Psy 474: Health Psychology

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Fall Semester 2002, CSUF
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Course Description/Objectives:
This course focuses on health psychology, which attempts to understand the psychological influences on how people stay healthy, why they become ill, and how they respond when they get ill. Health psychology focuses on issues related to social psychology, health promotion, prevention, and evaluation. Lecture and readings will comprise of current theoretical issues and research models in health psychology. In addition, broader models of social change will be examined (e.g., diffusion of innovations, ecological perspectives).

The overall goal of the course is to provide students a rigorous emersion into health psychology, with an addition emphasis on social psychology & health-related issues. Students will also be introduced to research methods specific to health settings, including methods from public health and epidemiology. This course is associated with select Psychology Department student-learning objectives (linked to our Program Goals), including self-understanding, writing skills, understanding theoretical perspectives in psychology and related areas, critical analysis of research, research skills, applying knowledge to real world problems/applications, and working with others.

Required Texts: (all at Little Professor Bookstore)

Exams:
There will be a midterm and a final exam.

Task Diary:
You will be asked to keep a task diary that will be used for class-related tasks (e.g., pill regimen task, health-center task, etc.). You will use the diary to record your thoughts/feelings on specific tasks assigned during the course.
**Group Presentations:**
Depending on class size, students (working in groups of up to 3 people) will produce a formal presentation on a health psychology related topic. The presentations will be approximately 15 minutes in length and may utilize any appropriate media presentation tools. Grading of the presentations will be on a 12-pt scale (12 = excellent, 10 = good, 8 = adequate, 6 = poor).

**Grading:**
- Midterm 25%
- Final Exam 35%
- Group Presentation 15%
- Task Diary 25%

\[ \text{100\%} \]

**Grading Procedure, late papers, absences:**
Grades will be assigned based on total points from exams and section assignments. Grades will be broken down by the following percentages:

- 90% - 100%  = A
- 80% - 89%  = B
- 70% - 79%  = C
- 60% - 69%  = D

Late assignments will be penalized 1 pt each week late. It will benefit students to turn in all assignments no matter how late because grades are based on total points. In addition to attending class, students are expected to stay the entire class period.
Reader References:

Social Behavior & Health, Medicalization, and Health Outcomes


Sociology, Public Health, and Epidemiology Overviews


Behavior Change (Individual)


**Behavior Change (Group & Community)**


**Behavior Change (Messages)**


**Patient Behavior/Hospital Settings**


**HIV/AIDS, Stigma, & Ecology**

[Introduction – pp. 1 - 18]

[Chapter 2 – pp. 38- 64]

Class Schedule and Reading Assignments

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<thead>
<tr>
<th>Dates</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Week 1-3</td>
<td><strong>Introduction to Health Psychology, Biopsychosocial Model, Systems</strong></td>
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<tr>
<td>Week 4-6</td>
<td><strong>Health Behaviors, Behavior Change</strong></td>
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<td>Week 7-9</td>
<td><strong>Patients in the Treatment Settings</strong></td>
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<td>Week 10-11</td>
<td><strong>Stress &amp; Coping</strong></td>
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<td>Week 12-14</td>
<td><strong>Chronic &amp; Terminal Illness, Focus on HIV/AIDS</strong></td>
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<td>Week 15</td>
<td><strong>Future of Health Psychology, Presentations</strong></td>
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<td>Week 16</td>
<td><strong>Final Exam</strong></td>
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The above schedule and procedures in this course are subject to change in the event of unforeseen circumstances. **Midterm will be sometime in week 8 or 9.** Presentations will occur over the course of the semester.