

**Contents of psychiatric and mental health  
nursing(Theory)**

**Topics**

- 1. Mental health and mental illness**
- 2. Neurological system.**
- 3. Signs and symptoms**
- 4. Communication**
- 5. General principles of psychiatry**
- 6. Defense mechanism**
- 7. Self-awareness**
- 8. Counseling**
- 9. Drug addiction**
- 10. Stress management**
- 11. Child psychiatry**
- 12. Crisis intervention**

**Contents of psychiatric and mental health  
nursing(practical)**

Topics

- 1- Therapeutic nurse-patient relationship
- 2- Psychotic features (delusions & hallucination)
- 3- Schizophrenia
- 4- Depressive disorders
- 5- Bipolar anxiety disorder
- 6- Anxiety disorders

## 7- Epilepsy

Treatment modalities

8- Antipsychotic drugs

9- Antidepressant drugs

10- Mood stabilizers

11- Antianxiety drugs

12- Antiepileptic drugs

13- Restraints

14- ECT

15- Individual psychotherapy

16- Group psychotherapy

17- Family therapy

18- Psychiatric emergencies (suicide)

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