

## Module Specification

### Module Summary Information

<b>1</b>	<b>Module Title</b>	Stress and Disease
<b>2</b>	<b>Module Credits</b>	20
<b>3</b>	<b>Module Level</b>	5
<b>4</b>	<b>Module Code</b>	PSY5064

<b>5</b>	<b>Module Overview</b>
<p>This module builds on the clinical and health-based modules on the programme by providing you with an in-depth and critical understanding of stress, which is one of the main risk factors for both psychological (e.g. anxiety, depression) and physical health outcomes (e.g. heart disease, cancer). In this module, you will learn about the biological, psychological and environmental influences on stress, as well as the interaction between them. Key literature on stress-related illness across a wide-range of disciplines will be critically appraised.</p> <p>Debates in this module will largely centre on the interaction between the person and their environment. This will enable you to understand possible reasons for individual differences in the stress response i.e. what is stressful for one person is not necessarily stressful for the next person. Consideration will also be given to how the adoption of different coping strategies in different situations can lead to differing health outcomes. We will critically evaluate the evidence base and explore why coping strategies that may be useful in one setting are not necessarily useful in another.</p> <p>The module will be supported by face-to-face learning through lectures and seminars, as well as online Moodle (VLE) activities. Lectures will provide the core material related to the topic, whereas seminars will allow you to apply this knowledge through task participation and group work. The VLE activities associated with this module will employ interactive online teaching methods, which will help you further develop your knowledge and skills outside the classroom. The seminars and VLE activities will relate to the content delivered in the lecture the week before.</p>	

<b>6</b>	<b>Indicative Content</b>
<ul style="list-style-type: none"> <li>- Stress and links with physical and mental health outcomes</li> <li>- Stress medicine</li> <li>- Psychoneuroimmunology</li> <li>- Stress and Cancer</li> <li>- Stress and Heart Disease</li> <li>- Stress and Schizophrenia</li> <li>- Stress and Depression</li> </ul>	

<b>7</b>	<b>Module Learning Outcomes</b>	
	<b>On successful completion of the module, you will be able to:</b>	
	<b>1</b>	Demonstrate an understanding of the role of stress in mental and physical health outcomes.
	<b>2</b>	Analyse, synthesise, and evaluate relevant stress literature from a range of scientific disciplines.
	<b>3</b>	Identify the relevant importance of biological, psychological, and environmental factors in their explanation and treatment of stress-related disease.

<b>8</b>	<b>Module Assessment</b>		
<b>Learning Outcome</b>			
	<b>Coursework</b>	<b>Exam</b>	<b>In-Person</b>
<b>1, 2, 3</b>	<b>X</b>		

<b>9</b>	<b>Breakdown Learning and Teaching Activities</b>	
<b>Learning Activities</b>	<b>Hours</b>	
<b>Scheduled Learning (SL)</b> includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	33	
<b>Directed Learning (DL)</b> includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	47	
<b>Private Study (PS)</b> includes preparation for exams	120	
<b>Total Study Hours:</b>	200	