

SENIOR ADVISOR MATERNAL MENTAL HEALTH



Gihan ELNahas

IAWMH Vice President



Professional Summary:

Collaborative leader with a rich academic, clinical and managerial experience. Dedicated to establishing partnerships and networking to promote engagement and empower the association's culture. Skilled with strength in building and maintaining relationships,

Skills:

Leadership
Effective Communication
Problem-solving abilities
Reliability and resilience
Team Collaboration

It's time to drive the change while staying mindful to the challenge



Gihan ELNahas, MD

Affiliation

Prof of Psychiatry, Senior Advisor Consultation-Liaison Psychiatry Unit and Women Mental Health Program. Neuropsychiatry Department, Ain Shams Medical School. Cairo-Egypt
President Elect of International Assoc Women Mental Health
Representative of Regional grp Middle East North Africa of Int. Marce Society Perinatal Mental Health

Experience with IAWMH

-Secretary of IAWMH from 2023-2025
Member of IAWMH Executive Committee, 2023 to current date.
Member of Educational Committee since 2020 to current date.
Member of IAWMH since 2014.
Member of Organizing Committee of 10th World Conference IAWMH, Bangalore-India, 2025
- Chief editor and course coordinator of the accredited online course: Psychotropic Medications in Pregnancy and Lactation.
-Convener, 1st IAWMH Regional Conference WMH Middle East North Africa. Egypt
-Convener of 1st Middle East North Africa Marce Regional Group Perinatal Mental H.2025
-Member of Scientific Program Committee for the 9thWorld Congress on Women's Mental Health on 6-9 November 2022 in Maastricht, The Netherlands
-Co-chair Workshop: Psychotropic Medications in Pregnancy at 9thWorld Congress on Women's Mental Health, Maastricht, The Netherlands 2022
Presented at Symposium: Women's Mental Health and COVID-19: How COVID-19 Affected Women's Mental Health.
The Developing Countries Experience Transcultural Aspects at 9thWorld Congress on Women's Mental Health, Maastricht, The Netherlands 2022.
-Session Chair of oral presentations during the 9th World Congress on Women's Mental Health, Maastricht, The Netherlands 2022.
-Speaker at IAWMH online webinars during COVID-19 lockdown, 2020.
-Reviewer for the journal, "Archives of Women's Mental Health."

Career summary

Education

Graduated with honour as a Bachelor of Medicine and Surgery in 1988 from Ain Shams Medical School, I fulfilled my residency in The Neuropsychiatry Department, granted a Master's degree in Neuropsychiatry in 1992. Thereafter appointed as faculty at the same Department. I achieved my **Professorship in 2007** and was appointed to this position till present. I hold a Diploma of Mental Health Practices, a joint certificate Ain Shams Medical School and UMDS London (1996). I also accomplished the Global Tobacco control certificate Program in 2012 from Johns Hopkins Bloomberg School of Public Health.

Work history: Since 2015, I head the Women's mental health and Tobacco control and cessation programs. Appointed as **Head of Consultation Liaison Psychiatry Unit in 2020**. Earlier, I worked with the **World Health Organisation-Eastern Mediterranean** and WR offices as Technical Officer in the Division Health Protection and Promotion (2006-2007). In recognition of my outstanding performance in WHO, I was appointed **Director of the Regional office on Tobacco control, Branch of International Union Against TB and Lung Disease-Paris** (The Union) in the Middle East to supervise the Bloomberg Global Initiative Grants program in the region (2007-2015).

International Consultanship: I was also appointed part time International Faculty on Project Management at the International Management and Development Program IMDP.

National Consultanship: Earlier in my career I spearheaded two major national programs one under the patronage of the Ministry of Health, as Consultant to the Health Minister and Director of Hotline Service for Addiction Prevention and Treatment (2000-2002); the other was a project directed by the UN office on Drugs and Crime where I was appointed Executive Manager of the National Program for the Primary Prevention of Drug abuse in Egypt (1999-2000).

Teaching Areas/Courses and Mentorship:

Postgraduate courses Feminine psychology, Perinatal Mental Health, Women's Mental Health, Perinatal Psychopharmacology. IAWMH online course on perinatal psychopharmacology.

Languages: Proficient command of English, Arabic is my native language, and an elementary command of French.

Senior advisor maternal mental health

Biography:

I received my Professorship in 2007, currently I am Senior Prof of Psychiatry and Head of the Consultation-Liaison Psychiatry Unit (till Jan 2025), and Women Mental Health Program-WMH (since 2015) and Senior WMH Advisor to the Safe Women Advocacy National Service.

In 2014, I spearheaded the official inauguration of the WMH program aiming to institutionalize and enhance the clinical service, research, educational and health care to women particularly mothers. Since then, WMH has become well-integrated in all postgraduate education curricula and a fundamental component of competence appraisal, skill assessment and accreditation of certified psychiatrists. In my role as Advisor of the National Medical Internship Program in Psychiatry, I directed that maternal mental health care practice be incorporated within core competencies of mental health practice of interns to be qualified. The program was officially endorsed and implemented by the Ministry of Higher Education, 2024.

I achieved success in bringing WMH to the attention of key clinical disciplines. Currently, Perinatal Mental Health is a key session in multidisciplinary conferences of the Ob-Gyn. I am an invited key speaker to Ob-Gyn Dept Annual Int'l Conference and the Foundation of Ob, Reproductive Health and Gyn Surg. Egypt.

As Advisor to Safe Women Advocacy National Service, we provide mental health multidisciplinary service to survivors of all forms of gendered violence across the nation.

Considering public mental health a priority area of service, I lead the promotion and dissemination of the **5As approach to tobacco control and cessation** in diverse clinical settings. In this respect, as Head of both the WMH and Tobacco control programs, I inaugurated the **Perinatal Smoking cessation clinic to be first of its kind consultation-liaison service** helping mothers-to-be and women of reproductive potential to control their smoking habit.

I initiated the first regional group for the MENA at the Marcé Society for Perinatal MH in 2021 to help bring to light this underrepresented region. Still emerging, but with Marcé leads and members we are promoting and expanding it.

<https://marcesociety.com/regional-groups/emerging-regional-groups/>

From 2007-2015, I was The Regional Director of the Middle East Office Branch of The International Union Against Tuberculosis and Lung Diseases to supervise the grants projects supported by the Bloomberg Global Initiative on Tobacco Control in the region. I then moved on to serve as *International Faculty in Project Management for Public Health Programs*, I worked with several governmental institutes, civil societies, country offices and international bodies like WHO, Ministries of Health Kenya, Brazil, Rwanda, Kyrgyzstan, Guam to provide consultation and technical assistance on their national health programs provided through renowned International initiatives such as **Vital Strategies**, **CDC Improving Public Health Management for Action (IMPACT)** and **Resolve to Save Lives-Program Management for Epidemic Preparedness (PMEP)**. Link to one of my Int'l courses:

[First-ever public health management course in Kyrgyzstan focused on performance-based project management | The Union](#)

Authorship Research, publications and reviews:

I possess a rich academic and clinical background with a strong focus on women's mental health, particularly within the context of Egyptian society. My research interests span a range of topics, including the impact of technology and online gaming on mental health, the prevalence of psychiatric morbidity in perinatal women, and the societal attitudes towards smoke-free policies in Egypt just as examples of several other research domains.

My work is characterized by a deep understanding of the cultural nuances that influence mental health in Egypt and the region, demonstrating a comprehensive approach to understanding and addressing priority mental health issues.

My international publications vividly reflect my 25 years profound experience with WMH issues spanning across national, to regional and international levels. Looking into my co-authored publication on Women's mental health and lessons learnt from the COVID-19 pandemic reflects my spanning experience. My interest in spotlighting risky issues in WMH is reflected in my co-authored article on Perinatal Psychoactive Substances Use: A Rising Perinatal Mental Health Concern.

I am **Chief editor and Coordinator** of the first online educational course of the **IAWMH on Psychopharmacology in Pregnancy and Lactation**, granted 15 CME hours accredited by the AMERICAN ASSOCIATION of CONTINUING MEDICAL EDUCATION (AACME) committee of Review and Recognition. 2022-2025.

Editor of **Book Chapter on Eating Disorders** in: **GLOBAL MENTAL HEALTH IN AFRICA: TOWARDS INCLUSIVITY, INNOVATIONS AND OPPORTUNITIES**. (in press: Cambridge Scholars Publishing Ltd)

I serve as **Senior Collaborator at the GBD Network- Institute for Health Metrics and Evaluation | University of Washington**.

Conferences and meetings:

- In my candid belief in embracing and adorning national and regional work on WMH, I spearheaded the convening of the First Regional Conference of the IAWMH in Middle East North Africa Jun 2024.
- Speaker at the 21st World Congress of Psychiatry:
 - The National Response to COVID-19 in Africa and Middle East with respect to its impact on Women.
 - Rational Psychopharmacology in the Perinatal Period.
- Speaker at the 22nd World Congress of Psychiatry:
 - Pre-congress workshop: Treatment in Pregnancy.
 - Maternal distress and its adverse consequences the developing offspring.
- Key facilitator of the annual Regional Psychiatry Master Class online educational course- 30 CME hours accredited by American Association of Continuing Medical Education.
- Chair of CME Committee for the Annual International Conference of Psychiatry- Neuropsychiatry Dept-Ain Shams Med. School for the past 10 years.

Senior advisor maternal mental health

Membership:

- Egyptian Psychiatric Assoc. since 1993.
- IAWMH since 2014
- Int'l Marcé Soc. Perinatal Mental Health, 2020. Focal Rep of its Regional MENA grp.
- Project Management Institute since 2013
- American Psychiatric Assoc. since 2014
- WPA-WMH Section 2024
- International Fellow of American Psychiatric Association, 2025

Reviewer:

- Archives Women Mental Health Journal-Springer Nature (*current*)
- Bipolar Disorders Journal-Wiley (*current*)
- Frontiers Psychiatry
- MDPI Journals EJIHPE and IJERPH
- The Egyptian Journal of Neurology, Psychiatry and Neurosurgery-Springer Nature. (*current*)
- Bloomberg Global Initiative Tobacco Control grants program 2009-2013.
- World Lung Conference of The Union to evaluate and recommend submitted abstracts 2008-2015
- The International Journal of Tuberculosis and Lung Disease at The Union 2013-2015

Awards and Honors:

- Award of Honor on Doctor's Day by **Medical Syndicate in Egypt** for my leadership role in establishing and supervising the first State Hotline Service on Prevention and treatment of Drug abuse which is in service for 25 years now. **2000**.
- Letter of appreciation and recognition by **Dr Margret Chan Director General of WHO** on my leadership role in the successful grants program of the Bloomberg Global Initiative Regional Office of EMRO. **2007**.
- **Lebanese health authorities** for my professional contribution in passing Lebanon first comprehensive national legislation on Tobacco control by the Lebanese Parliament, Beirut- **2011**.
- Appreciation and recognition by **Conference Advisors** of the Institute of Psychiatry on my role in convening the first joint Regional conference of WMH coordinated partnership IAWMH and Neuropsychiatry Dept, **2024**
- Awarded International Fellowship of American Psychiatric Association Jan 2025.
- Recognized as Senior Collaborator GBD at Institute of Health Metrics and Evaluation.

