

Course Description Form 2025-2026

1. Course Name:
health psychology
2. Course Code:
WNR-42-03
3. Semester / Year:
First and Second Semester / 2025-2026
4. Description Preparation Date:
20-9-2025
5. Available Attendance Forms:
Full time
6. Number of Credit Hours (Total) / Number of Units (Total)
Total (30) hours per 15 Week. 2hours per week
7. Course administrator's name (mention all, if more than one name)
Name: Hadeel sahib ali Email: hadeel saheeb@uowa.edu.iq
8. Course Objectives
Course Objectives At the end of this course the students will able to: Recognize basic human needs and age-specific concerns across the lifespan. Apply effective communication techniques tailored to children, adolescents, and elderly individuals. Utilize the nursing process to assess, diagnose, plan, implement, and evaluate health-related problems. Emphasize preventive care strategies to promote health and well-being among children, adolescents, and older adults. Demonstrate cultural sensitivity and ethical awareness when providing care to diverse age groups. Integrate evidence-based practices to enhance the quality of care for pediatric, adolescent, and geriatric populations.
9. Teaching and Learning Strategies
1. Lectures 2. Group Discussion 3. Brain storming.

10. Course Structure					
Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2T	Describe the foundational concepts and scope of health psychology.	introduction of health psychology	-Lectures -Discussion -Brain storming.	Quizzes, students' participation in the lecture,
2	2T	Understand the nature of stress and apply effective stress management techniques..	Stress and stress management	- Lectures -Discussion -Brain storming.	Quizzes, students' participation in the lecture,
3	2T	Recognize and describe different types of human emotions	Learn The human Emotions	- Lectures -Discussion -Brain storming.	Quizzes, students' participation in the lecture,
4	2T	Theoretical Foundations of Memory and Forgetting	Identify memory and forgetting.	-Lectures -Discussion -Brain storming	Quizzes, students' participation in the lecture
5	Mid-term exam. No 1				
6	2T	Understanding Human Motivation.	Identify the Motivations	Lectures -Discussion -Brain storming	Quizzes, students' participation in the lecture,
7	2T	Understand the basic concepts of thinking And learning	Identify thinking and learning	Lectures -Discussion -Brain storming	Quizzes, students' participation in the lecture,
8	2T	Understand the personality	Identify the personality	- Lectures -Discussion -Brain storming	Quizzes, students' participation in the lecture,
9	2T	Understand the Psychology and Attention	Identify Psychology and Attention	- Lectures -Discussion -Brain storming	Quizzes, students' participation in the lecture.
10	Mid-term exam. No 2				
11	2T	Understand Psychology and Perception	Identify Perception And Sensation	Lectures -Discussion -Brain storming	Quizzes, students' participation in the lecture.

11. Course Evaluation

Evaluation: Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports etc

Formative		Summative		Score standard
Evaluation methods	Scores %	Evaluation methods	Scores %	Excellent (90-100) Very Good (80-less than 90) Good (70-less than 80) Fair (60-less than 70) Acceptable (50-less than 60) Fail (less than 50)
Daily Quizzes	5%	First-Mid-term	20%	
Participation	5%	theoretical exam	70%	
	10%		90%	

12. Learning and Teaching Resources

1-Shives, Louise Rebraca; Basic Concepts of Psvchiatric-Mental Health

Nursing,6th Edition

2-Lippincott Williams & Wilkins 2fi)5

3-Sadock, Benjamin James; Sadock, Virginia Alcott: Kaplan & Sadock's S1'nopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, 10th Edition.

4- Lippincott Williams & Wilkins 2007

5-Frank J. Bruno; Psychologi' A Self-Teaching Guide 2002u1-

6-Electronic References, Websites:

- Use the virtual library.
- Use the college website.
- Using the Internet or related websites.
- Use the scientific and academic research portal: Google Scholar

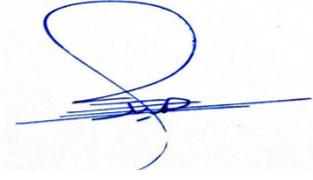
End of program student learning outcomes (EPSLO)	Course Learning outcomes	Show the Link to EPSLO
Knowledge	Upon completing this course, nursing students will be able to:	

EPSLO-1: Demonstrate the highest level of understanding and awareness of the scientific related to the nursing profession	1. Define the field of Health Psychology: Explain the definition, scope, and relevance of Health Psychology to nursing practice.	EPSLO-1 EPSLO-2
	2. Identify the biopsychosocial factors influencing health: Describe the interplay between biological, psychological, and social factors that impact health and illness.	EPSLO-3 EPSLO-4
EPSLO-2: Engage in lifelong learning and self-development to continuously improve nursing practice.	3. Understand the psychological aspects of health and illness: Discuss the psychological factors that contribute to the development, maintenance, and management of various health conditions.	EPSLO-1 EPSLO-3 EPSLO-9
	4. Recognize the role of stress and coping in health: Explain the impact of stress on physical and mental health, and describe various coping strategies and their effectiveness.	EPSLO-4 EPSLO-6 EPSLO-9
	5. Describe the psychological aspects of pain management: Discuss the complex nature of pain, including the psychological factors that influence pain perception and management.	EPSLO-5 EPSLO-7 EPSLO-9
EPSLO-3: Integrate pathophysiological and psychosocial knowledge to design advanced, individualized care plans for patients with complex and multi-system health needs.”	6. Understand the psychological factors influencing health behaviours: Explain the cognitive, emotional, and social factors that influence health behaviours, such as adherence to treatment regimens and lifestyle changes.	EPSLO-2 EPSLO-3 EPSLO-10
	EPSLO-4 Utilize evidence-based research and advanced	

<p>clinical judgment to improve patient care strategies and achieve the best clinical and psychosocial outcomes for individuals with complex health conditions.</p>		
<p><u>Skills</u></p> <p>EPSLO-5: Apply evidence-based knowledge and technology in the provision of safe and effective nursing care.</p> <p>EPSLO-6: Demonstrate quantitative reasoning and apply relevant scientific principles in the practice of nursing.</p>	<p>1. Identify major theories and models relevant to health psychology (e.g., Health Belief Model, Trans theoretical Model, Social Support Theory).</p>	<p>EPSLO-1 EPSLO-2</p>
	<p>2. Define psychological factors that influence health outcomes, including chronic illness, pain perception, and adherence to treatment regimens.</p>	<p>EPSLO-3 EPSLO-4</p>
	<p>3. Explain how psychological factors influence the onset, progression, and management of common chronic illnesses (e.g., diabetes, cardiovascular disease, cancer)</p>	<p>EPSLO-3 EPSLO-5 EPSLO-7</p>
	<p>4. Interpret the role of nurse-patient communication in promoting psychological well-being and health behavior change.</p>	<p>EPSLO-9 EPSLO-10</p>

<p>EPSLO-7: Demonstrate clinical competence in providing therapeutic nursing care across the lifespan.</p>	<p>5. Summarize the impact of stress and emotional states on immune function and recovery.</p>	<p>EPSLO-4 EPSLO-6 EPSLO-9</p>
<p>EPSLO-8: Perform nursing procedures and clinical interventions accurately and safely in accordance with established standards.</p>		

<p><u>Values</u></p> <p>EPSLO-8: Demonstrate respect for patient diversity, cultural values, and individual beliefs when providing nursing care.</p> <p>EPSLO-9: Exhibit a professional attitude of integrity, accountability, and empathy by embracing holistic, patient-centred care.</p> <p>EPSLO-10: Demonstrate effective communication and collaboration skills in the role of the nurse when interacting with patient and members of the interdisciplinary and inter-professional healthcare team.</p>	<p>1. Quality and Safety Education for Nurses (QSEN): Patient-Centered Care, Safety, Teamwork.</p> <p>2. ANA Scope and Standards of Practice: Standard 8: Health Promotion and Maintenance.</p> <p>3. The Nightingale Pledge & Florence Nightingale's Legacy: Emphasis on compassion, environment, and holistic care.</p>	<p>EPSLO-5 EPSLO-7 EPSLO-8 EPSLO-10</p> <p>EPSLO-1 EPSLO-2 EPSLO-3 EPSLO-4</p> <p>EPSLO-8 EPSLO-9 EPSLO-10</p>
---	---	---



استاذ المادة:م.د هديل صاحب علي