



**UNSW**  
AUSTRALIA

## Science

Faculty of Science  
School of Psychology

# PSYC3331 Health Psychology

Semester 2, 2014

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1. Information about the Course			
<b>FACULTY</b>	Science		
<b>SCHOOL OR DEPARTMENT</b>	Psychology		
<b>COURSE CODE</b>	PSYC 3331		
<b>COURSE NAME</b>	Health Psychology		
<b>SEMESTER</b>	Semester 2	<b>YEAR</b>	2014
<b>UNITS OF CREDIT</b>	6	<b>LEVEL OF COURSE</b>	3 <sup>rd</sup> year
<b>ASSUMED KNOWLEDGE, PREREQUISITES OR CO-REQUISITES</b>	Prerequisite/s: PSYC2001, PSYC2061 or PSYC2101		
<b>SUMMARY OF THE COURSE</b>	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 Contact Details				
<b>COURSE COORDINATOR</b>				
<b>Name</b>	<b>Phone</b>	<b>Email</b>	<b>Office</b>	<b>Contact Time &amp; Availability</b>
Lenny R. Vartanian	9385 8758	<a href="mailto:lvartanian@psy.unsw.edu.au">lvartanian@psy.unsw.edu.au</a>	Mathews 1111	By appointment
<b>LECTURERS</b>				
<b>Name</b>	<b>Phone</b>	<b>Email</b>	<b>Office</b>	<b>Contact Time &amp; Availability</b>
Brock Bastian	9385 3526	<a href="mailto:b.bastian@unsw.edu.au">b.bastian@unsw.edu.au</a>	Mathews 1001	By appointment
Angela Nickerson	9385 0538	<a href="mailto:a.nickerson@unsw.edu.au">a.nickerson@unsw.edu.au</a>	Mathews 1101a	By appointment
Michael Young	9385 3046	<a href="mailto:michael.young@unsw.edu.au">michael.young@unsw.edu.au</a>	Mathews 1004	By appointment
<b>TUTORS</b>				
<b>Name</b>	<b>Email</b>		<b>Office</b>	<b>Contact Time &amp; Availability</b>
Miriam Den	<a href="mailto:m.den@student.unsw.edu.au">m.den@student.unsw.edu.au</a>		Mathews 1402	By appointment
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Michelle Jiang	<a href="mailto:michelle.jiang@psy.unsw.edu.au">michelle.jiang@psy.unsw.edu.au</a>		Mathews 1402	By appointment
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Ewelina Swierad	<a href="mailto:e.swierad@psy.unsw.edu.au">e.swierad@psy.unsw.edu.au</a>		Mathews 1502	By appointment

3. Course Timetable				
Component	Class Number	Day	Time	Location
Lecture 1	4482	Wednesday	9-10	Biomed Theatre D
Lecture 2	4482	Thursday	3-4	Biomed Theatre D
Tutorial	4486	Monday	9-11	Mathews 301
Tutorial	4483	Monday	3-5	Mathews 112
Tutorial	4487	Tuesday	9-11	Mathews 301
Tutorial	4489	Wednesday	12-2	Mathews 301
Tutorial	4488	Wednesday	2-4	Mathews 301
Tutorial	4491	Thursday	11-1	Mathews 301
Tutorial	4485	Thursday	1-3	Mathews 301
Tutorial	4484	Friday	9-11	Mathews 301
Tutorial	4490	Friday	12-2	Mathews 301

*NB. Course timetables are subject to change without notice. Students are advised to check regularly for updates on the Blackboard 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. strengths and limitations of various intervention techniques (at the individual, group, or community level) that could reduce disease risk by alternative 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.

\* 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).



## 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 9 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.

## 9. Course Schedule

Week	Lecture Topic & Lecturer	Tutorial Content	Required Readings
1	Lecture 1: Introduction and administration ( <b>Fardouly</b> ) Lecture 2: What is health psychology? ( <b>Fardouly</b> )	<b>NO TUTORIAL</b>	Chapters 1-2
2	Lecture 1: Stress and illness ( <b>Nickerson</b> ) Lecture 2: Coping with stress ( <b>Nickerson</b> )	<i>Coping with stress</i>	Chapters 3-5
3	Lecture 1: Models of health behaviour ( <b>Vartanian</b> ) Lecture 2: Models of health behaviour ( <b>Vartanian</b> )	<i>Self-change</i>	Chapter 6
4	Lecture 1: Obesity—Causes and consequences ( <b>Vartanian</b> ) Lecture 2: Obesity—Causes and consequences ( <b>Vartanian</b> )	<i>Obesity</i>	Chapter 8
5	Lecture 1: Nutrition, eating, and exercise ( <b>Vartanian</b> ) Lecture 2: Nutrition, eating, and exercise ( <b>Vartanian</b> )	<i>Nutrition and exercise</i>	Chapter 8
6	Lecture 1: Body image and eating disorders ( <b>Vartanian</b> ) Lecture 2: Substance use and misuse ( <b>Vartanian</b> )	<i>Body image</i>	Chapter 7
7	Lecture 1: Sexual Health ( <b>Vartanian</b> ) Lecture 2: <b>MID-SESSION TEST</b>	<b>NO TUTORIAL</b>	pp. 605-610
8	Lecture 1: Chronic disease ( <b>Young</b> ) Lecture 2: Chronic disease ( <b>Young</b> )	<i>Chronic disease</i>	Chapter 13-14
9	Lecture 1: Sleep disorders ( <b>Young</b> ) Lecture 2: Sleep disorders ( <b>Young</b> )	<b>NO TUTORIAL</b>	TBD
10	Lecture 1: Chronic pain ( <b>Bastian</b> ) Lecture 2: Chronic pain ( <b>Bastian</b> )	<i>Pain tutorial</i>	Chapters 11-12
11	Lecture 1: Healthcare in Australia ( <b>Vartanian</b> ) Lecture 2: Healthcare in Australia ( <b>Vartanian</b> )	<i>Presentations</i>	Chapters 9-10
12	Lecture 1: Public health ( <b>Vartanian</b> ) Lecture 2: Public health ( <b>Vartanian</b> )	<i>Presentations</i>	Chapter 15



10. Assessment								
Assessment Task	Weight	Learning Outcomes Assessed	Graduate Attributes Assessed	Date of		Feedback		
				Release	Submission	Who	When	How
<p><b>Tutorial participation</b> 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.</p>	5%	1-4	1-6	--	--	--	--	--
<p><b>Mid-session-test</b> In the Thursday lecture of Week 7 (11 September), a test will be given in the lecture theatre. This test will cover all lecture material from Weeks 1-7, all relevant readings, and tutorials through Week 6. The test will consist of multiple choice and short answer questions.</p>	20%	1-4	1-3, 6	Week 7	Week 7	Vartanian	Week 8	Moodle / by appointment
<p><b>Group project</b> 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. In addition to carrying out the project, groups will present their projects in tutorial (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 (24 October). Please <b>do not</b> submit a hard copy of your report.</p>	35%	1-4	1, 3, 5-6	Week 2	Week 12	Vartanian/ Tutors	TBD	Moodle / E-mail
<p><b>Final exam</b> There will be a 2-hour examination held during the University examination period 7 Nov to 23 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 7 -12, and the second component will consist of short-answer written questions relating to the entire course (Weeks 1-12).</p>	40%	1-4	1-3, 6	Exam period	Exam period	Vartanian	TBD	Moodle





11. Expected Resources for Students	
TEXTBOOKS	Sarafino, E. P., & Smith, T. W. (2014). <i>Health Psychology: Biopsychosocial interaction</i> (8 <sup>th</sup> edition). Wiley. Available at the UNSW bookshop and also in electronic format from: <a href="http://au.wiley.com/WileyCDA/WileyTitle/productCd-EHEP003010.html">http://au.wiley.com/WileyCDA/WileyTitle/productCd-EHEP003010.html</a>
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: <a href="#">Student Code of Conduct</a> <a href="#">Email policy</a> <a href="#">UNSW Anti-racism policy statement</a> <a href="#">UNSW Equity and Diversity policy statement</a> <a href="#">UNSW Equal opportunity in education policy statement</a>

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 Course and Teaching Evaluation and Improvement (CATEI) process.

13. Plagiarism & Academic Integrity
<p><b>What is plagiarism?</b></p> <p>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.</p> <p>UNSW groups plagiarism into the following categories:</p> <ul style="list-style-type: none"> <li>• <b>Copying:</b> 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.</li> <li>• <b>Inappropriate paraphrasing:</b> 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.</li> <li>• <b>Collusion:</b> 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.</li> <li>• <b>Duplication:</b> 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.</li> </ul> <p><b>Where can I find out more information?</b></p> <p>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:</p> <ul style="list-style-type: none"> <li>• <b>How can the Learning Centre help me?</b> The Learning Centre assists students with understanding academic integrity and how to not plagiarise. Information is available on their website: <a href="https://my.unsw.edu.au/student/atoz/Plagiarism.html">https://my.unsw.edu.au/student/atoz/Plagiarism.html</a>. They also hold workshops and can help students one-on-one.</li> <li>• <b>How can Elise help me?</b></li> </ul>

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: <https://my.unsw.edu.au/student/atoz/ELISE.html>.

- **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://student.unsw.edu.au/turnitin-support>.

**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

<http://www.gs.unsw.edu.au/policy/documents/studentmisconductprocedures.pdf>.

**Examples of plagiarism****Using the internet appropriately**

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 led 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)

[www.lc.unsw.edu.au](http://www.lc.unsw.edu.au)

**Phone:** 9385 2060

**Email:** [learningcentre@unsw.edu.au](mailto:learningcentre@unsw.edu.au)

**Opening Hours:**

Monday to Thursday: 9am - 5pm and

Friday: 9am - 2.30pm

**COFA Campus Learning Centre**

**Email:** [cofalearningcentre@unsw.edu.au](mailto:cofalearningcentre@unsw.edu.au)

**Phone:** 9385 0739

#### 14. Administrative Matters

The *School of Psychology Student Guide*, available on

[http://www.psy.unsw.edu.au/sites/all/files/page\\_file\\_attachment/Psychology%20Student%20Guide%202014%20S2\\_0.pdf](http://www.psy.unsw.edu.au/sites/all/files/page_file_attachment/Psychology%20Student%20Guide%202014%20S2_0.pdf), 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
- Occupational Health & Safety.

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