

PSYC 4850D - Psychological Aspects of Health and Wellbeing

Summer 2026 Syllabus, Section A01, CRN 31052,

Credit hours: 3

Instructor

James E Juergensen

Professional Qualifications:

Ph.D. in Experimental Psychology from Case Western Reserve University

Master's in Experimental Psychology from Case Western Reserve University

Bachelor's in Psychology from Youngstown State University

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Communication Expectations:

I will do my best to respond to emails ASAP, within 48 hours

How to Refer to me:

Dr. Juergensen; Professor Juergensen

Course Description

4850. Seminar. Major topics in psychology selected by the instructor not covered in other courses. Prereq.: C or better in PSYC 2617. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Required	Spark	John Ratey	2818440023439
Required	The Power of Habit	Charles Duhigg	2818440023422
Required	Neural correlates of food addiction	Gearhardt, A. N., Yokum, S., Orr, P. T., Stice, E., Corbin, W. R., & Brownell, K. D. (2011).	
Required	Nutrition and mental health: A review of current knowledge about the impact of diet on mental health.	Grajek, M., Krupa-Kotara, K., Białek-Dratwa, A., Sobczyk, K., Grot, M., Kowalski, O., & Staśkiewicz, W. (2022).	
Required	Caffeine as a factor influencing the functioning of the human body—friend or foe?	Rodak, K., Kokot, I., & Kratz, E. M. (2021).	
Required	Unveiling the role of functional foods with emphasis on prebiotics and probiotics in human health: A review	Obayomi, O. V., Olaniran, A. F., & Owa, S. O. (2024).	

Required	Association between patterns of alcohol consumption (beverage type, frequency and consumption with food) and risk of adverse health outcomes: a prospective cohort study.	Jani, B. D., McQueenie, R., Nicholl, B. I., Field, R., Hanlon, P., Gallacher, K. I., ... & Lewsey, J. (2021).
Required	Healthy lifestyle and cancer risk: modifiable risk factors to prevent cancer.	Marino, P., Mininni, M., Deiana, G., Marino, G., Divella, R., Bochicchio, I., ... & Sanseverino, F. (2024).
Required	Cardio Vs Strength Training: Which is Better for Overall Health	Kumar, M. S., & Vinayakan, K. (2024).

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Course Schedule

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
5/11	Gearhardt, A. N., Yokum, S., Orr, P. T., Stice, E., Corbin, W. R., & Brownell, K. D. (2011). Neural correlates of food addiction. Archives of general psychiatry, 68(8), 808-816. Spark Chapters 1 & 2	Exercise and Food Addiction	3 Perusall Reading assignments and one video research presentation
5/18	Grajek, M., Krupa-Kotara, K., Bialek-Dratwa, A., Sobczyk, K., Grot, M., Kowalski, O., & Staśkiewicz, W. (2022). Nutrition and mental health: A review of current knowledge about the impact of diet on mental health. Frontiers in Nutrition, 9, 943998. Spark Chapters 3 & 4	Exercise and how diet affects mental health	3 Perusall Reading assignments and one peer review of another student's video research presentation
5/25	Rodak, K., Kokot, I., & Kratz, E. M. (2021). Caffeine as a factor influencing the functioning of the human body—friend or foe?. Nutrients, 13(9), 3088. Spark Chapters 5 & 6	Exercise and Caffeine	3 Perusall Reading assignments and one video research presentation
6/1	Obayomi, O. V., Olaniran, A. F., & Owa, S. O. (2024). Unveiling the role of functional foods with emphasis on prebiotics and probiotics in human health: A review. Journal of Functional Foods, 119, 106337. Spark Chapter 7 Power of Habit Chapter 1	Exercise, Habits, and Pre and Probiotics	3 Perusall Reading assignments and one peer review of another student's video research presentation
6/8	Jani, B. D., McQueenie, R., Nicholl, B. I., Field, R., Hanlon, P., Gallacher, K. I., ... & Lewsey, J. (2021). Association between patterns of alcohol consumption (beverage type, frequency and consumption with food) and risk of adverse health outcomes: a prospective cohort study. BMC medicine, 19(1), 8. Power of Habit Chapters 2 & 3	Habits and Alcohol	3 Perusall Reading assignments and one video research presentation



6/15	Marino, P., Mininni, M., Deiana, G., Marino, G., Divella, R., Bochicchio, I., ... & Sanseverino, F. (2024). Healthy lifestyle and cancer risk: modifiable risk factors to prevent cancer. <i>Nutrients</i> , 16(6), 800. Power of Habit Chapters 5 & 7	Habits and how behaviors can alter cancer risk	3 Perusall Reading assignments and one peer review of another student's video research presentation
6/22	Kumar, M. S., & Vinayakan, K. (2024). Cardio Vs Strength Training: Which is Better for Overall Health. <i>International Journal of Computational Research and Development</i> , 9(2), 99-105. Power of Habit Chapters 8 & 9	Habits and different types of exercise	3 Perusall Reading assignments and one video research presentation

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.