

Health Psychology
PSYC 3310-001
Emily Barena
University of Texas at Tyler
Fall 2026

Instructional Information

Instructor: Emily Barena
Office: Zoom Hours Available (Email to meet in person)
Office Hours: Tuesdays 2-3PM
Email: ebarena@uttyler.edu

Course and Meeting Information

This course is **in-person**, we will be meeting on **Mondays from 5:00pm to 7:45pm**. 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.

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

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.).

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.

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 or tablet. If you do not have access to a personal device, 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. If you email me, I will do my best to return emails within one to two business days. Please include the course number in the email 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

Office Hours

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. 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 after the due date.

Structure of Course

Attendance

This course is in-person with weekly meetings, **attendance is required** to succeed in the course. If possible, please email me and notify me of an absence ahead of time! It is the students' responsibility to obtain all notes and handouts missed during their absence. Students who are not physically present and engaged for the entirety of the class will be considered absent from that class meeting. Chronic tardiness or early departure will result in the lowering of a final grade at the instructor's discretion. Please note: it is the student's responsibility to drop this course, if necessary.

Transparency Statement: Please note that as a professor, I can see how long you are in your CANVAS modules, when you submit quizzes, how long it took you to complete quizzes and if your quizzes were completed at the same time as your peers.

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.

Once the module time period ends, the course will lock and you will be unable to access the quizzes/assignments to be graded.

Grade breakdown:

Assignment	Points	Number	Total
Quizzes	50	6	300
Final Exam	400	1	400
Behavioral Change Project	300	1	300
			=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%

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. More information can be found after the course calendar.
2. Course Reflection—In the event that you cannot complete 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: 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.
2. Behavioral Change Project (340 points, 1 total): This assignment will count as your final. 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. This paper will be 2-3 Pages in length.
3. Final Exam: A| X` äJ` XQä` Ä N\$ä § Jf¶XJãT JîXîXî ÜXNÇãNÇõ Zçä ö XXäfiX Nç§îiX→

Course Calendar

Week	Dates	Topic	Readings	Assignments
1	August 24-30	Syllabus: Intro & Behavioral Change Project (BCP)	Syllabus Ch. 1& 2	
2	August 31-Septmeber 6	Basic Issues and Processes in Health Psychology	Ch. 1& 2	QUIZ 1 (Ch. 1-2)
3	September 7-13	Labor Day NO CLASS		
4	September 14-20	Stress, Illness, & Coping	Ch. 3	
5	September 21-27	Stress, Illness, & Coping	Ch. 4	
6	September 28-October 4	Stress, Illness, & Coping	Ch. 5	QUIZ 2 (Ch. 3-5)
7	October 5-11	Lifestyles to Enhance Health and Prevent Illness	Ch. 6-7	
8	October 12-18	Lifestyles to Enhance Health and Prevent Illness	Ch. 8	QUIZ 3 (Ch. 6-8)
9	October 19-25	Becoming Ill and Getting Medical Treatment	Ch. 9	
10	October 26-November 1	Becoming Ill and Getting Medical Treatment	Ch. 10	QUIZ 4 (Ch. 9-10)
11	November 2-8	Physical Discomfort & Pain	Ch. 11	Begin Behavioral Change Project Paper
12	November 9-15	Physical Discomfort & Pain	Ch. 12	QUIZ 5 (Ch. 11-12)
13	November	Chronic and Life-	Ch. 13	BEHAVIORAL CHANGE

	16-22	Threatening Health Problems		PROJECT PAPER DUE
14	November 23-29	THANKSGIVING HOLIDAY NO CLASS		
15	November 30-December 6	Looking to the Future	Ch. 14	QUIZ 6 (Ch. 13-14) FINAL DUE 12/6
	December 7-13	FINALS WEEK NO CLASS		End of Semester Quiz

UT-Tyler Department of Psychology and Counseling Research Requirement

The Department of Psychology and Counseling requires that all students enrolled in 1000-, 2000-, and 300-level psychology courses to complete a research requirement. (Note that the Research Methods course, Psyc 2331, is exempt from this policy). Some 4000-level courses offer research participation as a means to gain extra credit.

Generally speaking, a course with the research requirement will require **6 credits**. If you are enrolled in more than one course with the research requirement, there is a **maximum of 12 credits required total – even if you are enrolled in more than two courses with the requirement**.

In order to fulfill this requirement or access extra credit opportunities, all students should register in Sona within the **first week of class**. **The registration will take only a few minutes, and will include a brief survey to collect demographic data**. This data will serve as a screening tool to determine potential survey eligibility.

Once you register in the system, there are two ways to fulfill the research requirement:

Options:

- (1) You may complete research credits by participating in psychology studies. One credit is earned for every 30 minutes of research participation. Most studies are worth one credit.
- (2) The number of credits required varies from one course to the next, and your instructor will tell you how many credits are required to complete the research requirement in his or her specific course. **Generally speaking, the 1000-, 2000-, AND 300-level course research requirement is 6 credits each**. There is a **maximum of 12 credits total if you are enrolled in more than one course that includes the research requirement**.
- (3) In lieu of the research participation, you may instead complete a 5-page research report on a topic supplied by your instructor. The instructor will also supply more detail regarding the proper format of the research report.

Timeline:

If you choose to complete the research participation, at least 2 of the credits must be submitted on or before midterms. The specific due date for these credits will be determined by your course instructor. Failure to do so will result in a **5% reduction** to your final course grade. The remaining 2 credits needed to fulfill the requirement must be submitted on or before the last day of the regular semester (i.e., before the start of finals week). Failure to submit the remaining credits by this date will result in an **additional 5% reduction** to your final grade.

If you choose, instead, to complete the research report, the final report must be submitted to your instructor no later than midterms. The specific due date for this report will be determined by your course instructor. Failure to do so will result in a **10% reduction** to your final course grade. If you are caught plagiarizing or engaging in other forms of academic dishonesty with regard to the research report, you will face university disciplinary measures in addition to the 10% reduction to your final grade.

Initial Registration and Account Setup:

The psychology pool administrator maintains the student credits in the department's online research participation system, which is called Sona Systems. Students are required to register with this online system to track and submit their credits.

How to Create an Account for the Research Sign-up System

Go to the following website: <http://uttyler.sona-systems.com>

Please follow these steps:

- (1) On the right-hand side of the page, click the link that says, "Request Account."
- (2) Type in your information. Your user ID can be anything you wish. However, note that **YOUR EMAIL ADDRESS MUST BE ACCURATE!!!!** You will also enter your telephone number and select the psychology course(s) that you enrolled in this semester.
- (3) The system will use your email address to send you a password.
- (4) Log into the system at the web address above with your username (that you created) and password (that the system will email to you). You may change your password upon logging in to the system for the first time.
- (5) Click the link that says "Study Sign Up"
- (6) Click the link of the study you wish to participate in (the number of credits the study is worth will be listed on the webpage).
- (7) Click the link that says "Timeslots Available." Note that a specific study is available until the study is completed, after which you can no longer sign up for it. New studies are posted throughout the semester, but the timing of new study availability depends on the individual researchers in charge of those specific studies.

Start early!!!! Do NOT wait until the end of the semester to start your research participation. There will NOT be a large number of studies available toward the end of the semester because the researchers and their student assistants are trying to analyze the data from their semester projects before the semester ends. Check Sona each week throughout the semester in order to find new studies in which you can participate!!!!

(8) Select a date and time that will work for you. Some studies are completely online, so you can complete that study immediately. Other studies require that you show up to one of the psychology research laboratories on campus. There are three psychology laboratories on campus, so please note which one you need to attend.

(9) The Sona system will send you an email reminder about your study sign up (including information about the day, time, and location of the study) at 5:00 pm the night before the study is to take place.

(9) Repeat Steps 5 - 8 until you have completed all credits that are required for your course. Any credits you complete beyond those required for your course(s) can potentially be used for extra credit, at the discretion of your instructor.

Once you participate, the system will track the number of credit hours you have completed. This information is available by clicking the “My Schedule/Credits” link.

Types of Studies:

There are two basic types of studies. The first is a laboratory study, and you will meet with a researcher at a specific location on the UT-Tyler campus. The second type is an online study. With this type of study, you can complete it from any computer connected to the internet. Although the majority of studies are of the first type, a few online studies may be posted during the semester for your convenience. The type of study will be listed in the description of the project on the website.

Cancelling an Appointment:

If you need to cancel an appointment for a timeslot you have signed up for, you can do this from the My Schedule / Credits page on the website. Select this link, and you will see all the studies you have signed up for, as well as those you have completed. Click “Cancel” on the appointment you need to cancel, and you will see a confirmation page. Note, however, that you should avoid cancelling an appointment unless absolutely necessary. Aside from not receiving the credit from the study, you are also inconveniencing the student researchers who are waiting at the laboratory to greet you. If you do need to cancel, you may try to contact the researcher in charge of the study (listed on the website) to reschedule.

To assign credits to specific courses –in the event that you are in more than one course that requires participation and/or offers extra credit for participation – please do the following:

- (1) Click the “My Schedule/Credits” link.
- (2) Assign the credits for each study in which you have participated to a specific course. This may include volunteer hours for student counseling.

- (3) The system will allow you to assign any number of the total credits you have accumulated to any specific course. However, you only have your total number of accumulated credits to distribute to your course(s). For example, if you have two courses that require participation and you have 10 accumulated credits, you can allocate those 10 credits to one course, the other course, or divide them in some way between both courses.

Before the end of the semester, be sure that you “apply” the credits that you have accumulated to the course(s) that require research participation and/or that offer extra credit for participating in research or volunteering for counseling.

If you have any questions about Sona or the research participation requirement for your course, please talk with your course instructor. Or, you may contact the Sona System administrator, Dr. Stocks, directly at estocks@uttyler.edu.

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, quit lines, 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.utt Tyler.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.