

PSY333H1 F

Health Psychology

Fall 2024 Syllabus

Course Meetings

PSY333H1 F

| Section | Day & Time | Delivery Mode & Location |
|---------|---------------------------|--------------------------|
| LEC5101 | Monday, 6:00 PM - 9:00 PM | In Person: UC 85 |

Refer to ACORN for the most up-to-date information about the location of the course meetings.

Course Contacts

Course Website: <https://q.utoronto.ca/courses/357323>

Instructor: Arya Rahbarnia

Email: arya.rahbarnia@mail.utoronto.ca

Office Hours and Location: By appointment only

Additional Notes: Please allow 24-48 hours for responding during normal business hours. Please include the course code in the subject line of the email.

Teaching Assistant: Lydia Jiang

Email: lydia.jiang@mail.utoronto.ca

Office Hours and Location: By appointment only

Course Overview

This course examines research evidence concerning the impact of psychological factors on physical health and illness.

This course is designed to give you a broad overview of the field of health psychology, an exciting and 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 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!

Course 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 psychological experience.
4. Explain how individuals and health care professionals can use psychological research to promote health.

Prerequisites: 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

Corequisites: None

Exclusions: PSY333H5

Recommended Preparation: None

Credit Value: 0.5

Course Materials

Textbook (**OPTIONAL AND NOT REQUIRED**)

Taylor, S. E., Stanton, A. L., Sirois, Fuschia, & Andersen, J. (2023). *Health psychology* (Sixth Canadian edition.). McGraw-Hill Ryerson Limited.

Marking Scheme

| Assessment | Percent | Details | Due Date |
|--------------------|---------|---|--------------------------|
| Midterm | 30% | 2 hours. Mix of multiple choice, fill in the blank, and short answer | 2024-10-07 |
| Article Quiz | 15% | Quercus quiz. Based on articles posted online. NOT TIMED. | 2024-11-11 |
| Written Assignment | 10% | Short written assignment (~1500 words). Details will be provided on quercus later in the semester | 2024-12-02 |
| Final Exam | 45% | TBA | Final Exam Period |

Course Schedule

| Week | Description |
|--------------------------|---|
| Week 1 Sep 9 | Lecture 1: What is Health Psychology? Definitions, History, and Methods |
| Week 2 Sep 16 | Lecture 2: Theories of Behavior Change |
| Week 3 Sep 23 | Lecture 3: Motivation and Goals |
| Week 4 Sep 30 | Lecture 4: Stress and Health |
| Week 5 Oct 7 | MIDTERM TEST (Lectures 1-4) |
| Week 6 Oct 14 | THANKSGIVING (NO CLASS) |
| Week 7 Oct 21 | Lecture 5: Stress continued - Coping with stress |
| Week 8 Oct 28 | READING WEEK (NO CLASS) |
| Week 9 Nov 4 | Lecture 6: Psychoneuroimmunology |
| Week 10 Nov 11 | Lecture 7: Social determinants of Health and Sleep ARTICLE QUIZ DUE |
| Week 11 Nov 18 | Lecture 8: Eating, Exercise, and Weight: Fact or Fiction |
| Week 12 Nov 25 | Lecture 9: Pain and Chronic Illness |
| Week 13 Dec 2 | Lecture 10: Improving Health Care WRITTEN ASSIGNMENT DUE |

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|--------------------------------|-----------------------------------|
| EXAM PERIOD Dec 6-21 | FINAL EXAM (LECTURES 5-10) |
|--------------------------------|-----------------------------------|

Policies & Statements

Course Materials, including lecture notes

Course materials are provided for the exclusive use of enrolled students. These materials should not be reposted, shared, put in the public domain, or otherwise distributed without the explicit permission of the instructor. These materials belong to your instructor, the University, and/or other sources depending on the specific facts of each situation and are protected by copyright. Students violating these policies will be subject to disciplinary actions under the Code of Student Conduct.

Video Recording and Sharing (Download Permissible; Re-use Prohibited)

This course, including your participation, may be recorded on video to be available to students in the course for viewing after a session.

Course videos and materials belong to your instructor, the University, and/or other sources depending on the specific facts of each situation and are protected by copyright. In this course, you are permitted to download session videos and materials for your own academic use, but you should not copy, share, or use them for any other purpose without the explicit permission of the instructor.

For questions about the recording and use of videos in which you appear, please contact your instructor.

Late/Missed Assignments

Assignments and quizzes must be submitted by their specified due date. Except in cases of an emergency, late submissions will be marked down by **10% per day late**. Appropriate documentation is required in all emergency situations (see below). If exceptional circumstances prevent you from submitting an assessment on time, please contact the instructor to discuss your situation.

Make-Up Assessments

If you miss the term test, you must provide documentation explaining your absence (see below) and complete a make-up test in a timely fashion. If you do not complete a make-up test, you will receive a grade of 0 for it. To ensure a make-up test can be completed as soon as possible, please contact the course instructor within one week of the missed test. Most make-up tests should be scheduled within one week of the original test and completed within two weeks of the original test.

If you miss the formal final exam, you must write a deferred final exam at a later date. The deferred final exam will be similar in format to the missed final exam. To be eligible for a deferred exam, you will need to file a petition with your College Registrar's Office immediately following missing the exam.

Re-marking Policy – Timeline and Protocol

This class will operate by the 24/14 rule. Students must wait for at least **24 hours** following the return of an assignment/assessment before bringing a grade concern to the instructor; please use this time to reflect on your performance and grade. All requests for a re-grade must be submitted **in writing within 14 days** of the first day the test or assignment is available for student viewing. Only requests that include adequate written justification of an error in the original grading will be considered. A legitimate request will result in the entire test or assignment being re-graded. Your overall grade may be raised, lowered, or it may stay the same. If there has been an error in our arithmetic, please let us know and we will immediately recalculate your grade (no written request necessary). Negotiations for extra marks once final grades are in will not be considered. Arbitrary requests for grade increases will not be entertained.

Specific Medical Circumstances

If you become ill and it affects your ability to do your academic work, consult me right away. Normally, I will ask you for documentation in support of your specific medical circumstances. This documentation can be an Absence Declaration (via ACORN) or the University's Verification of Student Illness or Injury (VOI) form. The VOI indicates the impact and severity of the illness, while protecting your privacy about the details of the nature of the illness. If you cannot submit a VOI due to limits on terms of use, 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 (including dates, academic impact, practitioner's signature, phone and registration number). For more information on the VOI, please see <http://www.illnessverification.utoronto.ca>. For information on Absence Declaration Tool for A&S students, please see <https://www.artsci.utoronto.ca/absence>. If you get a concussion, break your hand, or suffer some other acute injury, you should register with Accessibility Services as soon as possible.

Academic Integrity

All suspected cases of academic dishonesty will be investigated following procedures outlined in the [Code of Behaviour on Academic Matters](#)

<https://governingcouncil.utoronto.ca/secretariat/policies/code-behaviour-academic-matters-july-1-2019>). 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, 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 <http://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 [A&S Student Academic Integrity \(https://www.artsci.utoronto.ca/current/academic-advising-and-support/student-academic-integrity\)](https://www.artsci.utoronto.ca/current/academic-advising-and-support/student-academic-integrity) and the [University of Toronto Website on Academic Integrity \(https://www.academicintegrity.utoronto.ca\)](https://www.academicintegrity.utoronto.ca).

Use of Generative AI

The knowing use of generative artificial intelligence tools, including ChatGPT 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. This course policy is designed to promote your learning and intellectual development and to help you reach course learning outcomes.

Plagiarism Detection Tool

Normally, students will be required to submit their course essays to the University's plagiarism detection tool for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their essays to be included as source documents in the tool's reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of this tool are described on the Centre for Teaching Support & Innovation web site (<https://uoft.me/pdt-faq>).

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. For my part, I will make every reasonable effort to avoid scheduling tests, examinations, or other compulsory activities on religious holy days not captured by statutory holidays. Further to University Policy, if you anticipate being absent from class or missing a major course activity (such as a test or in-class assignment) due to a religious observance, please let me know as early in the course as possible, and with sufficient notice (at least two to three weeks), so that we can work together to make alternate arrangements.

Students with Disabilities or Accommodation Requirements

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) at the beginning of the academic year by visiting <https://studentlife.utoronto.ca/department/accessibility-services/>. 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 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 needs or condition with any instructor, and your instructors will not reveal that you are registered with AS.