

Practicum Packet–Introduction and Overview

Each student will administer a psychosocial questionnaire packet and take an occupational history of two people, one of whom will be themselves insofar as they have had a paid job. The self-occupational history will be of the most recent paid employment (can be summer/part-time employment). If the student has never had a paid job, then s/he will take an additional history on a 2nd working person.

- Students will obtain informed consent from the participant.
- The questionnaires and occupational history will have no identifying information (i.e., no names or social security numbers, etc).
- The other participant should be a full-time employed worker.
- The information obtained should be about the worker's current job.

Using the materials enclosed in this packet, students will be asked to:

- 1) Score the JCQ, ERI and GHQ.
- 2) The JCQ national means for demands and control for men and women will be provided and students will be asked to map the job strain quadrant location for their 2 subjects re job strain and also to calculate a ratio score (demands/decision latitude) and compare these two different job strain estimates.
- 3) Students will determine whether ERI is present for each subject.
- 4) Using the GHQ, the students will determine the presence/absence of anxiety and depression, etc.
- 5) Use the OSI to obtain information as a basis for a work history.

Students will be challenged to interpret the psychosocial work exposure data in relation to the psychological outcomes, taking into account the possibility that various issues such as denial or over-reporting may limit the inferences that can be made. Students will have an opportunity to take and write up an occupational work history using the OSI as a guideline. Students should strive to identify all the key occupational stressors in the various categories and the significant negatives. This narrative should be succinct (1/2 to 1 page maximum per subject) and complete such that other health professionals and other team members could use it for diagnosis and treatment. It should include information on exposure to job strain, ERI, and mental health status based on the GHQ. Optimally, this history would indicate areas in which workplace modifications might be feasible. (Course instructors will provide an example). This body of information will form part of the basis for their grade for the course.

Practicum Schedule

Session 1: Practicum packets handed out

Session 2: JCQ, ERI reviewed in class (students fill out one questionnaire packet on themselves)

Session 3: Use of OSI and writing work histories reviewed. (Students fill out one questionnaire packet using someone else as a subject)

Session 4 – Students turn in both scored packets with written work histories. This assignment to be part of the course grade.

Session 5 – Feedback on work history assignment. Take home midterm on work history handed out.

Session 6 – Turn in midterm. Practicum activity – BP measurement using ambulatory monitors.

Session 7 – None.

Session 8 – Review midterm.

Session 9 – None

Session 10 – Review for final.