

PSY-320 Health Psychology

Course Syllabus – Fall semester - September 28th to December 13th, 2019

Lectures: Tuesday & Thursday from 2:40 to 4:00pm, in N101 North Kedzie

Instructor: Heather Bomsta, MA, MBA, ABD, bomstahe@mail.d2l.msu.edu, office hours Tuesdays & Thursdays from 1-2pm, location TBD.

Teaching Assistant: Will Hornsby, hornsbyw@msu.edu, office hours Thursdays from 1-2pm in PSY 348.

Undergraduate Teaching Assistant: TBD

Contacting the instructor & teaching assistants:

Email policy:

When emailing Professor Bomsta or teaching assistants with any questions you have regarding the course material and assignments, you should expect a reply within 24 hours of sending the email. This applies only to emails sent PRIOR TO 5 PM EST ON FRIDAYS. **Emails sent after 5pm EST on Fridays will be answered the following Monday by 5pm.**

Keep in mind the time of response (i.e., 24 hours) as you plan to work on assignments. If you send an email regarding an assignment that is due the next day, it may be too late. Please plan accordingly!

Email etiquette:

Please review the syllabus *before* sending a question. If an email asks a question that can be answered by the syllabus the instructor and/or teaching assistant will simply refer the student to the syllabus for the answer – which is frustrating for everyone involved. Additionally, students should:

- Write in complete sentences and proofread the email
- Address the email (e.g. “Dear Professor Bomsta “ or “Hi, _____”)
- Sign the email with a full name
- Be respectful and professional

Via D2L Email: To communicate via D2L email with the instructor and/or TAs, please do the following:

1. Login to the course via D2L
2. Click on the communication tab at the top of the page
3. Select “Classlist”
4. Click on the instructor’s name “Bomsta, Heather”
5. Write your email in the window that appears, which is the compose email message window. **The instructor will only respond to emails sent through D2L email.** Whenever there is a need, a Google Hangout can be scheduled, but email contacts must always be made by following the steps above. If you look for the instructor’s email through the MSU website and try to contact her/them

outside the D2L environment (by not following these steps and using alternate emails such as MSU regular email, gmail, etc.), your email **will not** be read.

Technology requirements:

- Access to Desire2Learn
- A high-speed (broadband) internet connection
- Computer manufactured within the last four years (or access to computers)

Course webpage: on D2L [insert web address]. This course will use D2L for: tracking grades, turning in assignments, participating in discussion boards, posting lecture slides, readings and other materials, and for email communication with the professor and teaching assistants. All papers will be submitted through D2L's TurnItIn to ensure originality of the work and check for plagiarism.

Course description: Objectives:

- Students will develop a deeper understanding of health psychology and their own healthcare experiences in order to become more savvy consumers of healthcare with knowledge of their own rights.
- As potential future healthcare providers, students will develop frameworks that allow them to analyze healthcare systems and issues they may encounter as healthcare professionals

Course structure:

- This is an in-person, lecture course. Students should read this syllabus thoroughly and ensure they have allocated enough time to complete readings and assignments. The last day to drop this class with a full refund can be found in the MSU Schedule of Courses (<https://schedule.msu.edu/default.aspx>).
- Different due dates apply to different types of assignments (e.g., discussion posts vs. analysis papers). Please carefully read the Assignment Schedule in this syllabus and pay particular attention to due dates.
- All times noted in this syllabus are Eastern Standard Time (EST).
- **Please refer to the schedule below for assignment due dates. Unless you notify the instructor about challenges meeting a deadline BEFORE THE DEADLINE, reduced points will be awarded after missing a due date. 10% WILL BE DEDUCTED PER DAY LATE AND NO ASSIGNMENTS WILL BE ACCEPTED AFTER THREE DAYS PAST THE DUE DATE - WITHOUT EXCEPTION.**

Attendance: Students are expected to attend class. Attendance will not be taken formally, but a series of unannounced quizzes will be given throughout the term and will account for 13% of the course grade. Additionally, exams will include material from lecture and discussion. Irregular attendance will affect a student's performance (grade). No videotaping of lectures is permitted (audiotaping is permissible). If students miss a class they are encouraged to reach out to other students for notes and discussion of what was missed.

Additionally:

- Students whose names do not appear on the official class list for this course may not participate in this class.
- If you are going to be absent from class for a week (or more) and unable to complete an assignment on time, **you must inform the instructor in advance to be formally excused and still receive credit for the assignment.** You must provide the instructor with an explanation in writing at least 24 hours before the absence. Emails received later than this will not be honored and your assignment will not be accepted.

Student conduct expectations: Students are required to:

- Put away cell phones for the duration of class
- Show up on time and wait for class to end before packing up
- Ask questions
- Be courteous to others (e.g. no side conversations, loud head phones, or distractions that might impede other student's learning experience)
- Disagree respectfully; it is acceptable to question others' ideas, but do so respectfully.
- Reading is of the utmost importance; please do the readings if you intend to participate.

Technical assistance:

- If you need technical assistance at any time during the course or to report a problem, you can visit [Desire2Learn Help Site](#). You can also call the Help Desk at Toll Free (844) 678-6200 or Local (517) 432-6200. *Please know that it is much more effective to first contact the D2L Help Desk (rather than the instructor or TAs) as D2L staff is available 24/7 and well-trained in navigating technical problems.*
- Getting Started: go to MSU's course management system – Desire-To-Learn (D2L) using this URL: <https://d2l.msu.edu/>.
 - Login using your MSU username and password. If you are officially registered for the course, you will find our course, PSY 320, listed under [My Courses](#) and available from the [Select a Course](#) pull down menu. (If you think you ARE registered but the course does not appear, please contact the D2L Help Desk.)
- Please contact the instructor ASAP with issues concerning missing assignments or poor grades.

Limits to confidentiality

Please carefully read page 11 of this syllabus, as there are limits to confidentiality in this course. **Specifically, the instructor and teaching assistants are required by the university to report the following information to other University offices (including the Department of Police and Public Safety) if students choose to share this information:**

- Suspected child abuse/neglect, even if this maltreatment happened when they were a child,

- Allegations of sexual assault or sexual harassment when they involve MSU students, faculty, or staff, and
- Credible threats of harm to oneself or others.

Assignments & grading criteria

Grades are made up of the following elements:

- Participation in online discussion boards
- In-class quizzes
- Brief analysis papers (two papers of 2-4 pages each)
- Exams (2)
- Final exam

Grade element	Possible points	% of final grade
Quizzes (7)	70	14%
Discussion Board (6)	48	9%
Brief analysis papers (2)	100	19%
Exams (2)	200	39%
Final Exam	100	19%
Total points	518	

Each of these grade elements is covered in detail below.

Quizzes: Over the semester, 6 unannounced quizzes will be given in class. Quizzes will measure the students’ knowledge of the readings, and lecture material for that week.

- Each quiz is worth 10 points.
- One quiz will be given on the first day of class and will cover the syllabus

Participation in online discussion boards: Traditionally small classes allow the instructor to engage in discussion with the students on key topics. Due to the size of this class, comprehensive opportunities for class discussion are constrained. Through the D2L Discussion Board feature, we will create further opportunities for all students to engage in an online learning community of dialogue and interaction. This includes:

- There will be a total of six discussion boards throughout the semester (see detailed class schedule for due dates).
- See the rubric on discussion board posts on D2L for detailed instructions and point breakdown.

Brief analysis papers: two brief analysis papers will be due during the course of the semester. There will be three paper topics posted – students may only turn in two; if a student writes all three papers the teaching assistant **will not grade** the third submission. Please choose two of the three paper topics and WRITE ONLY TWO analysis papers. Papers must meet the following specifications:

- *Minimum* 2 pages in length and a *maximum* of 4 pages
- Double spaced, basic font style (Arial, Times New Roman, Calibri, etc.)
- 12p point font size and 1” margins on all sides

- In-text citations for any materials cited **beyond class materials** (i.e. you do not have to cite the textbook or class readings, but if you reference materials outside the class reading list use standard APA style for in-text citations and provide a full citation at the end of the paper). For information on in-text citation see: <https://owl.english.purdue.edu/owl/resource/560/02/>. Basic standards for reference lists can be found here: <https://owl.english.purdue.edu/owl/resource/560/05/>

Analysis papers give students an opportunity to use class materials and demonstrate their grasp of key theories, and concepts in Health Psychology

- Each brief analysis paper will be worth 50 points (~10% of the total class grade).
- Consult the rubric on D2L for detailed instructions and point breakdown.

Grade appeals on papers must: 1) be in writing, 2) clearly spell out why the student believes their work should be re-evaluated and include reference(s) to lecture materials or readings to support their argument, and 3) **be submitted via D2L email to the teaching assistant and the instructor within three business days of the grades for the paper being posted.** *Following the three-day period grades for papers are final and appeals will not be considered.*

Exams: Two in-class exams will be given during the term, each worth 100 points. Exams will be multiple choice and scored on Scantron sheets; **students are responsible for bringing a pencil to class or finding one to use.** Questions can be drawn from lectures, readings, class discussions, posted videos or other class materials. These exams are *each* worth 19% of the total grade. **Late arrivals can be accommodated only until the first exam is turned in – and after that will not be permitted to take the exam.**

The final exam is scheduled for **WEDNESDAY, DECEMBER 11, FROM 10AM TO NOON IN 101 NORTH KEDZIE.** The exam will concentrate on the material from the last third of the course, but questions regarding major topics from the first two thirds of the course are also fair game. Questions can be drawn from lectures, readings, class discussions, posted videos or other class materials. The exam will be scored on a Scantron sheet, but additional written questions are possible as well; students are responsible for bringing a pencil to class or finding one to use. The exam is worth 100 points and accounts for 19% of the grade in this class.

Make-up quizzes and exams: Make-up quizzes or exams are at the instructor's discretion and require a logical argument presented to the instructor in writing **within 24 hours of the missed quiz or exam – beyond the 24-hour period no make-ups will be permitted.** Other obligations (family gatherings, job interviews, vacations) are not acceptable excuses and will result in the student receiving a 0 for the missed quiz/exam. If the instructor agrees to grant a make-up quiz or exam it may include written essay questions.

If students are going to miss an exam due to a religious holiday, or required participation in a University-sponsored event (e.g. a debate team tournament, scheduled conference presentation or as part of a sports team event), they **must notify the instructor in writing at least two weeks in advance of the exam/quiz and provide a reason for the absence.**

Exam scores will be posted through D2L as soon as they are available, but the exam questions will not be posted. Students wanting to reviews specific questions may view the exam during an office hour with the teaching assistant or instructor, but must do so **within three business days** of the exam grade being posted. FOLLOWING THE THREE-DAY PERIOD EXAM GRADES ARE FINAL AND NO APPEALS WILL BE CONSIDERED.

Extra credit: There is *no* extra credit in this class. Follow the syllabus, study and bring your “A” game! **Students are responsible for tracking their progress in the class and ensuring their performance gets them the grade they “need” or want from the class. No other extra credit or “grade bumps” are possible. Last minute appeals will not result in grade changes.**

Honors option: Regrettably, I am not able to offer an honors option for this course.

Final Grades: The total number of points possible for this class is 518 points. Final grades will be based on a percentage of total points earned:

90% of 518 points	466 points and above	4.0
85% of 518 points	440 points to 465 points	3.5
80% of 518 points	414 points to 439 points	3.0
75% of 518 points	388 points to 413 points	2.5
70% of 518 points	362 points to 387 points	2.0
65% of 518 points	336 points to 361 points	1.5
60% of 518 points	310 points to 335 points	1.0
Less than 60% of 518 points	Less than 310 points	0.0

Reading list & assignment schedule

We will be using Regan Gurung’s Health Psychology textbook, “Health Psychology: Well-being in a Diverse World.” I will be teaching from the fourth edition, but it’s quite new. If you are unable to find a fourth edition within your budget – the 3rd edition should suffice.

{v} = video; links provided on D2L

Date	Lecture topic	Readings, podcasts, videos, etc.
Thursday, 8/29	Introduction to health and Health Psychology	<ul style="list-style-type: none"> • Syllabus • Gurung, Chapter 1
Tuesday, 9/3	Determinants of health and the biopsychosocial model	<ul style="list-style-type: none"> • Gurung, Chapter 1 • TedTalk – Dr. Iton {v} • World Minds Talk – Dr. Marmot {v}
Thursday, 9/5	History, ethics and research methods in health psychology	<ul style="list-style-type: none"> • Gurung, Chapter 2 • ABC News clip on Henrietta Lacks {v} • NY Times article on Lacks – Part 2
Tuesday, 9/10	Cultural approaches to health	<ul style="list-style-type: none"> • Gurung, Chapter 3 • Becoming American {v} • Discussion board #1 due by 2pm
Thursday, 9/12	Theories of health behaviors	Gurung, Chapter 7
Tuesday, 9/17	Stress	<ul style="list-style-type: none"> • Gurung, Chapter 5 • Can Stress actually kill you {v} • The Psychology of Stress {v} • Discussion board #2 due by 2pm
Thursday, 9/19	Stress	<ul style="list-style-type: none"> • Stress & anxiety quiz
Tuesday, 9/24	Coping and social support	<ul style="list-style-type: none"> • Gurung, Chapter 6 • Analysis paper #1 due by 2pm
Thursday, 9/26	Conclusion of coping lecture and exam prep	<i>No readings</i>
Tuesday, 10/1	Exam #1	
Thursday, 10/3	Healthy eating, eating disorders and exercise	<ul style="list-style-type: none"> • Gurung, Chapter 8 • Chrisler, J. C., & Barney, A. (2017). Sizeism is a health hazard. <i>Fat Studies</i>, 6(1), 38-53.
Tuesday, 10/8	Health behaviors – smoking and drinking	<ul style="list-style-type: none"> • Gurung, Chapter 8
Thursday, 10/10	Social class, race and health	<ul style="list-style-type: none"> • Unnatural Causes: In sickness & in wealth {v} • How racism makes us sick (TedTalk) – Dr. David R. Williams {v} • The costs of inequality: faster lives, quicker deaths
Tuesday, 10/15	Women's health	<ul style="list-style-type: none"> • I was pregnant and in crisis. All the

		<p>doctors and nurses saw was an incompetent Black woman – Tressie McMillan Cottam</p> <ul style="list-style-type: none"> • And choose one of two articles on D2L • Discussion board #3 due by 2pm
Thursday, 10/17	Women's health – Part 2	
Tuesday, 10/22	Gender identities in health psychology and transgender health issues	<ul style="list-style-type: none"> • Why it's so hard for doctors to learn about transgender health issues? • Why Transgender People Experience More Mental Health Issues. Psychology Today. • Lombardi, E. (2007). Public health and trans-people: Barriers to care and strategies to improve treatment. In <i>The health of sexual minorities</i> (pp. 638-652). Springer, Boston, MA. • Analysis paper #2 due by 2pm
Thursday, 10/24	Sexual health	<ul style="list-style-type: none"> • Brown-Bowers, A., Gurevich, M., Vasilovsky, A. T., Cosma, S., & Matti, S. (2015). Managed not missing: Young women's discourses of sexual desire within a postfeminist heterosexual marketplace. <i>Psychology of Women Quarterly</i>, 39(3), 320-336. • TedTalk – the keys to a happier, healthier sex life • TedTalk - Cliteracy • Tea & consent video
Tuesday, 10/29	Sexual health – Part 2 (and exam prep)	<ul style="list-style-type: none"> • Discussion board #4 due by 2pm • <i>No readings</i>
Thursday, 10/31	Exam #2	
Tuesday, 11/5	Patient-provider interactions & communication	<ul style="list-style-type: none"> • Gurung, Chapter 9 • Frontline's "Being Mortal" with Atul Gawande {v}
Thursday, 11/7	Patient-provider interactions & communication – Part 2	<ul style="list-style-type: none"> • Patient-physician communication: why and how {v} • Clinical Decision Making for Older Adults with Multiple Chronic

		<p>Conditions {v}</p> <ul style="list-style-type: none"> • Discussion board #5 due by 2pm
Tuesday, 11/12	Cancer	<ul style="list-style-type: none"> • Gurung, Chapter 13 • Cancer health disparities {v} • The AMBER Project {v}
Thursday, 11/14	Wrap up Cancer and start Cardiovascular disease	<ul style="list-style-type: none"> • Gurung, Chapter 14
Tuesday, 11/19	Wrap up Cardiovascular disease	<ul style="list-style-type: none"> • Discussion board #6 due by 2pm • OPTIONAL : Forks Over Knives {v}
Thursday, 11/21	HIV/AIDS and psychoneuroimmunology	<ul style="list-style-type: none"> • Gurung, Chapter 4 – pages 97-103 only • Gurung, Chapter 12 • Watch Frontline’s “The Age of AIDS” {v} • Analysis paper #3 due.
Tuesday, 11/26	HIV/AIDS and psychoneuroimmunology – Part 2	
Thursday, 11/28	NO CLASS - THANKSGIVING	<i>No readings</i>
Tuesday, 12/3	Pain	<ul style="list-style-type: none"> • Gurung, Chapter 10 • Hypnosis {v} • Pain processes {v}
Thursday, 12/5	Overflow, wrap-up & exam prep	<i>No readings</i>
Wednesday, 12/11	Final Exam – 10am to noon, N101 North Kedzie	

Limits to confidentiality:

Essays, journals, and other materials submitted for this class are generally considered confidential pursuant to the University's student record policies. However, students should be aware that University employees, including instructors, may not be able to maintain confidentiality when it conflicts with their responsibility to report certain issues to protect the health and safety of MSU community members and others. As the instructor, I must report the following information to other University offices (including the [MSU Police Department](#)) if you share it with me:

- Suspected child abuse/neglect, even if this maltreatment happened when you were a child,
- Allegations of sexual assault or sexual harassment when they involve MSU students, faculty, or staff, and
- Credible threats of harm to oneself or to others.

These reports may trigger contact from a campus official who will want to talk with you about the incident that you have shared. In almost all cases, it will be your decision whether you wish to speak with that individual. If you would like to talk about these events in a more confidential setting you are encouraged to make an appointment with the [MSU Counseling Center](#).

Understand when you may drop this course:

- It is your responsibility to understand when you need to consider un-enrolling from a course. Refer to the [Michigan State University Office of the Registrar](#) for important dates and deadlines.

Discuss Disability Accommodations with the Instructor:

- Michigan State University is committed to providing equal opportunity for participation in all programs, services and activities. Requests for accommodations by persons with disabilities may be made by contacting the Resource Center for Persons with Disabilities at 517-884-RCPD or on the web at rcpd.msu.edu.
- Once your eligibility for an accommodation has been determined, you will be issued a verified individual services accommodation ("VISA") form. *Please present this form to the instructor at the start of the term and/or two weeks prior to the accommodation date (test, project, etc).* Requests received after this date may not be honored.
- RCPD may be contacted by phone at (517) 884-7273 (884-RCPD), or [via their website \(http://www.rcpd.msu.edu\)](#). RCPD is located in 120 Bessey Hall, near the center of the Michigan State University campus, on the southwest corner of Farm Lane and Auditorium Road.

Practice Academic Honesty:

- Academic Honesty: [The Spartan Code of Honor](#) states, "As a Spartan, I will strive to uphold values of the highest ethical standard. I will practice honesty in my work, foster honesty in my peers, and take pride in knowing that honor is worth more than grades. I will carry these values beyond my time as a student at Michigan State University, continuing the endeavor to build personal integrity in all that I do." In addition, Article 2.III.B.2 of the [Student Rights and Responsibilities \(SRR\)](#) states that "The student shares with the faculty the responsibility for maintaining the integrity of scholarship, grades, and professional standards." The (insert name of unit offering course) adheres to the policies on academic honesty as specified in General Student Regulations 1.0, Protection of Scholarship and Grades; the all-University Policy on Integrity of Scholarship and Grades; and Ordinance 17.00, Examinations. (See [Spartan Life: Student Handbook and Resource Guide](#) and/or the MSU Web site: www.msu.edu.) Therefore, unless authorized by your instructor, you are expected to complete all course assignments, including homework, lab work, quizzes, tests and exams, without assistance from any source. You are expected to develop original work for this course; therefore, you may not submit course work you completed for another course to satisfy the requirements for this course. Also, you are not authorized to use the www.allmsu.com Web site to complete any course work in this course.

Students who violate MSU academic integrity rules may receive a penalty grade, including a failing grade on the assignment or in the course. Contact your instructor if you are unsure about the appropriateness of your course work. (See also the [Academic Integrity](#) webpage.)

- Lectures and other course materials must remain the property of the Department of Psychology and must not be copied from the internet for distribution to anyone who is not registered for this course. Online discussions and exercises are confidential and should not be discussed with others who are not enrolled in the class.
- It is important for each course participant to express his/her ideas. All ideas need to be respected in discussions and exercises.
- All assignments are to be done **on your own**, without the assistance of additional materials, i.e., internet, texts, articles, other people, etc., unless you are instructed to do otherwise.

Plagiarism Policy:

- Plagiarism involves taking credit for someone else's work or ideas, submitting a piece of work (for example, a paper, assignment, discussion post) which in part or in whole is not entirely your own work without fully and accurately attributing those same portions to their correct source. This includes information taken from the Internet.
- You are expected to do your own, original work on each assignment in each class. If you recycle your own course work from one class to another, you may face an allegation of academic dishonesty. If your instructor believes you have committed an act of plagiarism, he/she may take appropriate action, which includes the issuing of a "penalty grade" for academic dishonesty. Article 11 of the Academic Freedom Report for Students at Michigan State University, or the "AFR," defines a penalty grade as "a grade assigned by an instructor who believes a student to have committed academic dishonesty. . . ." A penalty grade can include, but is not limited to, a failing grade on the assignment or in the course.
- Consistent with MSU's efforts to enhance student learning, foster honesty, and maintain integrity in our academic processes, I have chosen to use a tool called Turnitin to compare your papers with multiple sources. The tool will compare each paper you submit to an extensive database of prior publications and papers, providing links to possible matches and a 'similarity score.' The tool does not determine whether plagiarism has occurred or not. Instead, I will make a complete assessment and judge the originality of your work. All submissions to this course may be checked using this tool.
- You should submit papers to Turnitin Dropboxes **without identifying information included in the paper (e.g., name or student number)**, the Desire 2 Learn system will automatically show this information to me when I view the submission, but the information will not be retained by Turnitin. If you forget and submit your paper with your identifying information on it, it will be retained in the Turnitin repository.

In choosing to use Turnitin in our class, I have agreed to follow five guidelines. They are:

- I will use Turnitin as part of a balanced approach to encourage academic integrity and foster student success.
- I will openly disclose use of Turnitin in this course on the syllabus and at the time assignments are announced.
- For a given assignment, I will use Turnitin for all papers.
- I will make the final determination of originality and integrity.
- To ensure privacy, I will ask students to remove identification (e.g., names and student numbers) from submissions.

If you have any questions about the use of Turnitin in this course, please bring them to my attention.

Useful resources, foundations, and websites

MSU Safe Place East Lansing, MI (517) 355-1100 http://safespace.msu.edu/	Listening Ear Crisis Intervention Center Lansing, MI 48912 (517) 337-1717 http://thehear.org/
NRC DV (National Resource Center Against Domestic Violence) http://www.nrcdv.org/	NCDSV (National Center on Domestic & Sexual Violence) http://www.ncdsv.org/
NNEDV (National Network to End Domestic Violence) http://www.nnedv.org/	The Joyful Heart Foundation http://www.joyfulheartfoundation.org/
No More http://www.nomore.org/	RAINN (Rape, Abuse and Incest National Network) https://rainn.org/
MCEDSV (Michigan Coalition to End Domestic & Sexual Violence) http://www.mcedsv.org/	Futures Without Violence http://www.futureswithoutviolence.org/
National Indigenous Women’s Resource Center http://www.niwrc.org	Asian & Pacific Islander Institute on Domestic Violence www.apiidv.org
National Latin@ Network for Healthy Families & Communities www.nationallatinonetwork.org	Institute on Domestic Violence in the African American Community www.idvaac.org
The Northwest Network (focusing on LGBTQ survivors of domestic violence) http://www.nwnetwork.org	National Domestic Violence Hotline 1-800-799-7233 http://www.thehotline.org