

Course description:

Interdisciplinary perspectives on work, stress, health and performance: Part II

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| <i>Course leaders and examiners</i> | <i>Erik Berntson and Lena Låstad</i> | <i>Phone: 08-163683 / 08-163906</i> erik.berntson@psychology.su.se lena.lastad@psychology.su.se |
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Language: English

Course credits: 4

Course period: May^{2nd} – June^{12th} 2018

Course level: Doctoral level

Host department: Department of Psychology, Stockholm University

Eligibility criteria: Accepted for studies at doctoral level within social sciences including public health. This course is a continuation of the course *Interdisciplinary perspectives on work, stress, health and performance: Part I*, and in order to be eligible for *Part II*, the doctoral student must have completed *Part I* of the course.

Sign up: via email to SSC graduate school coordinator Claudia Bernhard-Oettel:
cbl@psychology.su.se

Interdisciplinary perspectives on work, stress, health and performance: Part II

Course Content

The concept of stress inherently spans the macro-level, focusing on the organization of societies and public policies, to the micro-level, exploring psycho-physiological processes and mechanisms, and research advancing knowledge in this area should, therefore, be interdisciplinary. The general aim of the course is to bridge the existing gap between different disciplines by presenting and discussing interdisciplinary perspectives on work-related stress – its causes, and effects on health and performance. Drawing on the combined expertise of the research units involved in the Stockholm Stress Center Graduate School, the course offers a unique interdisciplinary learning environment for gaining in-depth understanding of stress in various work contexts.

Course Structure

This course (Part II) is a continuation of the course *Interdisciplinary perspectives on work, stress, health and performance: Part I*, and course participation is contingent on completion of the first part of the course. *Part II* is focused on a written assignment where each student shall discuss and critically reflect upon the relationship between interdisciplinary perspectives on work, stress, health and performance, and an individually chosen research question. This research question should preferably be aligned with the topic of the PhD student's own research.

The topic for the written assignment, as well as a list of relevant literature should be discussed and approved by the course leaders no later than one week after the course introduction.

Expected Learning Outcomes

Having finalized the course, students will be able to:

- Analyze and critically review the concept of stress, focusing specifically on work-related stress, its causes and effects, from an interdisciplinary perspective
- Independently formulate relevant research questions that target the concept of work stress from an interdisciplinary perspective, and how it relates to their own research
- To reflect on and critically assess the importance of gender, age, education, socioeconomic status, and different phases of life for work-related stress and health-related outcomes
- Both orally and in writing, evaluate, critically examine, and give feedback on academic work regarding interdisciplinary perspectives on work, stress, health and performance

Examination

The examination consists of an individually written assignment clarifying how the course material around stress and individual and/or situational factors relate to the doctoral student's own research, and an examination seminar where the doctoral students present their own work and take on the role of discussant for a fellow doctoral student's written assignment.

Grade and grade criteria

The grading in the course is on a pass or fail basis:

Pass: For a passing grade, the doctoral student has completed the written individual examination task and participated in the examination seminar in such a way that the expected learning outcomes are achieved.

Fail: The examination task has been solved insufficiently and the expected learning outcomes are not met.

Course Literature

In addition to the course literature for Part I, the student shall choose relevant literature for the written assignment. The choice of literature is to be discussed with the course leader, and should comprise about 400 pages.

Preliminary Schedule

| Date | Time | Topic | Instructors |
|-------------|-------------|-------------------------------------|-------------------------------|
| 18-05-02 | 16-17 | Course introduction | Erik Berntson and Lena Låstad |
| 18-06-01 | | Deadline for the written assignment | |
| 18-06-12 | 9-16 | Examination seminar | Erik Berntson and Lena Låstad |