

Health Psychology Psychology 341K -- Spring, 2000

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Required Books:

Freyd, J.J. (1998). *Betrayal Trauma: The Logic of Forgetting Childhood Abuse*. Cambridge, MA: Harvard.
Moyers, B. (1993). *Healing and the Mind*. New York: Doubleday.
Pennebaker, J.W. (1997). *Opening Up*. New York: Guilford.
Sapolsky, R.M. (1998). *Why Zebras Don't Get Ulcers*. New York: Freeman.

Tentative Lecture and Reading Schedule

Date	Topic	Chapter Reading
Jan 18	Introduction to the mind-body problem	
Jan 20	The brain's role in emotion and stress	S1,S2
Jan 25	Higher brain centers and health	S3,S4,M9(Pert)
Jan 27	The immediate response to stress: The autonomic nervous system	S5,S6
Feb 1	Stress and the General Adaptation Syndrome	S7,S8
Feb 3	Alexander and the Freudian influence	S9,S10
Feb 8	Psychoneuroimmunology (PNI) and psychosomatics	M10(Kemeny), M11(Felton), M12 (Ader)
Feb 10	TEST 1	
Feb 15	Illness and identity	M1 (Delbanco), M2 (Anderson)
Feb 17	Prejudice, discrimination, and health	M3 (Smith)
Feb 22	Trauma, memory, and PTSD	F1-F3
Feb 24	Learning and family dynamics	F4-F7
Feb 29	Emotion: Body theories	
Mar 2	Emotion: Facial expression and feedback	M4 (Olness)
Mar 7	The perception of physical symptoms	
Mar 9	TEST 2	
Mar 21	Personality: Negative affect and anxiety	P10, S13

Mar 23	Type A, hostility, and heart disease	S14, M5 (Ornish)
Mar 28	Women, men, and health [1st PAPER DUE]	
Mar 30	Eating disorders and body image	
Apr 4	Inhibition and disclosure	M14 (Eisenberg)
Apr 6	Healing through thoughts and feelings	P1-P6
Apr 11	Explorations into language	P7-P13
April 13	Occupational health and stress management	M6 (Kabat-Zinn), M7 (Zawacki)
April 18	Support groups and the doctor-patient relationship	M8 (Spiegel), S16
April 20	Culture, religion, and spirituality	
April 25	Discussion of Class Projects [2nd PAPER DUE]	
April 27	Discussion of Class Projects	
May 2	Discussion of Class Projects	
May 4	TEST 3	

Grading

Exam Information. There will be three exams and no final. The lowest of your three exams counts 10%, the other two count 50% (or 25% each) towards your final grade. Tests are short answer and essay, covering both lecture and the readings. Note that all tests are cumulative.

Papers. Two overlapping experimental papers related to health psychology are required. The first paper, which is due at the beginning of class on March 28, should be a comprehensive proposal of an experiment. This paper, which should not be more than 8-12 pages, must include a cover page, abstract, introduction, methods section, and reference section. **The paper must be in APA format.** The second paper will be based on the actual execution of the experiment that you have proposed in the first paper. The final manuscript, which is due on the beginning of class on April 25, will include cover page, abstract, introduction, methods, results, discussion, references, and tables or graphs as needed. Note that the introduction and methods will probably be significant revisions of the first versions you turned in in March.

The first paper counts 10% and the final paper counts 30% of your final grade. All papers/experiments must be approved by the instructor or TA prior to their being turned in. Because everyone will be conducting an experiment, it is expected that students will help in serving as a subject for other students' experiments. Late papers will be docked one letter grade per day. Note that the instructor and TA will help in analyzing your data if needed. Should you need assistance with your data, you must allow ample time before the paper deadline.

Final grade. The final grade in the course will be computed as follows:

Lowest exam =	10%
Other two exams @ 25% each	50%
1 st paper	10%
2 nd Paper	30%
Total	100%