

Module Code	ECMH4003
Title	Stress, Coping and Resilience
Date	09/12/2020
Level	4
Credits	20
Pre-Requisites	None

AIM(S)

- To develop an understanding of the causes and consequences of stress on our mental health and wellbeing and to encourage a greater understanding of the importance of self-care and effective coping strategies.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- Identify the main causes and consequences of stress in today's society.
- Understand the complex interplay between biological, psychological and social processes in understanding individual differences in stress, coping and resilience.
- Apply this understanding to their own behaviours in order to identify relevant coping and self-care strategies.
- Organise their learning effectively and reflect upon their own progress and future development.

INDICATIVE CONTENT

- The major causes of stress will be identified alongside discussion of the implications of stress for the UK healthcare system, other organizations and wider society.
- The consequences of sustained stress on the individual and its implications for the workplace and wider society will be considered, including physical illnesses, psychological distress, depression, and behavioural problems such as alcoholism or problem gambling.
- Students will look at models of stress and coping, exploring the complex interaction between biological, psychological and social factors.
- Empirical evidence reporting on the effectiveness of certain coping styles and interventions will be reviewed, and the implications of poor coping for mental health.
- Students will consider the extent to which the individual, the workplace organisation and government should be seen as responsible for managing stress and promoting wellbeing in today's society.

- The concept of resilience in young people and associated mental health issues will be explored alongside consideration of how we could seek to tackle this issue in the face of the pressures faced by young people in today's world.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning 12 hours – Lectures 18 hours - Online	30	15%
Independent learning	170	85%
Placement learning		
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Individual Presentation	10 mins	50%

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Reflective Diary	2,000 words	50%

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	50%
Practical	50%
TOTAL	100%

INDICATIVE READING LIST

Module Code	ECMH4003	
Module Title	Stress, Coping and Resilience	
Classification	Reading List entry	Electronic*
Essential	Harrington, R. (2013). <i>Stress, Health and Well-Being: Thriving in the 21st Century</i> . London: Wadsworth	☒
Essential	Lazarus, R. and Folkman, S. (1984). <i>Stress, Appraisal, and Coping</i> . Springer.	☐
Essential	Lovallo, W.R. (2015). <i>Stress and Health: Biological and Psychological Interactions</i> . London: SAGE.	☐
Further	Aldwin, C.M. (2007). <i>Stress, Coping, and Development: An Integrative Perspective (2nd Ed)</i> . London: Guildford Press	☐

Further	Dewe, P., O'Driscoll, M.P. & Cooper, C.L. (2010). Coping with Work Stress: A Review and Critique. London: Wiley-Blackwell	☐
Further	Folkman, S. (Ed) (2010). The Oxford Handbook of Stress, Health, and Coping. Oxford University Press.	☐
Further	Walker, C. & Fincham, B. (2011). Work and the Mental Health Crisis in Britain. London: Wiley	☐
Journal	Journal of Occupational Health Psychology	☒
Journal	Stress and Health	☒
Journal	Work and Stress	☒
Websites	http://www.apa.org/helpcenter/stress.aspx http://www.mind.org.uk/workplace/mental-health-at-work/ http://www.time-to-change.org.uk/get-involved/get-your-workplace-involved/support-employees	☒