COURSE DETAIL

PSYCHOLOGY OF STRESS AND HEALTH
Country Netherlands
Host Institution Leiden University College
Program(s) Leiden University College
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Psychology Health Sciences
UCEAP Course Number 102
UCEAP Course Suffix
UCEAP Official Title PSYCHOLOGY OF STRESS AND HEALTH
UCEAP Transcript Title PSY STRESS&HEALTH
UCEAP Quarter Units 4.50
UCEAP Semester Units 3.00

Course Description

Stress is a major determinant of global public health. Stress has been called a “health epidemic of the twenty-first century” by the World Health Organization and is associated with massive humanitarian, medical, and economic costs. This course introduces the basic principles of how our body's health is threatened by psychosocial stressors as diverse as daily worries, work stress, low social economic status, discrimination, and natural disasters. A major role is played by psychological factors such as perceived control, and conscious and unconscious thoughts, and emotions. The lectures cover the many ways in which the mind influences the body during stress, including the cardiovascular, hormonal and immune systems, metabolism, sleep, growth, ageing, reproduction, and sex. The course discusses stress management and recent contributions from the field of emotion regulation. Stress is not a “luxury problem” of the industrialized countries; it is also, and perhaps even more so, a leading health risk in less developed countries. Therefore, the course also explores the global relevance of stress and health. There is hardly a concept that is so ill defined in and outside science and at the same time so important for our health as stress. Not surprisingly the media are teeming with erroneous information about its effect on health. Students learn how to systematically gather information about stress and health thereby training the essential academic skill of distinguishing scientific knowledge from omnipresent unsupported claims in the rapidly accumulating information volume in the media (especially internet), and evaluating this knowledge in terms of its meaning for public health. This course requires students to have completed an introduction to psychology course as a prerequisite.

Language(s) of Instruction
English

Host Institution Course Number
6462PSY02Y

Host Institution Course Title
PSYCHOLOGY OF STRESS AND HEALTH

Host Institution Course Details
https://studiegids.universiteitleiden.nl/courses/97877/psychology-of-stress-and...

Host Institution Campus
Leiden University College, The Hague

Host Institution Faculty

Host Institution Degree

Host Institution Department
Global Public Health/Psychology

Course Last Reviewed
2021-2022

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