Psych 430R Syllabus  
Dr. Steffen, Spring 2014

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Overview and Grading:

This research class involves learning about the research process through hands on experience. The best way to learn how to do something is by doing it. Therefore, during this semester you will learn about conducting research by working on stress and blood pressure research. Activities and grading will consist of four components:

First, you will conduct a literature review of a topic related to stress and health. You will review 20 articles (with publication dates between 2000 and 2013) and create an annotated bibliography using Endnote (we will teach you how to do each step). Being able to critically read research articles is an important skill that will help you throughout your career whether you become a researcher or not.

Second, you will pick one article from your annotated bibliography and present it to the research team during lab meeting. You will give an overview of what the study is about and then lead a discussion about what the findings mean and where future research might go.

Third, you will be trained in research lab protocol. Once you have learned the protocol, you will then conduct the research lab protocol with assistance. Once you are experienced and proficient with the protocol you will carry out the protocol on your own. You are responsible for covering your research times. If you cannot cover your time, you need to find an RA who can cover for you. If the time is not covered it will result in a 5% reduction in your grade.

Fourth, you will attend research team meetings each Friday at 8 am. Attending and actively participating will contribute to your grade. Each missed class will result in a 5% reduction in your grade unless you approve it first or have a doctor’s note.

Potential Topics for Your Literature Review:

Expressive Writing, Emotional Disclosure, and Stress Physiology  
Reduced Autobiographical Memory and Negative Emotion (and stress of course)  
Shame, Guilt, and Stress  
Spirituality and Stress  
Mindfulness and Stress
Biofeedback approaches to Stress Reduction
Empathy, Compassion, and Stress
Emotional Avoidance, Alexithymia, and Stress
Hypervigilance, attention, and stress
[or a topic we decide on together]