

PSYC 330 – Health Psychology
SSC Accreditation Documentation

Course Learning Objectives (*Course component and sections that address the objective*):

1. Students will demonstrate an understanding of the scientific study of individual and group behavior
(Final Paper, “Health behavior” and “Consequences” sections)
2. Students will demonstrate an understanding of fundamental concepts, theory or methods from one or more of the social/behavioral sciences (e.g., anthropology, economics, sociology, political science or psychology).
(Final Paper, “Theory,” “Intervention Methods,” and “Measures” sections)
3. Students will demonstrate critical thinking about human behavior and society to offer meaningful explanations of social and individual behavior.
(Final Paper, “Health behavior” and “Theory” sections)
4. Students will be able to frame social science problems broadly in a way that is accessible to the general population (i.e., not exclusively for majors within a specific discipline)
(Final Paper, “Implications” section)

See below for Final Paper document.

PSYC 330 – Health Psychology - Paper Assignment

Health Behavior: Evidence, Theory, Interventions, and Implications

Purpose: The purposes of this paper are:

1. To comprehensively review the scientific literature on a specific health behavior
2. To discuss how this behavior relates to positive and negative health
3. To describe how two health-related theories understand this health behavior
4. To describe interventions designed to change this health behavior, or interventions that use this health behavior to change other behavior.
5. To discuss implications for broader public health, public policy, etc.

Logistics:

Paper length: Nine pages maximum, excluding the title and reference pages.

Formatting: Double-spaced, typed, Times New Roman, size 12 font, 1” margins.

Grammar/Style: Use Headings and Subheadings throughout; use APA style.

Important Dates:

- 1) **March 3:** You have a Relaxation Exercise assignment due, via Blackboard at 5pm, that may help you prepare for this assignment.
- 2) **April 7:** Paper Outline Due, via Blackboard at 5pm. (See below.)
- 3) **April 23 and April 25:** You will present your paper in class.
- 4) **May 10th:** Paper due via Blackboard by 5pm.

PAPER OUTLINE TEMPLATE

HEALTH BEHAVIOR CHOSEN: _____

DEFINITION AND PREVALENCE (INCLUDE CITATIONS):

DEFINITION:

<u>DEFINITION</u>	<u>CITATION</u>

PREVALENCE:

<u>PREVALENCE</u>	<u>CITATION</u>

DISCUSS A POSITIVE AND NEGATIVE CONSEQUENCE OF THIS HEALTH BEHAVIOR, INCLUDING CITATIONS:

AT THE INDIVIDUAL LEVEL:

<u>POSITIVE CONSEQUENCE</u>	<u>CITATION</u>
<u>NEGATIVE CONSEQUENCE</u>	<u>CITATION</u>

AT THE SYSTEMIC LEVEL:

<u>POSITIVE CONSEQUENCE</u>	<u>CITATION</u>
<u>NEGATIVE CONSEQUENCE</u>	<u>CITATION</u>

PROVIDE CITATIONS FOR THREE OTHER PEER-REVIEWED, EMPIRICAL (NON-INTERVENTION) ARTICLES THAT ARE IMPORTANT TO INCLUDE IN YOUR LIT REVIEW ON THIS HEALTH BEHAVIOR (ALL ARTICLES MUST BE PUBLISHED AFTER THE YEAR 2000):

- 1.
- 2.
- 3.

NAME THE TWO THEORIES THAT YOU WILL USE TO UNDERSTAND YOUR HEALTH BEHAVIOR. INCLUDE THE CITATION OF AN ARTICLE THAT RELATES TO THIS THEORY. THESE ARTICLES MAY BE BEFORE THE YEAR 2000.

<u>THEORY</u>	<u>CITATION</u>
1.	
2.	

LIST TWO DIFFERENT INTERVENTIONS USED TO ATTEMPT TO CHANGE THIS HEALTH BEHAVIOR, OR INTERVENTIONS THAT USE THIS HEALTH BEHAVIOR TO CHANGE OTHER BEHAVIOR. INCLUDE A CITATION FOR EACH ARTICLE:

<u>INTERVENTION</u>	<u>CITATION</u>
1.	
2.	

LIST TWO DIFFERENT MEASURES USED TO COLLECT DATA ON THIS HEALTH BEHAVIOR. THEY CAN BE FROM THE ABOVE ARTICLES, OR OTHERS. INCLUDE A CITATION FOR EACH MEASURE:

<u>MEASURE</u>	<u>CITATION</u>
1.	
2.	

DISCUSS AN IMPLICATION OF YOUR FINDINGS ON THIS HEALTH BEHAVIOR FOR BROADER PUBLIC HEALTH AND FOR PUBLIC POLICY:

<u>IMPLICATION</u>	<u>CITATION</u>
1. (for broader public health)	
2. (for public policy)	

SELF-REFLECTION: BRIEFLY DISCUSS ANY ADDITIONAL THOUGHTS ON THE PROJECT YOU WANT TO KEEP IN MIND:

NOTE: You must list at least 10 different citations above.

PSYC 330 Paper Outline Grading Rubric

1. Lists appropriate health behavior, e.g. “daily fat intake above FDA regulations,” not “lose weight.”
Yes (2 points) No (0 points)
2. Defines health behavior clearly and concretely; includes related prevalence. Includes citations for both definition and prevalence.
Yes (2 points) No (0 points)
3. Discussed positive and negative consequences at individual and systemic levels; includes citations for all:
Yes (3 points) No (0 points)
4. Provides additional citations of three empirical (non-intervention) articles, all from 2000 or later:
Yes (2 points) No (0 points)
5. Lists two different theories to use to understand the health behavior; includes citation for each
Yes (3 points) No (0 points)
6. Lists two distinct intervention methods; includes citation for each.
Yes (3 points) No (0 points)
7. Lists two different measures used to assess this health behavior; includes citation for each.
Yes (3 points) No (0 points)
8. Provides two implications of your research on this health behavior – one related to broader public health, and one related to public policy.
Yes (3 points) No (0 points)
9. Provides appropriate self-reflection (not superficial, and also, no over-disclosure).
Yes (2 points) No (0 points)
10. Includes at least 10 different citations total, all from 2000 or later, except in the case of theory articles.
Yes (2 points) No (0 points)

Total points earned (out of 25): _____

PSYC 330 Final Paper Grading Rubric

Title Page (2)

_____ Includes title, name, class name and number, A# (2)

Health Behavior (12)

_____ Defines clearly and concretely; provides nuance when needed (4)

_____ Provides prevalence, including among different groups such as those who are at risk for/vulnerable to the health behavior (4)

_____ Discusses relevant historical trends related to the health behavior (4)

Consequences (16)

_____ Reviews negative and positive consequences related to engagement in this health behavior, at the individual level (8)

_____ Reviews negative and positive consequences related to engagement in this health behavior, at the systemic level (8)

Theory (16)

_____ Describes one theory that can be used to understand engagement in this health behavior, the lack thereof, or change in this health behavior (4)

_____ Describes pros and cons of the theory in terms of understanding health behavior (4)

_____ Describes a second (different) theory that can be used to understand engagement in this health behavior, the lack thereof, or change in this health behavior (4)

_____ Describes pros and cons of the theory in terms of understanding health behavior (4)

Intervention Methods (10)

_____ Describes two different attempted intervention techniques to change this health behavior; or, two different interventions that use this behavior to change other behaviors (5)

_____ Reviews results of these attempted interventions (5)

Measures (10)

_____ Reviews one measure used to assess change related to the health behavior. Includes brief description, psychometrics, and pros and cons of each measure (5)

_____ Reviews a second (different) measure used to assess change related to the health behavior. Includes brief description, psychometrics, and pros and cons of each measure (5)

Implications (10)

_____ Describes one implication for public health, based on your research on this health behavior (5)

_____ Describes one implication for public policy, based on your research on this health behavior (5)

Self-reflection (10)

_____ Discusses what was learned in terms of attempting to change the specific health behavior of focus; links reflections to current literature (5)

_____ Discusses how this relates to their own ability to engage in behavioral change (5)

Style/Formatting/Grammar (14)

_____ Used correct APA Style throughout the paper (5)

_____ Used proper spelling, grammar, and formatting throughout the paper (5)

_____ Included at least 10 distinct, relevant citations; listed these on a Reference Page (4)

Total (out of 100*): _____

*Late Final Papers will be penalized 5 points per day late.

*Late/Incomplete Paper Summaries or Emails to TA indicating paper topic will be penalized 10 points.