



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