

Psychology 610
Behavioral Medicine
Spring 2008
Course Syllabus

1. Classes are scheduled from 6-9 p.m. on Tuesdays.
2. Attendance is mandatory. Students missing class must get comprehensive notes from other students and submit a copy to the instructor.
3. Grades are based upon classroom participation, a formal presentation in class, and a final examination.
4. Honor Code pledge required on Final Examination. "On my honor, I have neither given nor received any aid on this exam."
5. Office: 408 FLIPSE
6. Office Hours: By appointment, 4-6 p.m. Tuesday

Overview of Course Content

A. Introduction

1. Basic pillars of Behavioral Medicine are Public Health, Clinical Investigation and Basic Science
2. Brief history of behavioral medicine
3. Pathways of Disease
 - a. Risk Factors
 - 1) Behavioral, psychosocial, societal
 - b. Lifestyle, stress and psychological status pathways
4. Intervention Levels
 - a. Interpersonal, community, governmental

B. Large Scale Observational Studies

1. Hispanic Community Health Study/Study of Latinos

C. Nature of Scientific Evidence

1. Consort Statement
2. Evidence based behavioral medicine
3. Statistical and design guidelines

D. Large Scale Randomized Clinical Trials

1. Friedman, Thoresen, Gill et al. (1986), Am. Heart J.
2. ENRICHED (2003), JAMA
3. Diabetes Prevention Program (2002), New Eng. J. Med.

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E. Secondary (Exploratory) Analyses

1. Antoni et al (2006). Randomized HIV Trial, Psychosomatic Medicine
2. Schneiderman et al (2004). ENRICHED, Psychosomatic Medicine
 - a. Importance of studying diversity in behavioral management research

F. Modification of Risk Factors

1. Guidelines

G. Chronic Disease Management

1. Diabetes
2. CHD
3. HIV/AIDS
4. Cancer

H. Basic Processes

1. Social environment, animal models and CHD
2. The common cold
3. Stress and health
4. Behavioral contributions to mortality
5. Role of gender, ethnicity and SES in disease processes