



**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 spring 2008.

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
Course syllabus valid from	Spring 2008

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

On completion of the course, the student should have advanced knowledge about - stress, its physiology and psychology - stress-related diseases and their treatment - stress prevention - rehabilitation From the above knowledge, the student should be able to formulate an individualised or work life adapted strategy programme for the prevention and handling of stress.

Content

The course covers: - the concept of stress - the physiology and psychology of stress - stress activated mental problems and diseases - stress-related physical diseases - stress prevention and stress management on individual and vocational level

Teaching methods

The course is an interactive web-based course that is essentially based on selfstudy. Furthermore, three physical seminar collections are included.

Examination

At seminar sessions two and three, compulsory attendance applies. In case of absence, turn to the course coordinator. Examination is carried out individually through two study assignments and a written examination assignment. If a student fails an examination, she may supplement it five more times.

Other directives

Course evaluation will be carried out in accordance with the guidelines established by the Board of Education.

Literature and other teaching aids

Sapolsky, Robert M.

Varför zebror 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](#)

Währborg, Peter

Stress och den nya ohälsan

Stockholm : Natur och kultur, 2002 - 339, [1] s.

ISBN:91-27-09007-8 (inb.) LIBRIS-ID:7230604

[Library search](#)

Brundin, Kajsa

Utbrändhet : ett psykoanalytiskt perspektiv

Lund : Studentlitteratur, 2004 - 218 s.

ISBN:91-44-03033-9 LIBRIS-ID:9672977

[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](#)

Löfgren, Börje

Fånga dagen : erfarenheter och lärdomar av utmattningstillstånd

Trosa : Hälsokällan Mälardalen, cop. 2003 - 48 s.

ISBN:91-975010-1-8 LIBRIS-ID:9430172

[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](#)

Schaufeli, Wilmar 90078

The burnout companion to study and practice : a critical analysis

Enzmann, Dirk

London : Taylor & Francis, 1998 - 220 s.

ISBN:0-7484-0697-2 LIBRIS-ID:5557500

[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](#)