1. TEMAT ZAJĘĆ: COPING WITH STRESS AND PSYCHODERMATOLOGICAL AWERENESS

2. Data, miejsce i godziny zajęć

Termin: 02.03, 09.03, 16.03, 23.03. 2027 godz. 9:00-12:45
Liczba spotkań: 4
Proponowane godziny: 4 × 5 godzin dydaktycznych
Sala: CKD, sala do ustalenia po wyborze seminarium

3. Forma zajęć

Stacjonarna

W uzasadnionych przypadkach organizacyjnych dopuszcza się możliwość realizacji zajęć w formie on-line.

4. Profil zajęć

Profil interdyscyplinarny, kompetencje miękkie; seminaria łączące zagadnienia z zakresu:

- psychologii,
- dermatologii,

Zajęcia mają charakter interdyscyplinarny i są skierowane do doktorantów reprezentujących różne dyscypliny nauk biomedycznych.

5. Dyscyplina

Nauki medyczne

6. Koordynator zajęć

Prof. dr hab. n. med. Anna Zalewska-Janowska

7. Jednostka organizacyjna odpowiedzialna za przeprowadzenie zajęć

Zakład Psychodermatologii i Neuroimmunobiologii Skóry

8. Dane kontaktowe jednostki organizacyjnej

Adres: MOLecoLAB – Centrum Badań Molekularnych Chorób Cywilizacyjnych; Łódź, ul. Mazowiecka 5; Budynek A6 (pokój 0.20, 0.21)
Telefon: 508126620
E-mail: anna.zalewska-janowska@umed.lodz.pl

9. Karta przedmiotu-dawniej sylabus zajęć

Course title: COPING WITH STRESS AND PSYCHODERMATOLOGICAL AWERENESS

Course aims: The aim of this course is to provide students with a knowledge of stress physiology and its meaning for daily life, stress coping strategies and the profits connected with the ability to deal with stress effectively. We also would like to gain students' knowledge of burnout syndrome and its effect on work effectiveness. Finally, we wish to sensitize students to idea of psychodermatology and show the links between psychological functioning and condition of the skin and multiple skin diseases.

Types of educational activities and number of hours allocated:

The course is planned as 4 seminar sessions of 5 teaching hours each.

Number of ECTS credits allocated and their structure according to students' forms of learning:

1 ECTS

Prerequisites:

Basig knowledge of human physiology

Learning activities and teaching methods:

The course will employ a combination of the following teaching methods:

- interactive lectures;
- seminar-group discussions;
- multimedia-based learning;
- analysis and critical appraisal of scientific publications;
- student presentations.

Course unit content:

1. Introduction to Stress and Stress Physiology

- Definition and types of stress (acute vs. chronic).
- Biological stress response: HPA axis, cortisol, autonomic nervous system.
- Impact of stress on daily life and health.

2. Coping with Stress – Strategies and Effectiveness

- Problem-focused vs. emotion-focused coping.
- Adaptive vs. maladaptive coping behaviors.
- Techniques: relaxation, mindfulness, cognitive restructuring, time management.
- Benefits of effective stress management.

3. Burnout Syndrome and Work Effectiveness

- Symptoms and stages of burnout.
- Risk factors and occupational stress.
- Burnout vs. depression – similarities and differences.
- Prevention and intervention strategies.

4. Psychodermatology – The Mind-Skin Connection

- Definition and scope of psychodermatology.
- Mechanisms linking psychological stress and skin conditions.
- Common psychodermatological disorders (e.g., psoriasis, eczema, acne, alopecia areata).
- Psychological interventions in dermatological treatment.

5. Integrative Approaches and Practical Applications

- Stress management in daily routines.
- Holistic care: collaboration between dermatologists, psychologists, and psychiatrists.
- Case studies: patient scenarios linking stress, coping, and skin health.
- Self-care practices for maintaining psychological and dermatological well-being.

Course objectives

The course is designed to achieve educational outcomes in three main domains: factual knowledge, practical skills, and attitudes/transferrable generic competencies.

Knowledge

Upon completion of the course, the student knows:

- the definition of stress, the mechanism of its occurrence and potential stress sources
- adaptive stress coping strategies
- the strategies of burnout syndrome prevention
- most common psychodermatological disorders

Skills

Upon completion of the course, the student is able to:

- Identify thoughts, emotions and stress symptoms occurring to him in stressful situation
- Describe and use at least two methods of relaxation
- List the components of burnout syndrome

Attitudes and transferrable (generic) competencies

After the course student should in practice:

- Be able to introduce adaptive stress coping strategies
- Utilize time management and planning strategies in his daily duties
- Identify and develop personal resources useful in stress coping process
- Cooperate in an interdyscyplinary team

Required and recommended learning resources (readings):

Required: All the learning materials will be delivered to the students during the course.

Recommended: Stephen Palmer, *„Coping with stress at University"*, 2006. Sage Publications Inc.

Assessment methods and criteria

Assessment method

Continuous assessment based on active participation in the seminar and completion of a short individual scientific presentation.

Students will be assessed on:

- participation in scientific discussions;
- ability to critically analyse scientific literature;
- quality and scientific accuracy of the final presentation.

Assessment criteria

The student passes the course if:

- the student actively participates in the seminar;
- the student prepares and presents the assigned scientific topic, which will be provided at least one week before the first seminar;
- the student's presentation demonstrates an appropriate use and interpretation of scientific evidence.

Rules for making up absences from classes

Attendance at all scheduled sessions is expected. In the event of an absence for justified reasons, the student is required to contact the course coordinator and complete an agreed make-up activity. The form of the make-up activity will be determined by the course coordinator.

10. Limit liczby uczestników

Minimalna liczba uczestników: 10 osób
Seminarium zostanie uruchomione, jeżeli zapisze się na nie minimum 10 doktorantów.

Maksymalna liczba uczestników: 20 osób.

Ograniczenie liczby uczestników umożliwi aktywną pracę seminaryjną, dyskusję nad publikacjami naukowymi oraz analizę przypadków klinicznych.

11. Czas trwania zajęć seminaryjnych

Łącznie: 20 godzin dydaktycznych

Zajęcia zostaną zrealizowane w formie 4 spotkań po 5 godzin dydaktycznych każde.

Zakładany całkowity wymiar seminarium wynosi 20 godzin, zgodnie z limitem określonym dla zajęć seminaryjnych.