



Course syllabus

Faculty of Health and Life Sciences
Department of Psychology

4PS006 Stress och hälsa, 7,5 högskolepoäng
Stress and health, 7.5 credits

Main field of study

Psychology

Subject Group

Psychology

Level of classification

Second Level

Progression

A1F

Date of Ratification

Approved 2013-10-14

Revised 2014-03-12 by Faculty of Health and Life Sciences.

The course syllabus is valid from spring semester 2015

Prerequisites

22,5 credits from SAPS2 or the equivalent.

Objectives

Upon completion of the course, the student shall:

- show understanding of the biological and psychological reactions to different types of stress and stress situations and the influence of socio-cultural, social and other factors on stress and stress reactions
- analyze different relationships between health and stress
- evaluate different theories/models for coping with stress
- describe stress reactions from a gender perspective
- explain mindfulness, in theory and applied, from both a historical and a contemporary perspective
- critically evaluate the construct of mindfulness from a psychological scientific perspective
- apply different mindfulness based techniques, and independently assess the effects of training from a meta-cognitive perspective and from stress-theory

Content

- the importance of biological and psychological reactions on stress
- the importance of socio-cultural factors on stress
- work related stress
- stress from a gender perspective
- measurement of stress
- different historical and contemporary perspectives on mindfulness, its meaning, origin, criteria for application and anchoring in psychological theory
- Mindfulness and evidence. Scientifically grounded knowledge about mindfulness in organizations and its influence on effectiveness, stress och job satisfaction
- regular training of one's ability to apply mindfulness based methods. Relating the effects of training to psychological theory, and a comprehensive meta-cognitive perspective is attained through writing a diary about one's training and its effects.

Type of Instruction

The students participate at lectures, work with literature studies, seminar assignments and written papers. In addition, there is training of mindfulness based techniques for a minimum of two weeks. The teaching methods postulate the active participation in all course modules. Labs may occur.

Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

The examinations are oral and written presentations of seminar assignments.

Course Evaluation

Upon completion of the course, a written course evaluation is carried out. The evaluation is compiled and fed back to the students, and archived according to departmental regulations.

Other

The course is part of SAPS2 program. Expenses that may occur during the course are paid by the student.

Required Reading and Additional Study Material

Williams, Mark G & Kabat-Zinn, Jon (Eds) (2013). *Mindfulness: Diverse perspectives on its meaning, origins and applications*. Routledge: London. 313 pages.

Atkins, Paul WB & Parker, Sharon K (2012). *Understanding individual compassion in organizations: The role of appraisals and psychological flexibility*. *Academy of Management Review*, 37(4), 524-546.

Dane, Eric. (2011). *Paying Attention to Mindfulness and Its Effects on Task Performance in the Workplace*. *Journal of Management*, 37(4) 997-1018

Goldberg, Leon & Breznitz, Shlomo. *Handbook of Stress. Theoretical and Clinical Aspects*. Amazon, 1993. 804 pages. ISBN 13: 9780029120361.

Robbins, S.P., Judge, T.A., & Vohra, N. (2012). *Organizational behavior (15 ed.)*.

New York: Pearson. ISBN: 9789332500334. Selected parts.

Articles according to teacher's instructions.