



Course Syllabus

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|----|---|---|
| 1 | Course title | Women's Mental Health |
| 2 | Course number | 4101708 |
| 3 | Credit hours | 3 credit hours |
| | Contact hours (theory, practical) | Sundays 4-7 pm |
| 4 | Prerequisites/corequisites | 0703739- Women, Gender, and Health |
| 5 | Program title | Master of Science in Women's Health |
| 6 | Program code | - |
| 7 | Awarding institution | University of Jordan |
| 8 | School | Public health Institute/ School of Medicine |
| 9 | Department | Community and Preventative Medicine |
| 10 | Course level | Masters |
| 11 | Year of study and semester (s) | Fall 2025 |
| 12 | Other department (s) involved in teaching the course | |
| 13 | Main teaching language | English |
| 14 | Delivery method | <input type="checkbox"/> Face to face learning <input checked="" type="checkbox"/> Blended <input type="checkbox"/> Fully online |
| 15 | Online platforms(s) | <input checked="" type="checkbox"/> Moodle <input checked="" type="checkbox"/> Microsoft Teams <input type="checkbox"/> Skype <input type="checkbox"/> Zoom <input type="checkbox"/> Others..... |
| 16 | Issuing/Revision Date | Sep 28, 2025 |

17 Course Coordinator:

Name: Dr. Rawan AlHeresh

Office hours: Mondays from 1-2 pm and Wednesdays from 8:30 to 10:00 am. Meetings are by appointment only using this link: https://calendly.com/dr_rawan_alheresh/office_hours_2025 You can meet in person or via Zoom.

Office number: Faculty of Rehabilitation Sciences, Office number 526

Email: r.alheresh@ju.edu.jo



19 Course Description:

Students enrolled in this course will survey mental health issues relevant to women, including risks and protective factors, high prevalent disorders and diagnostic and therapeutic issues tailored for women. Drawing on research and theoretical frameworks from the fields of psychology, sociology and anthropology, this course makes a special emphasis on the mental health issues that result of specific to women and describes empirically supported preventions and treatment programs for promoting the mental health and well-being of women across life span.

20 Course aims and outcomes:

A- Aims: By the end of this course, students will understand the biological, social and cultural factors of women's mental health. Students will be able to identify key mental health issues across the women's life span, in addition to the most common mental health disorders, focusing on maternal mental health, mood disorders, gender-based violence, and evidence-based medicine to assess, prevent, and treat them.

B- Students Learning Outcomes (SLOs):

Upon successful completion of this course, students will be able to:

| PLOs SLos of the course | PLO (1) | PLO (2) | PLO (3) | PLO (4) | PLO (5) |
|--|---------|---------|---------|---------|---------|
| 1. Understand the biological, social, and cultural factors that influence women's mental health | X | | | | |
| 2. Identify key mental health issues affecting women across the lifespan, including adolescence, adulthood, and older age. | X | X | | | |
| 3. Understand assessment of women mental health and quality of life in public health research in the Arab region | X | X | | X | |
| 4. Critically appraise research literature relating to the public health of women's mental health | X | X | X | X | |
| 5. Develop intervention and policy strategies to improve women's mental health | X | X | X | X | X |

Program learning outcomes:

1. Demonstrate understanding of the socio-cultural, political and ethical issues surrounding women's health issues across life span.
2. Utilize evidence-based practice and current research to plan and evaluate interventions and programs that address health concerns for women.
3. Evaluate strategies to promote population health, including the policies and programs that address health concerns for women.



4. Select audience-appropriate, cultural compatible communication strategies and tools to advocate women's health issues and advance women's health.
5. Apply principles of leadership, policy development, budgeting, and program management in planning, implementation and evaluation of health programs for women's health.

21. Topic Outline and Schedule:

| Week number | Date | Topic | Assigned readings and coursework (Before class on Sunday) |
|-------------|-------------|---|--|
| Week 1 | October 5 | Introduction to course | |
| Week 2 | October 12 | Introduction To Women's Mental Health | |
| Week 3 | October 19 | Women's Mental Health Across the Lifespan: Adolescents | |
| Week 3 | October 26 | Women's Mental Health Across the Lifespan: Adulthood and Reproductive Events | |
| Week 5 | November 2 | Women's Mental Health Across the Lifespan: Older Age | |
| Week 6 | November 9 | Psychometric Measurement of Women's Mental Health and Quality of Life in the Arab World | |
| Week 7 | November 16 | Mood And Anxiety Disorders Among Women | |
| Week 8 | November 23 | Depression And Postpartum Disorders Among Women | |
| Week 9 | November 30 | Midterm Exam | |
| Week 10 | December 7 | Gender-Based Violence and Trauma- Dr. Hania Obaid Guest Speaker | |
| Week 11 | December 14 | Eating Disorders among Women – Dima Kilani Guest Speaker | |
| Week 12 | December 21 | Women, Work, and Mental Health | |
| Week 13 | December 28 | Policy, Advocacy, and Women's Mental Health in Jordan | |
| Week 14 | January 4 | Course Revision | |
| Week 15 | January 11 | Policy presentations | |
| Week 16 | | Final Exam | |



22 Evaluation Methods:

Opportunities to demonstrate achievement of the SLOs are provided through the following assessment methods and requirements:

| Evaluation Activity | Mark | Topic(s) | SLOs | Period (Week) | Platform |
|------------------------------------|------|---|------|---------------------------------|----------------------|
| Midterm Exam | 30% | Material covered in class from week 2 to week 8 | 1-5 | 7 or 8 | In person |
| Online Discussions and reflections | 20% | 4 Discussions online | 1-5 | Week 3, week 6, week 9, week 12 | In person and online |
| Final Paper and Policy Brief | 40% | Options in assignment | 1-5 | Week 16 | In person |
| Participation in class | 10% | - | 1-5 | Weekly | In person and online |

23 Course Requirements

(e.g: students should have a computer, internet connection, webcam, account on a specific software/platform...etc):

24 Course Policies:

A- Attendance policies:

B- Absences from exams and submitting assignments on time:

C- Health and safety procedures:

D- Honesty policy regarding cheating, plagiarism, misbehavior:

E- Grading policy:

F- Available university services that support achievement in the course:



25 References:

A- Required books:

1. Kendall-Tackett, K.A., & Ruglass, L.M. (Eds.). (2017). Women's Mental Health Across the Lifespan: Challenges, Vulnerabilities, and Strengths (1st ed.). Routledge. <https://doi.org/10.4324/9781315641928>
2. B. L. Levin, M. A. Becker (eds.), A Public Health Perspective of Women's Mental Health, DOI 10.1007/978-1-4419-1526-9_1, © Springer Science + Business Media LLC 2010
3. Research articles posted weekly on Moodle

B- Recommended books, materials, and media:

Will be distributed as needed throughout the semester

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| Name of Course Coordinator: -Rawan AlHeresh -----Signature: -----R.A----- Date: ----Oct 5 2025--- --- |
| Head of Curriculum Committee/Department: ----- Signature: ----- --- |
| Head of Department: ----- Signature: ----- - |
| Head of Curriculum Committee/Faculty: ----- Signature: ----- - |
| Dean: ----- Signature: ----- |