change grades because of “guilt trips”. However, I adjust the distribution for the entire class to ensure reasonable grading standards.

**Tests 15% grade (100 pts):** There will be *two* examinations, 100 points each. They will cover materials discussed in class (from textbook, lecture materials, special assignments, student presentations). Exam format may be true/false, multiple choice, matching, and/or short answer. **No makeup exams will be given.**

**NO MAKE-UP EXAMS WILL BE GIVEN** Make-ups will only be given in the case of **verifiable** medical or legal excuses. Verifiable means that written documentation is provided (e.g., signed doctors' notes, court appearance tickets, newspaper obituaries). The final decision concerning make-up exams rests with the instructor. If no valid excuse (in the opinion of the professor) is presented your exam grade is a zero.

**Exam Policies:**

- Unless otherwise noted, all exams will be on eCollege

- You must take your exams during the time stated for your section of this class. Failure to do so will result in a score of 0 (zero) for the exam.
- Be on time for exams. If you come late to an exam, and anyone has already left the exam, you will NOT be allowed to take the exam, as per University Regulations.
- I will not tolerate cheating. Severe penalty will be given to those who cheat.

### **Presentations 50% grade (100 pts)**

Students will provide an **in-class presentation on a selected topic**. Each student will pick a topic from a list. Schedule and topics: once selected are **not subject to change**. Written expectations and directions are listed below. Conduct a professional (APA) presentation about the topic using your text and at least 5 other sources (internet, interviews, text or journals) **YOU MUST CITE YOUR SOURCES. ANY PRESENTATIONS WITHOUT A REFERENCE PAGE IS AN AUTOMATIC ZERO.** Your reference **MUST** be APA compliant. A PowerPoint presentation is recommended. **Presentation material will be included in tests.**

Length: Minimum- 20 minutes, maximum 30 minutes

**Before you begin** submit to the instructor **and the class your** handout which needs to include: A summary of your presentation material (ie. copy PowerPoint or other summary), 3 possible test questions AND ANSWERS based on your presentation material, and a brief statement explaining your interest in topic. Questions must be T/F or multiple choice. **If making hard copies is a problem, please email me your materials 24 hours in advance and I will make copies for you.**

#### **Include in your presentation to class:**

1. Title of Presentation (topic) handout for class and instructor handout.
2. Introduction-  
State goals for the class – at the end of the presentation, you will have learned, been exposed to, experienced, etc. Explain your interest in this topic.
3. Body- longest part  
Present information so that class reaches your goals; exercise your objectives to meet your goals (first, second, third, next, finally, etc.). Discuss the history of your topic, current research, medical models (if applicable), good health guidelines, preventative measures, interventions, coping skills, etc. as applicable; is there future research that looks promising?
4. Summary/Conclusions- brief, tie it all together, talk about test questions (about 5 min)
5. Q & A-
6. Provide handout which includes; 3 possible test questions about your power point presentation **material to class and instructor**

Grade 100 points possible; grading rubric is listed in syllabus. **PLEASE USE THE RUBRIC** as that is the template I will use to grade your presentation. Your grade will depend on how well you complete the instructions in your presentation.

Did your information tie in to your topic?

Did you reach your goal(s)?

Were you prepared?

Your presentation test questions will be included on the final test. Your attendance and participation in the presentations is required and recommended. **LATE WORK WILL NOT BE ACCEPTED.**

**WELLNESS PLAN PAPER total 10% of grade (100 pts):**

**You must submit the following paper to pass this course regardless of your grade in the class.**

You will need to complete a FULL 2 to 4 page paper reflecting a personal wellness plan. This paper should include ways to increase your own overall health using the textbook and the Relaxation and Stress workbook a guide. Please discuss positive changes you can make in the following areas including (but not limited to):

- Nutrition
- Stress Reduction
- Exercise
- Education
- Family History/wellness screenings

APA paper, use at least 6 resources including the text and workbook, cite all sources in APA format. LATE WORK WILL NOT BE ACCEPTED.

**WORKBOOK PAPERS (2) AND ARTICLE REVIEW (1) total 10% of grade (100 pts):**  
**You must submit the following papers to pass this course regardless of your grade in the class.**

The Relaxation & Stress Reduction Workbook: completion grade: You must complete this assignment to pass the class or you will receive and incomplete for this course. You will need to read and complete the assignments in chapter 1. After reading chapters 1 and 2, you will need to choose and try 2 different stress activities from 2 **difference** chapters and write a full one-page reaction paper of your experience. The paper should include why you selected each exercise, your experience with it, and was it helpful, why or why not. Papers are due before final week, see syllabus for the exact date. LATE WORK WILL NOT BE ACCEPTED.

Article Review: completion grade: You will need to read the following article, *Helping Doctors and Patients Make Sense of Health Statistics* by Gigerenzer, et, al (2008) located in eCollege under doc sharing. You will need to write a summary paper at least 2 full pages in length, APA format, covering the following:

- What is statistical literacy and how is it a problem
- Give a least one GOOD example of how it impacts daily life
- Identify ways in which this problem can be addressed

**Attendance:**

It is the prerogative of the professor to drop students from courses in which they have accrued excessive **absences (3)** as defined in the course syllabus. In such cases, the student can be dropped from the course or dropped a grade point. **If you miss more than three (3) classes you will receive a drop in letter grade no matter what your average may be.**

**Psy 492 Presentation Grade Rubric**

**Name of Presenter** \_\_\_\_\_ **Date** \_\_\_\_\_  
**Topic** \_\_\_\_\_

10	9	8	7	6	5	4	3	2	1
Excellent	Very good		Marginal			Poor			
Outstanding		Average			Passing		Terrible		

1. Did the presenter state and meet their goals?  
10    9    8    7    6    5    4    3    2    1
2. Overall was the presentation useful or valuable?  
10    9    8    7    6    5    4    3    2    1
3. How much work and preparation was evidenced in the presentation?  
10    9    8    7    6    5    4    3    2    1
4. Was the presentation well organized? Did the talk “flow” easily or was it disjointed?  
10    9    8    7    6    5    4    3    2    1
5. How knowledgeable was the speaker on the topic?  
10    9    8    7    6    5    4    3    2    1
6. Did the presenter include 6 references including the text book?  
10    9    8    7    6    5    4    3    2    1
7. What was the quality of handouts and presentation materials? Were three test questions included?  
10    9    8    7    6    5    4    3    2    1
8. Did the presentation include an introduction, body, summary, questions and answers?  
10    9    8    7    6    5    4    3    2    1
9. Was the pace and length of the presentation appropriate?  
10    9    8    7    6    5    4    3    2    1
10. Rate the overall composite rating for the entire presentation?  
10    9    8    7    6    5    4    3    2    1

100 total \_\_\_\_\_

## Tentative Schedule for Lectures and Exam\*\*\* 492

Psy

Thursday	Text Assignment	R&S Workbook	Comments
Jan 17	Syllabus/Workbook	Ch 1, 2	Chp 1 assignments
Jan 24	Chapter 1	Ch 16, 21	
Jan 31	Chapter 2		
Feb 7	Chapter 3, 4		
Feb 14	Chapter 5		
Feb 21	Chapter 6		Video on stress
Feb 28	Chapter 7		
Mar 7	Chapter 8		Exam eCollege/
Mar 14	Spring Break		Campus Closed
Mar 21	Chapter 9, 10		Article Review due
Mar 28	Chapter 11		
Apr 4	Chapter 12, 13		
Apr 11	Chapter 14		
Apr 18	Chapter 15, 16		workbook papers due
Apr 25			No class/final exam on eCollege/wellness plan due
May 2			No class

\*\*\*Changes may be made to this schedule; modifications will be announced in class. Students that do not attend class are responsible for the alterations made to the syllabus.\*\*\*

### Students' Guide to Research Participation for Extra Credit Department of Psychology & Special Education, Texas A&M University- Commerce

- **What is Research Participation?**

Exposure to research is essential to your gaining a better understanding of the scientific study of psychology. It is how we add new knowledge in psychology. Being involved in research is a good way to experience first-hand and learn about the scientific enterprise. We believe there are two key ways to experience research activity at this level: 1) read about related scientific investigations; 2) experience research as a volunteer participant; or some combination of both. The class in which you received this handout offers extra credit through one or both of these activities.

- **What if I am not yet 18 years old?**

In order to participate in research you must be at least 18 years old. If you are not yet 18 years old, please see your instructor, and ask him/her about alternative ways of earning extra credit.

- **In what type of research studies will I participate?**

All studies you will participate in have been reviewed and approved by the Texas A&M - Commerce Institutional Review Board (IRB) and by the Department of Psychology & Special

Education. Studies vary widely. Many involve completing questionnaires or carrying out tasks on the computer. Some are even fun, and you'll learn something from all of them.

- **What are my rights as a research participant?**

Your participation is voluntary and you may withdraw from any study at any time. Your data will be kept confidential. If you have any further questions about your rights as a research participant, you may contact the IRB head, Robin Reid (Robin\_Reid@tamu-commerce.edu). More information about your rights will be provided to you prior to each study for which you sign up.

- **How will my research participation credit be calculated?**

You will receive 1 experiment credit for each hour of research participation. Studies lasting 30 minutes or less are worth ½ experiment credit. For example, a 30 minute study = 0.5 experiment credits; 60min = 1 credit; 1½ hours = 1.5 credits... etc.

- **How many research credits may I complete?**

You are encouraged to participate in as much research as you wish, but your instructor will inform you of how many credits are offered for extra credit.

**You may complete 3 hours of research participation credits. For each research participation credit hour completed you will receive 3 extra credit points to be added to your lowest test grade for a total of 9 points.**

Participation credit earned = .5	extra credit earned = 1.5
Participation credit earned = 1	extra credit earned = 3
Participation credit earned = 1.5	extra credit earned = 4.5
Participation credit earned = 2	extra credit earned = 6
Participation credit earned = 2.5	extra credit earned = 7.5
Participation credit earned = 3	extra credit earned = 9

- **What if I do not wish to participate in research studies?**

Participation in research is voluntary. Your instructor is offering you the opportunity to earn extra credit by participating in research (and helping psychology).

- **How do I find and sign up for research participation opportunities?**

Throughout the semester, researchers in the Psychology Department will post their research studies in the Experiment Management System (EMS) online. It is up to you to check the EMS regularly to find and sign up for research studies that fit into your schedule. Detailed instructions for how to use the EMS are listed in the following pages of this handout.

- **What if I cannot go to a study I signed up for?**

If for whatever reason you cannot attend a study that you have signed up for you need to cancel your appointment before the start of the study. There are 2 ways to cancel an appointment. First, if you cancel 24 hours before a study you can do this online through the EMS website. Second, if it is the same day of the study you can call or email the researcher, whose contact information will be with their study in the EMS.

## **How do I use the Experiment Management System (EMS)?**

**(If you have already used the EMS, you can use your same login information. Otherwise, you need to create a new login. When you login, a list of courses will be presented, from which you must select the courses you are taking this semester for which you will receive credit for participation. If your course is not listed, see the instructor for that course.)**

### **A. How to create a participant account on the EMS**

1. Go to <http://tamu-commerce.sona-systems.com/>
  - a. Click on New Participant “request an account here” link on the left of the screen.
  - b. This takes you to a screen on which you must enter your name, a unique User ID, your University ID number, and primary email address (reminders of studies you sign up for will be sent here). You will also need to highlight the course(s) in which you are enrolled, and for which you will be earning credits. If more than one, highlight all that will be involving you in research participation. However, each study in which you participate will only provide you credit for ONE course. In other words, there is no “double-dipping” allowed. **BE CAREFUL TO SELECT THE CORRECT COURSE AND SECTION # – IF YOU CHOOSE THE WRONG ONE, YOUR INSTRUCTOR WILL NOT BE INFORMED OF YOUR CREDITS!** After you submit your information, you will be emailed your login information. (After you have received your login information, I recommend that you login into EMS and go to your “Profile” and change your password to something that you can remember.)

If you encounter any problems with creating your account (e.g., login information not sent to you), contact the EMS administrator, [curt\\_carlson@tamu-commerce.edu](mailto:curt_carlson@tamu-commerce.edu) with your full name and a detailed description of the problem.

2. When you first log into the EMS at the beginning of the semester you will be asked to take a prescreen survey. This is a NEW prescreen – even if you have done one before, please do this one too. It is a short survey that researchers will use to decide if you meet the specified requirements for some studies (e.g., as a researcher I may only allow participants who are female. If you do not complete the prescreen you will not be eligible to participate in this study). In other words, if you do not complete the prescreen you will have fewer studies that you are eligible to participate in. **IF YOU COMPLETE THE PRESCREEN IN THE FIRST TWO WEEKS OF THE SEMESTER YOU WILL GET 0.5 CREDIT.**
3. You are now ready to use the EMS to sign-up for research studies.

### **B. Sign-up for studies—login to the EMS with your User ID and password that was emailed to you after creating your account**

1. Click **Study Sign-Up**. A list of all available studies for which you qualify will appear. You can sign-up by clicking on either the study name or **Timeslots Available**, and you will go to a new screen showing more information about the study, with a link to **View Time Slots for This Study**.
2. Click the **Sign-Up** button to schedule your time. You should then write down or print out the study information (name, place, time, etc.) that appears in the final window. You will also receive an email reminder the day before the study time you have selected.

### C. Canceling a Sign-Up (MUST be done if you know you will not show up)

1. If you need to cancel a timeslot you have signed up for, you can do this from the **My Schedule and Credits** page. Choose the **My Schedule and Credits** option from top toolbar.
2. You will see listed all of the studies for which you have signed up, as well as those you have completed (see the Tracking Your Progress section below for more information).
3. Studies for which you have signed up that you are allowed to cancel will have a **Cancel** button next to them. If you cannot attend the study session you signed up for, you need to cancel it, either within the EMS system or by contacting the researcher directly prior to the start of the study. Keep in mind that there is a time limit before the study is to occur, when it is too late to cancel online. This restriction is listed at the bottom of the page (it can be 24 hours before your timeslot, or much less, such as just 2-4 hours). If you cannot cancel online please email or call the experimenter to cancel. **IF YOU DO NOT CANCEL ONLINE, BY EMAIL, OR OVER THE PHONE BEFORE THE START OF THE STUDY YOU WILL BE COUNTED AS A “NO SHOW.” If you are counted as a “no show” for any studies you are not eligible for the 2 free punctual participant credits.**
4. If you cancel the first part of a two-part study, the second part will also be cancelled. If you cancel the second part of a two-part study, the first part will *not* be cancelled, but you will need to ask the researcher to sign you up for the second part again, if you would like to participate in it at a later date.

### D. Tracking Your Progress

1. You may track your progress at any time by choosing the **My Schedule and Credits** option from the top toolbar.
2. When you view this page, you will see at the top a list of the number of credits you are required to earn, and how many you have earned so far. Below that, if you have signed up for any studies, those are listed as well. In the list of studies, you will see information about your credit status. If you have a no show for a study you will see that the status for that study is “failure to appear.”

Note: Your login session will expire after a certain period of inactivity, usually 20-60 minutes. This is done for security purposes. If this happens, you can always log in again. When you are finished using the system, it is better to explicitly log out, to prevent any problems that may arise if someone uses your computer before the session expires. This is especially important if you are using a public computer lab.

### E. Frequently Asked Questions

1. *Immediately after I login, as soon as I click on any menu option, I am taken back to the login page and I see a message that my authentication has expired. What does this mean?*

Your web browser is not properly configured to accept cookies. You should turn on cookies in your web browser, use a different web browser (for example, try Firefox if you are currently using Internet Explorer), or try a different computer. Detailed instructions can be found if you go to the site and enter the URL “cookie\_help.asp” in place of “default.asp” in the address bar of the browser, when you are on the front page of the site.

*2. I participated in a study, but I have yet to receive credit. How do I receive credit?*

The researcher must grant you credit. This is usually done within a few days after your participation. If it has been several days and you still have not received credit, contact the researcher (his or her contact information will be listed when you click on the study name within the system).

*3. How do I change the email address where email notifications from the system are sent?*

You can change the email address where notifications are sent by going to **My Profile** and editing the email address you see there.

*4. I forgot where and when a study is that I signed up for. What do I do?*

Check your e-mail for the **EMS reminder**, or logon to EMS and check your appointments.

*5. Should I keep some sort of record of my participation and credits earned?*

The system will keep track of the credits you earn and your instructor will have access at the end of the semester to a report of credits earned by students enrolled in the class (and if any students have “no shows”). It is a good idea, however, to occasionally print a personal copy of your credits earned and hold on to that printout as a back up to the system.

*6. I showed up for a study on time, and no one was there! What do I do?*

First refer to your information about that study session, to make sure you are in the right place at the right time. If you are, then wait at least 10 minutes for the researcher. If they are still not there at that point, you can leave and must send them an email within 24 hours, stating that you were present at the correct place and time for the study (refer to the study name). It is up to the researcher to try to reschedule with you.