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Title: STRESS, HEALTH AND COPING
Status: Definitive
Code: **7107HEAPSY** (124235)
Version Start Date: 01-08-2021

Owning School/Faculty: Psychology
Teaching School/Faculty: Psychology

Team	Leader
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Academic Level: FHEQ7 **Credit Value:** 10 **Total Delivered Hours:** 20
Total Learning Hours: 100 **Private Study:** 80

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	14
Workshop	6

Grading Basis: 50 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	Report	Review & lab report	100	

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.

Learning Outcomes

After completing the module the student should be able to:

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

Learning Outcomes of Assessments

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

Review & Laboratory Report	1	2	3	4
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Outline Syllabus

Stress Concepts

Coping and Anxiety (pre-operation anxiety)

Biological Systems: Autonomic/Endocrine/Immune

Allostatic Load, Inflammation and Mechanisms of Cardiovascular Disease.

Negative Emotions and Individual Differences

Laboratory Workshops: Measures of Stress Reactivity

Learning Activities

The material will be delivered through a mixture of traditional lectures and workshops. Lectures will include interactive exercises and the latter part of the module will be conducted in a laboratory workshop setting.

Notes

To achieve these aims the module will focus on:

1. Stress concepts and theories of coping
2. 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 ageing
4. Research skills necessary to write a laboratory report based on quantitative data