

Syllabus

for course at advanced level

Stress and sleep: from bench to bedside

Stress och sömn: från provrör till praktik

7.5 Higher Education

Credits

7.5 ECTS credits

Course code:	PSMT64
Valid from:	Autumn 2021
Date of approval:	2021-03-23
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 Board of the Department of Psychology on 2021-03-23.

Prerequisites and special admittance requirements

A degree in psychology, public health science, biology, medicine or equivalent comprising at least 180 ECTS credits, including an independent thesis comprising at least 15 ECTS credits. Swedish upper secondary school course English B/English 6 or equivalent.

Course structure

Examination code	Name	Higher Education Credits
MT64	Stress, sleep and health	7.5

Course content

An established theme in the contemporary society regards how stressors and sleep problems should be handled. Over longer time, such exposures can affect wellbeing and risk for ill health. The present course aims to give in-depth knowledge about how stress and sleep are related to mental and somatic health and how stress and sleep are interconnected. The course will also provide an opportunity to develop a critical perspective on relevant research, and to apply interdisciplinary perspectives on pathological states as well as on behavioral and biological markers related to stress and sleep.

The course reviews central concepts and topical research in stress, sleep and health.

In particular, it is focused on how acute stress, chronic stress, diurnal rhythm and sleep problems affect physiological systems such as the immune system, the endocrine system, cognitive process and ill health. The course encompasses neuroscientific and other biologically anchored knowledge, and also describes interventions to improve stress- and sleep related symptoms. Theoretical models and methods to understand and study stress- and sleep related processes will be applied.

Learning outcomes

Upon completion of the course, students are expected to be able to:

- 1) understand, describe and critically discuss central theoretical and empirical issues regarding how stress and sleep are related to health, as well as the fundamental mechanisms for associations between stress, sleep and health
- 2) critically reflect on research reports in the field of interest
- 3) design an adequate research plan for a study of the effects of stress and sleep on health outcomes, and to

critically discuss the chosen design in relation to pertinent literature.

4) orally and in letter present a research plan, and to critically reflect on other students' research plans.

Education

The course is running as a distance course through the Stockholm University e-learning platform. All teaching is given in English, and consists of lectures and seminars.

Course requirements/Mandatory components:

Participation in seminars are mandatory. Absence can be compensated by written assignments in accordance with the course leader's instructions.

Forms of examination

a. Examination

The course is examined on the basis of a written assignment. Examination will be conducted in English and/or Swedish according to the course teacher's instructions.

If the student has a certificate from Stockholm University with a recommendation of pedagogical support, the examiner has the right to provide the student with an adjusted form of examination.

b. Grading scale

Grades will be set according to a 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 examination, as well as a passing grade on all mandatory components of the course.

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

Opportunities to complete a supplementary assignment in order to convert the grade Fx into a passing grade are provided in this course. Approved corrections of simple formatting errors are graded using the grades A-E. Approved corrections of flaws related to understanding are graded using the grades C-E.

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.

Required reading

Course literature is approved by the Board of the Department of Psychology. A complete list of literature is available on the department website two months prior to course start.