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)**

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

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


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

National Library of Medicine- Pub Med  

National Transportation Safety Board  
[http://www.ntsb.gov/default.htm](http://www.ntsb.gov/default.htm)

National Institute of Occupational Safety and Health  
[http://www.cdc.gov/niosh/homepage.html](http://www.cdc.gov/niosh/homepage.html)

Quality Interagency Coordination Taskforce- Agency for Healthcare Research and Quality  

News Report- "Air Rage" Caused by Intentional Oxygen Deprivation; Airlines Reduce Oxygen Levels to Increase Revenues  

Air Rage Lawsuit  

Air Rage Information Resources  
[http://www.airsafe.com/issues/rage.htm](http://www.airsafe.com/issues/rage.htm)

Chernobyl Nuclear Disaster  
[http://www.chernobyl.co.uk/](http://www.chernobyl.co.uk/)

American Hospital Association  
[http://www.aha.org/](http://www.aha.org/)

AARP Andrus Foundation  

American College of Occupational and Environmental Medicine  
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