

Haverford College
Department of Psychology
Fall 2017
Psychology 245

Course: Health Psychology

Instructor: Thomas A. Wadden, Ph.D.
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(Please use both e-mail addresses when writing)

Day/Time: Tuesdays: 7:30-10:00 PM

Course Overview

This course will provide an introduction to health psychology, which examines the “application of psychological principles and research to the enhancement of health, and the prevention and treatment of illness.” The course will examine the role of behavioral, biological, psychological, social, and cultural factors that influence the maintenance of health, the onset of illness, and the treatment of disease. Readings will focus on health behaviors related to diet, physical activity, sleep, and positive mood/self-regulation. With each topic, we will examine departures from health as exemplified by obesity and eating disorders, physical inactivity (and its cardiovascular consequences), sleep disorders, addiction, and stress. Methods of coping with and treating these common conditions will be reviewed. Several classes will be devoted to examining the consequences and management of several major chronic illnesses including pain, heart disease, diabetes, cancer, and HIV/AIDS. The patient’s experience of having an illness and seeking treatment, on either an outpatient (doctor’s office) or inpatient (hospital) basis, will be discussed, as will the role of complementary and alternative medicine.

The course is appropriate for psychology majors (and other students) who are interested in clinical applications of psychology (and other health sciences) to physical and psychosocial health. Students should have taken introductory psychology and have a basic understanding of experimental design and how randomized controlled trials are used to test the effectiveness of different interventions.

The course will include several guest lecturers from the University of Pennsylvania, including Dr. Kelly Allison, Associate Professor of Psychology in Psychiatry, who is internationally regarded for her research in eating disorders. Dr. Allison will lead three class sessions.

Texts

Required:

Sarafino EP, Smith TW. Health Psychology: Biopsychosocial Interactions (8th Edition).
John Wiley and Sons, 2014 (paperback edition).

Supplementary readings (PDFs), consisting principally of journal articles, will be provided on Moodle.

Recommended/Optional:

Suls JM, Davidson KW, Kaplan RM. Handbook of Health Psychology and Behavioral Medicine.
Guilford Press, 2010.

Course Requirements

This course will use a lecture format, combined with active student participation. Thus, its success will depend upon students' regular class attendance and completion of weekly readings. (Please e-mail me in advance if you are not able to attend class.) Student performance will be assessed by mid-term and final exams that each will count for 30% of the final grade. An additional 20% will be accounted for by an 8-10-page paper on the treatment of one of the health conditions studied. A 4-week project on changing a health-related behavior will contribute 15% of the grade. The final 5% will be based on class participation, which will include serving as an "expert reviewer" to lead discussion of one of the empirical papers discussed in class.

In covering obesity and eating disorders, two classes in Psychology 245 overlap with lectures presented in Psychology 327 (Obesity Epidemic).

Class Schedule

Sep 5 Introduction to Health Psychology; Research Design and Methods

Readings: Sarafino and Smith textbook (i.e., Textbook) chapter 1.

Sep 12 Health Behaviors: Principles and Models

Readings: Textbook, chapter 6

Supplemental readings: Banks et al; Coleman et al; Kvaavik et al; Olsen et al

Distribute Health Behavior Change Assignment

- Sep 19 Diet, Physical Activity, and Obesity
- Readings: Textbook, chapter 8; chapter 2, module 3 (pages 39-42);
- Supplemental readings: Rolls et al; Crespo et al; Knowler et al; Brownell et al; Foster et al
- Distribute Term Paper Assignment
- Sep 26 Substance Use and Abuse
- Readings: Textbook, chapter 7
- Supplemental readings: Denis & Scott; Kalivas 2007; McKay et al; Oslin et al
- Oct 3 Eating Disorders
- Readings: Textbook, chapter 2, module 5 (pages 44-48)
- Supplemental readings: Allison et al; Lock et al; Agras et al; Allison & Tarves; Neumark-Sztainer et al; Stice et al; Stunkard et al
- Oct 10 Sleep and Sleep Disorders
- Readings: Textbook, chapter 2, module 4
- Supplemental readings: Bartlett et al; Blom et al; Dube et al; Jacobs et al; Manber et al
- Health Behavior Change Project due 10/10/17.
- Oct 17 Fall Break
- Oct 24 Midterm Exam
- Oct 31 Stress and Illness
- Readings: Textbook: chapters 3 and 4; chapter 2, module 6
- Supplemental readings: De Volgi et al; Steptoe et al; Martin et al, Marmot et al

- Nov 7 Stress and Coping
- Readings: Textbook, chapter 5
- Supplemental readings: Hoge et al, Lee et al, Boettcher et al
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- Nov 14 Pain and Pain Management
- Readings: Textbook, chapters 11 and 12
- Supplemental readings: RCT ACT vs. CBT for pain; Bernardy et al; Ehde et al; Boscarino et al
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- Nov 21 Chronic Illness: Cancer and HIV/AIDS
- Readings: Textbook, chapter 14 (pages 369-385);
- Supplemental readings: Glanz et al, 2005; 2014; 2015; Cohen et al; Metzger et al.
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- Nov 28 Chronic Illness: Cardiovascular Disease and Diabetes
- Readings: Textbook, chapter 14 (pages 356-369); chapter 13; chapter 2, modules 2 and 5.
- Supplemental readings: Pbert et al; The Look AHEAD Research Group; Holmes et al; Tang et al; Milani et al
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- Dec 5 Health Care Services and Patient Use
- Readings: Textbook, chapter 9; supplemental readings
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- Dec 12 Hospitalization; Complementary and Alternative Medicine
- Readings: Textbook, chapter 10; supplemental readings
- Term Paper due Friday December 15th
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- Final Exam to be scheduled