

## Psych 150: Introduction to Health Psychology

**Text:** Taylor, S. E. (2008). *Health psychology* (7<sup>th</sup> ed.) New York: McGraw-Hill.

**Course Overview:** Our goal is to give you a broad overview of the field of health psychology. Health psychology is a young and exciting field of study that examines the bi-directional relationship between psychology and health. We will try to answer such questions as: What does stress do to your health? Does having a lot of friends affect your health? What explains why some people are more likely to get sick, or to get certain illnesses, than others? What psychological and social factors cause people to behave in unhealthy ways? What helps people adjust to illness? What can psychologists do to help cure illness? Are there ethnic variations in health? How can we help people who are in pain without getting them addicted to pain-killers? Does it matter how your doctor talks to you? Does being bereaved make you ill? Does dieting work?

**Grading:** Grades will be based on three exams, a final exam, brief paper, and in-class exercises.

Exams: Each exam is worth 40 points. Exam 1 will cover all the assigned text and readings from the first third of the course, Exam 2 will cover all the assigned text and readings from the second third of the course, and Exam 3 will cover the assigned text and readings from the final third of the course. The Final exam is cumulative.

Brief paper: The paper will involve you choosing a health-related behavior that you would like to personally change, monitoring that behavior for 7 days, and developing and implementing a plan to change that health behavior for 10 days. You will write a 4-page paper based on this experience. Details will be forthcoming. The paper is worth 24 points. The due date is listed in the course schedule on the last page.

Online/in-class exercises: These exercises are designed to help you understand concepts discussed in class, and to reward you for reading the book and attending class. Some will be assigned and completed in class, others will be completed outside class. Exercises will be worth a total of 20 points.

Week	Date	Topic	Chapter: Pages	Assignment Online: see <i>Blackboard</i> , deadline listed In-class are not listed here
1	Mar 31	Course overview, Models of health and illness through history	1	Identify health behaviors April 1, 11:55 PM
	Apr 2	Health Behaviors and Promotion Health behavior paper, Part 1	3: 46-50, 54-59	Alcohol survey April 3, 11:55 PM
2	Apr 7	Alcohol	5: 120-130	Smoking questions April 8, 11:55 PM
	Apr 9	Smoking Health behavior paper: Part 2	5: 130-143 3: 70-72	
3	Apr 14	Diet/exercise	4: 82-87, 94-110	
	Apr 16	Sleep, health behavior wrap-up: Common factors and interventions	3: 59-70 4: 94-110	Turn in health behavior diary at the beginning of class (2 pts)
4	Apr 21	<b>EXAM 1</b>		Stress measures April 21, 11:55 PM
	Apr 23	Stress	6: 147-150, 155-171	Begin stress diary <i>Available for download at Blackboard.</i>
5	Apr 28	What modifies the stress experience?	7	
	Apr 30	Effects of stress on health	6: 150-154	Define different types of immunity. May 4, 11:55 PM
6	May 5	Psychoneuroimmunology	2: 36-41 14: 362-371	CBT May 11, 11:55 PM
	May 7	Pain	10: 244-263	Turn in stress diary at beginning of class (2 pts)
7	May 12	<b>EXAM 2</b>		
	May 14	Stress management		Examples of communication problems and nonadherence. May 17, 11:55 PM
8	May 19	Being a patient, doctor-patient comm. <i>Paper due at 5 PM through Turnitin at MyUCLA. Supplemental materials due at 5 PM in 5611 Franz Hall.</i>	8: 201-210 9: 220-232	Experience w/ chronic illness. May 19, 11:55 PM
	May 21	Managing chronic illness	11: 271-280	Preventing HIV spread May 26, 11:55 PM
9	May 26	HIV/AIDS	14: 371-382	Your cancer risk May 27, 11:55 PM
	May 28	Cancer	12: 382-392	Hypertension and diabetes June 3, 11:55 PM
10	June 2	Cardiovascular disease, diabetes	13	
	June 4	<b>EXAM 3</b>		
Finals		<b>FINAL EXAM: Tuesday, June 9, 11:30 AM – 2:30 PM</b>		