

## Psychology 882 - Section 1 Spring 2003

### **Survey of Occupational Health Psychology**

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**Office Hours:** Generally 8:00am-4:30pm, Monday through Friday, or by appointment

**Class Meetings:** 11:00-12:15 TTH, Room 210 Brackett Hall

**Course Objective:** The objective of this course is to provide a broad interdisciplinary exposure to issues in the newly developing field of occupational health psychology. This will be accomplished by integration of knowledge bases from human factors, industrial-organizational, health psychology and related disciplines. We will use Problem-Based Learning in a bio-psycho-social perspective where students develop problem-solving skills and interdisciplinary knowledge using realistic case studies.

**Format and Course Materials:** The general format of this course is problem-based learning. The course instructor will provide case studies centered around problems relevant to occupational health psychology. Students will read together and discuss each case and, using a group process, identify important learning issues pertinent to the case. Learning issues will be divided among students, with each student responsible for one or more learning issues. Each student will then research his or her issue(s) for that week and prepare a brief written and oral presentation. The next class, each student will report on his or her issue(s) to the class and hand out copies of the written reports. Thus for each case, a set of learning issues will be researched and discussed in relation to resolution of problems arising from the case. The variety of cases and the variety of learning issues embedded in each case will provide students with a broad exposure to issues of health, human factors, work organization, stress, disease prevention and maintenance of worker wellness.

**Grading:** Your course grade will be based on:

- 60% Written reports and oral presentations on assigned learning issues
- 10% Class participation
- 30% Term paper

**Attendance:** Attendance is required and is especially important in the problem-based learning approach. Missed classes without a valid excuse will result in reduction of class participation credit.

**Term Paper:** In lieu of a final exam, a term paper is due on the last day of class. The assignment is to write a brief (10-15 pp.) manuscript on a topic pertinent to occupational health psychology. The topic must be approved by the instructor and can be a scholarly

literature review, a research proposal, or a proposal for implementation and assessment of a worker wellness program.

**Approximate Calendar: (subject to modifications)**

January 9	Organizational Meeting
January 14	Introductory session- Scope of OHP, PBL methods
January 16-21	Case #1
January 23-28	Case #2
January 30-Feb 4	Case #3
February 6-11	Case #4
February 13-18	Case #5
February 20-25	Case #6
February 27-Mar 4	Case #7
March 6-11	Review of Cases 1-7
March 13	Case #8
March 17-21	Spring Break
March 25	Case #8 (cont)
March 27-Apr 1	Case #9
April 3-8	Case #10
April 10-15	Case #11
April 17-22	Wrap Up- Review of Cases
April 24	Wrap Up continued, Term Paper due

## RESOURCE MATERIALS

### Selected Books on Reserve on the OHP Shelf in the Psychology Graduate Library/Conference Room (419 Brackett Hall):

- Addley, K. (1997). *Occupational Stress: A Practical Approach*. Jordan Hill, Oxford; Butterworth-Heinemann.
- Daykin, N. & Doyal, L. (1999). *Health and Work: Critical Perspectives*. New York; St. Martin's Press.
- Driskell, J. & Salas, E. (1996). *Stress and Human Performance*. Mahwah, NJ; Erlbaum.
- Humphrey, J. H. (1998). *Job Stress*. Needham Heights, MA; Allyn & Bacon.
- Kahn, J. P. (1993). *Mental Health in the Workplace: A Practical Psychiatric Guide*. New York, NY; Van Nostrand Reinhold.
- Klarreich, S. (1998). *Handbook of Organizational Health Psychology: Programs to Make the Workplace Healthier*. Madison, CT; Psychosocial Press.
- Kohn, J. P. (1997). *The Ergonomic Casebook: Real World Solutions*. Boca Raton, FL; Lewis Publishers.
- Kompier, M. & Cooper, C. (1999). *Preventing Stress, Improving Productivity: European Case Studies in the Workplace*. New York, NY; Routledge.
- Murphy, L. R. & Schoenborn, T. F. (1989). *Stress Management in Work Settings*. New York, NY; Praeger Publishers
- O'Hara, V. (1995). *Wellness at Work*. Oakland, CA; New Harbinger Publications, Inc.
- Peterson, C. (1999). *Stress at Work: A Sociological Perspective*. Amityville, NY; Baywood.
- Quick, J.C. & Tetrick, L. (2003). *Handbook of Occupational Health Psychology*. Washington, APA.
- Quick, J. C., et al. (1997). *Preventive Stress Management in Organizations*. Washington, DC; APA.
- Reason, J. (1990). *Human Error*. Cambridge, UK; Cambridge University Press.
- Ross, R. R. & Altmaier, E. M. (1994). *Intervention in Occupational Stress*. Thousand Oaks, CA; Sage Publications Inc.

Sauter, S. L. & Murphy, L. R. (1995). *Organizational Risk Factors for Job Stress*. Washington, DC; APA.

Stevens, G. E. (1996). *Cases and Exercises in Human Resource Management*. Chicago, IL; The McGraw- Hill Companies.

**Internet Sites: (quality of web-based information must be individually assessed)**

National Library of Medicine- Pub Med  
<http://www.ncbi.nlm.nih.gov/PubMed/>

National Transportation Safety Board  
<http://www.nts.gov/default.htm>

National Institute of Occupational Safety and Health  
<http://www.cdc.gov/niosh/homepage.html>

Quality Interagency Coordination Taskforce- Agency for Healthcare Research and Quality  
<http://www.quic.gov/index.htm>

News Report- "Air Rage" Caused by Intentional Oxygen Deprivation; Airlines Reduce Oxygen Levels to Increase Revenues  
<http://www.flyana.com/rage.html>

Air Rage Lawsuit  
<http://www.thesmokinggun.com/altitude/monday1.html>

Air Rage Information Resources  
<http://www.airsafe.com/issues/rage.htm>

Chernobyl Nuclear Disaster  
<http://www.chernobyl.co.uk/>

American Hospital Association  
<http://www.aha.org/>

AARP Andrus Foundation  
<http://www.andrus.org/>

American College of Occupational and Environmental Medicine  
<http://www.acoem.org/>

American Health Care Association

<http://www.ahca.org/>

Association of Occupational Health Professionals in Healthcare

<http://www.podi.com/aohp/>

National Business Coalition on Health

<http://www.nbch.org>

National Patient Safety Foundation

<http://www.npsf.org/>

The Medstat Group

<http://www.medstat.com/>

Agency for Health Care Quality and Research

<http://www.ahcpr.gov/>

Nuclear Power Plant Demonstration (a fun interactive meltdown simulator)

<http://www.ida.liu.se/~her/npp/demo.html>

NIOSH Occupational Health Psychology Page

<http://www.cdc.gov/niosh/ohp.html#training>

Quackwatch Home Page (pseudo science pages)

<http://www.quackwatch.com/>

Clemson University Libraries- Electronic Resources

<http://www.lib.clemson.edu/er/index.htm>

NIH- Protection of Human Subjects

<http://cme.nci.nih.gov/>

CNN Interactive

<http://www.cnn.com/>

University of South Florida OHP Site (with interesting links, etc).

<http://www.cas.usf.edu/OHP/>

Survey of Occupational Health Psychology- Sample Cases and Learning Issues  
(For handout during Wrap up at end of semester)

Nurse Betty

- Shift work/shift rotation
- Circadian rhythms
- Context effects in training
- Work-family conflict/stress spillover
- Barbiturates
- Substance abuse in the health professions
- Drug tolerance and addiction
- Sleep deprivation/decision making
- Psychological impact of HIV/AIDS
- Employee assistance programs
- Employment termination liability

Widgets “R” Us

- Consulting firm
- Downsizing and delayering
- Work teams
- Early retirement
- Redundancies
- Just in time policies
- Job strain
- Employee satisfaction and merit pay
- Absenteeism and turnover
- Job stability
- Performance appraisal
- Employee motivation/productivity

Serenity Now!

- Workplace stress
- Stress symptoms
- Depression and stress
- Quality of life assessment
- Stress management workshops
- Autogenic training
- Physical fitness and stress
- Aroma therapy and homeopathy
- Coping strategies
- Workers compensation and stress
- Cost/benefit analysis

Major Tom

- Astronaut selection
- Simulator training
- Weightless training
- Effects of long duration space flights
- Microgravity and the cardiovascular system
- Microgravity and the pulmonary system
- Microgravity and the immune system
- Microgravity and the musculo-skeletal system
- Importance of exercise in microgravity
- Bereavement
- Crew interactions in space

Munroe C.

- Workplace safety training
- OSHA safety regulations
- Exposure to paint fumes
- Falls at work
- Chronic low back pain
- Injury Liability
- Accident investigations
- Operant conditioning in pain syndromes
- Chiropractors
- Pain medication
- Pain clinic

Mr. Henry G.

- Risk factors for CHD
- Social support
- Type A behavior
- Hostility and CHD
- Symptoms and denial of heart attack
- CABG
- Sleep apnea
- Compliance with medical recommendations
- Alcohol and health
- Stress and diet
- Cardiac rehab
- Social support and networks

Ms. Shelby M.

- Female and minority executive stress
- Family history of CHD
- CHD in women
- Symptoms of menopause
- Hormone replacement and CHD
- Hormone replacement and breast cancer
- Breast self exams
- Benign breast disease
- Mammograms
- Breast cancer biopsy
- Mastectomy
- Chemotherapy
- Stem cells and bone marrow transplant
- Erythropoietin
- Anti-nausea medications
- Radiation therapy
- Estrogen receptors and breast cancer
- Tamoxifen
- Bone scans
- Breast cancer prognosis
- Family Medical Leave Act
- Breast cancer and return to work issues

Columbine

- Bullying
- Gangs
- Hate groups/hate crimes
- Clothing and violence
- Ostracism
- Trauma counseling
- School counselors
- PTSD
- Suicide
- Explosives
- Violence in the workplace



## Flight 911

- Air rage
- Airport/airline security
- Anger management
- Claustrophobia
- Panic attacks
- Exposure therapy/desensitization
- Air traffic controller stress
- Near mid-air collisions
- Pilot error
- Air recirculation
- Flight phobia

## Fire Department

- National Fire Protection Agency
- Certification standards for EMT's
- Training towers
- 24 hour shifts
- Teams and trust
- Hazardous materials and fire fighters
- Protective clothing for fire fighters
- Emergency response collisions
- Close spaces
- Jaws of life