

Capstone: Health Psychology  
Spring 2017

Instructor: Ines Segert, Ph.D.  
Office Location: 125 Psychology Bldg  
Office hours: Wednesdays 12:30-1:30 pm and by appointment  
Email: Segerti@missouri.edu  
Course Info: Canvas

TA: TBA  
Office location:  
Office hours:  
Email:

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**Course Objectives:**

The objectives of this course are to understand the psychosocial processes that influence health and health care delivery. Topics to be examined are the psychophysiological and sociocultural bases of health and illness; pain and healing; adaptation to chronic illness; stress; personality and illness; death, dying, and grief; substance use; health-promoting behaviors; patient adherence; physician-patient communication; and using health care.

**Recommended texts:**

American Psychological Association (2009). *Publication manual of the American Psychological Association* (6th ed.) Washington, D.C.: American Psychological Association. [ISBN: 978-1-4338-0561-5]. Available at the TCNJ Campus bookstore.

Sarafino, E. P., & Smith, T. W. (2014). *Health psychology: Biopsychosocial interactions* (8<sup>th</sup> ed.). Hoboken, NJ: Wiley. [ISBN: 978-1-118-42520-6]

**General course requirements:**

**Blackboard.** It is expected that all students will regularly access Canvas for course announcements and materials. Please also check your mizzou.edu email regularly.

**Class Participation and Attendance Policy:** Classes will be spent engaging in discussion of assigned activities and/or articles. Regular attendance is crucial to your success in this course. Credit for attendance includes being involved in class discussions, being an active listener, and completing in-class assignments and activities. In addition, it is important that you have a positive attitude toward the class, the instructor and your fellow classmates.

There is no such thing as an “excused absence” in this course. You are either in class or you are absent. Being late or leaving early can also lower your attendance grade. If you know you will be running late or need to leave early, please be courteous and let me know before class. Letting me know does not “excuse” you from leaving early or being late. If absent, you are responsible for all that was covered in class and for asking the instructor for make-up work. You may complete up to 3 absence “erasers” in this course.

**In-Class Essays:** During the semester you will write 3 in class-essays relating to material in the assigned reading. The specific questions will be provided by the instructor. The purpose is to develop the ability to extract important concepts from the reading, apply critical reading skills to major issues, and to facilitate discussion in class.

**Reaction Papers:** You will write 5 reaction papers formatted in American Psychological Association (APA) style during the semester. Reaction papers consist of 2 typed pages of inquiry and reflection on a particular article. The purpose of this assignment is to fine tune your APA writing skills and to substantiate your arguments based on scientific principles and prior empirical research. Please refer to the course schedule for due dates. Guidelines for this assignment will be

**Literature review/research proposal paper:** All students are asked to complete a literature review/research proposal paper on a topic of their choice (due on **May 4**). Papers should be 10-15 double-spaced pages and written in APA format (6<sup>th</sup> ed). In these papers, you are asked to summarize and integrate the research on the topic you choose and propose an original research study relevant to the chosen topic and will integrate feedback and revisions from a draft. Topics are not limited to those covered in the course, but must be related to health psychology. More information will be available on Blackboard.

Please submit a brief paper proposal outlining the topic of your paper by **Mar. 21**. Failure to submit the proposal on time will result in a 5-point deduction from your paper.

### **Grading: 1000 Pts Total**

Attendance, Preparation, and Participation:	150Pts	15%
Reaction papers:	250Pts	25%
In Class Essays:	100Pts	10%
Critical Paper Draft:	200Pts	20%
Final Paper:	300Pts	30%

### **Grading Scale:**

A+:	97 to 100%
A:	93 to 96%
A-:	90 to 92%
B+:	87 to 89%
B:	83 to 86%
B-:	80 to 82%
C+:	77 to 79%
C:	73 to 76%
C-:	70 to 72%
D+:	67 to 69%
D:	63 to 66%
D-:	60-62%

### **Academic Dishonesty**

Academic integrity 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 breaches of the academic integrity rules as extremely serious matters. Sanctions for such a breach may include academic sanctions from the instructor, including failing the course for any violation, to disciplinary sanctions ranging from probation to expulsion.

When in doubt about plagiarism, paraphrasing, quoting, collaboration, or any other form of cheating, consult the course instructor.

**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 register with the [MU Disability Center](#), S5 Memorial Union, 573-882-4696, and then notify me of your eligibility for reasonable accommodations.

**Intellectual Pluralism**

The University community welcomes intellectual diversity and respects student rights. Students who have questions or concerns regarding the atmosphere in this class (including respect for diverse opinions) may contact the departmental chair or divisional director; the director of the [Office of Students Rights and Responsibilities](#); the [MU Equity Office](#), or [equity@missouri.edu](mailto:equity@missouri.edu).

All students will have the opportunity to submit an anonymous evaluation of the instructor(s) at the end of the course.

**Executive Order #38, Academic Inquiry, Course Discussion and Privacy**

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. In this class, students may not make audio or video recordings of course activity, except students permitted to record as an accommodation under [section 240.040](#) of the Collected Rules. All other students who record and/or distribute audio or video recordings of class activity 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.

Those students who are permitted to record are not permitted to redistribute audio or video recordings of statements or comments from the course to individuals who are not students in the course 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.

## Course Schedule

The following is a **tentative** schedule for this course. Dates may change depending on our **actual** progress in covering the material.

DAY	TOPIC	READING	NOTES
<b>Part I: Introduction to Health Psychology</b>			
	Introduction and overview What is Health Psychology?	Ch. 1	
	Research methods	Ch. 1	
<b>Part II: Stress and Coping</b>			
	Psychophysiology	Ch. 2	
	Stress – its meaning, impact, and sources	Ch. 3	
	Stress, biopsychosocial factors, and illness	Ch. 4	
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	<b>Draft of topic Due</b>		<b>March 21</b>
	Coping with and reducing stress	Ch. 5	
<b>Part III: Health Behaviors</b>			
	Health-related behavior and promotion	Ch. 6	
	Health-related behavior and promotion	Ch. 6	
	Substance use and abuse	Ch. 7	
	Substance use and abuse	Ch. 7	
	<b>Literature Review Due</b>		<b>April 4</b>
	Eating and exercise	Ch. 8	
	<b>First Draft Due</b>	Ch. 8	<b>April 18</b>
<b>Part IV: Revisions and Preparation of Final Paper</b>			
	Individual Meetings to Discuss First Drafts		
	Individual Meetings to Discuss First Drafts		
	<b>Final Paper Due</b>		<b>May 7</b>

\*Note: This syllabus provides a general plan for the course. Deviations may be necessary.