



**University of Baghdad**  
**College of Nursing**  
**Undergraduate Curriculum**  
**Health Psychology for Nurses**



1. **Course Title:** Health Psychology for Nurses
2. **Course Number:** HPN410
3. **Credit Hours:** Total of (2) credits :  
Theory (2) credits.
4. **Course Calendar:** Total (14) hours weekly of (15) weeks :  
Theory: (2) hrs.  
**Placement: Fourth years /Second Semester**
5. **Course Description:**

This course emphasizing education as a large part of illness prevention, as many people do not recognize the risk to illness present in their lives or they are unable to implement the knowledge that they have owing to the pressures of their every day existence and explore the effect of disease: there is much to know about how disease affects our mental wellbeing. When illness or accidents be fall a person, their entire lives is affected.

**Course Objective:**

Upon completion of the course, the student shall be able to:

- 1- Identify the behaviors experiences that promote health, lead to illness, influence the effectiveness of health care, and recommend improvements to health policy in their life.
- 2- Help the students recognize person's behaviors and problems; understand certain concepts and terminology related to mental health nursing.
- 3- This course will provide students with basic knowledge and understanding of various concepts of mental process and explain the abnormal behavior with management and adaptation

## **6. Course Outline:**

### **Theoretical Content**

**Part I:** Introduction to Psychology and Health Psychology

**Part II:** Motivation

**Part III:** Emotions

**Part IV:** Frustration and Conflict

**Part V:** Personality

**Part VI:** Stress

**Part VII:** MID-EXAM

**Part VIII:** Relaxation

**Part X:** Self-concept

**Part IX:** Behaviours

**Part XI:** Memory and Forgetting

**Part XII:** Sensory Perception process

**Part XIII:** Language and thought

**Part XVI:** Management of Chronic Illness

EXAM