Instructor: Juliana Breines, Ph.D.
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Email: jbreines@brandeis.edu
Phone: (781) 736-2797
Office Hours: Tuesday 12:30-1:30 pm and by appointment

Graduate Teaching Assistant: Alex Fiksdal, M.A.
Office: Brown 25
Email: fiksdala@brandeis.edu
Office hours: Thursday 10:30-11:50am and by appointment

Undergraduate Teaching Assistants:
Monique Menezes
Email: mj2617@brandeis.edu
Office hours: by appointment
Rachel Dobkin
Email: rdobkin@brandeis.edu
Office hours: by appointment

Course Description: The goal of this course is to provide an introduction to the field of Health Psychology. This field seeks to understand how psychological factors—thoughts, feelings, and behaviors— influence and are influenced by health. We will cover a broad range of topics, including biological processes underlying the mind-body connection, the impact of stress on health, health promotion and education, positive psychology, eating behavior and addiction, health disparities and health care reform, and the experience of living with a chronic illness.

Readings:

A copy of the textbook is on reserve at the Goldfarb Main Library Information & Borrowing Desk.

Supplementary readings will be available on LATTE in PDF format.

Requirements:
1. Discussion questions. Each Monday evening (excluding exam weeks and weeks where a holiday falls on a Tuesday or Wednesday), I will send out a discussion question based on that week’s material. Brief responses (2-3 sentences) to the prompt, submitted via an online form, will be due by midnight that Wednesday. In the schedule below, Tuesdays marked with an asterisk mean that responses will be due the following day. Some responses may be included (anonymously) in Friday lectures. You will receive 10 points for completing each response, for a total of 100 points (9 weekly responses for 10 points each + 10 “free” points). Discussion question responses will make up 20% of your final grade.
2. **Research paper.** A one page (single-spaced) research paper on a topic of your choosing will be due Tuesday, 11/24 by midnight. Detailed guidelines for the paper and the grading rubric will be posted on LATTE at least one month prior. Papers will be graded out of 100 points and will make up 20% of your grade.

3. **Three non-cumulative exams.** Exams will consist primarily of multiple choice questions with a few short answer questions. Review sheets will be posted at least one week before each exam. Exam questions will be based on content presented in lecture, the assigned textbook chapters, and the supplementary readings. Each exam will be graded out of 100 points (300 points total) and will each make up 20% of your grade (60% total).

**Grading:**
- Discussion questions (100 points) 20%
- Paper (100 points) 20%
- Exam #1 (100 points) 20%
- Exam #2 (100 points) 20%
- Exam #3 (100 points) 20%
- Total: 500 points

Your final letter grade will be based on the following scale (out of 500 points):

- **A+** (97.5-100%)
- **A** (92.5-96.9%)
- **A-** (90-92.4%)
- **B+** (87-89.9%)
- **B** (82.5-86.9%)
- **B-** (80-82.4%)
- **C+** (77-79.9%)
- **C** (72.5-76.9%)
- **C-** (70-72.4%)
- **D** (60-69.9%)
- **F** (0-59.9%)

**Extra credit:** One-page paper describing your experience of pursuing a personal health goal as it relates to the course material. Due on the last day of class (12/8). Worth 1 point added to final grade.

**Pre-requisite:** PSYC 10a (formerly PSYC 1a) Introduction to Psychology

**Email policy:** You will receive course-related emails to your Brandeis email account at various points throughout the course. Important course announcements will also be made in lecture. You are always welcome to email me with questions, and I will respond within 24 hours on week days and within 48 hours on weekends. Any exam-related questions should be sent at least 24 hours before the exam, except in cases of emergency.

**Cell phones:** Please refrain from using cell phones, email, and other online media during class, as this can be distracting for other students and can compromise your own enjoyment of the course.

**Office hours:** I encourage you to come to my office hours at least once during the month of September to introduce yourself. Please also take advantage of my office hours for any questions or concerns regarding the course or to discuss career plans.

**Attendance:** I will not take attendance in class, but attendance is expected and it is in your best interest to attend each class. Some exam questions will be based on lecture material that is not covered in the textbook or
readings. I will post lecture slides on LATTE by 9pm the evening before each lecture for those who want to print and take notes on the slides, but keep in mind that the slides are not comprehensive (i.e., additional information will be provided during the lecture). If you miss a lecture, I recommend meeting with a classmate or with one of the TAs to catch up on what you missed. If you have remaining questions, feel free to come to my office hours as well.

**Make-up exams and paper extensions:** If you need to miss an exam or can’t turn in your paper on time due to a personal emergency or documented physical illness, please contact me as soon as possible to arrange a make-up exam or extension. Missed exams and late papers will otherwise result in a deduction of points from that portion of your grade (10 points per day).

**Disabilities:** If you are a student with a documented disability on record at Brandeis University and wish to have a reasonable accommodation made for you in this class, please see me immediately.

**Academic Integrity:** You are expected to be honest in all of your academic work. Please consult Brandeis University Rights and Responsibilities for all policies and procedures related to academic integrity. Students may be required to submit work to TurnItIn.com software to verify originality. Allegations of alleged academic dishonesty will be forwarded to the Director of Academic Integrity. Sanctions for academic dishonesty can include failing grades and/or suspension from the university. Citation and research assistance can be found at LTS - Library guides.

*Success in this 4 credit hour course is based on the expectation that students will spend a minimum of 9 hours of study time per week in preparation for class (readings, papers, preparation for exams, etc.)*

**Campus resources:**

**Academic Advising**
130 Usdan Hall
(781) 736-3470
acserv@brandeis.edu
www.brandeis.edu/acserv
Pre-Health: http://www.brandeis.edu/acserv/health/

**Writing Center**
Rabb 144
http://www.brandeis.edu/writingprogram/writingcenter/

**English Language Programs**
Rabb 340
(781) 736-3992
vino@brandeis.edu
www.brandeis.edu/elp/

**Psychological Counseling Center**
Mailman House
(781) 736-3730
pcc@brandeis.edu
www.brandeis.edu/pcc/

**Laptop & Other Equipment Borrowing**
Getz Multimedia Lab in Farber 3
http://lts.brandeis.edu/borrowing/equipment.html
**Course Schedule:** The schedule below provides a rough outline of the course schedule for the semester. Any significant changes to the syllabus will be announced in advance during lecture and via email. The paper deadline and exam dates are unlikely to change, but specific topic areas may be shortened, extended, or added. Please aim to complete readings by or during the week to which they are assigned.

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<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Assignment</th>
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<tbody>
<tr>
<td>Friday 8/28</td>
<td>Introduction</td>
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<tr>
<td>Tuesday 9/1*</td>
<td>Historical Foundations</td>
<td>Chapter 1</td>
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<tr>
<td>Friday 9/4</td>
<td>The Biopsychosocial Perspective</td>
<td>Chapter 1</td>
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<tr>
<td>Tuesday 9/8*</td>
<td>Research Methods</td>
<td>Chapter 2</td>
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<tr>
<td>Friday 9/11</td>
<td>Biological Foundations</td>
<td>Chapter 3</td>
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<tr>
<td>Tuesday 9/15</td>
<td>No class (Rosh Hashanah)</td>
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<td>Friday 9/18</td>
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<td>Tuesday 9/22</td>
<td>Stress and Health</td>
<td>Chapter 4</td>
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<td>Friday 9/25</td>
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<td>Sapolsky (1994)</td>
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<tr>
<td>Tuesday 9/29</td>
<td>No class (Brandeis Monday)</td>
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<td>Friday 10/2</td>
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<td><strong>EXAM #1</strong></td>
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<tr>
<td>Tuesday 10/6*</td>
<td>Coping with Stress</td>
<td>Chapter 5</td>
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<td>Friday 10/9</td>
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<td>Tuesday 10/13*</td>
<td>Positive Psychology</td>
<td>Aspinwall &amp; Tedeschi (2010)</td>
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<td>Friday 10/16</td>
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<td>Ehrenreich (2009)</td>
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<td>Tuesday 10/20*</td>
<td></td>
<td>+ Chapter 6 p. 226-231 only</td>
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<tr>
<td>Friday 10/23</td>
<td>Health Promotion and Education</td>
<td>Chapter 6 p. 196-226</td>
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<td>Tuesday 10/27</td>
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<td>Date</td>
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<td>Chapter</td>
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<td>Friday 10/30</td>
<td>EXAM #2</td>
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<td>Tuesday 11/3*</td>
<td>Exercise and Sleep</td>
<td>Chapter 7</td>
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<td>Friday 11/6</td>
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<td>Tuesday 11/10*</td>
<td>Eating Behavior</td>
<td>Chapter 8</td>
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<td>Friday 11/13</td>
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<td>Tuesday 11/17*</td>
<td>Addiction</td>
<td>Chapter 9</td>
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<td>Friday 11/20</td>
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<td>Tuesday 11/24</td>
<td>Health Care</td>
<td>Chapter 13</td>
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<td>Friday 11/27</td>
<td>No class (Thanksgiving break)</td>
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<tr>
<td>Tuesday 12/1*</td>
<td>Health Care</td>
<td>Chapter 13</td>
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<td>Friday 12/4</td>
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<td>Tuesday 12/8</td>
<td>Living with a Chronic Illness</td>
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<tr>
<td>Date/location TBA by Registrar</td>
<td>EXAM #3</td>
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Papers due by midnight on Friday 11/20.

Extra credit paper due by midnight on Tuesday 12/8.

On Tuesdays marked with an asterisk (*), a discussion question response is due on the following day (see above for details on this course component).