THE UNIVERSITY OF HONG KONG
FACULTY OF SOCIAL SCIENCES
Department of Psychology

COURSE OUTLINE (2021/2022, SEMESTER ONE)

1. Basic Course Information

<table>
<thead>
<tr>
<th>Course Code</th>
<th>PSYC2065</th>
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<tbody>
<tr>
<td>Course Title</td>
<td>Health Psychology</td>
</tr>
<tr>
<td>Course Credits</td>
<td>6.00</td>
</tr>
<tr>
<td>Lecture Time &amp; Venue</td>
<td>Friday 3:30pm to 5:20pm CPD LG.08</td>
</tr>
</tbody>
</table>
| Tutorial Time & Venue | Mr. Justin Au
                      | Ms. Beverly Wong |
|                  | Wednesdays 12:30-13:20; 13:30-14:20
| Lecture recordings | Lecture recordings will be available on Moodle for one week, available from the starting date of each lecture. |

2. Course Instructor / Course Co-ordinator

<table>
<thead>
<tr>
<th>Name</th>
<th>Office</th>
<th>Phone</th>
<th>E-mail</th>
<th>Consultation Hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prof. Cecilia CHENG (Instructor)</td>
<td>6.60, JCT</td>
<td>39174224</td>
<td><a href="mailto:ceci-cheng@hku.hk">ceci-cheng@hku.hk</a></td>
<td>Friday 2:30pm to 3:30pm or by appointment</td>
</tr>
<tr>
<td>Mr. Justin AU (Course co-ordinator)</td>
<td>6.19, JCT</td>
<td>39178231</td>
<td><a href="mailto:justyno@hku.hk">justyno@hku.hk</a></td>
<td>By appointment</td>
</tr>
<tr>
<td>Ms. Beverly WONG (Tutor)</td>
<td>6.19, JCT</td>
<td>39178231</td>
<td><a href="mailto:beverlyw@hku.hk">beverlyw@hku.hk</a></td>
<td>Monday 13:00-14:00 or by appointment</td>
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3. Course Description

This course aims to:

a) understand theories, research and practice of health psychology emphasizing health-promoting behaviors

b) identify possible sources of daily stress as well as ways of managing stress and specific health behaviors/disorders

c) critically evaluate the applicability of theories and findings to a non-Western context

d) integrate and apply knowledge acquired in lectures in daily life
4. Course Learning Outcomes

On completing the course, students will be able to:

a. analyze real-life health-related issues and problems using psychological theories
b. apply psychological theories, concepts, and research findings to tackle health-related problems in daily life
c. understand the nature of cultural influences on psychological processes and their manifestations in health behaviors
d. critically evaluate and challenge theories and constructs derived from a Western perspective
e. demonstrate sensitivity to the individual differences that exist in clients with diverse demographic and personality characteristics
f. write a clear and well-organized research paper individually, including synthesis of relevant materials and discussion of their theoretical and/or practical implications

5. Assessment Methods and Weighting

<table>
<thead>
<tr>
<th>Assessment methods</th>
<th>Weighting in final course grade (%)</th>
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<tbody>
<tr>
<td>Research Paper</td>
<td>40</td>
</tr>
<tr>
<td>Quiz</td>
<td>40</td>
</tr>
<tr>
<td>Tutorial Assignment</td>
<td>10</td>
</tr>
<tr>
<td>Tutorial Participation</td>
<td>10</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100</strong></td>
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</table>

Assessment Ratio: 100% Coursework

6. Course Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading</th>
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<tbody>
<tr>
<td>Sep 3</td>
<td>1. Introducing Health Psychology</td>
<td>Ch. 1</td>
</tr>
<tr>
<td>Sep 10</td>
<td>2. Adhering to Health Behaviors</td>
<td>Ch. 4</td>
</tr>
<tr>
<td>Sep 17</td>
<td>3. Health Behaviors – Eating and Weight</td>
<td>Ch. 14</td>
</tr>
<tr>
<td>Sep 24</td>
<td>4. Defining, Measuring, and Managing Stress</td>
<td>Ch. 5</td>
</tr>
<tr>
<td>Oct 8</td>
<td>5. Coping with Stress</td>
<td>Ch. 6</td>
</tr>
<tr>
<td>Oct 22</td>
<td>6. Seeking and Receiving Health Care</td>
<td>Ch. 3</td>
</tr>
<tr>
<td>Oct 29</td>
<td>7. Living with Chronic Illness – The Case of HIV</td>
<td>Ch. 11</td>
</tr>
<tr>
<td>Nov 5</td>
<td>8. Cancer</td>
<td>Ch. 10</td>
</tr>
<tr>
<td>Nov 12</td>
<td>9. Future of Health Psychology</td>
<td>Ch. 16</td>
</tr>
<tr>
<td>Nov 19</td>
<td>10. What have I learnt so far?</td>
<td></td>
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<tr>
<td>Nov 26</td>
<td><strong>Quiz</strong> (Lecture notes Topics 1-9 &amp; Textbook Chs. 1, 3-6, 10-11, 14,16)</td>
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7. Required/Recommended Readings

8. Course Activities and Requirements

Final Quiz (40%): There will be a quiz given on the date specified on page 2. The quiz items will include multiple choice questions. Please note that not all the materials covered in your text will be covered in class, and some materials discussed in class will not be found in your text. However, materials for the quiz will come from BOTH the textbook and lecture.

You must take the quiz on the scheduled date. A missed quiz will be counted as a zero. Make-up quiz will be granted ONLY under the most serious of circumstances. It is your responsibility to contact me or your tutor prior to the exam, or if not possible, within 24 hours of the missed quiz to schedule a date for the make-up. You need to provide official documentation of your emergency. In order to be fair to all other students, the make-up quiz must be completed within one week of the scheduled date for the quiz. The make-up quiz will include a few essay questions (with no question choices). Please note that it is much easier to gain full marks for multiple-choice than long-essay questions.

Research Paper (40%). The purpose of the research paper is to allow you to synthesize research and apply what you have learnt in this course to a specific health issue. Your paper involves choosing a specific health issue, researching how that health behavior/disease develops and the factors that contribute to it, and current treatment, education, or prevention approaches. Late papers will lose 10% of course grade per day. No papers will be accepted one week after the due date. The deadline is Dec 03, 2021 at 5pm.

Research Paper Proposal (0%). To help you prepare for the research paper, write a one-page research proposal to outline your plan for the research paper. The deadline is Oct 08, 2021, at 5 pm.

Tutorial Assignment (10%) and Participation (10%): You will perform much better on the quiz and learn much more about health psychology when you attend tutorials. Your participation scores will be based on the assignments as well as your active performance (not just attendance) during the tutorials. A handout with detailed information on various assignments will be distributed in class.

9. Feedback Policy

Every effort will be made to return graded assignments (including tutorial assignments and research paper proposal) to students within one to two weeks after submission:
- Tutorial assignments will be returned to students via feedback summary on Moodle. Grading rationales will be explained, and the details will also be made available on Moodle for students’ reference.
- For research paper proposal, feedback will be given to students on Moodle from Oct 18 to Oct 22, 2021.
- For the final paper, feedback will be given to students within a month after submission, upon students’ request

10. Important Notes

- Academic Honesty:

  We cherish academic honesty. Although you are encouraged to share your views and course-relevant resources with your classmates and/or other students, NEVER show them any of your own written work (drafts or completed assignments). Things other people wrote (whether published or unpublished) may be used in your assignments only with proper acknowledgement and referencing. Follow the APA Publication Manual for formats of citation and references.

  Do not submit the same work in more than one class. Work submitted for one course should not be used to satisfy requirements of another course unless the student obtains permission from the instructor or tutor.

  Academic dishonesty will not be tolerated. Any student who engages in any form of academic dishonesty (e.g., cheating on exams, plagiarism, self-plagiarism, interfering with grading, falsification and fabrication of data in any academic exercise etc.) will receive a grade of F in this course and will be reported to the Department/Faculty Office/University Disciplinary Committee for further disciplinary action. There will be
no exceptions. If you are not sure what constitutes the academic offense of plagiarism, checkout the webpage at https://tl.hku.hk/plagiarism/. Department of Psychology has formulated departmental policies/guidelines on student misconduct. Visit the website at https://psychology.hku.hk/useful-information-to-current-students/ for more information.

Students are responsible for knowing the rules - ignorance (i.e., “I lost my syllabus”, etc.) of the rules is not an excuse or defense.

- **Plagiarism:**

  Plagiarism will not be tolerated. Neither may you use materials submitted for another course without proper acknowledgement. (This is called self-plagiarism.) When using the words or ideas of another, even if paraphrased in your own words, you must cite your source.

  A hardcopy and a softcopy are required for all written assignments. Paper copies should be identical to the soft copies of the work.

  The softcopy will be checked for plagiarism against a database of articles, books, webpages, and essays submitted by students at HKU and other universities. No credit will be given for an assignment that contains plagiarized materials. Further penalties will also be applied. These penalties include a zero mark for participation in course tutorials and a zero mark for the course. Plagiarism will also be reported to the Department/Faculty Office/University Disciplinary Committee for consideration of possible disciplinary action.

- **Classroom citizenship:**

  Sometimes we will discuss controversies in certain topics. Please respect other people in this class, even if they hold different and opposing opinions. Rudeness, lack of consideration, or disruptive behavior will not be tolerated. Any student who engages in such behaviors may be requested to leave the classroom or quit the zoom session. Moreover, to show respect to the teaching staff and students, please refrain from using your mobile phone or tablet for activities unrelated to learning when attaining class.
**Guidelines for Research Paper**

**Stage 1: Preparing for your Proposal**

1. Choose a topic from the following list. Other topics must be pre-approved by your tutor:
   - Diet / Obesity
   - Stress
   - Smoking
   - Cancer
   - HIV

2. Narrow your topic and consider what kind of information you need
   - For example, if your chosen topic is “stress,” you may focus on academic stress, stress derived from interpersonal relations, financial stress, etc.
   - You then need to think about focusing on prevention, coping, or treatment

3. Conduct library research
   - Focus on sources that help you understand:
     - the nature of the topic or its definition (e.g., what is occupational stress?)
     - how this health behavior or disease develops and what are the important contributing factors (look for cognitive, emotional, biological, social, and cultural factors)
     - current treatment or prevention approaches (e.g., cognitive-behavioral therapy, family therapy, drugs, exercise)

**Turn in a typed, two-paragraph description of your research topic and at least 2 relevant APA-style references.** Your tutor will tell you whether your topic is approved.

**Stage 2: Writing your Paper**

Your paper must include **at least 5 primary and scholarly** references (i.e., not textbooks, not popular magazine articles, not the Web) and **at least 1 secondary** source (handbook, review chapter, professional encyclopedia, etc.). For more information about the differences between primary and secondary references, please visit [https://www.library.unsw.edu.au/study/information-resources/primary-and-secondary-sources](https://www.library.unsw.edu.au/study/information-resources/primary-and-secondary-sources).

**Content Requirements** (depending on your topic, you may need to organize your paper differently than this, but the content should still include these kinds of issues):

1. Describe the nature of your topic (1-2 paragraphs)
2. Discuss factors that cause and contribute to the health behavior or disease (about 2-3 pages)
   - **Synthesize** the research by topic rather than summarizing article-by-article: For example, say “chronic stress has been shown to negatively influence disease X (Smith & Wesson, 1998; Zeus, 1989)” instead of “Smith and Wesson (1998) showed blah blah. Zeus (1989) found blech blech. Jones’ (1994) research showed that...”
   - Note that for every factual statement you make in your paper, you must include an **in-text reference** (which is then included in the reference section at the end of the paper). Further, you may only include those sources in your reference section that are actually cited in the paper.
3. Summarize current treatments or prevention approaches (about 2-3 pages)
4. Reflect on this health issue from the perspective of health psychology (e.g., what has been left out in the current literature?) and your own life experience (e.g., relevant to Hong Kong?) (about 2-3 pages)

**Format Requirements:**
- The body of the paper (excluding title page and references pages) should be 7-10 double-spaced, typed pages.
- Papers must follow APA style in terms of the title page, proper referencing, and professional writing style. An abstract is **NOT** required.
- Turn in a **softcopy** of your paper on Moodle.
Evaluation Criteria

The best papers will:
- demonstrate comprehension and good understanding of the factors involved in causing, maintaining, contributing to, preventing, and treating the health issue (40%)
- demonstrate your ability to synthesize information from a variety of sources (30%)
- demonstrate your ability to apply what you have learnt in this course to this issue (20%)
- be well-written and meet the format and APA-style requirements. A significant number of grammatical errors will decrease your grade (10%)