

COURSE DETAIL

CLINICAL PERSPECTIVES ON ANXIETY, MOOD AND STRESS

Country

Australia

Host Institution

University of New South Wales

Program(s)

University of New South Wales

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

24

UCEAP Course Suffix**UCEAP Official Title**

CLINICAL PERSPECTIVES ON ANXIETY, MOOD AND STRESS

UCEAP Transcript Title

ANXIETY/MOOD/STRESS

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course provides a comprehensive overview of emotions research, how this produces feelings of stress and how these concepts relate to some of the most common mental disorders - depression and anxiety disorders. Students will learn about psychology as a science and how psychological research is performed (including animal and human studies). Throughout the course we will examine how the findings from this research informs the clinical description of disorders and the treatment of anxiety, stress and low mood.

Language(s) of Instruction

English

Host Institution Course Number

PSYC1024

Host Institution Course Title

CLINICAL PERSPECTIVES ON ANXIETY, MOOD AND STRESS

Host Institution Course Details

Host Institution Campus

Host Institution Faculty

School of Psychology

Host Institution Degree

Host Institution Department

Course Last Reviewed

2024-2025

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