



**Karolinska  
Institutet**

Course syllabus for

## **Stress research, 10 credits**

Stressforskning, 10 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:

Spring2008 , Spring2011

Course code	4FH013
Course name	Stress research
Credits	10 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Public Health Sciences
Level	AV - Second cycle
Grading scale	Pass with distinction, Pass, Fail
Department	Department of Global Public Health
Decided by	Arbetsgruppen för masterprogrammet i folkhälsovetenskap
Decision date	2007-10-04
Course syllabus valid from	Spring 2008

## **Objectives**

The student should be able to describe concepts of stress and the historical development of scientific stress research. The student should be able to discuss how stress is manifested in physical and mental ill health and how stress may be caused by work-life conditions and other social factors. The student should be able to reflect critically on prevention programs and strategies aimed at preventing stress-related ill-health.

## **Content**

The course gives an overview of the history and conceptual frame of contemporary stress research. The association between physiologically measurable stress and mental ill-health is one focus, as is the prevention of stress and stress-related mental ill health. Lectures address the associations between stress and physical health and illness as well as those between work conditions and other social factors and stress.

## **Teaching methods**

Lectures followed by time for working with individual assignments or by seminars on the central topics of the course.

## **Examination**

Active participation in lectures and seminars is required. In addition students are required to present assignments in seminars, orally or in written form. The course concludes with a comprehensive home assignment in which the student is asked to discuss the emergence and prevention of stress and stress-related ill health.

## **Literature and other teaching aids**