

# PSY 320: HEALTH PSYCHOLOGY

Spring 2023

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**Instructor:** Dr. Kaston D. Anderson-Carpenter (he/him)

**Time & location:** MWF, 9:10am-10:00am

**Class location:** Life Sciences, A133

**Email:** [kaston@msu.edu](mailto:kaston@msu.edu)

**Office hours:** Wednesdays, 1:00pm-2:00pm

**Office hours location:** Psychology 238

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## Teaching Assistants

Graduate Teaching Assistant: Shree Vallabha (she/her)

Email: [vallabh9@msu.edu](mailto:vallabh9@msu.edu)

Office hours: By appointment only.

Undergraduate Teaching Assistant: Dorothy Zhao (she/her)

Email: [zhaodoro@msu.edu](mailto:zhaodoro@msu.edu)

Office hours: By appointment only.

Undergraduate Teaching Assistant: Nick Boor (he/him)

Email: [boornich@msu.edu](mailto:boornich@msu.edu)

Office hours: By appointment only.

**Course Description:** Social, psychological, and biological factors affecting health, illness, and use of health services. Stress and coping processes, lifestyles, and illness management. In this course, we will consider health topics from multicultural and global perspectives.

**Course Objectives:** By the end of the course, students should be able to: (a) Identify the biological, psychological, social, and cultural aspects of health; (b) Understand the social-ecological determinants of health outcomes; and (c) Apply health psychology concepts and models in real-world settings.

**Required Materials:** The following materials are required for this course.

- Top Hat. We will be using Top Hat extensively in this course. For instructions on how to create a Top Hat account and enroll in the course, please refer to the invitation sent to your university email address. If you already have a Top Hat account, you should see PSY 320 in your list of courses.

If you are new to Top Hat, go to <https://app.tophat.com/register/student>. then, click "Search by school" and select "Michigan State University."

To enroll in the course, use join code **785681**. If a paid subscription is required, it will be listed at checkout when you enroll in our Top Hat course.

You must sign up for, and be enrolled in, the Top Hat course by **1/17/2023**. **The cost is \$26**. Starting January 17th, attendance will be formally evaluated via Top Hat. There are no exceptions.

- Kritik. We will use Kritik (<https://kritik.io>) to enhance your learning in the course. This gives you the opportunity to demonstrate your knowledge in your own words. In addition, you will gain skills in providing helpful and constructive feedback to your peers. This is a skill you will use extensively in your professional careers.

You will receive an invitation email from Kritik to purchase a subscription by 1/13/2023. Please check your junk/spam folder because sometimes the email is routed to that folder. If you have not received an invitation link, please let the Professor know as soon as possible.

There will be 6 required Kritik assignments in this course. **The cost is \$20**, and you should purchase it **no later than 1/17/2023**.

- D2L for viewing grades, accessing additional reading assignments, and communicating course-related information.

If you have any trouble using D2L, you can contact the help desk. If you are unfamiliar with D2L, please complete the on-line tutorial: from the D2L page, click on help. A new screen will open; click on Student Quick Start Guide. Please direct all technical questions to the D2L help desk at 517.355.2345 or 800.500.1554

**Prerequisites:** None.

**Resource Persons with Disabilities (RCPD)** To make an appointment with a specialist, contact: (517) 353-9642 or TTY: (517) 355-1293. The website for RCPD is <https://.rcpd.msu.edu>

**Grading Policy:** Your grade in this course is based on three major activities with a total possible score of 1,000 points. The activities are listed below.

- Attendance: 10 points x 37 meetings = 370 points.
- Assigned readings: 10 points x 13 quizzes = 130 points.
- Kritik assignment: 10 points x 5 assignments = 50 points.
- Chapter quizzes: 30 points x 15 exams = 450 points.
- **Total points: 1,000 points**

Your final grade will be calculated as follows: 895–1,000 points = 4.0; 845–894 points = 3.5; 795–844 points = 3.0; 745–794 points = 2.5; 695–744 points = 2.0; 645–694 points = 1.5; 595–644 points = 1.0; 0–594 points = 0.0

### Course Outline

The course outline below is a guide; the Professor reserves the right to modify the course outline based on student needs and/or other factors.

January

- 9th-13th: Course Introduction; What is Health Psychology?
- **17th: MLK Day. No class.**
- 18th-20th: Cultural Models of Health
- **23rd: Mental health day. No class.**
- 25th-27th: Research and Ethics
- 30th: Health Promoting Behaviors

## February

- 1st-3rd: Health Promoting Behaviors
- 6th-10th: Health Compromising Behaviors
- 13th-17th: Stress
- 20th-24th Coping, Resilience, & Social Support
- **27th: Mental health day. No class.**

## March

- 1st-3rd: Seeking & Using Health Care Services
- **6th-10th: Spring break. No class.**
- 13th-17th: Patients, Providers, & Treatments
- 20th-24th: Managing Pain & Discomfort
- **27th: Mental health day. No class.**
- 29th-31st: Managing Chronic Health Disorders

## April

- 3rd-7th: Psychological Issues in Advancing Terminal Illness
- 10th-14th Heart Disease, Hypertension, Stroke, & Type 2 Diabetes
- **17th: Mental health day. No class.**
- 19th-21st: Psychoneuroimmunology & Immune-Related Disorders
- 24th: Future of Health Psychology
- 26th: Course reflection (in class)
- **28th: MSU classes end. No class.**

**Course FAQs:**

- **Can I email the professor to find out what I missed in class?**

No. Your email will go unanswered. It is your responsibility to obtain the information from the TAs or one of your peers.

- **Is there an honors option for this course?**

Yes. The guidelines are in D2L under Content.

- **I need help with something about the course material and/or assignments. Whom should I contact?**

Email one of your Teaching Assistants. You should get a response within 24 business hours. If you email the TAs after 5pm Monday-Thursday, do not expect a response until 9am the next day. If you email Friday after 3pm, do not expect a response until the following Monday at 9am.

If you need to meet with your professor, please come to office hours. Individual email inquiries will not be answered.

- **I missed one of quizzes. Whom should I contact?**

Contact one of the Teaching Assistants to make up a quiz. Please note that you can make up a quiz only if you have a valid reason for not taking it on time. It is your responsibility to make arrangements to make up a quiz.

- **When are my assignments due?**

Reading quizzes will be in class on Mondays unless otherwise announced in class and/or D2L. Quizzes are take-home and open notes; they are due each Friday by 11:59pm unless otherwise noted. If you require accommodations, arrangements should be made with RCPD.

*Unless you have a valid excused absence, you will not be allowed to make up any quiz or assignment. There are no exceptions to this policy.*

- **Is there extra credit in this course?**

Don't count on it. However, the Professor may provide class-wide extra credit for exceptional performance.

- **How should I take notes?**

You can take notes in any format that works best for you. Some students use mind maps, some create outlines, and others draw as a way of understanding course material.

You may not audio record or snap photos of any portion of the lecture without written approval from the Professor or RCPD.

### **Academic Integrity**

Article 2.3.3 of the Academic Freedom Report states that "The student shares with the faculty the responsibility for maintaining the integrity of scholarship, grades, and professional standards." In addition, the Department of Psychology 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](http://www.msu.edu).)

You are expected to adhere to the Spartan Code of Honor, which is as follows: **"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."**

Therefore, unless authorized by your Professor, 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 any unauthorized Web site to complete any course work in this course. PSY 320 students who violate MSU academic integrity rules will receive a failing grade for the course and be referred to departmental and college administrators for further sanctions—up to and including expulsion. Contact your instructor if you are unsure about the appropriateness of your course work. (See also the Academic Integrity webpage.)

**Lack of knowledge of the academic integrity policy is NOT a reasonable explanation for a violation.**

### Limits to Confidentiality

All 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. The Professor and Teaching Assistants must report the following information to other University offices (including the Department of Police and Public Safety) if you share it:

- 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
- 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.

### Class Accommodations

It is your responsibility to provide the Professor with written documentation of your accommodations from the Resource Center for Persons with Disabilities (RCPD). 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](http://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 Professor at the start of the term and/or two weeks prior to the accommodation date (test, project, etc.). **Requests received after this date will not be honored.**

### Other Course Policies

**Drops and Adds.** The last day to add this course is the end of the first week of classes. You should immediately make a copy of your amended schedule to verify you have added or dropped this course.

**Commercialized Lecture Notes.** Commercialization of lecture notes and university-provided course materials is not permitted in this course.

**Disruptive Behavior.** Article 2.III.B.4 of the Academic Freedom Report (AFR) for students at Michigan State University states: "The student's behavior in the classroom shall be conducive to the teaching and learning process for all concerned." Article 2.III.B.10 of the AFR states that "The student has a right to scholarly relationships with faculty based on mutual trust and civility." General Student Regulation 5.02 states: "No student shall . . . interfere with the functions and services of the University (for example, but not limited to, classes . . .) such that the function or service is obstructed or disrupted. Students whose conduct adversely affects the learning environment in this classroom may be subject to disciplinary action through the Student Judicial Affairs office.

**Attendance.** Students whose names do not appear on the official class list for this course may not attend this class. Students who fail to attend the first four class sessions or class by the fifth day of the semester, whichever occurs first, may be dropped from the course.

**Building Rapport.** If you find that you have any trouble keeping up with assignments or other aspects of the course, you should notify the Professor or one of the Teaching Assistants know as early as possible. As you will find, building rapport and effective relationships are key to becoming an effective professional. Make sure that you are proactive in informing your Professor when difficulties arise during the semester so that we can help you find a solution.