

**PSYCHOLOGY 330 – HEALTH PSYCHOLOGY**  
**Spring 2021 – 3 Credit Hours – CRN 29708**

**Instructor:** Steff Du Bois, PhD (he/him/his)

**Class:** Mondays and Wednesdays, 9:40-10:55am, Via Zoom (Join

URL: [https://iit-edu.zoom.us/j/84127416562?](https://iit-edu.zoom.us/j/84127416562?pwd=aGdCbmoZlWYrV0szUjRQRjJMODM0dz09)

[pwd=aGdCbmoZlWYrV0szUjRQRjJMODM0dz09](https://iit-edu.zoom.us/j/84127416562?pwd=aGdCbmoZlWYrV0szUjRQRjJMODM0dz09))

**Contact:** Email: [sdubois@iit.edu](mailto:sdubois@iit.edu); Mailbox: 201 Tech Central; Phone: 312.567.6468

**Instructor Office Hours:** Thursday, 2-4pm; other times by request; all, by appointment

**Teaching Assistants:** Matthew Murray (he/him/his; [mmurray8@hawk.iit.edu](mailto:mmurray8@hawk.iit.edu))

**Teaching Assistant Office Hours:** Tuesday, 10am-11am, by appointment

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**Overview:**

Welcome to Health Psychology! I hope you are as excited to take this course as I am to teach it. In this course we will ask, and start to answer, questions like:

- What is Health Psychology, and why is it important to study?
- What major theories influence Health Psychology?
- How is research conducted in Health Psychology?
- What are the primary findings regarding associations between stress, cancer, pain, and health behaviors?
- How do culture, equity, diversity, and social justice relate to Health Psychology?

Health Psychology literally affects us all, every day of our lives. So, hopefully you will find the content of this course to be both academically rich, and personally meaningful.

**Goals/Objectives:**

Successful engagement and completion of the course will result in you being able to do the following:

- 1) Describe several prominent psychological theories that contribute to our understanding of Health Psychology
- 2) Consume, describe, and integrate scientific literature related to the Health Psychology.
- 3) Describe the intersection between Health Psychology and multiple cultural identities.
- 4) Apply and practice Health Psychology concepts in your own life.

Additionally, I look forward to working with you to accomplish any personal goals you may have for yourself in this course.

**Teaching Philosophy:**

I think my primary duties as your instructor are to review, synthesize, and present course-related material from the textbook, and more broadly, from the field of Psychology. I strive to do this effectively, efficiently, and enthusiastically. I think your primary duties as a student are, as you might expect, reading the textbook before class to prepare, attending class, studying for exams, etc.

### **Required Textbook:**

Brannon, L., Feist, J., & Updegraff, J. A. (2013). *Health psychology: An introduction to behavior and health*. Cengage Learning.\*

\*Previous edition will be acceptable

### **Evaluation and Grading:**

Final grades in this course will be given based on a maximum total of approximately **485 points:**

- 1) **EXAMS (2 x 100 = 200):** Each exam will consist of 52 multiple choice questions, with each question worth 2 points. This means you can miss 2 questions, and still receive the full 100 points on each exam. Maximum score on each exam is 100 points.

**Dates: Midterm: March 15th**

**Final Exam: May 5th**

- 2) **PAPER (135):** You will be required to write one paper this semester, which will be worth 100 points of your final grade. You must complete a "Paper Outline" as part of this assignment (25 points). Specific instructions for this paper and paper outline will be distributed in another document.

**Dates: Paper Outline: April 7<sup>th</sup>, 5pm, via Blackboard**

**Final Paper: May 10<sup>th</sup>, 5pm, via Blackboard**

- 3) **CULTURE PRESENTATION (50):** Each of you will give an informal presentation on a cultural identity of your choice, as it relates to Health Psychology. Such presentations relate to increases in knowledge of norms from other cultures; and, decreases in prejudices toward those cultures (Simsek & Nuss, 2010). A separate document details the specific expectations for this assignment. The presentation will last approximately 10 minutes and will be informal.

**Dates: Feb 15<sup>th</sup>: First drafts are due to Matthew, via email, for everyone presenting on Feb 22<sup>nd</sup> or after. For those presenting before Feb 22<sup>nd</sup>, first drafts are due asap, to me. Approximately one student will present each class.**

- 4) **BLM IN HEALTH PSYCHOLOGY PRESENTATION (50):** Each of you will give an informal presentation on a Black person who has had contributed to the field of Health Psychology. The purpose of this assignment is to highlight and celebrate Black lives, consistent with the BLM movement. A separate document details the specific expectations for this assignment. The presentation will last approximately 10 minutes and will be informal.

**Dates: Approximately one student will present each class. No first drafts will be due.**

- 5) **RELAXATION EXERCISE (50):** You will complete research on and practice a relaxation exercise with someone else in class (virtually). A separate document details the specific expectations for this assignment.

**Dates: Due March 3rd, 5pm, via Blackboard.**

- 6) **ATTENDANCE AND PARTICIPATION (Pass/Fail):** Consistent attendance and participation are required to pass this course. Students who do not consistently attend and participate in class, will receive a Failing grade on this criterion, and in the course. “Consistent attendance” here indicates attendance at 80% or more of the lectures. “Consistent participation” here means using video connections each class and contributing approximately once each week with verbal questions or answers during the lecture. The instructor retains the right to review recorded lectures to take attendance and track participation. Students who miss class or cannot use video should inform the instructor of their circumstances, so they are not perceived to be not fulfilling the above criteria.

Final grades will be determined on a 100 point scale,\* and letter grades will be assigned as follows: A = 90-100, B = 80-89, C = 70-79, D = 60-69, and F = lower than 60.\*\* I will round up final grades if the decimal point is .5 or higher. If the decimal is anything lower than .5, I will round the final grade down (e.g., .499 is rounded down). No exceptions will be made to this rule.

\*At no point will I alter any grades, due to any circumstances.

\*\*You can determine your current grade in the course at any time by dividing your personal total number of points accumulated by the total number of points given out so far.

#### **Policies/Procedures:**

- **The Virtual Learning Environment:** Given that the class will be taught virtually this year, students will be expected to participate by logging on each Monday and Wednesday, using the Zoom link provided at the top of this document. You may turn your video off during class briefly if you need a break; however, the expectation is that you will not exploit this. Please mute your audio when not actively speaking. Please also refrain from using other applications on your computer, a different computer, and your cell phone during class.
- **Diversity and Racial Equity in the Classroom:** Our classroom space is intended to celebrate diversity of thought and identity. During discussions about these readings and all course topics, it is likely each of us will experience a range of emotions, including discomfort. I believe it is important to establish a language around expressing discomfort, particularly when it feels outside the range of acceptable for classroom settings. To that end, let us all please use the word “oops” when we feel like we may have said something insensitive; and use the word “ouch” when someone else has said something that we perceive to be hurtful. I hope that using such language will cultivate thoughtful and sensitive conversations about our use of language and its impacts on us.
- **Empathy and Respect:** Please remember that some of the topics being covered are sensitive, especially given that some of us may have personal experience with the psychological constructs we are covering. Because of the nature of class content and its potential personal relevance, please be mindful of word choice and as kind and respectful as you can be in our discussions about psychology and health.
- **Lecture Slides:** I will post these on the course website for your reference.

- **Teaching Assistant (T.A.) and Grading:** We are very fortunate to have Matthew collaborating with us in this class. He will be grading your assignments and papers.
- **Extra Credit:** The exams will include extra questions, allowing you to earn extra points. These points cannot facilitate you exceeding the maximum grade, but they do allow you to miss some questions with no penalty. Other extra credit opportunities will be given throughout the semester, e.g., for class participation.
- **Cheating, plagiarism, etc.:** I will not tolerate cheating, plagiarism or any other form of academic dishonesty. If a student is caught cheating or plagiarizing, that student will automatically receive a zero on the assignment in question, potentially fail of the course, and the appropriate authorities within the university will be notified. To be clear, **plagiarism occurs when you use someone else's text or ideas in your writing without citing the original author(s) as a reference.**
- **Academic Misconduct:** No form of reproduction or provision of my course materials is permitted. This includes, but is not limited to, copying for personal use, sharing with current or prospective students, or posting on the Internet in open access or restricted selective spaces.
- **Correspondence:** I encourage students to correspond with me and your TA via e-mail. We will attempt to answer all student emails within three business days. If we have not responded to your email in three business days, please send us the email again.
- **Accommodations:** I am happy to accommodate the needs of students with disabilities. Students with disabilities should inform me of any needed accommodations. Those who require accommodations for access and participation in this course must be registered with the Center for Disability Resources (CDR). Please contact CDR in Life Sciences Room 218, at 312.567.5744, or [disabilities@iit.edu](mailto:disabilities@iit.edu).
- **Extra Academic Support:** The Academic Resource Center (ARC) is a multifaceted academic support program designed to help IIT students accomplish their academic goals. ARC is open to all IIT students, from freshman through graduate level. ARC can be reached at [arc@iit.edu](mailto:arc@iit.edu), 312.567.5216, or in Hermann Hall, Room 115.
- **Additional Clinical Resources:** It is not unusual for topics covered in Psychology courses to elicit stress or other discomfort for students. If you believe you, or someone you know, needs counseling, please contact the Student Health and Wellness Center at [student.health@iit.edu](mailto:student.health@iit.edu), or at 312.567.7550. Outside of IIT, you can contact community clinics such as the Office of Applied Psychological Services at 312.996.2540. More information is available at <https://psch.uic.edu/research-programs/clinical/office-of-applied-psychological-services/>.
- **Illinois Tech's Sexual Harassment and Discrimination Information:**
  - Illinois Tech prohibits all sexual harassment, sexual misconduct, and gender discrimination by any member of our community. This includes harassment among students, staff, or faculty. Sexual harassment of a student by a faculty member or sexual harassment of an employee by a supervisor is particularly serious. Such conduct may easily create an intimidating, hostile, or offensive environment.
  - Illinois Tech encourages anyone experiencing sexual harassment or sexual misconduct to speak with the Office of Title IX Compliance for information on support options and the resolution process.

- You can report sexual harassment electronically at [iit.edu/incidentreport](https://www.iit.edu/incidentreport), which may be completed anonymously. You may additionally report by contacting the Title IX Coordinator, Virginia Foster at [foster@iit.edu](mailto:foster@iit.edu) or the Deputy Title IX Coordinator at [eespeland@iit.edu](mailto:eespeland@iit.edu).
- For confidential support, you may reach Illinois Tech's Confidential Advisor at (773) 907-1062. You can also contact a licensed practitioner in Illinois Tech's Student Health and Wellness Center at [student.health@iit.edu](mailto:student.health@iit.edu) or (312)567-7550. For a comprehensive list of resources regarding counseling services, medical assistance, legal assistance and visa and immigration services, you can visit the Office of Title IX Compliance website at <https://www.iit.edu/title-ix/resources>.

**PSYC330 Spring 2021 Course Schedule:**

<b>Week #</b>	<b>Date</b>	<b>Topic</b>	<b>Associated Reading</b>
1	1.20	Class overview and welcome	N/A
2	1.25 1.27	Introducing Health Psychology Conducting Health Research	Chapter 1 Chapter 2
3	2.1* 2.3*	Seeking and Receiving Health Care	Chapter 3
4	2.8* 2.10*	Adhering to Healthy Behavior	Chapter 4
5	2.15*  2.17*	Defining, Measuring, and Managing Stress <b>Culture Presentation first draft due via email to Matthew</b>	Chapter 5
6	2.22* 2.24*	Understanding Stress, Immunity, Disease <i>Guest Lecture: Judith Singleton, Ph.D.</i>	Chapter 6
7	3.1* 3.3*	Understanding and Managing Pain <b>Relaxation Exercise due</b>	Chapter 7
8	3.8* 3.10	Review for Midterm Exam COVID Study Day; No Class	Points of Emphasis Slides
9	3.15 3.17*	<b>Midterm Exam</b> <i>Guest Lecture: IIT Librarian Kristen Weischedel</i>	
10	3.22* 3.24*	Considering Alternative Approaches <i>Guest Lecture: Travis Whitlock, "The Mind-Body Connection."</i>	Chapter 8
11	3.29* 3.31*	Behavioral Factors in Cardiovascular Disease & Cancer	Chapters 9 & 10
12	4.5* 4.7*	Smoking Tobacco <b>Paper Outline Due</b> – via Blackboard at 5pm;	Chapter 12
13	4.12*  4.14*	<i>Guest Lecture: Kelly Manser, "Substance Use and Health Psychology: A Scientist-Practitioner Perspective"</i> Using Alcohol and Other Drugs	Chapter 13
14	4.19*  4.21*	Using Alcohol and Other Drugs (Continued) <i>Guest Lecture: Matthew Murray</i>	Chapter 13
15	4.26* 4.28*	Eating and Weight Exercising	Chapter 14 Chapter 15
16	5.3* 5.5 5.10	Review for Final Exam; <b>Final Exam</b> <b>Final Paper Due</b> online at 5pm	Points of Emphasis Slides

*\*Presentations will be given at the beginning of class on these days.*