



# Exchange programme Vrije Universiteit Amsterdam

Vrije Universiteit Amsterdam - Exchange programme Vrije Universiteit Amsterdam - 2024-2025

## Exchange

Vrije Universiteit Amsterdam offers many English-taught courses in a variety of subjects, ranging from arts & culture and social sciences, neurosciences and computer science, to economics and business administration.

The International Office is responsible for course approval and course registration for exchange students. For details about course registration, requirements, credits, semesters and so on, please [visit the exchange programmes webpages](#).

# Stress and Health

|                     |  |
|---------------------|--|
| Course Code         | P_BSTRHEA                                |
| Credits             | 6  |
| Period              | P4                                       |
| Course Level        | 300                                      |
| Language Of Tuition | English                                  |
| Faculty             | Faculty of Behavioural and Movement Sc.  |
| Course Coordinator  | prof. dr. J.C.N. de Geus                 |
| Examiner            | prof. dr. J.C.N. de Geus                 |
| Teaching Staff      | dr. A. Stefani, prof. dr. J.C.N. de Geus |
| Teaching method(s)  | Lecture, Practical                       |

## Course Objective

Knowledge of recent insights into the relation between psychosocial factors and disease risk and an understanding of the underlying physiological mechanisms.

## Course Content

Overview of epidemiological studies which examine psychosocial factors and personality as risk factors for disease. The underlying physiological mechanisms will be discussed, with particular attention to the cardiovascular system, stress hormonal system and immune system.

Students will use Ecological Momentary Assessment data from wearables and/or through a smartphone app to obtain weekly data on their stress(physiology) as part of the course.

## Additional Information Teaching Methods

Lectures and practical.

## Method of Assessment

Canvas assignments, peer feedback, and a short written report on data collected in the practical.

## Literature

To be announced prior to the start of the course

## Additional Information

The course is taught in English

Allocation to practical groups (N=5) and practical dates/times is done at the start of the course. Typically, each group attends two to three practical sessions.

## Custom Course Registration

Practical groups will be assigned through Canvas.

