



WELCOME TO HEALTH PSYCHOLOGY!

PSYO 348 – SECTION 101



UBC OKANAGAN - 2023 WINTER TERM 2
THURSDAYS 2-5PM PST

THIS IS AN ONLINE COURSE. WHAT DOES THAT MEAN FOR YOU?

Live synchronous lectures will be held on Zoom from 3:30pm-4:45pm every Thursday. This will give us the chance to interact with each other and the course material in real-time!

Pre-recorded lecture content will be posted on Canvas each week (by 9am Tuesday).

Please watch the pre-recorded content and do the readings before the live class on Thursday.

Live lectures will also be recorded and posted on Canvas.

TEACHING TEAM

Course Instructor: Dr. Susan Holtzman

E-mail: susan.holtzman@ubc.ca

Office Hours: Wednesdays 11am-12pm*

*If this time does not work for you, please email me to set up an appointment. Office hours will be on Zoom. If I am with another student, you will be placed in the Zoom waiting room and I will be with you as soon as possible.

Zoom Link: <https://ubc.zoom.us/j/68782494719?pwd=akowUnBpUGEyOVAvWU5lVXhmdFI1dz09>

TA: Alisha Davis

Email: davis07@student.ubc.ca

Office Hours: Mondays 9:30am-10:30am

TA: Gizem Keskin

Email: gizem.keskin@ubc.ca

Office Hours: by appointment

TA: Carley Paterson

Email: carley.paterson@ubc.ca

Office Hours: Tuesdays 11am-12pm (or by appointment)



COURSE DESCRIPTION AND OBJECTIVES

This course is designed to introduce you to the field of health psychology. Topics will include: research methods in health psychology, health behaviour and promotion, stress, coping, and social support, patient-provider relations, the role of psychosocial factors (e.g., depression, anxiety) in chronic illness (e.g., chronic pain, heart disease, cancer), and death and dying.

This course aims to help students:

- (1) Understand current issues and debates in the field of health psychology.
- (2) Understand and evaluate various research methods used in health psychology research.
- (3) Understand and evaluate how health psychology principles and research are relevant to their own daily lives.
- (4) Increase awareness and appreciation for the diversity and complexity of the human experience as it relates to the field of health psychology.
- (5) Become a wise and critical consumer of health psychology information in the media.

IMPORTANT: This course deals with topics that some students may find distressing or uncomfortable. The instructor will do her best to inform students at the beginning of lectures when such topics will be discussed. Students who feel they need additional supports are welcome to contact the instructor who can provide referrals to supports and resources as required.

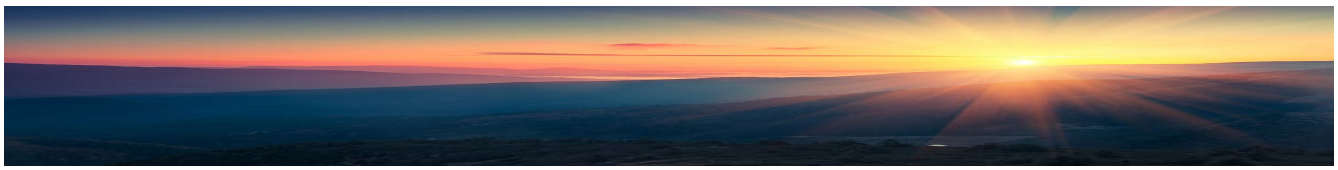
COURSE FORMAT

This course has been adapted for online delivery and involves **both synchronous and asynchronous** components. **Each week**, you will:

- (1) **complete the assigned readings** (mostly from the textbook, although additional readings and audio/video recordings will be assigned),
- (2) **watch the pre-recorded lecture** (posted by 9am every Tuesday),
- (3) **participate in the live Zoom lecture** (Thursdays 330-445pm). Students are expected to attend the live classes, but live classes will also be recorded for students who are unable to attend due to illness, time zone conflicts, and internet issues.
- (4) **complete a brief quiz** based on the lecture content

In addition to the **weekly quizzes**, there will be **one mandatory assignment, two midterm exams** and a **final exam**.

More details are provided below under “Course Evaluation” and on Canvas.

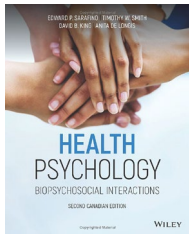


REQUIREMENTS FOR ONLINE DELIVERY

Students are required to have a tablet, laptop or desktop computer and a stable internet connection to view lectures and complete the graded components of this course. The quizzes, exams and assignment(s) will be completed/submitted on Canvas. In order to take part in live activities (live, synchronous lectures, live office hours), students must have a microphone (a webcam is recommended but not required).

iCloud Clickers will be used during live lectures. Detailed instructions on how to use iCloud Clickers be found here: <https://lthub.ubc.ca/guides/iclicker-cloud-student-guide/>. iCloud clickers can be used as a mobile app (recommended) or via a web browser. **Please ensure you set up iClickers before the first live class on Thursday January 11th.** If you have any trouble, please contact UBC technical support directly (contact link is provided at the bottom of the iClicker instruction page) or contact one of the course TA's.

REQUIRED TEXTBOOK



Sarafino, E. P., Smith, T. W., King, D. B., & DeLongis, A. (2020). *Health Psychology: Biopsychosocial Interactions (2nd Canadian edition)*. Toronto, ON: John Wiley & Sons Canada, Ltd.

You have several options for acquiring the textbook:

- 1) Purchase a hard copy
- 2) Purchase the e-book
- 3) Rent the e-book for 120 or 150 days (*most cost-effective*)

<https://www.wiley.com/en-ca/Health+Psychology%3A+Biopsychosocial+Interactions%2C+2nd+Canadian+Edition-p-9781119506881>

NOTE: Additional readings/videos will be assigned. Details will be provided on Canvas in the Module for each class.

COURSE WEBSITE

Pre-recorded and recorded live lectures, lecture slides, audio/video links, assignments, quizzes, course announcements, study resources, and grades are posted on Canvas. Exams will be administered on Canvas.



COURSE EVALUATION

Your final grade will be determined by the following components:

- (1) Midterm Exam #1 (28%)
- (2) Midterm Exam #2 (26%)
- (3) Final Exam (29%)
- (4) Health Behaviour Assignment (12.5%)
- (5) Weekly Quizzes (4.5%)
- (6) Syllabus Quiz (required, but not for marks)

(1-3) Exams: There will be two midterm exams and a final exam. All exams are **closed-book**. The midterm exams will be non-cumulative and multiple-choice format. The final exam will be non-cumulative and multiple-choice format. Exams will cover assigned textbook readings, any additional assigned readings/videos/audio clips, as well as all lecture material (including audio/video clips, guest speakers, class discussions, etc.). Exams will be administered through Canvas quizzes **using Lockdown Browser**. You must write the exams during scheduled times. For missed exam policies, please see FAQs below.

NOTE: You **must** complete your exams **independently**. You are **not** permitted to communicate with anyone for the duration of the scheduled exam time. You are **not** permitted to access anything or anyone during the exam (other than the course instructor). For example, you cannot use your phone, the internet or any course-related materials (e.g., textbook, study notes, textbook, videos, lecture recordings, lecture slides, etc.) while writing the exam. Copying the exam questions is **STRICTLY FORBIDDEN**.

- (1) MIDTERM EXAM #1 (Thursday February 8th; 3:30-4:45pm PST): Covers Lectures 1-4, assigned textbook readings for those lectures, and any other assigned reading/viewing materials. Worth 28%
- (2) MIDTERM EXAM #2 (Thursday March 14th; 3:30-4:45pm PST): Covers Lectures 5-7 assigned textbook readings for those lectures, and any other assigned reading/viewing materials. Worth 26%
- (3) FINAL EXAM (final exam period): Covers Lectures 8-11, and any other assigned reading/viewing materials. Worth 29%

(4) HEALTH BEHAVIOUR ASSIGNMENT (12.5%): In this required assignment you will pick a health behaviour that is meaningful to you and set a SMART goal to change this behaviour. You will design a brief intervention to help yourself achieve this goal using the principles you are learning in this course. You will track your weekly adherence to this health behaviour. At the end of the 3 weeks you will write a report based on your experience. For example, you will be asked to describe any benefits or costs you incurred from this exercise and consider the biological, social, and psychological factors that influenced your adherence/non-adherence. **Part 1 is due Thursday February 15th (2.5%). Part 2 is due Thursday April 11th (10%).**



(5) WEEKLY QUIZZES (4.5%): There will be 11 weekly, brief open-book, multiple-choice quizzes based on the weekly lecture content. Quizzes will be released on Canvas every Thursday at 4:30pm. **Quizzes must be completed by Sunday at 11:59pm PST each week.** We will keep your best 9 quizzes and drop your lowest 2 quizzes.

(6) SYLLABUS QUIZ (mandatory but not graded): There will be one open-book, multiple-choice quiz based on the content of the syllabus. You will not be able to access any course material beyond Week 2 (January 18th) until you complete this quiz.

ACADEMIC INTEGRITY

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the break down of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. For example, incidences of plagiarism or cheating usually result in a failing grade or mark of zero on the assignment or in the course. Careful records are kept in order to monitor and prevent recidivism. A more detailed description of academic integrity and misconduct, including the policies and procedures, can be found at:

<http://okanagan.students.ubc.ca/calendar/index.cfm?tree=3,54,111,0>

A helpful resource explaining what plagiarism is, and how to avoid it can be found at:

<http://www.library.ubc.ca/clc/airc.html>

GENERATIVE AI TOOLS (E.G., ChatGPT) AND ACADEMIC MISCONDUCT

Honesty and trust is vital to an academic community and for a fair evaluation of your work. All work submitted in this course must be your own. **In PSYO 348-101, the use of Chat GPT or any other generative AI tools for coursework (exams, assignments, quizzes) is prohibited and will be treated as academic misconduct.** Academic misconduct is any conduct by which a student gains or attempts to gain an unfair academic advantage or benefit, thereby compromising the integrity of the academic process. More information about academic misconduct can be found at: <https://okanagan.calendar.ubc.ca/campus-wide-policies-and-regulations/student-conduct-and-discipline/discipline-academic-misconduct/3-academic-misconduct-ubc-students>

At UBC, rules about the use of generative AI are course specific and may differ across courses. If you have any questions about the use of generative AI in PSYO 348-101, please feel free to reach out to Dr. Holtzman.



GRADING PRACTICES

Out of fairness to all students enrolled in this course, the instructor will **not** consider requests for “bumping” grades (e.g., changing a 49% to 50%, 79% to 80%) or requests for extra credit assignments to increase grades. Faculties, departments, and schools reserve the right to scale grades in order to maintain equity among sections and conformity to University, faculty, department, or school norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the faculty, department, or school. Grades are not official until they appear on a student's academic record.

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,90,1014>

STUDENTS LIVING ABROAD

The shift to online learning has greatly altered teaching and studying at UBC, including changes to health and safety considerations. Keep in mind that some UBC courses might cover topics that are censored or considered illegal by non-Canadian governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender or sexuality, and historical or current geopolitical controversies. If you are a student living abroad, you will be subject to the laws of your local jurisdiction, and your local authorities might limit your access to course material or take punitive action against you. UBC is strongly committed to academic freedom, but has no control over foreign authorities (please visit <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,33,86,0> for an articulation of the values of the University conveyed in the Senate Statement on Academic Freedom). Thus, we recognize that students will have legitimate reason to exercise caution in studying certain subjects. If you have concerns regarding your personal situation, consider postponing taking a course with manifest risks, until you are back on campus or reach out to your academic advisor to find substitute courses. For further information and support, please visit:

<http://academic.ubc.ca/support-resources/freedomexpression>

UBC STUDENT RESOURCES

OFFICE OF THE OMBUDSPERSON FOR STUDENTS

The Office of the Ombudsperson for Students offers independent, impartial, and confidential support to students in navigating UBC policies, processes, and resources, as well as guidance in resolving concerns related to fairness.

Email: ombuds.office@ubc.ca

Web: www.ombudsoffice.ubc.ca

EQUITY, HUMAN RIGHTS, DISCRIMINATION, AND HARASSMENT

UBC Okanagan is a place where every student, staff and faculty member should be able to study and work in an environment that is free from human rights-based discrimination and harassment. Under UBC's Policy 3 on Discrimination and Harassment, UBC prohibits discrimination and harassment on the basis of the following grounds: age, ancestry, colour,



family status, marital status, physical or mental disability, place of origin, political belief, race, religion, sex, sexual orientation or unrelated criminal conviction.

If you require assistance related to an issue of equity, discrimination or harassment, please contact the Equity Office, your administrative head of unit, and/or your unit's equity representative.

Department of Psychology Equity Representative: Paul Gabias: paul.gabias@ubc.ca, 250-807-9383

UBC Okanagan Equity Advisor: equity.ubco@ubc.ca; 250-807-9291

Unit Equity Representatives: <https://equity.ok.ubc.ca/programs/equityreps/>

INDIGENOUS PROGRAMS AND SERVICES

Indigenous Programs & Services provides community and culturally appropriate services and support to First Nation, Metis, and Inuit Studies.

Office: UNC 210 & 212

Web: www.students.ok.ubc.ca/indigenous-students/contact/

HEALTH AND WELLNESS

At UBC Okanagan health services to students are provided by Health and Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Health and Wellness for more information or to book an appointment.

LOCATION: UNC 337 (250-807-9270)

email: healthwellness.okanagan@ubc.ca

Web: www.students.ok.ubc.ca/health-wellness

UBCO VIRTUAL WALK-IN WELL-BEING CLINIC (by appointment)

A barrier-free wellness clinic accessible to students, staff, faculty and community members. Brief (up to 30 mins) mental health appointments are provided by graduate student clinicians (supervised by registered psychologists). This is a brief-intervention service. Clients can have 1-3 sessions per academic year. Clients are provided with support, tools, and resources on topics such as depression, anxiety, stress, self-care, substance use, and relationships. In-person and virtual appointments are available **by appointment**.

Thursdays & Thursdays 10:00am – 3:00pm PST

Email: ipc.ok@ubc.ca

Voicemail: (250) 807-8241

Web: <https://psych.ok.ubc.ca/psychology-clinic/walk-in-wellness/>

SEXUAL VIOLENCE PREVENTION AND RESPONSE OFFICE (SVPRO)

A safe and confidential place for UBC students, staff and faculty who have experienced sexual violence regardless of when or where it took place. Just want to talk? We are here to listen and help you explore your options. We can help you find a safe place to stay, explain



your reporting options (UBC or police), accompany you to the hospital, or support you with academic accommodations. You have the right to choose what happens next. We support your decision, whatever you decide.

Phone: 250-807-9640

Web: www.svpro.ok.ubc.ca

STUDENT LEARNING HUB: LEARNING SUPPORT

The Student Learning Hub is your go-to resource for **free** learning support. The Hub welcomes students from all disciplines and years to access a range of supports that include **tutoring in math, sciences, writing, and languages**, as well as **dedicated learning support** to help you develop skills and strategies for academic success. Don't wait—successful learners access support early and often. For more information, visit students.ok.ubc.ca/hub or contact learning.hub@ubc.ca.

COPYRIGHT DISCLAIMER

Lecture videos, slides, exams, and assignments are the exclusive copyright of Dr. Susan Holtzman and may only be used by students enrolled in PSYO 348-001, Winter 2023, at the University of British Columbia. Access to the Canvas course site is limited to students currently registered in this course. Under no circumstance are students permitted to provide any other person with means to access this material. Anyone violating these restrictions may be subject to legal action. Permission to electronically record any course materials must be granted by the instructor. **Distribution of any course material to a third party is forbidden.** Copying, recording, or taking photos of any quiz or exam material during is **not permitted under any circumstances** and is strictly forbidden. Students who publicly distribute or help others publicly distribute copies or modified copies of the course materials may be in violation of UBC's article 4.2.2 of the Discipline for Non-Academic Misconduct: Student Code of Conduct policy.

Diagrams and figures included in lecture presentations adhere to Copyright Guidelines for UBC Faculty, Staff and Students <http://copyright.ubc.ca/requirements/copyright-guidelines/> and UBC Fair Dealing Requirements for Faculty and Staff <http://copyright.ubc.ca/requirements/fair-dealing/>. Some of these figures and images are subject to copyright and will not be posted to Canvas. All material uploaded to Canvas that contain diagrams and figures are used with permission of the publisher; are in the public domain; are licensed by Creative Commons; meet the permitted terms of use of UBC's library license agreements for electronic items; and/or adhere to the UBC Fair Dealing Requirements for Faculty and Staff.



FREQUENTLY ASKED QUESTIONS

DO I NEED TO ATTEND THE LIVE LECTURES?

Students are **strongly encouraged** to attend all live, synchronous lectures, but they are not mandatory and participation marks will not be given. These lectures will offer the opportunity to engage with your instructor and classmates in real-time, hear tips about upcoming exams and assignments, participate in live, anonymous polls and discussions about hot topics in health psychology. If you miss a live lecture, they will be recorded and posted on Canvas.

WHAT IF I HAVE A LEARNING DISABILITY OR OTHER DISABILITY-RELATED NEED?

If you require disability-related accommodations to meet the course objectives, please contact the Coordinator of Disability Resources located in the Student Development and Advising area of the student services building. For more information about the DRC or academic accommodations, visit: <https://students.ok.ubc.ca/academic-success/disability-resources/>

WHAT HAPPENS IF I MISS AN EXAM?

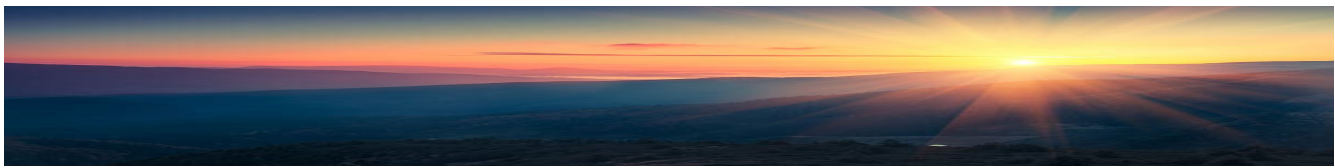
If you miss the midterm exam, please contact Dr. Holtzman by e-mail as soon as possible and provide written, verifiable evidence of health problems or other extreme circumstances. Make up exams will only be scheduled for students with valid reasons for missing the exam (i.e., sleeping in, forgetting the exam, being away on holiday are not valid reasons). The University accommodates students whose religious obligations conflict with scheduled exams. Please let the instructor know in advance, preferably in the first week of class, if you will require any accommodation on these grounds.

FINAL EXAM. A make-up exam will be held for students who miss the final exam for a valid reason. Valid reasons include: (1) an exam hardship*** or (2) serious illness or emergency. If you miss the final exam because of an exam hardship you must notify the instructor in writing no later than 1 month prior to the final exam. If you miss the exam because of serious illness or an emergency you must contact the instructor within 24 hours of the final exam and provide written, verifiable evidence explaining your absence. Only one make-up exam date will be scheduled.

***A final exam hardship is defined as 3 or more exams scheduled within a 24-hour period. A student facing an examination hardship shall be given an examination date for the second examination causing hardship by the respective instructor or department. You must notify the instructor no later than 1 month prior to the final exam. (*This is a UBCO Policy*). This does not apply to midterm exams.

WHAT HAPPENS IF I AM LATE SUBMITTING MY ASSIGNMENT?

Without a valid reason (e.g., health or family emergency), late assignments will be penalized 20% per day. Please notify the instructor immediately if this applies to you.



WEEKLY COURSE SCHEDULE¹

Date	Lecture	Readings (required pages from each chapter will be posted on Canvas) ²	Lecture
Thurs Jan 11	Lecture 1: Introductions; History of Health Psych; Overview of Research Methods	Chapter 1	Live Lecture 3:30-4:45pm
Thurs Jan 18	Lecture 2: Stress and the Body	Chapter 3 Chapter 4	Live Lecture 3:30-4:45pm
Thurs Jan 25	Lecture 3: Modifiers of Stress: Personality and Social Support	Chapter 4	Live Lecture 3:30-4:45pm
Thurs Feb 1	Lecture 4: Modifiers of Stress: Coping Strategies and Stress Management Interventions	Chapter 5	Live Lecture 3:30-4:45pm
Thurs Feb 8	MIDTERM EXAM #1 (3:30pm - 4:45pm)		
Thurs Feb 15	Lecture 5: Health-Related Behaviour	Chapter 6 Chapter 8	Live Lecture 3:30-4:45pm *Assignment (part 1) due
Thurs Feb 22	READING BREAK (no class)		
Thurs Feb 29	Lecture 6: Health-Related Behaviour	Chapter 6	Live Lecture 3:30-4:45pm
Thurs March 7	Lecture 7: Using Health Services	Chapter 9	Live Lecture 3:30-4:45pm
Thurs March 14	MIDTERM EXAM #2 (3:30pm - 4:45pm)		
Thurs March 21	Lecture 8: Psychosocial Aspects of Heart Disease; Organ Transplantation	Chapter 14	Live Lecture 3:30-4:45pm
Thurs March 28	Lecture 9: Psychosocial Aspects of Cancer; Psychosocial Aspects of Advancing and Terminal Illness	Chapter 14 Chapter 15	Live Lecture 3:30-4:45pm
Thurs April 4	Lecture 10: Psychosocial Aspects of Pain	Chapter 11 Chapter 12	Live Lecture 3:30-4:45pm
Thurs April 11	Lecture 11: Future of Health Psychology	Chapter 16	Live Lecture 3:30-4:45pm *Assignment (part 2) due

1. Topic schedule is subject to change. However, midterm exam dates will not change.
2. Chapter 2 will be referenced throughout the course. It provides specific details on the physical systems involved in the diseases and disorders discussed in class.