

Course Description Template

1.Course Name:	
Health psychology for nurses	
2.Course Code:	
HPN409	
3.(Semester-based)	
2024 / 2025 (Semester-based)	
4.description preparation date:5/2/2025	
5.Available Attendance Modes: In-person	
6.Total Study Hours / Total Credits:	
Theory: 2 hours Practical: 0 hours Total Weekly Hours: 2 hours Number of Units: 2 units	
7.Course Coordinator(s) (if more than one, please specify):	
Name: Dr. Ali Ahmed Kazem Taher Email: nur.ali.ahmed@uobabylon.edu.iq	
8-Course Objectives	
<p>I. Cognitive Objectives:</p> <ol style="list-style-type: none"> 1. Understand the concepts, principles, and branches of psychology. 2. Identify and classify human motivation. 3. Understand emotions and their development. 4. Differentiate between frustration and conflict. 5. Discuss personality development theories. 6. Understand cognitive processes such as thinking, memory, learning, and intelligence. 7. Explain human behaviors based on psychological concepts and principles. 8. Appreciate human actions and reactions in daily life. <p>II. Skill-Based Objectives:</p> <ol style="list-style-type: none"> 1. Apply psychological principles and theories in daily practical life. 2. Develop clinical assessment skills and effective care for patients with critical conditions. 3. Apply evidence-based decision-making strategies in the intensive care environment. 4. Utilize modern medical technologies to assess and monitor patients. 	<p style="text-align: center;">Learning Objectives</p>
9.Teaching and Learning Strategies	
<p>Teaching Methods:</p> <ul style="list-style-type: none"> • Lectures: To present basic information and theoretical concepts. 	<p style="text-align: center;">Strategy</p>



				Problem-Based Learning	
13	Psychotherapy	Analyze various psychotherapeutic techniques.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
14	Environmental Effects on Behavior	Understand the impact of the environment and society on behavior.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
15	General Review	Comprehensive review of core concepts and their applications.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Final Exam, Lab activities

11. Course Evaluation:

1st Midterm Exam 10%

2nd Midterm Exam 10%

Assignments and Quizzes 10%

Final Exam 70%

Total 100%

12. Learning and Teaching Resources

Required textbooks	(methodology if any)
Smith, J. D. (2020). <i>Health psychology: A biopsychosocial approach</i> . Cambridge University Press.	Main References (Sources)
Brannon, L., & Feist, J. (2019). <i>Introduction to health psychology</i> (9th ed.). Pearson Education.	
Johnson, A. B. (Ed.). (2018). <i>Psychosocial factors in health and illness</i> . Routledge.	
Johnson, A. B., & Williams, C. D. (2018). Psychological factors in the management of chronic illness. <i>Journal of Health Psychology</i> , 23(4), 321-335. https://doi.org/10.1177/1359105318774012	Recommended supporting books and references



- **Group Discussions:** To enhance critical thinking and active participation among students.
- **Teamwork:** To develop collaboration skills and the practical application of concepts.
- **Brainstorming:** To generate creative ideas and solutions.
- **Problem-based Learning:** To encourage students to solve real-world problems.

Assessment Methods:

- **Written Tests:** To measure theoretical understanding of concepts and terminology.
- **Practical Assessment (Applied Skills):** Through case studies or hands-on activities.
- **Participation in Group Discussions:** To assess interaction level and critical understanding.
- **Brainstorming:** To evaluate the creative input and solution-oriented thinking.
- **Reports:** To assess written communication and research capabilities.
- **Extracurricular Activities:** To evaluate engagement and learning outside the classroom.
- **Quizzes:** To measure quick understanding and recall of key concepts.

**10. Course Structure
First Semester**

Week	Unit/Topic	Learning Outcomes	Duration	Teaching Methods	Assessment
1	Introduction to Psychology	Understand the basic definitions, terminology, history, and goals of psychology.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests. Lab activities
2	Motivation	Grasp the concept of motivation, its classifications, and its importance in human behavior.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
3	Emotion	Analyze the concept of emotion and the impact of the nervous system on feelings.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities



4	Frustration and Conflict	Differentiate between frustration and conflict and understand their management strategies.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
5 & 6	Personality	Understand the concept of personality, its classifications, and methods of measurement.	4 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
7	Attention and Perception	Understand attention and perception and their effect on cognitive processes.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
8	Memory and Learning	Study memory types and their relationship to learning.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
9	Thinking and Problem Solving	Grasp the concept of thinking and problem-solving.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
10	Intelligence	Analyze the concept of intelligence and its various theories.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
11 & 12	Psychological Disorders	Understand psychological disorders, their types, and causes.	4 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming,	Daily tests, Lab activities



				Problem-Based Learning	
13	Psychotherapy	Analyze various psychotherapeutic techniques.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
14	Environmental Effects on Behavior	Understand the impact of the environment and society on behavior.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
15	General Review	Comprehensive review of core concepts and their applications.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Final Exam, Lab activities

Second Semester

Week	Unit/Topic	Learning Outcomes	Duration	Teaching Methods	Assessment
1	Introduction to Psychology	Understand the basic definitions, terminology, history, and goals of psychology.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
2	Motivation	Grasp the concept of motivation, its classifications, and its importance in human behavior.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
3	Emotion	Analyze the concept of emotion and the impact of the nervous system on feelings.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities



4	Frustration and Conflict	Differentiate between frustration and conflict and understand their management strategies.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
5 & 6	Personality	Understand the concept of personality, its classifications, and methods of measurement.	4 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
7	Attention and Perception	Understand attention and perception and their effect on cognitive processes.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
8	Memory and Learning	Study memory types and their relationship to learning.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
9	Thinking and Problem Solving	Grasp the concept of thinking and problem-solving.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
10	Intelligence	Analyze the concept of intelligence and its various theories.	2 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming, Problem-Based Learning	Daily tests, Lab activities
11 & 12	Psychological Disorders	Understand psychological disorders, their types, and causes.	4 hours	Lectures, Group Discussions, Seminar, Clinical Training, Brainstorming,	Daily tests, Lab activities



<p>Baker, R. S. (2020). Coping strategies for dealing with stress. <i>Journal of Psychology and Health</i>, 30(2), 153-164. Retrieved from https://www.jphjournal.com</p>	<p>(scientific journals, reports, etc.)</p>
<p>World Health Organization. (2020, June 15). Mental health and COVID-19. <i>World Health Organization</i>. https://www.who.int/news-room/fact-sheets/detail/mental-health-and-covid-19</p>	<p>Electronic references, websites</p>
<p>American Psychological Association. (2021, July 10). Tips for managing stress during a pandemic. <i>APA.org</i>. https://www.apa.org/stress-pandemic</p>	
<p>Course Improvement Recommendations:</p> <p><i>Updating Course Content:</i></p> <ul style="list-style-type: none"> • Incorporate the latest research and theories in health psychology, including: <ul style="list-style-type: none"> ○ Psychological and social factors in chronic diseases. ○ Psychological impacts of health crises such as the COVID-19 pandemic. ○ Psychological intervention methods in various health conditions. <p><i>Use of Case Studies:</i></p> <ul style="list-style-type: none"> • Integrate real-life case studies that allow students to apply concepts to real-world scenarios. <p><i>Improving Teaching Methods:</i></p> <ul style="list-style-type: none"> • Diversify teaching methods: <ul style="list-style-type: none"> ○ Interactive Lectures: Use interactive methods such as brainstorming sessions and group discussions. ○ Project-Based Learning: Assign students research projects on specific health psychology topics. ○ Hybrid Learning: Combine traditional classroom learning with online activities, such as video lectures or interactive lessons through e-learning platforms. • Utilizing Technology: <ul style="list-style-type: none"> ○ Digital Resources: Integrate educational videos, online lectures, and interactive tools on platforms like Moodle or Blackboard. ○ Practical Applications: Use educational apps or simulations to allow students to test theories in simulated environments. 	

