



**Karolinska  
Institutet**

Course syllabus for

# **Mindfulness-Based Stress Management, 7.5 credits**

Mindfulnessbaserad stresshantering, 7.5 hp

This course syllabus is valid from spring 2025.

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

Autumn2021 , Spring2023 , Spring2025

Course code	2XX077
Course name	Mindfulness-Based Stress Management
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Not applicable
Level	AV - Second cycle
Grading scale	Fail (U) or pass (G)
Department	Department of Clinical Sciences, Danderyd Hospital
Decided by	Education committee KIDS
Decision date	2021-02-19
Revised by	Education committee KIDS
Last revision	2024-10-03
Course syllabus valid from	Spring 2025

This course syllabus is not available in English.