PSYC/BIOL/HEED 4357: Health Psychology

Spring 2026

As the instructor for this course, I reserve the right to adjust this syllabus and schedule in any way that serves the educational needs of the students enrolled in this course.
- Dr. Angela Liegey Dougall

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Instructor Information

Name

Dr. Angela Liegey Dougall, Associate Professor

Office Location

Life Science 523 (Psychology Department Office Life Science 313)

Office Phone

817-272-2281 (Psychology Department Office)

Email

adougall@uta.edu

Faculty Profile

[Dr. Liegey Dougall](https://www.uta.edu/academics/faculty/profile?user=adougall) (https://www.uta.edu/academics/faculty/profile?user=adougall)

Office Hours

Office hours are by appointment. Please either approach me during class time or send an email to me via Canvas to schedule a meeting date and time. Then, I will invite you to a day and time. Because my office is being renovated, these meetings will be virtual (Microsoft Teams).

Communication Guidelines

My preferred communication method is email. Please indicate in which course you are registered.

I will respond to emails and voice messages within 1-2 business days. If you have not heard from me past that time, then please send a reminder email. My inbox fills quickly, and I do not want to lose track of your email.

Course Information

Section Information

PSYC/BIOL/HEED 4357-001 Health Psychology 3 hours credit

Course Description

Course Title: PSYC/BIOL/HEED 4357-001 Health Psychology

PSYC/BIOL/HEED 4357-001: This course provides a broad introduction to health psychology and its interface with the medical world. The course provides a balanced presentation of the important issues in the field, as well as specific content topics that are especially relevant today to better understand health and illness. Offered as BIOL 4357, HEED 4357, and PSYC 4357. Students seeking science requirement credit must enroll in BIOL 4357; students seeking Certification in Health must enroll in HEED 4357. Prerequisite: PSYC 1315 or BIOL 1333 or BIOL 1441 or BIOL 2457; junior standing recommended.

Prerequisites: PSYC/BIOL/HEED 4357-001: PSYC 1315 or BIOL 1333 or BIOL 1441 or BIOL 2457; junior standing recommended

Time and Place of Class Meetings

Tuesday & Thursday 8:00-9:20 AM
UH 110 (Subject to change - Check UTA website for updates)

Time Zone

This course operates on Central Time. All times listed for class meeting times, exams, and assignment deadlines are in Central Time (CT).

Classroom/Lecture Recording Policy

Faculty maintain the academic right to determine whether students are permitted to record classroom and online lectures. Recordings of classroom lectures, if permitted by the instructor or pursuant to an ADA accommodation, may only be used for academic purposes related to the specific course. They may not be used for commercial purposes or shared with non-course participants except in connection with a legal proceeding.

Recording of classroom and online lectures in this course is not allowed. I will record all lectures and make them available to all students using ECHO 360.

Student Learning Outcomes

By the end of this course, you will be able to:

1. After reading assigned material and participating in lectures, the student will actively discuss course content by responding to polls and asking questions during class (class engagement) and then reviewing course content and testing their understanding by responding to weekly review questions.
2. After reading a scientific article or interacting with online health information as part of the course assignments, the student will critically evaluate the information, relate the information to the course content, generalize the findings, and actively discuss the application of the findings as measured by passing grades on the assignment quiz, assignment discussion post, and module exam.
3. At the end of each module, the student will summarize relevant theory and research within the field of Health Psychology as measured by class engagement, weekly review questions, and passing grades on quizzes and exams.

4. At the end of each module, the student will differentiate relevant factors in the biological, psychological, and social pathways in health and disease as measured by class engagement, weekly review questions, and passing grades on quizzes and exams.
5. At the end of each module, the student will apply the basic tenets of Health Psychology to relevant common health issues including both acute and chronic conditions as measured by class engagement, weekly review questions, and passing grades on quizzes and exams.
6. If the student chooses to participate in voluntary active learning opportunities throughout the duration of the course, the student will apply health psychology concepts and demonstrate critical thinking, teamwork, and/or communication skills as measured by completing the assigned activity and receiving extra credit.

Course Materials and Technology

Textbook Information

- Brannon, L., Updegraff, J. A., & Feist, J. (2022). Health psychology: An introduction to behavior and health (10th ed.). Belmont, CA: Wadsworth. (ISBN: 9780357375006)
  - The UT Arlington Bookstore's (https://www.bkstr.com/texasatarlingtonstore/shop/textbooks-and-course-materials) list prices start at $54.49 for rental and $94.49 for purchase. [Note: to purchase books from the Schedule of Classes and/or MyMav, click on the "Buy Books" icon under the course listing. If nothing appears, you need to enable pop-ups.]
  - Please note that I do not control the price. This is the price at the time that I last checked; however, it may change depending on where and when the textbook is purchased and in what format. Used, digital, and rental copies also are available at cheaper rates. I recommend comparing prices, including those from the publisher (https://www.cengage.com/student) that start from $63.99.
  - Please note that we are using the 10th edition (the newest edition).
- Reserved readings (free access through UT Arlington) will be available on the Canvas site for the course.

Technology & Equipment Requirements

- You will need access to online teaching tools including Canvas, Teams, Echo360, and Lockdown Browser with Monitor (all available free with your UTA account). Students can access tutorials on these tools by clicking on the "Get Started" Box on their Canvas Homepage.
- Access to a personal device or UT Arlington computer lab (https://oit.uta.edu/) with Lockdown Browser and Monitor and webcam. Please check that you have access to a device on which you can access all required software. If you do not have access to a smart device or computer, you may use a computer at the library (https://libraries.uta.edu/services/technology/software).

CANVAS: Please see available training (https://uta.instructure.com/courses/17157).

TEAMS: Please see available training (https://support.microsoft.com/en-us/office/video-what-is-microsoft-teams-422bf3aa-9ae8-46f1-83a2-e65720e1a34d).

ECHO 360: In class this semester, I will be recording lectures and posting slide decks using the Echo360 software (https://help.echo360.com/hc/en-us/articles/360039793831-Getting-Students-Started) available for free through the University of Texas at Arlington. You will need to activate an Echo360 account for this course. For questions regarding Echo360, please visit the support website (http://echo360.com/). If you do not have access to a smart device or computer, you may use a computer at the library (https://libraries.uta.edu/services/technology/software).

Please note that the slide decks are meant to be "skeletons" for which you take notes to fill in the missing information.

I'd like to share with you the steps you'll need to take to be ready to participate in class. Please go to the Canvas site for this course, find "Echo360" on the left toolbar, and open the software. NOTE: You must set up the initial connection between the course's Canvas site and your Echo360 account using a browser (for example, desktop or laptop computer through Canvas) and NOT through the app. You must establish the connection between ECHO360 and Canvas for your account so you will receive credit for what you do on ECHO360 (it will not know who you are or to what course you belong otherwise). If you choose to use the ECHO360 mobile app, you will be directed to set up an account. After you set up the Echo360 account, you will be able to download and use the Echo360 app on tablets or smartphones with iOS or android operating systems.

> NOTICE: Class sessions will be recorded by the instructor for use by students enrolled in this class. Recordings that contain personally identifiable information or other information subject to FERPA shall not be shared with individuals not enrolled in this course unless appropriate consent is obtained from all relevant students. Class recordings are reserved only for the use of students enrolled in the class and only for educational purposes. Course recordings should not be shared outside of the class in any form without express permission.

Lockdown Browser and Monitor: Your enrollment in this course requires the use of a webcam and the Lockdown Browser software downloaded on your computer or use of a computer lab on campus that has the Lockdown Browser and a webcam to complete the exams and the assignment quizzes. YOUR ACTIVITIES ARE RECORDED WHILE YOU ARE LOGGED INTO OR TAKING YOUR ASSESSMENT(S). THE RECORDINGS SERVE AS A PROCTOR AND WILL BE REVIEWED AND USED IN AN EFFORT TO MAINTAIN ACADEMIC INTEGRITY. The Lockdown Browser locks down the testing environment in Canvas and requires use of a webcam for students to record the quizzing session. The webcam can be the type that is built into your computer or one that plugs in with a USB cable.

Before you start your quiz, please hold up your student ID for identification purposes and conduct an environmental scan of the testing area, which includes:

- Entire testing surface, edge-to-edge
- Entire keyboard and any item that is allowed on the testing surface (including foam ear plugs) as well as underneath each item (lift and show underneath).
- You can narrate or explain what is seen during the environmental scan as needed.
- It is your responsibility to make sure the entire environment can be seen by proctors and faculty.
- Once the environment scan has been completed, you are prohibited from leaving the view of the testing area or moving any items back into the testing area.

- You should start the exam as soon as the environmental scan is completed and reviewed.

Please stay seated and remain appropriately attired the entire time. Your face (eyes, nose, mouth, etc.) must remain visible in the video recording during the entire quiz/exam. You are prohibited from accessing other resources while taking the quiz/exam (such as phone, tablet, notes, books, other people, etc.). You should not discuss the quiz/exam questions with other class members or other people (in-person or on social media). If you do not adhere to these requirements for taking the quiz/exam, you will receive a grade of zero (0) on the quiz/exam. If you engage in any activities that violate the UT Arlington Honor Code, you also will receive a referral for scholastic dishonesty and a grade of zero (0). Finally, please remember not to exit the quiz/exam until all questions are completed and submitted for grading. Once you hit submit, your responses are final.

Watch this brief video (https://www.respondus.com/products/lockdown-browser/student-movie.shtml) to get a basic understanding of Lockdown Browser and the webcam feature. Download and install LockDown Browser (https://download.respondus.com/lockdown/download.php?id=163943837).

Once Installed

- Start LockDown Browser
- Log into Canvas
- Note: if you do not follow this order, it will not work properly. This is the first thing to check if you experience a problem.

Technological Difficulties: Given that we are using online tools, technological issues are possible. It is your responsibility to make sure you have access to a computer or other networked device, the course lectures/assignments/quizzes/exams, and reliable Wi-Fi. Make sure your system is compatible BEFORE you start an assessment- you can use the sample quiz with Lockdown Browser and Monitor that is posted on Canvas to test your system. The university provides access to computers on campus for your use, if needed. Therefore, it is assumed that you have access, and technological difficulties (Wi-Fi connectivity issues, browser issues, computer problems etc.) are not a valid reason to ask for an extension or ask that the work not be considered late. Additionally, I set assignment quizzes to be open from the start date of the Module in which they occur to allow ample time to assess and correct any technological issues. For connection and other telecommuting technology issues, contact the Help Desk at 817-272-2208, helpdesk@uta.edu, or fill out a request form.

Visit the OIT Services page for a list of Applications and Software available through UTA.

Visit the UTA Libraries Technology page for a list of items that can be checked out or used at the library.

Assignments & Exams

I highly recommend that you place all due dates in your calendar and schedule reminders for each. You are responsible for knowing all due dates and times.

Exams

There will be four (4) cumulative online exams. The exams will be 50 multiple choice questions. You are required to take all four exams. Exam questions will be drawn from required reading, lecture material, assignments, and weekly review questions. You will be taking the exams on Canvas using the Lockdown Browser and Monitor (see **Technology & Equipment Requirements**). The exams will be open for one day (12:00 am to 11:59 pm) on the due date. Please allot enough time to take the exam prior to the end of this period – do NOT wait until the last hour. (See the Course Schedule for exam dates.)

An exam self-test will be available on Canvas as a study aid. Each time you take the self-test a random sample of 50 questions will be presented (out of 250+). You can take the self-test as many times as you want. Please note that the questions on the self-test may not represent all content on the exam.

Assignment Quizzes

You will need to read a research article, read content on webpages, or complete a short activity, take a quiz on Canvas, and participate in a discussion. The information covered in these assignments will be tested on the exams. You will be required to take the quizzes on Canvas using the Lockdown Browser and Monitor. All requirements and rules for using the Lockdown Browser are the same as those for completing Exams (see **Technology & Equipment Requirements**).

The Assignment Quizzes will be open from the start date of the Module in which they occur. Please allot enough time to take the quiz prior to the due date and time – do NOT wait until the last hour. If you do not take a quiz, it will be considered a missed quiz and a grade of zero (0). All assignments will be due at 11:59 PM on the due date (this includes extra credit assignments).

Assignment Discussion Postings

To supplement our face-to-face discussions, you will be posting a discussion answering questions related to the assignments and then responding to at least one other student's post. Assignment Discussion Postings are required, are meant to be informative, and may cover information that will be presented on the exam. Discussion Posts will be open the same amount of time as Assignment Quizzes and will have the same due dates and times. For further information, see https://guides.instructure.com/m/4212/l/95580-how-do-i-view-discussions-as-a-student.

Weekly Review Questions

I expect that all students will take notes while they read the assigned material and view the recorded lectures and slide deck. In the weekly review questions, I will ask questions related to the information and supporting resources included in the lecture. You must answer all questions correctly to receive full points. Because these questions are a learning tool, you will have unlimited attempts at answering the questions. Only the highest grade will be used in grade calculations.

The points for the weekly review questions are easy to achieve and may make the difference between two letter grades. They serve as a review of the weekly content covered during the lectures. However, weekly review questions are only a random sampling of the information that you need to know for the exam. You will need to know lecture content that is not asked in the weekly review questions. The weekly review questions will be open for the duration of the week in which they are assigned (due on Sunday at 11:59 PM).

Daily Class Engagement

I strongly encourage everyone to be active learners and to ask a question or answer someone else's question during lectures. Therefore, lecture participation is required and will be assessed using the Echo360 system and/or Canvas.

The Tentative Course Schedule of assigned class topics is provided below. I expect you to be prepared with knowledge of the topic(s) indicated on the schedule (have read and reviewed the assigned material prior to participating in the lecture). During the lectures I will ask you to participate in activities and/or answer questions in the slide decks related to your knowledge on the topics discussed in the lecture. Because these questions are a learning tool, you will have unlimited attempts at answering the questions or completing the activity while they are open. The daily engagement grades will represent the percentage of the engagement activities or questions that were completed (not whether your responses were correct). NOTE: You must open the slide deck using Echo360 to answer embedded questions within the deck.

The daily class engagement points are easy to achieve and may make the difference between two letter grades. They are not only important because of the points associated with them directly; you also need to be interacting with the lecture material to be successful in this course (there is material presented in lecture that is not presented in the book). All daily class engagement activities for one day will be included in the grade for that day and displayed as a percentage grade (0% to 100%) in Canvas. The daily class engagement activities and questions will be open until Sunday or the day an exam is due in the same week. Therefore, if you do not complete the activities during class or miss the lecture you can review the recording and slide deck and answer the participation questions before the due date (note that posting of the lecture video may be delayed due to computer processing time). Please note that I will manually close the questions in ECHO 360, and the exact time will vary depending on my schedule.

Extra Credit

Extra credit assignments will be offered during this course and are voluntary. The assignment must be completed correctly and submitted by the due date and time to receive extra credit. I reserve the right to adjust extra credit assignments in any way that serves the educational needs of the students enrolled in this course. All extra credit assignments will be due at 11:59 PM on the due date. I highly recommend that you place all due dates in your calendar and schedule reminders for each. You are responsible for knowing all due dates and times.

Midterm Extra Credit Project. You will have the opportunity to earn up to 30 extra credit points by creating a short video presentation yourself or in groups of 2 to 6 students. Your group will choose a health behavior and create a short public service announcement (commercial) to promote healthy behavior change. You will have creative license for how to create the video, but there will be guidelines (and a rubric) for what content it must contain, and it must be appropriate for the classroom. All the videos will be made available to the class. This is a

completely voluntary activity, and it is meant for you to be able to apply the knowledge that you've learned and hopefully have some fun.

End of Semester Extra Credit Project. You will have the opportunity to earn up to 30 extra credit points by creating memes about a stressor you encounter and positive ways of coping with it. You can work individually or in groups of 2 to 3 students. You will have creative license for how to create the memes, and they can range from a static image to a short video. There will be guidelines (and a rubric) for what content it must contain, and it must be appropriate for the classroom. All memes will be made available to the class. This is a completely voluntary activity, and it is meant for you to have some fun while applying what you have learned in this course.

Grading Information

Final course grades will be calculated by adding daily class engagement, weekly review question, assignment, exam, and extra credit points together and dividing by the total course points (760). No assessment will be dropped in the calculations. Missing exams, assignments, and engagement will receive a grade of zero (0) in the grade calculations. I do NOT bump grades. Instead, I have provided extra credit opportunities for you to raise your grade throughout the semester (there are 60 possible extra credit points).

Assignment Name	SLO #	Value (points)
4 Exams (100 points each)	2,3,4,5	400
4 Assignment Quizzes (20 points each)	2,3,4,5	80
4 Assignment Discussion Posts (10 points each)	2,3,4,5	40
11 Weekly Review Question Quizzes (10 points each)	1,3,4,5	110
26 Daily Class Engagement (5 points each)	1,3,4,5	130
	Total	760
Midterm Extra Credit Project (30 points)	6	30
End of Semester Extra Credit Project (30 points)	6	30
	Total Extra Credit	60

Students are expected to track their performance throughout the semester, which Canvas facilitates, and seek guidance from available sources, including the instructor, if their performance drops below satisfactory levels. Refer to the Student Support Services section below.

Final Grade Calculations

Note: Do not necessarily rely on percentages and letter grades calculated by Canvas.
- Those are largely out of my control and may not reflect all calculations.
- Your grade is based on the following grading.

Final course grades will be calculated by adding daily class engagement, weekly review question, assignment, exam, and extra credit points together, dividing by the total course points (760), and assigning final letter grades as follows:

Letter Grade	Percentage Range	Point Range
A	89.5-100.0%	680.2-760.0
B	79.5-89.4%	604.2-680.1
C	69.5-79.4%	528.2-604.1
D	59.5%-69.4%	452.2-528.1
F	0%-59.4%	0-452.1

I receive many questions asking what the best way to study for an exam is. I have learned over the years that each student learns material differently, but that effective studying starts with effective note taking. Many students make the mistake of trying to capture every word and write in full sentences. Your notes should be brief. If you miss information, you should contact a classmate. I recommend the 5 Rs of note taking: record, reduce, recite, reflect, and review. There are certainly other strategies that work as well. You need to discover what works best for you. Fortunately, there are many resources available for how to take notes and how to study. This is one [example](https://lsc.cornell.edu/how-to-study/) (https://lsc.cornell.edu/how-to-study/).

Grading Standards

You must earn a letter grade of D or higher to pass this class. Grading rubrics are provided for all assignments in Canvas.

Late Work Policy

No late work will be accepted. If you miss an exam, assignment quiz, assignment discussion, weekly engagement question quiz, or daily class engagement, a grade of zero will be given, respectively.

Make-Up Exams Policy

I will consider a request for a make-up exam or assignment in this course only if documentation for a university-approved excuse (see current University Catalog) or a situation which is entirely out of your control (emergency) is received within one week of the exam or assignment quiz date. The documentation must cover the entire period for which the exam or quiz was available. Routine scheduled activities, such as work, doctor's appointments, vacations, weddings, or other conflicting appointments, will not be considered excused absences. It is the responsibility of the student to schedule any make-up exams or assignments for a time during Final Review Week.

Extra Credit Policy

I have included 2 extra credit opportunities in this course (see **Extra Credit**). I choose all extra credit assignments, they are completely voluntary, and they are available to all students enrolled in this course. An extra credit assignment must be completed correctly and submitted by the due date and time to receive extra credit. I reserve the right to adjust extra credit assignments in any way that serves the educational needs of the students enrolled in this course. All extra credit assignments will be due at 11:59 PM on the due date. I highly recommend that you place all due dates in your calendar and schedule reminders for each. You are responsible for knowing all due dates and times.

Grade Grievance Policy

Any appeal of a grade in this course must follow the procedures and deadlines for grade-related grievances as published in the current [University Catalog: Grades and Grading Policies](#). Use the following [link](#) to submit a grade grievance to the department: https://www.uta.edu/academics/schools-colleges/science/departments/psychology/degree-programs/graduate/graduate-resources/student-grievance-form.

Course and University Policies

Attendance Policy

Students should review the University Class Attendance Policies on the [Class Attendance Policies page](#). The following attendance policy will be applied in this course.

As the instructor of this course, I expect you to regularly read assigned materials, interact with the slide decks and videos, and complete assessments. Your grades on the **Assignments & Exams** are evidence of your attendance.

By enrolling in this course, you have made a commitment to attend at the scheduled meeting times. Research has shown that students who attend class regularly have higher course grades. Furthermore, students who actively listen and participate in class have higher course grades than students who attend class but engage in competing activities such texting, surfing the internet, reading, sleeping, etc.

Generative AI Use in This Course

The use of Generative AI (GenAI) in course assignments and assessments must align with the guidelines established by the instructor. Unauthorized use of GenAI could result in breaches of academic integrity. Instructors are responsible for clearly delineating the permissible uses of GenAI in their courses, underscoring the importance of responsible and ethical application of these tools.

The [UTA Office of Community Standards](#) articulates the university's stance on [academic integrity and scholastic dishonesty](#). These standards extend to the use of GenAI. Unauthorized or unapproved use of GenAI in academic work falls within the scope of these policies and wAill be subject to the same disciplinary procedures.

As the instructor for this course, I have adopted the following policy on student use of GenAI.

As the instructor of this course, I have adopted the following policy on Student use of GenAI: **Restricted Use of GenAI and Cited Use of GenAI (restricted to the midterm and end of semester extra credit projects and NOT to any other assessments).**

Approach	Description
Restricted Use of GenAI	While this course recognizes the potential benefits of Generative AI (GenAI) as a supplementary tool for certain learning activities, its use is restricted to specific assignments where GenAI's role is clearly defined and aligns with the course's Student Learning Outcomes (SLOs). These assignments will be clearly marked, and students must adhere to the guidelines provided for GenAI use. Unauthorized use of GenAI outside these parameters will be considered a breach of academic integrity.
Cited Use of GenAI	This course permits the use of Generative AI (GenAI) as a resource for completing specific assignments that will be clearly indicated. However, transparency is crucial, students are required to explicitly cite any GenAI tools they utilize in the creation of their work. This citation requirement allows for the acknowledgment of the collaborative nature of GenAI in the learning process while enabling the assessment of student learning to remain focused on the achievement of the course's Student Learning Outcomes (SLOs).

Institutional Policies

UTA students should review the University Catalog and the Syllabus Institutional Policies page for institutional policies and contact the specific office with any questions. The institutional information includes the following policies, among others:

- Drop Policy
- Disability Accommodations
- Academic Integrity
- Electronic Communication

UTA Honor Code

UTA students are expected to adhere to and observe standards of conduct compatible with the University's functions as an educational institution and live by the University of Texas at Arlington's Honor Code. It is the policy of The University of Texas at Arlington to uphold and support standards of personal honesty and integrity for all students consistent with the goals of a community of scholars and students seeking knowledge and responsibility.

Student Support Services

Student Services Page

The Student Services page provides links to many resources available to UTA students, including:

- Academic Success
- Counseling and Psychological Services (CAPS)
- Health Services

- Students with Disabilities
- Veteran Services

Students are also encouraged to check out Career Center resources to enhance their career-readiness, find student employment, search for internships, and more. We encourage Major Exploration and the use of Experiential Major Maps to keep students on track for graduation. Refer to the Graduation Help Desk for more details.

Online Academic Success Guide

Visit the Online Academic Success Guide to explore a list of helpful tips and resources to help you succeed in your online journey.

UTA Health and Wellbeing Resources

UT Arlington is committed to the safety, success, and well-being of our students. To support our community, UTA has established a Community Advocacy, Response, and Engagement (CARE) Team, a dedicated group of campus professionals responsible for helping students who could benefit from academic, emotional, or psychological support, as well as those presenting risks to the health or safety of the community. If you know of someone experiencing challenges, appearing distressed, needing resources, or causing a significant disruption to the UTA community, please submit a CARE Referral by visiting the CARE Team page. You may also submit a referral for yourself if you would like additional support.

UTA students also have access to virtual, on-demand emotional support, appointment-based counseling, advanced psychiatric care, and more. For more information, visit TimelyCare.

NOTE: If a person's behavior poses an immediate threat to you or someone else, contact UTA Police at 817-272-3303 or dial 911. If you or someone you know needs to speak with a crisis counselor, please reach out to the MAVS TALK 24-hour Crisis Line at 817-272-8255 or the National Suicide and Crisis Lifeline at 988.

Community Mental Health Resources

In addition to the excellent resources here at UTA, you may find additional mental health resources in the community. OpenPath (https://openpathcollective.org/) is a database of clinicians with sliding scale options. The Texas Society of Psychiatric Physicians has a list of Mental Health Programs in Tarrant County (https://www.tspptc.org/mental-health-treatment-resources). The Telos Project is a non-profit corporation that provides comprehensive psychological services in the state of Texas. The Resource Center (https://myresourcecenter.org/) supports LGBTQIA+ people in DFW with finding affordable in-person health and mental health services. AltNarratives (https://www.altnarratives.com/) provides mental health services to the broader community including people with personality disorders, people who are neurodivergent, and LGBTQIA+ people.

Pregnancy Or Pregnancy-Related Conditions

Students who are pregnant or experiencing pregnancy-related conditions have protections under Title IX (https://www.uta.edu/eos-title-ix/title-ix/pregnancy-parenting-adjustments). Please contact the Title IX Coordinator, Michelle Willbanks, by phone: 817-272-4585 or email: TITLEIX@uta.edu.

Librarian to Contact

Each academic unit has access to [Librarians by Academic Subject](#) who can assist students with research projects, tutorials on plagiarism, citation references, as well as support with databases and course reserves.

MavAlert System

The MavAlert system sends information to cell phones or email accounts of subscribed users in case of an emergency. Anyone can subscribe to MavAlerts at [Emergency Communication System](#) (https://www.uta.edu/campus-ops/oem/emergency).

Emergency Phone Numbers

In case of an on-campus emergency, call the UT Arlington Police Department at **817-272-3003** (non-campus phone), **2-3003** (campus phone). You may also dial 911. Non-emergency number 817-272-3381

Course Schedule

As the instructor for this course, I reserve the right to adjust this schedule in any way that serves the educational needs of the students enrolled in this course. –Dr. Angela Liegey Dougall

Class Date(s)	Topic(s)	Materials	Assignments Due
		Module 1	
Week 1 01/13 & 01/15	Course Introduction What Is Health Psychology? Health Psychology Research	Read Text Chapters 1 & 2	Daily Class Engagement due 01/18 Weekly Review Questions due 01/18
Week 2 01/20 & 01/22	Health Psychology Research Health Care Use	Read Text Chapters 2 & 3	Daily Class Engagement due 01/25 Weekly Review Questions due 01/25 Assignment 1 Quiz due 01/25 Assignment 1 Discussion Post due 01/25
Week 3 01/27 & 01/29	Health Care Use Adherence	Read Text Chapters 3 & 4	Daily Class Engagement due 02/01
Week 4 02/03 & 02/05	Adherence Exam 1 (online)		Daily Class Engagement due 02/05 Weekly Review Questions due 02/05 Exam 1 due 02/05
		Module 2	
Week 5 02/10 & 02/12	Energy Balance: Physical Activity Energy Balance: Diet & Weight	Read Text Chapters 15 & 14	Daily Class Engagement due 02/15 Weekly Review Questions due 02/15
Week 6 02/17 & 02/19	Energy Balance: Diet & Weight	Read Text Chapter 14	Daily Class Engagement due 02/22 Weekly Review Questions due 02/22 Assignment 2 Quiz due 02/22 Discussion Post Assignment 2 due 02/22
Week 7 02/24 & 02/26	Substance Use	Read Text Chapters 12 & 13	Daily Class Engagement due 03/01

Class Date(s)	Topic(s)	Materials	Assignments Due
Week 8 03/03 & 03/05	Substance Use Exam 2 Finalize Midterm Extra Credit Project	Read Text Chapter 13	Daily Class Engagement due 03/05 Weekly Review Questions due 03/05 Exam 2 due 03/05 Midterm Extra Credit Project due 03/15
Week 9 03/10 & 03/12	Spring Vacation		
		Module 3	
Week 10 03/17 & 03/19	Stress	Read Text Chapter 5	Daily Class Engagement due 03/22 Weekly Review Questions due 03/22
Week 11 03/24 & 03/26	Stress and Disease	Read Text Chapter 6	Daily Class Engagement due 03/29 Weekly Review Questions due 03/29 Assignment 3 Quiz due 03/29 Discussion Post Assignment 3 due 03/29
Week 12 03/31 & 04/02	Pain Management of Stress and Pain	Read Text Chapters 5 (Section 5-6), 7, & 8	Daily Class Engagement due 04/05
Week 13 04/07 & 04/09	Management of Stress and Pain Exam 3	Read Text Chapters 7 (Section 7-6); 5 (Section 5-6); 8	Daily Class Engagement due 04/09 Weekly Review Questions due 04/09 Exam 3 due 04/09
		Module 4	
Week 14 04/14 & 04/16	Cardio-Metabolic Diseases	Read Text Chapters 9 & 11 (Section 11-3)	Daily Class Engagement due 04/19 Weekly Review Questions due 04/19
Week 15 04/21 & 04/23	Immune-mediated Diseases	Read Text Chapters 10 & 11 (Sections 11-4 & 11-5)	Daily Class Engagement due 04/26 Assignment 4 Quiz due 04/26 Discussion Post Assignment 4 due 04/26
Week 16 04/28	Immune-mediated Diseases Dementia	Read Text Chapters 10, 11 (Sections 11.1, 11.2, 11.4, & 11.5)	Daily Class Engagement due 05/03 Weekly Review Questions due 05/03
Week 17 05/05	Exam 4 End of Semester Extra Credit Project		Exam 4 due 05/05 End of Semester Extra Credit Project due 05/05

4357 Health Psychology Course Roadmap
Spring 2026

Month	January			February				March					April				May
Week of	13-Jan	20-Jan	27-Jan	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	7-Apr	14-Apr	21-Apr	28-Apr	5-May
Module	Module 1: Health Psychology and the Healthcare System			Module 2: Leading Behavioral Risk Factors				Spring Vacation		Module 3: Stress and Pain				Module 4: Chronic Diseases			
Daily Engagement & Weekly Review	13-Jan to 5-Feb				6-Feb to 5-Mar					6-Mar to 9-Apr				10-Apr to 3-May			
Assignment Quiz & Discussion	13-Jan to 25-Jan				6-Feb to 22-Feb					6-Mar to 29-Mar				10-Apr to 26-Apr			
Exam				5-Feb				5-Mar					9-Apr				5-May
Extra Credit	13-Jan to 15-Mar									16-Mar to 5-May							