



Course	P3330FG (530) Health Psychology
Term:	Winter 2023
Course Day/Time:	Online (asynchronous)
Course Location:	owl.uwo.ca
Instructor:	Michelle Everest (she/her)
Email:	<u>meveres@uwo.ca</u>
Office Hours:	Wednesdays 11:00am-12:00pm (via Zoom) * by appointment
Website:	owl.uwo.ca

COURSE DESCRIPTION

This course will focus on the scientific and professional contributions of the discipline of psychology to the promotion and maintenance of health, the prevention and treatment of illness, and the identification of etiologic correlates of health, illness and related health concerns.

It is the student's responsibility that they have the prerequisite course(s) for enrolment in P3330G

Prerequisites: At least 0.5 Psychology course in Research Methods at the 2000 level or above and Psychology 284F/G (or Psychology 2800F, Psychology 22820E, Psychology 2830A/B, Psychology 2855F/G or Psychology 2858F/G) and registration in the third or fourth year of a Major, Specialization, or Honours Specialization in Psychology module, or by permission of the Department.
Course Weight: 0.50

REQUIRED COURSE MATERIAL -TEXTBOOK

Taylor, S.E., Sirois, F.M., & Molnar, D.S. (2020). Health Psychology (5th Canadian ed). McGraw-Hill Ryerson Ltd.

ISBN: 9781260065831 (print text)
ISBN: 9781260332605 (ebook)

You may purchase an e-textbook, or hardcopy version of the textbook through the UWO Bookstore. The McGraw-Hill Connect platform is optional for those students who wish to use this publisher generated technology for assisting them in their learning process.
See bookstore.uwo.ca for all the options that are available.

LEARNING OUTCOMES

This course is designed to be an introduction to the study of health psychology. The primary focus of the course will be to understand the parameters of health conditions and health behaviours within the discipline of academic health psychology. Biopsychosocial and Community-Based perspectives will be used to explore a range of topics using materials produced within psychology and other interdisciplinary sources. Guest lectures will be integrated to illuminate salient topics related to health psychology, including current information related to changes in priorities and service delivery pivots related to Covid-19.

A secondary focus of this course will be to integrate qualitative research methods to include the voices of people that experience different health conditions. This is an important counter-point to the medical and academic literature that can marginalize individuals within our society and healthcare systems.

By the end of this course, a student should be able to appreciate the diverse ways in which knowledge about health is constructed and studied from an academic perspective within the field of health psychology. Upon completion of the course components, students may be motivated to contribute to progressive research opportunities within the discipline.

Brescia Competencies

- Students will be able to describe and discuss a variety of topics related to health throughout the lifespan. Students may develop level 3 abilities in the Core Competencies of **Communication** (Communicating Ideas), **Critical Thinking**, and **Inquiry & Analysis** (Information Literacy).
- Students will be able to understand, explain, and critique research approaches, and interdisciplinary perspectives related to the study of health psychology. Students may develop Level 3 abilities in the Core Competencies of Problem-Solving, Self-Awareness & Development (Cognitive Domain), and Valuing as we explore. Students will have the opportunity to develop level 3 abilities in **Communication** (Communicating Ideas) **Critical Thinking**, and **Inquiry & Analysis** (Information Literacy).
- Students will be able to assess the historical and current practices related to the study of health and wellness in academic psychology. Diverse perspectives and inclusive language will be emphasized. Students have the opportunity to reach level 4 in the Core Competencies of **Communication** (Interpersonal Communication), **Social Awareness & Engagement**, and **Self-Awareness & Development** (Personal Growth).
- Students will be able to acquire and enhance their ability to write and present a research paper related to the discipline of health psychology. Students may develop Level 3 abilities in the Core Competencies of Problem-Solving, Self-Awareness & Development (Cognitive Domain), and Valuing as we explore. Students will have the opportunity to develop level 3 abilities in the Core Competencies of **Communication** (Communicating Ideas), **Inquiry & Analysis** (Information Literacy), **Self-Problem-Solving** (Personal Growth), **Self-Awareness & Development** (Personal Growth).

See: <http://brescia.uwo.ca/academics/brescia-competencies/>

TEACHING METHODOLOGY AND EXPECTATIONS OF STUDENTS

Weekly lectures will be delivered and posted online according to the schedule outline on the syllabus. The course content is designed to be accessed asynchronously. Guest lectures will be included in some weekly modules. Working through the weekly course lectures may be done at your own time, but you should try to spread your activity out each week so you are not falling behind on the material. It is the student's responsibility to ensure that they are able to work through the material and reach out to the instructor with questions. The professor will be available to answer clarifying questions as needed during weekly office hours, and during alternate times as required. Please contact me through email to make an appointment as needed.

The Brescia University College student code of conduct information can be found at:

http://brescia.uwo.ca/about/wp-content/uploads/sites/3/delightful-downloads/2014/06/student_code_of_conduct.pdf

COPYRIGHT AND INTELLECTUAL PROPERTY

Lectures and course materials, including PowerPoint presentations, tests, outlines, and similar materials are protected by copyright. Faculty members are the exclusive owner of copyright in those materials they create. The materials are housed on our course Owl website for use during the duration of the course. Students may take notes to assist in studying, but may not make copies of recorded materials for their own use. Students may not allow others to reproduce or distribute lecture notes and course materials publicly (whether or not a fee is charged) without the express written consent of a faculty member. Similarly, students own copyright in their own original papers and exam essays. If a faculty member is interested in posting a student's answers or papers on the course web site he/she should ask for the student's written permission.

Online behaviour and intellectual property statement:

- All students are expected to engage online in a professional and respectful manner. This includes all interactions with peers, as well as communication between students and instructors. Failure to do so may result in academic discipline.
- All postings to the course Owl site are to follow guidelines outlined in the student code of conduct. Forum contributions should be relevant to the course, respectful, constructive and mindful of inclusive language. Forum posts are to be kept within the course Forum environment. Postings in whole or on part may not be shared (without express permission) outside of this context. Failure to attend to the intentions of this opportunity to gain participation points through course engagements will result in academic discipline.
- Recording of lectures, office hours, or tutorials without the explicit consent of the Professor or guest lecturer may be grounds for academic discipline.
- Course content created by a faculty member or guest lecturers are considered to be the faculty member's intellectual property; it should not be distributed, shared in any public domain, or sold by a student or other third party without prior written consent of the faculty member. Student generated materials are considered to be guest lecture material.

DROP DATES FOR THE 2022-2023 ACADEMIC YEAR

Last day to drop a Winter-term half course without academic penalty March 7, 2023

COURSE FORMAT

Health Psychology P3330G (530) will be taught as an asynchronous online course, with synchronous examinations. P3330G will use Brescia's learning platform, OWL (Sakai) and other educational resources, such as Zoom for office hours. This class is designed to be asynchronous, meaning we will not have a regular, mandatory time when the entire class must be online. Office hours will be held at the same day and time weekly. Students may attend these office hours via Zoom on the Owl platform. Office hours are by appointment and may be attended individually, or in pre-designated groups upon request. Synchronous activities such as office hour appointments should be approached by all learners with the intention of being prepared, present, professional, respectful and ready to contribute to our time together.

Examinations are noted on the schedule and will be held in a synchronous manner within a defined time period. Exam #1 is scheduled on February 15, 2023 from 11:00am-1:30pm EST. Exam #2 will be scheduled by the Registrar. Please ensure that you note these dates in your calendars. Students with direct conflicts or time zone considerations should contact the instructor at the beginning of the term to discuss a plan in coordination with academic counselling for alternative arrangements as required.

This course lectures will begin on Wednesday, January 11, 2023 and continue until April, 6, 2023. The final exam will be scheduled by the Registrar during the April Exam period (April 13-30, 2023). See important dates derived from University approved guidelines and academic policies (<https://www.kings.uwo.ca/current-students/academic-resources/academic-dates-and-events/>).

The course is designed to structure and guide some self-paced elements, as well as offer interactive opportunities for synchronous learning as desired through office hour meetings. Students are responsible for their own learning progress and are expected to engage with all assigned course material in order to optimally complete course assessments. I look forward to working with our classroom community. Welcome to Health Psychology 3330G (530)!

Technology and space requirements

This course will require the following:

- Stable high speed internet connection
- Webcam/Microphone for office hour appointments
- A quiet space for individual learning and to take part in synchronous learning (office hours)

EVALUATION

EVALUATION COMPONENT		DATE
EXAM 1	30%	FEBRUARY 15, 2023 (11:00am-1:30-pm EST)
ESSAY (2500 words)	25%	MARCH 15, 2023 by 6pm EST (Owl Assignments tab)
FORUM PARTICIPATION	10%	Weekly (Owl Forums) Jan 18-March 29, 2023
EXAM 2	35%	TO BE SCHEDULED BY THE REGISTRAR during the April exam period (April 13-30, 2023)

Examinations (60% of final grade)

Course evaluation will consist of two mixed methods examinations (multiple-choice, T/F, short essays). Exam #1 is worth 30% and Exam #2 is worth 35% of the final grade. The exams will be administered online in a **synchronous** manner. Exam #1 will take place on February 15, 2023 from 11:00am-1:30pm EST. Please contact your instructor if you have a direct conflict or time zone considerations for these examinations. Exam #2 will also be administered synchronously on a date to be scheduled by the Registrar during the final exam period (April 13-30, 2023). A zoom link will be provided for questions and outreach during each examination. The exams will cover material from lectures, guest lectures, the course textbook, and posted content. The exams are **NOT** open book and are **NOT** cumulative. No course materials or additional aids may be used.

Exam 1	30%	February 15, 2023 (11:00am-1:30pm) EST
Exam 2*	35%	*to be scheduled by the Registrar

Essay (25% of the final grade)

Half courses (2000 and above) have a senate requirement of a written component of at least 2500 words. Health Psychology P3330G is a senior-level undergraduate course. Students are required to show competency in essay writing in order to pass the course. Detailed information about the course essay component will be presented in the first two weeks of class. Class time will also be used to integrate information from campus resources to assist students in their planning to research and write their essay. Information will also be provided about citation requirements being compliant with the current APA 7th Edition.

Essays will be required to be submitted to [turnitin.com](https://www.turnitin.com) and the report will accompany the essay submitted. This is done by uploading a copy of the essay in Word (2500 words, 12 pt, double-spaced) format through the Assignments tab within our course Owl site. The essay due date is March 15, 2023 by 6pm (see lecture schedule). Deductions of 10% per day will be applied to late essays.

Forum Participation (10%) of the final grade

Students will have the opportunity to show on-going engagement with course materials by participating in our P3330G forum within Owl. Each week the instructor will post a guiding question that is related to that week's course materials. Students may respond to the instructor initiated posting, or to a peer's posting. Student forum posts should clearly demonstrate an understanding of the text and lecture content assigned for that week. The intention of deliverable is to show engagement within our virtual classroom community throughout the Winter term. A maximum of 2 points will be assigned for each forum posting that meets the criteria. A rubric will be provided. Please ensure that you are monitoring the Owl forum and planning for on-going engagement. A student is required to post to the Owl forum a minimum of five (5) times to be eligible for the maximum percentage allocated to course participation (10%).

As stated above, all postings to the course Owl site are to follow guidelines outlined in the student code of conduct. Forum contributions should be relevant to the course, respectful, constructive and mindful of inclusive language. Forum posts are to be kept within the course forum environment. Postings in whole or in part may not be shared (without express permission) outside of this context. Failure to attend to the intentions of this opportunity to gain participation points through course engagements will result in academic discipline. Student forum posts must be completed by March 29, 2023 in order to be considered for points towards the participation grade (10%).

There are no mechanisms to achieve course grades in P3330FG other than by completing the course evaluation components listed above. Grades will not be re-weighed and extra assignments are not available to augment grades. If you have questions or concerns about your achievements in any course component, please reach out to me in a timely manner so that I may offer assistance, information, support and suggestions for improvement.

LECTURE SCHEDULE - This timetable is flexible and may be altered to meet class and lecture requirements.

Posting Date	Topic	Textbook Chapter(s)	Course Engagement/ Forum Posts
January 11	Course Introduction What is Health Psychology	Chapter 1	Introduce yourself!
January 18	Systems of the Body Health Behaviours	Ch 2 Ch 3	What is the role of Health Psychology in studying the mind, the body and the mind-body relationship?
January 25	Preventative and Health Promoting Behaviours Health Compromising Behaviours	Ch 4 Ch 5	What are some examples of initiatives/campaigns that encourage health promoting behaviours or initiatives that discourage health compromising behaviours?
February 1	Stress Moderators of the Stress Response	Ch 6 Ch 7	How can health psychology practitioners and other interdisciplinary practitioners share research about stress and coping to non-academic audiences?
February 8	Patient-Provider Relations Using Health Services	Ch 8 Ch 9	Do individuals have a responsibility to others within the health system when accessing (or failing to access) health service resources?
February 15	Exam 1		
February 22	Pain and its management Living with Chronic Illness	Ch 10 Ch 11	How has the opioid crisis changed the management of people living with chronic illness and chronic pain?
March 1	Reading Week - No Class	No Posting	No Forum Posts
March 8	Psychological Issues in Advancing and Terminal Illness Guest Lecture	Ch 12	How can health psychology contribute to the conversation of death and dying in society?

Posting Date	Topic	Textbook Chapter(s)	Course Engagement/ Forum Posts
March 15	Essays Due (25%) Heart disease, Hypertension, Stroke, and Diabetes	Ch 13	What role to main-stream organizations play in primary prevention efforts in our society?
March 22	Psychoneuroimmunology, HIAV/AIDS, Cancer and Arthritis Guest Lecture	Ch 14	What can we learn from the grassroots efforts of HIV/AIDS advocacy in health advocacy?
March 29	Special Topics * Last day to Contribute to Owl Forums		TBA
April 6	Special Topics Health Psychology: Challenges for the future	Ch 15	TBA

EXAMINATION #2 (30%): To be scheduled by the Registrar during the Final Exam Period (April 13-30, 2023).

2022-2023 BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

1. POLICY REGARDING ACADEMIC ACCOMMODATION

The complete policy regarding Accommodation for Illness - Undergraduate Students can be found at https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&Policy-CategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_135

Students who have long-term or chronic medical conditions which may impede their ability to complete academic responsibilities should seek Academic Accommodation through Student Accessibility Services (https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_10).

Personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are **not** grounds for academic accommodation.

Students who experience an illness or extenuating circumstance sufficiently severe to temporarily render them unable to meet academic requirements may submit a request for academic consideration through the following routes:

1. For medical absences, submitting a **Student Medical Certificate (SMC)** signed by a licensed medical or mental health practitioner;
2. For non-medical absences, submitting **appropriate documentation** (e.g., obituary, police report, accident report, court order, etc.) to their Academic Advisor. Students are encouraged to contact their Academic Advisor to clarify what documentation is acceptable.

Request for Academic Consideration for a Medical Absence

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation.

Academic accommodation for illness will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete their academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated.

The following conditions apply for students seeking academic accommodation on medical grounds:

1. Students must submit their Student Medical Certificate (SMC) along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming responsibilities. An SMC can be downloaded from https://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf;
2. In cases where there might be an extended absence or serious issue, students should submit their documentation promptly and consult their Academic Advisor for advice during their recovery period;
3. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, scheduled tests or examinations, and other academic requirements;
4. Students **must** communicate with their instructors **no later than 24 hours** after the end of the period covered by the SMC to clarify how they will fulfil the academic expectations they may have missed during the absence;
5. Appropriate academic accommodation will be determined by the Dean's Office/Academic Advisor in consultation with the course instructor(s). Academic accommodation

may include extension of deadlines, waiver of attendance requirements, arranging Special Exams (make-ups), re-weighting course requirements, or granting late withdrawal without academic penalty.

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal challenge that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds are not normally considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult your Academic Advisor (https://brescia.uwo.ca/enrolment_services/academic_advising/book_an_appointment.php). If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines; please contact your Academic Advisor or see the list of sessional dates in the Academic Calendar (<https://www.westerncalendar.uwo.ca/SessionalDates.cfm?SelectedCalendar=Live&ArchiveID=>).

You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

3. ABSENCES

Short Absences: If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

Please note that for asynchronous online courses, attendance or participation requirements may be different than for synchronous or in-person courses.

Extended Absences: If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work, and arrange academic accommodations if appropriate and warranted.

It is important to note that the Academic Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory (https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#Page_64).

4. SCHOLASTIC OFFENCES

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence at: https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20.

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are

advised to consult the section on Scholastic Discipline for Undergraduate Students in the Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Academic Dean's Office, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

Plagiarism:

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence.

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com.

Computer-marked Tests/exams:

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal is to be sent to the School Chair. If the response of the Chair is considered unsatisfactory to the student, they may then submit a written appeal to the Office of the Dean. If the student is not satisfied with the decision of the Dean, they may appeal to the Senate Review Board Academic (SRBA), if there are sufficient grounds for the appeal and if the matter falls within the jurisdiction of the SRBA. For information on academic appeals consult your Academic Advisor or see the Student Academic Appeals – Undergraduate in the Academic Calendar https://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_14.

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Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices.

6. PREREQUISITES

Unless you have either the prerequisites for a course or written Special Permission from the Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisite(s).

7. SUPPORT

Support Services

The Brescia University College Registrar's website, with a link to Academic Advisors, is at <http://brescia.uwo.ca/academics/registrar-services/>. Students can access supports through Brescia's Student Life Centre (<http://brescia.uwo.ca/life/student-life/>) and Learning Development & Success at Western (<https://www.uwo.ca/sdc/learning/>).

Mental Health and Wellness

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you may be experiencing. You can obtain information about how to obtain help for yourself or others through **Health & Wellness at Brescia**, https://brescia.uwo.ca/student_life/health_and_wellness/index.php and **Health and Wellness at Western**, http://uwo.ca/health/mental_wellbeing/index.html.

Sexual Violence

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated. Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at https://brescia.uwo.ca/safe_campus/sexual_violence/index.php.

Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy, and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.
