MODULE TITLE:

Coping strategies for Musculoskeletal Pain at Work place.

RESPONSIBLE FOR THE MODULE:

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POSITION	Associate Professor	
SECTOR	Department of Practical, Physical and Aesthetic Education	
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CO-INSTRUCTORS	T. Thoresen, Assistant professor	

HOURS : 6

LANGUAGE OF TEACHING: GREEK [ ] ENGLISH [X]

AIM OF THE MODULE *(content and acquired skills)*

The aim of this module is to analyze the most frequent used coping strategies to prevent-, reduce- or change perception of musculoskeletal pain. The topic of this module is Stress-Management training; both theoretically and practically (i.e breathing, relaxation and mental imagery techniques).

Finally, the students will learn how to use relaxation and mental training techniques to prevent and/or reduce pain and health problems.

MODULE CONTENTS *(outline – subtitles of the lectures)*

1. What is stress and coping? A presentation of current stress theories (CATS Ursin & Eriksen 2004).
2. What is coping?
3. The psychobiological foundation, allostasis and allostatic load related to stress and disease.
4. What is Stress Management?
5. What is health promotion? The concept of Sense of coherence (SOC)(Antonofsky 1985).
6. Adapted breathing and relaxation exercises in people with musculoskeletal pain
7. Adapted mental training: imagery, inner dialog in people with musculoskeletal pain

TEACHING METHOD *(lectures – labs – practice etc)*

Lectures and practical training

LEARNING OUTCOMES

Upon the completion of this module the student will be able to:

- Recognize stress symptoms and understand the positive and negative psychophysiology of stress and coping
- Understand the connection between brain and body – how positive thinking interact pain, behavioral- and cognitive change
- Know how to train breathing and relaxation exercises to people with musculoskeletal pain
- Understand the concept of Cognitive behavioural training techniques; mental training
- Know how to use imagery and inner dialog to people with musculoskeletal pain
- Assess and observe active and passive/emotional coping patterns in people with musculoskeletal pain
- Know and understand how to train active problem solving in people with musculoskeletal pain
- Conduct combined therapeutic exercise and cognitive coping strategies to reduce pain in people with musculoskeletal pain.

LEARNING OUTCOMES - CONTINUED

Learning Outcomes	*Educational Activities*	*Assessment*	*Students Work Load (hours)*
Recognize stress symptoms and understand the positive and negative psychobiology of stress and coping.	Lectures, slides, practical training, discussion, study at home	Intermediate control tests with written assessment of cognitive appraisal	6
Understand and know how to train breathing and basic mental techniques (i.e relaxation, imagery, inner dialog) to people with musculoskeletal pain	Lectures, practical training, presentation/ practical application from the students, discussion, study at home	Intermediate control tests with written assessment of cognitive appraisal	6
Understand the connection between brain and body – how positive thinking interact pain, behavioral- and cognitive change	Lectures, slides, practical training, discussion, study at home	Intermediate control tests with written assessment of cognitive appraisal	6
Assess and observe active and passive/emotional coping patterns in people with musculoskeletal pain	Lectures, practical training, discussion, study at home	Intermediate control tests with written assessment of cognitive appraisal	6
Design and apply coping strategies and/or stress management training to exercise programs adapted to those special populations for improving quality of life	Presentation and practical application from the students	Intermediate assignments and final exams	6
•		**Total**	**30**

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Richardson, KM. and Rothstein, HR (2008): Effects of Occupational Stress Management Intervention Programs: A Meta-Analysis. Journal Occ Health Psych Vol.13, No.1, 69-93.
2. Eriksson, M and Lindstrøm, B. (2006): Antonovsky's sense of coherence scale and the relation with health: a systematic review. J Epidemiol Community Health 2006;60:376–381.
3. Ursin, H (2009): Cognitive Activation Theory of stress (CATS). Uni Health, University of Bergen Krinkelkroken 1 P.O. Box, N 5020 Bergen Norway.
4. Weinberg, RS. and Gould, D (2015 5th ed): Foundations of Sport and Exercise Psychology. (Chap: 13 Imagery, 14 Self-Confidence. Human Kinetics, Europe.