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Health Psychology (Psy 320)
Mon/Wed 8:30-9:50am ET in STEM Building Rm1130

Instructor: Prof. Buchanan

Office hours: Wednesdays at 1pm

Online via [Zoom](#) Meeting ID: 234 667 5022 Passcode: Thrive!

<https://us02web.zoom.us/j/2346675022?pwd=YnN3cEhIWIBGczVlQ0E0cUVwWko3Zz09>

Graduate TA: Kenya Mulwa

Office hours: Mondays at 10:20am-12:30pm in person in RM 244 Psych Building or via zoom:

<https://msu.zoom.us/my/kenyamulwa>

Class Contact: Use the [Psy 320 Contact Form](#) for all questions and comments. This allows us to track important concerns and ensure you receive a timely response from your instruction team.

Course Description:

In this course, we will consider health topics from broad multicultural and global perspectives. Specifically, we will examine social, psychological, and biological factors affecting health, illness, and health service utilization. Representative topics will include: stress and coping processes, illness management, and structural barriers to wellness.

Course Goals & Objectives:

- Identify the biological, psychological, social, and cultural aspects of health.
- Understand the social-ecological determinants of health outcomes.
- Apply health psychology concepts and models in real-world settings.

Required Materials:

- **Textbook:** Anderson, K. D. (2026). Health Psychology: Multicultural and Global Perspectives (1st Ed.). Cognella, Inc.
 - You can order the text through the bookstore or from the publisher here: <https://store.cognella.com/84149-1C-004>. You will have the option for an electronic copy, print copy or both.
 - Material from the textbook will be used throughout the semester. Please keep in mind that our institution is strict about copyright law and course materials should never be copied or duplicated in

any manner.

- If you need any help with ordering from Cognella, visit their Help Center at <https://help.cognella.com>
- Some readings will be available through links on D2L. Some of these will take you to freely available material online and some require that you access them through your MSU account on lib.msu.edu.*
*Not all of the materials are available as stable links to accessible PDFs. The MSU library system is working on this and may not be able to do this for every article. I will update D2L materials as they become available. I apologize in advance if there are readings that are not yet available in this manner.
- Other materials (e.g., videos) will also be available via links on D2L.
- Please contact me if there are problems accessing or reading any of the material.

Online tools (please create accounts if needed so you will be able to use them right away):

- **Internet Content:** We will have readings and videos from social media and other public sources. Note, sometimes these sources will use phrases and words that may be surprising or uncomfortable (e.g., profanity, slang, etc).
- **Desire2Learn (D2L):** If you have any trouble using D2L, contact the help desk. If you are unfamiliar with D2L, please complete the on-line tutorial: from the D2L page, click on help. A new screen will open; click on Student Quick Start Guide. Please direct all technical questions to the D2L help desk at 517.355.2345 or 800.500.1554
 - General emails to the entire class will be sent via the D2L email. Be sure to **set your D2L settings so D2L emails come to your main MSU email**--otherwise you could miss time-sensitive information about our class.
 - Readings, assignment descriptions, announcements, a copy of the syllabus, hyperlinks to related materials, and other useful odds and ends can be found on the D2L website for this class (d2l.msu.edu). You are responsible for any and all items posted on this page. Please check it often for new material, class announcements, postings from other students, etc.
 - At the end of the semester, you will be able to download the course with all the materials for the entire semester in one place.
 - Be sure to download and keep a copy of all syllabi from all of your classes. You may need them to demonstrate the training or material covered for licensure, certifications, etc.
- **Google Drive:** There will be documents that you will access on Google Drive through D2L. You will need to **access this content via your official MSU email** and account. We will also have assignments that you will copy from and post to Google Drive. For these assignments, be sure to share the documents so "Anyone with the link can edit" before you send the link to me and/or your classmates so you can get feedback and a grade on the materials.
- **Zoom:** (please create your MSU zoom account at zoom.msu.edu and install it on your devices). This will allow you to come to virtual office hours and online classes if weather prohibits an in-person session.

Assignments and Evaluation:

Exams: There will be 4 exams. Only the best three (3) exams will be counted for your grade. If you have

taken the first 3 exams and are satisfied with your grade, you will not need to take the final exam. The first 3 exams will not be cumulative. The final/make-up exam will be cumulative.

If you miss an exam for ANY reason, you will need to take the final exam to make up the missed exam. If you miss two exams, you will receive a zero on one and can take the final exam to make up the other.

You will be able to start the first 3 exams at 10AM EDT on the scheduled exam day (see below). You will have 24 hours to complete the exams. You must complete the exam within 100 minutes and submit your exam by 10:00 AM EDT the following day.

The final exam will be open for 48 hours, starting at the scheduled final exam day and start time scheduled by MSU (see below). You will be able to start the final exam at any time during this 48-hour period as long as you complete the exam within 100 minutes and submit your exam by the stated end time listed in the class schedule.

Exams are online on D2L. They will be “open book,” meaning you can use any of our class materials (but not materials from other websites or resources) during the exam. Exams may include multiple choice, short answer, fill-in-the-blank, etc. Any material from the lecture, videos, and related materials may be included on exams.

Disputing items on an exam: If you get an answer wrong on the exam or quiz and believe your answer should be re-considered, you must fill out the **Item Dispute Form** within one week of the grades being returned. After one week, no changes will be made. The item dispute form is available at this [link](#) and on D2L.

Assignments: There are two (2) required assignments in this class (see class schedule). Descriptions of the assignments and grading rubrics are on D2L and both will be turned in via D2L.

Extra Credit: There are two extra credit assignments. Descriptions of the assignments and grading rubrics are on D2L and both will be turned in via D2L.

Note: Given the many points you can easily earn through extra credit, I will not provide extra credit points and will not “give” extra points, extra assignments or a chance to redo graded assignments to help you earn a higher grade at the end of the semester.

Honors Option: Before considering the honors option for this class, review the honors guidelines and requirements for Psy320 [here](#). Honors is limited to the first fifteen (15) eligible students that fill out the google form to request an honors option. No one will be able to sign up for the honors option after the 4th class period (on 9/9).

Grading procedures:

- Course material and grades will be posted to the class website on Desire2Learn (<https://d2l.msu.edu>). You are responsible for any and all items posted on the course website. Please check it often for new material, class announcements, changes, etc.
- Late assignments will receive a 10% deduction for each day it is late. You are welcome and encouraged to turn in assignments early!
- Total points earned will be divided by the total points for the class, which will vary based on the number of impromptu writings, etc. This percentage will be translated into your final grade (see

chart below). As such, you are not being graded on a curve; it is possible for every student in the class to receive an “A/4.0”.

- I **automatically round any percentage ending in a 4.5 or a 9.5**. For example, an 84.5 would become an 85% and an 89.5 would become a 90%.
- Grading Scale:

4.0 = 90-100%	2.0 = 70-74%
3.5 = 85-89%	1.5 = 65-69%
3.0 = 80-84%	1.0 = 60-64%
2.5 = 75-79%	0.0 = below 60%

Things to Know/Other Important Policies:

- **Living Through Michigan Winters:** After heavy snowfall, I may not be able to get to campus. I will do my best to email the class by 8am if I realize I cannot make it to class unexpectedly. Typically, my email will provide instructions on next steps (e.g., whether or not you should watch a posted lecture on D2L, join me on zoom, or we will make up the material in the next class period, etc).
- **Flexibility:** Flexibility will be essential in a class such as this one. If the class comes up with new ideas for assignments, topics, class discussion, etc. the course may be altered accordingly in order to enhance our learning experience and adapt to real-world events.
- **Sharing class materials without permission:** It is important that we can take risks, share thoughts, and discuss openly while respecting one another’s privacy and growing our trust with one another. As such, **recordings of the class, lecture notes, other materials created by the instructor, and screenshots of the class (including online discussions) should not be uploaded to other online environments or shared outside of class**. Using class material and information without expressed permission from the instructor (and potentially other students), recordings, lecture notes or other material may violate the rights of other students and the MSU Student Rights and Responsibilities Policy (<https://ossa.msu.edu/srr>).
- **AI Generated Content:** The assignments you turn in for this class must be 100% original content that you have written, developed, presented on your own and without the use of AI. If there is a circumstance where you want to use AI generated content, you must get written permission from the instructor (for each incident) and it must be clearly identified and cited in the materials. **Presenting any AI generated content as your own is considered cheating/plagiarism.**
- **Cheating/Plagiarism:** Don’t do it! Academic integrity is one of your greatest resources, if you cheat or are academically dishonest in any way, you will receive a failing grade for the course and I will pursue university-wide action, including expulsion. Review the university [policies regarding academic integrity](#) on the Ombudsperson website.

Limits to Confidentiality:

Please be aware that class materials are generally considered confidential pursuant to the University’s student record policies. However, all University employees, including instructors, cannot maintain confidentiality when it conflicts with their responsibility to report certain issues based on external legal obligations or health and safety considerations of MSU community members and others. As the instructor, I must report the following information to other University offices if you share it with me:

- Suspected child abuse/neglect, even if this maltreatment happened when you were a child,
- Allegations of sexual assault or sexual harassment when they involve MSU students, faculty, or staff, and
- Credible threats of harm to oneself or to others.

These reports may trigger contact from a campus official who will want to talk with you about the incident that you have shared. In almost all cases, it will be your decision whether you wish to speak with that individual or not. If you would like to talk about these events in a more confidential setting, you are encouraged to make an appointment with [MSU Counseling and Psychological Services](#). Typically their services are confidential and protected from MSU employee reporting requirements (but be sure to ask before disclosing sensitive information).

Accommodations:

Please let me know if accommodations will be helpful as soon as possible. I will do my best to make the appropriate arrangements. If you are registered with the university's RCPD office, please upload a copy of your VISA through the [Psy 320 Contact Form](#).

Important class dates

<u>8/31</u>	First Day of Class
<u>9/7</u>	No Class-Holiday. Labor Day-Thank a union organizer!
<u>9/9</u>	Last day to fill out google form to request honors option
<u>9/16</u>	Honors option only-Paper due on Research, Ethics, and Health
<u>9/23</u>	Exam 1 opens in D2L on Wed 9/23 at 10AM ET. Students will have 100 minutes to take the exam and must complete the exam by 10AM EDT on 9/24.
<u>9/24</u>	Last Day to Drop Class and receive a refund
<u>9/30</u>	Assignment Due. Walking Survey of Health Equity
<u>10/13</u>	Extra Credit Part 1: Attend Fresh Check Day 2026 12-4pm at People's Park
<u>10/15</u>	Extra Credit Part 2: Turn in Fresh Check Day 2026 Photovoice Project
<u>10/19</u>	Last Day to Drop class w/no grade reported
<u>10/26</u>	No Class-Fall Break
<u>10/28</u>	Exam 2 opens in D2L on 10/28 at 10AM ET. Students will have 100 minutes to take the exam and must complete the exam by 10AM EDT on 10/29.
<u>11/18</u>	Assignment Due. Exploring Access and Inequity in Healthcare Systems
<u>11/25</u>	No Class-Holiday Travels
<u>12/2</u>	Extra Credit Due-Food Apartheid: A comparison of two neighborhoods

12/9 Last in person class

12/9 **Exam 3 opens in D2L on 12/9 at 10AM ET.** Students will have 100 minutes to take the exam and must complete the exam by 10AM EDT on 12/10.

12/14 **Cumulative Final Exam opens in D2L on Monday 12/14 at 7:45am ET and closes on Wednesday 12/16 at 9:45am ET.** The exam will be available for **48 hours** and opens at the scheduled time according to the MSU final exam testing schedule. Students will have 100 minutes to take the exam and must complete the exam by 9:45am ET on Wed 12/16.

12/16 **Honors option only-Final paper due** by 12pm Wednesday 12/16 on Controversies or Future Directions in Health Psychology.

Health Psychology
Details week by week

Week 1	8/31 & 9/2	Introductions, Course & Syllabus overview Introduction to Health Psychology
		● Read: ○ Syllabus ○ Chapter 1: Introducing Health Psychology
Week 2	9/7 & 9/9	Models of Health Psychology
		● 9/7: No Class–Labor Day–Thank a union organizer! ● 9/9 Last day to fill out Psy320 Contact form to request honors option ● Read: ○ Chapter 2: Models in Health Psychology
Week 3	9/14 & 9/16	Research Methods & Ethics in Health Psychology
		● Read: ○ Chapter 3: Research Methods ○ Chapter 4: Ethics in Health Psychology ● 9/16 Honors option only–Paper due on Research, Ethics, and Health
Week 4	9/21 & 9/23	Social Determinants of Health
		● Read: ○ Chapter 5: Social Determinants of Health ● 9/23 Exam 1 opens in D2L on Wed 9/23 at 10AM ET. Students will have 100 minutes to take the exam and must complete the exam by 10AM EDT on 9/24. ● 9/24 Last Day to Drop Class and receive a refund
Week 5	9/28 & 9/30	Food, Nutrition, and Physical Activity
		● Read: ○ Chapter 6: Physical Activity, Nutrition, & Eating-Related Disorders ● 9/30 Assignment Due. Walking Survey of Health Equity

Week 6 10/5 & 10/7 Substances and Addiction

- **Read:**
 - Chapter 7: Alcohol, Tobacco, and Illicit Drugs

Week 7 10/12 & 10/14 Stress, Coping & Social Support

- **Read:**
 - Chapter 8: Stress
 - Chapter 9: Coping, Resilience, and Social Support
- **10/13 Extra Credit Part 1: Attend Fresh Check Day 2026 12-4pm at People's Park**
- **10/15 Extra Credit Part 2: Turn in Fresh Check Day 2026 Photovoice Project**

Week 8 10/19 & 10/21 Pain Management

- **Read:**
 - Chapter 10: Pain Management
- **10/19 Last Day to Drop class w/no grade reported**

Week 9 10/26 & 10/28 Pain Continued

- **10/26 No Class-Fall Break**
- **10/28 Exam 2 opens in D2L on 10/28 at 10AM ET.** Students will have 100 minutes to take the exam and must complete the exam by 10AM EDT on 10/29.

Week 10 11/2 & 11/4 Chronic & Terminal Illness

- **Read:**
 - Chapter 11: Chronic Conditions and Terminal Illness

Week 11 11/9 & 11/11 Psychoneuroimmunology & Immune-Related Conditions

- **Read:**
 - Chapter 12: Psychoneuroimmunology & Immune-Related Conditions

Week 12 11/16 & 11/18 Healthcare Access & Utilization

- **Read:**
 - Chapter 13: Healthcare Access & Utilization

- **11/18 Assignment Due.** Exploring Access and Inequity in Healthcare Systems

Week 13 11/23 & 11/25 Healthcare Systems Around the World

- **Read:**
 - Chapter 14: Healthcare Systems Around the World
- **11/25 No Class-Holiday Travels**

Week 14 11/30 & 12/2 Healthcare continued

- **Read:**
 - Chapter 13: Healthcare Access & Utilization
- **12/2 Extra Credit Due**-Food Apartheid: A comparison of two neighborhood stores

Week 15 12/7 & 12/9 Controversies & Future Directions in Health Psychology

- **Read:**
 - Chapter 15: Controversies & Future Directions in Health Psychology
- **12/9 Last in person class**
- **12/9 Exam 3 opens in D2L on 12/9 at 10AM ET.** Students will have 100 minutes to take the exam and must complete the exam by 10AM EDT on 12/10.

Week 16 12/14 & 12/16 Finals Week

- **12/14 Cumulative Final Exam opens in D2L on Monday 12/14 at 7:45am ET and closes on Wednesday 12/16 at 9:45am ET.** The exam will be available for **48 hours** and opens at the scheduled time according to the MSU final exam testing schedule. Students will have 100 minutes to take the exam and must complete the exam by 9:45am ET on Wed 12/16.
- **12/16 Honors option only-Final paper due** by 12pm Wednesday 12/16 on Controversies or Future Directions in Health Psychology.