



**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 2019.

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

Autumn2019 , [Spring2022](#) , [Autumn2023](#)

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|----------------------------|---|
| 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 | Programme committee for study programme in medicine |
| Decision date | 2019-04-02 |
| Course syllabus valid from | Autumn 2019 |

This course syllabus is not available in English.