

Fall 2009 **PSYCHOLOGY 662 QY**
Health Psychology Interventions

Instructor: Patrice G. Saab, Ph.D.
Office Hours: Tuesday & Thursday 11 am – 12: 15 pm; Wednesday 10 am -12 pm
& by appointment
Office: 436 Flipse Building **Lab:** 131 Behavioral Medicine
Class: Tuesday 12:30 pm – 3 pm in Flipse 201
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Overview: The goal of the course is to familiarize students with clinical interventions and research methods relevant to health, lifestyle, wellness, and behavioral factors. Students will become familiar with concepts critical to the implementation of effective health interventions. Students will critically evaluate the research literature and learn to conceptualize interventions based on the best available evidence. Empirically supported treatments will be emphasized. To appreciate the demands associated with behavior change intended to promote health, students will be asked to monitor their experience making a simple behavior change (e.g., walk the stairs in Flipse rather than taking the elevator; walking across campus rather than taking a shuttle).

Attendance is expected from all students. Students will be asked in advance to present material and lead discussions as well as actively participate in class discussions. Completing reading assignments is crucial.

Grades will be based on the following (*proportions will be affected by additional assignments*):

1. 30 % - Class comments, discussion, article questions, discussant role
2. 5 % - Internet assignments
3. 15 % - Behavior change
3. 30 % - Research paper
4. 20 % - Class presentation

Internet assignments: The Internet serves as an information resource for patients as well as providers. In addition to providing medical information (which may or may not be accurate), the Internet may also serve as a vehicle for social support. Throughout the semester, each student will be assigned to search resources available on a given topic. The student is to provide website addresses for the rest of the class.

Behavior change: To appreciate the demands associated with behavior change intended to promote health, students will be asked to monitor their experience making a simple behavior change (e.g., walk the stairs in Flipse rather than taking the elevator). Progress will be addressed in class.

Research paper and presentation: Students will complete a 15 - 20 page paper evaluating the state of the intervention literature for an area chosen in consultation with Dr. Saab. The paper topic is to be a new one for the student. More specifically, it cannot be in the student's research area or been the basis for a previous class paper or project. The paper is to include the following sections: a) introduction; b) epidemiology and standard 'medical' interventions; c) review of the intervention literature; and d) areas for future improvement.

Papers are due Tuesday October 27. Each student will submit a hard copy and an electronic copy to the instructor. The electronic copy will be reviewed by the honors council to ensure that the paper is the student's original work. Students will each have 1 hour for their presentation. Student presentations will be scheduled in November.

Honor: Cheating/plagiarism will not be tolerated and constitutes grounds for failure.

Readings: Readings will be assigned on a weekly basis. Students are required to turn in 1 integrative question concerning each week's readings. Each article will have an assigned student discussant. Readings will be available on Blackboard. *Below is a tentative schedule of topics that are subject to change.*

9/1

- Introduction and discussion of class format and assignments
- History of clinical health psychology
- Role of health psychologist

9/8

- Professionalism in clinical health psychology (including ethics and supervision relationships)
- Competencies
- CPT codes
- Self-monitoring

9/15

- Evidenced based practice
- Behavior Change Models

9/22

- Preparing individual for health psychology consult/intervention
 - Self-management
 - Individual vs. Group interventions
 - Efficacy vs. effectiveness
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- Motivational Interviewing

9/29

- Health Literacy
- Cultural issues

10/6

- Adherence
- Relapse prevention

10/13

- Problem solving
- Stress management

10/20

- Diet/weight management

10/27

- Smoking
- Diabetes and the DPP

11/3

- Sleep

11/10

- Translation
- Tailoring

11/13

- Exercise/physical activity

11/17

- Presentations

11/24

- Presentations

12/1

- Presentations