

Syllabus

San Francisco State University Department of Psychology Fall 2025

Course

PSY 442-01 (5864): Health Psychology (3 units)
August 25, 2025 - December 12, 2025
Online asynchronous (No Zoom)

Instructor

Dr. Susana Leong
Leong@sfsu.edu

Prerequisites

- PSY 200, PSY 371, or equivalent
- Restricted to upper division psychology majors

Course Description

This course is intended to introduce students to theories, research, and practice concerning health psychology. We will examine a variety of behavioral, cognitive, cultural, emotional, psychological, and social aspects of individuals and community health. Students will gain knowledge of the relationships between health and psychology and become critical readers of literature in health psychology.

Students in this class can expect to spend 150 minutes per week in direct instructional activities. Additionally, students can expect to spend, on average, approximately 300 minutes writing assignments and readings articles.

Required Texts

Brannon, L., Feist, J., & Updegraff, J. A. (2014). *Health psychology: An introduction to behavior and health* (8th ed.). Belmont, CA: Wadsworth.

National Institutes of Health. (2005). *Theory at glance: A guide for health promotion practice*. Retrieved from https://cancercontrol.cancer.gov/brp/research/theories_project/theory.pdf

*download the NIH e-text from Canvas

Student Learning Outcomes

Upon completion of PSY 442, students will be able to:

- 1) Think critically about health and psychology
- 2) Understand contemporary problems in health from a biopsychosocial perspective
- 3) Assess biological, psychological, and social factors affecting health, illness, and use of health services
- 4) Examine factors related to coping with chronic and terminal illness
- 5) Improve own health related behaviors

Grading

The Grading Rubric for PSY 442:

A papers are well-written, interesting, and thoughtful. They are supported by evidence, arranged coherently, and responsive to audience; writing is linguistically precise, grammatically complex, and stylistically appropriate. The above is in addition to the requirements for B papers.

B papers are strong and carefully attentive to requirements. They show accurate and informative use of readings, a solid claim organizing topics, correct grammar with appropriate choice of language, and awareness of audience.

C papers follow the requirements of the assignment. They demonstrate competent but not exceptional control of language, syntax, grammar, and mechanics, and an attempt at editing, revising, and proofreading.

D and F papers are deficient in several ways. They may not follow the requirements of the assignment, or may be so carelessly written that errors interfere with the reading.

Grade Calculation

Chapter quizzes (11 total, lowest score will be dropped)	200 points	(20%)
Discussion board (5 total, lowest score will be dropped)	200 points	(20%)
Health behavior change paper	400 points	(40%)
PowerPoint Presentation	100 points	(10%)
PowerPoint Presentation comments	100 points	(10%)
Total	1,000 points	(100%)

Final Grade

A	93-100%
A-	90-92%
B+	87-89%
B	83-86%
B-	80-82%

C+	77-79%
C	73-76%
C-	70-72%
D+	67-69%
D	63-66%
D-	60-62%
F	0-59%

Paper Formatting

Your papers should be typed, double-spaced, Times New Roman with fonts no larger than 12 point. Your margins should be no narrower or wider than 1 inch top and bottom, left and right. Include a title page and reference page according to APA.

Emails

Include the course number in the subject of your email (e.g., PSY 442 PowerPoint questions). It is recommended for you to contact the professor with your SFSU email account. Emails will be answered in 24-48 hours on Monday - Friday during business hours.

Academic Honesty

Plagiarism is a form of cheating or fraud, and students who plagiarize can be expelled from the university.

Plagiarism is a form of cheating or fraud; it occurs when a student misrepresents the work of another as his or her own. Plagiarism may consist of using the ideas, sentences, paragraphs, or the whole text of another without appropriate acknowledgment, but it also includes employing or allowing another person to write or substantially alter a work that a student then submits as his or her own.

Here are some examples of acts of plagiarism and academic dishonesty:

- Purchasing, borrowing, or stealing an essay, whether online, from a friend, from a family member, or a tutor, or from a database
- Having someone else write, revise, or edit your work
- Selling, loaning, or giving your work to someone else to copy from or to pass off as their own work
- Faking citations, statistics, or quotes
- Using an essay from a “paper mill” in whole or in part
- Copying and pasting text from sources without proper citation
- Translating a foreign language article
- Any act of obvious academic dishonesty

Any assignment found to be plagiarized will be given an “F” grade.

Academic Integrity

Academic integrity, the ethical presentation of one's own work in accordance with the rules established for this class, is required. Instances of academic misconduct will be reported to the College in which the course is housed, the Division of Graduate Studies (if a graduate student), and the Office of Student Conduct with the report being kept in those offices until a student earns his/her degree. Any instances of cheating, deceit, fabrication, forgery, plagiarism, unauthorized altering of records or submitting false documents, unauthorized collaboration, unauthorized submission of work previously given credit, or other forms of academic misconduct will be assigned a grade penalty, likely an F or a grade of zero. Failing one or more assignments or examinations for reasons of academic integrity violations may result in a final class grade of F. Students may not withdraw from classes in which they have committed academic misconduct. Consequences for violations of academic integrity may exceed an F on the assignment, examination, or class as determined by the Academic Integrity Review Committee.

Members of our academic community have a responsibility to develop an awareness of academic integrity, to cultivate skills to realize honesty in academic and community work, and to sustain actively academic honor as a core value of our community. Students are expected to engage in behaviors that reflect well upon the university. In addition to attending to one's own actions, the Standards for Student Conduct require that students who witness academic dishonesty notify their faculty/ instructor, department chair, or the Office of Student Conduct. Supporting academic integrity enhances the reputation of the University and the value attributed to degrees awarded by the University.

Posting Course Materials

Students may not capture audio, photos, or video from class sessions on their own devices without the explicit permission of the instructor and everyone present, unless part of a DPRC-authorized accommodation.

Students may not post any course materials to any third-party sites (such as Chegg) or post any recordings, screenshots, audio, or chat transcripts in any setting outside the class, and that violations of this are subject to student disciplinary action.

Statement on Religious Holidays

The faculty of San Francisco State University shall accommodate students wishing to observe religious holidays when such observances require students to be absent from class activities. It is the responsibility of the student to inform the instructor, in writing, about such holidays during the first two weeks of the class each semester. If such holidays occur during the first two weeks of the semester, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed.

Student Disclosures of Sexual Violence

SF State fosters a campus free of sexual violence including sexual harassment, domestic violence, dating violence, stalking, and/or any form of sex or gender discrimination. If you disclose a personal experience as an SF State student, the course instructor is required to notify the Title IX Coordinator by completing the report form available at <http://titleix.sfsu.edu>, emailing vpsaem@sfsu.edu or calling (415) 338-2032.

To disclose any such violence confidentially, contact:

- The SAFE Place - (415) 338-2208; http://www.sfsu.edu/~safe_plc
- Counseling and Psychological Services Center - (415) 338-2208; <http://psyservs.sfsu.edu>
- For more information on your rights and available resources: <http://titleix.sfsu.edu>

Disability Programs and Resource Center (DPRC)

If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and the Disability Programs and Resource Center (DPRC) as early as possible in the semester.

Location: Student Services 110
Phone/TTY: (415) 338-2472
Email: dprc@sfsu.edu
Website: www.sfsu.edu/~dprc/

Class Schedule

Week		Topics and Reading (complete items in box on Mondays by 8:00am, in the morning)	Due
W1	8/25	Topic: Review syllabus	
W2	9/2	Topic: Work, sleep, family, fitness, or friends: Pick 3	discussion board/log #1 assigned
W3	9/8	Topic: Foundations of health psychology Readings: Chapter 1: Introducing health psychology (pp. 1-17) Chapter 2: Conducting health research (pp. 18-39) Chapter 3: Seeking and receiving health care (pp. 40-57)	discussion board/log #1 due (8:00am) quizzes chapters 1, 2, & 3 assigned
W4	9/15	Topic: Affordable options	quizzes due chapters 1, 2, & 3 (8:00am) discussion board/log #2 assigned
W5	9/22	Topic: Stress, pain, and coping Readings: Chapter 4: Adhering to healthy behavior (pp. 58-86) Chapter 5: Defining, measuring, and managing stress (pp. 87-119) Chapter 6: Understanding stress, immunity, and disease (pp. 120-142)	discussion board/log #2 due (8:00am) quizzes chapters 4, 5, & 6 assigned
W6	9/29	Topic: Behavior change app (sleep, healthy eating, or exercise)	quizzes due chapters 4, 5, & 6 (8:00am) discussion board/log #3 assigned (8:00am)
W7	10/6	Topic: Stress, pain, and coping (cont'd) Readings: Chapter 7: Understanding and managing pain (pp. 143-171) Chapter 8: Considering alternative approaches (pp. 172-200)	discussion board/log #3 due (8:00am) quizzes chapters 7 & 8 assigned
W8	10/13	Topic: Relax, breathe, and let go	quizzes due chapters 7 & 8 (8:00am) discussion board/log #4 assigned
W9	10/20	Topic: Work on behavior change paper / (Online) ask a reference librarian (available 24/7) Go to: https://library.sfsu.edu/libchat	discussion board/log #4 due (8:00am)

W10	10/27	Topic: Behavior change paper due & Work on PowerPoint	behavior change paper due (8:00am) PowerPoint assigned
W11	11/3	Topic: Behavior and chronic disease Readings: Chapter 9: Behavioral factors in cardiovascular disease (pp. 201-230) Chapter 10: Behavioral factors in cancer (pp. 231-252) Chapter 11: Living with chronic illness (pp. 253-281)	PowerPoint due (8:00am) quizzes chapters 9, 10, & 11 assigned
W12	11/10	Topic: Exercise	quizzes due chapters 9, 10, & 11 (8:00am) discussion board/log #5 assigned
W13	11/17	Topic: Classmates' PowerPoint comments	discussion board/log #5 due (8:00am) classmates' PowerPoint comments assigned
W14	11/24	Thanksgiving (no class)	
W15	12/1	Topic: Classmates' PowerPoint comments due	classmates' PowerPoint comments due (8:00am)
W16	12/8	Topic: Review your classmates' PowerPoint comments	

Dr. Leong reserves the right to alter this syllabus at any time.
This syllabus is not a contract, but instead a tentative plan for the course.

Students are prohibited from selling or recording notes from this course to any person or commercial firm (or being paid to take notes) without the express written permission of Dr. Leong.
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