



## Course syllabus

Faculty of Health and Life Sciences

Department of Psychology

4PS205 Stress i arbetslivet, 7,5 högskolepoäng

Stress at work, 7.5 credits

**Main field of study**

Psychology

**Subject Group**

Psychology

**Level of classification**

Second Level

**Progression**

A1F

**Date of Ratification**

Approved 2016-06-13

Revised 2017-04-24 by Faculty of Health and Life Sciences. Revision of entry requirements and reading list.

The course syllabus is valid from autumn semester 2017

**Prerequisites**

22,5 credits from Psychology, Work and Organizational Psychology, MasterProgramme (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 to 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. Labs may occur.

## Examination

The course is assessed with the grades A, B, C, D, E, Fx or F.

The grade A constitutes the highest grade on the scale and the remaining grades follow in descending order where the grade E is the lowest grade on the scale that will result in a pass. The grade F means that the student's performance is assessed as fail. Grade criteria for the A–F scale are communicated to the student through a special document.

Assessment of the student's performance is made through written essay. For students who have not passed (i.e. received the grade F) at the regular examination a new examination will be provided shortly after the regular examination.

## Course Evaluation

A course evaluation will be carried out during the course or soon after. The result and the analysis of the course evaluation will be communicated to the students who have completed the course and presented to those who take the course the next time it is given. The course evaluation is anonymous.

## Other

This course is part of Master Programme in Work and Organizational Psychology, SAPS2.

## Required Reading and Additional Study Material

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.

Lovallo, R. Stress and Health. *Biological and Psychological Interactions*. Sage Publications, 2015.

Robbins, S.P., Judge, T.A., & Vohra, N. (2012). *Organizational behavior* (15 ed.). New York: Pearson. ISBN: 9789332500334. Selected parts.

Williams, Mark G & Kabat-Zinn, Jon (Eds.) (2013). *Mindfulness: Diverse perspectives on its meaning, origins and applications*. Routledge: London. 313 pp. Articles according to teacher's instructions.

