



## Course Syllabus

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](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

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