Psychology 7465
Self-Regulation, Coping, Adaptation and Health

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Class Time: Monday 2-5 PM, Rm. 801 BEH-S
Office Hours: Thursdays 1:45 - 2:45 PM; additional times by appointment
Secretary: Angela Newman, (801) 581-8942, angela.newman@psych.utah.edu

Overview

How do chronic illness and other stressful life events influence people’s beliefs about themselves and the world? What does it mean to adjust to or adapt to a stressor? How do personal and social resources influence both exposure to and coping with different kinds of stressors? This seminar examines current theory and research on self-regulatory and adaptational processes with a focus on the resources, strategies, goals, emotions, and social processes implicated in coping with chronic illness and other stressors.

We will cover theory and research related to the following topics (see schedule on p. 7):

- theoretical models of self-regulation, stress, coping, and adaptation;
- psychological resources;
- kinds of goals and their implications for self-regulatory processes and outcomes;
- the role of personality in the stress process;
- reciprocal relations among stressful events and beliefs about the self, others, and the world;
- the role of positive and negative affect in self-regulation, coping, and adaptation;
- proactivity and other aspects of future-oriented thinking as they apply to the anticipation and management of potential stressors;
- adaptation, growth, benefit-finding, and meaning-making, and
- psychological control and disengagement.

- Depending on students’ interests, we will also cover interpersonal aspects of self-regulation, interventions to promote self-regulatory competence and adaptation to stressful life events, and retrospective thinking about negative life events.

These topics will be considered in the context of actual and potential stressors that vary in their complexity, controllability, duration, uncertainty, stigmatization, and other important dimensions. The course will also examine contemporary issues and controversies in defining, assessing, understanding and promoting adaptational processes and outcomes, such as quality of life, post-traumatic growth, benefit finding, meaning and mastery. We will focus on these topics with respect to their underlying social-cognitive processes and their potential importance in understanding stress, coping, adaptation, and health in a wide range of stressful and challenging situations.

Course assignments will allow students to further their own research interests either by focusing on the self-regulatory, adaptational, and/or social challenges of a particular illness, condition, or event, or by focusing on self-regulatory, adaptational, and/or social processes that may apply across conditions or events.
Note: This course deliberately underemphasizes several highly important topics in order to reduce overlap with other departmental offerings, such as Psy 6960 Stress, Physiology, and Health; Psy 6465 Biosocial Mechanisms of Stress, Development and Health; and Psy 7240 Relationships and Health over the Lifespan.

Readings & Class Website

Weekly readings and other course materials will be made available for individual educational use in .PDF format. They may be downloaded from the official class website at https://utah.instructure.com/courses/600755. The class website may also be accessed through your Campus Information Systems (CIS) page or through www.uonline.utah.edu/canvas. The readings are in the “Modules” tab in folders for each topic and date. The reading list begins on p. 9 of this syllabus.

Requirements & Grading

- Class participation in weekly discussions (including presentation of select-your-own-readings, discussion of your chosen stressor or process)* – 15%
- Short paper on what you have learned from the class so far about your chosen stressor – 10%
  o Due Tuesday, March 3, 11 PM (extension allowed for people going to SPSP)
- Article share or original research presentation – 15%
  o 15-20 minutes, sign up for one of the 9 available dates
- Early 1- or 2-page description of literature review & research ideas for final paper – 10%
  o Due anytime Monday, March 30 – Monday, April 13
  o Feedback will be provided to help you refine your final paper
- Final paper – 50%
  o Due Monday April 27, 2 PM

*A high level of active regular participation in class discussion is expected in this advanced graduate seminar; exceptional participation may help in the case of borderline grades on other course requirements.

Weekly Class Discussions

The Seminar Outline on p. 7 indicates the particular focus of discussions for each week's readings. Please be prepared to discuss additional ideas sparked by the readings and their applicability to your interests or those of your classmates. Your contributions to class discussion could develop a theoretical point, an idea for research, an integration across the readings, and/or an integration with material we have already discussed. You may also wish to discuss ideas and examples that do not seem to fit the points made in the weekly readings.

Short Paper on the Conceptualization of Your Chosen Stressor, due Tuesday, March 3, 11 PM

The readings for many weeks in the 1st half of the class instruct you to select an article that highlights what is involved in coping with a particular stressor. This assignment asks you to summarize in 1 or 2 pages what you have learned from class readings and discussion to this point about your chosen stressor and how it is conceptualized. More details will be provided in class.
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Article Share or Original Research Presentation, sign up for one of 9 possible dates

Research article to share with the class (15-20 minute presentation and discussion). The study of self-regulation, coping, adaptation, and health is a huge and active field. To ensure that we are covering contemporary issues and to focus class discussion on students' interests, we will have brief presentations that are based on articles selected by students. These articles should have been published within the last 5 years (see me to discuss exceptions). On designated weeks (indicated with* in the Seminar Outline that begins on page 7), 1-2 students will sign up in advance to select and bring in for discussion an article related to their own research or other professional interests (or that is otherwise interesting) that elucidate some important aspect of the week’s readings. Students should be prepared to describe the rationale for and findings of this article in sufficient detail that those of us who have not read the article will be able to understand it and learn from their presentation. Students will also prepare 2 discussion questions that follow from their article. A sign-up sheet for these presentations will be made available early in the semester. A list of academic journals appropriate for this assignment appears on page 24.

OR

Original research presentation. An alternative to the research article share is to prepare a 15-20 minute presentation on the rationale for and design of an original research study related to course materials. Be prepared to lead class discussion and respond to questions about your study.

Outline of Final Paper & Final Paper
Outline is due anytime between March 30 and April 13; final paper is due April 27, 2 PM

A research proposal or conceptual review of 12-15 pages is due on Monday, April 27 at 2 PM to the canvas webpage. Ideally, this paper should represent an integration of relevant course concepts with your thinking in an area in which you are currently doing research or in which you plan to do research. Please clear your paper topic with me by April 13. With sufficient advance notice (at least 1 week prior to the deadline), I would be happy to provide comments on a draft of your final paper and/or to meet with you to discuss your paper and to suggest references that might be useful to you. The short required outline of your final paper (due anytime between March 30 and April 13) will also provide an opportunity for you to receive written feedback and suggestions for refining your approach and ideas.
Important Administrative Details

NOTE: The following rules are presented in the interest of fairness for all students.

Policy on Late Papers & Extensions

Graduate students are often some of the busiest people on the planet, responsible for juggling multiple responsibilities for teaching, research, and their own coursework, as well as other personal and familial responsibilities. If, after you look over your other obligations for the semester, you see that you may need an extension for any assignment, please ask me for one in advance of the due date. Late papers and other assignments will be penalized one half of a letter grade per business day late if no prior arrangements have been made.

Grading Reviews

You have a maximum of 2 weeks after the return of any graded assignment or exam to ask me to review your grade. Delays beyond 2 weeks must be accompanied by written documentation. Questions about final grades must be addressed in writing by June 30, 2020.

Missing Class to Observe Religious Holidays

Every effort will be made to ensure that students observing religious holidays are not placed at a disadvantage. With advance notice, we will tape class lectures and discussion or ask another student to take notes. You must facilitate this process by giving the professor written notice of days on which you will be unable to attend by the end of the second week of class (Friday, Jan. 17, 2020).

Accommodations for Disability /Americans with Disabilities Act Policy

The University of Utah seeks to provide equal access to its programs, services and activities for people with disabilities. The instructor of this course is fully committed to both the letter and the spirit of this goal. If you will need accommodations in the class, reasonable prior notice needs to be given to the Center for Disability Services (http://disability.utah.edu/), 162 Olpin Union Building, 581-5020 (V/TDD). CDS will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in alternative format with prior notification to the Center for Disability Services.

If you qualify for accommodations in classroom seating or other aspects of the course, we encourage you to use them, starting with the first class. Please see the professor as soon as possible so that we can make arrangements.

Other Accommodations

Students wishing to discuss potential accommodations for religious or other reasons should plan to meet with me during the first two weeks of the semester.
Student Rights and Responsibilities

All students are expected to maintain professional behavior in the classroom setting, according to the Student Code, detailed in the Student Handbook. Students have specific rights in the classroom as detailed in Article III of the Code. The Code also specifies proscribed conduct (Article XI) that involves cheating on tests, plagiarism, and/or collusion, as well as fraud, theft, etc. Students should read the Code carefully and know they are responsible for the content. According to Faculty Rules and Regulations, it is the faculty’s responsibility to enforce responsible classroom behaviors, beginning with the verbal warnings and progressing to dismissal from class and a failing grade. Students have the right to appeal such action to the Student Behavior Committee.

Student Rights and Responsibilities: http://www.regulations.utah.edu/academics/6-400.html

Academic Dishonesty

Department of Psychology Academic Misconduct Policy

The Department of Psychology has a zero tolerance policy for academic misconduct. Academic misconduct includes cheating, plagiarizing, research misconduct, misrepresenting one’s work, and inappropriately collaborating. This applies to any work students turn in for evaluation or course credit. Definitions can be found in the Student Code at http://www.regulations.utah.edu/academics/6-400.html.

If you are suspected of academic misconduct, the process proceeds according to the rules found in the Student Code, University Policy 6-400(V). If you are found responsible for misconduct, consequences range from failure on the assignment to dismissal from the program, consistent with both University and Psychology Department Policy.

The Psychology Department Policy can be found at: https://www.psych.utah.edu/undergraduate/files/acad_misconduct_policy.pdf. Information pertaining to graduate students may be found in the department's graduate handbook.

More about Academic Dishonesty

The grade you earn in this course should reflect your own effort and accomplishment. Get help in office hours, ask for an extension, do anything but cheat.

Your work must be your own. Although it is often helpful to discuss the paper assignment and course materials with other students, no group projects are allowed; your final paper, article share, and other presentations must represent your own individual and original work. All papers will be submitted to Turn It In for review for originality. Papers that have substantial overlap in text with other submitted papers or with papers and other materials available on the Internet will be referred to the university as potential instances of plagiarism.

You must give others appropriate credit for their ideas. It is your responsibility as a student to understand how to discuss other authors' work in an appropriate way. It is my responsibility to answer any questions you may have about such issues. If you have any questions about appropriate ways in which to use and discuss another author’s work in your own papers, please ask.
As a student, it is in your best interest to try to prevent plagiarism and other forms of cheating. Please be attentive to such issues when you are preparing papers and presentations for this class.

Other Registration and Grading Details

Withdrawals: The last date for course withdrawal without instructor’s permission is March 6. Following this period, instructor approval for course withdrawal will only be given for medical or personal emergencies and will be considered on a case-by-case basis.

Incompletes: Incompletes are given only for extraordinary circumstances. For an incomplete to be given, the student must be passing the course and have completed the 80% or more of the assignments. Please see the University’s grading policies: (https://catalog.utah.edu/#/policy/B12v3LX0G?bc=true&bcCurrent=Grading%20Policies&bcGroup=Grade%20Information&bcItemType=policies) for more detailed information about the approval of incomplete grades, including the deadline to complete the missing course materials.

Campus Safety Information

Please see the last page of the syllabus for important information about campus safety.
# Seminar Outline

**Weekly Schedule of Topics & Assignments**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Jan. 6</td>
<td>Introduction</td>
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<tr>
<td>Jan. 13</td>
<td>Models of Self-Regulation and Coping</td>
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<tr>
<td></td>
<td>Student discussion of coping with a particular stressor – what are the particular challenges and demands involved? How are they studied? What does or could the study of your stressor tell us about coping more generally?</td>
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<tr>
<td>Jan. 20</td>
<td>Martin Luther King, Jr. Day – no class meeting but 2 readings on coping with discrimination</td>
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<tr>
<td>Jan. 27</td>
<td>Coping: Conceptual Analyses, Measurement, &amp; Methodological Critiques</td>
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<td></td>
<td>We will analyze widely used measures of coping for their conceptual content and applicability to particular stressors.</td>
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<td>We will discuss Martin Luther King, Jr. Day readings.</td>
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<tr>
<td>Feb. 3*</td>
<td>Resources and the Stress Process: Loss, Depletion, &amp; Affirmation/Replenishment</td>
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<td></td>
<td>Student discussion of resources implicated in coping with particular stressors.</td>
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<tr>
<td>Feb. 10*</td>
<td>Coping with What?: Why Goals (and Standards and Tasks) Matter</td>
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<tr>
<td></td>
<td>Student discussion of what people are trying to do in coping with particular stressors, and why understanding goals matters for the conceptualization of stress and coping.</td>
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<tr>
<td>Feb. 17</td>
<td>Presidents’ Day – no class</td>
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<tr>
<td>Feb. 24</td>
<td>Personality and Coping—Multiple Mechanisms</td>
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<td>What personality factors are relevant to particular stressors, at what point in the process, and why?</td>
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<td></td>
<td>Student presentation/discussion of individual differences implicated in exposure to or coping with selected stressor.</td>
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<tr>
<td>Mar. 2*</td>
<td>Short summary of what you have learned about your chosen stressor, due by e-mail by 11 AM</td>
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<td></td>
<td>Negative Affect and Coping: Emotion-Focused Coping Reconsidered</td>
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<td></td>
<td>Student discussion of sources of negative affect and their likely impact on specific aspects of coping with chosen stressor; implications for intervention.</td>
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<tr>
<td>Mar. 9</td>
<td>Spring Break – no class</td>
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<tr>
<td>Mar. 16*</td>
<td>Positive Affect and Coping, Positive Beliefs and Health</td>
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<tr>
<td></td>
<td>Student discussion of sources of positive affect and their likely impact on specific aspects of coping with chosen stressor; implications for intervention.</td>
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</tbody>
</table>

*Article share or original research proposals may be scheduled on these dates.*
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Assignment</th>
</tr>
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<tbody>
<tr>
<td>Mar. 23*</td>
<td>Self-Regulation and Future-Oriented Thinking: Mental Simulation, Regulatory Contrast, Anticipated Affect, &amp; Implementation Intentions</td>
<td>Student discussion of anticipatory and proactive coping processes that may apply to chosen stressor; implications for intervention.</td>
</tr>
<tr>
<td>Mar. 30-</td>
<td>Deadline for submission of outline for literature review &amp; research proposal for final project, submitted to canvas page by 11 AM</td>
<td></td>
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<tr>
<td>April 13</td>
<td>Adaptation and Growth I.: Conceptualizations of Adaptation &amp; Well-Being</td>
<td>What does it mean to adapt well or not so well to your chosen stressor? By what criteria were certain outcomes designated adaptive, and by whom?</td>
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<tr>
<td>April 6*</td>
<td>Adaptation and Growth II.: Growth, Benefit-Finding &amp; Meaning</td>
<td>What psychological processes are involved in experiencing, perceiving, and/or reporting post-traumatic growth and benefit finding? What aspects of a stressor might promote or inhibit growth or benefit finding? Is it realistic to expect growth or thriving from it – why or why not? What are challenges in assessing and understanding growth and meaning? What cultural assumptions influence people's efforts to find and/or report growth and meaning? Deadline for clearing final paper topic with instructor.</td>
</tr>
<tr>
<td>Apr. 13*</td>
<td>Adaptation and Growth III.: Set points &amp; Trajectories</td>
<td>Student discussion – what is known about coping with your chosen stressor over time? What is learned from extending the timeframe to include functioning prior to the event and well after? What are the challenges in doing so? Alternatively: We might start the free choice of topics this week instead of next week.</td>
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<tr>
<td>April 20</td>
<td>Last class: Students in small groups will select among the following topics: Challenges to Psychological Control: Maintenance &amp; Disengagement; Interpersonal Aspects of Self-Regulation; Interventions to promote Self-Regulatory Competence &amp; Success, Benefit-Finding, Positive Emotions; or Closure, Regret, &amp; Retrospection Other Topics TBA During the Class According to Student Interests</td>
<td>Class will decide among topics or students may individually or in teams choose readings from 1 of the available sets of readings (see modules).</td>
</tr>
<tr>
<td>April 27</td>
<td>Final papers due to canvas page, 2 PM</td>
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</table>

*Article shares or original research proposals may be presented on the days designated above.
Weekly Schedule of Topics and Readings

Note: Articles appear in suggested reading order. Readings may be revised with advance notice to reflect students’ interests and new work. Changes to the reading list will be announced both in class and through the website, so please be sure your e-mail address is up to date in Canvas.

January 6 Introduction

No readings, though you might want to get a head start on reading next week's materials and identifying an article to present on January 13.

January 13 Models of Self-Regulation and Coping


Reading #5: Find your own reading! Select at least one high-quality empirical journal article\(^1\) about coping with a condition or event of interest to you and to be prepared to share your findings in class on January 13. In your presentation, you should focus on how coping is conceptualized -- what stressors and challenges do people affected by this condition or event face, what is involved in coping with the stressor, how are these activities assessed, and with what outcomes? What personal, social, and structural or societal resources influence exposure to and management of this event? Are certain kinds of coping considered good/adaptive and others poor/maladaptive? Why? What is the timescale in which the stressor and responses to it are studied? (I will explain more in class January 6. Please also refer to the handout on themes of the course, available on class website and to be distributed at our first meeting.)

Reading list for January 13 continues with recommended readings – this designation includes articles that will be useful to you if you have a particular interest in this week’s topics, but recommended readings are optional (not required).

\(^1\) A list of recommended journals appears on page 24 of the syllabus. Please clear exceptions to the list with the instructor in advance.
Recommended for January 13:


January 20  **Martin Luther King Jr., Day Readings (holiday, so no class meeting)**


Recommended:

January 27  Coping: Conceptual Analyses, Measurement, & Methodological Critiques


Recommended:

In class, we will examine both the Ways of Coping Inventory and the COPE in detail. We will also examine some reconceptualizations of coping offered by Skinner, Edge, Altman, & Sherwood (2003) in a major *Psychological Bulletin* review (not required reading):


February 3  Resources and the Stress Process: Loss, Depletion, & Affirmation/Replenishment
Special Guest: Dr. Stevan Hobfoll


Recommended:


February 10  Coping with What?: Why Goals (and Standards and Tasks) Matter


Recommended:


February 17  Presidents’ Day Holiday – no class meeting
February 24  Personality and Coping—Multiple Mechanisms


Reading #4: Find your own reading! Select an article to share with the class. This article could examine the relation of an individual difference factor to some aspect of self-regulation and coping, including exposure to, coping with, and documented outcomes of your chosen stressor. Alternatively, you could identify an individual difference in coping style, self-regulatory competence, or some other related factor that would influence coping with stressors more generally.

Recommended:


March 2    Negative Affect and Coping; Emotion-Focused Coping Reconsidered

Students to choose 2 or 3 articles from either the required or recommended list and be ready to discuss their implications for coping with chosen stressor and implications for intervention.


Recommended:


March 9    No class – Spring Break
March 16  Positive Affect and Coping (readings to be updated, students will choose 3, with option to find own article as one of the three)


March 23  Self-Regulation and Future-Oriented Thinking:  
Mental Simulation, Regulatory Contrast, Anticipated Affect, 
& Implementation Intentions


Choose one of the following:


Recommended:


Recommendations continue next page.
Recommended readings for March 23 (continued):


March 30 Adaptation and Growth I.: Conceptualizations of Adaptation & Well-Being


Recommended:


April 6  Adaptation and Growth II.: Growth, Benefit-Finding, & Meaning


Choose one of the following:


OR


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Recommended:


April 13 Adaptation and Growth III.: Set Points & Trajectories


**Reading #5: Find your own reading!** Identify a prospective study of coping with for adapting to your chosen stressor, or one that follows people for a long period of time. Be prepared to share the findings of your article.

Recommended:


April 20  Challenges to Psychological Control: Maintenance and Disengagement
(See notes on next page for alternatives to these readings, depending on student interests.)


Recommended:


Additional Topics to Be Considered for April 20 (and potentially April 13)

Note: Depending on student interests, we may decide to cover one of the following sets of readings instead of the scheduled ones for April 20, the last day of class.

A. Interpersonal Aspects of Self-Regulation


Swim, J. K., & Thomas, M. A. (2006). Responding to everyday discrimination: A synthesis of research on goal directed, self-regulatory coping behaviors. In S. Levin and C. Van Laar (Eds.), *Stigma and group inequality: Social psychological perspectives (The Claremont Symposium on Applied Social Psychology)* (pp. 105-126). Mahwah, NJ: Lawrence Erlbaum Associates. [This article was also in the set of MLK, Jr. holiday readings for January 20.]


B. Interventions to Promote Self-Regulatory Competence


Readings continue on next page.
B. Intervention readings, continued.


C. Retrospection, Counterfactual Thinking, Regret & Closure


Alquist et al. (2015). The making of might-have-beans: Effects of free will belief on counterfactual thinking. PSPB [see prior module].


April 27 Final papers due at 2 PM.
Recommended Journals for Class Assignments

Journal of Personality and Social Psychology
Journal of Consulting and Clinical Psychology
Personality and Social Psychology Bulletin
Journal of Experimental Social Psychology
Psychological Science
Perspectives on Psychological Science
Clinical Psychological Science

Psychological Bulletin
Psychological Review
Psychological Inquiry
American Psychologist
Personality and Social Psychology Review
Social and Personality Psychology Compass

Health Psychology
Health Psychology Review
Annals of Behavioral Medicine

Motivation Science
Motivation and Emotion

Note: If you are considering articles for the article share presentation that are not listed in the above journals, please clear them with the professor first.

If you select an article from one of above journals that features a comprehensive review, try to focus on the details of 1 or 2 empirical studies, rather than presenting the scope of the entire review.
CSBS EMERGENCY ACTION PLAN

BUILDING EVACUATION

EAP (Emergency Assembly Point) – When you receive a notification to evacuate the building either by campus text alert system or by building fire alarm, please follow your instructor in an orderly fashion to the EAP marked on the map below. Once everyone is at the EAP, you will receive further instructions from Emergency Management personnel. You can also look up the EAP for any building you may be in on campus at [http://emergencymanagement.utah.edu/eap](http://emergencymanagement.utah.edu/eap).

CAMPUS RESOURCES

U Heads Up App: There’s an app for that. Download the app on your smartphone at [alert.utah.edu/headsup](http://alert.utah.edu/headsup) to access the following resources:

- **Emergency Response Guide**: Provides instructions on how to handle any type of emergency, such as earthquake, utility failure, fire, active shooter, etc. Flip charts with this information are also available around campus.
- **See Something, Say Something**: Report unsafe or hazardous conditions on campus. If you see a life threatening or emergency situation, please call 911!

**Safety Escorts**: For students who are on campus at night or past business hours and would like an escort to your car, please call 801-585-2677. You can call 24/7 and a security officer will be sent to walk with you or give you a ride to your desired on-campus location.