Vithèque
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INITIATION À LA PSYCHOLOGIE : LE STRESS

DIRECTOR
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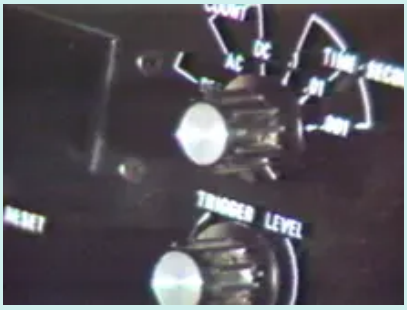
DURATION
54:06

YEAR
1980

ORIGINAL LANGUAGE
French

CATEGORY
Documentary

SERIE
Initiation à la psychologie



DESCRIPTION
This series gives the opportunity to get an overview of contemporary psychology. These 13 one-hour programs each deal with one particular aspect of psychology and together they give an accurate portrait of different techniques, theories and applications of this discipline. Produced in Quebec, this series gives the chance to meet many researchers in the province and discover their subjects and the social preoccupations of our own culture.

Episode #9 - *Le stress* : distinction between stress, anguish and anxiety; the physical and psychological factors of stress; the function of stress in every day life.

IMAGE FORMAT
4:3

SHOOTING FORMAT
3/4" video

KEYWORDS
Theory, Psychology, Stress, Distress, Anxiety

THEMES
Health
Science