



**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](#)

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.