



Health Psychology – Psychology 2211- WDE

Department of Psychology – Faculty of Health and Behavioural Sciences

Winter 2023 Jan 9 - Apr 11

Instructor Information	
Instructor:	TBD
Office Location:	NA
Email:	TBA
Office Hours:	through Zoom link posted in MyCourseLink (or by appointment)

Teaching Assistant	
TA:	TBD
E-mail:	TBA
Office Hours:	through Zoom link posted in MyCourseLink (or by appointment)

Course Identification	
Course Number:	PSYC-2211 FDE
Course Name:	Health Psychology
Course Location:	Online – the Zoom link is provided through MyCourseLink
Class Times:	MW 8:30AM - 10:00AM (typically Monday is live and Wednesday is pre-recorded; changes announced in class)
Prerequisites:	Psychology 1100 or the student must be in second year or higher

Course Description	
<p>Calendar Description: Psychological aspects of health and illness. Focuses on the behavioural, biological, and social factors that play a role in the etiology of health and illness, including the prevention and treatment of illness and the maintenance of wellness. Topics include stress and stress management, dealing with pain and serious illness, and the role of lifestyle factors (e.g., exercise, nutrition) in disease and health.</p>	



The major goal of this course is to provide an overview of the basic concepts of Health Psychology. The material covered will introduce the student to the major issues and the research within this field. There will be a focus on the biological, behavioural, and social factors associated with health and illness. The scope of health includes physical, psychological/mental, and social well-being. Topics covered will include health promotion, health compromising and enhancing behaviours, stress management, coping strategies, utilization of health services, pain management, and both chronic and life-threatening illness. Behaviours for wellness to be discussed include exercise, sleep, and proper nutrition.

Course Resources

1) Textbook: (available through LU bookstore)

Taylor, S. E., Sirois, F. M. & Molnar, D. S. (2020). *Health psychology* (5th Canadian Ed.). McGraw Hill.

2 options:

- 1) Electronic book with access to CONNECT - ISBN: 9781260332643 (approx. - \$89)
- 2) Print book with electronic access to CONNECT – ISBN: 9781260333268 (approx - \$119)

2) CONNECT (McGraw-Hill):

CONNECT Course URL: <https://connect.mheducation.com/class/k-oinonen-fall-2020>

Course Code: PSYC 2211

3 Options to access:

- Enter your Connect access code purchased from the bookstore and click Redeem.
- Purchase Connect online
- FREE 14-day Access (NOTE: also provides free access to the textbook while waiting for a hard copy)

3) Course Website:

myCourseLink (aka: D2L): [TBA](#)

Course Learning Objectives

By the end of this course, students will be able to:

- Demonstrate knowledge of Health Psychology by recognizing and Identifying key concepts, principles, theories, methods, and research findings that relate to biological, cognitive, social, developmental, and individual aspects of Health Psychology.
- Engage in evidence-based thinking and critical thinking while interpreting the methods and results of psychological research in order to understand health-related issues.
- Apply and use concepts and research from the field of Health Psychology to real-world situations where such applications could lead one to have improved health, personal wellness, and happiness. [This focus of this class is not on discussing *your* health or strategies that you or your loved ones should implement to maximize health. However, you are encouraged to privately consider all the information in the course in the context of your own life and to use the information to maximize your own health now and in the future. It is hoped that you will be able



to use knowledge gained in this course to help to maximize your own health and quality of life.

- Improve the effectiveness of written, visual, and oral modes of communication while adhering to professional conventions in psychology. [While this course does not contain a formal required assessment of oral or written communication skills, all students are encouraged to participate in class discussions in order to further develop oral communication skills relevant to health psychology.]

Course Evaluation

Quizzes/Exams	Due Date	Value
Quizzes on Readings (12)*	Each reading and quiz should be completed prior to the first lecture on the topic (final deadline is the night before the next lecture topic). Each quiz includes 10 questions.	10%
Quizzes on Lectures (12)*	These are easy quizzes based on the Monday lectures which are live on Zoom. They must be completed in class at the end of class. Final deadlines are Mondays @ 11:45am.	10%
Exam #1	TBA	25%*
Exam #2	TBA	25%*
Exam #3	exam period (date/time to be announced)	30%*

*Note that the two lowest scoring quiz marks will be dropped. This includes any missed quizzes. Thus, if you miss a quiz, please note that there will not be an option to re-write the quiz later. The quizzes reflect attendance, participation, and provide extra incentive for students to keep up with the lectures and readings.



Lectures, Notes, and Lecture Slides

All lectures will be conducted through Zoom. Students can find the link to the Zoom lectures within the course website on D2L (MyCourseLink: <https://mycourselink.lakeheadu.ca/>). The first lecture and each Monday lecture will be live/synchronous. Students should sign into the Zoom link ten minutes before class begins to ensure they do not have any technical issues. You will be let into the class just prior to the start of class. The Monday lectures will include some interactive components and discussion. The Wednesday lectures will primarily be asynchronous (i.e., recorded through Zoom and the video link posted online in Zoom). This will allow some flexibility in viewing the material. Monday lectures will also be recorded and posted as a back-up in case any student faces technical difficulties. However, students are expected to attend the Monday lectures live and there will be a short easy quiz on the material at the end of each Monday lecture. The quiz is provided in class, is only available to those in attendance, and these quizzes are worth 10% of the final mark.

Lecture slides will be made available on the course website (MyCourseLink) within approximately 24 hours of the completion of the lecture. Recordings of the lectures through Zoom will be posted on the course website as soon as they are available (usually within 24 hours). Slides will not be emailed to individual students. Slides posted on the site may not be exactly as shown in lectures. There will be material covered in lectures that is not shown on the slides. Students are responsible for attending all live synchronous classes (i.e., Mondays), watching the asynchronous lectures (usually on Wednesdays) and taking notes, as the slides only contain summaries of some important points. Any supplementary resources will also be made available on MyCourseLink.



Quizzes

Quizzes on the Textbook Readings. There will be 12 ten-item multiple-choice quizzes based only on the course readings (one per chapter). It is highly recommended that students complete the chapter reading and quiz prior to the start of the relevant lecture topic. This ensures maximum preparation and retention of the material and ensures that you do not fall behind in the course. The final deadline for completing each quiz is the night before a new lecture/chapter topic is started (usually on Sunday nights, but there are two Tuesday night final deadlines). These quizzes are completed through CONNECT. Students are allowed a maximum of two attempts at each chapter quiz (highest mark is counted). Overall, the lowest two quiz marks will be dropped. This includes any missed quizzes. Thus, if you miss a quiz, please note that there will not be an option to re-write the quiz later. The quizzes are meant to help you learn the material and provide extra incentive for students to keep up with the readings.

Quizzes on the Synchronous Lectures. There will be 12 three-item multiple-choice quizzes based only on the Monday lectures. It is expected that students will attend these lectures at the scheduled times to get the full experience out of the course. Each quiz should be completed at the end of the Monday lecture within class. These quizzes are meant to help consolidate learning and to ensure class attendance and attention. The final deadline for completing each of these quizzes is within 25 minutes of the end of class, but students should be able to complete them within the last few minutes of class time. The quizzes are completed through a link provided in “class”. The lowest two quiz marks will be dropped. This includes any missed quizzes. Thus, if you are not in attendance and miss a quiz, please note that there will not be an option to re-write the quiz later. The quizzes are meant to reflect attendance, participation, and provide extra incentive for students to attend the live lectures.

Exams

There are three exams that are multiple-choice format and non-cumulative. That is, only material covered in readings or lectures since the previous examination will appear on an exam. The three exams will be based on the relevant lectures (50%) and readings (50%). You are equally responsible for material from the lectures and the textbook, as these will only have some overlap. The first two exams will be written online during the scheduled class time (usually 1 hour and 20 minutes) and the third exam will be written online during the December exam period at a time scheduled by the university (3 hours or less; to be determined).

Note that you will have 33% of your final grade determined by the withdrawal date for the course.

Please note that examination dates and holidays are firm dates. However, the dates listed below for the



coverage of relevant topics in the course are provisional or tentative. That means it is only a rough or approximate guide. If additional time is needed to cover a topic, we will take extra time. If we find we can move ahead more quickly, we will. Do not rely solely on this list of dates and topics. It is expected that students will attend class to determine where we are in the course and what material will appear on each exam.

Students are expected to be familiar with the university's regulations. For more information about examination regulations, please refer to section IV (Examinations) of the regulations in the academic calendar:

(<http://csdc.lakeheadu.ca/Catalog/ViewCatalog.aspx?pageid=viewcatalog&catalogid=27&chapterid=8309&loaduserredits=False>)

Exams will not be returned to students. Since some exam questions may be used again in other semesters, returning old exams would destroy the security of exams. However, if you have any questions about your examination, you may discuss them with the graduate assistant during their office hours. Please make an appointment with the GA by email.

Tentative Course Schedule/Outline

*Order/content could change throughout the term. Instructor will inform you of any change.

Date	Tentative Topic	Quiz on Readings Deadlines (Through Connect)	Text Readings
TBA	Introduction & Orientation to Course		
January 9	Introduction to Health Psychology		Chapter 1
January 11	Introduction to Health Psychology	Sunday Jan.15 – 11:59pm	Chapter 1
January 16	Systems of the Body		Chapter 2
January 18	Systems of the Body	Sunday – 11:59pm	Chapter 2
January 23	Health Behaviours and Health Promotion		Chapter 3



January 25	Health Behaviours and Health Promotion	Sunday – 11:59pm	Chapter 3
January 30	Health Compromising Behaviours: Substance Use, Abuse, and Addictions	Tuesday – 11:59pm	Chapter 5
February 1	Exam #1 (in class)		
February 6 - 10	Reading Week – No Class		
February 13	Preventative & Health Promoting Behaviours: Prevention/Screening & Exercise		Chapter 4
February 15	Preventative & Health Promoting Behaviours: Sleep and Eating	Sunday – 11:59pm	Chapter 4
February 20	Stress		Chapter 6
February 24	Stress	Sunday – 11:59pm	Chapter 6
February 27	Coping with Stress		Chapter 7
March 1	Additional Material...	Sunday – 11:59pm	
March 6	Exam #2 (in class time)		
March 8	Patient-Provider Relations	Sunday – 11:59pm	Chapter 9
March 13	Pain		Chapter 10
March 15	Pain	Sunday – 11:59pm	Chapter 10
March 20	Psychological Issues in Advancing and Terminal Illness		Chapter 12
March 22	Psychological Issues in Advancing and Terminal Illness	Sunday – 11:59pm	Chapter 12
March 27	Heart Disease, Hypertension, Stroke, and Diabetes		Chapter 13
March 29	Heart Disease, Hypertension, Stroke, and Diabetes	Sunday – 11:59pm	Chapter 13
April 3	Psychoneuroimmunology, Aids, Cancer, and Arthritis	Tuesday – 11:59pm	Chapter 14



Exam Period (April 10 to 28 th)	Exam #3		
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Note: Final Date for Withdrawal (Drop) of a fall course is Friday March 10, 2023.

Bonus Points

Students may earn up to a maximum of 3 additional bonus points, added to their final mark, in one of two ways, or in combination:

1. Participate in Psychology Department approved research studies that are posted throughout the academic term(s) on <http://lupsych.sona-systems.com>. An account will be created for students by the end 2nd week of classes. Students must complete participation in studies by the last day of class.
2. Submit a synopsis of a recent Health Psychology journal article, chosen in consultation with the instructor. This involves choosing a journal article of interest, published in 2018 onward, writing a 500-word (2 pages double spaced) critical commentary about that article, and submitting an e-copy of the synopsis and the article to the instructor by the last day of classes to the instructor at koinonen@lakeheadu.ca. A submitted synopsis is worth three (3) bonus points.

The instructor reserves the right to request an in-person virtual conversation with any student to ensure that the synopsis is a product of the student's own work.

Video and Audio Recordings of Class Activities

In Health Psychology (2211 – WDE), in the context of remote instruction and participation, video and audio recordings of class activities will be made to ensure students' and instructors' easy and comprehensive access to those activities. The recordings are confidential and are intended only for the use of the course students and instructors. They may otherwise **not** be used or disclosed. During recording, to protect others' privacy, each student should ensure that no one else is present in the location where they are being recorded without that non-student's consent. The recordings are made under the authority of sections 3 and 14 of *The Lakehead University Act, 1965*. Questions about the collection of the images and sounds in the recordings may be directed to Dr. Mirella Stroink, Chair, Department of Psychology, Lakehead University, mstroink@lakeheadu.ca.

Copyright Issues



Students should be aware that all instructional, reference, and administrative materials prepared for this course are protected in their entirety by copyright. Students are expected to comply with this copyright by only accessing and using the course materials for personal educational use related to the course, and that the **materials cannot be shared in any way**, without the written authorization of the course instructor. If this copyright is infringed in anyway, students may be prosecuted under the Lakehead University Student Code of Conduct – Academic Integrity, which requires students to act ethically and with integrity in academic matters and to demonstrate behaviours that support the University’s academic values.

Lakehead University Grading Scale

A+	90-100%
A	80-89%
B	70-79%
C	60-69%
D	50-59%
E Fail	40-49%
F Fail	1-39%
F Academic Dishonesty	0%

Accommodations

Lakehead University is committed to achieving full accessibility for persons with disabilities/medical conditions. Part of this commitment includes arranging academic accommodations for students with disabilities/medical conditions to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a disability/medical condition and think you may need accommodations, you are strongly encouraged to contact Student Accessibility Services (SAS) and register as early as possible. For more information, please email sas@lakeheadu.ca or visit <https://www.lakeheadu.ca/faculty-and-staff/departments/services/sas>

Course Policies in the Department of Psychology

The following policies apply to all courses offered by the Department of Psychology. Students are expected to be familiar with these policies and abide by them.

Academic Integrity

A breach of Academic Integrity is a serious offence. The principle of Academic Integrity, particularly of doing one’s own work, documenting properly (including use of quotation marks, appropriate paraphrasing and referencing/citation), collaborating appropriately, and avoiding misrepresentation, is a core principle in university study. Students should view the Student Code of Conduct - Academic Integrity for a full description of academic offences, procedures when



Academic Integrity breaches are suspected and sanctions for breaches of Academic Integrity.

<https://www.lakeheadu.ca/students/student-life/student-conduct/academic-integrity/node/51239>

Classroom Behaviour

Arrive on time, stay for the duration, and do not become a source of distraction. Personal computer use is welcome if it relates to the course. Sound on computers and cell phones must remain muted. Unless otherwise stated by the Instructor, students are prohibited from making audio or video recordings of lectures or taking pictures of lecture material.

Email Communication

All email communication from the Department of Psychology and from course Instructors will be sent to students' email addresses provided by Lakehead University (i.e., your "userid@lakeheadu.ca" email address). Students are expected to regularly check their email to make sure that they stay up to date with course news, Department information, and events. All Instructors and administrative personnel may be contacted by email at "firstname.lastname@lakeheadu.ca." Emails need to be prepared in a clear and courteous manner.

Instructor Offices Hours

All Psychology faculty provide regular office hours whereby students can expect to meet individually with their Instructor. Do take advantage of this opportunity, especially in circumstances where email communication cannot substitute for face-to-face contact with your Instructor.

Examinations

All tests/examinations must be written on the scheduled day and time as noted on the course outline or on the final exam schedule. Students who miss exams without a valid reason will receive a mark of "0" for that exam. When a student knows in advance that he/she will miss an exam, or in the case of a missed exam due to unexpected reasons, the Instructor must be notified as soon as possible. Following a review of the circumstances, alternative arrangements may be considered by the Instructor if the reason is determined to be valid. All electronic communication devices (e.g., laptop computers, cell phones, etc.) are strictly prohibited during examinations unless previously approved by the Instructor. Samples of final examinations are typically available on D2L.

APA Formatting

The Department of Psychology follows the guidelines of the American Psychological Association (more commonly known as APA) as the standard method of formatting for all submitted written work, unless otherwise stated by an Instructor. Students should refer to the course material (course outline, assignment instructions, D2L, etc.) for specific instructions and guidance to ensure that documents are formatted properly. Our library provides guidance at <http://libguides.lakeheadu.ca/cite/APA> and in-person through their Writing Centre.

Research Participation

Some Instructors allow students to earn bonus points toward their final grade in return for voluntary participation in Psychology research studies. Your Instructor will advise you at the beginning of the course. Students should regularly check <https://lupsych.sona-systems.com> to see what opportunities are available.



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Contacts

Dr. Stroink, Chair

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Jennifer Liscomb, Psychology Program Coordinator

grad.psych@lakeheadu.ca

Psychology Administrative Assistant

admin.psych@lakeheadu.ca

Faculty of Health and Behavioural Sciences (Dean's office)

fhbs@lakeheadu.ca

[Human Resources](#)

Additional Supports for Students – there are many resources available to support students. These include but are not limited to:

- [Health and Wellness](#)
- [Student Success Centre](#)
- [Student Accessibility Centre](#)
- [Library](#)
- [Lakehead International](#)
- [Indigenous Initiatives](#)