

HSC 6605 Scientific Foundation of Holistic Health
Department of Health Science Education
Spring 2011

Location: Room 1070, WEIM
Time: Wednesday, periods 9-11 (4:05 – 7:05pm)
Professor: W. William Chen, Ph.D., CHES
Office: Room 19, FLG
Office Hours: W, 1:55pm – 2:45pm; MWF 10:40-11:30am
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Required Text

- (1.) Karren, KJ, Hafen, BO, Smith, NL, & Frandsen, KJ. (2006). Mind/Body Health (3rd Ed.). Benjamin Cummings.
- (2.) Girdano, DA, Dusek, DE & Everly, GS Jr. (2009). Controlling Stress and Tension (8th Ed.). Benjamin Cummings.

This course is designed to study the holistic health issues through the survey and analysis of factors that influence and modify the health potential of the human being. The emphasis is placed on the study of psychosomatic disease and psychosomatic health. It includes the psycho-physiological responses of the human organism for adaptation and prophylaxis. Research findings, theories and empirical knowledge accumulated from a variety of scientific studies will be used as a framework to provide a broad view of holistic implications in health and disease.

Course Objectives:

- To provide the student an opportunity to examine the bio-psychosocial factors that influence health and disease.
- To develop an understanding and appreciation of the relationship between stress and disease.
- To familiarize the student with holistic methods and techniques used to control psychosomatic disease and promote psychosomatic health.
- To assist students in developing research skills for advanced study in the area of mind and body relationship and how they may be able to influence health behavior.

Course Evaluation:

1. Exam: Completion of mid-term and final exams.
2. Class attendance and participation: It is important that students attend class regularly and participate in classroom discussion actively for maximum benefits. Attendance and participation will be considered in determining final grades.

3. Review of literatures: Complete a written report on five (5) recent journal articles regarding psychosomatic health and disease. See the guidelines below. This report is due on or before **March 16, 2011**.

Review of Literatures

- Title - Author – Source (**attached a copy of the article**)
 - General Purpose of the Study
 - Participants – (Number, type, i.e., students or aged or diseased)
 - General Design – Methods, Procedures, and Instruments or Review
 - Conclusions – (Results)
 - Remarks – (**Place more emphasis on the discussion of remarks. For example, significance and application of the results in holistic health or the topical area of your research**)
4. Research paper: Complete a research paper on a self-selected topic. The paper should be 15 – 20 typewritten pages in length, and is suggested to incorporate the following information:

Suggested Outlines of Research Paper: (Refer to professional journal article for references)

- Introduction
 - i. Discuss the extent (i.e., prevalence) of the selected health problem or holistic method and its significance for holistic health.
 - ii. Specific purpose or objective(s) of the paper (it would be best to have a specific problem statement or a hypothesis if it is feasible).
- Research Findings (could be divided into sections based on the bio-psychosocial determinants)
 - i. Factual information or empirical data reported in the professional literatures that address, support or reject the bio-psychosocial evidence of the selected health problems or holistic health method.
- Holistic health program or design that helps to control and prevent the psychosomatic health problem or promote the holistic health method.
 - i. Ideas for prevention (promotion) program.
 - ii. Resources or existing programs that are helpful to control and prevent the problem or promote the holistic program.
 - iii. Specific suggestions or recommendations for implementation of the prevention or promotion program.
- Summary and conclusion
- References (Use either AMA or APA reference style)

The research paper is due on or before **April 6, 2011**. The grading criteria will include: clarity, organization of the paper, depth of the research, insight of the researched topic, creative ideas for control and prevention, and appropriateness of the referencing methodology.

5. Oral presentation: Complete a 20-minute oral presentation of research paper.

Grading Criteria:

Mid-term exam	100 pts
Final exam	100 pts
Literature review	50 pts
Research paper	100 pts
Oral presentation	35 pts
Attendance and participation	15 pts
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Total	400 pts

Grading Scale:

A	- 360 or higher	C	- 280 – 299
B +	- 340 – 359	D +	- 260 – 279
B	- 320 – 339	D	- 240 – 259
C +	- 300 – 319	E	- below 240

Syllabus

<u>Date</u>	<u>Topic</u>	<u>Tentative Reading Assignments</u>
Jan 5	Course Introduction	
Jan 12	Philosophical foundation of holistic health A system's view of health & disease	(1) Ch. 14, (2) Ch. 4 and Assigned reading materials
Jan 19	Are Americans Healthy? Psychosomatic concept of health and disease	(1) Ch. 2 & 22, (2) Ch. 1 and Assigned reading materials
Jan 26	Psychosocial foundation of holistic health	(1) Ch. 8, 9, & 19, (2) Ch. 6, 8, & 11 and Assigned reading materials
Feb 2-9	Physiological foundation of psychosomatic health and disease	(1) Ch. 1, (2) Ch. 2, 3 and Assigned reading materials
Feb 16	Biological rhythms and measurements of psycho- physiological parameters in the study of psychosomatic disease and health	Assigned reading materials
Feb 23	Mid-Term Exam	
March 2	A model for the study of psychosomatic disease - Hypertension	Assigned reading materials
March 9	Spring Break	
March 16	Stress and disease - Cardiovascular diseases	(1) Ch. 3 & 4 and Assigned reading materials
March 23	Stress and disease - Cancer	(1) Ch. 6 & 24 and Assigned reading materials
March 30	AAHPERD/AAHE Convention	
April 6	Biofeedback and other techniques of controlling Stress and disease	(2) Ch. 12, 13 & 14 and Assigned reading materials
April 13	Holistic methods of disease prevention and health promotion - Tai Chi Chuan & others - Meditation & relaxation techniques	(2) Ch. 15, 16, 17 and Assigned reading materials
April 20	Research paper presentations	
April 27	Final Exam	

HSC 6605 Scientific Foundations for Holistic Health

List of Assigned Reading Materials

- Jan. 12**
1. Sobel DS. (1979). Ways of Health – Holistic Approaches to Ancient and Contemporary Medicine, Harcourt, Brace, Jovanovich. (pp. 87-104)
 2. Seeman TE, Dublin LF & Seeman M. (2003). Religiosity/Spirituality and Health: A Critical Review of the Evidence for Biological Pathways. American Psychologist, 58(1): 53-56.
 3. Chen WW. (2001). The relationship between health education and health promotion: A personal perspective. American Journal of Health Education, 32 (6): 369-370.
- Jan. 19**
1. Cheung CK, Wyman JF, & Halcon, LL. (2007). Use of Complementary and Alternative Therapies in Community-Dwelling Older Adults. The Journal of Alternative and Complementary Medicine, 13(9): 997-1006.
 2. Steward-Williams S. (2004). The Placebo Puzzle: Putting Together the Pieces. Health Psychology, 23 (2): 198-206.
- Jan. 26**
1. Honkonen T, Ahola K, Pertovaara M, Isometsa E, Kalimo R, Nykyri E, Aromaa A, & Lonnqvist J. (2006). The Association Between Burnout and Physical Illness in the General Population- Results from the Finnish Health 2000 Study. Journal of Psychosomatic Research, 61(1): 59-66.
 2. Julkunen J & Ahlstrom R. (2006). Hostility, Anger and Sense of Coherence as Predictors of Health-Related Quality of Life- Results of an ADCOT Substudy. Journal of Psychosomatic Research, 61(1): 33-39.
 3. Rutledge T., Reis SE, Olson M, Owens, J, Kelsey SF, Pepine CJ, Mankad S, Rogers WJ, Bairey Merz CN, Sopko G, Cornell CE, Sharaf B & Matthews KA. (2004). Social networks are associated with lower mortality rates among women with suspected coronary disease: National Heart, Lung, and Blood Institute-sponsored women's ischemia syndrome evaluation study. Psychosomatic Medicine, 66(6): 882-888.
- Feb. 2-9**
1. Herbert, TB & Cohen, S. (1993). Stress and Immunity: A Meta-Analytical Review. Psychosomatic Medicine, 55: 364-379.
 2. Arranz L, Guayerbas N & Fuente MD. (2007). Impairment of Several Immune Functions in Anxious Women. Journal of Psychosomatic Research, 62(1): 1-8.
 3. Gleib DA, Soreen G, Chuang YL & Maxine W. (2007). Do Chronic Stressors Lead to Physiological Dysregulation? Testing the Theory of Allostatic Load. Psychosomatic Medicine, 69(8): 769-776.

4. Hansel, A & Von Kanel, R. (2008). The Ventro-Medial Prefrontal Cortex: A major Link Between the Autonomic Nervous System, Regulation of Emotion, and Stress Reactivity? BioPsychoSocial Medicine, 2(21): 1-5.

Feb. 16

1. Jerjes WK, Peters TJ, Taylor NF, Wood PJ, Wessely S & Cleare AJ. (2006). Diurnal Excretion of Urinary Cortisol, Cortisone, and Cortisol Metabolites in Chronic Fatigue Syndrome. Journal of Psychosomatic Research, 60(2): 145-153.

2. Klerman EB. (2005). Clinical aspects of human circadian rhythms. Journal of Biological Rhythms, 20 (4): 375-386.

3. Foster, RG & Rosenneberg, T. (2008). Human Responses to the Geophysical Daily, Annual and Lunar Cycles. Current Biology, 18: R784-R794.

4. Young QR, Ignaszewski A, Fofonoff D, & Kaan A. (2007). Brief Screen to Identify 5 of the Most Common Forms of Psychosocial Distress in Cardiac Patients. Journal of Cardiovascular Nursing, 22 (6): 525-534.

5. Boivin, DB, Tremblay, GM, & James, FO. (2007). Working on Atypical Schedules. Sleep Medicine, 8(2007): 578-589.

March 2

1. Kibler, JL, Joshi, K., & Ma, M. (2009). Hypertension in Relation to Posttraumatic Stress Disorder and Depression in the US National Comorbidity Survey. Behavioral Medicine, 34(Winter): 125-131.

2. Schneider, RH, Alexander, CN, Staggers, F, Orme-Johnson, DW, Rainforth, M, Salero, HW, Sheppard, W, Castillo-Richmond, A, Barnes, VA, & Nidich, SI. (2005). A Randomized Controlled Trial of Stress Reduction in African Americans Treated for Hypertension for Over One Year. American Journal of Hypertension, 18: 88-98.

3. Linden W & Moseley JV. (2006). The Efficacy of Behavioral Treatments for Hypertension. Applied Psychophysiology and Biofeedback, 31(1): 51-63.

March 16

1. Low, CA, Thurston, RC, & Matthews, KA. (2010). Psychosocial Factors in the Development of Heart Disease in Women: Current Research and Future Directions. Psychosomatic Medicine, 72: 842-854.

2. Cooper DC & Waldstein SR. (2004). Hostility Differently Predicts Cardiovascular risk factors in African American and White young adults. Journal of Psychosomatic Research, 57 (2004): 491-499.

3. Zafar, MU, Paz-Yepes, M, Shimbo, D, Vilahur, G, Burg, MM, Chaplin, W, Fuster, V, Davidson, KW, & Badimon, JJ. (2010). Anxiety is a better predictor of platelet reactivity in coronary artery disease patients than depression. European Heart Journal, 31: 1573-1582.

4. Nolan, RP, Jong, P, Barry-Bianchi, SM, Tanaka, TH, & Floras, JS. (2008). Effects of Drug, Biobehavioral and Exercise Therapies on Heart Rate Variability in Coronary

Artery Disease: A Systematic Review. European Journal of Cardiovascular Prevention and Rehabilitation, 15(4): 386-396.

March 23

1. White VM, English DR, Coates H, Lagerlund M, Borland R & Giles GG. (2007). Is Cancer Risk Associated with Anger Control and Negative Affect? Findings from a Prospective Cohort Study. Psychosomatic Medicine, 69 (7), 667-674.

2. Kricker, A, Price, M, Butow, P, Goumas, C, Armes, JE, & Armstrong, BK. (2008). Effects of Life Event Stress and Social Support on the Odds of a >2 cm Breast Cancer. Cancer Causes Control, 19: 1-11.

3. Thune-Boyle, IC, Stygall, JA, Keshtgar, MR, & Newman, SP. (2006). Do religious/spiritual coping strategies affect illness adjustment in patients with cancer? A systematic review of literature. Social Science & Medicine, 63(2006):151-164.

4. Frick, LR, Arcos, ML, Rapanelli, M, Zappia, MP, Brocco, M, Mongini, C, Genaro, AM, & Cremaschi, GA. (2009). Chronic restraint stress impairs T-cell immunity and promotes tumor progression in mice. Stress, 12 (2): 134-43.

April 6

1. Dijk HV, Voerman GE & Hermens HJ. (2006). The Influence of Stress and Energy Level on Learning Muscle Relaxation During Gross-Motor Task Performance Using Electromyographic Feedback. Applied Psychophysiology and Biofeedback, 31 (3): 243-252.

2. Reyes del Oaso, GA, Cea, JI, Gonzalez-Pinto, A, Cabo, OM, Caso, R, Brazal, J, Martinez, B, Hernandez, JA, & Gonzalez, MI. (2006). Short-Term Effects of a Brief Respiratory Training on Baroreceptor Cardiac Reflex Function in normotensive and Mild Hypertensive Subjects. Applied Psychophysiology and Biofeedback, 31(1): 37-49.

3. Karavidas MK, Tsai PS, Yucha C, McGrady A, & Lehrer PM. (2006). Thermal Biofeedback for Primary Raynaud's Phenomenon: A Review of the Literature. Applied Psychophysiology and Biofeedback, 31(3): 203-216.

April 13

1. Irwin MR, Olmstead R & Oxman MN. (2007). Augmenting Immune Responses to Varicella Zoster Virus in Older Adults: A Randomized, Controlled Trial of Tai Chi. Journal of American Geriatric Society, 55: 511-517.

2. Chen, W.W. and Sun, W.Y. (1996-97). Tai Chi Chuan, an Alternative Form of Exercise for Health Promotion and Disease Prevention for Older Adults in the Community. International Quarterly of Community Health Education, 16(4): 333-339.

3. Pawlow LA & Jones GE. (2005). The Impact of Abreviated Progressive Muscle Relaxation on Salivary Cortisol and Salivary Immunoglobulin A (sIgA). Applied Psychophysiology and Biofeedback, 30(4): 375-387.

4. Labbe E, Schmidt N, Babin J & Pharr M. (2007). Coping with Stress: The Effectiveness of Different Types of Music. Applied Psychophysiology and Biofeedback, 32: 163-168.