

Liverpool John Moores University

Title: STRESS & HEALTH
Status: Definitive but changes made
Code: **7006HEAPSY** (113746)
Version Start Date: 01-08-2011

Owning School/Faculty: Natural Sciences & Psychology
Teaching School/Faculty: Natural Sciences & Psychology

Team	Leader
Stephen Fairclough	Y

Academic Level: FHEQ7
Credit Value: 10.00
Total Delivered Hours: 20.00
Total Learning Hours: 100
Private Study: 80

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	6.000
Practical	6.000
Seminar	4.000
Tutorial	2.000
Workshop	2.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	Lab rpt	Laboratory Report	40.0	
Essay	Lit rev	Literature Review	60.0	

Aims

This module is concerned with teaching an understanding of the relationship between stress and health, with a particular emphasis on biological or psychophysiological pathways. The module will include both theoretical and applied aspects of stress and health, e.g. stress models, moderators, psychoneuroimmunology, and related topics such as coping strategies. The module

will place a particular emphasis on psychophysiological assessment of stress.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically understand the psycho-biological interactions between stress and health
- 2 Understand how the relationship between stress and health is mediated by personality and task-related factors
- 3 Understand the use of psychophysiological measurement to index stress in the laboratory
- 4 Understand fundamentals of psychoneuroimmunology and the link between stress and illness
- 5 Critically evaluate the literature associated with stress and health

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Laboratory report	1	3	5	
Literature review	1	2	4	5

Outline Syllabus

- *Basic biopsychological models of stress*
- *Laboratory-based stressors and relationship to health outcomes*
- *Stress Reactivity*
- *Psychoneuroimmunology*
- *Stress-related Illness*

Learning Activities

Traditional lectures will be utilised to provide a framework and context for the module. Seminars and tutorials will provide students with the opportunity to develop the critiquing skills addressed in the module. Laboratory-based workshops will give students first-hand experience of key research methods.

References

Course Material	Book
Author	Sapolsky, RM
Publishing Year	1994
Title	Why zebras don't get ulcers

Subtitle	A guide to stress, stress-related diseases, and coping
Edition	
Publisher	WH Freeman and Company
ISBN	0-7167-2391-3

Course Material	Book
Author	Ogden J
Publishing Year	2004
Title	Health Psychology
Subtitle	A Textbook
Edition	3rd
Publisher	Open University Press
ISBN	0 335 21471 1

Course Material	Book
Author	Marks DF, Murray M, Evans B, Willig C, Woodall C, Sykes CM
Publishing Year	2005
Title	Health Psychology
Subtitle	Theory research and practice
Edition	2nd
Publisher	Sage
ISBN	1-4129-0336-X

Notes

This module is concerned with teaching an understanding of the relationship between stress and health, with a particular emphasis on biological or psychophysiological pathways. The module will include both theoretical and applied aspects of stress and health, e.g. stress models, moderators, psychoneuroimmunology, burnout, and related topics such as coping strategies. The module will place a particular emphasis on stress measurement and will include laboratory sessions on psychophysiological assessment.