

## **Health Psychology and Kinesiology HH/KINE 3100**

**Course Instructor: Paul Ritvo, Ph.D., Professor, School of Kinesiology and Health Science**

**Winter Term 2018**

**Course Webpage: York Moodle**

**Time and Location:**

**Lectures      TR 11:30      CLH - C**

### **Expanded Course Description**

Health Psychology refers to a relatively new movement in psychology where the health impacts of behaviour are defined and measured, and where interventions are invented and delivered to assist people in making choices and adopting behaviours that induce health and prevent/reduce disease.

Health psychologists and other professionals who apply health psychology operate in clinical settings and/or conduct research, some of which influences health care policy, be it the policy of a single clinic or program or hospital, or jurisdiction (like the Province of Ontario).

Containing health care costs is a major priority for health care decision makers and policy makers, which is an area of research where health psychologists contribute in meaningful ways. There is tremendous potential for the reduction of health problems requiring clinical treatment (e.g. Type 2 Diabetes) by the adoption of health behaviours like regular, moderate-to-vigorous physical activity (MVPA). Health Psychology is thus concerned with how people initiate and sustain effective health behaviours.

This course focuses on Health Psychology *and* Kinesiology and accordingly emphasizes healthy movement of the body and *within* the body. 'Movement' in this context refers to muscle activity but also to the different movements (and their effects) that happen with different breathing patterns and that happen with movement within body organs including the brain.

Intervention and epidemiological sciences are emphasized as we follow specific studies from goals and hypothesis generation to research design and analyses of outcomes.

Office: 136 Chemistry Building

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

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

**Course Objectives:**

- 1) **Brief statement of the course purpose:** the major purpose is to help the student become a knowledgeable consumer and applier of health psychology science, including how it applies to pursuing a personally healthy lifestyle. Accordingly, there is a balance of attention to: 1) methodological issues in health psychology experimentation; 2) multiple health behaviours that pertain to exercise, nutrition, mental health, relationships and communication skills, etc.; 3) actual study examples that provide 'how-to' guidance about intervention testing and development.
- 2) **Brief list of specific learning outcomes of the course:**
  - expertise in reading scientific articles and evaluating study quality and study strengths and weaknesses
  - knowledge of the array of novel interventions (including online interventions) aimed at modifications of key health behaviours
  - contemplation of relevant advances in health psychology that are applicable to personal healthy lifestyle changes
  - class participation related to abilities to debate in a science context and envision creative solutions to current health problems

**Required Reading:** Peer reviewed journal articles and 1 book (PDF) will be assigned. Each will be provided on the Moodle site for downloading

**Evaluation:** 2 exams during the regular semester (50% of final grade); 1 final exam during the exam period (45%); 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 / CAMH.

Lecture	Date	Readings 1	Readings 2
1. Brain Health Through Nutrition	Thursday, January 4	Slides	
2. Microbiome Complexity	Tuesday, January 9	Probiotic supplementation can positively affect anxiety and depressive symptoms in humans: a	Exercise Alters Microbiome. Is That One Reason It's So Good for Us? New York Times

		<b>systematic review of randomized controlled trials</b> Pirbaglou, Katz, de Souza, Sterns, and Ritvo	Gretchen Reynolds  <b>Fiber Is Good for You. Now Scientists May Know Why</b> New York Times Carl Zimmer
<b>3. Motivational Interviewing: Preparing People for Change:</b> MI methods as a way of understanding how to operationalize verbally exchanged empathy and support	Thursday, January 11	<b>Smartphone-enabled health coaching intervention (iMOVE) to promote long-term maintenance of physical activity in breast cancer survivors: A protocol for a feasibility pilot randomized controlled trial.</b> <b>Ritvo,</b> Obadia, Santa Mina, Alibhai, Sabiston, Oh, Campbell, Hernandez, McCready, Stefanyk, Jones, JMIR Res Protoc. 2017 Aug 24;6(8):e165. doi: 10.2196/resprot.6615.	
<b>4. Mindful Prayer:</b> many people pray but not all benefit. In what ways can prayer can go wrong and how does mindfulness compare?	Tuesday, January 16	<b>An Exploration of Stress Reactivity, Stress Recovery, Mindfulness Meditation and Prayer with the use of Heart Rate Variability</b>  (Master's Thesis) Iqra	

		Ashfaq, M.Sc.  Under review: International Journal of Psychophysiology	
<b>5. Cognitive Behaviour Therapy:</b> reason and mental health	Thursday, January 18		
<b>5. CBT and Mindfulness to Improve the Health of individuals with Maladaptive Perfectionism – web-based study</b>	Tuesday, January 23	<b>Cognitive behavioral therapy-related increases in cortical inhibition in problematic perfectionists</b> Radhu, Daskalakis Guglietti, Farzan, Barr, Arpin-Cribbie, Fitzgerald, Ritvo	<b>Web-Based Cognitive-Behavioural Therapy for Perfectionism: A Randomized Controlled Trial</b>  Arpin-Cribbie, Irvine, Ritvo
<b>6. Mindfulness and Assessing Psychophysiological Therapeutic Effects Using Heart Rate Variability</b>	Thursday January 25	<b>Heart Rate Variability is Enhanced in Controls but Not in Maladaptive Perfectionists During Brief Mindfulness Meditation</b> Azam, Katz, Fashler, Changoor, Azargive, Ritvo	
<b>7. Health Coaching, Health Promotion and Chronic Disease</b>	Tuesday, January 30	<b>Health Coaching Reduces HbA1c in Type 2 Diabetic Patients From a Lower-Socioeconomic Status Community: A Randomized Controlled Trial</b> Wayne, Perez, Kaplan, Ritvo, JIMR	
<b>8. Physical Activity Promotion in</b>	Thursday, February 1	<b>A phase II RCT and economic analysis of</b>	

<b>Chronic Disease: Interventions with Prostate Cancer Survivors – RCT – Transition from Pilot to Full Time</b>		<b>three exercise delivery methods in men with prostate cancer on androgen deprivation therapy</b>  Alibhai, Santa Mina, Ritvo, Sabiston, Krahn, Tomlinson, Matthew, Segal, Warde, Durbano, O'Neill and Culos-Reed	
MidTerm #1 – Multiple Choice and Short Answer	Feb. 6	Midterm 1 – Part 1	
MidTerm #1 – Essay	Feb. 8	Midterm 1 – Part 2	
<b>9. The Theory and Reality of Flow</b>	Feb. 13	<b>Flow (PDF) – the psychology of optimal experience – Mihaly Csikszentmihalyi: PhD. Development and Validation of a Scale to Measure Optimal Experience: The Flow State Scale</b> Jackson and Marsh	
<b>10. Acupuncture and Flow</b>	Feb. 15	<b>Comparison of Body, Auricular, and Abdominal Acupuncture Treatments for Insomnia Differentiated as Internal Harassment of Phlegm-Heat Syndrome: An Orthogonal Design</b> Yue Jiao, Ying Han, Xin Li, Yi-gong Fang, Zhao-	

		hui Liu, Wen-na Zhou, In-cai Zhou, Zhong-chao Wu Jin- hong Yang, Shao-yuan Li, Fan-ying Meng, and Wei-wei Xu.	
	Feb. 20 & 23 Reading Week		
<b>11. Compassion from the Perspective of Neurophysiology</b>	Feb. 27	<b>Regulation of the Neural Circuitry of Emotion by Compassion Meditation: Effects of Meditative Expertise</b> Lutz, Brefczynski- Lewis, Johnstone, Davidson	
<b>12. Online- Mindfulness CBT for Depression - RCT</b>	Mar. 1	<b>An Innovative smartphone-enabled health coaching intervention for youth diagnosed with major depressive disorders: A protocol for a randomized controlled trial.</b> Ritvo, Daskalakis, Tomlinson, Ravindran, Linklater, Kirk Chang, Katz	
<b>13. Systematic Review of Internet- Delivered Mindfulness-based Programs for Anxiety and Depressive Disorders</b> Kirk-Chang Pirbaglou, Weerasekera,	March 6		

Ritvo,			
<b>14. Overcoming Colonization, Traumatization and Stigmatization: First Nations Justice and Canadian Mental Health</b>	March 8		
<b>15. Preventive Cancer Screening – and Prevention in General</b>	March 13	<b>Personal navigation increases colorectal cancer screening uptake.</b> Ritvo PG, Myers RE, Paszat LF, Tinmouth JM, McColeman J, Mitchell B, Serenity M, Rabeneck L. Cancer Epidemiol Biomarkers Prev. 2015	
<b>16. Data Mining and the Pursuit of Health and Happiness</b>	March 15	<b>Data mining of a remote behavioral tracking system for type 2 diabetes patients: A prospective cohort study</b> Wayne, Cercone, Li, Zohar, Katz, Ritvo, JIMR, 2015	
<b>MidTerm #2 – Multiple Choice and Short Answer</b>	March 20		
<b>MidTerm #2 – Essay</b>	March 22		
<b>Happiness: What's Possible &amp; What's Probable?</b>	March 27		
<b>Mindfulness Virtual Communities, Healthy Student Initiative &amp; Mental</b>	March 29		

<b>Health at York University</b>			
<b>Pre-Final Review</b>	April 3		
<b>Pre-Final Review</b>	April 5		