Course syllabus for

**Stress and Stress Related Disorders, 7.5 credits**

Stress och stressrelaterade sjukdomar, 7.5 hp

This course syllabus is valid from autumn 2012.  
Please note that the course syllabus is available in the following versions:  
Spring2008, Autumn2012

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<tr>
<th>Course code</th>
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<td>Stress and Stress Related Disorders</td>
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<tr>
<td>Credits</td>
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<td>Form of Education</td>
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<tr>
<td>Main field of study</td>
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<tr>
<td>Level</td>
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<tr>
<td>Grading scale</td>
<td>Fail (U), pass (G) or pass with distinction (VG)</td>
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<tr>
<td>Department</td>
<td>Department of Neurobiology, Care Sciences and Society</td>
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<tr>
<td>Decided by</td>
<td>Styrelsen för utbildning</td>
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<tr>
<td>Decision date</td>
<td>2008-03-20</td>
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<tr>
<td>Revised by</td>
<td>Styrelsen för utbildning</td>
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<tr>
<td>Last revision</td>
<td>2012-08-22</td>
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<td>Autumn 2012</td>
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**Specific entry requirements**

A total of at least 120 credits which include a professional qualification or a Bachelor of Science in health care, Bachelor of Science in Social Work or a sports teacher degree. Furthermore, knowledge is required in Swedish and English equivalent to Swedish B and English A (with at least the Pass grade).

**Objectives**

Expected learning outcomes

The student should be able to on completion of the course:

- define concepts related to stress and stress-related diseases
- describe and discuss the physiology and psychology of the stress
- identify stress activated mental and physical disease and reflect on its consequences on individual/group and community level
- discuss treatment - and rehabilitation alternative at stress-related disease
- formulate an individual- or workplace based strategy program for prevention and handling of stress.
Content

The course covers:
- concepts related to stress and stress-related diseases
- the physiology and psychology of stress
- stress activated mental and physical disease
- treatment and rehabilitation
- stress prevention and stress management on individual/group and community level

Teaching methods

The course is an interactive web-based course that builds essentially on self-studies. The course has three physical course meetings with lectures and seminars.

Examination

Examination takes place individually through two study assignments and a written examination assignment.

Seminar session two and three apply compulsory attendance. In case of absence, turn to instructions in the study guide. Work on the web-based material is registered with continuous follow up of the study performance.

Limitation of number of test - or practical training sessions
At failed results on study assignment obtains the student supplement the assignment no more than five times. When a student fails the examination assignment, possibility is given to additional an examination within a month from failed results. Remaining four re-examinations is offered with the following courses.

Transitional provisions

Examination will be provided during a time of two years after a possible close-down of the course. Examination can be according to an earlier literature list during a time of one year after the date when a renewal of the literature list been made.

Other directives

Language of instruction: Swedish.

Course evaluation will be carried out according to the guidelines that are established by the Board of Higher Education.

Literature and other teaching aids

Perspektiv på kvinnors hälsa i arbetslivet
Sandmark, Hélène
Library search

Sapolsky, Robert M.
Varför zebror inte får magsår

*Rundgren, Per*


Library search

**Stress : individen, samhället, organisationen, molekylerna**

*Ekman, Rolf; Arnetz, Bengt B.; Ahmad, Abdulbaghi; Wilhelmsson, Jan*


Library search

**Grossi, Giorgio**

*I balans*

Stockholm : Bonnier fakta, 2004 - 228 s.

Library search

**Hasson, Dan**

**Stressa rätt! : öka din energi, hälsa och effektivitet**

Stockholm : Viva, 2008 - 327 s.

URL: Omslagsbild

Library search

**Hasson, Dan**

**Stress management interventions and predictors of long-term health : prospectively controlled studies on long-term pain patients and a healthy sample from IT- and media companies**


Library search

**Maslach, Christina; Leiter, Michael P.**

**Sanningen om utbrändhet : hur jobbet förorsakar personlig stress och vad man kan göra åt det**


Library search

**Perski, Aleksander**

**U ur balans : om stress, utbrändhet och vägar tillbaka till ett balanserat liv**


Library search

**Rose, Joanna; Perski, Aleksander**

**Duktighetsfällan : en överlevnadshandbok för prestationsprinsessor**


Library search

**Stirling, John**
Neuropsykologi: en introduktion
Wallgren, Gunnel A.
Library search

Söderström, Marie
Sömn: sov bättre med kognitiv beteendeterapi
ISBN:978-91-85675-00-5 (inb.) LIBRIS-ID:10273140
URL: http://194.68.4.214/bilder/tif/9185675008.tif
Library search

Währborg, Peter; Iliste, Airi
Stress och den nya ohälsan
Library search