



Course syllabus for

## **Work and Mental Health, 7.5 credits**

Arbetsrelaterade psykiska besvär, 7.5 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

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

Spring2014 , [Spring2016](#) , [Autumn2017](#) , [Autumn2019](#)

Course code	3AH020
Course name	Work and Mental Health
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Work and Health
Level	AV - Second cycle
Grading scale	Pass with distinction, Pass, Fail
Department	Institute of Environmental Medicine
Decided by	Programme Committee 5
Decision date	2013-09-23
Course syllabus valid from	Spring 2014

### **Specific entry requirements**

Profession - or Bachelor's degree of at least 180 higher education credits of which at least the 120 within behavioural sciences. English and Swedish language skills equivalent to English A and Swedish B at Swedish upper secondary school are also required.

### **Objectives**

The Student should on completion of the course:

- be able to account for and discuss relevant theories and models and current research in the area of working condition and mental health.
- be able to account for and discuss research concerning psychosocial working conditions.
- be able to account for and discuss research concerning work-related mental disease.
- be able to account for and discuss instruments and methods for screening of psychosocial working conditions and work-related mental health.
- show ability to investigate and evaluate psychosocial working conditions
- show ability to investigate and evaluate work-related mental difficulties
- show ability to plan and use methods for screening of mental health related to psychosocial working conditions

- show ability to reflect critically regarding scientific and ethical aspects on methods in the area of work and mental health and the occupational health services -, and particularly the behavioural scientist role in that context.

## Content

The course contains theories of stress-related mental disease such as sleep disorders and depression and theories of stress related to the working environment with an emphasis on psychosocial working conditions. The historical development and present state regarding stress- and working condition research of today will be covered. Factors of present working live issues that may influence the working environment and mental health are discussed. The latest knowledge regarding physical processes and physical reactions to work-related stress are covered. Methods to scan psychosocial working conditions and work-related mental health is an important part of the course. The methodology behind classical and newer models to plan, carry out and evaluate the psychosocial working environment are included and practice to use some of the methods.

## Teaching methods

The teaching consists of a combination of distance education and scheduled campus teaching. The tuition forms at the campus teaching include lectures, seminars and group assignments. The distance education includes literature studies, group assignments, report writing, interview surveys etc

At the campus compulsory attendance at certain teaching parts can occur.

## Examination

Examination takes place through individual, written examination, and a written assignment with oral presentation in seminars. The examination of the written assignment is assessed from both written contents and oral presentation.

The grading scale is Fail/Pass/Pass with distinction.

Passed grade attendance at compulsory lectures is required. The course director assesses if, and in that case, how absence can be compensated. Before student has participated in compulsory lectures or compensated absence in accordance with the instructions of Course Director the student's course results will not be reported in LADOK.

Limitation of number examination sessions

The student has the right to participate in six examination sessions. If the student has not passed after four examination sessions, the student is urged to visit the study adviser.

Every time the student participates in the same test counts as an examination session. Submission of blank exam is counted as examination session. Examination session to which the student has registered but not participated in will not be counted as an examination session.

## Transitional provisions

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

Course evaluation will be carried out according to the guidelines established by the Board for education

and also according to evaluation routines within the Master's programme (one-year) in work and health.

## Literature and other teaching aids

**International handbook of work and health psychology Work and health psychology**

*Cooper, Cary L.; Quick, James C.; Schabracq, Marc*

3. ed. : Hoboken : John Wiley & Sons, 2009. - 491 s.

ISBN:978-0-470-99806-9 (cloth) LIBRIS-ID:11716507

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