

Term Information

Effective Term Spring 2018

General Information

Course Bulletin Listing/Subject Area Psychology
Fiscal Unit/Academic Org Psychology - D0766
College/Academic Group Arts and Sciences
Level/Career Graduate
Course Number/Catalog 6867.01
Course Title Behavioral Medicine
Transcript Abbreviation Behavioral Med
Course Description Behavioral medicine is an interdisciplinary field that examines health, disease prevention, illness, and disease progression. This course surveys the contributions by health psychologists to behavioral medicine. Topics include prevention, psychological responses to diagnosis and treatment, biobehavioral mechanisms of illness/disease, response to chronic illness, health behaviors, and emerging issues
Semester Credit Hours/Units Fixed: 3

Offering Information

Length Of Course 14 Week
Flexibly Scheduled Course Never
Does any section of this course have a distance education component? No
Grading Basis Letter Grade
Repeatable No
Course Components Seminar
Grade Roster Component Seminar
Credit Available by Exam No
Admission Condition Course No
Off Campus Never
Campus of Offering Columbus

Prerequisites and Exclusions

Prerequisites/Corequisites Graduate status in any health related discipline
Exclusions
Electronically Enforced Yes

Cross-Listings

Cross-Listings

Subject/CIP Code

Subject/CIP Code 42.0101
Subsidy Level Doctoral Course
Intended Rank Masters, Doctoral

Requirement/Elective Designation

The course is an elective (for this or other units) or is a service course for other units

Course Details

Course goals or learning objectives/outcomes

- Understand biobehavioral aspects and mechanisms of chronic disease
- Understand behavioral aspects of illness prevention
- Understand biobehavioral aspects of common diseases (e.g., cardiovascular, pulmonary, cancer)

Content Topic List

- Epidemiology of common diseases and chronic illnesses
- Psychological responses to diagnosis, treatment, disease progression
- Study of behaviors relevant to disease onset/progression (e.g., diet, activity)

Sought Concurrence

No

Attachments

- Psych 6867.01 Behavioral Medicine.doc: syllabus
(Syllabus. Owner: Paulsen,Alisa Marie)
- Concurrence-COM-Psych 6867.01.pdf: Concurrence-COM
(Concurrence. Owner: Paulsen,Alisa Marie)

Comments

- Please request concurrence from the College of Medicine. *(by Vankeerbergen,Bernadette Chantal on 07/20/2017 12:22 PM)*

Workflow Information

Status	User(s)	Date/Time	Step
Submitted	Paulsen,Alisa Marie	03/22/2017 04:19 PM	Submitted for Approval
Approved	Givens,Bennet Stuart	05/31/2017 04:54 PM	Unit Approval
Approved	Haddad,Deborah Moore	06/01/2017 10:55 AM	College Approval
Revision Requested	Vankeerbergen,Bernadette Chantal	07/20/2017 12:22 PM	ASCCAO Approval
Submitted	Paulsen,Alisa Marie	07/27/2017 03:09 PM	Submitted for Approval
Approved	Vasey,Michael William	07/27/2017 04:16 PM	Unit Approval
Approved	Haddad,Deborah Moore	07/28/2017 11:04 AM	College Approval
Pending Approval	Nolen,Dawn Vankeerbergen,Bernadette Chantal Oldroyd,Shelby Quinn Hanlin,Deborah Kay Jenkins,Mary Ellen Bigler	07/28/2017 11:04 AM	ASCCAO Approval

Psychology 6867.01: Behavioral Medicine

Professor Barbara L. Andersen
Telephone: 292-4236
email: andersen.1@osu.edu

Class:
Rm xxx Psychology Building
Office hours by arrangement

Secretary: Noelle Juday (juday.9@osu.edu), 292-6649.

Description: Behavioral medicine is an interdisciplinary field that examines health, illness, and related physiologic responses. This course provides a survey of contributions by health psychologists to the study of health and illness. Differing social science (e.g. psychiatry) and related (e.g. epidemiology) perspectives and traditional conceptualizations of stress and illness (e.g. Cannon, Selye, Alexander) serve as introductory material. Major topics include prevention, psychological responses to medical diagnosis and treatment, biobehavioral mechanisms of illness/disease, responses to chronic illnesses, health behaviors, and emerging issues.

Content: Class lecture, student group presentations, assigned readings, and colloquia and other research presentations as announced.

Readings:

Taylor, S. E. (2011). *Health Psychology. 8th edition*. Boston, MA: McGraw-Hill. Selected chapters. (Taylor).

Additional readings as noted.

Evaluation:

Paper (80%). The paper is a research proposal in your area of expertise that follows the new 398 NIH application format (12 pages) for R21 or R03 research applications. Required portions include abstract, budget justification, and pages devoted to the following: specific aims, significance, outline of preliminary data (if any), methods, and data analytic procedures, and references (not included in page count), all in APA format. Topics must be approved. Due by Wednesday, March 10.

Class participation (20%). Preparation for and participation in class is important. Be prepared to discuss central topics in the week's readings. Genuine lack of understanding of an issue after an attempt is permissible, but not having read or thought about an issue is not.

Other information

Academic misconduct. It is the responsibility of the Committee on Academic Misconduct to investigate or establish procedures for the investigation of all reported cases of student academic misconduct. The term "academic misconduct" includes all forms of student academic misconduct wherever committed; illustrated by, but not limited to, cases of plagiarism and dishonest practices in connection with examinations. Instructors shall report all instances of alleged

academic misconduct to the committee (Faculty Rule 3335-5-487). For additional information, see the Code of Student Conduct <http://studentlife.osu.edu/csc/>.

Disability Services. Students with disabilities that have been certified by the Office for Disability Services will be appropriately accommodated and should inform the instructor as soon as possible of their needs. The Office for Disability Services is located in 098 Baker Hall, 113 W. 12th Avenue; telephone 292-3307, TDD 292-0901, VRS 429-1334; <http://www.ods.ohio-state.edu/>."

Sexual misconduct/relationship violence. Title IX makes it clear that violence and harassment based on sex and gender are Civil Rights offenses subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories (e.g., race). If you or someone you know has been sexually harassed or assaulted, you may find the appropriate resources at <http://titleix.osu.edu> or by contacting the Ohio State Title IX Coordinator, Kellie Brennan, at titleix@osu.edu.

Weekly Agenda

Week	Topic	Date
1.	I. Overview A. Overview B. The emergence of behavioral medicine	
2.	II. Psychological bases and mechanisms A. Stress: Classic and contemporary approaches B. Social factors and relationships	
3.	II. Psychological bases and mechanisms C. Individual differences	
4.	III. Physiological bases of health-behavior relationships A. Stress responses, e.g. cardiovascular, endocrine B. Immune	1/26
5.	IV. Health behaviors A. Diet	
6.	IV. Health behaviors B. Exercise C. Smoking	
7.	V. Chronic illness as a psychosocial process A. Research in psychosocial aspects of chronic illness B. Psychosocial management of chronic illness	
8.	V. Chronic illness as a psychosocial process C. Pain and pain management	
9.	VI. Cardiovascular Disease A. The cardiovascular system and overview of CHD B. Evidence for behavioral influences on CHD C. Stress and reactivity	
10.	VI. Psychophysiological risk factors for cardiovascular disease A. Overview of hypertension B. Evidence for behavioral influences on hypertension C. Mechanisms	
11.	VII. Cancer A. Cancer prevention	

B. Disease and biobehavioral factors

12. VII. Cancer
 - C. Psychological and behavioral
13. VII. Cancer
 - D. Psychological responses and interventions
14. VIII. Wrap up/Cross cutting issues
 - A. SES gradient and health
 - B. Aging and health

I. Overview

Taylor: Chapter 1: pg. 2-16.

A. Behavioral medicine in the 1980's to present

Blanchard, E. (1992). Introduction to the special issue on behavioral medicine: An update for the 1990's. *Journal of Consulting and Clinical Psychology, 60*, 491-49

Smith, T.W., Kendall, P.C., & Keefe, F.J. (2002). Behavioral medicine and clinical health psychology: Introduction, A view from the decade of behavior. *Journal of Consulting and Clinical Psychology, 70*, 459-462.

Institute of Medicine. (2000). Introduction and recommendations. In B.D. Smedley and S.L. Syme (Eds.), *Promoting health: Intervention strategies from social and behavioral research*. National Academy Press: Washington, D.C. (pp. 1-36).

Davidson, K.W. et al. (2003). Evidence-based behavioral medicine: What is it and how do we achieve it? *Annals of Behavioral Medicine, 26*(3), 161-171.

II. Psychological bases and mechanisms

Taylor: Chapters 6-7 (pgs. 146-199).

A. Stress: Classic and contemporary approaches

Miller, G.E., & Blackwell, E. (2006). Turning up the heat: Inflammation as a mechanism linking chronic stress, depression, and heart disease. *Current Directions in Psychological Science, 15*(6), 269-272.

B. Social factors and relationships

Uchino, B., Cacioppo, J.T., & Kiecolt-Glaser, J. (1996). The relationship between social support and physiological processes: A review with emphasis on underlying mechanisms and implications for health. *Psychological Bulletin, 119*, 488-531. (Skim for background for the one below).

Uchino B.N. (2006). Social Support and Health: A review of physiological processes potentially underlying links to disease outcomes. *Journal of Behavioral Medicine, 29*(4), 377-87.

Taylor, S.E. (2006). Tend and befriend: Biobehavioral bases of affiliation under stress. *Current Directions in Psychological Science, 15*(6), 278-281.

C. Individual differences

Smith, T.W.; MacKenzie, J. (2006). Personality and Risk of Physical Illness. *Annual Review of Clinical Psychology, 2*: 435-67.

III. Physiological bases of health-behavior relationships

A. Systems 101

Taylor: Chapter 2 (17-43)

Bunker Rosdahl, C. & Kowalski, M.T. (Eds.) (2003). Endocrine system. *Textbook of Basic Nursing*. (pg 231-242). Lippincott, Williams & Wilkins: Philadelphia.

B. Stress responses

Miller, G.E., Chen, E., & Zhou, E.S. (2007). If it goes up, must it come down? Chronic stress and the hypothalamic-pituitary–adrenalcortical axis in humans. *Psychological Bulletin*, *133*, 25-45.

IV. Health behaviors

Taylor: Health Behaviors—Chapters 3-5 (pgs. 44-145);

A. Exercise

Dubbert, P.M. (2002). Physical activity and exercise. *Journal of Consulting and Clinical Psychology*, *70*, 526-536.

Prentice, R. et al. (2004). Nutrition and physical activity and chronic disease prevention: Research strategies and recommendations. *Journal of the National Cancer Institute*, *96*(17), 1276-1287.

Emery, C.J., Yang, H.C., Frierson, G.M., Peterson, L.P., & Suh, S. (2009). Determinants of physical activity among women treated for breast cancer in a 5-year longitudinal follow-up investigation. *Psychosocial Oncology*, *18*, 377-386.

B. Problem behaviors (Pick one)

Niaura, R., & Abrams, D.B. (2002). Smoking cessation: progress, priorities, and prospectus. *Journal of Consulting and Clinical Psychology*, *70*, 494-509.

Wadden, T.A., Brownell, K.D., & Foster, G.D. (2002). Obesity: Responding to the global epidemic. *Journal of Consulting and Clinical Psychology*, *70*, 510-525.

V. Chronic illness as a psychosocial process

Taylor: Chronic Illness—Chapters 11 (pgs. 270-324);
Pain—Chapter 10 (pgs. 243-267)

Emery, C.F., Green, M.R., & Suh, S. (2008). Neuropsychiatric function in chronic lung disease: The role of pulmonary rehabilitation. *Respiratory Care*, *53*(9), 1208-1216.

Gatchel, R.J., Peng, Y.B, et al. (2007). The biopsychosocial approach to chronic pain: Scientific advances and future directions. *Psychological Bulletin*, *133*, 581-624.

For further reading: Turk et al. (2002). Psychological factors in chronic pain. *Journal of Consulting and Clinical Psychology*, *70*, 678-690.

VI. Cardiovascular Disease, Part I

Taylor: Chapter 13 (pgs. 326-360).

Blumenthal et al. (2002). Biobehavioral approaches to hypertension. *Journal of Consulting and Clinical Psychology, 70*, 569-589.

Smith et al. (2002). Psychosocial influences on the development and course of coronary heart disease. *Journal of Consulting and Clinical Psychology, 70*, 548-568.

Goldston, K., & Baillie, A.J. (2008). Depression and coronary heart disease: a review of the epidemiological evidence, explanatory mechanisms and management approaches. *Clinical Psychology Reviews, 28*(2), 288-306.

Suls, J., & Bunde, J. (2005). Anger, anxiety, and depression as risk factors for cardiovascular disease: The problems and implications of overlapping affective dispositions. *Psychological Bulletin, 131*, 260-300.

VI. Cardiovascular Disease: Part II, Psychophysiological risk factors

Williams, R.B. (2008). Psychosocial and biobehavioral factors and their interplay in coronary heart disease. *Annual Reviews of Clinical Psychology, 4*, 349-65

Kaplan, J.R., Adams, M.R., Clarkson, T.B., Manuck, S.B., Shively, C.A., Williams, J.K. (1996). Psychosocial factors, sex differences, and atherosclerosis: Lessons from animal models. *Psychosomatic Medicine, 58*, 598-611.

Schneiderman, N., McCabe, P.M. (1989). Psychophysiologic strategies in laboratory research. In N. Schneiderman, S.M. Weiss, P.G. Kaufmann (Eds.), *Handbook of research methods in cardiovascular behavioral medicine*. New York: Plenum.

VII. Cancer, Part I

Taylor: Chapter 14 (pgs. 361-397).

Heath, C.W., & Fontham, E.T.H. (2001). Cancer etiology. In R.E., Lenhard, R.T. Osteem, & T.Tansler (Eds.), *ACS's Clinical Oncology* (pp 37-54). Atlanta: American Cancer Society. (SKIM).

Chida, Y., Hamer, M., Wardle, J., & Steptoe, A. (2008). Do stress-related psychosocial factors contribute to cancer incidence and survival? *Nature Clinical Practice, Oncology, 5*(8), 466-475.

Miller, A.H., & Ancoli-Israel, S., Bower, J.E., Capuron, L., & Irwin, M.R. (2008). *Journal of Clinical Oncology*, 26 (6), 971-982.

Andersen, B.L., Kiecolt-Glaser, J., & Glaser, R. (1994). A biobehavioral model of cancer stress and disease course. *American Psychologist*, 49, 389-404.

VII. Cancer, Part II and III

Andersen, B.L. (2002). Biobehavioral outcomes following psychological interventions for cancer patients. *Journal of Consulting and Clinical Psychology*.

Andersen, B.L., Carson, W.E., Golden-Kreutz, D.M., Glaser, R., Emery, C.F., Crespino, T., Shapiro, C.L., W. B. Farrar. (2004). Psychological, behavioral, and immune changes following a psychological intervention: A clinical trial. *Journal of Clinical Oncology*, 22 (17), 3570-3580.

Andersen, B.L., Yang, H.C., Farrar, W.B., Golden-Kreutz, D.M., Emery, C.F., Thornton, L.M., Young, D.C., Carson, W.E. III. (2008). Psychological intervention improves survival for breast cancer patients: A randomized clinical trial. *Cancer*, 113, 3450-3458.

VIII. SES and health

House, J.S., & Williams, D.R. (2000). Understanding and reducing socioeconomic and racial/ethnic disparities in health. In B.D. Smedley and S.L. Syme (Eds.), *Promoting health: Intervention strategies from social and behavioral research*. National Academy Press: Washington, D.C. (pp. 81-124).

Schoeni, R.F., Martin, L.G., Andreski, P.M., & Freedman, V.A. (2005). Persistent and growing socioeconomic disparities in disability among the elderly: 1982-2002. *American Journal of Public Health*, 95(11), 2065-2070.

Myers, H.F. (2009). Ethnicity- and socio-economic status-related stresses in context: An integrative review and conceptual model. *Journal of Behavioral Medicine*, 32, 9-19.

Pascoe, E.A., Smart Richman, L. (2009). Perceived discrimination and health: A meta-analytic review. *Psychological Bulletin*, 135(4), 531-554.

**The Ohio State University
College of the Arts and Sciences Concurrence Form**

The purpose of this form is to provide a simple system of obtaining departmental reactions to course requests. **An e-mail may be substituted for this form.**

An academic unit initiating a request should complete Section A of this form and send a copy of the form, course request, and syllabus to each of the academic units that might have related interests in the course. Units should be allowed two weeks to respond to requests for concurrence.

Academic units receiving this form should respond to Section B and return the form to the initiating unit. Overlap of course content and other problems should be resolved by the academic units before this form and all other accompanying documentation may be forwarded to the Office of Academic Affairs.

A. Proposal to review

Psychology 6867.01 Behavioral Medicine
Initiating Academic Unit Course Number Course Title

New
Type of Proposal (New, Change, Withdrawal, or other) Date request sent

College of Medicine
Academic Unit Asked to Review Date response needed

B. Response from the Academic Unit reviewing

Response: include a reaction to the proposal, including a statement of support or non-support (continued on the back of this form or a separate sheet, if necessary).

The College of Medicine supports the
proposed course

Signatures

1. D. McCluskey Vice Dean Education College of Medicine 7/27/2017
Name Position Unit Date

2. Name Position Unit Date

3. Name Position Unit Date

**The Ohio State University
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The purpose of this form is to provide a simple system of obtaining departmental reactions to course requests. **An e-mail may be substituted for this form.**

An academic unit initiating a request should complete Section A of this form and send a copy of the form, course request, and syllabus to each of the academic units that might have related interests in the course. Units should be allowed two weeks to respond to requests for concurrence.

Academic units receiving this form should respond to Section B and return the form to the initiating unit. Overlap of course content and other problems should be resolved by the academic units before this form and all other accompanying documentation may be forwarded to the Office of Academic Affairs.

A. Proposal to review

Psychology 6867.02 Behavioral Medicine: CANCER
Initiating Academic Unit Course Number Course Title

New
Type of Proposal (New, Change, Withdrawal, or other) Date request sent

College of Medicine
Academic Unit Asked to Review Date response needed

B. Response from the Academic Unit reviewing

Response: include a reaction to the proposal, including a statement of support or non-support (continued on the back of this form or a separate sheet, if necessary).

The College of Medicine supports the
proposed course.

Signatures

1. Dempster Vice Dean Education College of Medicine 7/27/2017
Name Position Unit Date

2. Name Position Unit Date

3. Name Position Unit Date