Alexandria Technical and Community College

PSYC 2437: Understanding Stress and Depression

A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 3
Lab Hours/Week: */*
OJT Hours/Week: */*

Prerequisites:
This course requires the following prerequisite
PSYC 1445 - General Psychology

Corequisites: None

MnTC Goals: Goal 05 - Hist/Soc/Behav Sci

This course meets Minnesota Transfer Curriculum (MnTC) goal area 5. The course will focus on the cultural developments and personal choices that have resulted in the increased prevalence of stress and depression in our modern society. Defining acute and chronic forms of stress and depression and their relationship to mental health diagnoses will also be discussed. In addition, this course will provide an introduction into psychophysiology which demonstrates the brain-body connection as it relates to diseases that are caused by increases in stress. Finally, students will examine a review of treatment methods used to reduce individual and societal vulnerabilities to stress and depression. Prerequisite: PSYC1445 (3 credits/3 lecture)

B. COURSE EFFECTIVE DATES: 01/10/2011 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Create a personal recovery/wellness program.
2. Define limits, saturation, and margins as they relate to overloaded and stressful lives.
3. Describe the role of work in reducing depression.
4. Discuss how progress in society can sabotage mental and physical health.
5. Examine deterministic models of adaptation versus free will.
6. Explain a recovery model based on twelve principles.
7. Explain the role institutions can play as coping mechanisms.
8. Explain the role of attachment in strengthening/weakening the body’s immune system.
9. Explain the treatment model of mindfulness.
10. Identify personality constructs that increase one’s susceptibility to stress and depression.
11. Identify research showing the effects of faith and spirituality on stress and depression.
12. Identify simple assessment tools for depression.
13. Identify the financial costs to society with the increase of stress and depression.
14. Identify the physiology involved in the body’s management of enzymes/neurotransmitters related to stress.
15. List methods and measurements that monitor personal levels of stress.
16. List the effects of depression on cognitive functioning.
D. LEARNING OUTCOMES (General)
   1. The learner will learn effective prevention and management strategies for stress and depression.
   2. The learner will learn the role modern society has in the increased prevalence of stress and depression.
   3. The learner will learn the biological and intrapersonal constructs that result in the development of stress and depression.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   Goal 05 - Hist/Soc/Behav Sci
   1. Employ the methods and data that historians and social and behavioral scientists use to investigate the human condition.
   2. Examine social institutions and processes across a range of historical periods and cultures.
   3. Use and critique alternative explanatory systems or theories.
   4. Develop and communicate alternative explanations or solutions for contemporary social issues.

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted