

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
Joaquín T. Limonero García
Jenny Moix Queralto
Antoni Sanz Ruíz

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 research protocols.

- Collaborative work objective: To develop a research in the field of stress, coping and health. It is about planning and, optionally carrying out, an empirical study. For this, each group will be provided with three key empirical articles in the current field of stress, health and coping. The group must choose one of them and propose a new study conceived as improvement, adaptation or replication, based on a critical analysis of (1) the conceptual basis, (2) the methodology, (3) the analysis of results and (4) the discussion of the chosen article.

Competences

- 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

The seminar will alternate lecturer sessions, student presentations, practical exercises and collaborative work sessions

Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
Seminar	37.5	1.5	1, 2, 6, 5, 7
Type: Supervised			
Collaborative work	7.5	0.3	1, 4, 5, 3
Type: Autonomous			
Readings and assignments	105	4.2	4, 6, 3

Assessment

The final grade will set up of:

- Ev 1. Active participation. Weight: 10% Evaluation of active participation in seminar sessions. Oral presentation. Week 15
- Ev 2. Student's portfolio. Weight: 30% Portfolio of the student that gathers the evidences of autonomous learning, summary of the readings and sessions of the seminar. Online submission of written evidence. Week 16
- Ev 3. Collaborative work. Weight: 30% Collaborative work: It includes the elaboration process and the results that are the oral and written presentation. Face-to-face and written submission. Week 20
- Ev 4. Individual contribution. Weight: 15% Individual contribution to collaborative work. Presentation written online. Week 20
- Ev 5. Collective contribution. Weight: 15% Individual contribution to collaborative work. Presentation written online. Week 20

It is considered approved as of the grade of 5. Once the subject has been passed (grade ≥ 5), any action can not be established to improve the final grade. Whoever has given evidence of learning with a weight equal to or greater than 4 points (40%) will be considered as evaluable. Those who have passed a minimum of 2/3 of the total grade and have not passed the course can opt for recovery, which will consist of complementary activities or a synthesis exam that will assign each student the module coordinator. The maximum score that can be obtained in the recovery test is a 5.

In any case, the Guidelines for the evaluation of the qualifications of the Psychology Faculty 2019-2020 will be applied: <https://www.uab.cat/web/estudiar/graus/graus/avaluacions-1345722525858.html>

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Ev 1. Active participation	10%	0	0	2, 6, 3, 7
Ev 2. Student's portfolio	30%	0	0	1, 2, 5
Ev 3. Collaborative work	30%	0	0	2, 4, 6, 5, 3
Ev 4. Individual contribution to collaborative work.	15%	0	0	3, 7
Ev 5. Collective contribution to the others groups.	15%	0	0	2, 3, 7

Bibliography

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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)