



**Karolinska
Institutet**

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
Revised by	Programme Committee 5
Last revision	2015-09-16
Course syllabus valid from	Spring 2016

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/English 6 and Swedish B/Swedish 3 at Swedish upper secondary school are also required.

Objectives

The Student should on completion of the course:

- be able to describe and discuss important historical and current theories and models in the field of work-related mental health problems.
- be able to present and discuss current research in the field of work-related mental health problems.
- be able to describe, compare and evaluate methods for the investigation of psychosocial working conditions and work-related mental health.
- be able to describe, compare and evaluate methods for surveying psychosocial working conditions and work-related mental health.
- demonstrate the ability to reflect critically on ethical aspects of the methods and procedures in the

field of work and mental health.

Content

The course provides basic and advanced knowledge in the field of work-related mental health problems. The course includes theories and models of mental illness related to working environment factors, current research in this field, various types of work-related mental health and care, from a organizational and individual perspective. The course also provides insight into biological processes and physical reactions of stress. Furthermore, it provides an overview of methods for investigating individual work-related mental health problems and methods for the mapping of psychosocial work conditions and psychosocial risk factors in the work environment on a group level. An important part of the course is also that students are given the opportunity to reflect on the ethical aspects of research, surveillance and investigation of work-related mental health problems.

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 cancellation of the course. Examination can take place according to an earlier literature list during a time of one year after the date when a major 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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