SYLLABUS FOR HEALTH PSYCHOLOGY

Psychology 1215 (28393)                     Fall Term, 2016-17
Tu., Thu. 2:30-3:45                        306 Cathedral of Learning

Instructor: Tom Kamarck, Ph.D.              Professor of Psychology and Psychiatry
Office: 4403 Sennott Square.                Office Hours-- By appointment
Phone 412-624-2080 (office # and voice mail)
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Readings:
2. Required supplementary readings are available for download in Blackboard.

Prerequisites: Research Methods AND one of the following: Social Psychology, Intro to Biopsychology, or Biology (Bio 0800, 0645)

Course requirements: 1 paper, 3 exams, regular class attendance and active participation.

Grading Criteria: Paper 25 %, Three exams, each worth 25 %.

Papers: For description of the paper assignments, see Class Paper handout. Students are responsible for seeing that assignments are turned in on schedule. Points will be deducted for late assignments. Late assignments must be turned in, in person, to Julie Magee in the main Psychology office, 3137 Sennott Square. You must ask her to certify the date and time of assignment receipt. No assignments slipped under office doors or left on desks will be accepted.

Exams: Each of the three exams will include multiple choice, short answer, and essay components. Students are expected to attend each of the exam sessions. In case of documented illness or emergency, a make-up exam will be administered, as long as Dr. Kamarck gives his approval in advance. All make up exams (regardless of circumstances) will be entirely short answer and essay, a format which is designed to be more difficult than the original exam. Students who fail to obtain advance approval and who do not show up for an exam will not be allowed to take a make up exam.

Disability Resources: If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and the Office of Disability Resources and Services, 216 William Pitt Union, 412-648-7890/412-383-7355 (TTY), as early as possible in the term. Disability Resources and Services will verify your disability and determine reasonable accommodations for this course.

Academic Integrity: Cheating/plagiarism will not be tolerated. Students suspected of violating the University of Pittsburgh Policy on Academic Integrity, from the February 1974 Senate Committee on Tenure and Academic Freedom reported to the Senate Council, will be required to participate in the outlined procedural process as initiated by the instructor. A minimum sanction of a zero score for the quiz or exam will be imposed. View the complete policy at www.cfo.pitt.edu/policies/policy/02/02-03-02.html.
LECTURE SCHEDULE

Part I: Concepts in Health Psychology

1. Introduction to Health Psychology                         August 30
   Taylor 9th edition, chapter 1 (pp. 2-13).

2. Systems of the Body                                       September 1, September 6
   Taylor, chapter 2 (pp. 14-36).
   September 6: Guest lecturer: Amoha Bajaj, M.S.

3. Stress and Disease                                        September 8, 13
   Taylor, chapter 6 (pp. 112-133).

4. Social Support and Other Moderators of Life Stress       September 15, 20
   Taylor, chapter 7 (pp. 134-154).

   Topics for class paper and copies of proposed articles due Tuesday, September 22.

5. Illness Behavior and Medical Help-Seeking                 September 22
   Taylor, chapter 8 (pp. 156-165).

6. Patient-Provider Communication and Medical Adherence    September 27
   Taylor, pp. 166-177.

7. Coping with Chronic Illness  
   Taylor, chapter 11 (pp. 212-230).  
   September 29

Part II: Psychological Influences on Disease

8. Pain  
   Taylor, chapter 10 (pp. 194-210).  
   October 4, October 6

Hilderink, P.H. (2012). The temporal relation between pain and depression: Results from the Longitudinal Aging Study Amsterdam. Psychosomatic Medicine, 74, 945-951.

First Exam  
   October 11

No class on October 18—Day after fall break—Tuesday=Monday class day.

9. Cardiovascular Disease  
   October 13, 20


10. Diabetes  
   October 25


First Draft of Papers due October 25.

11. Psychoneuroimmunology  
   Taylor, pp. 274-279.  
   October 27


12. Cancer  
   Taylor, pp. 69-72, 287-293.  
   November 1
Part III: Behavioral Medicine Interventions

13. Changing Health Behaviors  
November 3  
Taylor, pp. 38-45, 50-56.

**Second Exam**  
November 8

14. Treatment of Obesity  
November 10, 15  
Taylor, pp. 80-89.


15. Smoking Cessation  
November 17, 22  


**Thanksgiving Break**  
November 23-27

16. Treatment of Alcoholism  
November 29  
Taylor, pp. 92-99.

17. Intervention Efforts for Cardiovascular Disease  
December 1, December 6  

18. Intervention Efforts for AIDS  
December 8  
Taylor, pp. 279-287.

*Final draft of papers due December 8.*

*Exam 3 during finals week, December 12-17.*