

Health Psychology PSYC303-001 Fall 2025

Room: Vadalabene Center 1334

Time: Tuesday & Thursday 11:00-12:15pm

Instructor: Mitsuru Shimizu

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Office: Alumni Hall 0331

Office Hours: Tuesday & Thursday 12:30pm – 1:00pm or by appointment

Textbook (required): Straub, R.O. (2019). *Health Psychology: A Biopsychosocial Approach*, (6th Ed.). Worth Publishers: New York. ISBN 1-4641-0937-0

Course Description:

Health psychology is an exciting interdisciplinary field of study that examines the relationship between psychology and health. This course will provide an introduction to the field of health psychology, which is concerned with the roles of biological, behavioral/psychological, and social factors on health, illnesses, and chronic disease. The course will address two major general subject areas: 1) stress and psychological processes associated with disease development and progression and 2) long-term behavioral and psychological implications of chronic illness (e.g., cardiovascular disease, cerebrovascular disease, cancer, obesity).

Goals:

1. Acquire an understanding of the components of the field of Health Psychology.
2. Acquire an understanding of the scientific methods employed by health psychologists and acquire some basic conceptual skills for interpreting their research.
3. Learn about the role of behavior in health risks and outcomes and about prevention and intervention efforts in health behavior.
4. Learn about evidence for the roles of central psychosocial constructs, such as coping, personality, and social support, in health risks and outcomes.
5. Learn about the mechanisms through which psychological factors might influence the relationship between stress and physical health.

Class Format and Requirements:

The course format will consist of lectures, readings, quizzes, exams, an individual presentation, and an assignment. The readings will compliment the lecture materials. However, some things will be covered in lecture that will not be covered in the book. You are responsible for learning everything that is covered in class. The best strategy will be to complete the assigned reading before the class lecture on that topic (see below – Tentative Class Schedule).

The notes posted are only an approximation of what will be covered in class. The material on the notes will always be incomplete. **The best strategy is to print out the notes before class, bring them to class, and then write additional notes on top of them.**

Requirements for Satisfactory Completion of Course:

There will be 12 quizzes, four exams, one individual online presentation, and one assignment.

Quizzes consist of 4 questions, usually given at the end of each section (e.g., Introduction to Health Psychology). Those quizzes are open book/note.

The mid-term exams and the final exam will each consist of 30 questions. All questions will be multiple-choice format. Those exams are NOT open/book or open/note. Exam grades will be posted approximately one week after the exam in class. **Exams will not be handed back; instead students may go over their exams during my office hours.** If you must miss an exam because of a personal/family emergency or illness you must notify me as soon as possible AND provide adequate documentation of the event that caused you to miss the exam. The makeup exam will consist of short answer questions in addition to multiple-choice questions. There will be NO opportunity to make up the final exam after it is given in class.

For the assignments, you will be required to write up to 6-7 pages paper (including a reference pages). The assignment will involve searching the literature (references) and providing a critical assessment. For the presentation, you will give a short (i.e., around 10 minutes + questions/answers) online presentation about behavioral and psychosocial factors on a certain disease. **Individual presentations will be scheduled in Week 11-12.** More information on the individual presentation will be provided before the first exam.

Methods for Evaluating Student Performance: The weighting will be given as follows:

Quizzes	10%
Exam 1 (September 12th)	15%
Exam 2 (October 10th)	15%
Exam 3 (November 7th)	15%
Final Exam (TBA)	15%
Presentation (Week 11-12)	15%
Assignment (December 5th)	15%

I will use the following scale to assign letter grades:

90 and above = A	80-89 = B	70-79 = C
60-69 = D	59 and below = F	

Use of Technology/Internet Resources:

Students may use a variety of research sources in the development of assignments, including published and Internet available resources. Standard publications from scholarly books and journals should be used as your primary sources, with Internet sources providing useful *supplemental* support.

Assignments **may not** be based solely on Internet sources. Furthermore, students must be cautious in the use of reliable Internet sources. If in doubt about the quality or accuracy of a source, do not use it. For information on proper citation for Internet sources, please use the following site:

www.apa.org/journals/webref.html#Web

Notice for Students with Disabilities:

SIUE offers a range of resources to support students with disabilities. At SIUE every effort has been made to eliminate barriers to learning and help you reach your educational goals. If you are a student with a disability and wish to request accommodations, please contact Disability Support Services located in the Student Success Center, Room 1270 (phone: 650-3726). Furthermore, according to SIUE safety and procedures policies, students with disabilities have the option of developing a written plan for evacuation in the unlikely event of an emergency that requires evacuation. If any student with a disability would like to develop a written evacuation plan for this class, please contact the instructor.

Departmental Policy on Incomplete Grades and Withdrawal Options:

All withdrawals must be completed by the end of the 13th week of classes during fall and spring, and by a similarly late date (i.e., before 82% of class meetings have occurred) in any summer term. When students discontinue attending class and do not withdraw from a course they may receive the grade of UW (Unauthorized Withdrawal). The grade of UW will only be given when a student's grade based on the course requirements is an F. The grade of UW is calculated as an F in a student's grade average. The granting of a grade of I (Incomplete) is not automatic and is available only in cases when a student has completed most of the work required for a class but is prevented by a medical or similar emergency from completing a small portion of the work not later than the end of the following semester. An I must be approved by the instructor with appropriate documentation provided by the student. If an instructor agrees to give a student an I, the instructor will fill out a Memorandum of Incomplete Grade to be kept with the student's records. If the work is not completed by the time specified on the Memorandum, the student's grade will be changed from I to F.

If not the Psychology MAJOR, consider the Psychology MINOR:

- All you need is: Introduction to Psychology (Psyc 111) and 6 more psych courses.
- Most jobs are greatly enhanced by psychology knowledge and related skills!

Tentative Class Schedule

Date	Topic	Corresponding Reading Chapters in 6 th edition
8/19 8/21	Syllabus Introduction to Health Psychology	Ch.1
8/26 8/28	Research in Health Psychology	Ch.2
9/2 9/4	Biological Foundations of Health Psychology	Ch.3
9/9 9/11	Exam 1	Ch.1, 2, 3
9/16 9/18	Stress and Health Overview Psychoneuroimmunology	Ch.4 Ch.4
9/23 9/25	Coping and Resources	Ch.5
9/30 10/2	Coping and Resources (continued) HIV/AIDs	Ch.5 Ch.12
10/7 10/9	HIV/AIDs (continued) Exam 2	Ch.12 Ch.4, 5, 12
10/14 10/16	Health Behavior Change Eating and Obesity	Ch.6 Ch.8
10/21 10/23	Eating and Obesity (Continued)	Ch.8
10/28 10/30	Presentations	
11/4 11/6	Presentations (Continued) Exam 3	Cp.6. 8
11/11 11/13	Substance Abuse	Ch.9
11/18 11/20	Managing Pain	Ch.14
11/25 11/27	<i>Thanksgiving Break</i>	
12/2 12/4	The Role of Health Psychology in Health Care Settings Assignment Due	Ch.13

Note: Final exam (Ch.9, 13, and 14) scheduled on during the final exam week (TBA).