



# PSYCH 343: Health Psychology

Fall 2021 Syllabus

## Course Description:

This course presents a blend of basic theory and research along with clinical perspectives and interventions in health psychology. Contemporary models for conceptualizing health psychology are presented and used to study psychological factors in health and illness. Topics may include models and psychophysiological mechanisms of stress; applicable research designs; personality and health; psychological treatments for stress related disorders; lifestyle and health behaviors; and social and societal factors in health and health care.

## Course Information:

**Professor:** Dr. Zoë Francis  
[zoe.francis@ufv.ca](mailto:zoe.francis@ufv.ca)

**Lectures:**  
Tuesdays, 7:00pm—9:50pm  
Room D215

**Office hours:**  
Wednesdays 4pm—5pm online  
Zoom link in MyClass

Meetings are also available by appointment.

If you have any questions, please send me an email! I respond to emails within 1-2 business days.



## Course Textbook:

Marks, D.F., Murray, M., & Estacio, E. V. (2020). Health Psychology: Theory, Research, and Practice. 6th Edition. *SAGE Publications*.

You can purchase the textbook from the UFV bookstore or elsewhere. It's available in both print and digital format.



## Course Learning Outcomes:

Upon successful completion of this course, students will be able to:

- Discuss the changing nature of illness and how this has impacted our health care system and the need for health psychology
- Critically analyze the nature of and evaluate the effectiveness of health promotion campaigns
- Analyze the relationship between psychological factors and health and illness
- Critically evaluate research findings and concepts in health psychology
- Apply findings and concepts in health psychology to contemporary social issues





# Course Schedule

**Note:** This schedule (including readings) is subject to revisions. Changes will be posted on Blackboard.

Week	Topic	Textbook Chapter	Assessment
<b>1</b> Tue, Sep 14	Introduction: What is Health?	Preface and Ch 1	
<b>2</b> Tue, Sep 21	Biology of Health	Ch 3	
<b>3</b> Tue, Sep 28	Macro and Social Impacts on Health	Ch 4 and 5	
<b>4</b> Tue, Oct 5	Food, Eating, and Obesity	Ch 10	
<b>5</b> Tue, Oct 12	Physical Activity, Self-Regulation, and Habits	Ch 13	<i>Assignment 1: due Wed, Oct 13</i>
<b>6</b> Tue, Oct 19	Trust in Healthcare & Screening	Ch 14 and 15	
<b>7</b> Tue, Oct 26	Health Communication & Vaccination	Ch 14 and 15	
<b>8</b> Tue, Nov 2	MIDTERM EXAM		<i>In-Class Midterm</i>
<b>9</b> Tue, Nov 9	Improving Health: Interventions	Ch 16	
<b>10</b> Tue, Nov 16	Addiction	Ch 11 and 12	
<b>11</b> Tue, Nov 23	Chronic Illness & Disability	Ch 23	<i>Assignment 2: due Wed, Nov 24</i>
<b>12</b> Tue, Nov 30	Cancer	Ch 20	
<b>13</b> Tue, Dec 7	Death and Dying	Ch 24	
<b>TBD</b>	FINAL EXAM		<i>Final Exam</i>

## Grading Overview:

Assessment	% of Total	Due Date
Written Assignment 1	15	Wednesday, October 13th
Midterm Exam	25	Tuesday, November 2nd
Written Assignment 2	15	Wednesday, November 24th
Presentation Assignment	10	Varied (individually scheduled)
Final Exam	35	TBD



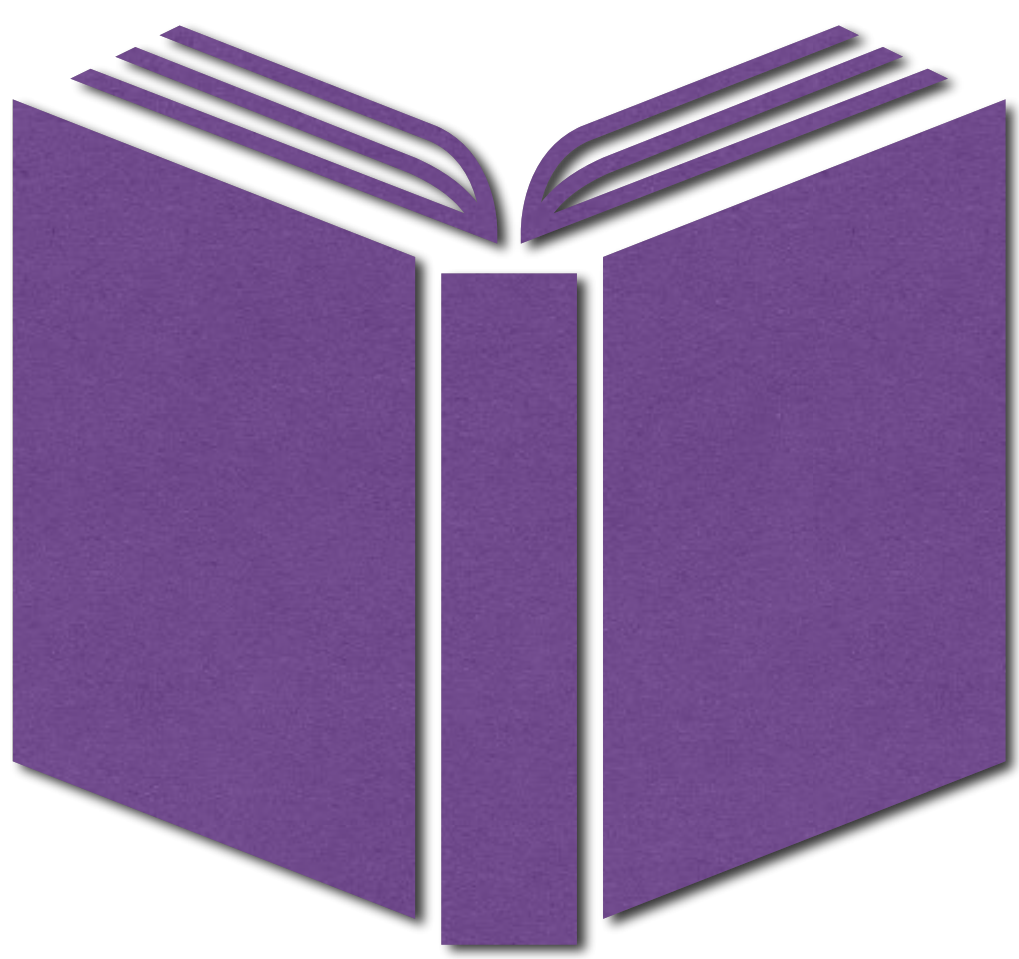
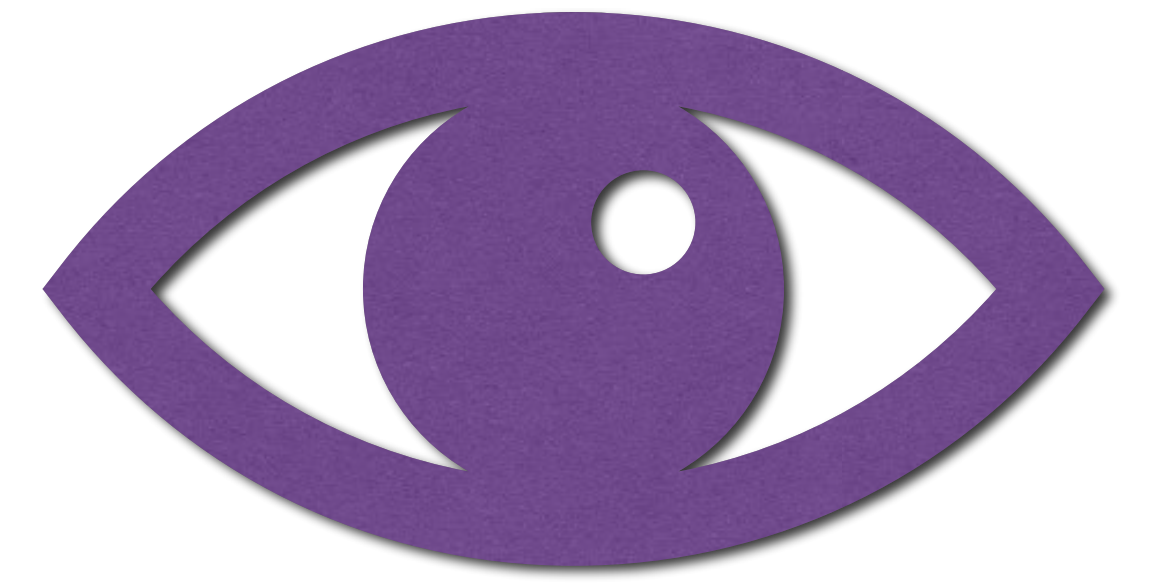
# Assignments & Evaluations

## Written Assignment 1 - The Health Onion Assignment (15%)

For this assignment, choose a specific health behaviour and conduct an informal “study” by observing either yourself or those around you. Armed with your observations, discuss the factors that influence this aspect of health using the “health onion” framework.

More instructions for this assignment will be provided in class and posted to MyClass.

*Due: 11:59pm, Wednesday, October 13th.*



## Written Assignment 2 - Policy Brief (15%)

In this written assignment, you will provide a policy recommendation (hypothetically given to a local government, university, or corporation) to help improve people’s health via an intervention, “nudge”, or institutional change. Your recommendation must be empirically supported, with references to academic sources.

More instructions for this assignment will be provided in class and posted to MyClass.

*Due: 11:59pm, Wednesday, November 24th.*

## Presentation Assignment (10%)

Each week (from week 3 through 13), two to three students will each present a short summary of an empirical research article to the class, including (i) relevant background information, (ii) the basic research design and findings, and (iii) implications. The goal of the presentation is for you to communicate health psychology research in an accessible way, so that it would be comprehensible to a general, non-specialist audience.



## Midterm (25%) and Final Exam (35%)

Exams will include a combination of written response and multiple choice questions. Content from both lectures and the required readings (e.g., textbook chapters) will be tested.

The midterm exam covers all material from weeks 1 through 7. The final exam is cumulative (includes material from weeks 1 through 13), but will be more heavily weighted towards material discussed after the midterm.

## Letter Grades:

A+	90-100	B+	77-79	C+	67-69	D	50-59
A	85-89	B	73-76	C	63-66	F	BELOW 50
A-	80-84	B-	70-72	C-	60-62	I	Temporary grade



# Course Policies



## Missing/Late Work:

Unexcused late assignments will have 20% deducted per day, and will only be accepted up to 5 days late.

If an assignment is missing or late due to an illness, injury, or other excused absence please **complete the Student Declaration of Absence form**, available in Course Info/Resources, and email me as soon as possible ([zoe.francis@ufv.ca](mailto:zoe.francis@ufv.ca)). Students are expected to make up any missed work (including the midterm exam) within 3 days of returning to classes after illness, and within a week of bereavement leave.

## Attendance and Absences:

Because lecture content does not all overlap with the textbook (and full lecture notes are *not* posted in MyClass), regular attendance is required to maximize your success on the exams & assignments.

However, if you are ill or have symptoms listed in the daily self-assessment health check, please do **not** come to the UFV campus. Instead, please email me with the **Student Declaration of Absence** form; this counts as an excused absence. In any case of excused absence, you will be sent full lecture notes, as recorded by other students in the class.

## Note-Taking for Extra Credit:

To ensure that students with excused absences are not at a disadvantage in the course, you can volunteer to share your notes for extra credit. Every week after class, you can upload your notes (as a Word document, pdf, scan, or legible photograph) to MyClass. Uploading 5 weeks of lecture notes = 2% extra credit, and uploading 10 weeks of lecture notes = 4%. Notes must be uploaded by 11:59pm Wednesday to receive credit. By uploading your notes, you give permission for the document(s) to be provided to other student(s) in the class who had an excused absence.

## Academic Integrity & Plagiarism Policy:

It is everyone's responsibility to attend to academic integrity. Plagiarizing "by accident" or "not knowing that it is plagiarism" is NOT an excuse. One of the most common forms of plagiarism is using the *exact words* of someone else, without quotation marks, and ending the phrase with the author and year in parentheses. Unfortunately, even though this includes a citation, it is plagiarism.

When summarizing someone else's ideas without direct quotes, you should read the text/source, study it a bit, and then **put it away**. Then, you can write about the ideas and what the article was about holistically, **in your own words**. Only then is it okay to cite the author and year without quotation marks. Substituting individual words (e.g., using a thesaurus to find synonyms) or re-ordering words in a sentence is not the same as re-writing the idea in your own words.

Re-using assignments from other classes - even assignments that you wrote yourself - is also an academic offence (called self-plagiarism).

As this is an upper-year course, you are expected to already be familiar with the plagiarism and academic integrity policies at UFV. The Plagiarism and Academic Integrity policy is available in the "Resources" section of MyClass.



# University Resources

## English Language Services

Services are open to all UFV students. Students will receive support from an English as an Additional Language (EAL) faculty member with reading, writing, listening, and speaking skills to help with any UFV course they are taking. ELS support sessions are private and confidential. The goal is to help you understand expectations for course activities and assignments and to improve your language, study, and cross-cultural skills to help you succeed through personalized, one-on-one support sessions with ELS Department faculty. Students are able to book online appointments.

For further info or to book an appointment: <https://ufv.ca/esl/online-help-centre/general-els-support/>

## Centre for Accessibility Services

The Centre for Accessibility Services operates as the central contact point for students with disabilities at UFV. The office focuses on providing accommodations and services to help meet academic demands, while promoting student responsibility and self-advocacy. Students who have been diagnosed with a mental, physical, sensory, or neurological impairment, or learning disorder (either temporary or permanent) that restricts their ability to perform classroom activities should reach out to CAS. Any accommodations for disabilities or learning disorders must be arranged through the Centre for Accessibility Services.

For more information or to register for support, contact: <https://www.ufv.ca/accessibility/>

## Academic Success Centre

The Academic Success Centre (ASC) offers FREE student-focused tutoring, workshops, online resources and support programs to develop students' academic skills and knowledge. Peer tutors work with students on personal learning strategies and approaches, and provide writing and subject-area support under the supervision of the Learning Strategist and the Coordinator of the Academic Success Centre.

<https://www.ufv.ca/asc/>

## Priority Access to Student Support (PASS)

The UFV Priority Access to Student Supports (PASS) program connects students to the supports and resources that may help them to increase their chance of success. Such assistance may include putting students in touch with an academic advisor, financial aid, a counsellor or another resource. If your instructor is concerned about your progress, he/she may refer you to PASS. The referral is treated confidentially and is sent because your instructor cares about your progress and success in this course. Your response to PASS is entirely voluntary. If you do not wish your instructor to make a referral to PASS on your behalf, please let them know by email. Visit [ufv.ca/studentservices/PASS](https://ufv.ca/studentservices/PASS) for more information.

\*\* Note that all course instructors are *required* to refer students to PASS who indicate that they have or might have COVID-19.