

Work stress and health

Master: ORGANIZATIONAL AND OCCUPATIONAL HEALTH PSYCHOLOGY
2nd year / 1st semester

Coordinator	Mona Vintilă, PhD, professor
Type of discipline:	Compulsory
Number of allocated hours	28
Credits	4

Short description

In today's economic upheavals, workplace stress is on everyone's mind. Downsizing, layoffs, mergers and bankruptcies have cost hundreds of thousands of workers their jobs and cause uncomfortable, stressful situations in the workplace. Millions more workers have been shifted to unfamiliar tasks within their companies and wonder how much longer they will be employed, causing a great deal of stress in the workplace for everyone.

Work stress can be devastating, putting workers at risk for physical illness, marital strain, anxiety, depression and even suicide. Job stress affects every part of life, from the moment people get up in the morning, to the moment they go to bed. This is why studying the ways in which work stress affects people's lives and their health is important.

Competencies (to be developed)

1. Knowledge and understanding
 - The acquisition of specialized knowledge and concepts on the behavior of somatic diseases influenced by occupational stress;
 - Understanding the modalities of reacting to the disease and the possibilities to adapt these reactions.
2. Explanation and interpretation
 - Explaining psychological mechanisms involved both in patients and in persons who are in the professional environment.
3. Instrumental and applied
 - Active involvement in the actions of prevention and prophylaxis.
 - Applying proper psychological assessment of all the persons involved and designing proper intervention measures.
4. Attitudinal
 - To grow the interest in the behavior associated to the psychopathology influenced by occupational stress.

Objectives

- To implement new concepts of health psychology that future graduates will be able to apply in practical work and which they will meet very often in current practice.
- To understand concepts introduced through direct confrontation with problems related to somatic diseases due to stress in job, but also in everyday life.
- To emphasize the aspects of prevention in everything that involves psychosomatic.

Content

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<p>STRESS DEFINITION AND CHARACTERISTICS</p> <p>References:</p> <ul style="list-style-type: none"> • King, M., (2005), <i>Surviving work related stress</i>, Crewew (United Kingdom): Trafford Publishing. • Stranks, J., (2005), <i>Stress at Work</i>, Butterworth Heinemann Publishing.
2
<p>CAUSES OF STRESS AND STRESS AGENTS</p> <p>References</p> <ul style="list-style-type: none"> • King, M., (2005), <i>Surviving work related stress</i>, Crewew (United Kingdom): Trafford Publishing. • Stranks, J., (2005), <i>Stress at Work</i>, Butterworth Heinemann Publishing..
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<p>GENERAL COPING SYNDROME</p> <p>References:</p> <ul style="list-style-type: none"> • Hill Rice, V., (2000), <i>Handbook of Stress Coping and Health</i>, Thousand Oaks, California: Sage Publications.
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<p>GENERAL COPING SYNDROME</p> <p>References:</p> <p>Hill Rice, V., (2000), <i>Handbook of Stress Coping and Health</i>, Thousand Oaks, California: Sage Publications.</p>
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<p>CONSEQUENCES AND EFFECTS OF STRESS</p> <p>References:</p> <ul style="list-style-type: none"> • Wieinstein, R., (2004), <i>The Stress Effect</i>, New York: Penguin Group. • Leka, S., Griffiths, A., Cox, T., (2003), <i>Work Organisation and Stress</i>, Nottingham: World Health Organisation.
6
<p>PERSONALITY AND STRESS</p> <p>References:</p>

- Cooper, C.L., Payne, R., (1991), *Personality and Stress: individual differences in the Stress Process*, California: Wiley, John & Sons, Incorporated.
- Homayouni, A., Aghajanipour, H., Nikpour, G.A., Khanmohammadi, A., (2009), *Personality and stress: Personality factors that affect on emerge of stress*, European Psychiatry Volume 24, Supplement 1

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STRESS AND CARDIOVASCULAR DISEASES

References:

- McCabe, P., Schneiderman, N., Field, T.M., Wellens, A.R., (2000), *Stress, Coping, and Cardiovascular Disease*, Psychology Press, Lawrence Erlbaum Associates, Publishers 2000 Mahwah, New Jersey London.
- Turner, J.R., (1994), *Cardiovascular Reactivity and Stress: Patterns of Physiological Reponse*, International Journal of Stress management, Vol. 1, No.4.
- Matthews, K.A., Weiss, S.M., Faulkner, B.M., Dembroski, T., Detre, T., (1996), *Handbook of Stress, Reactivity, and Cardiovascular Disease*, Wiley, John & Sons, Incorporated.

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STRESS AND CARDIOVASCULAR DISEASES

References:

- McCabe, P., Schneiderman, N., Field, T.M., Wellens, A.R., (2000), *Stress, Coping, and Cardiovascular Disease*, Psychology Press, Lawrence Erlbaum Associates, Publishers 2000 Mahwah, New Jersey London.
- Turner, J.R., (1994), *Cardiovascular Reactivity and Stress: Patterns of Physiological Reponse*, International Journal of Stress management, Vol. 1, No.4.
- Matthews, K.A., Weiss, S.M., Faulkner, B.M., Dembroski, T., Detre, T., (1996), *Handbook of Stress, Reactivity, and Cardiovascular Disease*, Wiley, John & Sons, Incorporated.

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STRESS AND DIGESTIVE DISEASES

References:

- Naliboff, B.D. et al., (2004), *The effect of life stress on symptoms of heartburn*. Psychosomatic Medicine. 2004. 66: 426-434.
- Savitt, R.A., (1977), Conflict and somatization: psychoanalytic treatment of the psychophysiological response in the digestive tract, *The Psychoanalytic quarterly*, 46, n.4, p.605-622.

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STRESS AND ALLERGIC DISEASES

References:

- Deutsch, F., (1980), *Psychosomatic medicine from a psychoanalytic viewpoint*, Journal of the American

Psychoanalytic Association, vol. 28, nr.3, p. 653-702
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<p>STRESS AND ALLERGIC DISEASES</p> <p>References: Deutsch, F., (1980), <i>Psychosomatic medicine from a psychoanalytic viewpoint</i>, Journal of the American Psychoanalytic Association, vol. 28, nr.3, p. 653-702</p>
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<p>STRESS AND FEMALE PSYCHOSEXUAL DISEASES</p> <p>References:</p> <ul style="list-style-type: none"> • Pryde, N., Longstaff, J., (1998), <i>Common Psychosexual Disorders: Presentation and Management</i>, The Hong Kong Practitioner, No1. • Munjack, D., Ozjel, L.J., (1980), <i>Sexual Medicine and counselling in office practice</i>, Boston: Little Brown & Co.
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<p>STRESS AND MALE PSYCHOSEXUAL DISEASES</p> <p>References:</p> <ul style="list-style-type: none"> • Pryde, N., Longstaff, J., (1998), <i>Common Psychosexual Disorders: Presentation and Management</i>, The Hong Kong Practitioner, No1. • Munjack, D., Ozjel, L.J., (1980), <i>Sexual Medicine and counselling in office practice</i>, Boston: Little Brown & Co.
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<p>STRESS AND ENDOCRINE DISEASES</p> <p>References:</p> <ul style="list-style-type: none"> • Leclère, J., Weryha, G., (1990), <i>Stress and Auto-Immune Endocrine Diseases</i>, Neuroendocrinology 31:90-93. • Stophanos, S., (1980), Analytical psychosomatics in internal medicine, The International Review of Psychoanalysis, vol.7, n.2, p.219-232.

EVALUATION

Evaluation within the subject is done during the semester through the work of drafting and presenting two papers on topics chosen by the student on the first meeting. The paper must comply the subject's topics. The minimum grade accepted for the paper is 5. During the evaluation session students will respond to written examination.

The same evaluation method will be maintained for each evaluation session.

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