Professor:
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Office: 201-A Psychology Building
Hours: Tuesday 2:00p-3:00p

Course Description

Behavioral medicine and clinical health psychology are multi- and inter-disciplinary fields in which multiple related professions (e.g., public health, medicine, epidemiology) integrate to promote emotional and physical health and well being. This course will introduce you to key elements of the field, including its research and practice. Foci will include: theoretical models, assessment, differential medical and psychological diagnosis, intervention, and ethics among others. Assignments and class exercises are designed to provide advanced students knowledge specific tools to collaborate with other professionals, both clinically and for the purposes of research.

Required Readings


**Additional readings are required and will be available for copying. Also, students will provide additional empirical readings for specific topics.

Evaluation

Empirical reading selection: Each student will be asked to select one of the specific topics covered later in class (e.g., substance use, cardiology). Students should attempt to find an empirical study that used sound methodology and is current in the field. Students should bring six copies to class on February 4. (Total points=5)

Reaction papers: Six reaction papers are due throughout the course of the semester and are listed on the dates due. Reaction papers are designed to have you critically think and write about the readings for the date assigned. Reaction papers should be grammatically
well written and be between one and two pages double spaced. Each reaction paper is worth 5 points of your grade. On days when reaction papers are not required, please be sure to have developed some critical thinking based questions and / or comments about the readings. Should discussion and participation be lacking on days when reaction papers are not assigned, Dr. Cooper reserves the option to assign additional reaction papers to further course discussion and goals. (Total points=30)

**Quizzes:** Three quizzes will be given throughout the course of the semester, and the dates of the quizzes are listed on the dates they will be given. Quizzes will only cover differential diagnoses from the Morrison book, and the diagnoses that may be asked about on the quizzes are also provided on the dates of the quizzes. Each quiz is worth 5 points of your grade. (Total points=15)

**Relaxation tape:** Each student will be required to submit a relaxation audio tape on March 27. Students will perform a relaxation exercise with another classmate, friend or family member, and record it. Relaxation techniques will be well covered during a relaxation workshop on March 4, so relax, you will be provided the tools needed to prepare a good tape suitable for use in research and practice outside of class. (Total points=25)

**Academic detailing pamphlet:** One pamphlet on a behavioral medicine topic suitable to handout to physicians or other providers will be due on April 29. Your handout should target a behavior that is susceptible to change using techniques discussed in the class. Students may work in teams on this project. Examples may include helping patients quit smoking or sleep better. The pamphlet/handout should be easy to read and straightforward. (Total points=20)

**Research proposal:** Each student will be required to orally present a research proposal on a topic relevant to behavioral medicine. These presentations will occur on the final three days of class and will be about a half-hour in length, including time for brief discussion by the class of the proposal. Suggested areas to cover include: an introduction or background section which details the relevant literature; a methods section detailing participants, measures, and the procedure; a brief approach to analyses section discussing potential plans to analyze the data; and a reference section. Your outline for the proposal and initial list of references will be due on March 18. You will be provided feedback to ensure you are on a good track with regard to your planned presentation. The outline and references will be worth 15 points of your grade, and the oral proposal itself will be worth 60 points. (Total points=75)

**Class participation:** In a course of this sort that deals with the clinical aspects of behavioral medicine, class participation is crucial. During class, we will discuss the readings, class assignments, and participate in class exercises. Lose your inhibitions, join in, and demonstrate critical thinking skills. **NOTE:** Missed classes should be avoided unless a student is engaged in university-related activities during class and has followed the appropriate procedure for notifying the professor of the impending absence. Unexcused absences will be reflected in your class participation grade. (Total points=30)
Final grade for the course:

A= 180-200
B= 160-179
C= 140-159
D= 120-139
F= <119

Academic Dishonesty

Academic dishonesty is prohibited and is considered a violation of the UTEP Handbook of Operating Procedures. It includes, but is not limited to, cheating, plagiarism, and collusion. Cheating may involve copying from or providing information to another student or possessing unauthorized materials during a test. Plagiarism occurs when someone intentionally or knowingly represents the words or ideas of another person’s as one’s own. And, collusion involves collaborating with another person to commit any academically dishonest act. Any act of academic dishonesty attempted by a UTEP student is unacceptable and will not be tolerated. Violations will be taken seriously and will be referred to the Dean of Students Office for possible disciplinary action. Students may be suspended or expelled from UTEP for such actions.

Accommodations and Support Services

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 www.sa.utep.edu/cass.

Important Note

Please recognize that sharing any issues related to harm of self, harm of others, and/or child/elder abuse and neglect are subject to mandatory reporting to the proper authority by Dr. Cooper. This applies to written assignments, class discussion, and one on one discussions with Dr. Cooper during office hours.

Reading and Assignment Dates

1/21
Introductions
Course introduction
Review syllabus

1/23
Introduction to behavioral medicine

Suls, Davidson, & Kaplan, Chapters 1 and 20.
1/28  
**Theoretical models in behavioral medicine**  
Suls, Davidson, & Kaplan, Chapters 2 and 5.

1/30  
**Assessment**  
**Multidisciplinary collaboration**  
Morrison, pp.1-44.  

2/04  
**Ethnocultural issues**  
*Empirical readings due*  
*Reaction paper #1 due*


2/06  
**No Class**  
*Society for Research in Nicotine and Tobacco*  

2/11  
**Ethics**  

2/13  
**Foundations in Health Psychology**  
**Discuss research proposals**  
Suls, Davidson, & Kaplan, Chapters 3 and 4.
2/18    Foundations in Health Psychology (Continued)
Suls, Davidson, & Kaplan, Chapters 5, 6, 7.

2/20    Living with chronic illness

2/25    Lessons from Morrie
Reaction paper #2 due

2/27    Multiple perspectives on chronic illness
Suls, Davidson, & Kaplan, Chapter 33.


3/04    Relaxation workshop
Quiz #1

For quiz: Morrison, *Adrenal insufficiency through Epilepsy*


3/06    Substance use
Reaction paper #3 due

Suls, Davidson, & Kaplan, Chapters 35 and 36.


3/11    No Class
Spring Break
3/13  **No Class**  
*Spring Break*

3/18  **Substance use continued**  
*Research proposal outline and references due*

3/20  **Obesity**  
*Quiz #2*

For quiz: Morrison, *Fibromyalgia through Mitral valve prolapse*

Suls, Davidson, & Kaplan, Chapter 33.


3/25  **Physical activity**  
*Reaction paper #4 due*


3/27  **Relaxation tape due**

4/01  **Prevention**

Suls, Davidson, & Kaplan, Chapters 23 and 24.

4/03  **Cancer prevention**

Suls, Davidson, & Kaplan, Chapter 25.

4/08  **Cancer intervention**

Suls, Davidson, & Kaplan, Chapter 31.


4/10  **HIV / AIDS**
**Quiz #3**

For quiz: Morrison, *Multiple sclerosis through Wilson’s disease*

Suls, Davidson, & Kaplan, Chapter 26.


4/15  
**Cardiology**

Suls, Davidson, & Kaplan, Chapter 28.

4/17  
**No Class**  
*Society of Behavioral Medicine*

4/22  
**Adherence**  
**Diabetes**  
**Asthma**  
*Reaction paper #5 due*

Suls, Davidson, & Kaplan, Chapter 29.


4/24  
**No Class**  
*Association of Behavioral and Cognitive Therapies Finance Committee*

4/29  
**Aging and geriatric health**  
*Academic detailing pamphlet due*

Suls, Davidson, & Kaplan, Chapter 10.

5/1  
**Psychoneuroimmunology and genetics**  
*Reaction paper #6 due*

Suls, Davidson, & Kaplan, Chapters 12 and 16.
5/06 Research proposal presentations

5/08 Research proposal presentations