



**Karolinska
Institutet**

Course syllabus for

Health Behaviour in a Sustainable World, 7.5 credits

Hälsobeteende i en hållbar värld, 7.5 hp

This course syllabus is valid from spring 2020.

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

Spring2020 , Spring2022 , Spring2024 , Spring2025

Course code	2PS041
Course name	Health Behaviour in a Sustainable World
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Psychology
Level	G2 - First cycle 2
Grading scale	Pass, Fail
Department	Department of Clinical Neuroscience
Decided by	Education committee CNS
Decision date	2019-10-23
Course syllabus valid from	Spring 2020

Specific entry requirements

Passed results of the Study Programme in Psychology semesters 1-3 including 90 credits and at least 15 credits from semester 4.

Objectives

After completing the course, the student should be able to

- show knowledge and understanding of factors at the community level that may influence health in individuals and groups and opportunities to make healthy and sustainable life choices
- analyse and discuss psychological mechanisms that may prevent or promote economic, social and ecological sustainability
- apply models and concepts from behavioural science in order to explain how external factors influence health-related behaviours of individuals and groups
- describe and account for some general features of how people process information and make decisions
- know and discuss a number of psychological mechanisms that influence the interaction between individuals, as well as between groups

- analyse and discuss current societal issues based on psychological theories and models
- demonstrate the ability to use psychological theories and concepts to reflect on one's own opinions and values

Content

The course covers knowledge from cognitive psychology, social psychology, evolutionary psychology and psychology of learning, and addresses the following topics: health promotion, perception and attention, decision-making, behavioural change, group mechanisms, social influence, and prosocial behavior.

Teaching methods

The course is based on student-activating educational models, and comprises both individual studies and joint learning in small groups (so called "inter-teaching"). The course focus more on student activity in the form of seminars than on traditional lectures. Lectures on a certain subject are given after the students have worked independently with the material during a seminar, and the following lecture focus specifically on the material the students find difficult. Some teaching take place interactively, via the course website/ internet platform.

Compulsory elements such as group-work and seminars, are included in the course. The course includes approximately one physical meeting per week, in addition to independent student activities via the course web and individual studies of the course material.

Examination

The course is examined according to the following:

In project groups

- written report and oral presentation of project

Individually

- written reflection task

Grading scale: Pass (G)/ Fail (U)

To pass the course, the grade Pass is required on all examination assignments.

Absence from compulsory course elements

The examiner decides whether, and if so how, absence from compulsory course elements can be made up for. Study results cannot be reported until the student has participated in compulsory course elements or compensated for any absence in accordance with instructions from the examiner. Absence from a compulsory course element could mean that the student can not retake the element until the next time the course is offered.

Limitation in the number of examinations

Students who do not pass a regular examination are entitled to re-sit the examination on five more occasions. If the student has failed a total of six examinations/ tests, no additional examination is given. Each occasion the student participates in the same test counts as an examination.

Possibility of exception from the course syllabus' regulations on examination

If there are special grounds, or a need for adaptation for a student with a disability, the examiner may decide to deviate from the syllabus' regulations on the examination form, the number of examination opportunities, the possibility of supplementation or exemptions from the compulsory section/s of the course etc. Content and learning outcomes as well as the level of expected skills, knowledge and attitudes may not be changed, removed or reduced.

Transitional provisions

The transition rules follow KI's local guidelines.

Other directives

Course evaluation takes place according to KI's local guidelines. Results and possible measures are returned to the students via course web.

The course may be given in English.

Literature and other teaching aids

Biglan, Anthony.

The nurture effect : how the science of human behavior can improve our lives and our world

Oakland, CA : New Harbinger Publications, 2015. - 252 s.

ISBN:9781608829552 LIBRIS-ID:17368961

[Library search](#)

Applying Behavioral Insights: Simple Ways to Improve Health Outcomes

Hallsworth, M; Snijders, V; Burd, H; Prestt, J; Judah, G; Huf, S; Halpern, D

Doha, Qatar: World Innovation Summit for Health, 2016

Kahneman, Daniel

Thinking, fast and slow

1.ed. : New York : Farrar, Straus and Giroux, 2011 - 499 s.

ISBN:9780374275631 LIBRIS-ID:12287875

[Library search](#)

Marmot, Michael

The health gap : the challenge of an unequal world

London : Bloomsbury, 2016 - 387 s.

ISBN:9781632860804 LIBRIS-ID:19884778

[Library search](#)

Sapolsky, Robert M.

Behave : the biology of humans at our best and worst

London : Bodley head, 2017 - 790 pages

ISBN:978-1-84792-216-8 LIBRIS-ID:20821792

[Library search](#)

Thaler, Richard H.; Sunstein, Cass R.

Nudge : improving decisions about health, wealth and happiness

London : Penguin Books, 2009 - x, 305 p.

ISBN:9780141040011 LIBRIS-ID:11864794

[Library search](#)

Social determinants of health : the solid facts

Wilkinson, Richard; Marmot, Michael

2. ed. : Copenhagen : World Health Organization, cop. 2003 - 31 s.

ISBN:92-890-1371-0 LIBRIS-ID:9340364

[Library search](#)

Wilkinson, Richard; Pickett, Kate

The Inner level : how more equal societies reduce stress, restore sanity and improve everybody's well-being

London : Allen Lane an imprint of Penguin Books, [2018] - xxv, 324 pages

ISBN:9781846147418 LIBRIS-ID:bk7q0wh58z13jzvs

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