

Course Syllabus: Advanced Health Psychology (Psyc 432)

Location: Purnell 229
PM

Meeting times: Wednesdays, 6:00-9:00

Instructor: Scott Siegel, PhD, MHCDS Office hours: Wednesdays, 5:30 PM (or by appointment)

E-mail: sdsiegel@psych.udel.edu

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Course Objectives: The objective of this class is to introduce students to the basic principles of health psychology. The course will be divided into two sections: (1) *health promotion and disease prevention*, with a focus on health behaviors, stress and coping, and moderators of the stress response, and (2) *chronic disease management*, with a focus on health care & policy, the psychosocial aspects of coping with illness in general and a focus on cancer, cardiovascular disease, diabetes, pain, and grief/life-limiting illness. We will examine these core areas through the lens of the biopsychosocial and social ecological models. The material covered in this class will be relevant to students interested in pursuing graduate work in health psychology as well as students who are interested in future careers in health care more generally (physicians, nurses, other allied health providers), and public health policy. Finally, the material covered in this class is often helpful to students interested in improving their own health, coping with stress and illness, and supporting friends/family who have chronic disease.

Text: *Health Psychology* (10th edition) by Shelly Taylor. Additional readings to supplement the text and course lectures may be posted on the course website. I will not cover all the assigned readings in class (nor will I only lecture on material covered in the text). My approach to teaching is to focus more deeply on key concepts rather than try to cover everything in equal detail. That being said, you are responsible for material in the text that I do not lecture on specifically (as well as material I cover in lectures that is not in the text).

Attendance: Attendance will not be tracked or directly count toward your final grade. However, it is *strongly encouraged* that you attend every class. We will cover material in class that is not in the text and you will be responsible for this material. If you have to miss a class for whatever reason, it is *your* responsibility to obtain notes from a fellow student. I typically do not use slides in my lectures and slides/class notes are *not* posted online.

Class website: We will utilize a website set up for our class through the UD Canvas platform. On the course website you will find the syllabus, course grades, additional readings, and announcements.

Grades: Grades will be calculated from two exams (weighted equally). If you cannot take an exam for a valid reason (i.e., a verifiable emergency that you discuss with me in advance or as soon as possible), we will discuss whether we can schedule a make-up or make some other arrangement. Grades will be assigned according to the following scale:

100-93=A	92-90=A-	89-88=B+
87-83= B	82-80=B-	79-78=C+
77-73=C	72-70=C-	69-68=D+
67-63=D	62-60=D-	59-below=F

Exams: Exams will be all multiple-choice questions (typically about 50 items).

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American with Disabilities Act: If you require a reasonable accommodation due to a disability, please discuss your need with the instructor during the first week of class or as the need arises. Students seeking academic accommodations should also register with the University's ADA office, which coordinates accommodations and offers support for students with disabilities. The ADA office can be contacted at 302.831.8670.

Academic Dishonesty: You are expected to be familiar with the University's policy on Academic Dishonesty. Please refer to the Student Guide to University Policies for a description of what constitutes academic dishonesty and the consequences of engaging in this behavior.

Below, you will find the lecture topics and associated readings by class. **Please note that this is subject to revision in the coming weeks. Specifically, on 10/16 and 10/23, I may need to adjust dates. The first exam will not come before 10/16 but may be moved to 10/23. I will keep you posted in class and on this site.**

Date	Topic	Readings
28-Aug	Orientaiton/Intro to Health Psychology	Ch1
4-Sep	Health Behaviors: an overview	Ch 3
11-Sep	Health Promoting Behaviors	Ch 4
18-Sep	Health Compromising Behaviors	Ch 5
25-Sep	Stress	Ch 6
2-Oct	Moderators of Stress	Ch 7
9-Oct	Buffer/Review	N/A

16-Oct	Mid-term	N/A
23-Oct	No Class	N/A
30-Oct	Health Care Access	Ch 8
6-Nov	Management of Chronic Illness	Ch 11
13-Nov	Cancer	P. 298-304
20-Nov	Heart Disease	Ch 13
27-Nov	Thanksgiving break	N/A
4-Dec	Pain & Grief/Canine Therapy	Ch 10,12
TBD	Final	N/A