PSY 333H1F: Health Psychology
Fall 2024
University of Toronto, St. George

Lectures: Fridays 9:10 am – 12:00 pm EST
Location: WI 524 (Wilson Hall in New College)

Contact information

	Course Instructor	Teaching Assistant
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Office location	Sid Smith room 4001 After class and by appointment	By appointment

Course Description, Goals, and Prerequisites
This course is designed to give you a broad overview of the field of health psychology. Health psychology is an exciting, relatively new field of study that examines the bi-directional relationships between body and mind and the implication of these processes for various health outcomes. We will explore scientific research questions such as: What does stress do to your health? What psychological and social factors cause people to behave in unhealthy ways? How do various forms of stigma and discrimination impact health? What helps people cope with stress and illness? How do friends and family impact health? Does it matter how your doctor talks to you? Can a sugar pill cure back pain? And more!!

Intended Learning Outcomes
By the end of this course, you should be able to:
1. Understand basic human physiology and the dynamic connections between mind and body.
2. Describe how a variety of psychological experiences (e.g. stigma, stress, social exclusion and support) "get under the skin" to influence health outcomes.
3. Discuss how physical health and physiological processes can influence a person's psychological experiences.
4. Explain how individuals and health care professionals can use psychological research to promote health.

Note about prerequisites
Prerequisite: PSY201H1/ ECO220Y1/ EEB225H1/ GGR270H1/ IRW220H1/ POL222H1/ SOC202H1/ STA220H1/ STA238H1/ STA248H1/ STA288H1/ ECO220Y5/ PSY201H5/ STA215H5/ STA220H5/ PSYB07H3/ STAB22H3/ STAB23H3/ STAB57H3, and one of PSY230H1/ PSY230H5/ PSYB30H3, or PSY240H1/ PSY240H5/ PSYB32H3
Exclusion: PSY333H5

It is your responsibility to ensure that you have met **all** prerequisites listed in the Psychology section of the A&S Calendar for this course. If you lack any prerequisites you WILL BE REMOVED. No waivers will be granted.

Course Structure & Requirements

Course Website

This course uses the University's learning management system, Quercus, as a method of course delivery and to post course information. The syllabus, weekly readings, assignments, grades, course resources and important announcements will be posted on Quercus. Students will submit all assignments on Quercus. You should check Quercus regularly for course announcements, assignment deadlines etc. Make sure your email is set up correctly to receive course related notifications from Quercus. Please enable notifications on your email so you do not miss out important course information or announcements delivered from Quercus. Avoid sending emails from Quercus inbox. Use the email given in the course outline to email me directly.

Preparation and Participation

Students are required to read the assigned material weekly before the class meeting. Lectures and in-class activities will typically draw from material in the readings so having read them in advance will help you to engage with the course material by thinking deeply about the questions and actively participating in discussions and activities. It will help you to take notes better too. These activities not only enhance your understanding of the course material but also enable a stimulating and inclusive learning environment. Attendance does not directly contribute to your grade, but you will miss out on important class discussions and activities if you do not attend regularly or if you do not keep up with the out-of-classroom activities. Please let me know if you will be unable to participate in class discussions for any reason.

Lectures

Lectures will review and synthesize material from the readings and other assigned material. Material not covered in the readings may be presented to expand or elaborate on important concepts. The PDF slides of the lectures will be posted before each class. The lecture slides can be downloaded to facilitate with note taking. Please note that the slides will not include all the information covered in class so reading them is not a substitute for attending class. Please ask questions, if you do not understand a particular concept as it is presented. It is your responsibility to let us know if you do not understand a particular concept or idea.

Important to note: Any posted lecture slides or videos are only for the exclusive use of enrolled students, for their personal learning. Lecture slides or videos are not to be shared in any way beyond enrolled students. The University will support the instructor in asserting and pursuing their rights, and their copyrights, in any matters involving the sharing of course materials online.

Reading Material
The textbooks for this course are:
1. Sapolsky, R. M. (2004). Why zebras don't get ulcers: The acclaimed guide to stress, stress-related diseases, and coping-now revised and updated. Holt paperbacks. Can be purchased via Amazon online or at other commercial bookstores. Ebook is also available on Google.

2. **Recommended but not required:** Taylor SE, Sirois FM, Molnar D (2020) Health Psychology (5th Canadian Ed.). McGraw-Hill: Toronto. ISBN: 9781260065831.

Course Evaluation/Marking Scheme

Activity	Description	Weight	Due date
Reflection/participation	Submit answers/response on Quercus	8%	
Commentary Assignment		20%	Oct 11
Midterm Assessment		25%	Oct 18
Health Behavioural Change Self Assessment (HBCSA) Two-part assignment	Part 1: Setting goal and initial tracking (2%) Part 2: Reflection paper (10%)	12%	Part 1: Sept 27 Part 2: Nov 29
Knowledge Mobilization Research Project		10%	Nov 15
Final Assessment	In exam period	25%	TBD

Participation (8%)
Students will complete 1-2 written reflection/participation questions given in the lectures and submit on Quercus. The questions will typically ask students to reflect on a topic covered in class, applying the course material to their response. Students will have at least 24 hours to respond to these discussion questions on Quercus.

Health Behavioural Change Self-Assessment (12%)
We all have health-related behaviours that we would like to change (e.g. exercising or sleeping more, smoking or drinking less, or adopting better stress coping strategies, etc.). This assignment will allow you to take what you learn in this class and apply it in your life. Over the course of the semester, you will choose a health-related behaviour that you would like to change. You will track/monitor that behaviour and develop and implement a plan to change that behaviour. Your grade on this assignment does NOT depend on whether you achieve your behavioural change goal, but on whether you are engaged with the assignment and complete all parts. The assignment has 2 parts: Part I: Setting goal and initial tracking = 2%; and Part II: Data submission and personal report = 10%. Note: We will discuss material related to goals in lecture 3, (on Sept 20), so you don't need to start prior to that.

Commentary Assignment (20%)
Students will write a review/commentary on a recent primary research article (a research study that produces new research and has methods and results sections) of their choice that examines an issue related to the course, a topic or issue on health psychology. Further details on the commentary assignment outline will be available on Quercus.

Knowledge Mobilization Research Project (10%)
Drawing from what you have learned from your commentary assignment, you will complete a project designed to communicate this health psychology research to those who are not researchers but to whom this topic would be important, interesting, or pertinent. The Knowledge Mobilization activity or communicating your research to your audience could take any of several forms including: a press release, an informational video, a brochure, blog post or a letter to the legislature. The goal is to convey the importance of the health psychology research to your audience (e.g., knowledge users, government, community organizations, practitioners, or the public) to create an impact (e.g., to inform policy and practice change or motivate lifestyle/behavioural modifications). Further information will be provided on Quercus.

Midterm & Final Assessments (25% each)
Both Midterm & Final assessments will consist of multiple choice, and written response questions (e.g., short answer, and short essay questions) with strict word limit. These questions will ask you to think critically about course themes, and connect weekly topics, and apply what you've learned to real-world situations. The 2 assessments are not cumulative and will cover the required readings and lecture material only (this means that there will not be any questions from the recommended textbook that were not discussed in lectures). The Midterm assessment will be online, while the Final assessment will be in person, date to be determined.
The Midterm assessment - online: The midterm will be posted on Friday Oct 18 at 9am EST and will be due before 11:59pm EST Oct 18. You will have a set amount of time (2-3 hours) to complete the assessment individually. You are not allowed to take the assessments with other classmates. You can use scheduled class time to complete the assessment but are not required to do so. All writing must be in your own words. You will not need to provide citations. It is expected that students will use their OWN notes from lectures to assist in their writing the tests, which will be more about your ability to apply your knowledge than rote memorization and regurgitation of facts from lecture. You should not be using any outside sources (e.g., Google, Wikipedia or assistance of AI).
The Final assessment – in person: The final assessment will take place in person during Final Exam Period, date to be announced. What to bring to the exam: pens and pencils, erasers, and University of Toronto student ID. What not to bring to exams: books, notes, cellphones or other personal electronic devices, or computers.
Please see Course Policies below for more on academic integrity. We will have a review session prior to each assessment.

Course Policies

Missed Assessments/Medical Documentation/ACORN Self-Declaration Tool
If you are unable to complete a test or assignment, or if you have ongoing difficulties during term – health related or otherwise – that prevent you from completing your course work satisfactorily. Please advise me in advance so that appropriate accommodation can be made. Extensions will be granted in the case of illness or other emergencies, with appropriate documentation, please see: https://www.artsci.utoronto.ca/current/academics/student-absences. The following are the documentation you can submit:

- U of T Verification of Illness or Injury Form (VOI). The VOI indicates the impact and severity of the illness while protecting your privacy about the details of the nature of the illness. You can submit a different form (like a letter from a doctor), as long as it is an original document, and it contains the same information as the VOI. Link to the VOI form: https://studentlife.utoronto.ca/wp-content/uploads/Verification-of-Student-Illness-or-Injury.pdf
- College Registrar's letter: There may be times when you are unable to complete course work on time due to non- medical reasons. If you have concerns, speak to me or to an advisor in your College Registrar's office; they can help you to decide if you want to request an extension or accommodation. They may be able to provide you with a College Registrar's letter of support to give to your instructors, and importantly, connect you with other resources on campus for help with your situation.
- Letter of Academic Accommodation from Accessibility Services. If you suffer from an injury or have an ongoing health and wellbeing issue and need accommodation you should register with Accessibility Services as soon as possible at: Accessibility Services - UofT Student Life (utoronto.ca)
- Absence declaration via ACORN. The absence self-declaration tool applies for both medical and non-medical circumstances. You should submit an absence self-declaration within one week to the instructor. Please note you can only use the ACORN absence declaration once in total per semester, and not per course, so it should not be your first or primary way to declare an absence.

Missed Midterm
Students who miss the midterm must contact the instructor within one week of the missed test and provide the documentation mentioned above. Students will then have the opportunity to write a make-up test.

Penalties for Lateness
The penalty for late submission of assignments is 5% deduction any time up to 24 hours after due date/time, and 10% deduction any time 24 hours after due date/time (inclusive of weekends and holidays). Make sure to submit early, and to retain a copy of your paper, all your notes and drafts. Work submitted 7 days late (without prior permission for extension) will not be graded. No penalty will be assigned if a request for special consideration was successful. Any term work that will be handed in after the final day of the term is subject to a petition for

extension of term work. This petition should be filed with the student's College Registrar's Office.

Turnitin
The plagiarism detection tool is Turnitin, effective September 1, 2024**.** Normally, students will be required to submit their course assignments for review of textual similarity and detection of possible plagiarism. In doing so, students will allow their assignments to be included as source documents in the Turnitin reference database, where they will be used solely for the purpose of detecting plagiarism.
We will be using Turnitin in this course for submission of your assignments and applied learning activities. You have the option to opt out of using this service. If you wish to do so, please email me.

Academic Integrity and Plagiarism
All students, faculty and staff are expected to follow the University's guidelines and policies on academic integrity. For students, this means following the standards of academic honesty when writing assignments, collaborating with fellow students, and writing tests and exams. Ensure that the work you submit for grading represents your own honest efforts. Plagiarism—representing someone else's work as your own or submitting work that you have previously submitted for marks in another class or program—is a serious offence that can result in sanctions. To learn more about how to cite and use source material appropriately and for other writing support, see the U of T writing support website at www.writing.utoronto.ca/ .

Consult the Code of Behaviour on Academic Matters for a complete outline of the University's policy and expectations. For more information, please see http://www.artsci.utoronto.ca/osai and http://academicintegrity.utoronto.ca/

All suspected cases of academic dishonesty will be investigated following procedures outlined in the Code of Behaviour on Academic Matters. If you have questions or concerns about what constitutes appropriate academic behaviour or appropriate research and citation methods, please reach out to me. Note that you are expected to seek out additional information on academic integrity from me or from other institutional resources (for example, the University of Toronto website on Academic Integrity).

Generative AI
This course policy is designed to promote your learning and intellectual development and to help you reach the course learning outcomes. Students may use generative artificial intelligence tools (e.g., ChatGPT, Gemini, Claude, etc.) ONLY for learning and practicing the concepts in this course, but these tools may NOT be for taking tests, writing research papers, or completing major course assignments. The knowing use of generative artificial intelligence tools, including ChatGPT, Gemini, Claude, Microsoft Copilot and other AI writing and coding assistants, for the completion of, or to support the completion of, an examination, term test, assignment, or any other form of academic assessment, may be considered an academic offense in this course.

Contact
All communication should be sent via University of Toronto email addresses only. Please include "PSY333" in the subject line, and do not send messages through Quercus/Canvas (as they often get filtered as spam/junk). <u>The University requires that all students have a U of T email address and to check it regularly</u>; it is the only address to which official university communications will be sent.

Requesting a Regrade
If you think an assessment has been incorrectly marked, you can request a regrade. In this case, you must first review your assessment with the TA. Following review with the TA, if you wish to have your assessment reviewed by the instructor, please submit a request by email within 2 weeks of the grade return date.

Academic Resources

Equity Diversity Inclusion
The University of Toronto is committed to equity, human rights and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect where all members of our community can express themselves, engage with each other, and respect one another's differences. U of T does not condone discrimination or harassment against any persons or communities.

Accessibility Needs
Students with diverse learning styles and needs are welcome in this course. If you have an acute or ongoing disability issue or accommodation need, you should register with Accessibility Services (AS) (www.accessibility.utoronto.ca) at the beginning of the academic year. Without registration, you will not be able to verify your situation with your instructors, and instructors will not be advised about your accommodation needs. AS will assess your medical situation, develop an accommodation plan with you, and support you in requesting accommodation for your course work. Remember that the process of accommodation is private: AS will not share details of your condition with any instructor, and your instructors will not reveal that you are registered with AS.

Religious Accommodations
As a student at the University of Toronto, you are part of a diverse community that welcomes and includes students and faculty from a wide range of cultural and religious traditions. In this course every reasonable effort to avoid scheduling tests, examinations, or other compulsory activities on religious holy days not captured by statutory holidays is made. If you anticipate missing a major course activity (such as an assessment) due to a religious observance, please let me know as soon as possible so that we can work together to make alternate arrangements.

Family care responsibilities

The University of Toronto strives to provide a family-friendly environment. You may wish to inform me if you are a student with family responsibilities. If you are a student parent or have family responsibilities, you also may wish to visit the Family Care Office website at familycare.utoronto.ca.

Writing
The university provides its students with multiple resources to help them achieve this.
For more information on campus writing centres and writing courses, please visit
http://www.writing.utoronto.ca/

Other Resources
Guidance for Undergraduate Students in Psychology: https://www.psych.utoronto.ca/current-program-students/guidance-undergraduate-students-psychology
Student Life Programs and Services (http://www.studentlife.utoronto.ca/)
Academic Success Services (http://www.studentlife.utoronto.ca/asc)
Counselling and Psychological Services (http://www.studentlife.utoronto.ca/hwc)

Course Outline

Course Outline/Schedule
Every effort will be made to manage the course as stated. However, adjustments may be necessary at times. If so, students will be advised, and alterations announced on Quercus.

Week/ Lecture	Date	Topic	Related Textbook Chapter/Readings	Assignment due date
1	Sept 6	Introduction/Overview What is Health Psychology?	Syllabus overview We will review together Taylor: Ch. 1 & 2	
2	Sept 13	Theories of Behaviour Change	The Ostrich Effect (NPR podcast) Barley & Lawson, 2016 Webb et al., 2010	
3	Sept 20	Motivation & Goals: Health-Promoting Behaviours	Bailey, 2019 Hooker et al. 2018 Ryan & Deci, 2008	
4	Sept 27	Stress & Health	Sapolsky: Ch. 1-2, 13	HBCSA part 1
5	Oct 4	Coping with Stress	Sapolsky: Ch. 18	

6	Oct 11	Psychoneuroimmunology (not included on midterm)	Sapolsky: Ch. 8 Cohen et al., 2019	Commentary Assignment
7	Oct 18	**Midterm Assessment** Available at 9:00am EST Friday Oct 18 Due same day before 11:59pm EST		
8	Oct 25	Stigma, Health & Sleep	Sapolsky: Ch. 11 Mitchell et al., 2021 Hatzenbuehler et al., 2013	
Oct 28-Nov 1		**READING WEEK**		
9	Nov 8	Addictions	Sapolsky: Ch. 16	
10	Nov 15	Pain and its Management	Sapolsky : Ch. 9 De Ridder et al. 2008	Knowledge Mobilization Research Project
11	Nov 22	Chronic Illness & End of Life	Block, 2006 Singer et al. 1999	
12	Nov 29	Health Care System & Review Session	Martin et al. 2018	HBCSA final project part 2
Dec 6- 23		**Final exam TBD**		
All assignments are due at **11:59pm EST** on their scheduled due date unless otherwise stated.				