

MIND-BODY & HEALTH
PSYCH 137
Summer

Time: TBD

Location: TBD

Professor: TBD

Rm.

Phone:

Office Hrs:

Reader:

Pre-Requisite: Introductory Psychology

Required Text:

The main resource in this course is a “Mind-Body & Health Workbook” authored by the professor. The Workbook is structured with headings and subheadings for each topic. Embedded within these is core information on key concepts, definitions, figures, diagrams, research synopses, and essay questions to be answered.

A supplemental resource is Sarafino, E.P., & Smith, T.W. (2016). *Health Psychology: Biopsychosocial Interactions* (9th Ed). Hoboken, NJ: John Wiley & Sons. As a secondary reference, this book is not required for purchase but available on reserve in the library.

Course Description

Course explores psychosomatics or mind-body interactions in a dozen diseases/disorders from recurrent ailments (e.g., asthma, gastrointestinal disorders) and chronic diseases (e.g., hypertension) to “terminal” diseases (e.g., cancer, AIDS); also included are specific disorders of appetite, sleep, and sexual functioning. For each of these, (i) symptoms (physical and psychological) are outlined, (ii) epidemiological data are used to illustrate socio-cultural underpinnings of health, and (iii) etiology examines how emotion, personality, and other psychological variables interact with the biological. Finally, (iv) psychosocial assessment and (v) cognitive-behavioral-affective treatments are presented for each disease/disorder.

Course Objectives

- To trace the evolution of the field of psychosomatics
- To learn relevant terminology in health-related disciplines
- To understand the different types of psychosomatic processes
- To recognize physical as well as behavioral symptoms of diseases/disorders
- To interpret epidemiological findings from a socio-cultural perspective of health
- To uncover the psychosomatic etiology of diseases/disorders covered in the course
- To be acquainted with psychological assessment of relevant symptoms and sequelae
- To be acquainted with cognitive, affective, behavioral treatments and lifestyle change

Program Learning Goals

This course as a whole, invokes the facets of the Psychology program learning goals, including scientific inquiry, historical and contemporary views, research methods, formulating hypotheses, critical appraisal, and application to everyday problems in this content area.

Methods of Instruction

Lectures will be interactive with opportunities for discussion. There will be demonstrations of psychosomatic interactions and approaches to assessment and treatment. Video Clips will be used to illustrate research and application in the field.

A different health issue is covered each day of the week. The first week covers general symptoms and recurrent ailments, the second week covers some of the more chronic and terminal diseases, and the third week covers disorders that are largely related to behavior and lifestyle. The sequence of topics is as follows:

Date:

TBD	History and background of psychosomatics
TBD	Stress as response, stimulus, and interaction
TBD	Pain: acute, chronic.
TBD	GI Disorders, Diabetes, Asthma
TBD	Test 1
TBD	Cardiovascular Disease
TBD	Cancer
TBD	HIV/AIDS: a biopsychosocial model
TBD	HIV/AIDS: clinical applications
TBD	Test 2
TBD	Obesity
TBD	Alcoholism
TBD	Insomnia
TBD	Sexual Dysfunction
TBD	Test 3

Overall letter grade (with +/- specifiers) will be based on the sum of scores for the following:

<u>Components of course grade</u>	<u>Scores as % of 100 points</u>
I Attendance	10%
II Discussion	5%
II Notes in Workbook	10%
III Short Essays Answers to Questions in Workbook	15%
IV Test 1	20%
IV Test 2	20%
IV Test 3	20%

Attendance will be recorded on sign-in sheets distributed in class. Discussion will be graded on the basis of relevance, accuracy, and clarity. Notes entered into the Workbook are to be derived from lecture material. These notes reflect not merely a transfer of information but also the construction of knowledge through interactive lectures. Each chapter in the Workbook (corresponding to the weekly topic) has appended within it a set of Essay Questions. For each chapter, an essay question will be selected and answered. Each essay answer is meant to be approximately one page in length, formatted in APA style, and with at least one relevant citation of a scientific source. The Workbook is due to be submitted on the day of the last test (at start of class) and after grading will be made available for return to students. The three tests will be non-cumulative in content and consist of multi-choice questions. These will be based on the material covered in the lectures and the Workbook.

NO opportunity to make-up tests may be assumed, though medical and other extenuating circumstances will be considered. Late submissions of the Workbook may incur a penalty of 10% per day late.

Students are free and encouraged to discuss course material with one another but all graded requirements must be fulfilled independently and with academic honesty.

Professional conduct is expected of all members of this class. This entails (but is not limited to) punctuality, non-disruptiveness, and basic courtesy in all interactions. Further details on academic honesty and professional conduct can be found in the Berkeley Campus Code of Student Conduct <http://sa.berkeley.edu/conduct/integrity>