Health Psychology & COVID-19

(Syllabus updated 5.28.2021)

After the outbreak of the COVID-19 pandemic, Professor David Sherman of UC Santa Barbara conducted a series of interviews with public health workers, policy scholars, and health psychology researchers to discuss their experience and research related to this global pandemic. With grants from the Association for Psychological Science Fund for Teaching and Public Understanding of Psychological Science and UCSB Instructional Development Professor Sherman and his students compiled these materials for use by other instructors of Health Psychology as well as the broader community.

In addition to the 13 individual videos, described below, we have created a 65-minute compilation video that includes excerpts from the videos and additional narration from Spring 2021 to provide some context.

All materials are housed on the following web page:

https://labs.psych.ucsb.edu/sherman/david/gauchocast

If you have questions about using the Health Psychology & COVID-19 materials, please contact Professor David Sherman via email: sherman@ucsb.edu

Unit 1: Introduction and Teaching Health Psychology

Hongbo Yu & David Sherman (video)

Hongbo Yu from UCSB interviews David Sherman about the Health Psychology & COVID-19 project.

Traci Mann (video)

David Sherman interviews Traci Mann from University of Minnesota about teaching Health Psychology in the era of COVID-19.

Unit 2: Prior Pandemics and the Experience of COVID-19

Howard Leventhal (video)

David Sherman interviews Howard Leventhal from Rutgers University about his research on the 1957-1958 influenza pandemic and the common sense model of illness, and the relevance of this work for COVID-19.

Josh Kuntzman (video)

David Sherman interviews Josh Kuntzman from UCSB about his experience as someone who contracted and then recovered from COVID-19, and his COVID-19 educational efforts including a Youtube video he made while ill.

Unit 3: Stress, Social Support, and Mental Health Services

Robert Sapolsky (video)

David Sherman interviews Robert Sapolsky from Stanford University about stress and social affiliation in response to COVID-19.

Additional Resources:

- *Our brains on coronavirus* by Robert Sapolsky
- *What monkeys teach us about the difficulties of distancing* by Robert Sapolsky
- *Why our brains are having so much trouble with Covid-19* by Robert Sapolsky

Edwin Feliciano (video)

David Sherman interviews Edwin Feliciano, MD from UCSB Student Health about mental health and how UCSB Student Health is adapting to the challenges COVID-19 and providing services to students.

Nancy Sin (video)

David Sherman interviews Nancy Sin from the University of British Columbia about teaching Health Psychology as well as her research on the role of aging in coping with the ups and downs of daily life during COVID-19.

Unit 4: Health Behaviors

Jeffrey Fisher and William Fisher (video)

David Sherman interviews Jeffrey Fisher from University of Connecticut and William Fisher from University of Western Ontario about the Information-Motivation-Behavioral Skills Model and COVID-19.

Angela Duckworth (video)

David Sherman interviews Angela Duckworth from the University of Pennsylvania about promoting health behaviors (wearing masks, getting vaccinated when a vaccine becomes available) to prevent the spread of COVID-19.

Additional Resources:

- *There Are 3 Things We Have to Do to Get People Wearing Masks* by Angela Duckworth, Lyle Ungar and Ezekiel J. Emanuel
- *Developing a COVID-19 vaccine is just half the battle — you have to get Americans to take it* by Katherine Milkman, Angela Duckworth, and Mitesh Patel

Unit 5: Public Health Response

Paige Farrenkopf (video)

David Sherman interviews Paige Farrenkopf, UCSB 2019 alum, about working for the Santa Barbara Department of Public Health.

Robert Kaplan (video)

David Sherman interviews Robert Kaplan from Stanford University about public health and COVID-19.

Additional Resources:

- *Speeding coronavirus drug approval will also increase risks* by Robert Kaplan
- *Physicians' Risk From COVID-19: A Reassuring Statistic* by Robert Kaplan
- *Why Do Countries' COVID-19 Death Rates Vary So Much?* by Winnie Sung and Robert Kaplan

Unit 6: Grief and Sustainability

Dairine Pearson (video)

David Sherman interviews Dairine Pearson, LCSW, UCSB 2006 alum, about her experiences with COVID-19 as a grief counselor and in hospice care.

Cameron Brick (video)

David Sherman interviews Cameron Brick (UCSB PhD 2015) from University of Amsterdam (NL) about environmental psychology and COVID-19.

Additional Resources:

- Ask a Scientist LIVE | Ep. 2 - Climate & Ecological Emergency vs COVID-19