



**Karolinska  
Institutet**

Course syllabus for

# **Stress Management - a Key Competence, 3 credits**

Stresshantering - en nyckelkompetens. Teori och praktik., 3 hp

This course syllabus is valid from autumn 2023.

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

Autumn2019 , Spring2022 , Autumn2023

Course code	2LK163
Course name	Stress Management - a Key Competence
Credits	3 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Medicine
Level	AV - Second cycle
Grading scale	Pass, Fail
Department	Department of Clinical Science, Intervention and Technology
Decided by	Programnämnden för läkarprogrammet
Decision date	2019-04-02
Revised by	Programme committee for study programme in medicine
Last revision	2023-09-21
Course syllabus valid from	Autumn 2023

This course syllabus is not available in English.