**SANTA CLARA UNIVERSITY**

**Psychology Department**

**Fall 2020**

**HEALTH PSYCHOLOGY (PSYC 117)**

**COVID-19 PANDEMIC ADAPTED SCHEDULE**

**DRAFT 2: 8/15/20**

**SUBJECT TO CHANGE**

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**Instructor**: **Thomas G. Plante, Ph.D., ABPP**

**Office**: Alumni Science 203 but mostly via Zoom from home (Zoom address = 358-201-2190)

**Telephone, E-Mail, web**: 408-554-4471 (Office), tplante@scu.edu, [www.scu.edu/tplante](http://www.scu.edu/tplante)

**Office Hours**: By appointment

**Course Meeting Room**: Zoomville

**Course Meeting Times**: Tuesdays and Thursdays 2-3:30pm

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 1-260-83428-4 (for lower cost lose leaf version) NEW ISBN: 9781266378423 for

Additional readings may be provided during the class.

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**Course Evaluation**:

Midterm Quest 1: Week 3 or so

Midterm Quest 2: Week 6 or so

Final Quest: Exam week

Self-Change Project: Exam week

Class Participation, Behavior, Scholarly Enthusiasm, and Attendance: +/- can improve or decrease your course grade.

Pass everything, get an “A.” Fail any one of 4 assigned tasks and get a “B.” Fail two of the tasks and get a “C”…..Two low passes equal one fail.

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**Course Description**:

Health psychology involves the discipline and principles of psychology and human behavior in understanding how the mind, body, and behavior interact in health and disease. Class topics include health promotion and primary prevention of illness, health enhancing and health damaging behaviors, psychosomatic illness, stress and coping, faith and health, pain management, and a variety of specific behavior-related medical illnesses (e.g., COVID-19, heart disease, eating disorders, cancer, AIDS). Prerequisites include PSYC 1, 2, 40, 43. The course is primarily designed for psychology and public health sciences majors. This course satisfies the Gerontology Certificate Program requirement.

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**Course Goals**: (1) To provide a basic and broad based overview of the field of health psychology from a biopsychosocial perspective.

(2) To provide a practical and experiential understanding of the challenges involved in health behavior change.

(3) To provide the foundation for students taking additional courses and advanced training in health psychology.

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**Sequence of Topics and Readings**:

Week 1 (Sep 22 & 24): Introduction to Health Psychology, the Biopsychosocial Model,

and Systems of the Body Taylor 1 & 2\*

Week 2 (Sep 29 & Oct 1): Health Behaviors Taylor 3

Week 3 (Oct 6 & 8): Health Promoting Behaviors Taylor 4

Week 4 (Oct 13 & 15): Health Compromising Behaviors Taylor 5

Week 5 (Oct 20 & 22): Stress and Coping Taylor 6 & 7

Week 6 (Oct 27 & 29) Use of Health Services Taylor 8

Week 7 (Nov 3 & 5): Patients, Providers, and Treatments and Pain Taylor 9 & 10

Week 8 (Nov 10 & 12): Chronic and Terminal Illness Taylor 11 & 12

Week 9 (Nov 17 & 19): Cardiovascular Disease, Diabetes, Cancer, AIDS, etc. Taylor 13 & 14

Week 10 (Dec 1 & 3): Future Directions, Ethics, Career Issues and Conclusions Taylor 15

***Self-Change Project/Term Paper Due: Dec 3rd***

***The self-change project***. You are asked to do a "self-change project" (written in APA style) to enhance an adaptive health behavior for yourself (or for someone else). For example, appropriate topics may include increasing the use of seat belts, practicing safe sex, decreasing alcohol, cigarette, or high fat food consumption, increasing aerobic exercise or sleep, or increasing dental care such as flossing. How to design such a project will be discussed in class. Grades for late papers will reflect a 10 point per day reduction. Papers won’t be accepted after the final. The paper should include a title page, abstract page, body of paper, and reference page(s).

**A few additional items**

We are all trying the best we can to operate during the COVID-19 pandemic and adapt to online teaching and learning and so forth. It is far from ideal but we are all trying our best to manage and cope. Here are a few thoughts to make the most out of our class.

1. If you can do so, please keep video camera on during our Zoom classes but mute your audio unless you want to speak. I understand that some of you might have broadband issues or that you feel that you are not presentable to be on camera. That is all fine but we want to do whatever we can do, within reason, to approximate the real classroom experience.
2. Feel free to use the chat box feature to ask questions and make comments freely during class.
3. I’m happy to talk with you individually in “office hours.” Just make an appointment with me and we’ll Zoom during a mutually convenient time.
4. I’m reluctant to record our class sessions for later viewing since I want students to feel comfortable and free to speak their minds in class and not worry that somehow their comments will be shared elsewhere or placed on social media.
5. This is the perfect class topic for the pandemic as health psychology research and practice is all about human behavior to stay healthy and cope with illness.
6. I’m always open to your comments and suggestions. We are in this together and let’s do our best to make the most of challenging circumstances.