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.
## STRESS DEFINITION AND CHARACTERISTICS

**References:**

## CAUSES OF STRESS AND STRESS AGENTS

**References**

## GENERAL COPING SYNDROME

**References:**

## CONSEQUENCES AND EFFECTS OF STRESS

**References:**


7

**STRESS AND CARDIOVASCULAR DISEASES**

References:


8

**STRESS AND CARDIOVASCULAR DISEASES**

References:


9

**STRESS AND DIGESTIVE DISEASES**

References:


10

**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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STRESS AND ALLERGIC DISEASES

References:

12

STRESS AND FEMALE PSYCHOSEXUAL DISEASES

References:

13

STRESS AND MALE PSYCHOSEXUAL DISEASES

References:

14

STRESS AND ENDOCRINE DISEASES

References:

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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