

**Psychology 332 A01  
Health Psychology**

**Jun 2021  
University of Victoria**

**Instructor:** Dr. Barb Bryden  
Classroom: Online, D2L/Brightspace  
Meeting Times: Asynchronous (recorded, online)  
Optional synchronous Q&A Zoom calls MR 1-2 pm PT or as notified  
Email: [bryden@uvic.ca](mailto:bryden@uvic.ca)

**Texts:**

Hadjistavropoulos, T., & Hadjistavropoulos, H. (Eds.) (2019). *Fundamentals of health psychology* (2nd ed.). Oxford. Students are responsible for specified chapter material, whether or not mentioned in presentations.

**Course Overview:**

This course will explore theories and research guiding our understanding of health and illness, and the interplay between biological, psychological, and social factors - or biopsychosocial (BPS) factors - in prevention, optimizing health, and facilitating treatments. Topics will include the BPS model; body systems and psychological influences on health; stress and coping; the spectrum of mental health disorders, and response to disasters; health anxiety; health care systems; prevention of illness and health-promotion intervention; eating, smoking, and recreational substance use; chronic health problems; pain; cardiovascular disease; health geropsychology; cross-cultural issues; and complementary and alternative therapies.

**Instructional Methods:**

The major instructional methods will be short recorded talks, presentation, and group discussion, all online, with researched writing assignments.

**Evaluation Methods:**

Assignment	Dates	Content	Weight
Discussion Board Participation	Wks 1-4	2 posts per week of 150 words max, evidence-based, in response to DB questions	20%
Test 1	Class 8 Mon Jun 14, online	Talks 1-7 material & readings	20%
Team Presentation: 30 min Teams A,B,C,D Teams E,F,G	Team A – Jun 15 Team B – Jun 16 Team C – Jun 18 Team D – Jun 21 Team E – Jun 22 Team F – Jun 23 Team G – Jun 24	Voice-over PowerPoint only. See Presentation guidelines	30%
Test 2	Class 17 Thu Jun 25 (last class), online	Talks 8-15 material & readings	30%

**Tentative Course Schedule<sup>1</sup>**  
**As of May 2021**

Week	Date(s)	Talk/Chapter	Team Pres	DB, Tests, Notes
1	Thu Jun 3	1 - Intro to Health Psychology (Ch 1)  <b>Please note: All talks recorded No live lecture to attend</b>	Team Pres - 30% See Presentation guidelines. BPS Factors in X & Implications for Health Psychology Due: 9 am PT on pres date, post earlier if desired. Please sign up for a Pres topic in wk 1, first come first served, 10 people max per team.	Discussion Board (DB) - 20% See Evaluation document Due: Before Sat midnight end wk wks 1-3, wk 4 before midnight Fri Jun 25 (last class)
	Fri Jun 4	2 - Body Systems (Ch 2)		
2	Mon Jun 7	3 - Stress & Coping (Ch 3)		
	Tue Jun 8	4 - MH Spectrum (no chapter reading)		
	Wed Jun 9	5 - MH Crisis and Disasters (no chapter reading)		
	Thu Jun 10	6 - Health Anxiety (Ch 7)		
	Fri Jun 11	7 - Health Care Systems (Ch 4) Talks 1-7 close Jun 13, 1 pm		
	Mon Jun 14	No recorded talk	No pres	Test 1 - 20% Mon Jun 14, online Talks 1-7 & chapters See Evaluation document
3	Tue Jun 15	8 - Prevention (Ch 5)		
	Wed Jun 16	9 - Eating, Smoking, Substance Use (Ch 6)	Team A - Sleep Issues Due: Tue Jun 15, 9 am PT	One team member pls upload pres file to Assignments for grading & also to Pres forum for classmates to see
	Thu Jun 17	10 - Chronic Health Problems (Ch 8)	Team B - Opioid Addiction Due: Wed Jun 16, 9 am PT	
	Fri Jun 18	11 - Pain (Ch 9)	Team C - Cancer Due: Fri Jun 18, 9 am PT	
	Mon Jun 21	12 - Cardiovascular Disease (Ch 10)	Team D - Depression Due: Mon Jun 21, 9 am PT	
4	Tue Jun 22	13 - Geropsychology (Ch 14)	Team E - Neurocognitive Disorder (Dementia) Due: Tue Jun 22, 9 am PT	
	Wed Jun 23	14 - Cross-Cultural Issues (Ch 15)	Team F - Covid-19 Due: Wed Jun 23, 9 am PT	
	Thu Jun 24	15 - CAM Therapies (no chapter reading)  Talks 8-15 close 1 pm	Team G - Stress, Anxiety, Nutrition, Exercise Due: Thu Jun 24, 9 am PT	
	Fri Jun 25 (last class)	No recorded talk	No pres	Test 2 - 30% Fri Jun 25, online Talks 8-15 & chapters See Evaluation document

<sup>1</sup>This may need adjustment as we get going.

#### Important Notice:

Please be attentive to due dates. Late submissions, without an accompanying medical note, note of family affliction, or note from a UVic coach regarding an athletic event, will not be accepted. All assignments are due in class on the assigned day. Similarly, exams that are missed (not due to the above-mentioned reasons) cannot be made up. **If you think you are going to miss a due date/time, please email me in advance of the due time, and not after the due time has passed.** [bryden@uvic.ca](mailto:bryden@uvic.ca)

#### Discussion Board Participation

In response to items on the Discussion Board, please post short, respectful, evidence-based responses to the question and/or other students' comments, of no more than 150 words per post, 2 times per week, before end of day Sat midnight, at the end of the week (exception: end of Fri Jun 25 in Wk 4). In weeks where there is a team presentation, one of your 2 posts should be in response to a team presentation – a question or comment. Please type post number "1" or "2" in the top left corner of those posts you'd like marked – you are welcome to make more than 2 posts in a week, if you would like, but only the two you have numbered will be marked.

If you make a mistake in a post and need to correct it, please just edit in Word, re-post, and type "Mark this one" at the top.

Claims made in a discussion post (such as "Condition X is inherited") must be supported by articles you might find in the UVic library, and open source articles as can be found/searched on the following sites:

Google Scholar - <https://scholar.google.ca/>

DOAJ - <https://doaj.org/>

PubMed Central - <https://www.ncbi.nlm.nih.gov/pmc/>

Biomed Central - <https://bmcpyschology.biomedcentral.com/>

Note that for research, it is preferred students use peer-reviewed, evidence-based journal articles no older than 7-8 years, and referencing using APA style, 7<sup>th</sup> edition (referencing guide will be provided). Canadian studies and statistics are desired wherever possible.

#### Exams

There will be 2 online multiple-choice exams based on lecture material and chapter readings. If you miss the final exam due to illness, accident or family situation, you will need to apply at Records Services for a "Request for Academic Concession" normally within 10 working days of the exam date.

#### Accommodations

Students needing exam accommodations should have their CAL letter sent as soon as possible in wk 1 to [bryden@uvic.ca](mailto:bryden@uvic.ca). Confirmation will be sent to you when received.

#### Team Presentation

Please sign up for ONE of the Presentation topics on D2L/Brightspace by Fri Jun 4. Topics are available on a first come-first served basis, 10 members max per group/topic.

#### Presentation Content:

Topic: "Biopsychosocial Factors in X, and Implications for Health Psychology"

Length: Approx 30 slides, not counting title page & references.

Due: Post on D2L/Brightspace by 9 am PT on your team presentation due date

Format: Please pay close attention to APA style 7<sup>th</sup> edition & correct referencing. Do not cut & paste anything from anywhere!

Instructions: Please see Team Presentation guidelines TBA

#### Technical Aspects:

Presentations are to be recorded in PowerPoint only, for reasons of technical compatibility and fairness across teams. Writing a transcript for your narration is recommended. Team members will respond to class

questions/comments on their presentation, on the Discussion Board for that week, before Sat midnight (exception: before Fri Jun 25 midnight in wk 4).

Video instructions for how to record in PowerPoint can be found at links such as the following:  
<https://support.office.com/en-us/article/video-record-presentations-2570dff5-f81c-40bc-b404-e04e95ffab33>

The recorded PowerPoint file or link can be uploaded to the D2L/Brightspace presentation forum for your classmates to view. Classmates must download the pptx file to play it. One team member please also upload the completed file to Assignments, for grading.

**Grading:**

Letter	%
A+	90-100
A	85-89
<u>A-</u>	<u>80-84</u>
B+	77-79
B	73-76
<u>B-</u>	<u>70-72</u>
C+	65-69
C	60-64
<u>D</u>	<u>50-59</u>
F	0-49

**Synchronous Q&A Sessions**

Optional Q&A sessions via Zoom will occur MR 1-2 pm PT or as notified. This will be an opportunity to ask questions about the course and to receive verbal feedback on presentations for team members able to attend. Written feedback will be provided end of term.

**Course Add Deadline**

Students are responsible for checking their registration status before the end of the add period. Students will not be added after this deadline.

**Registration Status and Pre-requisites**

The prerequisites for the course are the successful completion of PSYC 231, 251, or 260. Students are responsible for checking their registration status in the course. Students who remain in courses for which they do not have pre-requisites do so at their own risk. Students who complete courses without pre-requisites are not exempt from having to complete the pre-requisite course(s) at some later date if such course(s) are required for the degree program.

*The University of Victoria is committed to promoting, providing and protecting a positive and supportive and safe learning and working environment for all its members*

**UNIVERSITY OF VICTORIA**  
**Department of Psychology**

**Important Course Policy Information**  
**Summer 2021**

***Prerequisites***

Students who remain in courses for which they do not have the prerequisites do so at their own risk. Students who complete courses without prerequisites ARE NOT exempt from having to complete the prerequisite course(s) if such courses are required for the degree program.

***Program Requirements***

For more information see the UVic Calendar May 2021.

***Registration Status***

Students are responsible for verifying their registration status. Registration status may be verified using My Page, View Schedule. Course adds and drops will not be processed after the deadlines set out in the current UVic Calendar.

***Commitment to Inclusivity and Diversity***

The University of Victoria is committed to promoting, providing and protecting a positive and supportive and safe learning and working environment for all its members.

***In the Event of Illness, Accident or Family Affliction***

- ***What to do if you miss the final exam scheduled during the formal exam period***

Apply at Records Services for a "Request for Academic Concession", normally within 10 working days of the date of the exam. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record.

OR, you can download the Request for Academic Concession form here:

<http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf>

- ***What to do if you miss an exam other than one scheduled during the formal exam period***

Do not apply at Records Services for a "Request for Academic Concession". Instead submit documentation of the illness, accident or family affliction directly to your course instructor (or designated teaching assistant).

- ***What to do if you require additional time to complete course requirements***

Apply at Records Services for a "Request for Academic Concession", normally within 10 working days of the end of the course. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record.

OR, you can download the Request for Academic Concession form here:

<http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf>

## ***Policy on Academic Integrity including Plagiarism and Cheating***

The Department of Psychology fully endorses and intends to enforce rigorously the Senate Policy on Academic integrity

[https://www.uvic.ca/calendar/future/undergrad/#/policy/Sk\\_0xsM\\_V?bc=true&bcCurrent=08%20-%20Policy%20on%20Academic%20Integrity&bcGroup=Undergraduate%20Academic%20Regulations&bcItemType=policies](https://www.uvic.ca/calendar/future/undergrad/#/policy/Sk_0xsM_V?bc=true&bcCurrent=08%20-%20Policy%20on%20Academic%20Integrity&bcGroup=Undergraduate%20Academic%20Regulations&bcItemType=policies). It is of utmost importance that students who do their work honestly be protected from those who do not. Because this policy is in place to ensure that students carry out and benefit from the learning activities assigned in each course, it is expected that students will cooperate in its implementation.

The offences defined by the policy can be summarized briefly as follows:

1. **Plagiarism.** You must make sure that the work you submit is your work and not someone else's. There are proper procedures for citing the works of others. The student is responsible for being aware of and using these procedures.
2. **Unauthorized Use of an Editor.** The use of an editor is prohibited unless the instructor grants explicit written authorization.
3. **Multiple Submission.** Only under exceptional circumstances may a work submitted to fulfill an academic requirement be used to satisfy another similar requirement. The student is responsible for clarifying this with the instructor(s) involved.
4. **Falsifying Materials Subject to Academic Evaluation.** This includes falsification of data, use of commercially prepared essays, using information from the Internet without proper citation, citing sources from which material is not actually obtained, etc.
5. **Cheating on Assignments, Tests, and Examinations.** You may not copy the work of others in or out of class; you may not give your work to others for the purpose of copying; you may not use unauthorized material or equipment during examinations or tests; and you may not impersonate or allow yourself to be impersonated by another at an examination. The Department of Psychology has a policy of not making old examinations available for study purposes. Therefore, use of old exams without the express written permission of the instructor constitutes cheating by the user, and abetting of cheating by the person who provided the exam.
6. **Aiding Others to Cheat.** It is a violation to help others or attempt to help others to engage in any of the conduct described above.

Instructors are expected to make every effort to prevent cheating and plagiarism. This may include the assignment of seating for examinations, asking students to move during examinations, requests to see student identification cards, and other measures as appropriate. Instructors also have available to them a variety of tools and procedures to check for Internet and electronic media-based cheating. In instances of suspected or actual plagiarism or cheating, instructors, following prescribed procedures, are authorized to take steps consistent with the degree of the offence. These measures will range from a zero on the test or assignment or a failing grade for the course, probation within a program to temporary or even permanent suspension from the University.

Rights of Appeal are described in the Policy on Academic Integrity in the University calendar May 2021.

**The definitive source** for information on Academic Integrity is the University Calendar

**Other useful resources on Plagiarism and Cheating include:**

1. The Ombudsperson's office: <https://uvicombudsperson.ca/tips/plagiarism/>  
The [Office of the Ombudsperson](#) is an independent and impartial resource to assist with the fair resolution of student issues. A confidential consultation can help you understand your rights and responsibilities. The Ombudsperson can also clarify information, help navigate procedures, assist with problem-solving, facilitate communication, provide feedback on an appeal, investigate and make recommendations. Phone: 250-721-8357; Email: [ombuddy@uvic.ca](mailto:ombuddy@uvic.ca); Web: [uvicombudsperson.ca](http://uvicombudsperson.ca).
2. UVic Library Resources: <http://www.uvic.ca/library/research/citation/plagiarism/>
3. [https://www.uvic.ca/library/research/citation/documents/avoiding%20plagiarism%20guideUpdate\\_Sept\\_2013.pdf](https://www.uvic.ca/library/research/citation/documents/avoiding%20plagiarism%20guideUpdate_Sept_2013.pdf)

# BE WELL



A note to remind you to take care of yourself. Do your best to maintain a healthy lifestyle this semester by eating well, exercising, getting enough sleep and taking some time to relax. This will help you achieve your goals and cope with stress. All of us benefit from support during times of struggle. You are not alone.

## ***Social Life, Friends, & Community at UVic:***

Having a social network is an extremely important foundation for positive mental health. There are lots of benefits to joining clubs, course unions, intramurals and teams on campus.

<https://www.uvic.ca/mentalhealth/undergraduate/connecting/index.php>

## ***Counselling Services:***

Counselling Services can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students. [www.uvic.ca/services/counselling/](http://www.uvic.ca/services/counselling/)

## ***Health Services:***

University Health Services (UHS) provides a full service primary health clinic for students, and coordinates healthy student and campus initiatives.

[www.uvic.ca/services/health/](http://www.uvic.ca/services/health/)

## ***Centre for Accessible Learning:***

The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations [www.uvic.ca/services/cal/](http://www.uvic.ca/services/cal/). The sooner you let us know your needs, the quicker we can assist you in achieving your learning goals in this course.

## ***Elders' Voices:***

The Office of Indigenous Academic and Community Engagement (IACE) has the privilege of assembling a group of Elders from local communities to guide students, staff, faculty and administration in Indigenous ways of knowing and being.

[www.uvic.ca/services/indigenous/students/programming/elders/](http://www.uvic.ca/services/indigenous/students/programming/elders/)

## ***Mental Health Supports and Services:***

Mental health supports and services are available to students from all areas of the UVic community: [www.uvic.ca/mentalhealth/undergraduate/](http://www.uvic.ca/mentalhealth/undergraduate/)

## Sexualized Violence Prevention and Response at UVic

UVic takes sexualized violence seriously, and has raised the bar for what is considered acceptable behaviour. We encourage students to learn more about how the university defines sexualized violence and its overall approach by visiting [www.uvic.ca/svp](http://www.uvic.ca/svp). If you or someone you know has been impacted by sexualized violence and needs information, advice, and/or support please contact the sexualized violence resource office in Equity and Human Rights (EQHR). Whether or not you have been directly impacted, if you want to take part in the important prevention work taking place on campus, you can also reach out:

Where: Sexualized violence resource office in EQHR, Sedgewick C119

Phone: 250.721.8021

Email: [svpcoordinator@uvic.ca](mailto:svpcoordinator@uvic.ca)

Web: [www.uvic.ca/svp](http://www.uvic.ca/svp)