

Department of Clinical and Health Psychology
College of Public Health and Health Professions
University of Florida
Course Syllabus

BEHAVIORAL HEALTH AND ILLNESS – CLP 7934 (3 credit hours)

FALL 2021, Section 11108
Tuesdays: 11:45 AM – 2:45 PM
Location: HPNP 3170 or via Zoom (with notice)
<https://elearning.ufl.edu>

Instructor:

Jeff Boissoneault, PhD
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Office Hours: By appointment

PURPOSE AND OUTCOME

Course Description:

This course examines theoretical and research foundations of health psychology and behavioral health & illness from a biopsychosocial perspective.

Relation to Program Outcomes:

Topics discussed in this course, including stress, behavior change, adherence, mental status, sleep, pain, and substance use, are broadly relevant to the practice of health service psychology and related research.

Course Objectives:

- 1) Identify and define the foundations of clinical health psychology.
- 2) Review theory and research relevant to clinical health psychology from a biopsychosocial perspective. This will include the relevance of health psychology to health-relevant constructs, as well as specific diseases and health problems. There will be an emphasis on environmental, socioeconomic, and contextual factors affecting individuals' experiences with these conditions, including health disparities.
- 3) Describe the roles of health psychologists in research and clinical practice spanning primary to tertiary care and interprofessional education, training, and practice.

Instructional Methods and Course Format

This graduate level seminar is specifically designed to maximize a scientist-practitioner's application of health psychology principles built upon a competency-based model of health psychology practice and research. Broadly, Dr. Boissoneault will provide information regarding biopsychosocial underpinnings of issues related to health psychology, and guest lecturers will provide clinical context. Class participation and dialogue based upon the integration of readings, lectures, and journal club discussions of research articles will be the major means of learning.

Students should be prepared to *ask relevant questions* to guest lecturers based on readings, lectures,

and class assignments. The goal of this course is to provide students the information & knowledge needed to be competent consumers of the literature *and* the preparation needed to competently address relevant research and clinical questions in health psychology.

Class will meet every Tuesday from 11:45am-2:45pm. The class period will be split into two 80-minute blocks, separated by a 20-minute break. Each class will consist of lectures, discussions of key articles, and/or student presentations. As alluded above, article discussions will be in a journal club format. Dr. Boissoneault will lead the first article discussion. Students will then take turns as the journal club discussion leader throughout the semester. See below for more information regarding the journal club component of the course.

Reading Materials

Required Reading for this Course

Articles for this course will be provided as the course progresses on E-Learning or via email, typically as .pdf files. Reading materials will be made available by end of day on the Friday before the next class session. There is no required or recommended textbook.

Course Website:

The class uses the UF e-Learning portal for posting of supplemental course materials. Log on at <https://elearning.ufl.edu/> (Canvas) and you should find the course link there.

Journal Club

Journal clubs are an opportunity to engage with the primary scientific literature in a thoughtful and collaborative way. Although formats vary in terms of formality, the journal club in this course will be relatively structured. A student will lead the discussion during each journal club period designated on the Course Schedule below. In each session, we will discuss a 'primary' paper (or two) and a small number of supporting articles. Dr. Boissoneault will pick the articles discussed for each journal club, although student suggestions are welcome. This student will prepare a PowerPoint presentation summarizing each component of the primary paper(s) (Introduction, Methods, Results, Discussion), including comments and critiques from the discussion leader's viewpoint. Supplemental information and/or perspectives from supporting articles can and should be integrated into this presentation. Both positive and negative aspects of the work being discussed are fair game.

Please note, however, that the goal of journal clubs is **NOT** solely to point out flaws in published studies. Rather, it is critical to recognize that even flawed studies can be informative, and we are well-served as scientific professionals to develop the skills needed to contextualize findings in light of the limitations (intended or unintended, acknowledged or unacknowledged) of a given research product. Students in this course are expected to attend and actively participate in all journal clubs, even when they are not the discussion leader.

Course Schedule (please note:

		FALL 2021		
Tuesday	BLOCK 1 (75 minutes)	Week	Speaker(s)	BLOCK 2 (75 minutes)
24-Aug	Course Overview & Introduction	1	Boissoneault	Journal Club Introduction
31-Aug	Stress and Coping	2	Boissoneault	Stress and Coping
7-Sep	Placebo	3	Boissoneault	Placebo
14-Sep	Health-related Decision Making	4	Boissoneault	Health-related Decision Making
21-Sep	Primary Care Psychology	5	Gyls	Primary Care Psychology
28-Sep	Substance Use and Addiction (Part 1)	6	Boissoneault	Substance Use and Addiction
5-Oct	Transplant	7	Boissoneault	Transplant
12-Oct	Sleep Disorders	8	Payne-Murphy	Sleep Disorders
19-Oct	Obesity and Weight Management	9	Ross Payne-Murphy	Obesity and Weight Management
26-Oct	Pain (Part 1)	10	Boissoneault	Pain
2-Nov	Substance Use Treatment	11	Sutton Waxenberg	Clinical Pain Psychology
9-Nov	Cancer & Health Psychology	12	Pereira	Cancer & Health Psychology
16-Nov	Substance Use and Addiction (Part 2)	13	Boissoneault	Pain (Part 2)
23-Nov	NO CLASS – WORK ON PRESENTATIONS			
30-Nov	Student Presentations	14	Students	Student Presentations

= Biopsychosocial Mechanisms Lecture
 = In Class Student Presentations

= Clinical Applications Lecture
 = Journal Club

Academic Requirements and Grading

Table of Assignments

Assignment	Student Responsibility	Points
Participation in Journal Clubs and Lectures	Familiarity with articles, active contributions to journal club discussion, and engagement with speakers	25
Journal Club Discussion Leader	PowerPoint-style presentation, ability to answer questions about purpose, methods, outcomes, and limitations/implications of primary article(s)	25
Final Exam	PowerPoint-style presentation and written summary, mastery of material and ability to answer questions	50
TOTAL POINTS		100

Final Exam

The Final Exam for this course is to develop/describe psychological services for a disease or condition of your choice. This will culminate in a 15-minute PowerPoint presentation at the end of the semester, and a 3-5 page summary with references.

Your final exam will be an in-class presentation based upon your review of a chosen disease or medical problem. You will also provide this in written summary [emailed to each class member], including references, so that all presentations can be shared.

Please discuss your chosen topic with Dr. Boissoneault by week #4 (at the latest) of the class for his review and approval so that we have a balanced, and non-repetitive portfolio of diseases and disorders [email the final topic and title by week 10].

Do NOT select a disorder in your area of research or clinical [sub]specialty. This is an opportunity to branch out and learn about a disease, disorder, or condition that is **new to you!**

Presentations should:

1. Include the information necessary to describe the disease or problem and understand the disorder; include prevalence, mortality and morbidity information, as well as an overview of biopsychosocial mechanisms underlying the condition. This includes references to the medical definitions of the problem and how it is [medically] diagnosed and how the patient might present to the health psychologist upon referral. Include the assessment[s] of the psychosocial issues related to it and the psychological treatments used with patients with that diagnosis or problem. What medications, surgical, or rehabilitation approaches are used to treat this problem; what are the "side effects," and what does the health psychologist need to be aware of?
2. What is the current psychological research in this area and what would you recommend as future directions?
3. Where evidence-based approaches exist in the psychological literature for both assessment and treatment, highlight those and/or detail what is missing in the literature or where improvements could occur both in the research and clinical areas.
4. Include in your presentation information about services for patients with your chosen disease\disorder *within our own Health Science Center* [if such services exist or why they do not]. This should include *finding* the relevant department, service, or clinic here at Shands & the HSC and *talking directly* with the medical attending, nurse, and/or other healthcare professional about their services, patient demographics, and what, if any, health psychological services are available for their patients. If none exists, detail what you learned as to "why not." **Please note that it may be more difficult than usual to contact clinical staff during the**

COVID-19 pandemic. I recommend reaching out early to avoid unneeded urgency.

5. Describe a “best case” clinical service for this patient population, how you would integrate that service into the medical/surgical clinic you visited, and what research issues you would build into “your scientist-practitioner day in that clinic.” If the service exists within the University of Florida Health Science Center, how might it be improved?

Course Grading:

25% of the grade in this course will be based on in-class participation throughout the semester (including questions for visiting presenters and engagement in journal club presentations). Each absence not previously cleared with Dr. Boissoneault will result in an overall deduction of 1.67% from students' overall grade.

25% of the grade in this course will be based on leading a journal club presentation. Grades for discussion leaders will not be based on whether their impression of the assigned articles was positive or negative, but rather knowledge of the primary and supporting articles, clarity of presentation, and thoughtfulness of critiques (both positive and negative).

50% of the grade in this course will be based on the “Final Exam” presentation. The presentation will be graded based on clarity, mastery of material presented (including responses to questions); and the written summary distributed to the class on day of presentation.

Per the UF website:

Percentage or points earned in class	93%-100%	90%-92%	87%-89%	83%-86%	80%-82%	77%-79%	73%-76%	70%-72%	67%-69%	63%-66%	60%-62%	Below 60%
Letter Grade equivalent	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	F

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

For greater detail on the meaning of letter grades and university policies related to them, see the Registrar's Grade Policy regulations.

Please be aware that a C- is not an acceptable grade for graduate students. The GPA for graduate students must be 3.0 based on 5000 level courses and above to graduate. A grade of C counts toward a graduate degree only if based on credits in courses numbered 5000 or higher that have been earned with a B+ or higher.

Incomplete grades:

An incomplete grade may be assigned at the discretion of the instructor as an interim grade for a course in which the student has 1) completed a major portion of the course with a passing grade, 2) been unable to complete course requirements prior to the end of the term because of extenuating circumstances, and 3) obtained agreement from the instructor and arranged for resolution (contract) of the incomplete grade. Instructors assign incomplete grades following consultation with Department Chairs.

Office Hours and Appointments:

Office hours are by appointment on an as-needed basis.

Course Evaluations

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/>.

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 Website for additional details:
<https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>
<http://gradschool.ufl.edu/students/introduction.html>

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

Class Attendance:

It is the expectation of the faculty in Clinical and Health Psychology that all students attend all classes. Students are expected to be present for all classes, since much material will be covered only once in class. Attendance will be taken during each class.

As a matter of mutual courtesy, please let the instructor know when you're going to be late, when you're going to miss class, or if you need to leave early. Please try to do any of these as little as possible. Students are expected to be present for all classes since much material will be covered only once in class. Students who have extraordinary circumstances preventing attendance or who must leave early, should explain these circumstances to the course instructor prior to the scheduled class, or as soon as possible thereafter. The instructor will then try to accommodate reasonable requests.

Make-up Exams or Other Work:

Extra credit - No planned opportunities for extra credit exist in this course.

General policy on missed work - It is expected that no students will miss any assignments. **No make-ups will be possible.**

Professionalism and COVID

Commented [CRV1]: Updated August 17, 2021

As students pursuing a path in the health professions or public health, it is crucial to demonstrate professional behaviors that reflect integrity and commitment to the health of patients, fellow health professionals, and to populations we serve. To accomplish this, a strong responsibility for the well-being of others must be evident in our decisions, along with accountability for our actions. Professionalism in the health disciplines requires adherence to high standards of conduct that begin long before graduation. This is particularly true during times of health emergencies such as the COVID pandemic, given our professional habits can have a direct impact upon the health of persons entrusted to us.

If you are not vaccinated, get vaccinated. Vaccines are readily available at no cost and have been demonstrated to be safe and effective against the COVID-19 virus. Visit this link for details on where to get your shot, including options that do not require an appointment: <https://coronavirus.ufhealth.org/vaccinations/vaccine-availability/>. Students who receive the first dose of the vaccine somewhere off-campus and/or outside of Gainesville can still receive their second dose on campus.

In response to COVID-19, the following professional practices are in place to maintain your learning environment, to enhance the safety of our in-classroom interactions, and to protect the health and safety of ourselves, our patients, our neighbors, and our loved ones.

- You are required to wear approved face coverings at all times while in Health Science Center classrooms and within Health Science Center buildings even if you are vaccinated.
- If you are sick, stay home and self-quarantine. Please visit the UF Health Screen, Test & Protect website about next steps, retake the questionnaire and schedule your test for no sooner than 24 hours after your symptoms began. Please call your primary care provider if you are ill and need immediate care or the UF Student Health Care Center at 352-392-1161 (or email covid@shcc.ufl.edu) to be evaluated for testing and to receive further instructions about returning to campus. UF Health Screen, Test & Protect offers guidance when you are sick, have been exposed to someone who has tested positive or have tested positive yourself. Visit the UF Health Screen, Test & Protect website for more information.
- Continue to follow healthy habits, including best practices like frequent hand washing.
- Avoid crowded places (including gatherings/parties with more than 10 people)

Sanitizing supplies are available in the classroom if you wish to wipe down your desks prior to sitting down and at the end of the class. Hand sanitizing stations will be located in every classroom.

Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work. If you are withheld from campus by the Department of Health through Screen, Test & Protect you are not permitted to use any on campus facilities. Students attempting to attend campus activities when withheld from campus will be referred to the Dean of Students Office.

Continue to regularly visit coronavirus.UFHealth.org and coronavirus.ufl.edu for up-to-date information about COVID-19 and vaccination.

COVID-19 Symptoms

See <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> for information about COVID-19 symptoms, which may include fever, cough, shortness of breath or difficulty breathing, fatigue, chills, muscle or body aches, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, and loss of taste or smell.

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.

Policy Related to Guests Attending Class:

Only registered students are permitted to attend class. However, we recognize that students who are caretakers may face occasional unexpected challenges creating attendance barriers. Therefore, by exception, a department chair or his or her designee (e.g., instructors) may grant a student permission to bring a guest(s) for a total of two class sessions per semester. This is two sessions total across all courses. No further extensions will be granted. Please note that guests are not permitted to attend either cadaver or wet labs. Students are responsible for course material regardless of attendance. For additional information, please review the Classroom Guests of Students policy in its entirety. Link to full policy:
<http://facstaff.php.ufl.edu/services/resourceguide/getstarted.htm>

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.bluer.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.

- The Counseling and Wellness Center 352-392-1575 offers a variety of support services such as psychological assessment and intervention and assistance for math and test anxiety. Visit their web site for more information: <http://www.counseling.ufl.edu>. On line and in person assistance is available.

- U Matter We Care website: <http://www.umatter.ufl.edu/>. If you are feeling overwhelmed or stressed, you can reach out for help through the You Matter We Care website, which is staffed by Dean of Students and Counseling Center personnel.
- The Student Health Care Center at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services. The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 392-0627 or check out the web site at: <https://shcc.ufl.edu/>
- Crisis intervention is always available 24/7 from: Alachua County Crisis Center: (352) 264-6789 <http://www.alachuacounty.us/DEPTS/CSS/CRISISCENTER/Pages/CrisisCenter.aspx>
- 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.](#)

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." If you have questions or concerns about your rights and responsibilities for inclusive learning environment, please see your instructor or refer to the Office of Multicultural & Diversity Affairs website: www.multicultural.ufl.edu