



Faculty of Arts and Social Sciences
Psychology

Course Reading

The individual, health and work

Valid from 01/19/2026

Course Code: PSG042

Course Title: The individual, health and work

Credits: 30

Degree Level: Undergraduate level

Module 1 - Positive Psychology, 4 credits

Books

Carr, Alan (2022). *Positive psychology : the science of wellbeing and human strenghts* (3 ed.). London: London-Routledge

Scientific articles of approximately 200 pages will be added.

Module 2 - Individual, Work, and Organization I, 8 credits

Reference material

Eklöf, Mats (2022). *Psykosocial arbetsmiljö : begrepp, bedömning och utveckling*. Lund: Studentlitteratur Andra upplagan

Articles, approximately 200 pages.

Module 3 - Prevention and Health, 7 credits

Books

Linton, Steven James, Flink, Ida (2016). *Hälsopsykologi i vården*. Stockholm: Natur & kultur 1. utg.

Book Chapter

Royse, David D., Thyer, Bruce A., Padgett, Deborah (2016) (2016). Kapitel 13 Pragmatic issues. *Program evaluation: an introduction to an evidence-based approach* (6 ed.) Boston,MA: Cengage learning

Articles

Gottfredson, Denise C Cook, Thomas D Gardner, Frances EM Gorman-Smith, Deborah Howe, George W Sandler, Irwin N Zafft, Kathryn M (2015). Standards of evidence for efficacy, effectiveness, and scale-up research in prevention science: Next generation. *Prevention science*, 16 (7), p. 893-926

Web resources

SBU (2010). Program för att förebygga psykisk ohälsa hos barn: En systematisk litteraturöversikt. (Rapport 202). <http://www.sbu.se/>. Rapport kan laddas ner från SBU

Additional literature (articles and course materials) approximately 200 pages as instructed by the course coordinator.

Module 4 - Personality and Differential Psychology, 9 credits

Books

Fahlke, Claudia, Johansson, Per Magnus, Lundh, Lars-Gunnar, Karlsson, Gunnar, Hill, Teci (2007). *Personlighetspsykologi*. Stockholm: Natur och kultur

Larsen, Randy (2024). *Personality psychology domains of knowledge about human nature* (4 ed.). London: Mcgraw-Hill

Module 5 - Self-awareness, Communication, and Professional Competencies, 2 credits

Books

Hwang, Philip, Nilsson, Björn (2014). *Gruppsykologi : för skola, arbetsliv och fritid*. Stockholm: Natur & kultur 1. utg.

Articles and work materials as instructed by the teacher are additional.

Approved by the Faculty Board of Arts and Social Sciences 09/09/2025