Description: This course provides students with an introduction to social and behavioral factors as determinants of health. Students explore theories of behavior change, as well as health behavior change models through lecture and case study. The dynamics between health outcomes and socio-demographic factors such as culture, gender, age and socioeconomic status are explored.

Goal: To establish a strong foundation in social and behavioral theories of human and group behavior and models of behavior change. Apply the learning to the Public Health/Community Health Education concentration of study.

Learning Objectives: Upon completion of this course, students will be able to:
1. Differentiate between various behavioral theories of behavior change.
2. Critically evaluate strengths and limitations of three theories of behavior change.
3. Explain the relevance of behavior change theory to specific health behaviors.
4. Analyze the impact of the concept of “norms” on health behavior and health attitudes.
5. Distinguish between the concepts of preventative health behavior, illness behavior, and sick-role behavior.
6. Apply at least three behavior change theories to specified health behaviors
7. Compare the functionality of behavior change theory in multicultural settings
8. Analyze the effects of social factors on health behavior and health attitudes
9. Discuss the influence of culture on health beliefs, attitudes and behaviors.
10. Recognize the role that gender plays in incorporating health messages into health practices
11. Demonstrate an understanding of how the incorporation of health messages impact health practices
12. Analyze culture-based value systems and describe its impact on the delivery of health education
Required Reading:

- Textbook:

- Journal Articles:

Additional journal articles as assigned

Lecture slides, and additional reading material will be available prior to scheduled classes. It is the student’s responsibility to obtain slides and journal articles/readings prior to class in order to participate class in discussions and activities.

In addition, students must select 15, peer-reviewed journal articles as supplement to research paper assignment

Teaching strategies:

- Lecture
- Large group discussion
- In-class group activities
- Written Homework Assignments
- Reading Assignments
- Exams

Grading Scale

A: [100-95]  B: (86-83)  C: (76-73)*  D: (66-60)
A+: (94-90)  B+: (82-80)  C+: (72-70)  F: (<60)
B+: (89-87)  C+: (79- 77)*  D+: (69-67)

*At minimum, the letter grade of “C” or its numerical equivalent; 73-76, is required in order to successfully pass this course. Please refer to the student handbook for additional information.

Course Evaluation:

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Midterm Exam</td>
<td>25%</td>
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<tr>
<td>Research Paper</td>
<td>20%</td>
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<tr>
<td>Participation</td>
<td>10%</td>
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<tr>
<td>Assignments</td>
<td>20%</td>
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<tr>
<td>Final Exam (Cumulative)</td>
<td>25%</td>
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Attendance

- Attendance is mandatory and will be reflected in your class participation grade.
- Attendance will be taken at the beginning of every class.
  - It is the responsibility of the student to ensure that they have signed the attendance sheet upon arrival to each class.
- Attendance will be graded on timeliness
  - Being late twice will equal one absence. Please refer to the orientation packet section describing the School of Health Technology and Management BSHS Program policy regarding absences and lateness.
- Please note that regular and consistent attendance and timeliness does not necessarily equate to an “A” for participation. Participation includes (among other things), active participation in class activities, non-distracting behaviors, and a meaningful contribution to class discussions.

Written Assignments:

*ALL ASSIGNMENTS MUST BE TYPED, DOUBLE SPACED, AND WRITTEN IN APA FORMAT. IN ADDITION, ALL HOMEWORK ASSIGNMENTS ARE DUE AT THE START OF EACH CLASS (NO LATER THAN 10:15 A.M.). LATE ASSIGNMENTS WILL NOT BE ACCEPTED WITHOUT PENALTY. THE PENALTY FOR LATE ASSIGNMENTS WILL BE A 5 POINT DEDUCTION FOR EACH 10:15 DEADLINE THAT IS MISSED.*

1. Choose a health behavior (e.g. smoking, overeating, excessive alcohol consumption, etc.). Describe how the Health Belief Model could be used to address that behavior. Be sure to include each construct related to the model in your discussion.
   The APA formatted paper should be typed written and double spaced with an 11-12 point font. The Paper should be a minimum of 2-3 pages in length, with a maximum of 5 pages. Please print double-sided and include a cover page. Paper should include a running head with your last name first, followed by your first name in the upper right hand corner.

2. Compare and contrast the Transtheoretical Model of Behavior Change (TTM) and The Precaution Adoption Process Model (PAPM). Your paper should include a discussion of the similarities and differences between TTM and PAPM. Be sure to include each construct related to each model in your discussion.
   The APA formatted paper should be typed written and double spaced with an 11-12 point font. The Paper should be a minimum of 2-3 pages in length, with a maximum of 5 pages. Please print double-sided and include a cover page. Paper should include a running head with your last name first, followed by your first name in the upper right hand corner.
Research Paper

Choose one of the following options (a – d) to complete a research paper related to one of the social aspects of health discussed in class. Your paper should include a minimum of 15 references from peer reviewed journal articles. Websites, such as the Center for Disease Control and Prevention (CDC), or the National Institutes of Health (NIH), New York State Department of Health NYSDOH etc. are also acceptable sources, however they should constitute no more than 4 of your sources. The remaining sources must be from peer reviewed journal articles. Newspaper articles are not acceptable. Wikipedia is not an acceptable source!

Please see below for specific instructions for the research paper assignment.

The APA formatted research paper should be typed written and double spaced with an 11-12 point font. The research paper should be a minimum of 5-8 pages in length, with a maximum of 10 pages. Please print double-sided and include a cover page. Also, include a running head which list your last name first, followed by your first name.

a. Write a 5-8 page paper in which you discuss how wealth and poverty impact the health of the public.

b. Write a 5-8 page paper in which you discuss how the health of a specific cultural group (e.g., race/ethnicity, sexual orientation, disability, etc.) is impacted by the social structure. Social structure refers to the dominant US culture norms, systems and institutions.

c. Write a 5-8 page paper in which you discuss the health of the population of a specific geographic location in the United States. Correlate the location with any health issue that may result from residing in such a location.

d. Write a 5-8 paper in which you discuss the current and anticipated impact of the Affordable Care Act on the underserved as well as the middle to upper income populations.
Americans with Disabilities Act

If you have a physical, psychological, medical or learning disability that may impact your coursework, please contact Disability Support Services, 128 ECC Building (631) 632-6748. They will determine with you what accommodations are necessary and appropriate. All information and documentation is confidential. Students who require assistance during emergency evacuation are encouraged to discuss their needs with their professors and Disability Support Services. For procedures and information, go to the following website: http://www.ehs.sunysb.edu and search Fire Safety and Evacuation/Physical Disabilities.

Blackboard
You can access class information online at: http://blackboard.sunysb.edu if you used Blackboard during the fall semester, your login information (Username and Password) has not changed. If you have never used Stony Brook's Blackboard system, your initial password is your SOLAR ID# and your username is the same as your Stony Brook (sparky) username, which is generally your first initial and the first 7 letters of your last name. For help or more information see: http://www.sinc.sunysb.edu/helpdesk/docs/blackboard/bbstudent.php
For problems logging in, go to the helpdesk in the Main Library SINC Site or the Union SINC Site. You can also call: 631-632-9602 or e-mail: helpme@ic.sunysb.edu
Some, but not all lecture slides, case studies, and additional reading materials will be available prior to scheduled classes. It is your responsibility to obtain the information prior to class in order to facilitate class activities.

Academic Integrity:
Each student must pursue his or her academic goals honestly and be personally accountable for all submitted work. Representing another person's work as your own is always wrong. Faculty are required to report and suspected instances of academic dishonesty to the Academic Judiciary. Faculty in the Health Sciences Center (Schools of Health Technology & Management, Nursing, Social Welfare, Dental Medicine) and School of Medicine are required to follow their school-specific procedures. For more comprehensive information on academic integrity, including categories of academic dishonesty, please refer to the academic judiciary website at http://www.stonybrook.edu/uaa/academicjudiciary/

Critical Incident Management:
Stony Brook University expects students to respect the rights, privileges, and property of other people. Faculty are required to report to the Office of Judicial Affairs any disruptive behavior that interrupts their ability to teach, compromises the safety of the learning environment, or inhibits students' ability to learn. Faculty in the HSC Schools and School of Medicine are required to follow their school-specific procedures.
<table>
<thead>
<tr>
<th>DATE</th>
<th>LECTURE TOPIC</th>
<th>READING/ASSIGNMENT</th>
<th>Assignment Due Date</th>
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</thead>
</table>
| 1      | 1/27/14                                  | • Introductions  
• Overview                                                                                                                                  |                     |
| 2      | 2/03/14                                  | **Assigned Reading:**  
• Hayden, Preface, Chapters 1& 9                                                                                                                 |                     |
| 3      | 2/10/14                                  | **Assigned Reading**  
• Hayden, Chapter 4  
**Assignment 1**  
• Choose a health behavior and describe how the health belief model could be used to address the behavior. Paper should be 2-3 pages, APA formatted.  
Due on: 2/17/14                                                                                           |                     |
| 4      | 2/17/14                                  | **Assigned Reading**  
• Hayden, Chapter 6                                                                                                                                  | Assignment 1 due    |
| 5      | 2/24/14                                  | **Assigned Reading:**  
<table>
<thead>
<tr>
<th></th>
<th>3/03/14</th>
<th></th>
<th>Role of Psychosocial and Cultural Predictors. <em>Health Education &amp; Behavior, Vol. 35 (6): 791-805</em></th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Assignment 2: Compare and contrast TTM and PAPM. Paper should be 2-3 pages and APA formatted</td>
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</table>

| 6 | 3/03/14 | • Review Sharma  
• Review Arredondo  
• Theory of Reasoned Action/Theory of Planned Behavior | Assigned Reading:  
• Hayden, Chapter 3 |
|   | Assignment 2 due |

| 7 | 3/10/14 | • Review Hayden Chapter 3  
• Social Cognitive Theory | Assigned Reading:  
• Hayden, Chapter 7  
Assignment  
• Prepare 2 review questions for next class meeting Midterm Review (Participation Credit) |
|   | Due 3/24/14 |

| 8 | 3/24/14 | **MIDTERM REVIEW** |
|   | Review Questions due |

| 9 | 3/31/14 | **MIDTERM** |
|   |   |   |

| 10 | 4/07/14 | • **Social Aspects of Health:** Socioeconomic Aspects  
Unnatural Causes: “In Sickness and in Wealth”  
• Research Paper:  
OPTION “A”  
Write a 5-8 page paper in which you discuss how wealth and poverty impact the health of the public. APA Format |
|   | “A” Due on 4/14/14 |

| 11 | 4/14/14 | • **Social Aspect of Health:** Cultural Aspects  
Unnatural Causes: “When the Bough Breaks” & “Becoming American”  
• Research Paper:  
OPTION “B”  
Write a 5-8 page paper in which you discuss how the health of a specific cultural group (e.g., race/ethnicity, sexual orientation, disability, etc.) is impacted by the social structure. APA format |
|   | Research Paper “A” due |

<p>|   |   | “B” Due on 4/21/12 |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Notes</th>
<th>Research Paper:</th>
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<tbody>
<tr>
<td>4/21/14</td>
<td>Social Aspects of Health:</td>
<td>Option “C” Write a 5-8 page paper in which you discuss the health of the population of a specific geographic location in the United States. Correlate the location with any health issue that may result from residing in such a location. APA format.</td>
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<tr>
<td>4/28/14</td>
<td>Social Aspects of Health:</td>
<td>Option “D” Write a 5-8 page paper in which you discuss the pros and cons of the Affordable Care Act and its implications for healthcare for the underserved populations APA format. Prepare 2 questions for the upcoming final examination.</td>
</tr>
<tr>
<td>5/05/14</td>
<td>FINAL EXAMINATION REVIEW</td>
<td>Research paper “D” due</td>
</tr>
<tr>
<td>5/12/14</td>
<td>Reading day</td>
<td>NO CLASS MEETING SCHEDULED</td>
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<tr>
<td>5/19/14</td>
<td>FINAL EXAMINATION</td>
<td>FINAL EXAM</td>
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