Department of Psychology

Stockholm University

Syllabus

for course at advanced level

Psychological and organizational perspectives on work, stress and health **7.5 Higher Education Credits**

Psykologiska och organisatoriska perspektiv på arbete, stress och hälsa **7.5 ECTS credits**

Course code:	PSMT52
Valid from:	Autumn 2019
Date of approval:	2017-12-12
Changed:	2017-12-12
Department	Department of Psychology
Main field:	Psychology
Specialisation:	A1N - Second cycle, has only first-cycle course/s as entry requirements

Decision

This syllabus was approved by the Boardof t he Department of Psychology on 2017-12-12. Technical revision of the Student Department 2019-04-29

Prerequisites and special admittance requirements

180 higher education credits, of which at least 90 credits must constitute Psychology I, II and III or equivalent studies.
English 6.

Course structure

Examination code	Name	Higher Education Credits
MT52	Work, stress and health	7.5

Course content

The course highlights advanced theoretical and practical aspects of work, stress and health/unhealth from a psychological and organisational perspective. This includes the development towards more boundless working conditions in terms of time, space and work content, precarious employment conditions,working hours, working conditions and organisational changes. The course relates work demands and resources to how the work is organised as well as general social development. Working conditions are placed in relation to both work-related and health-related outcomes, and the course also includes aspects such as recovery, interventions and health promoting/preventive work. Issues relating to gender, ethnicity and social status are also addressed in the course. A key topic is how both individuals and organisations can contribute to a sustainable working life.

Learning outcomes

Upon completion of the course, students are expected to be able to:
- describe and analyse how stress and health/unhealth may be linked to various factors in the work environment and the work is organised;
- critically analyse and compare relevant theories and models related to work, stress and health/unhealth.
- evaluate the significance of individual differences in perceived stress and stress
- related health problems e.g. based on age, gender, ethnicity, education, personality, life events);
-plan health-promoting interventions and studies of work, stress and health/unhealth in various contexts, by analysing and evaluating different individual cases using appropriate methods;
- in speech and in writing, critically review and provide feedback on scholarly works on work, stress

and health/unhealth, as well as discuss the theories and methods on which the conclusions drawn in such works are based.

Education

Instruction is given in the form of lectures and seminars. The course is concluded with an examination seminar based on the presentation and discussion of an individually written essay. The language of instruction is English and/or Swedish.
Course requirements/Mandatory components:
(a) Submission of questions on the literature in conjunction with lectures;
(b) Written assignments in conjunction with seminars;
(c) An individually written essay;
(d) Oral presentation of a written essay at the examination seminar;
(e) Discussion and review of another student's essay.
Seminar attendance is mandatory. Students who have not passed a seminar will be offered a chance to complete a written supplementary assignment. Students who have not passed (a) and (b) above will be offered a chance to submit supplementary assignments to the course teacher. Students who have not passed (c)–(e) above will be offered a chance to submit and present an examination task at an extra seminar, or individually for the course teacher, during the course period. The language of instruction is Swedish and/or English. For more detailed information, please refer to the course description. The course description will be available at least one month before the course starts.

Forms of examination

a) Examination:
The course is examined on the basis an individually written essay, written assignments in conjunction with lectures and seminars, as well as oral presentations of the written assignments.
Examination will be conducted in English and/or Swedish according to the course teacher's instructions.
b) Grading scale:
Grades will be set according toa seven-point scale related to the learning objectives of the course:
A = Excellent
B = Very good
C = Good
D = Satisfactory
E = Adequate
Fx = Fail, some additional work required
F = Fail, much additional work required
c) Assessment criteria:
Students will be informed of the written grading criteria when the course starts.
d) Final grade:
In order to pass the course, students must receive a grade of E or higher on the written essay, as well as a passing grade on the oral presentation and all mandatory assignments.
e) Failing the course:
At least two examination opportunities should be offered during each course and semester. At least one examination opportunity should be offered during a semester when the course is not given.
Students who receive the grade Fx or F twice by the same examiner are entitled to have another examiner appointed for the next examination, unless there are special reasons to the contrary. Such requests should be addressed to the department board. Students who receive the grade E or higher may not retake the examination to attain a higher grade.
f) Supplementary assignments:
The completion of a supplementary assignment in order to convert the grade Fx into a passing grade on the written paper may be permitted if the student is close to meeting the criteria for a passing grade. The assignment must be submitted within a month of the examiner reporting the grade.

Interim

If this course is discontinued, or its contents substantially altered, students have the right to be examined according to this syllabus once per semester for three further semesters.

Misc

The course is included in the Master's Programme in Personnel, Work, and Organisation, 120 credits.

Required reading

Up-to-date information about the required reading will be available on the department website at www.psychology.su.se.
The current reading list will be made available at least two months before the course starts.