



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Strumenti per la Gestione di Situazioni Ansiogene

1819-2-H4101D093

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#### Aims

Give the students a basic knowledge of anxiety mechanisms and of some regulations for anxiety management strategies

#### Contents

Physiological and psychological aspect of anxiety; emotion regulation strategies and emotions dysregulation mechanisms

#### Detailed program

What anxiety is. Physiological and psychological aspect of anxiety; more common anxiety eliciting situations, exams anxiety, public speech anxiety; medical situation anxiety, panic attack; anxiety management: relaxation techniques, desensibilization;

emotion regulation strategies and emotions dysregulation mechanisms.

#### Prerequisites

**Teaching form**

Frontal lesson and experiential exercises

**Textbook and teaching resource****Semester****Assessment method**

Pre-post questionnaires

**Office hours**

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