

Psychology 3830

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Please bookmark this page online at:<http://faculty.missouri.edu/segerti/3830/>

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Office Hours:	TBA
T.A.	
T.A. E-mail	

Required Text: Why Zebras Don't Get Ulcers, Third Edition (Robert Sapolsky)

Grading:

Three exams 300 points
Media Critique 100 points
Total 400 points

Course Description: This course is an introduction to Health Psychology. Health Psychology is a relatively new field which holds the view that health and illness emerge from the interaction of biological, psychological, and social factors. In this course, we will focus on 5 areas within health psychology:

- 1). Historical views of health and medicine
- 2). Interaction between social, biological, psychological factors in health
- 3). Ways to promote health and maintain healthy behavior
- 4). Specific strategies to improve health and decrease stress in college students
- 5) Critical analysis of health coverage in the media

Attendance and Participation: You should plan to attend every class and participate in class discussions. Moreover, it will be harder to get a top grade if you do not attend regularly since material from class discussions and lectures will be on the test. **If you do have to miss a lecture, make sure to get a copy of the notes from someone who is a conscientious note-taker. I make it a policy not to personally provide notes for missed classes.**

NOTE: Although I don't take attendance in the class, I do occasionally do in-class activities that earn extra credit points. These points are available only in class.

Examinations (300 Total points; 75% of your grade): There will be 3 examinations given. Exams will be made up of multiple choice and T/F questions. pts. Material will come from both the text and other assigned reading and (mostly) lecture. **THERE IS NO FINAL Cumulative EXAM.**

Make-up Policy: Students who are unable to take one of the exams for legitimate reasons (medical or family emergencies, University-related travel such as athletic or academic competitions) are responsible for informing the our TA or mebefore the date of the exam. Students who are then approved will take a **short answer** make-up exam . No makeup exams will be given without prior approval from Dr. Segert. Please be aware that, although the content is the same, many students find the short answer make-ups more difficult and consequently, that the average score on the make-ups is often considerably lower than the average grade on the regular exam.

Media Critiques (100 points; 25% of your grade): One of the goals of the class is to examine how health information is portrayed in the media, analyzing it for accuracy and methodology. Accordingly, you will, in a group of 4-5, select a recent topic covered in a national media outlet (NYTimes, NBC news, etc) and compare the coverage with the original journal report. Each member of the group will submit a brief 2-3 page summary and the group will present their findings to the class at the end of the semester. More details are available on Canvas, and will be given as the project is due.

Important Due Dates:

Exams: Sept 26; Oct 24; Nov 16

Critique Presentations: Nov 28, Nov 30, Dec 5, Dec 7

Grading Scale:

Letter Grade	Total Cumulative Points
A+	392-400 Pts
A	372-391 Pts
A-	360-371 Pts
B+	348-359 Pts
B	332-349 Pts
B-	320-331 Pts
C+	308-319 Pts
C	292-309 Pts
C-	280-291 Pts
D+	268-279 Pts
D	252-267 Pts
D-	240-251 Pts
F	239 Pts and Below

Rounding policy: Final Grades are determined by the points you earn in the class. It is to your advantage to study and prepare throughout the semester, so you are not in the position of missing the next higher grade by a point or two at the end of the semester.

Note: I will not respond to emails asking me to adjust or add points to your grade. Exam scores are adjusted when necessary; such adjustments are made immediately after each exam and applied to all students taking that exam. No other grade adjustments are made.

NO Recording Policy: Lectures may NOT be recorded on video or cell phones. University of Missouri System Executive Order No. 38 lays out principles regarding the sanctity of classroom discussions at the university. The

policy is described fully in Section 200.015 of the Collected Rules and Regulations. Redistribution of audio or video recordings of statements or comments from the course to individuals who are not students in the course is prohibited without the express permission of the faculty member and of any students who are recorded. Students found to have violated this policy are subject to discipline in accordance with provisions of Section 200.020 of the Collected Rules and Regulations of the University of Missouri pertaining to student conduct matters.

Intellectual Property Notice

All course materials including but not limited to the syllabus, course assignments, study guides, learning guides, online lecture videos and content, and lab book (i.e. course pack) are property of the instructor and University and may not be shared online or distributed in any manner to others. Students are prohibited from posting course materials or notes online and from selling notes to or being paid for taking notes by any person or commercial firm without the express written permission of the professor teaching this course. Doing so will constitute both an academic integrity violation and a copyright violation. Violations of copyright laws could subject you to civil penalties and criminal liability. Violations of academic integrity may subject you to disciplinary action under University policies

Academic Honesty: Academic honesty is fundamental to the activities and principles of a university. All members of the academic community must be confident that each person's work has been responsibly and honorably acquired, developed and presented. Any effort to gain an advantage not given to all students is dishonest whether or not the effort is successful. The academic community regards academic dishonesty as an extremely serious matter, with serious consequences that range from probation to expulsion. When in doubt about plagiarism, paraphrasing, quoting, or collaboration, consult the instructor. The University has specific academic dishonesty administrative procedures. In particular, it is NEVER PERMISSIBLE to turn in any WORK THAT HAS BEEN COPIED from another student or from a published source.

In this course, cheating, or the appearance of it, will result in an automatic Zero on that exam. Such actions include displaying a test for others to see, looking at another person's test paper, attempting to communicate in any manner with another student during the test, plagiarism, or falsifying materials. In addition, any incident of cheating will be reported to the provost's office

Students with Disabilities: If you anticipate barriers related to the format or requirements of this course, if you have emergency medical information to share with me, or if you need to make arrangements in case the building must be evacuated, please let me know as soon as possible.

If disability related accommodations are necessary (for example, a note taker, extended time on exams, captioning), please establish an accommodation plan with the Disability Center (<http://disabilitycenter.missouri.edu>), S5 Memorial Union, 573- 882-4696, and then notify me of your eligibility for reasonable accommodations. For other MU resources for persons with disabilities, click on "Disability Resources" on the MU homepage.

Note-Taker Opportunity. Are you looking for something to put on your resume while doing something for your peers? Are you looking for something that will assist in your accountability in going to class and taking good notes? Become a Notetaker for the Disability Center! Visit the Disability Center's webpage and click the "Notetaker Sign-In" button to fill out the form for notetakers. You can review the [Notetaker Tutorial](#) for additional information or call 573-882-4696.

Class Schedule and Assignments .

DATE	Topic	Related Readings; Only those designated as REQUIRED will be on the tests.
8/22	Overview	<u>Charlie Gard Overview</u>

8/24	<p>Introduction to Health Psychology: Definition of Health, Threats to Health, Biopsychosocial Model</p> <p>Health Assessment</p>	<p>Articles discussed in class:</p> <p>IOM Report 2013: <u>Shorter lives, Poorer Health</u></p> <p>JAMA <u>Op-Ed</u></p> <p>Song & Gionnucci: <u>Preventable Incidence Of Cancer</u></p> <p><u>Northwestern Mutual Life Expectancy Calculator</u></p>
8/29	<p>Biological Components: Development of Biomedical Model</p>	<p><u>When is an illness real?</u></p> <p><u>Drug Reps and Prescribing Influence</u></p>
8/31	<p>Biomedical Model: Germ Theory</p> <p>Overdiagnosis</p>	<p>REQUIRED ARTICLE <u>Overdiagnosis as problem</u></p> <p>Supplemental Articles:</p> <p><u>We are giving ourselves cancer</u></p> <p><u>Risks in Medical Radiation</u></p> <p><u>False Health Innovation</u></p> <p><u>Overtreatment</u></p> <p><u>Unnecessary Cardiac Treatments</u></p>
9/5	<p>Unexpected Consequences of Biomedical Model</p>	<p>Articles discussed in class:</p> <p><u>The Selling of ADHD</u></p> <p><u>Boy With Thorn: Alternative Medicine</u></p> <p><u>Adderall Addiction</u></p> <p><u>Vaccine Refusals</u></p> <p><u>How to increase vaccination rate</u></p>

9/7	Psychological Components: Psychogenic Illness	<u>LeRoy Girls Update</u> Article: <u>Hysteria and Teen-Age Girls</u> CNN: <u>Discussion of LeRoy Jr/Sr High Case</u>
9/12	Psychological components: Placebo effect	REQUIRED ARTICLE: <u>Placebo mechanisms</u> Articles discussed in class: <u>Open Label Placebos</u> <u>Doctors Prescribe placebos</u> Supplemental Articles: Article: <u>Spreading psychosomatic disease</u> 60 Minutes: <u>Placebo Effect video</u> 60 Minutes: <u>Is there a placebo effect</u>
9/14	Psychological Components: Personality Cognitive Biases	Link: <u>Hostility/Type A Questionnaire</u> Article discussed in class: <u>Doctor's Biases</u>
9/19	Psychological Components: Cognitive Biases Catch up and Review <u>Updated Study Guide Exam 1</u>	Article discussed in class: <u>Impact of "Obesity as a Disease" Message</u>
9/21	NO CLASS	
9/26	Exam 1	
9/28	Stress: Definition	Required Reading: Zebras: Chap 1 Report Discussed in class: <u>APA Stress in America 2015</u>
10/3	Stress: Biological Circuit	Required Reading: Zebras: Chap 2 Figure: <u>Effects of Stress on Body</u> Figure from Lecture: <u>HPA Axis</u> Figure from Lecture: <u>Alarm Phase, Effects on Body</u>

10/5	Stress: Psych factors & Stress	Required Reading: Zebras: Chap 13
10/10	Stress: Stress & Growth	Required Reading Zebras: Chap 6
10/12	Stress: Stress & Growth, con't	Article: <u>Social Isolation Affects Brain Development</u>
10/17	Coping with Stress Changing Response to Stressor: Progressive Muscle Relaxation Changing stressor: Cognitive Restructuring	Required Reading Zebras: Chap 18 <u>Brief Meditation</u> <u>Online PMR exercise</u> <u>Description of Relaxation Techniques</u> <u>Reprioritizing and decreasing stress</u>
10/19	Catch-Up and Review <u>Updated Study Guide Exam 2</u>	
10/24	Exam 2	
10/26	Project Info Methodology: Determining Causes; Evaluating Research & Media Reports	Article: <u>The media is ruining science</u> Chabris & Simon: <u>Does this Ad Make Me Fat?</u> Lesser: <u>Outdoor advertising, obesity, and soda consumption</u> Willet: <u>Red Meat Consumption and Mortality</u> Rohrman: <u>Meat consumption and mortality</u>
10/31	NUTRITION: Background and Statistics Why Diets don't work	<u>CDC Obesity Data</u> <u>Obesity classified as a disease</u> <u>BMI Calculator</u>

		<p>Article: <u>Taubes NYT Article: What if Fat doesn't make you fat?</u></p> <p>NYTimes: <u>After Biggest Loser, Body Fights to Maintain Weight</u></p>
11/1-11/7	A calorie is not a calorie	<p>Article: <u>Carmody, Thermogenesis</u></p> <p><u>Taubes Frontline Interview</u></p> <p><u>Taubes video of talk</u></p> <p><u>BJSM Op-Ed: Exercise Myths</u></p> <p>Article: <u>Data Indicates Saturated Fat is not Harmful</u></p>
11/9	How to live longer	<p>Articles:</p> <p><u>2015-2020 USDA Guidelines</u></p> <p><u>Caloric Restriction</u></p> <p><u>How to lower glucose</u></p>
11/14	Catch up and review Study Guide	
11/16	Exam 3	
11/18-26	THANKSGIVING BREAK	NO CLASS
11/28	Presentations	
11/30	Presentations	
12/5	Presentations	

12/7	Presentations Individual Summaries, Peer Evaluations Due	
		<u>Science of Addictive Food</u> <u>Media distortion of Nutrition Research</u>
	NOVA Program : <u>Vaccines:Calling the Shots</u>	<u>Doctors & Obese Patients</u> <u>Psychological Weightt of Weight Stigma</u>
	Health Disparities: Poverty	Required Reading in Zebras: Chap 17 & p164-185 Articles covered in class: Article: <u>Poverty Impedes Cognitive Function</u> Article: <u>Baboon Social Status and Health</u>