



**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 2022.

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

Spring2020 , Spring2022 , Spring2024

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	Fail (U) or pass (G)
Department	Department of Clinical Neuroscience
Decided by	Utbildningsnämnden CNS
Decision date	2019-10-23
Revised by	Education committee CNS
Last revision	2021-10-04
Course syllabus valid from	Spring 2022

## **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

- reflect on the concept of sustainable development and the importance of the own area of expertise to contribute to it
- show knowledge of and reflect on the Sustainable Development Goals (SDG) of UN's Agenda 2030
- analyse and discuss complex connections between social, ecological, economic and cultural dimensions of sustainable development and global justice
- 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

- apply models and concepts from behavioural science in order to explain how external factors influence health-related behaviours of individuals and groups
- know and discuss a number of psychological mechanisms that influence the interaction between individuals, as well as between groups
- demonstrate the ability to use psychological theories and concepts to reflect on one's own opinions and values
- demonstrate ability to plan activities and initiatives that contribute to sustainable development.

## Content

The aim of the course is to use knowledge from both previous courses and new sources that are not included in the mandatory literature of the programme, to analyse and discuss the challenges and opportunities that exist for psychologists in contributing to sustainable development.

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 "interteaching"). The course focus more on student activity in the form of seminars than on traditional lectures. Most lectures are given after the students have worked independently with the material before and during a seminar. Some teaching take place interactively, via KI's web-based learning platform.

Compulsory elements such as lectures and seminars, are included in the course, see heading "Examination". 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 in the following way:

- a) in project groups: written report and oral presentation of project, each is graded U or G
- b) individually: written reflection task, is graded U or G

The entire course is graded U or G. The grade G on entire course requires G on all examination assignments, as well as fulfillment of compulsory course elements.

### *Absence from or unfulfillment of compulsory course elements*

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

### *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

If the course is cancelled or goes through substantial changes, information about interim regulations will be stated here.

## 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

### Mandatory literature

Scientific articles and other mandatory reading, provided via KI:s web-based learning platform

### Recommended literature (selected parts)

*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

*Marmot, Michael*

**The health gap : the challenge of an unequal world**

London : Bloomsbury, 2016 - 387 s.

ISBN:9781632860804 LIBRIS-ID:19884778

[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](#)

*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

[Library search](#)

**The 17 Sustainable Development Goals (SDGs)**

UN, Department of Economic and Social Affairs,

URL: <https://sdgs.un.org/goals>

*Haidt, Jonathan*

**The righteous mind : why good people are divided by politics and religion**

London : Penguin, 2013 - 500 s.

ISBN:9780141039169 LIBRIS-ID:14200175

[Library search](#)

*Andersson, Kali; Hylander, Frida; Nylén, Malin Kata*

**Klimatpsykologi : hur vi skapar hållbar förändring**

Första utgåvan : [Stockholm] : Natur & Kultur, [2019] - 291 sidor

ISBN:9789127825574 LIBRIS-ID:3d3wp2gd18p9kt3c

[Library search](#)

**Introduction to Community Psychology : Becoming an Agent of Change**

*Jason, Leonard A.; Glantsman, Olya; OBrien, Jack F.; Ramian, Kaitlyn N.*

Rebus Press, 2019

URL: <https://press.rebus.community/introductiontocommunitypsychology/>

## In-depth literature

*Kahneman, Daniel*

**Thinking, fast and slow**

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

ISBN:9780374275631 LIBRIS-ID:12287875

[Library search](#)

*Bern Andersson, Frida; Ek, Daniel; Flodin, Pär*

**Länge leve vänner : forskning och färdigheter för att stärka dina vänskapsrelationer**

[Stockholm] : Natur & Kultur, [2021] - 243 sidor

ISBN:9789127825420 LIBRIS-ID:5j19r6bx34c2zdqv

[Library search](#)

*Bregman, Rutger*

**Humankind : a hopeful history**

*Manton, Elizabeth; Moore, Erica*

London : Bloomsbury Publishing, 2020 - xxii, 463 pages

ISBN:9781408898932 LIBRIS-ID:cpx8qp4q9jb2spzx

URL: [Länk](#)

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*Lotto, Beau*

**Deviate - the creative power of transforming your perception**

Orion Publishing Co, 2018 - 352 sidor

ISBN:9781474601023 LIBRIS-ID:v449bnfsspwfsgdt

[Library search](#)

*Wilson, David Sloan*

**Does altruism exist? : culture, genes, and the welfare of others**

New Haven : Yale University Press, [2015] - x, 180 pages

ISBN:0300189494 LIBRIS-ID:17566539

[Library search](#)

*Ostrom, Elinor*

**Governing the commons : the evolution of institutions for collective action**

Cambridge, United Kingdom : Cambridge Univ Press, 2015. - xvi, 280 pages

ISBN:1107569788 LIBRIS-ID:19423692

[Library search](#)

*Gilligan, James.*

**Why some politicians are more dangerous than others**

Cambridge : Polity, 2011 - vii, 229 p.

ISBN:0745649815 LIBRIS-ID:12283731

[Library search](#)

*McKenzie-Mohr, Doug*

**Fostering sustainable behavior : an introduction to community-based social marketing**

3. ed. : Gabriola, B.C. : New Society Publishers, 2011 - xi, 171 p.

ISBN:9780865716421 LIBRIS-ID:12148632

[Library search](#)

*Bregman, Rutger*

**Utopia for realists**

Paperback edition : London : Bloomsbury, 2018 - 316 sidor

ISBN:9781408893210 LIBRIS-ID:21563754

[Library search](#)

*Putnam, Robert David*

**Bowling alone : the collapse and revival of American community**

Revised and updated : New York : Simon & Schuster, [2000] - 1 online resource (541 pages)

ISBN:9780743219037 LIBRIS-ID:ht5brkn3f2stv6z2

[Library search](#)

**HBQ+ : psykologiska perspektiv och bemötande**

*Lundberg, Tove; Malmquist, Anna; Wurm, Matilda*

Första utgåvan : 2017 - 440 sidor

ISBN:9789127147430 LIBRIS-ID:19873460

[Library search](#)