

University of Florida
College of Public Health & Health Professions Syllabus
Course Number: CLP 4314 Introduction to Health Psychology (3 credit hours)

Spring: 2025
Delivery Format: On-Campus
Canvas will be used

Instructor Name: Deidre B. Pereira, PhD, ABPP
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Office Hours: Fridays, 9:40 am – 10:40 am 1:40 pm -2:40 pm
Teaching Assistants: Thomas Pereira
Preferred Course Communications: email

Prerequisites

PSY 2012 General Psychology

PURPOSE AND OUTCOME

Course Overview

This course examines the foundations of behavioral health from the biopsychosocial perspective. Health Psychology utilizes a biopsychosocial model to apply psychological concepts to the healthcare system across caregiving; public health; and health education, planning, financing, and legislation, marking the expansion of psychology to the broader healthcare arena.

Relation to Program Outcomes

This course constitutes an advanced-level, undergraduate elective course designed to cultivate interdisciplinary health knowledge through a biopsychosocial-cultural perspective, especially among students aspiring to professional careers in health disciplines (e.g., medicine, nursing, psychology, social work, communication sciences and disorders, public health, health administration). This course thus provides a foundation on which students can prepare to comprehensively approach health science and practice using a biopsychosocial-cultural lens and establishes the collaborative, interdisciplinary framework through which they will develop and fulfil their professional objectives.

Course Objectives and/or Goals

Upon successful completion of the course, students should be able to:

- 1.0 Identify the possible roles and contributions of clinical health psychology in addressing the biopsychosocial model of health and illness, including the inequities that characterize health and illness in the U.S.
- 2.0 Describe behavioral factors that influence wellness and that play a role in the prevention, development, course, and outcome of many human diseases and health problems.
- 3.0 Discuss the roles that clinical health psychologists play in promoting wellness and in addressing and treating psychological factors related to health and illness.
- 4.0 Explain healthy and effective ways that stress and distress may be managed in chronic and life-limiting illness and the role that clinical health psychologists may play in this.
- 5.0 Express how stress and distress may impact HIV, cancer, arthritis, and Type 1 diabetes through immunologic and neuroendocrine functioning.

Instructional Methods

This course will be conducted in-person on Fridays from 10:40 am to 1:40 pm. Lecture and class activities will comprise the majority of class sessions. All students will be expected to participate in both individual and group-based activities in order to receive the highest possible grades given during lecture presentations. Additionally, assigned readings will be reviewed during designated classes, but students will be expected to read and review all assigned material prior to coming to class. The role of the instructors will be to: 1) present an overview of relevant topics, 2) facilitate discussion of selected topics, and 3) provide timely feedback. ***Expectations for students are to: 1) attend class fully prepared, 2) participate in class discussions, and 3) read assigned materials prior to class in preparation for lecture.***

DESCRIPTION OF COURSE CONTENT

Topical Outline/Course Schedule

Week	Date(s)	Topic(s)	Readings
1	1/17/25	A. Introduction to the Class B. What is Health Psychology?	A. Syllabus B. Taylor, S. E. and Stanton, A. L. (2021). Health Psychology, Chapter 1
2	1/24/25	A. Systems of the Body B. Health Behaviors	A. Taylor, S. E. and Stanton, A. L. (2021). Health Psychology, Chapter 2 B. Taylor, S. E. and Stanton, A. L. (2021). Health Psychology, Chapter 3
3	1/31/25	A. Team Quiz 1 B. Health-Promoting Behaviors	A. Taylor, S. E. and Stanton, A. L. (2021). Health Psychology, Chapters 1-3 B. Taylor, S. E. and Stanton, A. L. (2021). Health Psychology, Chapter 4
4	2/7/25	A. Question of the Day B. Health-Compromising Behaviors C. Stress	A. (B) and (C) Below B. Taylor, S. E. and Stanton, A. L. (2021). Health Psychology, Chapter 5 C. Taylor, S. E. and Stanton, A. L. (2021). Health Psychology, Chapter 6
5	2/14/25	A. Question of the Day B. Coping, Resilience, and Social Support C. Using Health Services	A. (B) and (C) Below B. Taylor, S. E. and Stanton, A. L. (2021). Health Psychology, Chapter 7 C. Taylor, S. E. and Stanton, A. L. (2021). Health Psychology, Chapter 8
6	2/21/25	A. Exam 1	A. None

		B. Navasky, M. and O'Connor, K. (Directors). (November 23, 2010). <i>Facing death</i> [Film]. WGBH Educational Foundation.	B. None
7	2/28/25	A. Question of the Day B. Patients, Providers, and Treatments C. The Management of Pain and Discomfort	A. (B) and (C) Below B. Taylor, S. E. and Stanton, A. L. (2021). <i>Health Psychology</i> , Chapter 9 C. Taylor, S. E. and Stanton, A. L. (2021). <i>Health Psychology</i> , Chapter 10
8	3/7/25	A. Team Quiz 2 B. Management of Chronic Health Disorders	A. Taylor, S. E. and Stanton, A. L. (2021). <i>Health Psychology</i> , Chapters 4-10 B. Taylor, S. E. and Stanton, A. L. (2021). <i>Health Psychology</i> , Chapter 11
9	3/14/25	A. Question of the Day B. Psychological Issues in Advancing and Life-Limiting Illness	A. (B) Below B. Taylor, S. E. and Stanton, A. L. (2021). <i>Health Psychology</i> , Chapter 12
10	3/28/25	A. Question of the Day B. Heart Disease, Hypertension, Stroke, and Type 2 Diabetes	A. (B) Below B. Taylor, S. E. and Stanton, A. L. (2021). <i>Health Psychology</i> , Chapter 13
11	4/4/25	A. Question of the Day B. Psychoneuroimmunology	A. (B) Below B. Taylor, S. E. and Stanton, A. L. (2021). <i>Health Psychology</i> , Chapter 14
12	4/11/25	A. Health Psychology: Challenges for the Future B. Course Content Review and Feedback	A. Taylor, S. E. and Stanton, A. L. (2021). <i>Health Psychology</i> , Chapter 15 B. None
13	4/18/25	A. Exam 2 B. Jennings, J. (Director). (February 10, 2015). <i>Being mortal</i> [Film]. WGBH Educational Foundation.	A. None B. None

Course Materials

Required Textbook:

Taylor, S.E. and Stanton, A.L. (2021). *Health Psychology* (11th edition). New York: McGraw-Hill. ISBN: 978-1-260-25390-0.

IClicker join link: <https://join.iclicker.com/DSRS>

Per Dr. Pereira's personal knowledge, the authors identify with several marginalized/intersectional factors. The textbook contains material related to intersectional factors that are health-compromising, and the citations within each

chapter involve authors with diversity in multiple marginalized identities. Dr. Pereira identifies with having a serious, life-limiting, and disabling illness, and discussions will include her personal insights into how ability status is a common marginalized identity that is often “invisible.”

For technical support for this class, please contact the UF Help Desk at:

- helpdesk@ufl.edu
- (352) 392-HELP - select option 2
- <https://helpdesk.ufl.edu/>

Additional Academic Resources

- [Career Connections Center](#): Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.
- [Library Support](#): Various ways to receive assistance with respect to using the libraries or finding resources.
- [Teaching Center](#): Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.
- [Writing Studio](#): 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.
- Student Complaints On-Campus: [Visit the Student Honor Code and Student Conduct Code webpage for more information.](#)
- On-Line Students Complaints: [View the Distance Learning Student Complaint Process](#)
- Enrollment Management Complaints (Registrar, Financial Aid, Admissions): [View the Student Complaint Procedure webpage for more information.](#)

ACADEMIC REQUIREMENTS AND GRADING

Assignments

A. Question of the Day (each worth 2 points or 2% for a total of 12 points or 12% total)

- a. Starting on Week 4, students will be asked to answer one multiple choice question that relates to the reading for that week (exclusive of Exam Days, Team Quiz Days, and the last week of lecture).
- b. iClicker will be used for this.
- c. These questions will be used as a proxy for assessing comprehension of that week’s materials, as well as class attendance.
- d. Each question will be worth 2 points, with correct scores equal to 2, and incorrect scores equal to 1.
- e. Students with an excused absence (see definition below) must seek out Dr. Pereira at the next class to receive the question of the day from the prior week. This question will be worth 2 points, with correct scores equal to 2 and incorrect scores equal to 1. **It is the student’s responsibility to contact the instructor to make up this assignment. If they do not do so within a week of their excused absence, they will be given a “0.”**
- f. Students making up this course requirement will be afforded 2 minutes at the beginning of class to complete this.
- g. Students with a non-excused absence (see definition below) will receive a 0.

B. Team Quizzes (each Team Quiz is worth 9 points of 9% for a total of 18 points or 18%)

- a. Two Team Quizzes will be held, with each Quiz worth 9 points. These Quizzes will be loosely based on the Academic Decathlon’s Super Quiz™ and college-based Quiz Bowls.
- b. Nine questions will be drawn from course material since the beginning of the semester (for Team Quiz 1) or since Team Quiz 1 (for Team Quiz 2).
- c. Teams of at least 4 students will be formed, and each team will compete against another team. Teams will be asked to answer 9 total questions sequentially.
- d. Teams will have 1 minute to collaborate on and actively discuss each question and record it on paper.

- e. Individuals on a team that collaborates on and actively discusses a question via instructor observation and provides a correct response will receive 1 point for that questions. Individuals on a team that collaborates on and actively discusses a question via instructor observation and provides an incorrect response will receive 0.50 points for that question. Individuals on a team that does not show evidence of collaboration/discussion via instructor observation, regardless of their response, will receive .25 points for that question.
- f. Students with an excused absence must seek out Dr. Pereira at the next class to be assigned 3 questions, each worth 3 points. Correct scores on a question will be worth 3 points each. Incorrect scores on a question will be worth 1.5 points. **It is the student's responsibility to contact the instructor to make up this assignment. If they do not do so within a week of their excused absence, they will be given a "0."**
- g. Students will be afforded 5 minutes at the beginning of class to make up this course requirement.
- h. Students with non-excused absences on these days will receive 0 points on this exercise.

C. Exams 1 and 2 (each worth 35 points or 35% for a total of 70 points or 70%)

- a. Each exam will be comprised of multiple choice and true/false questions based on material covered since the beginning of class (for Exam 1) or from Exam 1 (for Exam 2).
- b. Students with excused absences will be afforded the ability to reschedule the exam **following** their absence.
- c. Students with non-excused absences will receive a 0 on the exam.

Grading

Requirement	Due date	Points or % of final grade (% must sum to 100%)
Question of the Day	Starting in Week 4, exclusive of Team Quiz days, Exam days, and the last day of lecture. Thus, this will occur across 6 classes and is a proxy for attendance and comprehension of reading materials.	12%
Team Quiz 1	1/31/2025	9%
Team Quiz 2	3/7/2025	9%
Exam 1	2/21/2025	35%
Exam 2	4/18/2025	35%

Point system used:

Percentage Earned	Letter Grade
93-100	A
90-92	A-
87-89	B+
83-86	B
80-82	B-
77-79	C+
73-76	C
70-72	C-
67-69	D+
63-66	D
60-62	D-
Below 60	E

Letter Grade	Grade Points
A	4.0
A-	3.67
B+	3.33
B	3.0
B-	2.67
C+	2.33
C	2.0
C-	1.67
D+	1.33
D	1.0
D-	0.67
E	0.0
WF	0.0
I	0.0
NG	0.0
S-U	0.0

More information on UF grading policy may be found at:

<https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>

Exam Policy

Exams will be held for all students in the typical course classroom during the first 1 hour and 30 minutes of class for each respective exam date. Exams will be proctored by Dr. Pereira and will be administered via paper and pencil. Exams will be non-cumulative and will be designed to assess mastery of course concepts reviewed in lecture material, the course textbook, and documentary films contributing to student knowledge of the field of health psychology.

Policy Related to Make Up Exams or Other Work

It is expected that you will attend and be prepared to participate in all class sessions. The definitions of excused and non-excused absences that result in a missed Question of the Day, Team Quiz, or Exam are described below.

If you must miss a Question of the Day, Team Quiz, or Exam because of a **foreseeable conflict** (i.e., professional conference, participation in an athletic competition, religious observance, doctor's appointment, etc.), you are expected to notify Dr. Pereira as soon as this is known to the student in person or via email. This will be considered an **excused absence** and grading of any course requirements will be handled as described under "Assignments and Grading." If notification is not done at least 2 weeks prior to the foreseeable conflict, the absence will be considered to be **non-excused** and will be handled as described under "Assignments and Grading."

If a student experiences a **non-incapacitating illness or medical emergency** that prevents them from attending class and missing a course requirement (Question of the Day, Team Quiz, or Exam), they are required to notify Dr. Pereira by email, phone, or voicemail PRIOR to class. If they do so, it will be considered an **excused absence** and will be handled as described under "Assignments and Grading." Students that do not notify the instructor of their non-incapacitating illness/emergency in some manner prior to an exam will be considered as having a **non-excused** absence and grading will be handled as described under "Assignments and Grading."

The only exception to this rule is if the student is **incapacitated** due to the illness or emergency and therefore unable to contact Dr. Pereira prior to class. This will be considered an **excused absence** and will be handled as described under "Assignments and Grading."

Missed classes that do not fall within the above parameters will be deemed as excused or non-excused on a case-by-case basis. It is expected that the student will initiate the conversation related to this with Dr. Pereira. If this conversation is not initiated within 1 week of the missed class, it will be considered **non-excused**.

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at: catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/

Please note: Any requests for make-ups due to technical issues MUST be accompanied by the ticket number received from LSS when the problem was reported to them. The ticket number will document the time and date of the problem. You MUST e-mail me within 24 hours of the technical difficulty if you wish to request a make-up.

Policy Related to Required Class Attendance

Class attendance is considered an integral part of the learning experience as class discussions and lectures will include valuable material covered in the examinations that is not otherwise covered in the textbook. Thus, all are expected to attend all classes and participate in class discussions to have exposure to this information. On days for which there are no Team Quizzes or Exams, attendance will be assessed by participation in the Question of the Day. Attendance will not be assessed for the first two classes, given that some students may still be adding the class.

Attendance will be documented in Canvas, and students will be able to view their cumulative class participation/attendance scores. If students must be absent, it is expected they will contact the instructor as soon as possible and be responsible for any missed material. Students who miss lectures are expected to acquire lecture notes from other students who attended.

As Health Psychology is a thought-provoking topic and often leads to interesting discussions about the topics covered within this course, student participation is expected. We expect each individual to contribute throughout the semester and will monitor ongoing student participation. Remember: There are no foolish questions and one of the most powerful ways to learn is in the moment by interacting with your instructors and classmates!

Please note all faculty are bound by the UF policy for excused absences. For information regarding the UF Attendance Policy see the Registrar website for additional details:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

STUDENT EXPECTATIONS, ROLES, AND OPPORTUNITIES FOR INPUT

Expectations Regarding Course Behavior

- Please refrain from using cell phones, tablets, or any other electronic devices during class for personal purposes, as it is distracting and inconsiderate of other students and the instructor. Cell phones must be placed on silent or turned off during class. Tablets and/or laptops may be utilized strictly for taking course notes. Two or more usages of electronic devices for personal purposes as observed by the instructor will result in a 5 point (5%) reduction in the final grade.
- Please do not arrive late to class, depart early from class, or disrupt the class in any way, as it is distracting and inconsiderate of other students and the instructor. If two or more late arrivals and/or early departures do occur, the student will be required to meet with Dr. Pereira to discuss this. This meeting must occur within one week of the second occurrence, and it is the student's responsibility to initiate this meeting. If this meeting does not occur, the student's final grade will be reduced by 5 points or 5%. If a third or more late arrival/early departure occurs, the student's final grade will be reduced by an additional 2.5 points (2.5%) for each instance.
- To the extent permitted by facility rules/restrictions and/or UF approved disability accommodations, you may bring food and/or beverages to class as long as it does not interfere with your ability to work and/or participate in class and as long as it does not interfere with or your classmates' ability to work and participate in class. You will be expected to clean up after yourself and dispose of all trash before leaving the classroom.

Communications Guidelines

Students are encouraged to email their course instructors when they have any questions about course material or expectations, with the exception of material that is addressed directly in the course syllabus. As such, students are advised, prior to emailing instructors with questions related to course logistics, to review the syllabus to ensure that their questions have not been otherwise answered. To address unanswered questions, students are asked to email Dr. Pereira of their course instructors through their UF email. Students should expect replies to their questions **within 2 business days** of inquiry.

Academic Integrity

Students are expected to act in accordance with the University of Florida policy on academic integrity. As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge:

“We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.”

You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied:

“On my honor, I have neither given nor received unauthorized aid in doing this assignment.”

It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For additional information regarding Academic Integrity, please see Student Conduct and Honor Code or the Graduate Student Handbook for additional details:

<https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>
<https://graduateschool.ufl.edu/work/handbook/>

Please remember cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior.

Recording Within the Course

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with

a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without permission of the instructor is prohibited. To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third-party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

Online Faculty Course Evaluation Process

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

SUPPORT SERVICES

Accommodations for Students with Disabilities

If you require classroom accommodation because of a disability, it is strongly recommended you register with the Dean of Students Office <http://www.dso.ufl.edu> within the first week of class or as soon as you believe you might be eligible for accommodations. The Dean of Students Office will provide documentation of accommodations to you, which you must then give to me as the instructor of the course to receive accommodations. Please do this as soon as possible after you receive the letter. Students with disabilities should follow this procedure as early as possible in the semester. The College is committed to providing reasonable accommodations to assist students in their coursework.

Counseling and Student Health

Students sometimes experience stress from academic expectations and/or personal and interpersonal issues that may interfere with their academic performance. If you find yourself facing issues that have the potential to or are already negatively affecting your coursework, you are encouraged to talk with an instructor and/or seek help through University resources available to you.

- *U Matter, We Care*: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.
- *Counseling and Wellness Center*: [Visit the Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.

- *Student Health Care Center*: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the [Student Health Care Center website](#).
- *University Police Department*: Visit [UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).
- *UF Health Shands Emergency Room / Trauma Center*: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; Visit the [UF Health Emergency Room and Trauma Center website](#).
- *GatorWell Health Promotion Services*: For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-2734450.

Do not wait until you reach a crisis to come in and talk with us. We have helped many students through stressful situations impacting their academic performance. You are not alone so do not be afraid to ask for assistance.

Inclusive Learning Environment

Public health and health professions are based on the belief in human dignity and on respect for the individual. As we share our personal beliefs inside or outside of the classroom, it is always with the understanding that we value and respect diversity of background, experience, and opinion, where every individual feels valued. We believe in, and promote, openness and tolerance of differences in ethnicity and culture, and we respect differing personal, spiritual, religious and political values. We further believe that celebrating such diversity enriches the quality of the educational experiences we provide our students and enhances our own personal and professional relationships. We embrace The University of Florida's Non-Discrimination Policy, which reads, "The University shall actively promote equal opportunity policies and practices conforming to laws against discrimination. The University is committed to non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, gender identity and expression, marital status, national origin, political opinions or affiliations, genetic information and veteran status as protected under the Vietnam Era Veterans' Readjustment Assistance Act."