

Stress, Coping and Health

Code: 43875
ECTS Credits: 6

Degree	Type	Year	Semester
4316222 Research in Clinical Psychology and Health	OT	0	1

Contact

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Use of languages

Principal working language: spanish (spa)

Teachers

F. Xavier Borràs Hernández
Silvia Edo Izquierdo
Jenny Moix Queralto
Antoni Sanz Ruíz
Tatiana Rovira Faixa
Eva Parrado Romero

Prerequisites

No previous requirements

Objectives and Contextualisation

The objective of this module is to provide students with an expert knowledge of current models of stress and coping research that allow them to analyze and evaluate applications in the health field, as well as design intervention protocols.

In order to do so, we will critically review current knowledge on stress effects and coping strategies in: chronic diseases, disability, daily stress, stress related illnesses and their relation to inequity in health and quality of life. The techniques and instruments of evaluation and strategies of emotional regulation for stress management will also be studied.

Skills

- Analyze critically the most current theories, models and methods of psychological research in the field of clinical and health psychology.
- Apply the outstanding ethical principles and act accordingly to the deontological code for the profession in the scientific research practice.
- Continue the learning process, to a large extent autonomously.
- Pose relevant and new research questions in clinical and health psychology depending on the bibliography consulted.

- Search for information in scientific literature using appropriate channels and integrate such information to propose and contextualize a research topic.
- Select adequate instruments of psychological assessment for the objectives of a research project in clinical and health psychology in different fields: medical or other.
- Use scientific terminology to argue the results of research in the context of scientific production, to understand and interact effectively with other professionals.

Learning outcomes

1. Apply stress models to little-researched health problems in interdisciplinary areas.
2. Apply the outstanding ethical principles and act accordingly to the deontological code for the profession in the scientific research practice.
3. Continue the learning process, to a large extent autonomously.
4. Search for information in scientific literature using appropriate channels and integrate such information to propose and contextualize a research topic.
5. Understand and know how to apply assessment instruments for stress and confrontation.
6. Understand and relate theoretical models which guide research in the area of stress.
7. Use scientific terminology to argue the results of research in the context of scientific production, to understand and interact effectively with other professionals.

Content

Stress study models (psychological, psychosocial and transactional)

Methodology of stress assessment (objective, self-report and ecological longitudinal measurements).

Stress and risk of illness.

Stress and chronic diseases.

Stress and disability.

Stress and work.

Stress and cognitive performance.

Stress management strategies.

Methodology

Lecture sessions by teachers, student exposure, case studies and practical exercises will alternate throughout the seminar

The assignment to each student will consist of choosing a research (a single article or a collection of related articles) on a specific topic within the field of stress, coping and health and performing a critical analysis that covers the relevance and relevance of the topic, background analysis, goal setting and hypothesis formulation, selection and adequacy of the sample, design adequacy, selection of measurement instruments, type of data analysis and depth of discussion. This work will be carried out along the course, will be presented orally at the end of the semester and will be presented in writing.

Activities

Title	Hours	ECTS	Learning outcomes
Type: Directed			

Seminar	37.5	1.5	1, 2, 6, 5, 7
Type: Supervised			
Assignment	7.5	0.3	1, 4, 5, 3
Type: Autonomous			
Readings	105	4.2	4, 6, 3

Evaluation

The final grade will consist of:

30% oral presentation of the assignment (Critical analysis of research in the field of health and stress)

30% written work assignment of the assignment (Critical analysis of research in the field of health and stress)

30% portfolio of the student that collects the evidences of autonomous learning, summary of readings and resolution of cases and exercises that have been raised in class.

10% active participation in face-to-face sessions

It will be considered passed who has obtained a final grade of 5 or higher.

Students who obtain between 4 and 4.99 may opt for reevaluation that will consist of the complementary activities or synthesis exam that will be assigned to each student by the module coordinator.

It is considered not evaluable to those students who have not delivered 30% of the evidence

Evaluation activities

Title	Weighting	Hours	ECTS	Learning outcomes
Active participation	10%	0	0	2, 6, 3, 7
Oral presentation	30%	0	0	6, 3
Student portfolio	30%	0	0	1, 2, 5
Written assignment	30%	0	0	4, 7

Bibliography

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Fernández-Abascal, E.G. (Ed.) (2009). Emociones Positivas. Madrid: Pirámide.

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- Robles, H. y Peralta, M.I. (2007). *Programa para el control del estrés*. Madrid: Pirámide.
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- Vázquez, C., Hervás, G. (2009). *La Ciencia del bienestar : fundamentos de una psicología positiva*. Madrid: Alianza

WEB:

- http://cancer.ucsf.edu/people/folkman_susan.php (Comprehensive cancer center. university of California)
- <http://www.star-society.org/index.html> (Stress and Anxiety Research Society)
- <http://www.deakin.edu.au/research/acqol/index.htm> (Australian center on quality of life)