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**Occupational Health Psychology**

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| Name： | Cong Liu |
| Nationality： | Chinese (US permanent residence) |
| Academic Title： | Associate Professor |
| Home University（From）： | Hofstra University, US |
| Email Address： | Cong.Liu@Hofstra.edu |

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本科生    本科生    本科生    硕士生

Undergraduate    Undergraduate    Undergraduate    Master

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English

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Basic Knowledge of Psychology and Management

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Lecture, class discussion, case analysis, in-class exercise, professional presentation

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Attendance & In class exercise – 20%  
Presentation – 20%  
 Exam – 60%

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2 credits

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Dr. Cong Liu is Associate Professor in the Department of Psychology at Hofstra University, New York. She is the Director of the Ph.D. Program in Applied Organizational Psychology. She serves as the Associate Editor of the International Journal of Stress Management. She also serves on the editorial board of Journal of Occupational Health Psychology.  
Dr. Liu’s major research interests focus on occupational health psychology, which concerns the application of psychology to improving the quality of work life, and to protecting the safety, health and well-being of workers. She has done cross-cultural/cross-national studies comparing Chinese and American employees’ job stress experiences, such as interpersonal conflict at work, conflict with a supervisor, organizational constraints, and lack of job autonomy. Her work has appeared on Journal of Applied Psychology, Journal of Organizational Behavior, Journal of Management, Journal of Occupational and Organizational Psychology, Work & Stress, International Journal of Stress Management, Journal of Occupational Health Psychology, etc.    
Dr. Liu’s major teaching responsibilities are in the Master’s and Doctoral programs. She has been routinely teaching Statistics, Management of Work Performance, Occupational Health Psychology, and Multivariate Statistics. Her teaching interest/experience also includes Organizational Behavior, Motivation, and Social Psychology. Dr. Liu has supervised Ph.D. Dissertations on topics related to abusive supervision, workplace incivility, and challenge/hindrance job stressors.

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Occupational health psychology (OHP) is an emerging interdisciplinary field concerned with psychological factors in employee health, safety, and well-being. This course provides an in depth treatment of this literature, focusing mainly on occupational stress and safety. The purpose of this course is to review the major theories and empirical research showing the effects of the work environment on employees’ health and well-being. The primary emphasis will be on the development and maintenance of healthy people within healthy organizations focusing on prevention of illness, disease, health problems, and injuries in the work environment. Specific topics covered include occupational safety and health hazards, organization of work factors and their relation of employee safety and health, safety climate and training, the etiology of job stress and burnout, workplace health promotion programs, and the interface of work and non-work factors in maintaining occupational health.

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Evaluations and Grading Policy  
In-class exercises: 10X10 = 100pts  
Journal article presentation: 100 pts  
Exams: 100X3 = 300 pts  
Participation. Students are expected to attend all classes. Missing more than the first half hour of a class will be considered an absence, unless prior arrangements are made. You will be dropped a letter grade for any two (2) unexplained absences (e.g., without prior notification, a verifiable excuse).    
Cell Phones and Laptops. Statement of the obvious—if you bring a cell phone to class, please make sure it is turned off. If you bring a laptop to class, all activities should be course-related.  
Class Topics  
1. What is OHP?  
2. Job Stressors and Strains  
3. Job Characteristic Model and Lack of Job Complexity  
4. Control and Buffering  
5. Social Support and Coping  
6. Work and Family  
7. Job satisfaction and Well-being  
8. Health Effects of Stress (Job Strains)  
9. Cognitive Appraisal Theory and Eustress  
10. Workplace Health Interventions I – Primary interventions  
11. Workplace Health Interventions II – Secondary interventions

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Quick, J. C., & Tetrick, L. E. (2011). Handbook of Occupational Health Psychology. Washington, DC: APA.

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Supplemental readings will be used to complement the Handbook. 2nd ed. You are required to read the assignments before coming to each class.

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