HTH SCI 4M03 - ADVANCED CONCEPTS IN HEALTH PSYCHOLOGY
(Term 2)

January 4 – April 5, 2018

Course Number: HTH SCI 4M03

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Office hours: Course class, MDCL 3413, 5:30-6 p.m., just prior to class time or by appointment at my office at other times.

Course Dates / Time /Location:
Lecture Dates and Times

| Thursdays  | 6-9PM | MDCL/3413 |

Course Description

Health Psychology (HP) is a distinct area of psychology that has witnessed increasing growth over the past 20-30 years since its initial conceptualization. Health psychology not only forms part of a "traditional" undergraduate psychology degree, but also an essential element in a number of health profession courses. In 4M03, you will delve in more depth into Health Psychology, its scientific basis, current research findings and application to personal, societal and public policy health and personal wellbeing.

Expectations

Timely arrival to class
Respectful behavior towards each other
Group work (fair division of labor)
Creativity
Enthusiasm
Self-Reflection
Appropriate preparation: pre-reading of textbook chapters and assigned articles
No playing computer games in class or looking at your laptop screen during other students' presentations.
Adherence to university ethical guidelines.
Course Requirements


ON RESERVE

Various articles assigned by the class will be posted by each group one week in advance in preparation for each presentation.

Presentations

by you will begin the second week of classes and will end the week before last. You can work individually, in a dyad, or in a group of 3-5 depending on class size. The choice is yours!

An hour to one and a half hour each PPT – to be scheduled and begin in Class #2.

First presentation: A chapter from the Health Psychology textbook - to learn what health psychology is; areas of investigation and application. Your first presentation will have to be decided during Week 1 so we can coordinate times. Prepare a small quiz with up to 10 questions in total based on the book chapter you are presenting in order to test knowledge during class. Answering the questions on the quiz counts towards each student’s class participation. In order to answer these questions, the class must have read the chapters ahead of time. (This particular point is a result of suggestions made consistently by the classes of previous years).

The class and I will give you immediate verbal feedback on your presentation. You are to send me your self-reflection on your presentation as well as the grade you expect to get (in percentage points out of 10) a day or two after class. Comments must be sincere but constructive with suggestions for improvement. Written feedback and a grade will be sent to your group by e-mail within the next couple of weeks following your presentation.

Second presentation: Explore a particular Health Psychology topic of interest in depth. Assign two relevant articles to the class at least one week ahead of time. Prepare a small quiz with up to 10 questions in total based on the articles in order to test knowledge during class. This counts towards class participation. In order to answer these questions, the class must have read the articles ahead of time. Also, class members must be prepared to actively participate in the presentation by asking relevant questions on the topic(s) being presented, challenging claims, eliciting interest and new ideas, and promoting a good class discussion. Your second presentation will be decided after your first one.
The presenting group should actively attempt to involve the class in discussion of the topic(s) of interest as well as the assigned articles.

The class and I will give you immediate verbal feedback on your presentation. You are to send me your self-reflection on your presentation as well as the grade you expect to get (in percentage points out of 20) a day or two after class. Comments must be sincere but constructive with suggestions for improvement. Written feedback and a grade will be sent to your group by e-mail within the next couple of weeks following your presentation.

*Each of you* is expected to read in advance the chapters in the book that will be presented in class by each group. *Each of you* is expected to participate in class discussion about the topics and issues being presented. Relevant pertinent questions are expected by all of you.

*Each of you* is expected to read the two articles assigned by each group prior to their presentation of their chosen topic in order to answer the quiz questions prepared by the presenters.

**Paper:** An APA manual style manuscript up to 10 pages double-spaced on the topic of your second presentation will be submitted by April 5th, 5 p.m. Title, abstract, tables and references are not included in the 10 pages. This will be a review article of the latest research on a specific topic with a critical appraisal of the studies. You can utilize the office hours to plan and discuss your paper with me. You need to begin writing your paper immediately upon your decision on what your second presentation will be about. I can help you by reviewing your outline during office hours. Feedback on your paper will be given to you in the form of a returned edited paper two-three weeks after the end of classes.

Suggestions for topics will be provided during the first class. You will have to make a final decision on your paper by mid-February the latest.

**Method of Evaluation:**

No tests, midterm or final exam.

Your grade will be based on the following:

Two presentations, each group, total of 30%:
- First presentation, 10%; second presentation, 20%.

Paper, each group, 45%

Class Participation, each of you individually, 25%. This includes your timely arrival to class, physical presence and evidence of active attentiveness, preparation by reading
the assigned book chapters and articles, and participation via questions, comments and critical thought as well as completing the quizzes prepared by the presenting group.

Sessional Outline:

Week 1: Introduction to the class, each other, course, and overview of Health Psychology in general. Formation of working groups. Setting up a schedule of your first presentations. Class overview and evaluation.

Week 2-7: Two presentations on the book chapters and class discussion. Class overview and evaluation.

Week 8-12: Special Topics

Week 13: Final Class. Overview and Course Evaluation

Part 1: The Psychology of Health and Health Care: A Canadian Perspective, Book Chapters

| January 4  | Introduction to HP       | Dr. Eleni G. Hapidou       |
| January 11 | Stress and Coping       |                             |
| January 18 | Health Communication    |                             |
| January 25 | Health-Compromising Behaviors |                       |
| February 1 | Pain                    |                             |
| February 8 | The World of Health Care: Places, Procedures and People | Visiting Speaker, Dr. Vikas Parihar, Pharmacist on Medical Marihuana |
| February 15| From One to Many: Health on a Large Scale | Health Promotion |

Part 2: Special Topics, individually chosen

March 1
March 8
March 15
March 22
March 29

April 5. Final class: Overall course summary and evaluation.

Additional Points: There may be a visiting speaker or two depending on availability.
I will also speak to you about my work as it relates to the topics we will be discussing, particularly, pain.

McMaster University, Senate Policies
www.mcmaster.ca/policy

**ACADEMIC DISHONESTY**

Academic Dishonesty consists of misrepresentation by deception or by other fraudulent means and can result in serious consequences, e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads “Grade of F assigned for academic dishonesty”) and/or suspension or expulsion from the university.

It is your responsibility to understand what constitutes academic dishonesty. For information on the various kinds of academic dishonesty please refer to the Academic Integrity Policy, specifically Appendix 3, located at http://www.mcmaster.ca/senate/academic/ac_integrity.htm

The following illustrates only three forms of academic dishonesty:
1. Plagiarism, e.g. the submission of work that is not one’s own or for which previous credit has been obtained.
2. Improper collaboration in group work.
3. Copying or using unauthorized aids in test and examinations.

In this course we will be using a software package designed to reveal plagiarism. Students will be required to submit their work electronically and in hard copy so that it can be checked for academic dishonesty.