

# **Psychology 352 Behavioral Medicine Fall Semester 2009**

**Days:** T, Th  
**Time:** 2:00 – 3:15  
**Room:** SBS 104

**Instructor:** Richard Ogle, PhD  
**Office:** SBS 110E  
**Office Hours:** Tuesday & Thursday 1:00 – 2:00, and by appointment.  
**Phone:** 910.962.7753  
**Email:** ogler@uncw.edu

## **Text**

Brannon, L., & Feist, J. (2010). Health Psychology: An Introduction to Behavior and Health, 7<sup>th</sup> Edition. Stamford, CT: Wadsworth.

## **Course Description**

IN A WORLD (don't you hate that when movie trailers start that way?) where most people in this country live long lives, the burden, chore and hobby of health maintenance has increased in significance. How do people negotiate this task of maintaining health? Also, how do those afflicted with chronic illness or illness related to lifestyle make important behavior change to live healthy productive lives? The field of behavioral medicine/health psychology endeavors to answer these questions through the use of science and to improve the manner in which we function.

Content will be presented through text reading, lecture and video. Class discussion makes this course more interesting and will be encouraged and respected.

## **Course Requirements**

Requirements for this course include:

1. Reading the assigned chapters (hopefully before the lecture)
2. Three multiple choice exams
3. Ten reaction papers (randomly assigned in class)

## **Reaction Papers**

You are required to write in-class reaction papers. These papers will be assigned on random days throughout the semester. The papers are designed to help you think critically about a topic and articulate your thoughts in writing. Writing is an important skill and papers will be graded on writing ability and content.

## **Grading**

Grades will be assigned based on test scores and reaction papers. Point totals are as follows:

1. Two 60-point exams..... 120 points
  2. Final exam.....75 points
  3. Ten reaction papers.....50 points
- Total = 245

Your grade will be based on your final point total. **The highest point total obtained in the class will be the top of the scale.** Grades will be scaled off this total using the standard grade ranges. The grade ranges are as follows:

**90% or greater = A range**

**80% - 89% = B range**

**70 - 79% = C range**

**60 - 69% = D range**

**59% and below = F range**

**EXAMPLE: If the top score is 270 points the low end of the A range would be 243 (90%).**

### Schedule

#### August

20 Introduction and Syllabus Review

25 Chapter 1: Foundations of Health Psychology I

27 Chapter 2: Conducting Health Care Research I

#### September

1 Chapter 2: Conducting Health Care Research II

3 Chapter 3: Seeking Health Care I

8 Chapter 3: Seeking Health Care II

10 Chapter 4: Adhering to Medical Advice I

15 Chapter 4: Adhering to Medical Advice II

17 **Exam I – 60 questions multiple-choice**

22 Chapter 5: Defining and Measuring Stress I

24 Chapter 5: Defining and Measuring Stress II

29 Chapter 6: Understanding Stress and Illness I

#### October

1 Chapter 6: Understanding Stress and Illness II

6 **FALL BREAK: NO CLASS**

8 Chapter 7: Understanding & Managing Pain I

13 Chapter 7: Understanding & Managing Pain II

15 Chapter 7: Understanding & Managing Pain III

20 Chapter 8: Alternative Approaches to Healthcare  
22 **Exam II – 60 multiple choice questions**

27 Chapter 9: Cardiovascular Disease I  
29 Chapter 9: Cardiovascular Disease II

### **November**

3 Chapter 10: Cancer I  
5 Chapter 10: Cancer II

10 Chapter 11: Chronic Illness I  
12 Chapter 11: Chronic Illness II

17 Chapter 11: Chronic Illness III  
19 Chapter 14: Obesity

24 Chapter 15: Exercise  
26 **THANKGIVING: NO CLASS**

### **December**

1 Catch-up Day

10 **FINAL EXAMINATION (3:00-6:00) – 75 questions multiple choice**

### **Important Information**

1. Although I do not take attendance, it is important to attend class. Enough test material comes from lecture material that missing lectures will influence your grade. In addition, reaction papers are assigned on a random basis.
2. Normally exams cannot be made-up. If you know in advance that you cannot make a certain test date, talk to me and we can schedule the test in advance. In certain emergency/bizarre circumstances tests can be made up if missed.
3. I am not normally a fan of cheating. Cheating will be dealt with based on UNCW policies. Please refer to your student handbook. Short version – cheaters fail the course.
4. The purpose of this class is to have **FUN** learning about yourself and others. Enjoy.