

The Hong Kong University of Science and Technology
Division of Social Science
SOSC3990 Health Psychology
Spring Semester, 2022

| Lecturer | Teaching Assistant |
|---|---|
| Dr. Annie SHU Email: annieshu@ust.hk Office: Room 2371 Consultation: By appointment | Ms. Ka Yee WONG Email: egkayee@ust.hk Office: Rm 3005 Consultation: By appointment |

Lecture Time: Tue, Thu 10:30-11:50am
Venue: LSK1027

Course Description

Health psychology is the scientific study of how biological, psychological, and social factors affect health promotion as well as the prevention and treatment of illness. We look at how people stay healthy, why they become ill, and how they cope and recover when they are ill. This course is intended to introduce students to the theoretical models, research methodology, empirical findings, and current issues in health psychology. Students should complete the course with a fundamental knowledge in this young and exciting field of study.

Prerequisite

SOSC1960 Discovering Mind and Behavior or SOSC1980 Psychology and Everyday Life

Intended Learning Outcomes (ILOs)

Upon completion of this course, students are expected to:

1. understand the fundamental knowledge and key concepts in health psychology;
2. familiarize with the key classical and contemporary experimental studies and findings in health psychology; AND
3. relate and apply the theories and concepts to everyday life.

Required Textbook

Taylor, S. E. (2021). *Health psychology* (11th edition). New York: McGraw Hill.

| Assessment Scheme | Weighting | ILOs |
|-----------------------------------|-----------|------------|
| Class Participation | 10% | #1, #3 |
| Final Quiz | 30% | #1, #2 |
| Group Project | | |
| Outline | 5% | |
| Presentation | 15% | #1, #2, #3 |
| Presentation Participation | 10% | |
| Individual Paper | 30% | #1, #2, #3 |

1. Class Participation (10%)

- You are strongly encouraged to participate actively in class activities and group discussions. The activities or discussions will be issues that you will come across in your everyday life which are related to the course contents.
- Your contributions in the class discussions or activities will be recorded on Qualtrics and count towards your participation score.

2. Final Quiz (30%)

- One final quiz will be administered to test your understanding of course materials. It includes multiple-choice questions only. It counts for 30% and covers all materials in lectures and required readings (the relevant chapters will appear on the last page of the lecture handouts).
- Supplementary readings are also listed in the lecture note but they will NOT be included in the exams. These readings are useful for a deeper understanding in the course contents.
- The quiz is scheduled on **May 10** and covers topics from **all weeks**.
- Arrive on time for the exams as no additional time will be given for students arriving late.
- No make-up exams will be given to students who are absent from the examination unless students can provide validated medical reasons. You must present a written note from your doctor attesting to the fact that you were too ill to attend the examination. This note must be presented to me in person *within 24 hours of the original quiz date* to arrange for a make-up quiz. All make-up exams will ONLY be in the form of essay questions.

3. Group Project (30%)

- You are required to give a presentation **in a group of 5 for 20 minutes (including a 5-minute Q&A)** on any topic you selected.
- Based on what you have learned in this course, you are expected to design a health promotion or prevention program of one health-related behavior to the public. The purpose of this presentation is to apply what you have learned in lectures and textbook to real-life experiences, so make sure that the topic and content are linked to psychological findings and theories.
- Groups will be formed during class time on Feb 22. You may find your groupmates in class and submit the group name list after class. For those who fail to form groups or absent on Feb 22, we will assign a group for you.
- Each group should discuss with me about your presentation in the class consultation session.

4. Individual Paper (30%)

- Write a reflection in 1,000 words on at least ONE news article about any health issues. You will explain how it is related to health psychology and why you find the news interesting (e.g., the news report findings that are contradictory to our common belief or similar to the empirical research in health psychology).
- You need to be very conscious about relating and applying what you have learned in this course with the news articles. This is NOT a summary of the news article, be reflective and insightful with your own thoughts about the health issues.
- Submission deadline: **May 16 (Mon) at 12 noon HKT.**

Academic Integrity

You should observe the University's policies regarding academic integrity (<https://registry.hkust.edu.hk/resource-library/regulations-student-conduct-and-academic-integrity>). Academic dishonesty such as plagiarism and cheating would result in a reduction of scores or even a failing grade in the course. We will investigate every suspected case of plagiarism and report the confirmed case to Division of Social Science for further review or action. Make sure you understand academic honesty.

Course Communication Platform

All lecture materials and announcements will be posted on CANVAS. Be sure to check CANVAS frequently for any updated news.

Some Other Notes

- **Interaction in class** – I believe interactions (both verbal and non-verbal) between the lecturer and the students (and among students) are one of the key ingredients to an optimal learning experience. Your active participations in class discussion or activities will not only enhance your learning, but also motivate the teaching team to do better! Stay behind the class and share with me your thoughts about the course contents.
- **Lecture slides** – Lecture slides will be posted to CANVAS before each class, but the contents will be a bit different from the displayed slides as I hope to encourage you to take your own notes. Note-taking facilitates your reflection and assimilation of the lecture contents.
- **Penalties** – Score deduction applies to any assignments over the word limit. Detailed can be found in the assignment guidelines.
- **Late submission** – For any group assignment, the group leader will do the submission. Submissions received less than 5 hours after the deadline will not be penalized. No submissions will be accepted after 5pm HKT on the due date.
- **Communication** – Please expect that your emails will be responded to during weekdays 10am to 6pm HKT.
- **Your feedback** – Your opinions about the course are very valuable to help me improve the course. Feel free to drop by to talk to me. A course evaluation will also be held at the end of the course.

Teaching Schedule

| Week | Date | Topic | Required Readings |
|------|---------------|---|-------------------|
| 1 | Feb 8 | Introduction | Chapter 1 |
| | Feb 10 | What is Health Psychology? | |
| 2 | Feb 15 | Health Promotion and Prevention | Chapter 3 |
| | Feb 17 | | |
| 3 | Feb 22 | Health Behavior Change | Chapter 3 |
| | Feb 24 | | |
| 4 | Mar 1 | Stress | Chapter 6 |
| | Mar 3 | | |
| 5 | Mar 8 | Coping | Chapter 7 |
| | Mar 10 | | |
| 6 | Mar 15 | Using Health Services | Chapter 8 |
| | Mar 17 | | |
| 7 | Mar 22 | Patient-Provider Relations | Chapter 9 |
| | Mar 24 | | |
| 8 | Mar 29 | Management of Pain | Chapter 10 |
| | Mar 31 | | |
| 9/10 | Apr 7 | Group Project Consultation | |
| | Apr 12 | Management of Chronic Illnesses | Chapter 13, 14 |
| 10 | Apr 19 | A. Circulation-related diseases | |
| | Apr 21 | B. Immunity-related diseases C. Emotional responses and coping | |
| 11 | Apr 26 | Individual Paper Consultation | |
| | Apr 28 | | |
| 12 | May 3 | Group Presentation | |
| | May 5 | | |
| 13 | May 10 | Final Quiz (covers topics from Week 1 to Week 10) | |

Important Dates

| Date | Task |
|--------|------------------------------------|
| Feb 22 | Submission of group list in class |
| Mar 24 | Group Project outline due in class |
| Apr 7 | Group Project consultation |
| Apr 26 | Individual Paper consultation |
| May 8 | Peer evaluation |
| May 10 | Final Quiz |
| May 16 | Individual Paper due |