



**LUND**  
UNIVERSITY

Faculty of Social Sciences

## **PSYE20, Psychology: Health and Wellbeing, 15 credits** *Psykologi: Hälsa och välbefinnande, 15 högskolepoäng* First Cycle / Grundnivå

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### **Details of approval**

The syllabus was approved by the board of the Department of Psychology on 2021-11-16 and was last revised on 2023-06-12 by Academic Director of Studies at Department of Psychology. The revised syllabus applies from 2023-06-12, autumn semester 2023.

### **General Information**

The course is offered as a first cycle freestanding course and may be included in a Bachelor's degree specialising in psychology or in a degree programme in accordance with the programme syllabus.

*Language of instruction:* Swedish and English

*Main field of studies*

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*Depth of study relative to the degree requirements*

G1N, First cycle, has only upper-secondary level entry requirements

### **Learning outcomes**

After finishing the course, the students should

#### **Knowledge and understanding**

- demonstrate an understanding of how individual, social and intersectional factors are connected to different aspects of health
- demonstrate knowledge of different types of stress, the psychology and physiology of stress reactions and the pathological aspects of stress
- demonstrate knowledge of psychological theories that address factors for health promotion and increased well-being
- demonstrate knowledge of theories concerning interventions for health promotion and increased well-being
- demonstrate knowledge of methods and techniques to examine issues in relation to health and illness

### Competence and skills

- demonstrate the ability, from a psychological perspective, to identify, formulate and suggest possible solutions regarding problems related to health and well-being
- demonstrate the ability to relate stress to the origin of different symptoms of stress
- demonstrate the ability to compare and relate different theories and explanations to illness, health and well-being in relation to the individual and their context
- demonstrate the ability to compare and relate different perspectives on preventive work in relation to illness
- demonstrate the ability to seek scientific information with respect to health and well-being
- demonstrate the ability to communicate knowledge of health and well-being to different target groups

### Judgement and approach

- demonstrate the ability to reflect on different methods and techniques to examine and manage issues concerning health and well-being
- demonstrate the ability to make critical assessments of information that concerns health and well-being
- demonstrate the ability to critically evaluate scientific information with respect to health and well-being

### Course content

The course aims to give the participants basic knowledge within certain areas of the research field comprising health and well-being. These areas include circumstances and explanatory models for the relationship between individual differences and health, stress and stress management, psychological factors related to health and well-being and methods and techniques to examine and manage issues related to health and well-being.

The course consists of three modules.

#### *Module 1. Psychology and (ill) health (6 credits)*

The module provides basic knowledge of how psychological theory and research can be used to understand and explain both health and illness.

#### *Module 2. Positive psychology (6 credits)*

The module provides basic knowledge of theory, research and critical perspectives on factors that are relevant for mental well-being and health.

#### *Module 3. Theme work (3 credits)*

In the module, students will conduct an independent project linked to an individually selected theme in the area of health and well-being.

### Course design

The teaching regarding the theoretical components consists of lectures and group exercises. Students who have been unable to participate due to circumstances such as accidents or sudden illness will be offered the opportunity to compensate for or re-take compulsory components. This also applies to students who have been absent

because of duties as an elected student representative.

## **Assessment**

Module 1 and module 2 are assessed in writing. The assessment of module 3 will be based on a written theme work project and a presentation of the project. Three opportunities for examination are offered in conjunction with the course: a first examination, a re-sit close to the first examination and a second re-sit in the same year. Within a year of a major change or discontinuation of the course, at least two further opportunities for assessment are offered on the same course content. After this, further re-examination opportunities are offered but in accordance with the current course syllabus.

The examiner, in consultation with Disability Support Services, may deviate from the regular form of examination in order to provide a permanently disabled student with a form of examination equivalent to that of a student without a disability.

*Subcourses that are part of this course can be found in an appendix at the end of this document.*

## **Grades**

Marking scale: Fail, Pass.

The grading scale comprises Pass and Fail. The grades awarded are either Pass and Fail. For the grade of Pass the student must show acceptable results. For the grade of Fail, the student will have shown unacceptable results. For a grade of Pass on the whole course, the student must have been awarded this grade on all modules.

At the start of the course, students are informed about the learning outcomes stated in the syllabus and about the grading scale and how it is applied in the course.

## **Entry requirements**

General and courses corresponding to the following Swedish Upper Secondary School Programs: Social Studies 1b/1a1 + 1a2

## Subcourses in PSYE20, Psychology: Health and Wellbeing

Applies from H22

- 2201 Sub course 1. Psychology and (ill) health, 6,0 hp  
Grading scale: Fail, Pass
- 2202 Sub course 2. Positive psychology, 6,0 hp  
Grading scale: Fail, Pass
- 2203 Sub course 3. Thematic work, 3,0 hp  
Grading scale: Fail, Pass
- 2204 Mandatory participation, 0,0 hp  
Grading scale: Fail, Pass