NOTE to prospective students: This syllabus is intended to provide students who are considering taking this course an idea of what they will be learning. A more detailed syllabus will be available on the course Canvas site for enrolled students and may be more current than this sample syllabus.

Syllabus – PSY 498 - Health Psychology
Instructor: Rebecca Brown, M.S., Ph.D. Office: None on Campus
E-mail: brownr6@onid.orst.edu Telephone: 541-318-7341
Please check-in with Dr. Brown at brownr6@onid.orst.edu to begin your work.

Instructor's Office Hours: Geography and the nature of Distance Education preclude my having scheduled office hours; however, you may contact me by telephone or by e-mail whenever the need arises.

COURSE DESCRIPTION Topics to be studied in PSY 498 include psychological factors in the maintenance of good health and in the prevention of, treatment of, and recovery from illness: Behavioral contributions to illness, life-style risk factors, stress and the immune system, psychological response to symptoms and care-givers, health habits and self-care, management of pain and chronic illness, disability and terminal illness. This course combines approximately 120 hours of instruction, reading, online activities, and assignments for 4 credits.

PREREQUISITES: PSY 330 or PSY 340 or PSY 350 or PSY 360 or PSY 370 or PSY 381 or PSY 481

COURSE OBJECTIVES
The successful learner will:
1. Learn and define the concepts and terminology of Health Psychology
2. Apply own cognitive resources to own health behavior
3. Become an informed consumer of health information
4. Adopt a biopsychosocial model of health based on the interaction between physiology, mental process and social environment

TEXTBOOK AND READINGS

Note to prospective students: Please check with the OSU Bookstore for up-to-date information for the term you enroll (OSU Bookstore Website or 800-595-0357). If you purchase course materials from other sources, be very careful to obtain the correct ISBN.

REQUIREMENTS
Students must have access to and ability to use computers, the internet, and email. For more information related to necessary technology and skill, go to http://ecampus.oregonstate.edu/forms/browsercheck/

Students will use e-mail and the Canvas course web site at https://oregonstate.instructure.com/ to communicate with the instructor and with other students. Students should check the Announcements page on the PSY498 web site daily. Discussion Forums will be used for weekly assignment discussions with other students and with the instructor. Reading assignment schedules, study questions and learning exercises will be found each week in Modules. The course syllabus and term paper guidelines are posted in the Start Here: Course Information module. Supplemental reading material will be accessed from within the module for the week in which it is assigned.
Exploring the PSY498 web site before beginning course work is recommended. Please read carefully "Communication", "Tips for Success", "Exams and Proctoring", and "Discussion Board Guidelines" in the Start Here: Course Information folder.

This is not a self-paced course. Students are expected to follow the weekly assignment schedule given in this syllabus and to finish all course work during the term in which registered. Late assignments may result in reduced grades. Students who have emergencies interfering with getting work completed on time should contact me before the work is due.

**Examinations:** There will be two proctored exams worth 300 points each. The Midterm Exam will cover material presented in Weeks 1-5, and must be taken during Week 6. The Final Exam will cover material presented in Weeks 7-10 and must be taken during Week 11. Exams will contain objective type questions only (multiple choice, matching, etc.) Exams will be based on the reading and the discussion forums.

Exams will be proctored (administered by a pre-arranged proctoring agent) online using Canvas technology. Arrangements must be made with OSU Statewide and a proctoring agent for administering the test. The proctor must have access to the internet to administer the test electronically. You should begin the process for designating a proctor during the first week of the term. Instructions for designating a proctor may be viewed on the E-campus web site at http://ecampus.oregonstate.edu/services/. You may choose ProctorU through Ecampus as your proctor.

In addition to sending your proctor information to the OSU e-campus, please send me your proctor's name, organization and email in case I need to contact her/him. If you are using Ecampus Testing or ProctorU, just let me know. I don't need a name and email for the Ecampus proctors or ProctorU.

**Term Paper:** Guidelines for the health issues term paper due in Week 8 are posted in Course Information. Students will choose a topic that has received recent popular media coverage, find articles from a mix of credible and doubtful sources, analyze the information, including the sources, and prepare an opinion as to the accuracy and importance of the information from each source.

**Participation:** Students are expected to read text assignments, complete learning exercises and participate in online written discussions with the instructor and other students. All discussion board activities are asynchronous; however, students are expected to participate in discussion board activities a minimum of three times each week, spaced throughout the week. Online discussions consist of writing informal essays on assigned topics, and replying to others’ discussion board contributions. The discussion board is a vital part of your learning experience in this class. Along with a few quizzes and e-mail assignments that come directly to me, participation on the discussion board accounts for 200 of the 1000 points comprising your grade.

Students are encouraged to post each weekly informal discussion board essay as early in the week it is assigned as possible; however, to receive full credit, it must be posted by Sunday midnight of the assignment week. Students may reply to classmates’ posts during the assignment week and throughout the week following the assignment week. Detailed information and guidelines for discussion are in Discussion Board Guidelines in the Start Here: Course Information module.

**Communication:** Students are responsible for maintaining communication with me. Generally, I read my e-mail every day and will respond to your communications within 24 hours. I will notify you if I plan to be away from my e-mail for longer than 24 hours. I want to hear from you if you have questions about anything related to the coursework, (e.g.; If you don't understand something, if you are having trouble with an assignment, if your life causes disruptions in your school work, etc.) You may also call me on the telephone. I prefer email so I have a written reminder of what I said.

**Incompletes**
Incomplete (I) grades will be granted only in emergency cases (usually only for a death in the family, major illness or injury, or birth of your child), and if the student completed most of the work (in other words, usually everything but the final exam or term paper). If you have any difficulty that might prevent your completing the coursework, please don’t wait until the end of the term; let me know right away.
SUMMARY OF GRADING: The relative contribution of requirements to total points is:

- Midterm Exam (Week 6) 300
- Final Exam (Week 11) 300
- Health Issues Term Paper (Week 9) 200
- Discussion Board (Weeks 1-10) 200

TOTAL 1000

Grade Assignments: Grades will be calculated by dividing the total number of points you have earned by 1000. Letter grades will be assigned on the following schedule:

- 93.5-100%       A
- 90-93.4%      A-
- 87.5-89.9%      B+
- 83.5-87.4%      B
- 80-83.4%      B-
- 77.5-79.9%      C+
- 73.5-77.4%      C
- 70-73.4%      C-
- 67.5-69.9%      D+
- 63.5-67.4%      D
- 60-63.4%      D-
- Below 60%   F

Grading and Feedback Policies. I will evaluate students' Discussion Board performance for the first 3 weeks during Week 4, assigning a preliminary grade based on 67 points (1/3 total discussion board points possible) and making suggestions for improvement if fewer than 67 points are received. I will evaluate again during Week 11 and post a final discussion board grade based on 200 points. Improvement during the second two-thirds of the course will improve your percentage Discussion Board grade overall. Exams will be graded automatically with scores available as soon as the exam is submitted. There will be one optional extra credit opportunity provided after all midterm exams have been completed. Students are welcome to email me if there are grading questions.

Topics and Reading Schedule
You will be reading most of the Sarafino text this term plus a few supplemental readings. Links to supplemental reading and other material will be posted in the Canvas weekly module some weeks. Please study each week's task list in Modules on the Canvas PSY 498 web site before beginning that week's work.

This reading schedule divides the reading into weekly units between 30 and 60 pages long. It is important that you follow this schedule in order to be ready for exams during the weeks in which they are scheduled and to complete the exercises and discussion board assignments in a timely fashion.

Part I An Introduction: Basic Issues and Processes

Week 1
Chapter 1 An Overview of Psychology and Health

Week 2
Chapter 2 The Body's Physical Systems

Students should arrange for exam proctoring as directed in "Exams and Proctoring" on the OSU Ecampus web site http://ecampus.oregonstate.edu/services/. Please schedule the midterm exam to be proctored anytime (Monday through Sunday) during Week 6.

Part II Stress Illness, and Coping

Week 3 Chapter 3 Stress—Its Meaning, Impact, and Sources
Chapter 4 Stress, Biopsychosocial Factors, and Illness
Week 4
Chapter 5 Coping With and Reducing Stress

Part III Lifestyles to Enhance Health and Prevent Illness
Chapter 6 Health-Related Behavior and Health Promotion

Week 5
Chapter 7 Substance Use and Abuse

Week 6
Proctored Midterm Exam –No new reading
Exams may be taken anytime between 1:00 a.m. Monday, and 11:59 p.m. Sunday.

Week 7
Chapter 8 Nutrition, Weight Control, Diet, Exercise, and Safety

Part IV Becoming Ill and Getting Medical Treatment
Chapter 9 Using Health Services

Week 8
Health Issues paper is due.
Chapter 10 In The Hospital: The Setting, Procedures, and Effects on Patients
Chapter 11 The Nature & Symptoms of Pain

Part V Physical Symptoms: Pain and Discomfort

Week 9
Chapter 12 Managing and Controlling Clinical Pain

Part VI Chronic and Life-Threatening Health Problems
Chapter 13 Serious & Disabling Chronic Illness: Causes, Management, and Coping

Week 10
Chapter 14 Heart Disease, Stroke, Cancer, and AIDS: Causes, Management, and Coping

Part VII Looking to the Future
Chapter 15 What’s ahead for Health Psychology?

Week 11
Final Exams must be taken on Monday, Tuesday, Wednesday, Thursday, or Friday

OSU Student Conduct and Community Standards Policy: Students are expected to conduct themselves according to the OSU Student Conduct Code:
http://ecampus.oregonstate.edu/services/policies/conduct.htm or
http://arcweb.sos.state.or.us/pages/rules/oars_500/oar_576/576_015.html

Academic Honesty: All of the work you turn in must be your own, in your own words (unless citations are used), and your exams must be completed without help from others. Deviating from these standards will be considered academic dishonesty, and may result in an “F” grade for the assignment or for the course. See OSU Student Conduct Code for further description of academic dishonesty.
http://ecampus.oregonstate.edu/services/policies/conduct.htm or
http://studentlife.oregonstate.edu/studentconduct/offenses-0
Students with Disabilities: Accommodations for students with disabilities are determined and approved by Disability Access Services (DAS). If you, as a student, believe you are eligible for accommodations but have not obtained approval please contact DAS immediately at 541-737-4098 or at http://ds.oregonstate.edu. DAS notifies students and faculty members of approved academic accommodations and coordinates implementation of those accommodations. While not required, students and faculty members are encouraged to discuss details of the implementation of individual accommodations.

All materials used in this course are accessible. If you require accommodations please contact Disability Access Services (DAS). Additionally, Canvas, the learning management system through which this course is offered, provides a vendor statement certifying how the platform is accessible to students with disabilities.

OSU Student Evaluation of Teaching
Course evaluation results are extremely important and are used to help me improve this course and the learning experience of future students. Results from the 19 multiple choice questions are tabulated anonymously and go directly to instructors and department heads. Student comments on the open-ended questions are compiled and confidentially forwarded to each instructor, per OSU procedures. The online Student Evaluation of Teaching form will be available toward the end of each term, and you will be sent instructions via ONID by the Office of Academic Programs, Assessment, and Accreditation. You will log in to “Student Online Services” to respond to the online questionnaire. The results on the form are anonymous and are not tabulated until after grades are posted.