
RESEARCH ON RELATIONSHIPS AND HEALTH IN LATINO POPULATIONS

Chicano/Latino Studies 179

Winter 2019

Mondays 9:00–11:50AM

Social Science Tower 318

PROFESSOR

Dr. Belinda Campos

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SEMINAR OBJECTIVES AND OVERVIEW OF REQUIREMENTS

This course is designed with two primary goals: 1) to provide hands-on experience in research methodology, and 2) to provide a background in and review the literature on culture, relationships, and health that is relevant to the ongoing projects in the lab.

COURSE REQUIREMENTS

Fulfillment of Research Hours (65% of grade)

Much of this course is hands-on – meaning you'll be working in the lab on ongoing research projects related to culture, relationships, and health. You will be scheduled to come into the lab for 8-10 hours per week. As part of your lab work, you may be required to prepare for study sessions, run sessions, work on data entry/cleaning, recruit participants, or otherwise assist with the research projects.

Participation in Research Seminar (20% of grade)

We will be reading one article each week and/or listening to a research presentation. These papers and presentations are designed to give you additional background and a theoretical understanding of CRH areas of research – in other words, to help you understand *why* we are conducting the research we are conducting. You should come to the seminar prepared to discuss the readings; bring any questions or comments you might have! To encourage critical thinking and engagement with the material (not just passive absorption of it), you will be submitting via e-mail 2-3 questions you wish to discuss that arise from the weekly reading assignment **by 8:30am each Monday (earlier, like end of day Friday, is fine too)**. No late submissions. Each question should provide some background about how the readings prompted the question. Bring the questions to class (via computer or print out) and be prepared to amend/reflect afterward based on class discussion (e.g., did it change your question or make you think about a topic differently?). The amended version can be turned in any time before the next scheduled class meeting.

Final Paper (15% of grade)

At the end of the quarter, you will be writing a short paper (approx. 5 double-spaced pages), that either (1) critiques a paper on your topic of interest or (2) describes a research study you would like to carry out. Your choice. The only requirement is that you pick a topic related to the ongoing research in the lab. For example, your study could focus on culture, emotion, family, friend or romantic relationships, mental or physical health – basically anything that interests you and is related in some way to our research projects. You should cite at least 3 empirical articles in your paper. We'll talk about this assignment in more detail toward the middle of the quarter, but don't hesitate to talk to me about your ideas – I'd be happy to share references and help you get started! These papers are due by 5:00 PM on March 22.

COURSE SCHEDULE

Week 1: January 7th

Organizational Meeting
Sapolsky talk on video

Week 2: January 14th

Overview of culture, relationships, health

Readings:

Cohen, S. (2004). Social Relationships and Health. *American Psychologist* 59, 676-684.

Campos, B. & Kim, H. S. (2017). Incorporating the cultural diversity of family and close relationships into the study of health. *American Psychologist*, 72, 543-554.

Week 3: January 21nd

No Class. Martin Luther King, Jr. Day Holiday – Go do some service!

Week 4: January 28nd

Conducting Laboratory Studies of Culture, Relationships, and Health

Readings:

Heine, S. J. (2016). *Cultural Psychology*. 3rd Edition. New York: Norton. **Chapter 4**

Miller, R. S., Perlman, D., & Brehm, S. S. (2009). *Intimate relationships* (5th ed.). New York: McGraw-Hill. **Chapter 2**

Taylor, S. E. (2008). *Health Psychology* (7th ed.). New York: McGraw-Hill. **Chapter 1.**

Week 5: February 4th

Data: Cleaning, Prepping, Analyzing, etc.

Basic Data Cleaning: online studies, behavior, physiology

Basic Data Analysis: online studies, behavior, physiology

Discuss how to plan your analysis!

Sample Readings That Use These Methods: (*Skim for methods and data analysis*)

Shenhav, S., **Campos, B.**, & Goldberg, W. (2017). Dating out is intercultural: Experience and perceived parent disapproval by ethnicity and immigrant generation. *Journal of Social and Personal Relationships*, 34, 397-422.

Campos, B., Rojas Perez, O. F.*, & Guardino, C. (2016). Familism: A cultural value with implications for romantic relationship quality in U.S. Latinos. *Journal of Social and Personal Relationships*, 33, 81-100.

Campos, B., Keltner, D., Beck, J., Gonzaga, G. C., & John, O. P. (2007). Culture and teasing: The relational benefits of reduced desire for positive differentiation. *Personality and Social Psychology Bulletin*, 33, 3-16.

Campos, B., Schoebi, D., Gonzaga, G. C., Gable, S., & Keltner, D. (2015). Attuned to the positive: Awareness and responsiveness to others' positive emotion experience and display. *Motivation and Emotion*, 39, 780-794.

Knowles, E. Wearing, J. & Campos, B. (2011). Culture and the health benefits of expressive writing. *Social Psychological and Personality Science*, 2, 408-415.

Hooker, E. D. *, **Campos, B.**, Zoccola, P. M. & Dickerson, S. S. (2017). Cortisol stress buffering when social status is low and social support is high. *Social Psychological and Personality Science*, 9, 981-989.

Busse, D.*, Yim, I. S., **Campos, B.** (2017). Social context matters: Ethnicity, discrimination, and stress reactivity. *Psychoneuroendocrinology*, 83, 187-193.

Week 6: February 11th

Substantive topics in culture, relationship, and health

Lakey, B., & Orehek, E. (2011). Relational regulation theory: A new approach to explain the link between perceived social support and mental health. *Psychological Review*, 118, 482-495.

Holloway, R. A., Waldrip, A. M., & Ickes, W. (2009). Evidence that a *simpático* self-schema accounts for differences in the self-concepts and social behavior of Latinos versus Whites (and Blacks). *Journal of Personality and Social Psychology*, 96, 1012-1028.

Telzer, E. H., Masten, C. L., Berkman, E. T., Lieberman, M. D., & Fuligni, A. J. (2010). Gaining while giving: An fMRI study of the rewards of family assistance among White and Latino youth. *Social Neuroscience*, 5, 508-518. doi: 10.1080/17470911003687913

Week 7: February 18th

No Class. President's Day Holiday

Week 8: February 25th

Finding your research topic/research question

Gray, K., & Wegner, D. M. (2013). Six guidelines for interesting research. *Perspectives on Psychological Science*, 8, 549-553.

Week 9: March 4th

Special Presentation: Karina Corona, current study at the intersection of culture, relationships and health and journey to her research program

Week 10: March 11th

Special Presentation: Amanda Acevedo, current study at the intersection of culture, relationships and health and journey to her research program

*PAPERS DUE on March 22nd