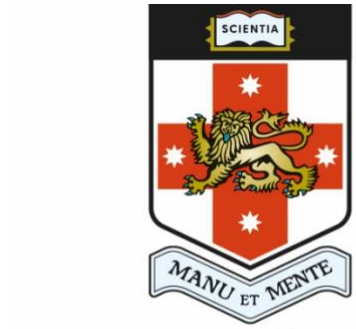

UNSW SYDNEY

FACULTY OF SCIENCE

SCHOOL OF PSYCHOLOGY

PSYC 3331

HEALTH PSYCHOLOGY

SEMESTER 2, 2018

Table of Contents

1. Information about the Course 2
2. Staff Involved in the Course 2
3. Course Timetable 3
4. Aims of the Course 3
5. Student Learning Outcomes 3
6. Graduate Attributes 4
7. Rationale for the Inclusion of Content and Teaching Approach 4
8. Teaching Strategies 4
9. Course Schedule 5
10. Assessment 6
11. Expected Resources for Students 7
12. Course Evaluation & Development 7
13. Plagiarism & Academic Integrity 7
14. Administrative Matters 9

1. Information about the Course			
FACULTY	Science		
SCHOOL OR DEPARTMENT	Psychology		
COURSE CODE	PSYC 3331		
COURSE NAME	Health Psychology		
SEMESTER	Semester 2	**YEAR**	2018
UNITS OF CREDIT	6	**LEVEL OF COURSE**	3rd year
ASSUMED KNOWLEDGE, PREREQUISITES OR CO-REQUISITES	Prerequisite/s: PSYC2001, PSYC2061 or PSYC2101		
SUMMARY OF THE COURSE	This course aims to introduce students to some of the major theoretical and empirical work in Health Psychology. Its primary focus will be on the promotion and maintenance of health-related behaviour and the prevention of illness. The course will begin with a brief overview of the history of the field of health psychology, as well as basic models of health behaviour. The application of that knowledge will then cover health promotion strategies and methods (for example, improving diet-related behaviour and attitudes, initiating and maintaining exercise programs), and disease prevention skills and behaviours (for example, coronary heart disease, cancer, and smoking-related problems).		

2. Staff Involved in the Course

COURSE COORDINATOR

Name	Phone	Email	Office	Contact Time & Availability
Kate Faasse	9385 0364	k.faasse@unsw.edu.au	Mathews 1104	By appointment
Lenny Vartanian	9385 8758	l.vartanian@unsw.edu.au	Mathews 1111	By appointment

LECTURERS

Name	Phone	Email	Office	Contact Time & Availability
Belinda Liddell	9385 3596	b.liddell@unsw.edu.au	Mathews 1110	By appointment
Jill Newby	9385 3425	j.newby@unsw.edu.au	Mathews 1302	By appointment
Anne van Dongen	9385 8249	a.vandongen@unsw.edu.au	Matthews 1305	By appointment

TUTORS & DEMONSTRATORS

Name	Email	Contact Time & Availability
Clancy Black	clancy.black@student.unsw.edu.au	By appointment
Natalie Reily	n.reily@unsw.edu.au	By appointment
Samantha Spanos	s.spanos@student.unsw.edu.au	By appointment
Sarah Ratcliffe	s.ratcliffe@unsw.edu.au	By appointment

3. Course Timetable

Component	Class Number	Day	Time	Location
Lecture 1	4729	Tuesday	12-1	Ritchie Theatre
Lecture 2	4729	Friday	1-2	CLB 8
Tutorial	4732	Monday	9-11	Mathews 313
Tutorial	4733	Monday	11-1	Mathews 313
Tutorial	4735	Tuesday	9-11	Mathews 313
Tutorial	4738	Wednesday	2-4	Library 176B
Tutorial	4739	Wednesday	4-6	Library 176B
Tutorial	4730	Thursday	11-1	Mathews 313
Tutorial	4731	Thursday	2-4	Mathews 313

NB. Course timetables are subject to change without notice. Students are advised to check regularly for updates on the Moodle course site.

4. Aims of the Course

Our aim is that, as a result of this course, you will understand some of the primary influences on the emergence of health psychology. In addition, our aim is to provide you with knowledge relating to some of the core topics in the area of health psychology and, in particular, further your understanding of the scientific relationships between behavioural principles on the one hand, and physical wellbeing on the other. We also aim to provide you with the knowledge that will enable you to critically evaluate the usefulness of psychological theory and research findings for understanding illness and enhancing health. We also want you to be able to communicate the knowledge you gain in clear, concise, and common-sense language.

5. Student Learning Outcomes

By the end of this course you will be able to:

1. Explain	1.1. what the primary objectives of health psychology are.
2. Identify and describe	2.1. the content, principles and methods of past and contemporary health psychology research; 2.2. possible influences of past theory and research.
3. Discuss	3.1. the role of environmental, psychosocial, and sociocultural factors in contributing to physical illness or its prevention; 3.2. the strengths and limitations of various intervention techniques (at the individual, group, or community level) that could reduce disease risk by altering health beliefs attitudes, or behaviours.
4. Demonstrate	4.1. effective and diversity-sensitive communication skills by taking part in discussions (in tutorials and lectures when appropriate), through presentation of your group project, and in your responses to written exam questions.

6. Graduate Attributes		
School of Psychology Graduate Attributes*	**Level of Focus** 0 = No focus 1 = Minimal 2 = Minor 3 = Major	**Activities/Assessment**
1. Core knowledge and understanding	3	Tutorial discussion; group project; written report; mid-session test; final examination.
2. Research methods in psychology	2	Tutorial discussion; mid-session test; final examination.
3. Critical thinking skills	3	Tutorial discussion; group project; written report; mid-session test; final examination.
4. Values, research and professional ethics	1	Tutorial discussion.
5. Communication skills	2	Tutorial discussion; group tutorial presentation; written report.
6. Learning and application of psychology	3	Tutorial discussion; group project; written report; mid-session test; final examination.

7. Rationale for the Inclusion of Content and Teaching Approach

We want you to be independent in your learning and we will support you in your learning experiences. We want you to be inspired to know more about Health Psychology, either by continuing on to participate as an academic researcher or as an applied professional who understands and acts on the basis of quality research, or as a professional in another field who can use the skills and knowledge to advantage.

8. Teaching Strategies

To achieve the learning outcomes outlined above, you will need to attend the bi-weekly lectures and the weekly tutorials. **Attendance is compulsory.** In lectures we will also highlight the additional resources or development you will need to achieve these learning outcomes. Lecture slides and other relevant material will be made available ***AFTER*** each lecture.

The two-hour tutorials will contain activities that will enable you to practice and achieve each of the learning outcomes.

The prescribed textbook also provides a source of information and examples. The practical classes and the textbook will also assist you in fully achieving the learning outcomes.

Assignments are designed to provide the opportunity to consolidate knowledge acquired in both lectures and practical classes. All learning outcomes are relevant to the written assignments to some degree.

We expect that you will engage in private study (e.g., reading before and after each lecture and tutorial) because regular private study will mean that you become aware of any questions or clarifications you might need, because we will build on the knowledge you gain throughout the course.

* The *Graduate Attributes of the Australian Undergraduate Psychology Program* was produced as part of the Carrick Associate Fellowship project, "Sustainable and evidence-based learning and teaching approaches to the undergraduate psychology curriculum", and "Designing a diverse and future-oriented vision for undergraduate psychology in Australia", a Discipline-based Initiative funded by the Carrick Institute for Learning and Teaching in Higher Education (see Appendix II), and supported by the Australian Psychological Society, and the University of New South Wales (School of Psychology; Learning and Teaching @UNSW).

9. Course Schedule

Week	Lecture Topic & Lecturer	Tutorial/Lab Content	Suggested Readings
1 (23 Jul)	Lecture 1: Intro / admin (KF) Lecture 2: What is health psychology? (LV)	***NO TUTORIAL***	Chapters 1-2
2 (30 Jul)	Lecture 1: Models of health behaviour (LV) Lecture 2: Models of health behaviour (LV)	*Self-change*	Chapter 4
3 (6 Aug)	Lecture 1: Stress and illness (BL) Lecture 2: Coping with stress (BL)	*Coping with stress* *+* ***Project consultation***	Chapters 5-6
4 (13 Aug)	Lecture 1: Obesity-causes and consequences (LV) Lecture 2: Obesity–causes and consequences (LV)	***Project consultation***	Chapter 14
5 (20 Aug)	Lecture 1: Nutrition, eating, and exercise (LV) Lecture 2: Nutrition, eating, and exercise (LV)	*Nutrition & exercise*	Chapter 15
6 (27 Aug)	Lecture 1: **MID-SESSION TEST** Lecture 2: Risky behaviours (LV)	***NO TUTORIAL***	Chapters 12-13
7 (3 Sep)	Lecture 1: Chronic pain (JN) Lecture 2: Health, wellbeing, and the internet (JN)	*Pain (online)*	Chapter 7
8 (10 Sep)	Lecture 1: Sleep and its disorders (KF) Lecture 2: Medically unexplained symptoms (KF)	***Project consultation***	Mayou & Farmer
9 (17 Sep)	Lecture 1: Chronic illness (KF) Lecture 2: Chronic illness (KF)	*Chronic illness*	Chapters 9-11
Mid-Semester Break			
10 (1 Oct)	Lecture 1: Placebo and nocebo effects (KF) Lecture 2: Moving research into practice (AvD)	*Nocebo effect (online)*	Barsky et al.
11 (8 Oct)	Lecture 1: Healthcare utilisation (KF) Lecture 2: Healthcare utilisation (KF)	***Project consultation***	Chapters 3-4
12 (15 Oct)	Lecture 1: Public health (LV) Lecture 2: Public health (LV)	***Presentations***	Chapter 16

10. Assessment

Assessment Task	Weight	Learning Outcomes Assessed	Graduate Attributes Assessed	Date of		Feedback		
				Release	Submission	Who	When	How
Tutorial participation Attendance at tutorials is an essential course requirement, and you must attend ***at minimum 80% of the tutorials to pass the course***. You must read any assigned articles, and complete any assigned homework, ***before the tutorial class***. Students are expected to actively, and respectfully, participate in discussions.	5%	1-4	1-6	--	--	--	--	--
Mid-session-test In the Tuesday lecture of Week 6 (28 Aug), a test will be given in the lecture theatre. This test will cover all lecture material from Weeks 1-5, all relevant readings, and tutorials through Week 5. The test will consist of multiple choice and short answer questions.	20%	1-4	1-3, 6	Week 6	Week 6	Vartanian	Week 7	Moodle / by appointment
Group project Students will take part in a "learning in action" group project. This project will give students the opportunity to apply some of the concepts learned in class and, at the same time, try to make a difference to the health and well-being of people in the community. Groups will discuss their initial plan in tutorials during Week 4 and receive tutor and peer feedback. In addition to carrying out the project, groups will present their projects in tutorial in Week 12 (10%). Finally, each student will (individually) write a report on the project (25%). These reports should not exceed 2,000 words, and must be submitted electronically via the Moodle course site by midnight on Friday of Week 12 (19 Oct). ***Please do not submit a hard copy of your report.***	35%	1-4	1, 3, 5-6	Week 2	Week 12	Vartanian / Faasse / tutors / peers	TBD	Moodle / email
Final exam There will be a 2-hour examination held during the University examination period (2 Nov to 20 Nov). No student should organise travel during this period until the final examination schedule has been released and the date of the exam is known. The examination will include two components. The multiple choice component will cover material from Weeks 6 -12, and the second component will consist of short-answer written questions relating to the entire course (Weeks 1-12).	40%	1-4	1-3, 6	Exam period	Exam period	Vartanian / Faasse	TBD	Moodle

11. Expected Resources for Students	
TEXTBOOKS	Brannon, L., Updegraff, J.A., & Feist, J. Health Psychology: An Introduction to Behavior and Health (9th edition). Cengage Learning. Available at the UNSW bookshop and in electronic format.
COURSE MANUAL	N/A
REQUIRED READINGS	Readings listed in the course schedule, plus any additional readings that are assigned.
RECOMMENDED INTERNET SITES	You should be aware of policies regarding your behaviour at the university. Familiarise yourself with the following: Student Code of Conduct Email policy UNSW Anti-racism policy statement UNSW Equity and Diversity policy statement

12. Course Evaluation & Development

Courses are periodically reviewed and students' feedback is used to improve them. Feedback is gathered using various means including UNSW's myExperience digital survey.

13. Plagiarism & Academic Integrity

What is plagiarism?

Plagiarism is presenting someone else's thoughts or work as your own. It can take many forms, from not having appropriate academic referencing to deliberate cheating.

UNSW groups plagiarism into the following categories:

- **Copying:** using the same or very similar words to the original text or idea without acknowledging the source or using quotation marks. This also applies to images, art and design projects, as well as presentations where someone presents another's ideas or words without credit.
- **Inappropriate paraphrasing:** changing a few words and phrases while mostly retaining the original structure and information without acknowledgement. This also applies in presentations where someone paraphrases another's ideas or words without credit. It also applies to piecing together quotes and paraphrases into a new whole, without referencing and a student's own analysis to bring the material together.
- **Collusion:** working with others but passing off the work as a person's individual work. Collusion also includes providing your work to another student before the due date, or for the purpose of them plagiarising at any time, paying another person to perform an academic task, stealing or acquiring another person's academic work and copying it, offering to complete another person's work or seeking payment for completing academic work.
- **Duplication:** submitting your own work, in whole or in part, where it has previously been prepared or submitted for another assessment or course at UNSW or another university.

Where can I find out more information?

In many cases plagiarism is the result of inexperience about academic conventions. The University has resources and information to assist you to avoid plagiarism. The first place you can look is the section about referencing and plagiarism in each Course Guide, as this will also include information specific to the discipline the course is from. There are also other sources of assistance at UNSW:

- **How can the Learning Centre help me?**

  The Learning Centre assists students with understanding academic integrity and how to not plagiarise. Information is available on their website: http://www.lc.unsw.edu.au/academic-integrity-plagiarism. They also hold workshops and can help students one-on-one.
- **How can Elise help me?**

  ELISE (Enabling Library & Information Skills for Everyone) is an online tutorial to help you understand how to find and use information for your assignments or research. It will help you to search databases, identify good quality information and write assignments. It will also help you

understand plagiarism and how to avoid it. All undergraduate students have to review the ELISE tutorial in their first semester and complete the quiz, but any student can review it to improve their knowledge: http://subjectguides.library.unsw.edu.au/elise.

- **What is Turnitin?**

  Turnitin is a checking database which reviews your work and compares it to an international collection of books, journals, Internet pages and other student's assignments. The database checks referencing and whether you have copied something from another student, resource, or off the Internet. Sometimes students submit their work into Turnitin when they hand it in, but academics can also use it to check a student's work when they are marking it. You can find out more about Turnitin here: https://teaching.unsw.edu.au/elearning.

What if plagiarism is found in my work?

If plagiarism is found in your work when you are in first year, your lecturer will offer you assistance to improve your academic skills. They may ask you to look at some online resources, attend the Learning Centre, or sometimes resubmit your work with the problem fixed. However more serious instances in first year, such as stealing another student's work or paying someone to do your work, may be investigated under the Student Misconduct Procedures.

Repeated plagiarism (even in first year), plagiarism after first year, or serious instances, may also be investigated under the Student Misconduct Procedures. The penalties under the procedures can include a reduction in marks, failing a course or for the most serious matters (like plagiarism in a honours thesis) even suspension from the university. The Student Misconduct Procedures are available here:

https://www.gs.unsw.edu.au/policy/documents/studentmisconductprocedures.pdf

Examples of plagiarism

Using the internet inappropriately

A first year student handed in an assignment where she had copied from a website. Her lecturer realised she didn't understand you have to reference websites in the same way you reference books and journal articles. The lecturer explained how to reference and sent her to a workshop at the Learning Centre to help her improve her skills.

Working together on a math assignment

A group of Mathematics students worked together on an assignment when they had been told this was not allowed. All questions where the students had worked together were given zero, and this lead to some student failing the assessment.

No referencing in an assessment

A third year student submitted a major assessment that included material from a journal article published in Canada. When his essay was submitted into Turnitin, it let the academic know that the student didn't reference the material. The student was given zero for the essay, and because it was worth 50 per cent he failed the course.

Copying design work

A final year design student used images of someone else's designs in her work and he said the designs were his own. The matter was formally investigated by his Faculty and he was found to have committed academic misconduct and failed the course.

Further information and assistance

If you would like further information or assistance with avoiding plagiarism, you can contact the Learning Centre. The Learning Centre at The University of New South Wales has two locations:

UNSW Learning Centre

Lower Ground Floor, North Wing, Chancellery Building

(C22 Kensington Campus – near Student Central)

http://www.lc.unsw.edu.au/

Phone: 9385 2060

Email: **learningcentre@unsw.edu.au**

Opening Hours:

Monday to Thursday: 9am - 5pm and
Friday: 9am - 2.30pm
UNSW Art & Design Learning Centre
G Block, Room G112
Phone: 9385 0739
https://www.artdesign.unsw.edu.au/current-students/student-services/learning-centre

14. Administrative Matters

The *School of Psychology Student Guide*, available on http://www.psy.unsw.edu.au/current-students/student-guide, contains School policies and procedures relevant for all students enrolled in undergraduate or Masters psychology courses, such as:

- Attendance requirements;
- Assignment submissions and returns;
- Assessments;
- Special consideration in the event of illness or misadventure;
- Student Code of Conduct;
- Student complaints and grievances;
- Student Equity and Disability Unit; and
- Health & Safety.

Students should familiarise themselves with the information contained in this *Guide*.