

**PSYCHOLOGY 332 (A01): HEALTH PSYCHOLOGY**  
**UNIVERSITY OF VICTORIA**  
**Spring 2022; January 10, 2022 to April 7, 2022**  
**Mondays & Thursdays 1:00pm-2:20pm**  
**Human and Social Development (HSD) A240**

*We acknowledge and respect the lək̓ʷəŋən peoples on whose traditional territory the university stands and the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day.*

---

**Instructor:** Dr. Megan E. Ames  
**Office:** Cornett A192  
**Phone:** 250-721-8771  
**Email:** [mames@uvic.ca](mailto:mames@uvic.ca) (preferred)  
**Office hours:** By appointment

**Teaching Assistant:** Aleah Ross  
**Office Hours:** By appointment  
**Email:** [rossa382@uvic.ca](mailto:rossa382@uvic.ca)

**Course Description:** This course explores psychological influences on *health* and *illness*. This course examines health issues from the standpoint of biological, psychological, and social factors acting together. Topics include health promotion, approaches to health-behaviour change, health-promoting and health-compromising behaviours, stress and coping, healthcare utilization, patient-provider relations, psychological issues in chronic and terminal illness, and the role of psychological factors in disease and treatment, and the future of health psychology.

**Course Delivery:** Given current COVID-19 public health policies, this course will be offered *synchronously*, meeting online via Zoom every Monday and Thursday 1:00pm to 2:20pm until at least January 24, 2022. Updates will be provided as needed after January 24, 2022 with the hopes to return to in-person instruction thereafter.

**Prerequisites:** The pre-requisites for this course are PSYC 201 and one of PSYC 231, 251, 260. Students who remain in courses for which they do not have the prerequisites do so at their own risk. Those who complete courses without prerequisites are not exempt from having to complete the prerequisite course(s) at some later date if such courses are required for the degree program. Students are responsible for checking their registration status before the end of the add/drop periods.

**Textbook (required):** Taylor, S. E., Sirios, F. M., & Molnar, D. S. (2020). *Health Psychology (5<sup>th</sup> Canadian Edition)*. McGraw-Hill Ryerson.

\*Any additional readings will be available as electronic files through the UVic Library (i.e., e-journals, e-books) and posted to Brightspace. Students are expected to complete assigned readings *before* class in order to participate in class discussions.

**Grading:** Course grades will be based on three **tests** (20%, 20% and 15% each), the creation of an **infographic** (20%), and a **final report** (25%). Final grades will be determined based on the following distribution:

A+	= 90-100%	B+	= 77-79%	C+	= 65-69%	F	≤ 49%
A	= 85-89%	B	= 73-76%	C	= 60-64%		
A-	= 80-84%	B-	= 70-72%	D	= 50-59%		

Students are expected to familiarize themselves with the Important Course Policy Information (see attached). If you do not complete each of the required components in this course, you will receive an "N"

for the course.

<b><u>Evaluation</u></b>	<b><u>Date</u></b>	<b><u>Percentage of Grade</u></b>
Report proposal	Monday, February 7	3%
Test 1	Thursday, February 11	20%
Test 2	Thursday, March 10	20%
Infographic	Thursday, March 17	20%
Test 3	Monday, April 4	15%
Final Report	Thursday, April 14	<u>22%</u> 100%
Bonus!		+1%

**Tests (20%, 20% and 15% each; 55%):** Knowledge of the readings and lectures will be assessed through 3 in-class tests. Tests will include multiple choice and short answer questions.

It is the student's responsibility to attend tests as scheduled. Students who miss an in-class test will receive a mark of zero unless they have a case of documented illness or family emergency. For missed tests with documented illness, make-up tests will be given.

**Infographic (20%):** Communicating information (SciComm) is an important skill in research, as information that cannot be consumed quickly is often passed over. This project is designed to help you learn how to accomplish this. You will take one original research paper (i.e., not a review paper) and summarize the purpose, study design and sample, results, and main takeaways in a 1-page infographic. The infographic should be on one of the papers included in your final report (e.g., a randomized control trial). The infographic will be worth 20% of your grade. Assignments received after 1:00pm on the due date will receive a deduction of 10% for each 24-hours after the deadline. The due date for the infographic is March 17, 2022 at 1:00pm submitted via Brightspace.

**Report (25%):** Choose a health-related behaviour you would like to change (e.g., exercise more, smoke less). Using an empirically supported behaviour change technique, attempt to change that behaviour. Proposals for the report are due Monday, February 7 (3%) and the final report is due Thursday, April 14 (22%). Both will be submitted online through Brightspace. The final assignment should include a table/chart of your behaviour before the intervention (one week) and after the intervention (at least one week), as well as peer-reviewed research supporting the technique(s) you chose to use. More details about the behaviour change challenge and final report can be found on Brightspace ("Behaviour change assignment.pdf"). Note that you do not have to be successful in your behaviour change attempt in order to achieve full marks (an honest description of your experience and an appropriate literature review are all that are required).

Report proposals are due Monday, February 7 (1:00pm) with no exceptions. Final reports received after 1:00pm on Thursday, April 14 will receive a deduction of 10% per day.

**Bonus! (1%):** Any time throughout the course, if you find a **real-life example** that is relevant to the material - send it to me! You will receive a 1% bonus for an online example (e.g., stories in the media, online videos, or pictures) that is relevant to course material (you may only do this once throughout the term). The example must be sent at least 24 hours before the class for which they are relevant (i.e., by 1:00pm the day before) and must be accompanied by an **explanation** of how the example is relevant to the chapter/course material (~100 words). Examples may be included in the next class' lecture (let me know if you would rather not have your name mentioned as the source of the example).

**Attendance:** As an upper-year course, the quality of our weekly discussions has a crucial impact on the quality of the course. Therefore, students are expected to prepare for class (i.e., completed assigned readings in advance), regularly attend, and actively participate (i.e., asking questions, engaging in activities including breakout rooms). Class meets twice per week *synchronously*. During our meetings, you can expect a mix of lecture, videos, group discussions, and activities aimed to improve your understanding of the text readings and key course concepts. All of these in-class activities are designed

to help you to consolidate information, apply key concepts, clarify misunderstandings, and rehearse material to promote learning.

**Important dates:**

January 30, 2022 - drop deadline (100% fees returned)

January 26, 2022 - last day to register for courses

February 28, 2022 - last day to drop classes without penalty or failure

**Respect for Diversity:** It is our intent that students from all diverse backgrounds and perspectives be well-served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that students bring to this class be viewed as a resource, strength, and benefit. It is our intent to present materials and activities that are respectful of gender, sexuality, disability, age, socio-economic status, ethnicity, race, and cultural diversities. Your suggestions are encouraged and appreciated. Please let us know ways to improve the effectiveness of the course for you personally or for other students or student groups.

Please review UVic's **Student Code of Conduct**: <https://www.uvic.ca/services/advising/assets/docs/tri-fac-student-code-of-conduct.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/).
  - **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/)
- The sooner you let us know your needs, the quicker we can assist you in achieving your learning goals in this course.

Students are expected to familiarize themselves with the Important Course Policy Information (attached).

### TENTATIVE SCHEDULE OF TOPICS AND DUE DATES

Any changes to this schedule will be announced in class and on Brightspace. Please regularly check the course website for updates and announcements.

<u>Week</u>	<u>Date</u>	<u>Topic</u>	<u>Chapter(s)</u>	<u>Deadlines</u>
1	Mon, Jan 10 Thur, Jan 13	Introduction to the Course Behaviour Change		
2	Mon, Jan 17 Thur, Jan 20	What is Health Psychology?	1	
3	Mon, Jan 24 Thur, Jan 27	Health Behaviours	3	
4	Mon, Jan 31 Thur, Feb 3	Health-Promoting Behaviours Health-Compromising Behaviours	4 5	
5	Mon, Feb 7 Thur, Feb 10	<b>Test 1 (20%)</b>	<b>1, 3-5</b>	<b>Report Proposal DUE (3%)</b>
6	Mon, Feb 14 Thur, Feb 17	Stress and Coping	6,7	
7	Mon, Feb 21 Thur, Feb 24	<b>READING BREAK: NO CLASS</b>		
8	Mon, Feb 28 Thur, Mar 3	Using Health Services Patient-Provider Relations	8 9	
9	Mon, Mar 7 Thur, Mar 10	<b>Test 2 (20%)</b>	<b>6-9</b>	
10	Mon, Mar 14 Thur, Mar 17	Living with Chronic Illness	11	<b>Infographic DUE (20%)</b>
11	Mon, Mar 21 Thur, Mar 24	Cardiovascular Disease	13	
12	Mon, Mar 28 Thur, Mar 31	The Future of Health Psychology	15	
13	Mon, Apr 4 Thur, Apr 14	<b>Test 3 (15%)</b>	<b>11, 13, 15</b>	<b>Final Report DUE (22%)</b>

NOTE: Students are required to read each chapter prior to class. In addition, if, while reading your chapter, you find a relevant real-life example demonstrating a concept in the chapter, send it to me along with an explanation of how it relates to course material and get a **BONUS** mark! (1%, this can only be done once throughout the term).

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

**Important Course Policy Information**  
**Winter 2022**

***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 January 2022.

***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 September 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)

## 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)