

SYLLABUS FOR HEALTH PSYCHOLOGY

Psychology 1215 (28393)
Tue., Thu. 2:30-3:45

Fall Term, 2016-17
306 Cathedral of Learning

Instructor: Tom Kamarck, Ph.D.

Professor of Psychology and Psychiatry

Office: 4403 Sennott Square.
Phone 412-624-2080 (office # and voice mail)
EMAIL address: tkam@pitt.edu

Office Hours-- By appointment

Readings:

1. Taylor, S. (2015). Health Psychology (9th edition). NY: McGraw-Hill.
2. Required supplementary readings are available for download in Blackboard.

Prerequisites: Research Methods AND one of the following: Social Psychology, Intro to Biopsychology, or Biology (Bio 0800, 0645)

Course requirements: 1 paper, 3 exams, regular class attendance and active participation.

Grading Criteria: Paper 25 %, Three exams, each worth 25 %.

Papers: For description of the paper assignments, see Class Paper handout. Students are responsible for seeing that assignments are turned in on schedule. Points will be deducted for late assignments. Late assignments must be turned in, in person, to Julie Magee in the main Psychology office, 3137 Sennott Square. You must ask her to certify the date and time of assignment receipt. No assignments slipped under office doors or left on desks will be accepted.

Exams: Each of the three exams will include multiple choice, short answer, and essay components. Students are expected to attend each of the exam sessions. In case of documented illness or emergency, a make-up exam will be administered, as long as Dr. Kamarck gives his approval in advance. All make up exams (regardless of circumstances) will be entirely short answer and essay, a format which is designed to be more difficult than the original exam. Students who fail to obtain advance approval and who do not show up for an exam will not be allowed to take a make up exam.

Disability Resources: If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and the Office of Disability Resources and Services, 216 William Pitt Union, 412-648-7890/412-383-7355 (TTY), as early as possible in the term. Disability Resources and Services will verify your disability and determine reasonable accommodations for this course.

Academic Integrity: Cheating/plagiarism will not be tolerated. Students suspected of violating the University of Pittsburgh Policy on Academic Integrity, from the February 1974 Senate Committee on Tenure and Academic Freedom reported to the Senate Council, will be required to participate in the outlined procedural process as initiated by the instructor. A minimum sanction of a zero score for the quiz or exam will be imposed. View the complete policy at www.cfo.pitt.edu/policies/policy/02/02-03-02.html.

LECTURE SCHEDULE

Part I: Concepts in Health Psychology

1. Introduction to Health Psychology August 30
Taylor 9th edition, chapter 1 (pp. 2-13).
2. Systems of the Body September 1, September 6
Taylor, chapter 2 (pp. 14-36).
September 6: Guest lecturer: Amoha Bajaj, M.S.
3. Stress and Disease September. 8, 13
Taylor, chapter 6 (pp. 112-133).
Mostofsky, E., Maclure, M., Sherwood, J.B., Tofler, G.H., Muller, J.E. & Mittleman, M.A. (2012). Risk of acute myocardial infarction after the death of a significant person in one's life: The Determinants of Myocardial Infarction Onset study. Circulation, 125, 491-496.
4. Social Support and Other Moderators of Life Stress September 15, 20
Taylor, chapter 7 (pp. 134-154).
Giesbrecht, G.F., Poole, J.C., Letourneau, N., Campbell, T. & Kaplan, B.J. (2013). The buffering effect of social support on hypothalamic-pituitary-adrenal axis function during pregnancy. Psychosomatic Medicine, 75, 856-862.
Topics for class paper and copies of proposed articles due Tuesday, September 22.
5. Illness Behavior and Medical Help-Seeking September 22
Taylor, chapter 8 (pp. 156-165).
6. Patient-Provider Communication and Medical Adherence September 27
Taylor, pp. 166-177.
Villani, J. & Mortensen, K. (2013). Patient-provider communication and timely receipt of preventive services. Preventive Medicine, 57, 658-663.

7. Coping with Chronic Illness September 29

Taylor, chapter 11 (pp. 212-230).

Part II: Psychological Influences on Disease

8. Pain October 4, October 6

Taylor, chapter 10 (pp. 194-210).

Hilderink, P.H. (2012). The temporal relation between pain and depression: Results from the Longitudinal Aging Study Amsterdam. Psychosomatic Medicine, 74, 945-951.

First Exam

October 11

No class on October 18—Day after fall break—Tuesday=Monday class day.

9. Cardiovascular Disease October 13, 20

Taylor, chapter 13, pp. 250-267.

Stewart JC, Janicki, DL, Muldoon, MF, Sutton-Tyrrell, K & Kamarck TW (2007). Negative emotions and three-year progression of subclinical atherosclerosis. Archives of General Psychiatry, 64, 225-233.

10. Diabetes October 25

Taylor, pp. 267-273, 295-297.

Diabetes Prevention Program Research Group (2002). Reduction in the incidence of Type 2 diabetes with lifestyle intervention or metformin. New England Journal of Medicine, 346, 393-403.

First Draft of Papers due October 25.

11. Psychoneuroimmunology October 27

Taylor, pp. 274-279.

Bosch, J.A., Engeland, C.G., Cacioppo, J.T. & Marucha, P.T. (2007). Depressive symptoms predict mucosal wound healing. Psychosomatic Medicine, 69, 597-605.

12. Cancer November 1

Taylor, pp. 69-72, 287-293.

Part III: Behavioral Medicine Interventions

13. Changing Health Behaviors November 3

Taylor, pp. 38-45, 50-56.

Second Exam

November 8

14. Treatment of Obesity November 10, 15

Taylor, pp. 80-89.

Butryn, M.L., Webb, V. & Wadden, T.A. (2011). Behavioral treatment of obesity. Psychiatric Clinics of North America, 34, 841-859.

15. Smoking Cessation November 17, 22

Taylor, pp. 99-109.

Simmons, V.N., Heckman, B.W., Fink, A.C., Small, B.J. & Brandon, T.H. (2013). Efficacy of an experiential, dissonance-based smoking intervention for college students delivered via the Internet. Journal of Consulting and Clinical Psychology, 81, 810-820.

Thanksgiving Break

November 23-27

16. Treatment of Alcoholism November 29

Taylor, pp. 92-99.

17. Intervention Efforts for Cardiovascular Disease December 1, December 6

Blumenthal, J.A., Sherwood, A., Smith, P.J., Watkins, L., Mabe, S., Kraus, W.E., Ingle, K., Miller, P. & Hinderliter, A. (2016). Enhancing cardiac rehabilitation with stress management training: A randomized, clinical efficacy trial. Circulation, 133, 1341-1350.

18. Intervention Efforts for AIDS December 8

Taylor, pp. 279-287.

Final draft of papers due December 8.

Exam 3 during finals week, December 12-17.