

PS932-15 From Stress to Health

26/27

Department

Psychology

Level

Taught Postgraduate Level

Module leader

John Galvin

Credit value

15

Module duration

10 weeks

Assessment

100% coursework

Study location

University of Warwick main campus, Coventry

Description

Introductory description

The focus of this module is to provide students with an in-depth and critical understanding of the relationship between stress and health. Stress is a significant risk factor for both psychological (e.g., anxiety and depression) and physical health outcomes (e.g., cardiovascular disease, stroke, and cancer). Drawing on a biopsychosocial framework, the module examines how stress processes influence vulnerability, resilience, and health trajectories.

Module aims

The principal aim of this module is to develop students' critical understanding of stress as a multidimensional process and its impact on health. It equips students with the conceptual and analytical tools to evaluate evidence and apply biopsychosocial perspectives to mental health and wellbeing across contexts.

Outline syllabus

This is an indicative module outline only to give an indication of the sort of topics that may be covered. Actual sessions held may differ.

Although the content may vary, the module will cover subjects such as: Models of Stress; Stress

Vulnerability; Individual Differences; Coping; Stress and Mental Health; Stress and Physical Health; Stress Interventions.

Learning outcomes

By the end of the module, students should be able to:

- Demonstrate a critical understanding of the main models of stress.
- Analyse and synthesise contemporary research literature on stress and health to inform reasoned academic argument.
- Analyse the biological, psychological, and social mechanisms through which stress influences vulnerability, resilience, and health trajectories.

Indicative reading list

[Reading lists can be found in Talis](#)

Subject specific skills

Evaluation of theoretical models of stress and their relevance to health outcomes.
Critical discussion of empirical research linking stress to psychological and physical health.
Examination of effective strategies to prevent stress-related health problems.
Critical appraisal of methodological approaches used in stress and health research.

Transferable skills

Critical evaluation of the quality and limitations of empirical evidence.
Apply theoretical knowledge to real-world problems in mental health and wellbeing.
Written communication and critical thinking.

Study

Study time

Type	Required
Lectures	10 sessions of 2 hours (13%)
Private study	130 hours (87%)
Total	150 hours

Private study description

Private study before and after lectures and preparation for the assessment.

Costs

No further costs have been identified for this module.

Assessment

You must pass all assessment components to pass the module.

Assessment group A1

	Weighting	Study time	Eligible for self-certification
Assessment component			
Take home Examination	100%		No
The format of the exam will be an open-book essay format and will cover material across the whole course. There will be three questions, from which students must choose one to answer. The essay will be 2000-words. The exam will be open for one-week; essay titles will be release at 9am on Monday and will be submitted at midday on Friday.			

Reassessment component is the same

Feedback on assessment

Students will be provided with online feedback on the assessment. Individual one-on-one feedback will be provided upon request.

Availability

Courses

This module is Core for:

- Year 1 of TPSS-C848 Postgraduate Taught Mental Health and Wellbeing

This module is Optional for:

- Year 1 of TIMA-L981 Postgraduate Social Science Research
- Year 1 of TPSS-C8P9 Postgraduate Taught Psychological Research