



Health Psychology
PSYC 3310
.060 & .061
Kyle O'Brien
University of Texas at
Tyler Spring 2024



Instructional Information

Instructor: Kyle O'Brien

Office: Zoom Hours Available (Email to meet in person in HPR 138)

Office Hours: Wednesday 4:00pm-6:00pm

Email: kobrien@uttyler.edu (preferred method of contact)

Course and Meeting Information

This course is **online remote-learning**, the course is asynchronous, meaning there are no course meetings, nor is there any one scheduled time that all students must do the same activity together. Assignments for each module may be **submitted any time after they become available and before Sunday 11:59 pm of the assigned week**. This course requires 3-5 hours of work per week.

This course is considered a Psychology Upper division elective. It is considered an elective in the Psychology major degree plan, and thus not a requirement.

Course Materials and Resources

Required Textbooks

Sarafino, E.P. & Smith, T.W. (2017). Health Psychology: Biopsychosocial interactions. 10th Edition. Wiley

ISBN: 978-1-119-57782-9

Note: 9th Edition will work as well

NOTE: A student at UT-Tyler is not under any obligation to purchase a textbook from a university-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.

Instructor note: You may also buy older editions of the required textbooks. It is your responsibility to find out which sections are different between editions and to make arrangements for when you need to use a different edition. You may purchase, rent, or borrow any format of the book as well (hard copy, spiral-bound, ebook, audiobook, etc.).

Required Canvas Use

Check the course Canvas page daily: you are responsible for any information I convey through Canvas, UT-Tyler email, or in class, as well as information contained in documents in the "Modules" tab. Pay special attention to the Course Calendar and the Assignments and Activities descriptions. Go to Canvas settings and set up your notifications to "subscribe" to such announcements and comments from me so you will not miss anything. I give feedback on some assignments through the comments feature. You will find those in the same place you submitted an online assignment on the right-hand side reading "comments." I often attach drafts of documents here with tracked changes and comments; make sure you know how to view tracked changes and comments in Word if they are not automatically visible for you.

Technology

It is recommended that you have access to a personal computer. With enough “legwork”, you can complete this course utilizing public access computers (libraries, labs, etc.)

You will need to submit some assignments in .doc format. Use of Microsoft Word is strongly encouraged instead of Apple’s Pages, Google Drive documents, or any other programs. If you do not have Microsoft Word, please visit the following page for instructions for how to download it for free: <https://www.utt Tyler.edu/it/office365/365-proplus-students.php>

E-mail

Please check e-mail and Canvas **daily** on weekdays. Before asking a question via e-mail, always check the syllabus and recent Canvas announcements first. E-mail me using your patriot mail, or Canvas inbox messaging. I check e-mail 8-5 on weekdays and usually avoid it in the evenings or weekends. I will do my best to return emails within one to two business days and I expect a similar turnaround time from you. I get hundreds of emails a week. If you have questions concerning this course, please put PSYC 3310 in the subject line.

Course Catalog Description

A focus on health care systems and patient-physician relations, and how psychological research informs the understanding, prevention and treatment of a variety of health concerns, including stress, traumatic injury, pain management, addictions, and chronic illness.

Student Learning Outcomes

Content

At the end of this course you should be able to master course content (remembering and understanding) in major areas such as:

- Students will be able to describe the science of the field of Health Psychology by identifying and discussing the interplay of psychological, biological, behavioral, and social factors (Biopsychosocial Model) in the study of health issues including mechanisms and pathways in disease processes such as the initiation, promotion, and management of disease.
- Students will be able to summarize the theory and research of the field of Health Psychology by reviewing and discussing the fundamental and more recent contributions to the science.
- Students will be able to critique and synthesize research on the factors involved in causing, maintaining, contributing to, preventing, and treating a specific health issue;
- Students will be able to better examine one's own health history and describe and enact a positive, proactive attitude toward healthy living for oneself.

Course Policies

Contacting Me

Personal meetings. To meet with me, please attend one of my office hours. I will hold office hours virtually each week at the designated time or you can email me to set up a time to meet in-person. Please email me if my office hours do not work and we can schedule another time to meet. You do not have to attend office hours if you do not need the help. The easiest way to get ahold of me is over email.

Make-up and Late Work

Deadlines and times are firm. Late assignments will not be accepted or awarded any credit. Extensions may be granted at the discretion of the instructor if requested by the student prior to the due date of the assignment. No extensions will be granted the day an assignment is due or after the due date.

Structure of Course

Attendance

This course is online and taught asynchronously. This means that there is not a designated time that the class “meets.” You will be responsible for pacing yourself throughout. **Every week on Monday at 8am, the next week’s module will open and you will be able to access the coursework, lectures, etc.** You will not be able to complete more than that module. Once the module time period ends, the course will lock and you will be unable to access the quizzes/assignments to be graded.

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Grading

There are 1000 points available in this course to make grade calculation very simple. The following table displays the number of points devoted to each type of assignment.

Grade breakdown.

Assignment	Points	Number	Category Total
Quizzes	30	2	60 (4% of overall course grade)
Exams	100	6	600 (60% of overall course grade)
Behavioral Change project	340	1	340 (34% of overall course grade)
			=1000 total
Extra Credit	Varies	Varies	30 max (3% in over all letter grade)

Final grades:

A=90.0-100%, B=80.0-89.9%, C=70.0-79.9%, D=60-69.9%, F=0-59.9%

I do not round grades. You will have plenty of opportunities to earn points in this course and your final grade is one you earn. The last opportunity to earn points is the final exam day. If you have a concern about a grade at any time, please email me ASAP about your issue and type up the justification (with textbook or other evidence) for why I should count your answer I marked wrong. **Grade change requests without a full paragraph of written justification with evidence will be ignored.**

Extra credit. You may earn extra credit by participating in the following ways:

1. SONA research—for every hour of SONA research that you complete you will receive 10 extra credit points
2. Participation in the Psychology & Counseling Training Clinic—for every hour of counseling that you participate in you will receive 5 extra credit points. The clinic requires that you participate for a minimum of 5 hours to receive credit. If by chance you are deemed “inappropriate” for the clinic, you will not be able to receive extra credit for counseling services
3. Course Reflection—In the event that you can not complete counseling services or SONA

research you will be able to complete a course reflection assignment. Please see CANVAS for details concerning what is expected for this assignment.

Please note the maximum amount of extra credit that you can receive is 30 points, or 3% of your overall grade in this course.

Assignments:

1. Quizzes (30 points each, 2 total): You will need to complete 2 quizzes during this course, and I am using the term Quiz lightly. You will have a syllabus quiz and an end of the semester feedback quiz.
2. Exams (100 points each, 7 total): At the end of each section you will have an exam covering the material for that period. This will cover anywhere between 1-3 chapters per exam depending on the topic.
3. Behavioral Change Project (340 points, 1 total): You will be asked to complete a personal behavioral change project in which you are asked to change one health related habit of your own during the semester. You will document throughout the semester how this habit change is progressing. You will meet with your group each week to discuss your progress with your classmates at the end of class.

University Policies

UT Tyler Honor Code

Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

Campus Carry

We respect the right and privacy of students 21 and over who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at <http://www.uttyler.edu/about/campus-carry/index.php>

UT Tyler is a Tobacco-Free University

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs, please visit www.uttyler.edu/tobacco-free.

Student Rights and Responsibilities

To know and understand the policies that affect your right and responsibilities as a student at UT Tyler, please follow this link:

<http://www2.uttyler.edu/wellness/rightsresponsibilities.php>

Grade Replacement/Forgiveness and Census Date Policies

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or <http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract. The Census Date is the deadline for any forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refund for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (session changes, adding a new class, dropping without a "W" grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions for waivers through Financial Aid.

State-Mandated Course Drop Policy

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date). Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

Disability/Accessibility Services: In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Tyler at Texas offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including non-visible a diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler> and fill out the New Student application. The **Student Accessibility and Resources (SAR)** office will contact you when your application has been submitted and an appointment with an Accessibility Case Manager. For more information, including filling out an application for services, please visit the SAR webpage at

<http://www.uttyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

Student Absence due to Religious Observance

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least 2 weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement:

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

Emergency Exits and Evacuation:

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

Student Standards of Academic Conduct

Disciplinary proceedings may be initiated against any students who engages in scholastic dishonesty, including, but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

(i) "Cheating" includes, but is not limited to:

- Copying from another students' test paper;
- Using during a test, materials not authorized by the person giving the test;
- Failure to comply with instructions given by the person administering the test;
- Possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically designed "crib notes." The presence of textbooks constitutes a violation if they have been specifically prohibited by the person administering the test;
- Using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program;
- Collaborating with or seeking aid from another student during a test or other assignment without authority;
- Discussing the contents of an examination with another student who will take the examination;

- Divulging the contents of an examination, for the purpose of preserving questions for us by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;
 - Substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment;
 - Paying or offering money or other valuable things to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program, or information about an unadministered test, test key, homework solution or computer program;
 - Falsifying research data, laboratory reports, and/or other academic work offered for credit;
 - Taking, keeping misplacing, or damaging the property of U. T. Tyler, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct; and,
 - Misrepresenting facts, including providing false grades or resumés, for the purpose of obtaining an academic or financial benefit or injuring another student academically or financially.
- (ii) “Plagiarism” includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another’s work and the submission of it as one’s own academic work offered for credit.
- (iii) “Collusion” includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignment offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.
- (iv) All written work that is submitted will be subject to review by plagiarism software.

College of Education and Psychology Vision and Mission and Program Standards

Vision. The College of Education and Psychology is nationally recognized and respected for its academic programs and opportunities. It is a center of academic excellence, scholarly inquiry, and public service. The College prepares leaders to meet the critical challenges of the 21st Century, to make significant contributions to local and global communities, and to work toward individual and cultural equity.

Mission. The mission of the College of Education and Psychology is to provide a positive environment that fosters the acquisition of knowledge and skills. The mission is individually and collectively realized through a community of scholars that contributes to knowledge through scholarly inquiry; organizes knowledge for application, understanding and communication; and provides leadership and service. Additionally, the College is committed to affirming and promoting global perspectives, cultural diversity, and respect for individual differences as a means of enhancing learning, service, and scholarship.

UT Tyler Resources for Students

- UT Tyler Writing Center (903.565.5995), writingcenter@uttyler.edu
- UT Tyler Tutoring Center (903.565.5964), tutoring@uttyler.edu
- The Mathematics Learning Center, RBN 4021. This is the open-access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
- UT Tyler Counseling Center (903.566.7254)

Note: this document is subject to change at the discretion of the instructor. Changes will be announced.

Course Calendar

Module	Dates	Topic	Readings	Assignments
0	January 16-21	Syllabus Intro to course and behavioral change project	Syllabus	Syllabus Quiz
1	January 22-28	Basic Issues and Processes in Health Psychology	Ch. 1	Behavioral Change Project Topic
2	January 29 – February 4	Basic Issues and Processes in Health Psychology	Ch. 2	Exam #1 (Ch. 1-2) Behavioral Change Project Check In #1
3	February 5-11	Stress, Illness, & Coping	Ch. 3	Behavioral Change Project Check In #2
4	February 12-18	Stress, Illness, & Coping	Ch. 4	Behavioral Change Project Check In #3
5	February 19-25	Stress, Illness, & Coping	Ch. 5	Exam #2 (Ch. 3-5) Behavioral Change Project Check In #4
6	February 26-March 3	Lifestyles to Enhance Health and Prevent Illness	Ch. 6	Behavioral Change Project Check In #5
7	March 4-10	Lifestyles to Enhance Health and Prevent Illness	Ch. 7	Behavioral Change Project Check In #6
	March 11-17	SPRING BREAK		HAVE FUN!!
8	March 18-24	Lifestyles to Enhance Health and Prevent Illness	Ch. 8	Exam #3 (Ch. 6-8) Behavioral Change Project Check In #7
9	March 25-31	Becoming Ill and Getting Medical Treatment	Ch. 9	Behavioral Change Project Check In #8
10	April 1-7	Becoming Ill and Getting Medical Treatment	Ch. 10	Exam #4 (Ch. 9-10) Behavioral Change Project Check In #9
11	April 8-14	Physical Discomfort: Pain and Discomfort	Ch. 11 & Ch. 12 (Online)	Behavioral Change Project Check In #10
12	April 15-21	Chronic and Life-Threatening Health Problems	Ch. 13	Exam #5 (Ch. 11-12) Behavioral

				Change Project Due
13	April 22-28	Chronic and Life- Threatening Health Problems Looking to the Future	Ch. 14	Exam #6 (Ch. 13-14) End of Semester Quiz