Psychobiology of Stress (5 credits; graded pass/fail)

For Transmed and doctoral students of Health Sciences

(contact academy prof Katri Räikkönen, katri.raikkonen@helsinki.fi or docent Eero Kajantie eero.kajantie@thl.fi)

Workshop I: Lecture and Journal Club

Date: 12\textsuperscript{th} Feb 2018, noon to 4pm

Venue: Haartman B115

Lecture topic: Psychobiological basis of stress – focus on hypothalamic-pituitary-adrenocortical axis and autonomic nervous system

Speaker: docent Eero Kajantie, MD, DMedSci, National Institute for Health and Wellbeing

https://tuhat.helsinki.fi/portal/en/persons/eero-kajantie(87290de7-f78a-43ab-80e3-2438a610e463).html

Journal Club I: 2 papers on theoretical frameworks of psychobiology of stress (material placed in www.matskut.helsinki.fi 6\textsuperscript{th} Feb 2018; please upload, please read and discuss during JC I; Write max 300 word summary and bring a paper version to Workshop II JC II)

Workshop II: Lecture and Journal Club

Date: 23\textsuperscript{rd} Feb 2018, noon to 4pm

Venue: Haartman B116

Lecture topic: Stress and inflammation

Speaker: adjunct professor Anthony Zannas, MD, PhD, Max Planck Institute of Psychiatry

http://www.psych.mpg.de/2113509/PM1527_anthony-zannas-awards

Journal Club: material placed in www.matskut.helsinki.fi week before lecture (please upload, please read and discuss during JC II; Write max 300 word summary and bring a paper version to Workshop III JC III)
Workshop III: Lecture and Journal Club

Date: 19th March 2018, noon to 4pm

Venue: Biomedicum 1, meeting room 5-6, 3rd floor
Lecture topic: Prenatal programming of stress
Speaker: professor Rebecca M Reynolds, MD, PhD, University of Edinburgh


Journal Club: material placed in www.matskut.helsinki.fi week before lecture (please upload, please read and discuss during JC III; Write max 300 word summary and bring a paper version to Workshop IV JC IV)

Workshop IV: Lecture and Journal Club

Date: 17th April 2018, noon to 4pm

Venue: Haartman B116
Lecture topic: Stress and health
Speaker: professor Karen A Matthews, PhD, University of Pittsburgh

http://www.wpic.pitt.edu/behavioralmedicine/kampage.html

Journal Club: material placed in www.matskut.helsinki.fi week before lecture (please upload, please read and discuss during JC IV; Write max 300 word summary and bring a paper version to Workshop V JC V)

Workshop V: Lecture and Journal Club

Date: 20th April 2018, noon to 4pm

Venue: Haartman B116 (video lecture)
Lecture topic: How to measure stress?
Speaker: professor Stefan Wust, PhD, University of Regensburg

http://www.uni-regensburg.de/psychology-educational-science-physical-education/psychology-kudielka/staff/wuest/index.html

Journal Club: material placed in www.matskut.helsinki.fi week before lecture (please upload, please read and discuss during JC V)