



**Karolinska
Institutet**

Course syllabus for

Stress and stress related disorders, 7.5 credits

Stress och stressrelaterade sjukdomar, 7.5 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

Please note that the course syllabus is available in the following versions:

Autumn2010 , Autumn2012

Course code	1QA060
Course name	Stress and stress related disorders
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Not applicable
Level	First cycle, in-depth level of the course cannot be classified
Grading scale	Pass, Fail
Department	Department of Neurobiology, Care Sciences and Society
Decided by	Styrelsen för utbildning
Decision date	2010-03-31
Revised by	Board of Higher Education
Last revision	2016-06-30
Course syllabus valid from	Autumn 2012

Specific entry requirements

General admission requirements.

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
- have knowledge of stress activated mental and physical disease and its consequences on individual/group and community level, and
- 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 to further five occasions is given.

Transitional provisions

The course has been cancelled and was offered for the last time in the fall semester of 2012.

Examination will be provided until the spring of 2017 for students who have not completed the course.

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

1. uppl. : Lund : Studentlitteratur, 2011 - 257 s.

ISBN:978-91-44-07046-9 LIBRIS-ID:12445418

[Library search](#)

Sapolsky, Robert M.

Varför zebror inte får magsår

Rundgren, Per

Stockholm : Natur och kultur, 2003 - 455, [1] s.

ISBN:91-27-07439-0 (inb.) LIBRIS-ID:8846605

[Library search](#)

Stress : individen, samhället, organisationen, molekylerna

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

2., [rev.] uppl. : Stockholm : Liber, 2005 - 400 s.

ISBN:91-47-05258-9 (inb.) LIBRIS-ID:10029544

[Library search](#)

Grossi, Giorgio

I balans

Stockholm : Bonnier fakta, 2004 - 228 s.

ISBN:91-85015-39-3 (inb.) LIBRIS-ID:9654500

[Library search](#)

Hasson, Dan

Stressa rätt! : öka din energi, hälsa och effektivitet

Stockholm : Viva, 2008 - 327 s.

ISBN:978-91-85675-11-1 (inb.) LIBRIS-ID:10594754

URL: [Omslagsbild](#)

[Library search](#)

Maslach, Christina; Leiter, Michael P.

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

2. utg. : Stockholm : Natur och kultur, 2000 - 233, [1] s.

ISBN:91-27-08220-2 LIBRIS-ID:8348478

[Library search](#)

Perski, Aleksander

Ur balans : om stress, utbrändhet och vägar tillbaka till ett balanserat liv

[Ny, uppdaterad utg.] : Stockholm : Bonnier fakta, 2006 - 243, [1] s.

ISBN:91-85015-96-2 (inb.) LIBRIS-ID:10136406

[Library search](#)

Rose, Joanna; Perski, Aleksander

Duktighetsfällan : en överlevnadshandbok för prestationsprinsessor

2. uppl. : Stockholm : Norstedts, 2011 - 245 s.

ISBN:978-91-1-304158-2 (inb.) LIBRIS-ID:12299576

[Library search](#)

Währborg, Peter; Ilste, Airi

Stress och den nya ohälsan

2., [rev. och utök.] utg. : Stockholm : Natur och kultur, 2009 - 449 s. : ill.

ISBN:978-91-27-11656-6 (inb.) LIBRIS-ID:10654081

[Library search](#)