PSYC 5325
Special Topics in Health Psychology
Clinical Behavioral Medicine – Spring 2007
1:30pm-2:50pm, Tuesday and Thursday
Room: Psychology 306

Professor:
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Hours: Thursday 9:00a-10:30a

Course Description

Behavioral medicine and clinical health psychology are multi- and inter- disciplinary fields in which multiple related professions (e.g., public health, medicine, epidemiology) integrate to promote emotional and physical health and well being. This course will introduce you to key elements of the field, including its research and practice. Foci will include: theoretical models, assessment, differential medical and psychological diagnosis, intervention, and ethics among others. Assignments and class exercises are designed to provide advanced students knowledge specific tools to collaborate with other professionals, both clinically and for the purposes of research.

Required Readings


**Additional readings are required and will be available for copying. Also, students will provide additional empirical readings for specific topics.

Evaluation

Empirical reading selection: Each student will be asked to select one of the specific topics covered later in class (e.g., hypertension, HIV/AIDS). Students should attempt to find an empirical study that used sound methodology and is current in the field. Students should bring two copies to class on February 13. (Total points=5)

Reaction papers: Six reaction papers are due throughout the course of the semester and are listed on the dates due. Reaction papers are designed to have you critically think and
write about the readings for the date assigned. Reaction papers should be grammatically well written and be between one and two pages double spaced. Each reaction paper is worth 5 points of your grade. On days when reaction papers are not required, please be sure to have developed some critical thinking based questions and/or comments about the readings. Should discussion and participation be lacking on days when reaction papers are not assigned, Dr. Cooper reserves the option to assign additional reaction papers to further course discussion and goals. (Total points=30)

**Quizzes:** Three quizzes will be given throughout the course of the semester, and the dates of the quizzes are listed on the dates they will be given. Quizzes will only cover differential diagnoses from the Morrison book, and the diagnoses that may be asked about on the quizzes are also provided on the dates of the quizzes. Each quiz is worth 5 points of your grade. (Total points=15)

**Relaxation tape:** Each student will be required to submit a relaxation audio tape on March 20. Students will perform a relaxation exercise with another classmate, friend or family member, and record it. Relaxation techniques will be well covered during a relaxation workshop on September 28, so relax, you will be provided the tools needed to prepare a good tape suitable for use in research and practice outside of class. (Total points=25)

**Academic detailing pamphlet:** One pamphlet on a behavioral medicine topic suitable to handout to physicians or other providers will be due on April 19. Your handout should target a behavior that is susceptible to change using techniques discussed in the class. Students may work in teams on this project. Examples may include helping patients quit smoking or sleep better. The pamphlet/handout should be easy to read and straightforward. (Total points=20)

**Research proposal:** Each student will be required to orally present a research proposal on a topic relevant to behavioral medicine. These presentations will occur on the final three days of class and will be about a half-hour in length, including time for brief discussion by the class of the proposal. Suggested areas to cover include: an introduction or background section which details the relevant literature; a methods section detailing participants, measures, and the procedure; a brief approach to analyses section discussing potential plans to analyze the data; and a reference section. Your outline for the proposal and initial list of references will be due on February 27. You will be provided feedback to ensure you are on a good track with regard to your planned presentation. The outline and references will be worth 15 points of your grade, and the oral proposal itself will be worth 60 points. (Total points=75)

**Class participation:** In a course of this sort that deals with the clinical aspects of behavioral medicine, class participation is crucial. During class, we will discuss the readings, class assignments, and participate in class exercises. Lose your inhibitions, join in, and demonstrate critical thinking skills. **NOTE:** Missed classes should be avoided unless a student is engaged in university-related activities during class and has followed
the appropriate procedure for notifying the professor of the impending absence.
Unexcused absences will be reflected in your class participation grade. **(Total points=30)**

*Final grade for the course:*

A= 180-200  
B= 160-179  
C= 140-159  
D= 120-139  
F= <119

**Academic Dishonesty**

Academic dishonesty is prohibited and is considered a violation of the UTEP Handbook of Operating Procedures. It includes, but is not limited to, cheating, plagiarism, and collusion. Cheating may involve copying from or providing information to another student or possessing unauthorized materials during a test. Plagiarism occurs when someone intentionally or knowingly represents the words or ideas of another person’s as one’s own. And, collusion involves collaborating with another person to commit any academically dishonest act. Any act of academic dishonesty attempted by a UTEP student is unacceptable and will not be tolerated. Violations will be taken seriously and will be referred to the Dean of Students Office for possible disciplinary action. Students may be suspended or expelled from UTEP for such actions.

**Important Note**

Please recognize that sharing any issues related to harm of self, harm of others, and/or child/elder abuse and neglect are subject to mandatory reporting to the proper authority by Dr. Cooper. This applies to written assignments, class discussion, and one on one discussions with Dr. Cooper during office hours.

**Reading and Assignment Dates**

1/16  
Introductions  
Course introduction  
Review syllabus

1/18  
Introduction to behavioral medicine

Cohen, McCharque, & Collins, Chapter 1.  
1/23  
**Theoretical models in behavioral medicine**


1/25  
**Assessment**  
**Multidisciplinary collaboration**

Cohen, McCharque, & Collins, Chapters 2 & 3.  
Morrison, pp.1-44.


1/30  
**Ethnocultural issues**  
**Reaction paper #1 due**

Cohen, McCharque, & Collins, Chapter 23.


2/01  
**Ethics**

Cohen, McCharque, & Collins, Chapter 22.


2/06  
**Research and outcomes**  
**Discuss research proposals**


2/08  
**Living with chronic illness**

2/13  Multiple perspectives on chronic illness
Lessons from Morrie
Empirical readings due
Reaction paper #2 due

2/15  Introduction to intervention

Cohen, McCharque, & Collins, Chapters 4 & 5.

2/20  Relaxation workshop
Quiz #1

For quiz: Morrison, *Adrenal insufficiency through Epilepsy*

2/22  Substance use
Reaction paper #3 due

Cohen, McCharque, & Collins, Chapters 6, 7, & 11.

2/27  Substance use continued
Research proposal outline and references due

3/01  Diabetes

Cohen, McCharque, & Collins, Chapter 16.

3/06  Obesity
Quiz #2

For quiz: Morrison, *Fibromyalgia through Mitral valve prolapse*

Cohen, McCharque, & Collins, Chapter 8.

3/08 Physical activity
*Reaction paper #4 due*

Cohen, McCharque, & Collins, Chapter 9.

3/13 Spring Break
*No class*

3/15 Spring Break
*No class*

3/20 Hypertension
*Relaxation tape due*

Cohen, McCharque, & Collins, Chapter 14.

3/22 Society for Behavioral Medicine Conference
*No class*

3/27 *No class*

3/29 Coronary Heart Disease (CHD)

Cohen, McCharque, & Collins, Chapter 15.

4/03 Chronic pain
*Arthritis pain*

Cohen, McCharque, & Collins, Chapter 13.


**Chronic pain**

**Head pain**

**Irritable Bowel Syndrome (IBS)**

Cohen, McCharque, & Collins, Chapter 20.


**Cancer**

**Quiz #3**

For quiz: Morrison, *Multiple sclerosis through Wilson's disease*

Cohen, McCharque, & Collins, Chapter 17.


**Adherence**

**Renal Disease**

**Asthma**

**Reaction paper #5 due**

Cohen, McCharque, & Collins, Chapter 12.


**HIV / AIDS**
Cohen, McCharque, & Collins, Chapter 19.

4/19

**Women’s health**

*Academic detailing pamphlet due*

Cohen, McCharque, & Collins, Chapter 24.

4/24

**Geriatric health**

Cohen, McCharque, & Collins, Chapter 25.

4/26

**Future directions in behavioral medicine**

*Reaction paper #6 due*


5/01

*Research proposal presentations*

5/03

*Research proposal presentations*
Research Proposal Presentations (4:00pm – 6:45pm)