

**UNIVERSITY OF VICTORIA  
DEPARTMENT OF PSYCHOLOGY**

**PSYCHOLOGY 332 Health Psychology  
September 8 to December 3, 2021**

**Instructor:** Dr. Jody L. Bain  
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**Phone / E-mail:** 472-4491 / [jlbain@uvic.ca](mailto:jlbain@uvic.ca)  
**Office Hours:** M/T/W: 10:00 to 11:00  
Or by appointment

**Class time:** September 8 to December 3, 2021  
Monday, Thursday 08:30 to 9:50  
(No classes September 30 – Truth and Reconciliation & October 11 -Thanksgiving, November 10,11,12 -Reading Break)  
DTB A 104

**SUGGESTED TEXT:** There is no textbook for this course therefore attendance in class is strongly recommended. Notes from lecture are not posted on Brightspace.

**PURPOSE:** Health Psychology examines the overlapping concepts of health *and illness*. Health may be viewed as a *positive* state of physical, mental, and social well-being that often varies over time. Illness is characterized by signs, symptoms, and disabilities. This course focuses on clinical and experimental findings in studies of humans with minimal reference to research involving animal experimentation. Beginning with an examination of traditional ideas regarding physiology, disease processes, and the brain/mind, a wide selection of topics will be presented that assist in the understanding of the interplay of biological, psychological, and social systems in health psychology.

**Prerequisites**

Prerequisites for this course are one of PSYC 231, PSYC 251, or PSYC 260. Students who remain in this course but do not have these prerequisites do so at their own peril and are not exempt from having to complete the prerequisite courses if required for the degree program. Students are responsible for checking their registration status before the end of the add period. Students will not be added after this deadline

**COURSE OUTLINE:** (subject to change as announced in class)

**September 9** Introduction to course

**September 13 - 20** Health  
Health Psychology

**September 23** **Quiz #1(5%)**

**Sept. 27 – Oct. 4** Child Health  
Adolescent Health

**October 7** **Examination #1(15%)**

**(NO CLASSES October 11, 2021 - Thanksgiving)**

**October 14 – Nov. 4** Adult Health  
Disease and Pain  
Chronic Illness  
Elder Health

**November 8** **Examination #2 (15%)**

**(NO CLASSES November 10, 11, 12 – Reading Break)**

**November 15 - 29** Mental Health  
Coping & Adaptation

**December 2** **Examination #3 (15%)**

## EVALUATION:

**1. In-class Discussions:** There will be **five** in-class assignments/projects (2% each). These will be in the format of Group Discussions. They will be held on **September 16, September 27, October 14, October 28, November 18, 2021.** (These cannot be made up.)

**TOTAL VALUE: 10%**

**2. Assignments:** There will be **three** written assignments (10% each), out of several topics given, due in class on the dates indicated below. Each assignment will involve preparing a short discussion paper using peer-reviewed information (**maximum = three** double-spaced pages). They are due on: **September 20, October 4, October 18, November 1, November 15, November 25, 2021.** (Choose 3 of the 6 dates).

**TOTAL VALUE: 30%**

**3. Examinations:** There will be **one** quiz (5%) and **three** short answer examinations (15% each for Exam #1, #2, #3) covering information presented in class and via your in-class discussions.

**TOTAL VALUE: 50%**

**4. Project: Choose one of the following options.**

### **OPTION A**

**Major essay:** It will involve preparing a discussion paper (**8 to 10** double-spaced pages) in response to a topic approved by the instructor. Approval is needed by September 30, 2021. Without the topic approval then no completed papers will be accepted. In addition, no late papers will be accepted.

Essay is due: **November 18 (or earlier), 2021.**

**TOTAL VALUE: 10%**

### **OPTION B**

**Experiential Learning Activity:** Commencing at the beginning of the term, you will be required to choose a **health-related** behaviour you want to change (e.g., start a diet or stop eating junk food, change drinking habits) and then document your progress with that change through the duration of the course in a diary. Near the end of term you will be required to submit a report detailing the behaviour you choose to target, an overview of your progress and an analysis of these in relation to core concepts you learned from the course and other peer-reviewed resources (e.g., PsycInfo, MedLine). Because changing is not easy and should be done at your own pace, your progress will not be evaluated; what is important is to make an accurate observation of your behaviours and feelings during the project and find strategies to change behaviours. It should be 8 to 10 pages in length and follow A.P.A. writing guidelines. The report must be submitted to Dr. Bain by **November 22, 2021.**

**TOTAL VALUE: 10%**

<b>A+ 90 – 100%</b>	<b>B+ 77 – 79%</b>	<b>C+ 65 – 69%</b>	<b>F &lt; 49.5%</b>
<b>A 85 – 89%</b>	<b>B 73 – 76%</b>	<b>C 60 – 64%</b>	
<b>A- 80 – 84%</b>	<b>B- 70 – 72%</b>	<b>D 50 – 59%</b>	

**UNIVERSITY OF VICTORIA**  
**Department of Psychology**

**Important Course Policy Information**  
**2021/22**

### Prerequisites

Students who remain in courses for which they do not have the prerequisites do so at their own risk. Students who complete courses without prerequisites ARE NOT exempt from having to complete the prerequisite course(s) if such courses are required for the degree program.

### Program Requirements

For more information see the UVic Calendar May 2021.

### Registration Status

Students are responsible for verifying their registration status. Registration status may be verified using My Page, View Schedule. Course adds and drops will not be processed after the deadlines set out in the current UVic Calendar.

### Commitment to Inclusivity and Diversity

The University of Victoria is committed to promoting, providing and protecting a positive and supportive and safe learning and working environment for all its members.

### In the Event of Illness, Accident or Family Affliction

- What to do if you miss the final exam scheduled during the formal exam period

Apply at Records Services for a "Request for Academic Concession", normally within 10 working days of the date of the exam. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record.

OR, you can download the Request for Academic Concession form here:

<http://www.uvic.ca/registrar/assets/docs/record-forms/rac.pdf>

- What to do if you miss an exam other than one scheduled during the formal exam period

Do not apply at Records Services for a "Request for Academic Concession". Instead submit documentation of the illness, accident or family affliction directly to your course instructor (or designated teaching assistant).

- What to do if you require additional time to complete course requirements

Apply at Records Services for a "Request for Academic Concession", normally within 10 working days of the end of the course. Records Services will forward the form to the instructor. If the concession is granted, the instructor will determine how to deal with the situation (for example, a deferred exam). Where a concession is not applied for or where such application is denied, an N grade will be entered on the student's academic record. OR, you can download the Request for Academic Concession form here:

## Policy on Academic Integrity including Plagiarism and Cheating

The Department of Psychology fully endorses and intends to enforce rigorously the Senate Policy on Academic integrity

[https://www.uvic.ca/calendar/future/undergrad/#/policy/Sk\\_0xsM\\_V?bc=true&bcCurrent=08%20%20Policy%20on%20Academic%20Integrity&bcGroup=Undergraduate%20Academic%20Regulations&bcItemType=policies](https://www.uvic.ca/calendar/future/undergrad/#/policy/Sk_0xsM_V?bc=true&bcCurrent=08%20%20Policy%20on%20Academic%20Integrity&bcGroup=Undergraduate%20Academic%20Regulations&bcItemType=policies). It is of utmost importance that students who do their work honestly be protected from those who do not. Because this policy is in place to ensure that students carry out and benefit from the learning activities assigned in each course, it is expected that students will cooperate in its implementation.

The offences defined by the policy can be summarized briefly as follows:

1. **Plagiarism.** You must make sure that the work you submit is your work and not someone else's. There are proper procedures for citing the works of others. The student is responsible for being aware of and using these procedures.
2. **Unauthorized Use of an Editor.** The use of an editor is prohibited unless the instructor grants explicit written authorization.
3. **Multiple Submission.** Only under exceptional circumstances may a work submitted to fulfill an academic requirement be used to satisfy another similar requirement. The student is responsible for clarifying this with the instructor(s) involved.
4. **Falsifying Materials Subject to Academic Evaluation.** This includes falsification of data, use of commercially prepared essays, using information from the Internet without proper citation, citing sources from which material is not actually obtained, etc.
5. **Cheating on Assignments, Tests, and Examinations.** You may not copy the work of others in or out of class; you may not give your work to others for the purpose of copying; you may not use unauthorized material or equipment during examinations or tests; and you may not impersonate or allow yourself to be impersonated by another at an examination. The Department of Psychology has a policy of not making old examinations available for study purposes. Therefore, use of old exams without the express written permission of the instructor constitutes cheating by the user, and abetting of cheating by the person who provided the exam.
6. **Aiding Others to Cheat.** It is a violation to help others or attempt to help others to engage in any of the conduct described above.

Instructors are expected to make every effort to prevent cheating and plagiarism. This may include the assignment of seating for examinations, asking students to move during examinations, requests to see student identification cards, and other measures as appropriate. Instructors also have available to them a variety of tools and procedures to check for Internet and electronic media-based cheating. In instances of suspected or actual plagiarism or cheating, instructors, following prescribed procedures, are authorized to take steps consistent with the degree of the offence. These measures will range from a zero on the test or assignment or a failing grade for the course, probation within a program to temporary or even permanent suspension from the University.

Rights of Appeal are described in the Policy on Academic Integrity in the University calendar May 2021.

**The definitive source** for information on Academic Integrity is the University Calendar

### **Other useful resources on Plagiarism and Cheating include:**

1. The Ombudsperson's office: <https://uvicombudsperson.ca/tips/plagiarism/>  
The [Office of the Ombudsperson](#) is an independent and impartial resource to assist with the fair resolution of student issues. A confidential consultation can help you understand your rights and responsibilities. The Ombudsperson can also clarify information, help navigate procedures, assist with problem-solving, facilitate communication, provide feedback on an appeal, investigate and make recommendations. Phone: 250-721-8357; Email: [ombuddy@uvic.ca](mailto:ombuddy@uvic.ca); Web: [uvicombudsperson.ca](http://uvicombudsperson.ca).
2. UVic Library Resources: <http://www.uvic.ca/library/research/citation/plagiarism/>

3. [https://www.uvic.ca/library/research/citation/documents/avoiding%20plagiarism%20guideUpdate\\_Sept\\_2013.pdf](https://www.uvic.ca/library/research/citation/documents/avoiding%20plagiarism%20guideUpdate_Sept_2013.pdf)



## BE WELL

A note to remind you to take care of yourself. Do your best to maintain a healthy lifestyle this semester by eating well, exercising, getting enough sleep and taking some time to relax. This will help you achieve your goals and cope with stress. All of us benefit from support during times of struggle. You are not alone.

### ***Social Life, Friends, & Community at UVic:***

Having a social network is an extremely important foundation for positive mental health. There are lots of benefits to joining clubs, course unions, intramurals and teams on campus.

<https://www.uvic.ca/mentalhealth/undergraduate/connecting/index.php>

### ***Counselling Services:***

Counselling Services can help you make the most of your university experience. They offer free professional, confidential, inclusive support to currently registered UVic students. [www.uvic.ca/services/counselling/](http://www.uvic.ca/services/counselling/)

### ***Health Services:***

University Health Services (UHS) provides a full service primary health clinic for students, and coordinates healthy student and campus initiatives.

[www.uvic.ca/services/health/](http://www.uvic.ca/services/health/)

### ***Centre for Accessible Learning:***

The CAL staff are available by appointment to assess specific needs, provide referrals and arrange appropriate accommodations [www.uvic.ca/services/cal/](http://www.uvic.ca/services/cal/). The sooner you let us know your needs, the quicker we can assist you in achieving your learning goals in this course.

### ***Elders' Voices:***

The Office of Indigenous Academic and Community Engagement (IACE) has the privilege of assembling a group of Elders from local communities to guide students, staff, faculty and administration in Indigenous ways of knowing and being.

[www.uvic.ca/services/indigenous/students/programming/elders/](http://www.uvic.ca/services/indigenous/students/programming/elders/)

### ***Mental Health Supports and Services:***

Mental health supports and services are available to students from all areas of the

UVic community: [www.uvic.ca/mentalhealth/undergraduate/](http://www.uvic.ca/mentalhealth/undergraduate/)

#### Sexualized Violence Prevention and Response at UVic

UVic takes sexualized violence seriously, and has raised the bar for what is considered acceptable behaviour. We encourage students to learn more about how the university defines sexualized violence and its overall approach by visiting [www.uvic.ca/svp](http://www.uvic.ca/svp). If you or someone you know has been impacted by sexualized violence and needs information, advice, and/or support please contact the sexualized violence resource office in Equity and Human Rights (EQHR). Whether or not you have been directly impacted, if you want to take part in the important prevention work taking place on campus, you can also reach out:

Where: Sexualized violence resource office in EQHR, Sedgewick C119

Phone: 250.721.8021

Email: [svpcoordinator@uvic.ca](mailto:svpcoordinator@uvic.ca)

Web: [www.uvic.ca/svp](http://www.uvic.ca/svp)