

STOCKHOLM UNIVERSITY

Department of Psychology



Syllabus

People, Environment and Sustainability: Research and Application at the Nexus of Individual, Societal and Planetary Health

7.5 Credits

Code: PSFMM01

Finalized by: Prefekt vid Psykologiska institutionen, 2025-12-19

Valid from: Spring semester 2026 (2026-01-19)

Level within study regulation: Third cycle

Course modules People, environment and sustainability, 7.5 Credits

1. Entry requirements

Admitted to doctoral studies in psychology or equivalent.

2. Learning outcomes

To pass the course, students must be able to:

- describe and account for, as well as analyse and critically evaluate theories and empirical research in environmental psychology and (environmental) health psychology, addressing the interplay between people and environment in terms of environmental conditions and factors (incl. nature and urban), human wellbeing, health and health related behaviours, as well as (pro-)environmental behaviours.
- describe, assess and apply research methodologies relevant to understanding the interplay between environment, behaviour and health outcomes across levels of analysis (e.g. individual, societal, and planetary health perspectives)

- identify research literature of relevance to the topic
- demonstrate ability to analyse and synthesize theory and empirical research from environmental psychology and (environmental) health psychology, formulate research questions and design research studies addressing knowledge gaps in the field, including:
 1. have demonstrated ability to write an analysis of the state-of-the-art on a subject within a chosen topic, and show knowledge of both theoretical and empirical aspects of the research area, based on the course literature and own identified literature
 2. be able to present and discuss the research/course literature and course assignment
 3. based on the written assignment, develop and orally present a slide show that effectively communicates the topic and research proposal.

3. Content

This course examines the interplay between environmental exposures and interactions, human behaviour, and health outcomes, with a focus on individual, societal, and planetary health and sustainability perspectives.

Topics include:

- Theoretical frameworks for understanding human–environment interactions and health.
- Environmental determinants of mental and physical health, including green and blue spaces, climate, and urban factors and design.
- Behavioural and psychological dimensions of sustainability, including environmental behaviour, climate adaptation, and resilience.
- Approaches to sustainable urban development and nature-based solutions that support wellbeing and health equity.
- Interdisciplinary and systems-oriented approaches to public health, sustainable urban development, and planetary health.

The course combines lectures, seminars, and exercises to foster analytical, critical, and creative engagement with state-of-the-art research and applications, as well as the identification and addressing of relevant research gaps.

4. Mandatory exams

The following are mandatory elements of the course:

- Attendance and active participation at course seminars
- Written assignment
- Oral presentation of assignment

5. Forms of examination

The course is examined through:

- Active participation and presentations at course activities/seminars.
- Writing and submission of an independently and individually written course paper (a research proposal within one of the course topics).
- Presentation of the individually/independently written course paper (research proposal).

6. Form of instruction

The teaching consists of lectures, seminars, and exercises.