

Summary Information

Module Code	7107HEAPSY
Formal Module Title	Stress, Health and Coping
Owning School	Psychology
Career	Postgraduate Taught
Credits	10
Academic level	FHEQ Level 7
Grading Schema	50

Teaching Responsibility

LJMU Schools involved in Delivery
Psychology

Learning Methods

Learning Method Type	Hours
Lecture	14
Workshop	6

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

Aims and Outcomes

Aims	The module aims to teach students about the concept of stress and coping and how it relates to health outcomes Overview: Stress reactivity is described with reference psychoneuroimmunology (how autonomic, endocrine, immune physiological systems interact with the brain). The role of cognitive processes pertaining to anxiety and coping strategies is also described. The workshops contribute a practical component to the module as students perform a laboratory-based data collection exercise.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Critically understand the biological mechanisms linking stress and health
MLO2	2	Explain and evaluate the role of coping and individual differences as moderators of stress
MLO3	3	Critically evaluate concepts of stress reactivity and allostatic load
MLO4	4	Analyse data to produce a laboratory report on stress reactivity

Module Content

Outline Syllabus	Stress Concepts Coping and Anxiety (pre-operation anxiety)Biological Systems: Autonomic/Endocrine/ImmuneAllostatic Load, Inflammation and Mechanisms of Cardiovascular Disease.Negative Emotions and Individual DifferencesLaboratory Workshops: Measures of Stress Reactivity
Module Overview	This module covers the concept of stress and coping and how it relates to health outcomes.
Additional Information	To achieve these aims the module will focus on:1. Stress concepts and theories of coping2. Components of psychoneuroimmunology relating to the stress response (autonomic, endocrine, immune, neurological)3. The contribution of negative emotion and individual differences to cardiovascular disease and biological ageing4. Research skills necessary to write a laboratory report based on quantitative data

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Portfolio	Review & Laboratory Report	100	0	MLO1, MLO2, MLO3, MLO4

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Tara Kidd	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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