

The Hong Kong University of Science and Technology
Division of Social Science
SOSC3990 Health Psychology
Spring Semester, 2023

Lecturer	Teaching Assistant
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Lecture Time: Wed, Fri 15:00-16:20

Venue: Room 6591

Course Description

Health psychology is the scientific study of how biological, psychological, and social factors affect health promotion as well as the prevention and treatment of illness. We look at how people stay healthy, why they become ill, and how they cope and recover when they are ill. This course is intended to introduce students to the theoretical models, research methodology, empirical findings, and current issues in health psychology. Students should complete the course with a fundamental knowledge in this young and exciting field of study.

Prerequisite

SOSC1960 Discovering Mind and Behavior or SOSC1980 Psychology of Personal Growth

Intended Learning Outcomes (ILOs)

Upon completion of this course, students are expected to:

1. understand the fundamental knowledge and key concepts in health psychology;
2. familiarize with the key classical and contemporary experimental studies and findings in health psychology; AND
3. relate and apply the theories and concepts to everyday life.

Required Textbook

Taylor, S. E. (2021). *Health psychology* (11th edition). New York: McGraw Hill.

Assessment Scheme	Weighting	ILOs
Quizzes	40%	#1, #2
Group Project		
Presentation Session	20%	
PowerPoint Slide	10%	#1, #2, #3
Individual Paper	30%	#1, #2, #3

1. Quizzes (40%; each 20%)

- Two quizzes will be administered to test your understanding of course materials. They will include multiple-choice questions only and will be non-cumulative (The relevant chapters of the textbook will appear on the last page of the lecture handouts and also the last page of this course outline).
- Supplementary readings are also listed in the lecture note but they will NOT be included in the quizzes. These readings are useful for a deeper understanding in the course contents.
- Quiz 1 is scheduled on **Mar 17** and covers topics from **Week 1 (Introduction) to 5 (Stress and Coping)**. Quiz 2 is scheduled on **May 5** and covers topics from the remaining weeks.
- Arrive on time for the quizzes as no additional time will be given for students arriving late.
- No make-up quizzes will be given to students who are absent from the quizzes unless students can provide validated medical reasons. You should notify the teaching team (through email) about your absence by attaching your official medical certificate *within 24 hours of the original quiz date* if you wish to arrange for a make-up quiz. All make-up quizzes will ONLY be in the form of essay questions.

2. Group Project (30%)

- You are required to give a presentation **in a group of 5-7 for 20 minutes (plus a 5-minute Q&A session)** on any topic you selected.
- Based on what you have learned in this course, you are expected to design a health promotion or prevention program of one health-related behavior to the public. The purpose of this presentation is to apply what you have learned in lectures and textbook to real-life experiences, so your topic and contents should be linked to psychological findings and theories.
- Submit your group list to Canvas by **Feb 17**. For students who are not in a group after Feb 17, we will assign a group for you.
- At least 2 representatives from each group should discuss with me about your presentation in the consultation session on Apr 12.

3. Individual Paper (30%)

- Write a reflection on ONE news article about any health issues. You will explain how it is related to health psychology and why you find the news interesting (e.g., the news report findings that are contradictory to our common belief or similar to the empirical research in health psychology).
- You need to be very conscious about relating and applying what you have learned in this course with the news articles. This is NOT a summary of the news article, be reflective and insightful with your own thoughts about the health issues.
- Submission deadline: **12nn HKT, May 8 (Mon), 2023.**

Academic Integrity

You should observe the University's policies regarding academic integrity (<https://registry.hkust.edu.hk/resource-library/regulations-student-conduct-and-academic-integrity>). Academic dishonesty such as plagiarism and cheating would result in a reduction of scores or even a failing grade in the course. We will investigate every suspected case of plagiarism and report the confirmed case to Division of Social Science for further review or action. Make sure you understand academic honesty.

Course Communication Platform

All lecture materials and announcements will be posted on CANVAS. Be sure to check CANVAS frequently for any updated news.

Some Other Notes

- **Interaction in class** – I believe interactions (both verbal and non-verbal) between the lecturer and the students (and among students) are one of the key ingredients to an optimal learning experience. Your active participations in class discussion or activities will not only enhance your learning, but also motivate the teaching team to do better! Stay behind the class and share with me your thoughts about the course contents.
- **Lecture slides** – Lecture slides will be posted to CANVAS before each class, but the contents will be a bit different from the displayed slides as I hope to encourage you to take your own notes. Note-taking facilitates your reflection and assimilation of the lecture contents.
- **Penalties** – Score deduction applies to any assignments over the word limit. Detailed can be found in the assignment guidelines.
- **Late submission** – For any group assignment, the group leader will do the submission. Submissions received less than 5 hours after the deadline will not be penalized. No submissions will be accepted after 5pm HKT on the due date.
- **Communication** – Please expect that your emails will be responded to during weekdays 10am to 6pm HKT.
- **Your feedback** – Your opinions about the course are very valuable to help me improve the course. Feel free to drop by to talk to me. A course evaluation will also be held at the end of the course.

Teaching Schedule

Week	Date	Topic	Required Readings
1	Feb 3	Introduction	
1	Feb 8	What is Health Psychology?	Chapter 1
	Feb 10		
2	Feb 15	Health Promotion and Prevention Health Behavior Change	Chapter 3
	Feb 17		
3	Feb 22		
	Feb 24		
4	Mar 1	Stress and Coping	Chapter 6, 7
	Mar 3		
5	Mar 8		
	Mar 10	Using Health Services	Chapter 8
6	Mar 15		
	Mar 17	Quiz 1 (Week 1 to 5)	
7	Mar 22	Patient-Provider Relations	Chapter 9
	Mar 24		
8	Mar 29	Management of Pain	Chapter 10
	Mar 31		
9	<i>Apr 5/7</i>	<i>Mid-Term Break – Class Suspension</i>	
9	Apr 12	Group Project Consultation	
	Apr 14		
10	Apr 19	Management of Chronic Illnesses	Chapter 13, 14
	Apr 21	Emotional responses and coping	
11	Apr 26	Group Project Presentation	
	Apr 28		
12	May 3		
	May 5	Quiz 2 (Week 5 onwards)	

Important Dates

Date	Task
Feb 17	Submission of Finalized Group List
Mar 17	Quiz 1
Apr 12	Group Project Consultation
Apr 21	PowerPoint Slide Due
May 3	Submission of Peer Evaluation
May 5	Quiz 2
May 8	Individual Paper Due