



**Karolinska
Institutet**

Course syllabus for

Stress and Stress Related Disorders, 7.5 credits

Stress och stressrelaterade sjukdomar, 7.5 hp

This course syllabus is valid from autumn 2012.

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

Spring2008 , Autumn2012

Course code	2XX014
Course name	Stress and Stress Related Disorders
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Not applicable
Level	AV - Second cycle
Grading scale	Pass with distinction, Pass, Fail
Department	Department of Neurobiology, Care Sciences and Society
Decided by	Styrelsen för utbildning
Decision date	2008-03-20
Revised by	Styrelsen för utbildning
Last revision	2012-08-22
Course syllabus valid from	Autumn 2012

Specific entry requirements

A total of at least 120 credits which include a professional qualification or a Bachelor of Science in health care, Bachelor of Science in Social Work or a sports teacher degree. Furthermore, knowledge is required in Swedish and English equivalent to Swedish B and English A (with at least the Pass grade).

Objectives

Expected learning outcomes

The student should be able to on completion of the course:

- define concepts related to stress and stress-related diseases
- describe and discuss the physiology and psychology of the stress
- identify stress activated mental and physical disease and reflect on its consequences on individual/group and community level
- discuss treatment - and rehabilitation alternative at stress-related disease
- formulate an individual- or workplace based strategy program for prevention and handling of stress.

Content

The course covers:

- concepts related to stress and stress-related diseases
- the physiology and psychology of stress
- stress activated mental and physical disease
- treatment and rehabilitation
- stress prevention and stress management on individual/group and community level

Teaching methods

The course is an interactive web-based course that builds essentially on self-studies. The course has three physical course meetings with lectures and seminars.

Examination

Examination takes place individually through two study assignments and a written examination assignment.

Seminar session two and three apply compulsory attendance. In case of absence, turn to instructions in the study guide. Work on the web-based material is registered with continuous follow up of the study performance.

Limitation of number of test - or practical training sessions

At failed results on study assignment obtains the student supplement the assignment no more than five times. When a student fails the examination assignment, possibility is given to additional an examination within a month from failed results. Remaining four re-examinations is offered with the following courses.

Transitional provisions

Examination will be provided during a time of two years after a possible close-down of the course.

Examination can be according to an earlier literature list during a time of one year after the date when a renewal of the literature list been made.

Other directives

Language of instruction: Swedish.

Course evaluation will be carried out according to the guidelines that are established by the Board of Higher Education.

Literature and other teaching aids

Perspektiv på kvinnors hälsa i arbetslivet

Sandmark, Hélène

1. uppl. : Lund : Studentlitteratur, 2011 - 257 s.

ISBN:978-91-44-07046-9 LIBRIS-ID:12445418

[Library search](#)

Sapolsky, Robert M.

Varför zebbror inte får magsår

Rundgren, Per

Stockholm : Natur och kultur, 2003 - 455, [1] s.
ISBN:91-27-07439-0 (inb.) LIBRIS-ID:8846605

[Library search](#)

Stress : individen, samhället, organisationen, molekylerna

Ekman, Rolf; Arnetz, Bengt B.; Ahmad, Abdulbaghi; Wilhelmsson, Jan

2., [rev.] uppl. : Stockholm : Liber, 2005 - 400 s.
ISBN:91-47-05258-9 (inb.) LIBRIS-ID:10029544

[Library search](#)

Grossi, Giorgio

I balans

Stockholm : Bonnier fakta, 2004 - 228 s.
ISBN:91-85015-39-3 (inb.) LIBRIS-ID:9654500

[Library search](#)

Hasson, Dan

Stressa rätt! : öka din energi, hälsa och effektivitet

Stockholm : Viva, 2008 - 327 s.
ISBN:978-91-85675-11-1 (inb.) LIBRIS-ID:10594754

URL: [Omslagsbild](#)

[Library search](#)

Hasson, Dan

Stress management interventions and predictors of long-term health : prospectively controlled studies on long-term pain patients and a healthy sample from IT- and media companies

Uppsala : Acta Universitatis Upsaliensis : b Univ.-bibl. [distributör], 2005 - 69 s.
ISBN:91-554-6350-9 LIBRIS-ID:9981500

[Library search](#)

Maslach, Christina; Leiter, Michael P.

Sanningen om utbrändhet : hur jobbet förorsakar personlig stress och vad man kan göra åt det

2. utg. : Stockholm : Natur och kultur, 2000 - 233, [1] s.
ISBN:91-27-08220-2 LIBRIS-ID:8348478

[Library search](#)

Perski, Aleksander

Ur balans : om stress, utbrändhet och vägar tillbaka till ett balanserat liv

[Ny, uppdaterad utg.] : Stockholm : Bonnier fakta, 2006 - 243, [1] s.
ISBN:91-85015-96-2 (inb.) LIBRIS-ID:10136406

[Library search](#)

Rose, Joanna; Perski, Aleksander

Duktighetsfällan : en överlevnadshandbok för prestationsprinsessor

2. uppl. : Stockholm : Norstedts, 2011 - 245 s.
ISBN:978-91-1-304158-2 (inb.) LIBRIS-ID:12299576

[Library search](#)

Stirling, John

Neuropsykologi : en introduktion

Wallgren, Gunnel A.

Lund : Studentlitteratur, 2004 - 346 s.

ISBN:91-44-02775-3 LIBRIS-ID:9559590

[Library search](#)

Söderström, Marie

Sömn : sov bättre med kognitiv beteendeterapi

Stockholm : Viva, 2007 - 304 s.

ISBN:978-91-85675-00-5 (inb.) LIBRIS-ID:10273140

URL: <http://194.68.4.214/bilder/tif/9185675008.tif>

[Library search](#)

Währborg, Peter; Ilste, Airi

Stress och den nya ohälsan

2., [rev. och utök.] utg. : Stockholm : Natur och kultur, 2009 - 449 s. : ill.

ISBN:978-91-27-11656-6 (inb.) LIBRIS-ID:10654081

[Library search](#)