

Health Psychology and Kinesiology HH/KINE 3100

Course Instructor: Paul Ritvo, Ph.D., Professor

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Office Hours: by Appointment <pritvo@yorku.ca>

Course Organization: 2 x 1.5 hours weekly: lectures, guest lectures, class discussions, required readings, research participation.

Required Reading: collection of peer reviewed science journal articles will be assigned. Each will be provided on Moodle site for downloading

Evaluation: 2 exams during the regular semester (50% of final grade); 1 final exam during the exam period (40%); class participation (3%) and research participation (2%) in a study ethically approved by York, UHN affiliated hospitals (Toronto General, Princess Margaret, Toronto Western), or Centre for Addiction and Mental Health, being conducted by a York student or faculty, or staff at UHN or CAMH. One post-lecture quiz/week: 10 quizzes averaged (lowest 6 scores deleted) (5%)

Lecture	Date	Readings 1	Readings 2
1. Health Psychology in 2017: A comparison of health psychology, as contained in Freud's psychoanalytic theory and health psychology as associated with mindfulness meditation	Thursday, January 5		
2. Motivational Interviewing: Preparing People for Change: MI methods as a way of understanding how to operationalize verbally exchanged empathy and support	Tuesday, January 10	Smartphone-enabled health coaching intervention (iMOVE) to promote long-term maintenance of physical activity in breast cancer survivors: A	

<p>3. Mindful Prayer: many people pray but not all benefit. What are the ways that prayer can go wrong and how does mindfulness compare?</p>	<p>Thursday, January 12</p>	<p>protocol for a feasibility pilot randomized controlled trial. Ritvo, Obadia, Santa Mina, Alibhai, Sabiston, Oh, Campbell, Hernandez, McCready, Stefanyk, Jones</p> <p>An Exploration of Stress Reactivity, Stress Recovery, Mindfulness Meditation and Prayer with the use of Heart Rate Variability</p> <p>(Master’s Thesis) Iqra Ashfaq, M.Sc.</p>	
<p>4. Cognitive Behaviour Therapy: the rational path to mental health</p>	<p>January 17</p>		
<p>5. CBT and Mindfulness to Improve the Health of individuals with Maladaptive Perfectionism - web-based study</p>	<p>January 19</p>	<p>Cognitive behavioral therapy-related increases in cortical inhibition in problematic perfectionists Radhu, Daskalakis Guglietti, Farzan, Barr, Arpin-Cribbie, Fitzgerald, Ritvo</p>	<p>Web-Based Cognitive-Behavioural Therapy for Perfectionism: A Randomized Controlled Trial</p> <p>Arpin-Cribbie, Irvine, Ritvo</p>

<p>6. Mindfulness and Assessing Psychophysiological Therapeutic Effects Using Heart Rate Variability</p>	<p>January 24</p>	<p>Heart Rate Variability is Enhanced in Controls but Not in Maladaptive Perfectionists During Brief Mindfulness Meditation Azam, Katz, Fashler, Changoor, Azargive, Ritvo</p>	
<p>7. Health Coaching, Health Promotion and Chronic Disease</p>	<p>January 26</p>	<p>Health Coaching Reduces HbA1c in Type 2 Diabetic Patients From a Lower-Socioeconomic Status Community: A Randomized Controlled Trial Wayne, Perez, Kaplan, Ritvo</p>	<p>Data mining of a remote behavioral tracking system for type 2 diabetes patients: A prospective cohort study Wayne, Cercone, Li, Zohar, Katz, Ritvo</p>
<p>8. Physical Activity Promotion in Chronic Disease: Interventions with Prostate Cancer Survivors - RCT - Transition from Pilot to Full Time</p>	<p>January 31</p>	<p>A phase II RCT and economic analysis of three exercise delivery methods in men with prostate cancer on androgen deprivation therapy Alibhai, Santa Mina, Ritvo, Sabiston, Krahn, Tomlinson, Matthew, Segal, Warde, Durbano, O'Neill and Culos-Reed</p>	

9. Yoga as a Health Promotion Methods	Feb. 2	Heart Rhythm Disorders: Effect of Yoga on Arrhythmia Burden, Anxiety, Depression, and Quality of Life in Paroxysmal Atrial Fibrillation The YOGA My Heart Study Lakkireddy, Atkins, Pillarisetti, Ryschon, Bommana, Drisko, Vanga, Dawn	
MidTerm #1 – Multiple Choice and Short Answer	Feb. 7		
MidTerm #1 – Essay	Feb. 9		
10. Acupuncture	Feb. 14, 2017	Comparison of Body, Auricular, and Abdominal Acupuncture Treatments for Insomnia Differentiated as Internal Harassment of Phlegm-Heat Syndrome: An Orthogonal Design Yue Jiao, Ying Han, Xin Li, Yi-gong Fang, Zhao-hui Liu, Wen-na Zhou, In-cao Zhou, Zhong-chao Wu Jin-hong Yang, Shao-yuan Li, Fan-ying Meng, and	

		Wei-wei Xu .	
11. The Concept and Reality of Flow	Feb. 16	Development and Validation of a Scale to Measure Optimal Experience: The Flow State Scale Jackson and Marsh	
	Feb. 18 – 24 Reading Week		
12. Compassion from the Perspective of Neurophysiology	Feb. 28	Regulation of the Neural Circuitry of Emotion by Compassion Meditation: Effects of Meditative Expertise Lutz, Brefczynski-Lewis, Johnstone, Davidson	
13. Teaching and Training Compassion: Interpersonal Mindfulness	March 2		
14. Online-Mindfulness CBT for Depression - RCT	March 7	An Innovative smartphone-enabled health coaching intervention for youth diagnosed with major depressive disorders: A protocol for a randomized controlled trial. Ritvo, Daskalakis, Tomlinson, Ravindran, Linklater, Kirk	

		Chang, Katz	
15. The Healthy Brain and Body in relation to Nutritional Choices	March 9	Effects of Fructose on Body Weight in Controlled Feeding Trials: Systematic Review and Meta-analysis Sievenpiper, DeSouza, Mirrahimi, Yu, Carleton, Beyene, Chiavaroli, Di Buono, Jenkins, Leiter, Wolever, Kendall and Jenkins	
16. Microbiome Complexity	March 14	Probiotic supplementation can positively affect anxiety and depressive symptoms in humans: a systematic review of randomized controlled trials Pirbaglou, Katz, de Souza, Sterns, and Ritvo	
17. Stress, Mindfulness Heart Rate Variability and Migraine and Tension Headache	March 16	Individuals with Tension and Migraine Headaches Exhibit Increased Heart Rate Variability during Post-Stress Mindfulness Meditation Practice but not during a Post-Stress Control Condition - A Randomized, Controlled	

		Experiment Azam, Katz, Mohabir, Ritvo	
Effectiveness of Internet-Delivered Mindfulness-based Programs for Anxiety and Depressive Disorders: A Systematic Review & Meta-Analysis Kirk-Chang, Pirbaglou, Weerasekera, Ritvo,	March 21	Effectiveness of Internet-Delivered Mindfulness-based Programs for Anxiety and Depressive Disorders: A Systematic Review & Meta-Analysis Kirk-Chang, Pirbaglou, Weerasekera, Ritvo,	
TBA	March 23		
MidTerm #2 – Multiple Choice and Short Answer	March 28		
MidTerm #2 – Essay	March 30		
Pre-Final Review	April 4		
Final Exam	Cumulative during regular exam period		