



Course Syllabus:

Psychology MA, Emotion and Health, 7,5 credits

General data

Code	PS061A
Subject/Main field	Psychology
Cycle	Second cycle
Orientation (name)	
Credits	7.5
Progressive specialisation	A1N , Second cycle, has only first-cycle course/s as entry requirements
Answerable institution	Psychology
Adapted	2015-11-11
Established	2016-09-27
Date of change	
Valid from	2017-01-16

Aim

The course aims to introduce the field of emotion and health in terms of health psychology and behavior medicine. Emotion is related to health both in terms of predictive mechanisms and in terms of emotional consequences of health-related problems. In addition, the course will present different theories regarding the association between emotion and the development and maintenance of a number of health-related problems such as pain, sleep disturbances, immune-system disturbances and cardiovascular disease.

Course objectives

After completing the course, students will:

Knowledge and understanding

- Be able to understand associations between emotional and physiological processes may influence physical health, experience of symptoms and general function in an individual
- Be able to give an overall presentation of the research field of emotion and health

Skills and abilities

- Be able to discuss physiological processes relevant for emotional health
- Be able to discuss emotional mechanisms involved in maintenance and prognosis of physical health problems
- Be able to reflect upon the reciprocal relationship between emotion and health
- For a given health-problem be able to describe and exemplify the association between emotion and physiology regarding emergence, development and future prognosis

Judgement and approach

- Have the ability to estimate the role of different response systems in relation to a number of health problems in terms of pain, sleep-disturbances, immune system disturbances and cardiovascular disease
- Demonstrate the ability to evaluate research methods used to study emotional mechanisms in health-related problems.

Content

The course presents emotion in relation to health in terms of health psychology and behavior medicine. The course gives an overview of the scientific knowledge regarding the interaction between physiological processes and emotional mechanisms important for health in general and for specific health problems such as chronic pain, stress, and cardiovascular disease. Endocrine and immune system processes are reviewed in terms of their interaction with emotional mechanisms and how these system communicate and are influenced by external and internal changes. Associations between emotion and health are described in terms of reciprocal processes where for example stress increase vulnerability for a number of physical health problems and how immune system functioning actively influences mood and emotional experiences.

The course emphasizes how basic research regarding emotional processes and physiological mechanisms may increase the understanding of the interaction between emotion and health and specific health-related problems.

Entry requirements

Bachelor (180 hp) in psychology, with a degree thesis/independent work of 15 credits, or equivalent. In cases where the applicant lacks bachelor's degree in psychology, an individual assessment will be conducted. English B/English 6 from Swedish gymnasium or the equivalent.

When the formal admission requirements are not fulfilled, an individual assessment is performed to decide if the applicant has sufficient prior merits within academic psychological studies, to be able to study at the advanced level.

Selection rules and procedures

The selection process is in accordance with the Higher Education Ordinance and the local order of admission.

Teaching form

The course is a distance learning course with a limited number of compulsory meetings on campus in Östersund, Sweden. Participation via distance communication means is compulsory throughout the course. Students are required to be active in the course's room in the online learning platform. The platform is the primary communication tool used for students and teachers, and students will find all information needed to complete the course in the course room.

Examination form

The course objectives will be examined through active participation in seminars and discussions, on site and online, as well as through written reports.

Grading system

The grades A, B, C, D, E, Fx and F are given on the course. On this scale the grades A through E represent pass levels, whereas Fx and F represent fail levels.

Course reading

Required literature

Author: Barrett, F.L., Lewis, M., & Haviland-Jones, M.J.
Title: Handbook of Emotions.
Edition: Senaste upplagan (latest edition)
Publisher: Guilford Publications.
Comment: Selected parts

Author: Davidson, J.R., Scherer, K.R., & Goldsmith, H.H.
Title: Handbook of affective sciences.
Edition: Senaste upplagan (latest edition)
Publisher: Oxford: University press.
Comment: Selected parts

Author: Fink, G.
Title: Stress Science, Neuroendocrinology
Edition: Senaste upplagan (latest edition)
Publisher: Academic Press.
Comment: E-book: ISBN 9780123785718

Author: Linton, S.J.L.
Article title: A Transdiagnostic Approach to Pain and Emotion.
Journal: 2013/18(2)/82–103.
Year/Volume/nr/pages: J Appl Biobehav Res.

Author: Sternberg, E. M.
Title: The Balance Within: The Science Connecting Health and Emotion.
Edition: 2001
Publisher: W.H.Freeman & Co Ltd.