

The University of Texas at El Paso
Department of Psychology
Health Psychology (PSYC 3350, CRN 22695)
Spring 2022

Instructor: Dr. Abdolhossein Abdollahy Zarandi

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Office: Department of Psychology

Class Days: Tuesday and Thursday: 6:00 pm – 7:20 pm

Location: Liberal Arts Building, Room 106

Office Hours: Tuesdays and Thursdays: 3:30 – 4:30 pm. (to make an appointment, please email me.)

Communication

In addition to in-class face-to-face communication, students can contact me via email. I will check my email multiple times per day Monday through Friday, and also during weekends. However, please allow 24 hours for a response (48 hours if you send a message Friday evening or during the weekend). Each email you send me should contain a subject line that includes “PSYC 3350”, a proper greeting (i.e., Dear Dr. Abdollahy Zarandi), and your full name. All emails you send me should come from your UTEP email account.

Questions regarding the course and its content are expected to be emailed to me at aabdollahyzarandi@utep.edu. Note: Blackboard has a Course Messages tool, but before using this tool, please try emailing me via aabdollahyzarandi@utep.edu

Blackboard

This course will use Blackboard as an additional learning-teaching platform. I will make announcements regarding the course via Blackboard periodically. Please check Blackboard for announcements (by clicking on the link **Announcements**). Blackboard is also a place where you will find some course-related information and materials, for example, the textbook PowerPoint slides files. When, especially for the first time, you visit Blackboard, look at the left side of the screen (the dark menu) to learn about **Announcements**.

Course Description and Objectives

This course, Health Psychology, is concerned with the interaction between the mind and the body: how the mind moves (and is moved by) the body. More specifically, the course mainly explores the effects of our thoughts, emotions, behavior as well as social situations and contexts on our (physical) health, and illness. This exciting exploration moves toward responding to such questions: Why do we stay healthy? Why do we become ill? How are such conditions and diseases as pain, obesity, blood pressure, heart disease, and cancer brought about by mental and social (as well as physical) factors? How do we react to illness? What can we do to stay healthy? What can we do to avoid illness? What psychosocial interventions and

treatments are available to help us increase our well-being and decrease our sufferings? Clearly, all of these questions involve health promotion and illness prevention directly and indirectly. Therefore, health promotion and illness prevention will have an important place in this course and will be extensively explored and discussed.

The main objective of this course is to help students understand that physical health and illness are driven not only by physical factors but also by psychological and social factors. Through various activities and assignments, students can examine the interactions between the mind and the body in a new way. Of course, most people intuitively know a lot about the games the mind and the body play against and with each other, but in this course, students will be able to look at the interactions in a more conscious and scientific way. Another related leading objective of the course is to help students acknowledge and appreciate the value of applying knowledge and skills acquired throughout the course. Finally, this course aims to give all students an opportunity to engage in a collaborative oral presentation by selecting a topic and preparing and presenting a speech which will be a significant motivational educational element for each student.

Course Text

Taylor, Shelley E. (2021). Health Psychology (11th edition). McGraw Hill.

<https://www.mheducation.com/highered/product/health-psychology-taylor/M9781260253900.html>

Course Format

Lectures will cover the assigned textbook, chapter by chapter. Lectures will also bring in material from external sources. Therefore, students are expected to be present in class in order to not miss the out-of-the-text-book materials as they may appear on the quiz and/or exam questions. Moreover, students are expected to read each book chapter before class and be ready to respond to possible in-lecture questions, start discussions or provide comments.

Course Assignments, Participation, and Activities

1) Instructor-Facilitated Student Oral Presentations

Students are expected to give a talk on an assigned book chapter subject. The oral presentation, facilitated by me (Dr. Abdol), may take two forms: Individual presentation or up-to-5-member group presentation. During the initial class meetings, students will be scheduled to give their talk. A **user-friendly rubric** appears below:

1. The inclusion, in the oral presentation, of at least 15 PowerPoint slides (2 points)
2. The inclusion, in the oral presentation, of at least two topic-related short (not more than 3 minutes) video adapted from a valid Internet source (2 points)

3. The inclusion, in the oral presentation, of at least 5 questions to be posed to the audience (1 point)
4. The inclusion, in the oral presentation, of at least 15 questions, ideas, and comments that show the presentation group's disagreement with the content. (2 points)
5. The demonstration of a clear and coherent oral presentation (1 point)
6. The submission by the group leader, on Blackboard, of a 500-word summary of the entire oral presentation by the final exam day (2 points)

2) In-Class Activities and Participation

At the end of each class meeting -- right after each lecture -- students will engage in a series of in-class activities individually and/or in groups. The activities will enable students to think and write about, examine, and discuss various topics in cross-cultural psychology.

3) Research Paper

An out-of-class hands-on exercise will be presented. This assignment -- carrying 5 points out of the whole 100 course grade points -- will give students the opportunity to test their health psychological knowledge and receive immediate feedback. Previous experiences indicate that students, in general, like such activities. The instructions appear below:

Heart rate check exercise: Health psychology is a science and uses scientific method to investigate the mind-body relationship. To help student familiarize themselves with the basic knowledge and skills in health psychological research, an assignment in the form of a single case study is presented in which students learn to measure and record their heart rate in a simple device-free fashion -- under various situations. The heart rate measure is an important psychophysiological tool which provides a wide range of information about an individual's physical and psychological health. The information on how to measure heart rate appears in the link below:

http://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P09_HowToTakeYourHeartRate.pdf

During a 10-day period, students will measure and record their heart rate under these situations: **a) right after experiencing an emotion such as anger, fear, sadness, happiness, etc, b) during reading (e.g., a book, or newspaper), c) during browsing the internet and/or checking email, d) after a social meeting (e.g., having lunch with at least another person) in the afternoon, and e) before going to bed.** Students are expected to calculate the sum, mean, standard deviation and also correlations for all the five events scores at the end of the period. All of these statistical procedures can be carried out by using the UTEP website SPSS app or other resources easily accessible on the Internet. The final written-up report, presenting the various numerical data and correlations tables, will cover all the story: what happened from the beginning to the end -- in your own words. The report will also reflect a simple interpretation of the observed data. For example: why is/was the correlation between the "social meeting event heart rate" and the "reading event heart rate" negative? The final report will contain at least 1000 words and is due on **May 6, 2022**. The assignment will be explained in

more details during the early weeks of the semester. Finally, if a student can't conduct this assignment for any reasons, she/he can contact me to discuss considering another one.

Quizzes and Exams

You will take, throughout the semester, two quizzes, a midterm exam, and a final exam (see Course Assessment below). The quizzes and exams will mainly consist of multiple choice and each item on the quizzes and exams counts one percent towards the final grade. The quizzes and exams dates are specified in the course schedule (see below). Finally, it is to be noted that the content of the quizzes and exams will come from both the lectures and the textbook chapters.

Class Attendance, Participation, and Course Drop

Class attendance is expected because you can learn better when you are physically present. If a student has more than four unexcused absences throughout the semester, they will lose a possible extra credit opportunity. Also, please note that if you are in a situation in which you need or plan to drop the course, you are expected to do it by yourself. If you don't drop the course, your final grade will be reported based on your available quiz, exam, and participation grade record.

Class participation is important and has its own points as shown below. Class participation involves two parts: Part 1) Showing such behaviors and attitudes as active listening to the lectures and to other students, making comments during class discussions, asking questions, and being respectful to others and Part 2) Taking part in an activity I call "In a Cool Huddle". In this activity, students are expected to discuss some topics in groups of 2-4 and report the results of their discussions at the end of the class sessions.

Extra Credit Assignment Possibility

If needed, students can choose to do a possible extra credit assignment to increase their final grades. But it comes with a condition: students can use this possible assignment only if they do not have a noticeable history of unexcused absences.

Course Assessment

1. Quiz 1	10%
2. Quiz 2	10%
3. Midterm Exam	30%
4. Final Exam	30%
5. Oral Presentation	10%
6. Research Paper	5%
7. In-Class Activities	5%

Total 100%

Grading Scale

90% - 100% = A

80% - 89.9% = B

70% - 79.9% = C

60% - 69.9% = D

00% - 59.9% = F

Classroom Behavior

Please turn off your cell phone on arrival. Don't talk when others are talking. If you want to ask a question or make a comment, raise your hand and try not to interrupt others as they speak. Don't use your computer for irrelevant in-class activities such as emailing, visiting a social network profile, playing games, watching videos, listening to music and so on. These activities prevent you from focusing on lectures and other class engagements and may distract other students.

Disability

If you have a disability and need classroom accommodations, please contact The Center for Accommodations and Support Services (CASS) at 747-5148, or by email to cass@utep.edu, or visit their office located in UTEP Union East, Room 106. For additional information, please visit the CASS website at <https://www.utep.edu/student-affairs/cass/>.

Academic Conduct, Discipline, and Integrity

It is assumed that students are implicitly aware of the principles of academic conduct, discipline, and integrity. But having an explicit knowledge of the principles will be highly beneficial for anybody working within the realm of academia. The following link provides a wide-range information about academic conduct and discipline at UTEP. Please read the file

carefully and enthusiastically:

<https://www.utep.edu/student-affairs/osccr/student-conduct/academic-integrity.html>

Covid-19 Precautions

Please stay home if you have been diagnosed with COVID-19 or are experiencing COVID-19 symptoms. If you are feeling unwell, please let me know as soon as possible, so that we can work on appropriate accommodations. If you have tested positive for COVID-19, you are encouraged to report your results to covidaction@utep.edu, so that the Dean of Students Office can provide you with support and help with communication with your professors. The Student Health Center is equipped to provide COVID 19 testing.

The Center for Disease Control and Prevention recommends that people in areas of substantial or high COVID-19 transmission wear face masks when indoors in groups of people. The best way that Miners can take care of Miners is to get the vaccine. If you still need the vaccine, it is widely available in the El Paso area, and will be available at no charge. For more information about the current rates, testing, and vaccinations, please visit epstrong.org.

Course Schedule and Lecture Topics

Week 1

CHAPTER 1: What Is Health Psychology?

Week 2

CHAPTER 2: The Systems of the Body

Week 3

CHAPTER 3: Health Behaviors

Week 4

CHAPTER 4: Health-Promoting Behaviors– Quiz 1

Week 5

CHAPTER 5: Health-Compromising Behaviors

Week 6

CHAPTER 6: Stress

Week 7

CHAPTER 7: Coping, Resilience, and Social Support

Week 8

CHAPTER 8: Using Health Services

Thursday: Midterm Exam

Week 9

No Classes

Week 10

CHAPTER 8: Using Health Services

Week 11

CHAPTER 9: Patients, Providers, and Treatments

Week 12

CHAPTER 10: The Management of Pain and Discomfort

Week 13

CHAPTER 11: Management of Chronic Health Disorders

Week 14

CHAPTER 12: Psychological Issues in Advancing and Terminal Illness Quiz 2

Week 15

CHAPTER 13: Heart Disease, Hypertension, Stroke, and Type II Diabetes

Week 16

CHAPTER 14: Psychoneuroimmunology and Immune-Related Disorders

Final Exam: May 12, from 7:00 pm to 9:45 pm

This syllabus is subject to change.