



Faculty of Arts and Social Sciences  
Psychology

# Syllabus

## Crisis and disaster psychology

**Course Code:**

PSAM03

**Course Title:**

Crisis and disaster psychology  
*Kris- och katastrofpsykologi*

**Credits:**

7.5

**Degree Level:**

Master's level

**Progressive  
Specialisation:**

Second cycle, has only first-cycle course/s as entry requirements (A1N)

**Major Field of Study:**

PSA (Psychology)

### Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2025-09-05, and is valid from the Spring semester 2026 at Karlstad University.

### Prerequisites

A Bachelor degree of at least 180 ECTS credits, with 90 ECTS credits in Psychology, including an independent project of at least 15 ECTS credits at the G2E level, and upper secondary level Swedish 3 and English 6 or Swedish level 3 and English level 2, or equivalent

### Learning Outcomes

Upon completion of the course, students should be able to:

1. give an account of and discuss key theoretical concepts used in disaster studies,
2. explain and reflect critically on how environmental and health-related risks and crises affect individuals, groups, and societies,
3. demonstrate in-depth knowledge of how evidence-based psychological methods can be applied to address today's challenges and achieve the UN's global goals for sustainable development, and
4. explain and discuss what creates vulnerabilities in individuals, groups, and societies, and

provide examples of factors that influence resilience at the individual, group, and societal levels.

### **Content**

The course addresses human reactions before and after crisis and disaster situations. It presents theories, models, and interventions related to the field of crises and disasters. Our reactions occur on cognitive, behavioural, and affective levels. The course examines crises from both an individual and a collective perspective. It also explores various measures that can be taken once a crisis has occurred. Additionally, the concepts of vulnerability and resilience are discussed, along with evidence-based interventions aimed at preventing and mitigating negative consequences. The course also describes how support measures can be provided to strengthen professionals in their roles.

### **Reading List**

See separate document.

### **Examination**

Assessment is based on written and oral, individual and group assignments presented and discussed in seminars.

If students have a decision from Karlstad University entitling them to Targeted Study Support due to a documented disability, the examiner has the right to give such students an adapted examination or to examine them in a different manner.

### **Grades**

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

### **Quality Assurance**

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

### **Course Certificate**

A course certificate will be provided upon request.

### **Additional information**

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.