

Psychosocial Risks and Occupational Health

Brief description of course content (according to the programme's verification report)

Descriptors:

Psychosocial risks and factors, occupational psychopathology, psychosocial and occupational intervention.

Contents:

Introduction to psychosocial factors at work and psychosocial risk.

Concept of health. Psychosocial factors, psychosocial risks and their relationship with health in work contexts. Stress and associated disorders. Moral and sexual harassment. Psychopathology and work.

Unemployment and retirement. Fitness and unfitness for work. Simulation. Mental hygiene and work.

Psychosocial occupational intervention at work.

Learning outcomes

- To know what the essential risks which occur in organisations from the psychosocial perspective are.
- To understand the most common terminology, methods and techniques in occupational risk prevention.
- To understand the basic psychosocial processes which unfold in organisations and which may create some kind of occupational risk.

Planned learning activities

Theory Syllabus

Topic 1. Introduction to psychosocial factors at work and psychosocial risk factors.

- The current social context.
- The concept of health.
- Psychosocial factors and psychosocial risks.
- Risk assessment methods.

Topic 2. Stress and associated disorders

- Work stress: Conceptualisation and consequences.
- Work stress and psychopathology.
- Burnout syndrome.
- Secondary traumatic stress and compassion fatigue.

- Addiction to work.

Topic 3. Psychosocial occupational intervention for stress prevention

- Recovery from stress.
- Work-life balance.
- Intervention at the individual level.
- Intervention at the organisational level

Topic 4. Violence at work

- Workplace violence and aggression.
- Moral and psychological harassment at work.
- Sexual harassment at work.

Topic 5. Unemployment and underemployment

- Psychosocial consequences of unemployment and retirement.
- Psychosocial consequences of job insecurity and underemployment.
- Fitness and unfitness for work and simulation.

Topic 6. Mental hygiene and work.

- Labour resources.
- Resilience, hardiness and occupational health.
- Engagement at work.

Practical Syllabus

The practical exercises will be focussed on carrying out a series of workshops, debates and/or tasks related to the use of psychosocial risk assessment instruments, action guidelines, intervention monitoring and prevention campaigns.

The material required to carry out these practical exercises can be downloaded from the Prado 2 web platform.