

Fiscal Unit/Academic Org	Psychology - D0766
Administering College/Academic Group	Arts and Sciences
Co-administering College/Academic Group	
Semester Conversion Designation	New Program/Plan
Proposed Program/Plan Name	Health Psychology/Behavioral Medicine
Type of Program/Plan	Graduate certificate program
Program/Plan Code Abbreviation	HP/BM
Proposed Degree Title	Certificate in Health Psych/Behavioral Medicine

Credit Hour Explanation

Program credit hour requirements		A) Number of credit hours in current program (Quarter credit hours)	B) Calculated result for 2/3rds of current (Semester credit hours)	C) Number of credit hours required for proposed program (Semester credit hours)	D) Change in credit hours
Total minimum credit hours required for completion of program				12	
Required credit hours offered by the unit	Minimum			12	
	Maximum				
Required credit hours offered outside of the unit	Minimum			0	
	Maximum				
Required prerequisite credit hours not included above	Minimum			0	
	Maximum				

Program Learning Goals

Note: these are required for all undergraduate degree programs and majors now, and will be required for all graduate and professional degree programs in 2012. Nonetheless, all programs are encouraged to complete these now.

- Program Learning Goals**
- Students will understand the psychological and biobehavioral aspects of stress and its relationship to health and disease processes and the role of social determinants of health.
 - Students will understand the concept of aging, age-related changes in primary organ systems of the body, and the psychological and biobehavioral changes associated with aging.
 - Students will understand the interaction of psychological, behavioral, and biological factors relevant to the prevention and control or progression of a primary cause of disability and death, e.g., cancer, cardiovascular disease.

Assessment

Assessment plan includes student learning goals, how those goals are evaluated, and how the information collected is used to improve student learning. An assessment plan is required for undergraduate majors and degrees. Graduate and professional degree programs are encouraged to complete this now, but will not be required to do so until 2012.

Is this a degree program (undergraduate, graduate, or professional) or major proposal? No

Program Specializations/Sub-Plans

If you do not specify a program specialization/sub-plan it will be assumed you are submitting this program for all program specializations/sub-plans.

Pre-Major

Does this Program have a Pre-Major? No

Attachments

- Grad certificate in health psychology.letter to Ryan King.pdf: Letter from Offering Unit
(Letter from Program-offering Unit. Owner: Paulsen, Alisa Marie)
- Psychology.Grad.Health.certificate.proposal.2.27.21.docx: Program Proposal
(Program Proposal. Owner: Paulsen, Alisa Marie)

Comments

Workflow Information

Status	User(s)	Date/Time	Step
Submitted	Paulsen, Alisa Marie	03/10/2021 04:41 PM	Submitted for Approval
Approved	Paulsen, Alisa Marie	03/10/2021 04:41 PM	Unit Approval
Approved	Vankeerbergen, Bernadette Chantal	03/13/2021 11:56 AM	College Approval
Pending Approval	Carpenter, Thomas J Pearce, Laura Elizabeth	03/13/2021 11:56 AM	GradSchool Approval



THE OHIO STATE UNIVERSITY

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March 8, 2021

Dean Ryan King
Divisional Dean, Social & Behavioral Sciences
College of Arts & Sciences
186 University Hall

Re: New Graduate Certificate in Health Psychology/Behavioral Medicine

Dear Dean King:

We are submitting for your consideration the Department of Psychology graduate certificate in Health Psychology/Behavioral Medicine (HP/BM-CR), which is a Type 3a, graduate level, stand alone proposal. Tailored for those with an undergraduate degree (BA/BS), it is intended for those wanting to complete graduate level courses reflecting a Health Psychology/Behavioral Medicine focus. Knowledge of the inter-relationships among behavioral, emotional, cognitive, social, and biological components in health and disease will prepare individuals for career and professional enhancements in health-related careers. This certificate would be directly relevant to individuals with occupations in health services, public health, rehabilitation sciences, nursing or medicine, for example, or those anticipating further graduate study in fields such as medicine, health and rehabilitation sciences, public health, biology, psychology or related disciplines or professions.

This proposal has been approved by the Department of Psychology Graduate Studies Committee. We now seek your endorsement from the College before proceeding with submission to the Graduate School and Council on Academic Affairs. In preparing this document we have endeavored to follow all guidelines and templates provided by the University and College.

Thank you in advance for your review of this proposal. We are eager to move forward in a timely manner, ideally implementing this in the Fall 2021 semester.

Sincerely,

DocuSigned by:

Charles Emery

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Charles F. Emery

Professor and Chair

DocuSigned by:

Stephen Anthony Petrill

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Stephen A. Petrill, Ph.D.

Professor and Chair, Graduate Studies Committee

DocuSigned by:

Barbara Andersen

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Barbara L. Andersen, Ph.D.

Distinguished University Professor

Department of Psychology
Health Psychology/Behavioral Medicine Graduate Certificate Proposal

I. Introductory Information

Name of proposed certificate

Graduate Certificate in Health Psychology/Behavioral Medicine (HP/BM-CR)

Certificate type

Type 3a; Graduate Academic Certificate; Stand Alone

Course delivery

All in-person

Proposed implementation date

Autumn 2021

Academic Unit

Department of Psychology

II. Rationale

II.A Purpose. This certificate tailored for those with an undergraduate degree (BA/BS) who want to earn an academic certificate by completing graduate level courses reflecting a Health Psychology/Behavioral Medicine focus. This program can be directly relevant to one's current occupation in health services, physical therapy, nursing or medicine, for example, or those anticipating further graduate study in fields such as medicine, health science, public health, biology, clinical psychology or related disciplines or professions.

II.B Significance. Prevalent and burdensome medical conditions are linked to behavioral and psychological factors. According to the Centers for Disease Control and Prevention, the leading causes of death in the U.S. are heart disease, cancer, chronic lower respiratory diseases, accidents (unintentional injuries), and stroke. Approximately half of all premature (early) deaths are attributable to modifiable behavioral risk factors such as tobacco smoking, physical inactivity, and diet. Moreover, physical and psychological morbidity associated with chronic disease is profound and a major source of health care expenditures. There is evidence that (1) behavioral factors precipitate and contribute to the leading causes of illness and death in the U.S.¹; (2) when unaddressed, behavioral and psychological factors and social determinants can worsen disease outcomes; and (3) behavioral and psychological

¹ Philip, E.J. and Ostroff, J.S. (2017). Behavioral Approaches to Cancer Prevention. In Holland-Frei Cancer Medicine (eds R.C. Bast, W.N. Hait, D.W. Kufe, R.R. Weichselbaum, J.F. Holland, C.M. Croce, M. Piccart-Gebart, H. Wang, W.K. Hong and R.E. Pollock). <https://doi.org/10.1002/9781119000822.hfcm036>

interventions are important avenues for the prevention and treatment of chronic diseases and medical conditions^{2,3,4,5}. The health psychology certificate addresses these public health needs through coverage of both research and evidence-based therapeutic practices in health psychology. Moreover, it is well established that cultural, racial/ethnic, socioeconomic, and individual differences play a significant role in health care and health outcomes, and that specific racial/ethnic and cultural groups are disproportionately burdened with negative health outcomes^{6,7}. Much of the recent work on culturally competent practice is informed by the concept of health disparities, defined by the American Psychological Association's Office of Health Disparities as "preventable, adverse differences in health experienced by socially disadvantaged populations in comparison to more advantaged populations." Health disparities are attributed to a confluence of psychological and biobehavioral factors ranging from genetics to individual differences, broader social experiences and environments, and the interplay among them. Therefore, this certificate is central to Ohio State's goal to reduce racial disparities in health and well-being.

II.C Impact. Knowledge of the inter-relationships among behavioral, emotional, cognitive, social, and biological components in health and disease prepare individuals for career and professional enhancements or future choices suited to improve the health and well-being of individuals, groups, and populations. Individuals with such training could, for example, contribute to the design and implementation of primary (e.g., HIV education; mammography screening), secondary (e.g., smoking cessation in health populations) and tertiary (e.g., dietary/activity change in cancer patients) prevention interventions to reduce the frequency, morbidity, and mortality associated with chronic illness. As noted above, health outcomes vary considerably within and between different groups due to social and behavioral determinants of health (e.g., age, sex, race/ethnicity, education, income). Individuals with this certificate begin to understand why some health care structures, processes, and interventions may result in different health outcomes for different groups. This provides early knowledge to inform one's

² O'Connor EA, Evans CV, Rushkin MC, Redmond N, Lin JS. (2020). Behavioral counseling to promote a healthy diet and physical activity for cardiovascular disease prevention in adults with cardiovascular risk factors: Updated evidence report and systematic review for the US Preventive Services Task Force. *Journal of the American Medical Association*, 324(20), 2076–2094. doi:10.1001/jama.2020.17108

³ Williams, M. T., Johnston, K. N., & Paquet, C. (2020). Cognitive behavioral therapy for people with chronic obstructive pulmonary disease: Rapid review. *International Journal of Chronic Obstructive Pulmonary Disease*, 15, 903–919. doi.org/10.2147/COPD.S178049

⁴ 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.

⁵ Blumenthal, J. A., Smith, P. J., Durham, M., Mabe, S., Emery, C. F., Martinu, T., Diaz, P. T., Babyak, M., Welty-Wolf, K., & Palmer, S. (2016). Biobehavioral prognostic factors in chronic obstructive pulmonary disease: Results from the INSPIRE-II Trial. *Psychosomatic Medicine*, 78(2), 153–162. doi.org/10.1097/PSY.0000000000000260

⁶ Shaw KM, Theis KA, Self-Brown S, Roblin DW, Barker L. (2016). Chronic disease disparities by county economic status and metropolitan classification, Behavioral Risk Factor Surveillance System, 2013. *Prevention of Chronic Disease*, 13, 160088. DOI: <http://dx.doi.org/10.5888/pcd13.160088>[external icon](#).

⁷ Vaccarino, V. & Bremner, J.D. (2017). Behavioral, emotional and neurobiological determinants of coronary heart disease risk in women. *Neuroscience & Biobehavioral Reviews*, 74, 297-309. <https://doi.org/10.1016/j.neubiorev.2016.04.023>.

career pathway to address health disparities and health problems that cause suffering in our society and burden our health care system.

II. D Sources of Student Interest/Demand. BA/BS degree holders from the following units/departments are anticipated:

Arts and Sciences (9): Psychology, Sociology, Biochemistry, Biology, English, Neuroscience, Pre-Health, Speech and Hearing Sciences, and Women's, Gender and Sexuality Departments

Education and Human Ecology (1): Human Sciences

College of Engineering (1): Biomedical Engineering

College of Medicine (1): Neuroscience

School of Health and Rehabilitation Sciences (7): Health information.

Management & Systems, Health Sciences, Medical Dietetics, Occupational Therapy, Radiologic Sciences and Therapy, Respiratory Therapy, Physical Therapy

College of Nursing (all): Nursing

College of Pharmacy (all): Pharmaceutical Sciences

College of Public Health (all): All majors

Environmental Health Sciences (3): Epidemiology, Health Behavior and Health Promotion, Health Outcomes Policy/Evaluation, Health Services Management and Policy

College of Social Work (all): All concentrations.

Individuals' seeking admission to the following Professional Schools/Colleges:

Dentistry (DDS); Health and Rehabilitation Sciences (PhD); Medicine (MD)

Nursing (PhD); and Pharmacy (PharmD)

II.E Outcomes. Upon completion of the proposed certificate in Health Psychology/Behavioral Medicine, learners will be better prepared to:

- Understand the psychological and biobehavioral aspects of stress and its relationship to health and disease processes and the role of social determinants of health.
- Understand the concept of aging, age-related changes in primary organ systems of the body, and the psychological and biobehavioral changes associated with aging.
- Understand the interaction of psychological, behavioral, and biological factors relevant to the prevention and control or progression of a primary cause of disability and death, e.g., cancer, cardiovascular disease.

II.F Assessment Plan. The graduate certificate program will be administered by the Department of Psychology, Graduate Studies Chair (S. Petrill, current) and Committee members. The certificate program will be reviewed annually (September). Provided are examples; deidentified data sets will be created and used.

- Proportion of students meeting or exceeding grade expectations (i.e., grade of B or better) by course offered.
- Individual differences in GPA performance: Distributions by prior major college (e.g., ASC, nursing, etc.), undergraduate GPA, employment status, age, and others once sufficient data are accumulated.
- Ratio of applications to admits
- Diversity of the applicant pool
- Student retention/completion rates

- Time-to-certificate in semesters

III. Relationship to Other Programs/Benchmarking

Graduate training in health psychology/behavioral medicine has been a cornerstone of the American Psychological Association accredited program in clinical psychology in the Department of Psychology since 1991. In its 30 years of existence, over 60 PhDs have been awarded to those specializing in health, with the majority of graduate placements being in academic psychology or medicine. From its inception, faculty in the area have been, uniformly, distinguished scholars and externally funded researchers, influential in the Department of Psychology being awarded with an Eminent Scholar position in 2002 for the hiring of internationally recognized scholar (Julian Thayer). A recent indicator of the recognition of the faculty and its graduate training is that from the largest professional group, the Society of Behavioral Medicine, awarding the Health Program in Clinical Psychology with the Outstanding Training Program in Behavioral Medicine Award in 2018. Several faculty have received mentoring awards. It is this program and faculty that lead the HP/BM graduate certificate.

III.A Overlap with other programs at the University: None

III.B Prior submissions: None

III.C Other Programs. A national search identified few programs. Excepting Kansas, other programs are not within departments with existing expertise in health.

1. State of Ohio

- Ohio University
 - None. Somewhat related offerings: Global Health, Health Policy, Veteran's Health
- Bowling Green State University, Miami University, University of Cincinnati, University of Dayton: None

2. National: 4 programs identified

- Tulane University
 - 15 hours. 3 hours required (Choices: Health Psychology I, Health Psychology II, Research Methods, or Data Analysis); 12 additional hours in research methodology or pedagogy electives.
- University of Connecticut
 - 12 hours. 3 hours required (Health Psychology); 9 hours approved electives.
- University of Kansas
 - 12 hours. 3 hours required (Choices: Health Promotion and Disease Prevention, Acute and Chronic Illness or Physical Aspects of Health and Disease); 9 hours approved electives.
- University of Texas, San Antonio
 - 12 hours. 4 required courses: 1) Health Behavior Theory; 2) Community Health; 3) Health Program Planning and Implementation; and 4) Health Program Evaluation.

IV. Number of Enrolled Students Anticipated: 10 new students/year (cap)

V. Curricular Requirements

- Credits required (minimum): 12 hours

- Number of semesters for completion: 2 (minimum) – 4 (maximum). All the courses listed are offered frequently enough (see Appendix A below) for these estimates.
- Existing facilities, university resources, or programs impacted: None

Appendices:

- A: ASC advising sheet for proposed certificate.
- B: ASC completion sheet for HP/BM certificate
- C: Semester-by-semester sample program
- D: Proposed courses for HP/BM certificate

Appendix A: Advising Sheet For Proposed Certificate

COLLEGE OF ARTS AND SCIENCES THE OHIO STATE UNIVERSITY

HEALTH PSYCHOLOGY/BEHAVIORAL MEDICINE (HP/BM-CR) GRADUATE ADVISING SHEET

Coordinating Advisor

Barbara L. Andersen, Ph.D, Distinguished University Professor
 Department of Psychology
 123 Psychology Building
 1835 Neil Avenue
 Columbus, OH 43210-1222
 Telephone: 614- 292-xxxx
 Department website: <http://www.psychology.osu.edu/>

Overview

This graduate certificate program provides students in various disciplines and professions with training in Health Psychology/Behavioral Medicine (HP/BM). By completing this program, students will have understandings of the psychological and biobehavioral aspects of stress and its relationship to health and disease processes, age-related changes in primary organ systems of the body and the psychological and biobehavioral changes associated with aging, and the interaction of psychological, behavioral, and biological factors relevant to the prevention, control, and progression of primary causes of disability and death, e.g., cancer, cardiovascular disease.

Certificate Requirements

Required: 12 credit hours

REQUIRED COURSE OPTIONS (6 HOURS TOTAL NEEDED)

Course	Hours	Prerequisite
Psychology 6867.01	3	none
Psychology 6867.05	3	none
Psychology 5089	3	none

ELECTIVE COURSES (6 HOURS): Choose any of the following offerings.

Course (Hours)	Hours	Prerequisite
Psychology 6867.02 (3hrs)	3	Psychology 6867.01 or 6867.05 or concur.
Psychology 6867.03 (3hrs)	3	Psychology 6867.01 or 6867.05 or concur.
Psychology 6867.04 (3hrs)	3	Psychology 6867.01 or 6867.05 or concur.

Health Psychology/Behavioral Medicine Graduate Certificate program guidelines

Students must be admitted into a graduate certificate program.

Admitted students must meet the minimum admission requirements of the Graduate School.

Credit hours required

Minimum of 12 credit hours. Credit hours must be at the 5000-level or above.

X193 credits cannot be applied to the certificate nor can transfer credit.

Overlap with degree program

A maximum of 50% overlap with courses in a degree program is permitted.

Grades required

- Minimum B- for a course to be counted on the certificate.
- Minimum 3.00 cumulative point-hour ratio required for the graduate certificate.

Certificate approval: The certificate must be approved by the academic unit (Psychology Department).

Filing the certificate program form

The certificate program form must be filed at least by the time the graduate application is submitted to a college/school counselor.

Changing the certificate

Once the certificate program is filed in the college office, changes must be approved by the academic unit offering the certificate

Appendix B: ASC Completion Sheet for HP/BM Certificate

**COLLEGE OF ARTS AND SCIENCES
HEALTH PSYCHOLOGY/BEHAVIORAL MEDICINE**

TYPE 3A CERTIFICATE (HP/BM-CR)

STUDENT NAME: _____

STUDENT OSU EMAIL: _____

CERTIFICATE ADVISOR NAME: _____

REQUIRED CORE COURSES (6 HOURS)

Course (Hours)	Course Grade	Term Completed
Psychology 6867.01 (3hrs)		
Psychology 6867.05 (3hrs)		
Psychology 5089 (3 hrs)		

ELECTIVE COURSES (6 HOURS)

Students will select two more courses (6 credits) from among those listed below.

Course (Hours)	Course Grade	Term Completed
Psychology 6867.02 (3hrs)		
Psychology 6867.03 (3hrs)		
Psychology 6867.04 (3hrs)		

SUBSTITUTION APPROVED (3 HRS ONLY)

Course (Hours)	Course Grade	Term Completed
XXXXXXXXXX (3hrs)		

CERTIFICATE ADVISOR SIGNATURE

DATE _____

Appendix C: Semester-by-Semester HP/BM Sample Program

The curriculum is flexible enough for students to start the program either semester.

	Starting Autumn	Starting Spring
Semester 1 or 2	Psychology 6867.01/05 or 5089	Psychology 6867.01/05 or 5089
Semester 1 or 2	Psychology 6867.02, .03, .04	Psychology 6867.02, .03, .04

Appendix D: Courses for Proposed HP/BM certificate**Required:**

Behavioral Medicine: Survey (Psychology 6867.01; 3 credits) Schedule (AU)

This course provides both historical and contemporary perspectives on health psychology. Major topics include conceptualizations of stress, prevention, multicultural aspects in health, psychological responses to medical diagnosis and treatment, responses to chronic illness, and psychological interventions with health populations.

Psychology of Aging and Health (Psychology 6867.05; 3 credits) Schedule (SP)

This course overviews models of aging and adult development, age-related changes in primary organ systems of the body, and psychological and biological/health changes associated with aging.

Neurocognitive Aging, Neurodegeneration, & Neuroplasticity (Psychology 5089; 3 credits) Schedule (SP)

This course overviews changes in adult cognition (emphasis on memory) and the brain (emphasis on structural and functional MRI studies) as a result of normal aging and age-related neurodegenerative diseases (such as Alzheimer's disease and vascular dementia).

Electives:

Behavioral Medicine: Cancer (Psychology 6867.02; 3 credits) Schedule (AU/SP)

This is an overview of biobehavioral aspects of cancer, including psychological, behavioral, and biological factors involved in cancer prevention and control, provision of biobehavioral interventions, and dissemination/implementation of psychological interventions.

Behavioral Medicine: Cardiovascular (Psychology 6867.03; 3 credits) Schedule (AU/SP)

This course overviews the study of psychological factors in development and progression of coronary heart disease, use of relaxation and similar therapies for treatment of hypertension, individual differences in coping with heart disease, and racial/ethnic influences on cardiovascular health.

Psychophysiology (Psychology 6867.04; 3 Credits) Schedule (AU/SP)

This course surveys theoretical, methodological, and applied issues in psychophysiology and applications of psychophysiology to cognitive, clinical, developmental, social, and personality psychology. Discussion of the psychophysiology and related areas in biological psychology is also provided.