Reading Instructions: Stress and Health (PS2211/PS2214), VT 2025

Version 2025-04-07

F: Course introduction

- Anisman (2015) Chapter 1
- Anisman (2015) Chapter 2

F: Neurobiology of Stress

- Anisman (2015) Chapter 5
- Anisman (2015) Chapter 7
- Allen, Kennedy, Cryan, Dinan, and Clarke (2014), you need to read only the following selected parts:
    - *1.2. The Trier Social Stress Test* (page 96)
    - *Figure 1* (page 97) ○ *2.1. Biomarkers* (page 96-99)
    - *4.5. Factors moderating the effects of the TSST: summary* (page 105) ○ *Figure 3* (page 116)

F: Stress and health behaviours

- Park and Iacocca (2014)
- McEwen (2000) THE ROLE OF BEHAVIOR IN ALLOSTATIC LOAD (page 112 ff)

F: Work stress & health

- Berkman, Kawachi, and Theorell (2014)
- Siegrist (2017)
- Taris and Schaufeli (2015)
- Anisman (2015) Chapter 18
- Anisman (2015) Chapter 9

S: Cognitive Activation Theory of Stress

- Ursin and Eriksen (2004): specific reading instructions will be made available on Athena

F: Gender differences and work family conflict

- Kinnunen and Mauno (2008)
- Anisman (2015) Chapter 2

S: Work Stress

- Kivimaki and Steptoe (2018): specific reading instructions will be made available on Athena
- Berkman et al. (2014)

- Siegrist (2017)

F: Stress, sleep and recovery

- Geurts and Sonnentag (2006)
- Carskadon and Dement (2017)
- Åkerstedt, Perski, and Kecklund (2017)
- Meerlo, Sgoifo, and Suchecki (2008)

F: Coping

- Pienaar (2008)
- Anisman (2015) Chapter 3
- Anisman (2015) Chapter 4

S: Allostatic Load Model

- McEwen (2000): specific reading instructions will be made available on Athena

F: Stress and Cognition

- Sandi (2013)

F: Stress disorders and treatment

- Anisman (2015) Chapter 15
- Anisman (2015) Chapter 20
- Lindsäter et al. (2018)

S: Journal Club: TBA

S: Stress in media and in the clinic

- Crum, Salovey, and Achor (2013)
- Eriksen, Hellesnes, Staff, and Ursin (2004)
- Additional materials and instructions will be made available on Athena

Important note: The written exam is based on all compulsory course literature as well as materials and discussions that have been dealt with at the educational activities.

Literature

Book (ebook available via Stockholm University library)

Anisman, H. (2015). Stress and Your Health: From Vulnerability to Resilience (chapter 1, 2, 3, 4, 5, 7, 8, 9, 15, 17, 18, 19, 20)

Book chapters and articles

Åkerstedt, T., Perski, A., & Kecklund, G. (2017). Sleep, Occupational Stress, and Burnout. In *Principles and Practice of Sleep Medicine* (pp. 736-741.e734).

Allen, A. P., Kennedy, P. J., Cryan, J. F., Dinan, T. G., & Clarke, G. (2014). Biological and psychological markers of stress in humans: Focus on the Trier Social Stress Test. *Neuroscience & Biobehavioral Reviews, 38*, 94-124. doi:10.1016/j.neubiorev.2013.11.005

Berkman, L., Kawachi, I., & Theorell, T. (2014). Working Conditions and Health. In L. F. Berkman, I. Kawachi, & M. M. Glymour (Eds.), *Social Epidemiology* (Vol. Second edition, pp. 153-181). Oxford: Oxford University Press.

Carskadon, M. A., & Dement, W. C. (2017). Normal Human Sleep. In *Principles and Practice of Sleep Medicine* (pp. 15-24.e13).

Crum, A. J., Salovey, P., & Achor, S. (2013). Rethinking stress: The role of mindsets in determining the stress response. *Journal of Personality and Social Psychology, 104*(4), 716-733. doi:10.1037/a0031201

Eriksen, H. R., Hellesnes, B., Staff, P., & Ursin, H. (2004). Are subjective health complaints a result of modern civilization? *Int J Behav Med, 11*(2), 122-125. doi:10.1207/s15327558ijbm1102_9

Geurts, S. A., & Sonnentag, S. (2006). Recovery as an explanatory mechanism in the relation between acute stress reactions and chronic health impairment. *Scand J Work Environ Health, 32*(6), 482-492. doi:10.5271/sjweh.1053

Kinnunen, U., & Mauno, S. (2008). Work–family conflict in individuals' lives: prevalence, antecedents, and outcomes. In J. Hellgren, K. Naswall, & M. Sverke (Eds.), *The Individual in the Changing Working Life* (pp. 126-146). Cambridge: Cambridge University Press.

Kivimaki, M., & Steptoe, A. (2018). Effects of stress on the development and progression of cardiovascular disease. *Nat Rev Cardiol, 15*(4), 215-229. doi:10.1038/nrcardio.2017.189

Lindsäter, E., Axelsson, E., Salomonsson, S., Santoft, F., Ejeby, K., Ljótsson, B., . . . Hedman-Lagerlöf, E. (2018). Internet-Based Cognitive Behavioral Therapy for Chronic Stress: A Randomized Controlled Trial. *Psychotherapy and Psychosomatics, 87*(5), 296-305. doi:10.1159/000490742

McEwen, B. S. (2000). Allostasis and Allostatic Load: Implications for Neuropsychopharmacology. *Neuropsychopharmacology, 22*(2), 108-124.

doi:10.1016/S0893-133X(99)00129-3
Meerlo, P., Sgoifo, A., & Suchecki, D. (2008). Restricted and disrupted sleep: Effects on autonomic function, neuroendocrine stress systems and stress responsivity. *Sleep Medicine Reviews, 12*(3), 197-210. doi:10.1016/j.smrv.2007.07.007
Park, C. L., & Iacocca, M. O. (2014). A stress and coping perspective on health behaviors: theoretical and methodological considerations. *Anxiety Stress Coping, 27*(2), 123-137. doi:10.1080/10615806.2013.860969
Pienaar, J. (2008). Skeleton key or siren song: is coping the answer to balancing work and well-being? In J. Hellgren, K. Naswall, & M. Sverke (Eds.), *The Individual in the Changing Working Life* (pp. 235-257). Cambridge: Cambridge University Press.
Sandi, C. (2013). Stress and cognition. *Wiley Interdisciplinary Reviews: Cognitive Science, 4*(3), 245-261. doi:10.1002/wcs.1222
Siegrist, J. (2017). The Effort–Reward Imbalance Model. In C. L. Cooper & J. C. Quick (Eds.), *The Handbook of Stress and Health* (pp. 24-35).
Taris, T. W., & Schaufeli, W. B. (2015). The Job Demands-Resources Model. In S. Clarke, T. M. Probst, F. Guldenmund, & J. Passmore (Eds.), *The Wiley Blackwell Handbook of the Psychology of Occupational Safety and Workplace Health* (pp. 155-180).
Ursin, H., & Eriksen, H. R. (2004). The cognitive activation theory of stress. *Psychoneuroendocrinology, 29*(5), 567-592. doi:10.1016/S0306-4530(03)00091-X

***Material for the seminar "Stress in media**":* will be made available on Athena