

Professor Mona Hassan Abdelaal Ibrahim
Professor of Psychiatric & Mental Health Nursing
Vice Dean of Community Service & Enterprise
Faculty of Nursing, The British University in Egypt

Academic Impact

30+ years of academic experience.

- **24+** peer-reviewed publications.
- **Contributed to the successful completion of 60 Master's and PhD theses, including the supervision of 48 theses and the examination of 12 theses.**
- **2** international promotion committees.
- **Former Head of Department.**
- **Vice Dean** at The British University in Egypt.
- **Extensive leadership** in quality assurance, curriculum development, and community engagement.



Date Of Birth: 25/6/1969

Marital Status: Married

Nationality: Egyptian

Address For Communication:

Mobile: 01127018025

Residence: Behind El Ahly Club – Nasr City – Cairo - Egypt

Emails:

- Mona.Hassan@Bue.Edu.Eg
- dr.Mona.Hassan@Nursing.asu.edu.eg

Academic & Professional Profiles

- <https://orcid.org/0009-0006-9811-4533>
- <https://scholar.google.com/citations?user=b0JZJfkAAAAJ&hl=ar>
- <https://www.linkedin.com/in/mona-hassan-009944209/>
- <https://buescholar.bue.edu.eg/cgi/myaccount.cgi?context=>
- <https://independent.academia.edu/MonaHassanAbdelaal>
- <https://www.asu.edu.eg/staffPortal/ar/e-portal/staff/Myprofile>
- https://www.researchgate.net/profile/Mona-Hassan?ev=hdr_xprf

Educational Qualifications

A. Professional Qualifications:

Title / Rank	Faculty / Department & Institution	Period / Year
Vice Dean of Community Service & Enterprise	Faculty of Nursing, The British University in Egypt	2025 - Present
Full Professor	Faculty of Nursing, The British University in Egypt	2018 - Present
Professor & Head of Dept.	Psychiatric Mental Health Nursing, The British University in Egypt (BUE)	2017 – 2025
Associate Professor	Faculty of Nursing, Ain Shams University	2012 - 2018
Lecturer	Faculty of Nursing, Ain Shams University	2004 - 2012
Assistant Lecturer	Faculty of Nursing, Ain Shams University	1999 - 2004
Demonstrator / TA	Faculty of Nursing, Ain Shams University	1993 - 1999

Professional Profile:

Professor of Psychiatric and Mental Health Nursing with more than 30 years of distinguished academic, clinical, research, and leadership experience in higher education. Currently serving as Vice Dean of Community Service & Enterprise at the Faculty of Nursing, The British University in Egypt. Extensive expertise in undergraduate and postgraduate teaching, curriculum development, quality assurance and accreditation, postgraduate supervision, research leadership, and community engagement. Proven record of academic leadership through serving as Head of Department, supervising Master's and Doctoral theses, publishing in national and international peer-reviewed journals, participating in institutional development, and leading multidisciplinary community outreach initiatives.

Committed to excellence in nursing education, evidence-based practice, mental health promotion, and preparing future nursing professionals through innovation, research, and collaborative partnerships. Committed to translating evidence-based mental health knowledge into accessible public education that empowers individuals, families, and communities.

CAREER HIGHLIGHTS

- ❖ Professor of Psychiatric and Mental Health Nursing.
- ❖ Vice Dean of Community Service & Enterprise, Faculty of Nursing, The British University in Egypt.
- ❖ More than 30 years of academic, clinical, research, and leadership experience.
- ❖ Former Head of the Department of Psychiatric and Mental Health Nursing.
- ❖ Extensive experience in undergraduate and postgraduate nursing education.
- ❖ Supervised 48 Master's and Doctoral theses successfully completed.
- ❖ Published numerous peer-reviewed scientific papers in national and international journals.
- ❖ External Reviewer and Promotion Committee Member for academic promotions and postgraduate theses.
- ❖ Experienced in curriculum development, academic quality assurance, accreditation, and programme evaluation.

- ❖ Module Leader for undergraduate nursing programmes and coordinator of academic activities.
- ❖ Led multidisciplinary community outreach programmes, health awareness campaigns, and medical convoys.
- ❖ Active contributor to research innovation, nursing education development, and public mental health awareness through professional digital platforms.

RESEARCH INTERESTS

- ❖ Psychiatric and Mental Health Nursing
- ❖ Community Mental Health
- ❖ Nursing Education and Curriculum Development
- ❖ Psychological Well-being and Mental Health Promotion
- ❖ Cognitive Behavioral Therapy (CBT)
- ❖ Stress, Burnout and Resilience
- ❖ Substance Use Disorders and Addiction
- ❖ Child and Adolescent Mental Health
- ❖ Psychoeducation and Family Mental Health
- ❖ Communication and Therapeutic Relationships
- ❖ Quality Assurance and Accreditation in Higher Education
- ❖ Community Engagement and Public Health Awareness

PROFESSIONAL STRENGTHS

- ❖ Academic Leadership
- ❖ Higher Education Management
- ❖ Curriculum Development
- ❖ Postgraduate Supervision
- ❖ Research Leadership
- ❖ Evidence-Based Nursing Practice
- ❖ Quality Assurance and Accreditation
- ❖ Community Service and Social Responsibility
- ❖ Strategic Planning
- ❖ Healthcare Education Innovation
- ❖ Interdisciplinary Collaboration
- ❖ Student Mentorship and Academic Advising

ACADEMIC EXPERIENCE

Faculty of Nursing – The British University in Egypt (BUE)

Community Service & Outreach Coordinator / Faculty Member | 2025 – 2026

- ❖ Strategic Event Leadership: Spearheaded and co-organized 10 comprehensive medical and community outreach convoys across multiple Egyptian governorates (including Menoufia, Cairo, Giza, Port Said, Suez, and Damietta), delivering integrated healthcare services to 1,300+ underserved beneficiaries.
- ❖ Institutional & Global Alignment: Aligned community engagement initiatives with QS Sustainability Rankings and UN SDGs (3, 4, and 10), significantly enhancing the university's sustainability impact profile.
- ❖ Cross-Departmental Coordination: Facilitated multi-disciplinary academic collaboration across 7 scientific departments and supervised competency-based field training for student nurse cohorts.
- ❖ Partnership & MOU Management: Coordinated and managed key strategic institutional partnerships with prominent organizations, including the Magdi Yacoub Heart Foundation, Rotary, Ahl Masr, and the British Council.
- ❖ Educational & Digital Outreach: Orchestrated 7 rounds of certified First Aid and CPR workshops training 183 learners and expanded public health awareness digitally by launching educational campaigns that achieved 12,800+ views across 30 videos.

Public Education, Community Outreach and Digital Health Awareness

Digital Educational Platforms

- YouTube Channel – Mental Health Education
 - <http://www.youtube.com/@monahassanabdelal-jj4sx>
 - TikTok – Public Mental Health Awareness
<https://vt.tiktok.com/ZSCbqPwGj/>
- ❖ Leads community-based mental health awareness initiatives through public lectures, health campaigns, medical convoys, and educational seminars.
 - ❖ Develops and delivers evidence-based educational content to increase public awareness of mental health, psychological well-being, addiction prevention, healthy lifestyles, and disease prevention.
 - ❖ Established professional digital platforms dedicated to mental health education, providing reliable health information to the public through YouTube and social media.
 - ❖ Designed and coordinated community engagement activities in collaboration with schools, healthcare institutions, governmental organizations, and civil society partners.
 - ❖ Organized and supervised health awareness campaigns addressing mental health, substance use disorders, stress management, and psychological resilience.
 - ❖ Contributed to the implementation of community service initiatives aligned with the University's strategic objectives and the Sustainable Development Goals (SDGs).
 - ❖ Coordinated Basic Life Support (BLS) educational initiatives and community training activities to enhance emergency preparedness and public health awareness.
 - ❖ Led multidisciplinary medical convoys delivering health education, nursing consultations, and preventive healthcare services to underserved communities
-

Faculty of Nursing – Helwan University

Visiting Professor / Faculty Member (Master Courses) | 2012 – 2017

- ❖ Admissions & Psychometric Screening: Co-developed a specialized psychometric scale utilized to screen and monitor psychological disorders during the personal interview process for incoming students (Academic Year 2012–2013).
- ❖ Institutional Selection: Conducted structured admission panels and personal interviews for new applicants over a five-year period (2012–2017).
- ❖ Course Architecture: Designed the course specifications and grading rubrics for the *Human Relations and Group Dynamics* module (Academic Year 2014/2015).

Technical & Military Educational Institutions

Adjunct Faculty & External Examiner | 2005 – 2015

- ❖ Technical Institute (Affiliated to Faculty of Nursing, Ain Shams University): Drafted course specifications, delivered lectures, and managed the final written/oral examination process for second-year students (2014/2015).
- ❖ Faculty of Nursing – Port Said University: Instructed third-year students in *Psychiatric Nursing*, managed grading, and administered final examinations (2007/2008).
- ❖ Technical Institute of Nursing at Armed Forces: Taught *Psychiatric Medicine and Nursing* courses to second-year students, designing both written and oral final evaluations (2006/2007).
- ❖ Embaba Health Technical Institute (Ministry of Health and Population): Instructed first-year students in *Mental Health Nursing*, served as an external oral examiner (2005/2006), and delivered the specialized *Nursing the Elderly* course for second-year students.
- ❖ Police Health Technical Institute: Delivered psychiatric nursing curricula and prepared comprehensive final examinations for second-year cohorts (2005–2006).

Faculty of Nursing – Ain Shams University

Positions Held Across Undergraduate & Postgraduate Programs | 2004 – 2017

Postgraduate Education (Doctorate & Master Courses)

- ❖ Curriculum & Course Design: Developed comprehensive course specifications, reports, and blueprints for specific and general nursing modules within *Psychiatric/Mental Health Nursing Seminars*.
- ❖ Specialized Module Development: Authored original course specifications for advanced postgraduate electives, including *Patients' Rights* and *Ethics of Scientific Research*.
- ❖ Advanced Instruction: Delivered advanced lectures and facilitated seminars for Master and PhD students on specialized modules, including *Research and Psychological Problems in Egypt* and *Psychological Problems of Adolescents*.
- ❖ Academic Assessment: Chaired and participated in oral examination committees, designed written assessments, and managed the grading process for postgraduate courses and Quality Diploma tracks.
- ❖ Interpersonal Dynamics Training: Taught and evaluated the *Human Relations and Group Dynamics* module (2014–2017), focusing on advanced communication, teamwork, and clinical leadership.

Undergraduate Education (Fourth-Year Students)

- ❖ Curriculum Enhancement: Contributed to the continuous design, implementation, and refinement of the *Psychiatric and Mental Health Nursing* curriculum to align with modern clinical standards.
- ❖ Textbook Co-Authorship: Collaborated in writing and compiling the official departmental *Psychiatric and Mental Health Nursing* textbook.
- ❖ Clinical Training Supervision: Led the clinical field training and hands-on practice for undergraduate students at specialized psychiatric hospitals (2004–2017), effectively bridging academic theory with real-world clinical application.
- ❖ Strategic Academic Planning: Formulated and executed targeted academic improvement plans based on course evaluations to enhance student learning outcomes.
- ❖ Psychology Instruction: Delivered engaging lectures in *Developmental Psychology* and structured final examinations for third-year students (2008–2010).

Institutional & Student Service (Ain Shams University)

- ❖ Student Mental Health Support Counselor (2015 – 2017): Provided dedicated psychiatric and psychological counseling, crisis intervention, and academic stress management for undergraduate student cohorts.
- ❖ Organizing Committee Member, Annual Student Conferences (*Academic Years 2015/2016 & 2016/2017*): Coordinated logistics, scheduling, abstract review panels, and student engagement for the faculty's flagship annual research events.
- ❖ Organizing Committee Member, Graduation Ceremony (*November 2016*): Participated in the strategic planning, protocol execution, and management of the official faculty graduation commencement.
- ❖ Annual Cultural Festival Program Chair/Contributor (*April 2016*): Actively contributed to and facilitated milestone programs during the festival organized by the *Community Service and Environment Development Sector, including*:
- ❖ Curated the specialized scientific exhibition titled "*Work Leaflets for Critical Thinking*".
- ❖ Facilitated and participated in high-impact educational seminars including "*The Secret of Success*", "*How to Prevent Breast Cancer*", and "*The Impact of Mobile Phones on the Environment and Health*".

Community Outreach & Public Health Initiatives (Ain Shams University)

- **Active Deployments & Medical Convoys:**
 - ❖ Clinical Contributor, *12th Multidisciplinary Faculty of Pharmacy & Medical Campaign (August – September 2016)*: Delivered healthcare services and community health awareness.
 - ❖ Campaign Coordinator & Educator, *Medical Convoy: "Awareness Campaign: Interested in Your Life... The Most Important Health Fortune"* (October 2015): Honored with a Certificate of Appreciation for exceptional field dedication and public health delivery.
- **Public Health Campaigns & Charity Initiatives:**
 - ❖ Lead Organizer, *World Diabetes Day Campaign* at the Faculty of Nursing (November 2015):

- ❖ Engineered public health screening setups and awareness tracks.
- ❖ Organizing Committee Member, *Faculty Charity Exhibitions (March 2014 & October 2014)*: Spearheaded planning and logistics for student support exhibitions.

PUBLICATIONS & BOOK AUTHORSHIP

Book Translations

- ❖ **The Harvard Medical School Guide to Achieving Optimal Memory** – Translated into Arabic, published by a recognized publishing house.

Departmental Textbooks

- ❖ Psychiatric/Mental Health Nursing Departmental Textbook (Co-author)
- ❖ Human Relations and Group Dynamics Textbook (Author/Compiler)

Clinical Training Manuals & Applied Psychological Programs

- **Oncology & Chronic Care Support:**
 - ❖ Psychological Support Programs for Children with Leukemia and their Families: A Guide for Nurses.
 - ❖ Smoking Cessation Protocols for Lung Cancer Patients.
- **Geriatric & Psychiatric Intervention:**
 - ❖ Improving Sleep Quality through Nutrition for Elderly Women.
 - ❖ Caregiver Intervention Programs for Relapse Prevention in Schizophrenia Patients.
 - ❖ Motivational Interviewing Strategies for Substance Use Disorders.
- **Professional Wellbeing & Coping Mechanisms:**
 - ❖ Emotional Intelligence Training Manual for Reducing Nurse Burnout.
 - ❖ Coping Strategies and Psychological Adaptation for Adolescents.
 - ❖ Psychological and Physical Health Adaptation Programs for Menopausal Women.
 - ❖ Psychological Support Protocols for Couples Undergoing In Vitro Fertilization (IVF).

PROFESSIONAL AFFILIATIONS & EDITORIAL ROLES

- ❖ **Member**, Egyptian Psychologists' Association (NARM) | (January 2019 – Present)
- ❖ **Peer Reviewer**, International Healthcare Journal (IHCJ) – Faculty of Nursing, Ain Shams University
- ❖ **Peer Reviewer**, MAT Journals (Medical/Nursing academic publications)

Academic Quality Assurance & Leadership Roles

- ❖ **Institutional Accreditation Liaison:** Core management coordinator for the successful institutional accreditation of the Faculty of Nursing at Ain Shams University via NAQAAE (2017-2022).
- ❖ **International Academic Jurist:** Appointed external peer reviewer and academic promotion panelist for international institutions including Philadelphia University and El-Balqaa University (Jordan).

QUALITY ASSURANCE & ACADEMIC DEVELOPMENT

Institutional Quality & Accreditation Committees

- ❖ **Member / Coordinator**, Working Group for Institutional Accreditation Files.
- ❖ **Master's Program Coordinator**, Department of Psychiatric & Mental Health Nursing.
- ❖ **Coordinator**, Academic Program Committee | **Member**, Internal Audit Committee (2012 – 2016).
- ❖ **Member**, Graduate Standard Committee & Graduate Simulation Control Commission (2016).
- ❖ **Internal Auditor**, Joint Master's Program Audit (Psychiatric Nursing & Pediatric Nursing Departments).

Curriculum Design & Course Specifications (QA Compliance)

- ❖ **Postgraduate & Doctoral Level:** Authored and audited course specifications, reports, and matrices for PhD and Master's modules, including Patients' Rights, Ethics of Scientific Research, Psychological Problems of Adolescents, and Psychophysiology.
- ❖ **Undergraduate & Technical Level:** Formulated quality-compliant course specifications for core Psychiatric Nursing modules across the Faculty of Nursing and the Technical Institute of Nursing.
- ❖ **Diploma Programs:** Developed curricula and administered evaluations for the Quality

Diploma courses (2015 – 2017).

Academic Advising & Student Conferences

- ❖ **Research Mentorship:** Supervised award-winning undergraduate research; secured **2nd Place** at the 3rd International Expatriate Student Conference (2014) for student research on ECT Perceptions and mentored top papers at the 7th Student Conference (2016).
- ❖ **Postgraduate Orientation:** Coordinated and organized comprehensive orientation programs and academic advising workshops for credit-hour postgraduate students (2012).

PROFESSIONAL TRAINING & WORKSHOPS (SELECTED)

Strategic Planning & Curriculum Modernization

- ❖ **Strategic & Operational Planning:** Upgraded Faculty Strategic and Operational Plans (Quality Assurance & Accreditation Center, ASU, 2014).
- ❖ **Digital Transformation:** Completed specialized training in converting traditional nursing courses into Electronic Curricula (2013).
- ❖ **Intellectual Property & Innovation:** Participated in the International Collaboration, Technology Transfer & Innovation summit (ASU in collaboration with the European Business & Innovation Centre Network).

Assessment & Educational Evaluation

- Advanced training in **Assessment & Examination Systems** including:
 - ❖ Formative and Summative Evaluation in Nursing Education.
 - ❖ Automated Grading Systems (MCQ Machine Correction & Evaluation Metrics).
 - ❖ Student Assessment in light of the Egyptian Code of Good Practices.

PROFESSIONAL MEMBERSHIPS

- ❖ **Member**, Association of Nursing Colleges Graduates (Joined 2007)
- ❖ **Member**, Egyptian Society for Quality (Joined 2005)

Faculty & University Committees

- ❖ **Member**, Faculty Council (2018–present)
- ❖ **Member**, Department Council (2018–present)
- ❖ **Head**, Postgraduate Exam Office (2024–2025)
- ❖ **Head**, Undergraduate Exam Office (2022–2024)
- ❖ **Member**, University Senate Council (2018–2019)
- ❖ **Member**, Academic Misconduct Committee
- ❖ **Member**, Faculty Teaching and Learning Committee (FTLC) (2018–present)
- ❖ **Member**, Staff-Student Liaison Committee (SSLC) (2018–present)
- ❖ **Member**, Research Ethics Committee
- ❖ **Member**, Health Promotion Committee
- ❖ **Member**, Students' Complaints Committee
- ❖ **Member**, Elective Courses Committee (2018–present)
- ❖ **Member**, Dissertation Committee (2018–present)
- ❖ **Member**, Exam Board (2018–present)
- ❖ **Member**, Examination Committee (2018–present)
- ❖ **Member**, VIVA Committee
- ❖ **Member**, Preparatory Year Professional Practice Oral Presentation Committee
- ❖ **Member**, Newcomers' Interviews (2018–present)
- ❖ **Faculty Library Coordinator**
- ❖ **Personal Academic Tutor**
- ❖ **Member**, Library Committee (2014–2015)
- ❖ **Member**, Graduate Studies Committee (2013–2014)
- ❖ **Postgraduate Exam Officer** (2007–2017)
- ❖ **Member**, Committee on Education and Student Affairs (2008–2017)
- ❖ **Member**, Cultural Committee (2007–2013)
- ❖ **Member**, Devices and Laboratories Committee (2004–2006)

Student Support & Engagement, Student Activities & Supervision

- **Conference Organizer & Research Supervisor,**
- ❖ The 3rd International Expatriate Student Conference, Faculty of Nursing, Ain Shams University (April 2014)
 - Theme: "The Role of a University Student in Scientific Research: Significance and Application."
 - Supervised Student Research: "Concepts and Satisfaction of Psychiatric Patients Toward Electroconvulsive Therapy."
- ❖ **Panel Member,** New Students' Admission Interviews, Faculty of Nursing (Academic Year 2013–2014)
- ❖ **Co-Developer & Panel Member,** Student Psychometric Assessment, Faculty of Nursing (Academic Year 2012–2013)
 - Co-prepared a customized psychometric scale to screen for psychological disorders among new applicants during admission interviews.
- ❖ **Panel Member,** New Students' Admission Interviews, Faculty of Nursing (Academic Year 2012–2013)

Professional Recognition & Institutional Service

- ❖ **Certificate of Appreciation for Institutional Accreditation,** Faculty of Nursing, Ain Shams University (2017)
 - Recognized for outstanding efforts and contributions to the faculty's successful re-accreditation for the cycle (2017–2022).
- ❖ **Letter of Appreciation for Conference Organization,** The 8th Student Congress & 5th International Students Conference, Faculty of Nursing, Ain Shams University (April 2017)
 - Recognized for active participation in organizing the congress themed: "Effect of University Life on Students' Creativity."
- ❖ **Certificate of Appreciation for Workshop Participation,** Education Development Center (EDC), Faculty of Nursing, Ain Shams University (December 2016)
 - Recognized for active participation in the workshop: "How to Use the Egyptian Knowledge Bank (EKB) for Obtaining Scientific References."
- ❖ **Certificate of Appreciation for Research Supervision,** The 7th Student Conference & 4th International Students Conference, Faculty of Nursing, Ain Shams University (April 2016)
 - Awarded for actively supervising two student research papers:
 - Assessment of Depressive Symptoms Among Psychiatric Patients.
 - Effect of Stress on Physical and Psychological Wellbeing.
- ❖ **Oral/Poster Presenter Recognition,** The 1st International Nursing Conference, Faculty of Nursing, Beni-Suef University (April 2016)
 - Awarded for presenting the research paper entitled: "Self-Concept and Coping Pattern Among Infertile Women."
- ❖ **Guest Speaker & Seminar Leader,** Technical Institute of Nursing, Ain Shams University (May 2015)
 - Delivered an awareness seminar entitled: "Awareness of the Dangers of Addiction and its Impact on Health."
- ❖ **Panel Member,** New Students' Admission Interviews, Faculty of Nursing (Academic Year 2014–2015)

Awards & Research Honors

- ❖ **Second Prize for Best Research,** Faculty of Nursing (2016)
 - Awarded for the research paper entitled: *"Relationship Between Stress and Working Memory Among Academic Students."*

Academic & Institutional Service

- ❖ **Award for Scientific Day Coordination,** Faculty of Nursing, The British University in Egypt (BUE) (October 2019)
 - Recognized for the outstanding role in coordinating and organizing the scientific day entitled: *"Concepts and Behavior Associated with Substance Use Disorders."*

- ❖ **Organizing Committee Member**, Newcomers' Student Welcoming Ceremony (Academic Year 2016–2017)

Management of Special Units

Director, Students' Services Center

Faculty of Nursing, Ain Shams University (March 2016–Present)

Key Responsibilities & Achievements:

- ❖ Oversaw the administrative and operational management of the center, driving student engagement and support initiatives.
- ❖ Coordinated, planned, and organized comprehensive series of multi-disciplinary educational seminars and awareness campaigns targeting nursing students and institute staff.
- ❖ Facilitated student development programs focusing on mental health, soft skills, and academic research methodologies.

Managed & Coordinated Seminars (2016–2017)

#	Seminar Title	Date	Target / Focus
1	Research Methodology	20/ 2/2017	Academic Development
2	Transmitted Diseases from Animals to Humans and Methods of Protection	6/12/2016	Public Health Awareness
3	Reinforcement of Self-Esteem	13/11/2016	Psychological Support
4	Sleep Disorders and Nutrition Problems	24/10/2016	Student Wellbeing
5	Emotional Intelligence for Technical Nursing Institute	11/10/2016	Professional & Soft Skills
6	Soft Skills	24/ 8/2016	Career Development
7	Choosing a Life Partner	13/ 4/2016	Social & Personal Development
8	Principles of Programming	06/ 4/2016	Interdisciplinary Skills
9	Healthy Food and Healthy Nutrition	06/ 4/2016	Health Promotion
10	Positive Reinforcement	29/03/2016	Behavioral Psychology
11	Depression and Call for Optimism	21/03/2016	Mental Health Awareness

I-SCIENTIFIC RESEARCH & PUBLICATIONS

#	Research Title	Journal / Publication Details
1	Correlation Between Overthinking and Procrastination Behavior Among Nurses	Evidence-Based Nursing Research, 2026, Vol. 8, No. 3, pp. 11–23. https://doi.org/10.47104/ebnrojs3.v8i3.446
2	Analysis of Compassion Fatigue Among Psychiatric Nurses and Its Effect on Spiritual and Competent Care	Journal of Psychiatric and Mental Health Nursing, 2025, 0:1–12. https://doi.org/10.1111/jpm.13174
3	Exploring Cryotherapy as a Therapeutic Approach for Stress–Induced Tension Headaches in College Students	New Visions in Medicine and Medical Science, 2024, Vol. 8. [Published Book Chapter]
4	Tension-Type Headache, Its Relation to Stress, and How to Relieve It by Cryotherapy Among Academic Students	Middle East Current Psychiatry, 2020, Vol. 27, No. 1, p. 20.

<u>5</u>	Effectiveness of Communication Skills Training Program on Empathetic Skill and Communication Self-Efficacy of Pediatric Oncology Nurses	IOSR Journal of Nursing and Health Science (IOSR-JNHS), 2018, Vol. 7, Issue 2, Ver. 1, pp. 75–81. e-ISSN: 2320–1959, p-ISSN: 2320–1940
<u>6</u>	Relationship Between Locus of Control and Suicide Attitude Among Adolescents Committing Suicide Attempt	IOSR Journal of Nursing and Health Science (IOSR-JNHS), 2018, Vol. 7, Issue 2, Ver. 1, pp. 86–99. e-ISSN: 2320–1959, p-ISSN: 2320–1940
<u>7</u>	Factors Correlated with Relapse Among Substance Abuse Patients	Egyptian Journal of Health Care (EJHC), 2018, Vol. 9, No. 1. ISSN: 1687-9546
<u>8</u>	Workplace Spirituality as Perceived by Nurse Managers and Its Relationship with Leadership Practices	Assiut Scientific Nursing Journal, 2017, Vol. 5, No. 11.
<u>9</u>	Nutrition Role in the Management of Psychiatric Disorders	Egyptian Journal of Health Care (EJHC), 2016, Vol. 7, No. 4. ISSN: 1687-9546 (Also indexed in alternative volumes)
<u>10</u>	Self-Concept and Coping Pattern Among Infertile Women	Egyptian Journal of Health Care (EJHC), 2016, Vol. 6, No. 2. ISSN: 1687-9546
<u>11</u>	Therapeutic Role of Psychiatric Mental Health Nursing in Psychological Therapies: A Quantitative and Qualitative Study	International Journal of Advanced Research, 2015, Vol. 3, Issue 6, pp. 859–879.
<u>12</u>	Self-Management Strategies to Control Auditory Hallucinations Among Patients with Schizophrenia	International Journal of Current Research, 2015, Vol. 7, Issue 05, pp. 16147–16156.
<u>13</u>	Training Program for Nursing Staff About Psychological Support Techniques for Children with Leukemia and Their Families	Egyptian Journal of Health Care (EJHC), 2014, Vol. 5, No. 3. ISSN: 1687-9546
<u>14</u>	Sleep Pattern and Work Performance Among Internship Nursing Students	Journal of Childhood Studies, 2013, Issue 59, Vol. 16, p. 21.
<u>15</u>	Problems of Children with Type 1 Diabetes and Their Caregivers' Burdens	Journal of Childhood Studies, 2011, Issue 52, Vol. 14.
<u>16</u>	Psychosocial Profile of Institutionalized Children	Journal of Childhood Studies, 2011, Issue 52, Vol. 14, p. 25.
<u>17</u>	Improving Coping Patterns for Parents Caring for Children with Autism	Egyptian Journal of Health Care (EJHC), 2011, Vol. 2, No. 1.
<u>18</u>	Assertiveness Behavior Among Nurses Working in Critical Care Units	Scientific Journal of Al-Azhar Medical Faculty (Girls), 2011, Vol. 32, No. 1, pp. 171–185. ISSN: 1110-2381
<u>19</u>	Interpersonal Communication Pattern As Perceived By Nursing Students in Their Clinical Training	Current Psychiatry, 2009, Vol. 16, No. 2.
<u>20</u>	Predictors of Health-Related Quality of Life for Patients with Chronic Hepatitis C Virus	Scientific Journal of Al-Azhar Medical Faculty (Girls), 2008, Vol. 29, No. 2. ISSN: 1110-2381
<u>21</u>	Counseling Intervention for Caregivers of Patients with Alzheimer	The Egyptian Journal of Medical Sciences, 2007, Vol. 28, No. 1, pp. 307–321. ISSN: 1110–0540
<u>22</u>	The Effect of Stress Management	The Egyptian Journal of Medical Sciences, 2006, Vol.

	Techniques on Controlling Stressors Among Patients with Chronic Renal Failure	27, No. 2, pp. 779–793. ISSN: 1110–0540
23	Smoking Cessation Program for Lung Cancer Patients	Egyptian Journal of Health Care (EJHC).
24	Relation Between Expressed Emotion and Burden Among Family Caregivers of Patients with Dementia	Port Said Scientific Journal of Nursing.

#	Presentation / Paper Title	Conference Details
25	Effect of Awareness Program on Psychological Problems and Coping Strategies Among Women Undergoing Menopausal Symptoms	The 12th International Scientific Nursing Conference (2015). Theme: Integration of Scientific Research, Education and Evidence-Based Practice in Nursing.
26	The Relationship Between Emotional Intelligence and Quality of Life Among University Teachers	The 6th International Scientific Nursing Conference (2014), Faculty of Nursing, Helwan University, Egypt. Theme: Advances in Nursing Profession: Education & Practice.
27	Effect of Nutrition Awareness on Sleep Quality Among Elderly Women	The 6th International Scientific Nursing Conference (2014), Faculty of Nursing, Helwan University, Egypt. Theme: Advances in Nursing Profession: Education & Practice.

Research Publications from Supervised Postgraduate Theses

(Master & PhD Research Activities – Organized under The British University in Egypt)

No.	Research Title	Journal / Publication Details
1	Relationship Between Ego Resilience, Perceived Stress and Life Satisfaction Among University Students	<i>Journal of Nursing Science - Benha University (JNSBU)</i> , 2022 , Vol. 3 , No. 2 , p. 1053 . ISSN: 2682–3934
2	Dissociative Disorder and Its Relation to Stress Among Adolescents	<i>Journal of Nursing Science - Benha University (JNSBU)</i> , 2022 , Vol. 3 , No. 1 , pp. 148–200 . ISSN: 2682–3934
3	Students' Awareness About Psychosocial Problems Associated with Cyber Bullying	<i>Journal of Nursing Science - Benha University (JNSBU)</i> , Vol. 3 , p. 618 . ISSN: 2682–3934
4	Effect of Motivational Interviewing Training Program on Compliance Among Patients with Substance Use Disorders	<i>Journal of Nursing Science - Benha University (JNSBU)</i> , 2022 , Vol. 3 , No. 1 , p. 595 . ISSN: 2682–3934
5	Effect of Emotional Intelligence Training Program on Burnout Among Psychiatric Mental Health Nurses	<i>Journal of Nursing Science - Benha University (JNSBU)</i> , 2022 , Vol. 3 , No. 1 , p. 855 . ISSN: 2682–3934
6	Effect of Family Caregiver Expressed Emotion Control Program on Relapse Among Patients with Schizophrenia	<i>Journal of Nursing Science - Benha University (JNSBU)</i> . ISSN: 2682–3934

POSTGRADUATE THESES SUPERVISION

1. Supervised Doctorate Theses

#	Candidate's Name	Thesis / Dissertation Title	Approval Year	Status
1	Hala Medhat	Integrating Neuro-Architecture in Designing Spaces: The Case of the Disabled	2024	Approved
2	Salwa Samy Sayed Ahmed	Effect of Emotional Intelligence Training Program on Burnout Among Psychiatric Mental Health Nurses	2021	Approved
3	Hager Essam Ahmed	Effect of Family Caregiver Expressed Emotion Control Program on Relapse Among Patients with Schizophrenia	2021	Approved
4	Eman Mohamed Mohamed Eldghar	Effect of Motivational Interviewing Training Program on Compliance Among Patients with Substance Use Disorders	2021	Approved
5	Gehan Shaban Abd Elgelel	Educational Program for Improving Coping Strategies Among Couples Undergoing In Vitro Fertilization	2020	Approved
6	Selwan Mahmoud Ibrahim	Effect of Emotional Freedom Technique on Psychological Symptoms and Craving Among Patients with Substance Related Disorders	2020	Approved
7	Abeer Mohammed Elshahat Ali	Awareness Program About Recommended Dietary Requirements for Psychiatric Patients	2016	Approved
8	Samah Gaber Hassan	Smoking Cessation Program on Lung Cancer Patients	2015	Approved
9	Wafaa Mohsen Ahmed Elkadi	Training Program for Nurses Toward Psychological Support for Children with Leukemia and Their Families	2015	Approved
10	Sahar Abd El-Mohsen Mosa Eisa	Intervention Program to Cope with Psychological Problems Associated with Menstruation Among Female Adolescents	2013	Approved
11	Marwa Abd El-Fattah Elsalamoni	The Effect of Psychosocial Counseling Sessions on Family Caregivers Living with Patients Having Dementia	2012	Approved

2. Supervised Master Theses

(Master & Doctoral Dissertations Successfully Defended & Approved)

#	Candidate's Name	Thesis / Dissertation Title	Approval Year	Status
12	Mahmoud Hassanain	Relationship Between Ego Resilience, Perceived Stress and Life Satisfaction Among University Students	2023	Approved
13	Nora Faisal Yussef Mohamed	Relationship Between Internet Social Media Addiction and Communication Patterns Among Adolescents	2023	Approved
14	Ali Rezk Elkhateeb	Students' Awareness About Psychosocial Problems Associated with Cyber Bullying	2021	Approved
15	Eman Ahmed	Dissociative Disorders and Its Relation to	2021	Approved

	Shalaby El Khaiat	Stress Among Adolescents		
16	Eman Mohamed Eldghar	Physical and Psychological Pain Among Patients with Second Degree Burn	2018	Approved
17	Nora Abdel Hakeem Omar	Behavioral and Emotional Problems Among Institutionalized Orphans Children	2018	Approved
18	Heba Adly Galal Osman	Occupational Therapy for In-Patients with Chronic Schizophrenia	2018	Approved
19	Zeinab Mohamed Abd Elhamed	Nosocomial Infection Control Measures in Psychiatric and Mental Health Hospital	2018	Approved
20	Fatma Adel Ahmed Ahmed	Academic Stressors and Coping Patterns Among Nursing Students	2018	Approved
21	Mohammed Taha	Stressors Associated with Psychiatric Clinical Experience Among Technical Institute Students	2018	Approved
22	Marwa Saied Abdel Aziz Othman	Relationship Between Emotional Intelligence and Self-Efficacy Among Nurses in Clinical Practice	2018	Approved
23	Eman Sabry Khalifa Salem	Suicidal Behaviors and Attitudes Among Adolescents	2018	Approved
24	Medhat Rabee Abdo Taha	Psychological Reaction Among Newly Diagnosed Patients with Lung Cancer	2018	Approved
25	Asmaa Ali Hassan	Biopsychosocial Problems Among School-Age Children with Acute Lymphoblastic Leukemia	2018	Approved
26	Karim Farag Mahmoud	Adherence and Nonadherence Toward Antipsychotic Drugs Among Schizophrenic Patients	2018	Approved
27	Elshimaa Atta Hassan	Association Between Psychosocial Factors and Memory Problems Among Elderly	2017	Approved
28	Hager Essam Ahmed	Stigma and Coping Patterns Among Patients Having Leprosy	2017	Approved
29	Fatma Attia Metwally Abdo	Nursing Students' Attitude Toward Patients with Psychotic Disorders	2017	Approved
30	Rasha Mohammed Abd El Fattah	Psychological Problems of Families Caregiver Among Patients with Alzheimer Disease	2017	Approved
31	Marwa Hammed Mohamed Ahmed	Knowledge, Attitude and Experience of Psychiatric Patients Toward Electroconvulsive Therapy	2017	Approved
32	Abeer Ahmed Ahmed	Body Image and Quality of Life After Mastectomy Among Women with Breast Cancer	2017	Approved
33	Hanaa Sayed Ewise	Self-Concept and Coping Pattern Among Infertile Women	2016	Approved
34	Eman Mohammed Mohammed El-Sayed	Expressed Emotions Among Families Having Patient with Drug Addiction	2016	Approved
35	Fatma Al-Zahraa Abdelrafea Ibrahim	Emotional Intelligence and Its Relationship to Academic Performance Among Nursing Students	2016	Approved
36	Mayssa Sayed Ali Okasha	Effect of Shift Work On Physical and Psychological Health of Nursing Staff	2016	Approved
37	Ibrahim Sehsah Abdel Maboud	Assessment of Autism Spectrum Disorder During Early Childhood	2016	Approved
38	Salwa Samy Sayed	The Effect of Emotional Intelligence on	2016	Approved

	Ahmed	Job Involvement Among Nurses in Clinical Practice		
39	Wafaa Ahmed Abuhashem	Assessment of Psychiatric-Mental Health Nurse's Therapeutic Role in Psychological Therapies	2015	Approved
40	Walaa Khaled Mohammad	Sleep Pattern and Work Performance Among Internship Nursing Students	2013	Approved
41	Wafaa Ahmed Saleh	Interpersonal Communication Patterns Among Fourth Year Nursing Students During Psychiatric Mental Health Nursing Training Course	2013	Approved
42	Shaimaa Saied Adam Mohamed	Coping Patterns Among Schizophrenic Patients in Their Daily Life	2012	Approved
43	Enaam Abdelatif	Psychosocial Problems of School Age Children with Stuttering	2009	Approved
44	Zeinab Hassan Hassan	Behavioural and Emotional Problems Among Hospitalized Patients with Substance Dependence	2009	Approved
45	Radwa Mahmoud Hassan	Assessment of Nurse's Conflict in Critical Care Units	2009	Approved
46	Manal Ahmed Salama	Burden and Coping Strategies Among Family Caregivers of Children with Autism	2009	Approved
47	Manal Fathi Hassan	Psychosocial Profile of Institutionalized Children	2009	Approved
48	Samah Mohamed Taha	Patient Satisfaction Toward Electroconvulsive Therapy	2007	Approved

International Academic Evaluations & Promotions

- **External Reviewer & Promotion Committee Member**, Faculty Promotion to the Rank of Full Professor, Al-Balqa Applied University, Jordan (2024)
- **External Reviewer & Promotion Committee Member**, Faculty Promotion to the Rank of Full Professor, Philadelphia University, Jordan (2023)

SUPERVISION OF UNDERGRADUATE STUDENTS' RESEARCH

Date	Research Title	Students' Names
30/04/2014	Concept and Satisfaction of Psychiatric Patients About Electroconvulsive Therapy	Samar Ezzat, Shima Hassan Hassan, Zeinab Emam
28/04/2016	Effect of Stress on Physical and Psychological Wellbeing	Ola Mohammed Hassan, Dina Saad, Zeinab Mahrous, Omnia Ashour, Hasnaa Kamal
28/04/2016	Assessment of Depressive Symptoms Among Psychiatric Patients	Mohamed Sami, Mohammed Ossad, Hoda Mohammed, Nawal Abdel Nazir, Nora Naser
08/2016	Relationship Between Stress and Working Memory Among Academic Students	Ola Mohammed Hassan, Dina Saad, Zeinab Mahrous, Omnia Ashour, Hasnaa Kamal
26/04/2017	Self-Reported Metacognitive Thinking Level Among Nursing Students	Yasmin Mohammed, Hend Moustafa, Marwa Mohammed, Mohammed Ali, Mohammed Mostafa

26/04/2017	Ethical Principles and Values Among University Students	Manal Mamdouh, Walid Mohammed, Israa Khaled, Mey Mohammed, Mostafa Nabil
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Faculty of Nursing the British University in Egypt –Students International Publications

No.	Title	Authors	APA Reference
1	Stigma and Coping Strategies Among Families Having Adolescents with Substance Abuse: Literature Review	Abdullah N. A. O., Mona Hassan Abdelaal	Abdullah, N. A. O., & Abdelaal, M. H. (2025). <i>Stigma and coping strategies among families having adolescents with substance abuse: Literature review. Journal of Counselling and Family Therapy</i> , 7(3), 15–22.
2	Virtual Reality Therapy as an Intervention for Adolescents with Social Phobia and Its Implications for Self-Esteem and Body Image	Fady Eid Saleh, Mona Hassan Abdelaal	Saleh, F. E., & Abdelaal, M. H. (2025). <i>Virtual reality therapy as an intervention for adolescents with social phobia and its implications for self-esteem and body image. International Journal of Interdisciplinary Nursing Science</i> , 1(3), 24–31.
3	Relation Between Childhood Psychological Trauma, Communication Problems, and Social Interaction Among University Students	Abdelrahman O. Mohamed, Mona Hassan Abdelaal	Mohamed, A. O., & Abdelaal, M. H. (2026). <i>Relation between childhood psychological trauma, communication problems, and social interaction among university students. International Journal of Interdisciplinary Nursing Science</i> , 2(1), 32–50.
4	Narrative Synthesis for Family Engagement and Its Role in Enhancing Medication Adherence Among Children with Attention-Deficit/Hyperactivity Disorder	Eman Ahmed Saad, Mona Hassan Abdelaal	Saad, E. A., & Abdelaal, M. H. (2025). <i>Narrative synthesis for family engagement and its role in enhancing medication adherence among children with attention-deficit/hyperactivity disorder. Journal of Neurological, Psychiatric and Mental Health Nursing</i> , 7(3), 43–51.
5	Childhood Attention-Deficit/Hyperactivity Disorder as a Precursor to Bipolar Disorder	Ahmed Elrefai Elgouhari, Mona Hassan Abdelaal	Elgouhari, A. E., & Abdelaal, M. H. (2026). <i>Childhood attention-deficit/hyperactivity disorder as a precursor to bipolar disorder. Journal of Neurological, Psychiatric and Mental Health Nursing</i> , 8(1), 51–67.
6	Impact of Clinical Training Trauma on Psychological Wellbeing and Academic Performance in Nursing Students	Aya Hassan, Mona Hassan Abdelaal	Hassan, A., & Abdelaal, M. H. (2026). <i>Impact of clinical training trauma on psychological wellbeing and academic performance in nursing students. Research & Review: Management of Emergency and Trauma Nursing</i> , 8(2), 1–10. e-ISSN: 2582-0494.

IV. Applied Research Activities at Ain Shams University Summary of Contributions to Research and Applied Projects

**Project: Assessment of Learning Outcomes in Higher Education (AHELO)
Ain Shams University – March 5, 2012**

Role and Responsibilities:

- Participated in the **Assessment of Higher Education Learning Outcomes (AHELO)** project at Ain Shams University.
- Attended project coordination meetings organized by the University Center.
- Introduced the project to students, promoted participation, and coordinated student registration by collecting and submitting participants' information to the university administration.
- Provided on-site support during the project seminar and supervised students throughout the computer-based assessment conducted at the Faculty of Medicine computer laboratories.

Project: Development of an Application Program for Expatriate Students at Ain Shams University to Modify Aggressive Behavior and Enhance Communication Skills

Role and Responsibilities:

- Participated in project planning and coordination meetings to support implementation and monitor progress.
- Contributed to the development and preparation of the project's research instruments and assessment tools.
- Co-authored educational content for a guidebook addressing violence prevention and effective communication among university students.

Membership in Internal and External University Scientific Committees for the Examination of Master's and Doctoral Theses

Date	Degree	Thesis Title	Role
13 Jan 2013	Master's	Assessment of Play Therapy Among Children with Leukemia	External Examiner
17 Sep 2013	Doctorate	Active Listening Training Program for Nursing Students Working with Psychiatric Patients	External Examiner
2013	Doctorate	Awareness Program for Secondary School Students for the Prevention of Substance Dependence	External Examiner
28 Jun 2016	Master's	Assessment of Assertiveness Among Technical Health Institute Students	Internal Examiner
28 Aug 2016	Master's	Expressed Emotion Among Patients with Schizophrenia	Internal Examiner
1 Sep 2016	Master's	Nurses' Knowledge, Practice, and Attitude Toward Caring for Patients with Substance Use Disorders	Internal Examiner
27 May 2017	Master's	Assessment of Stressors Among Nurses Working with Children with Cancer	Internal Examiner
9 Aug 2017	Master's	Burnout and Coping Patterns Among Nurses	Internal Examiner
9 Aug 2017	Master's	Knowledge, Attitude, and Performance of Psychiatric Nurses Toward Aggressive Patients	External Examiner
12 Sep 2021	Master's	Self-Esteem and Its Relation to Personality Traits Among Patients with Schizophrenia	External Examiner
16 Oct 2021	Doctorate	Psychoeducational Intervention Program on Psychosocial Problems of Internet Addiction Among Nursing Students	External Examiner

Professional Development and Continuing Education: Courses, Workshops, Seminars, Conferences, and Scientific Activities

Date	Institution / Organizer	Training Course / Workshop
26–27 Jun 2004	Faculty of Nursing, Ain Shams University	Integrated Services for Patients with Alzheimer's Disease and Their Families
7–9 Dec 2004	Ain Shams University	Scientific Research Methods
18–21 Jun 2005	Ain Shams University	Recent Trends in Teaching
25–28 Jul 2005	Ain Shams University	Effective Presentation Skills
9–10 Jul 2005	Faculty of Nursing, Ain Shams University / Egyptian Society for the Care of Alzheimer's Patients	Critical Care of Patients with Alzheimer's Disease
30 Jun 2005	Faculty of Nursing, Ain Shams University	Introduction to Biostatistics and Basic Concepts
15–16 Feb 2006	Ain Shams University	Effective Meeting Management
21–22 Feb 2006	Ain Shams University	Credit Hour System
15–18 Sep 2006	Ain Shams University	Course Specification
10–12 Oct 2006	Ain Shams University	Research Project Preparation
Sep 2007	ICTP, Ain Shams University	Word Processing Module
Sep 2007	ICTP, Ain Shams University	Spreadsheets Module
Oct 2007	ICTP, Ain Shams University	Database Module
25–27 Dec 2007	Ain Shams University	National and International Competitive Research Projects
26 Feb 2008	Faculty of Nursing, Ain Shams University	The Role of Education and Media in Alzheimer's Disease Awareness
4 May–24 Jul 2008	Social Research Center, The American University in Cairo (AUC)	Research Methods for Guiding Policy and Program Evaluation (Population and Health Applications)
27 Feb 2013	Faculty of Nursing, Ain Shams University	International Networking
17 Apr 2013	Faculty of Nursing, Ain Shams University	Proposal Writing for Postdoctoral Research
2013	Faculty of Nursing, Ain Shams University	Infection Prevention and Hepatitis C Protection (Training of Trainers)
28–30 May 2015	Training and Development Center, Ain Shams University	Time and Meeting Management
9–10 Jun 2015	Training and Development Center, Ain Shams University	Examination Systems and Student Assessment
11–13 Jun 2015	Training and Development Center, Ain Shams University	Organization of Scientific Conferences
2–3 Aug 2015	Training and Development Center, Ain Shams University	National and International Competitive Research Projects
4–5 Aug 2015	Training and Development Center, Ain Shams University	Strategic Planning
21 Oct 2015	Faculty of Nursing, Ain Shams University	Course Specification Writing
15 & 20 Dec 2015	Faculty of Nursing, Ain Shams University	SWOT Analysis and TOWS Matrix for Strategic Planning
15–16 Feb 2016	Quality Assurance and Accreditation Center, Ain Shams University	Strategic Planning: Vision, Mission, Goals and Strategic Objectives
16–17 May 2016	Quality Assurance and Accreditation Center, Ain Shams University	Question Banks and Electronic Assessment Methods
18–19 May 2016	Quality Assurance and Accreditation Center, Ain Shams University	Examination Blueprint Based on Intended Learning Outcomes

8 May 2016	Faculty of Nursing, Ain Shams University / DAAD Kairo Akademie	Understanding the Learning Process
17–20 Jul 2017	Education Development Fund, Aga Khan University & Aga Khan Foundation	Fundamentals of Competency-Based Curriculum Development
18–19 Nov 2017	British University in Egypt / NAQAAE	Strategic Planning for Health Education Institutions
20–22 Nov 2017	British University in Egypt / NAQAAE	Self-Evaluation for Health Education Faculties and Institutes
2–5 Feb 2020	Association of Egyptian Psychologists	Concepts and Theories of Obsessive-Compulsive Disorder
10 Feb 2021	British University in Egypt / DAAD Kairo Akademie	Leading Teams (Online Module)
18 Feb 2021	British University in Egypt / DAAD Kairo Akademie	Leading in Times of Change (Online Module)
September 11, 2023.	2nd Teaching and Learning Symposium 2023 – Students' Voices on the Advent of AI	Attended the 2nd Teaching and Learning Symposium 2023: "Students' Voices on the Advent of AI – A Case Study Based on Two Faculties at BUE",
September 11–12, 2023.	Teaching and Learning Symposium 2023 – Keynotes & Presentations	Attended keynote lectures and academic presentations at the Teaching and Learning Symposium,
January 22, 2024.	Successful Publication Journey in Indexed Journals (Workshop)	Completed the workshop "Successful Publication Journey in Indexed Journals", organized by the Staff Development Committee,
November 18, 2024.	Emotional Intelligence Workshop (6 hours)	Completed a six-hour professional development workshop on Emotional Intelligence,

Workshops, Seminars, and Scientific Meetings

A. Workshops Attended

Date	Workshop Title	Organizer / Venue
20 Nov 2004	Publishing the Concept of Quality and Accreditation	Faculty of Nursing, Ain Shams University (NQAAC & QAAP)
5 Mar 2005	Evidence-Based Practice: Concepts and Applications in Nursing	Faculty of Nursing, Ain Shams University
22–24 Mar 2005	Teaching Workshop	American Diabetes Association
1 Apr 2005	Stress and Coping Strategies of Parents of Critically Ill Children	Faculty of Nursing, Ain Shams University
2–10 Jul 2005	Rules and Methods of Drug Administration	Faculty of Nursing, Ain Shams University
16 Nov 2006	World Diabetes Day	Egypt
25 Jan 2007	Research Ethics	Faculty of Nursing, Ain Shams University
10 Feb 2007	Nursing Profession in Egypt: Challenges, Solutions, and Development of Nursing Education	Faculty of Nursing, Ain Shams University
21 Feb 2007	First Scientific Day of the Medical-Surgical Nursing Department	Faculty of Nursing, Ain Shams University

24 Feb 2007	Developing Scientific Research and Community Service	Faculty of Nursing, Ain Shams University
21 Aug 2007	Occupational Therapy in Mental Health	Institute of Psychiatry, Ain Shams University
11 Dec 2007	Nursing Care for Patients with Alzheimer's Disease	Faculty of Nursing, Ain Shams University
8 Apr 2008	Second Scientific Day of Psychiatric and Mental Health Nursing Department	Faculty of Nursing, Ain Shams University
8–17 Nov 2008	Research Methodology	Faculty of Nursing, Ain Shams University
17 Dec 2008	Third Scientific Day of Psychiatric and Mental Health Nursing Department	Faculty of Nursing, Ain Shams University
24 Dec 2008	Fighting Smoking and Addiction	Faculty of Nursing, Ain Shams University
Feb–Mar 2009	Student–Teacher Communication	Faculty of Nursing, Ain Shams University
14 Apr 2009	Psychological Health of Women	Faculty of Nursing, Ain Shams University
18 May 2009	Academic Achievement and Coping with Examination Anxiety	Faculty of Nursing, Ain Shams University
21–23 Nov 2009	Group Dynamics and the Health Care Process	10th International Nursing Congress, Ain Shams University
13 Dec 2009	Coping with Examination Anxiety	Faculty of Nursing, Ain Shams University
Dec 2012	Anger Management	Faculty of Nursing, Ain Shams University
1 Jan 2013	Change Your Life	Faculty of Nursing, Ain Shams University
28 Mar 2013	Cognitive Behavioral Therapy in Psychosis	Institute of Psychiatry, Ain Shams University
2 Apr 2013	Effective Communication and the Power of Self-Confidence	Faculty of Nursing, Ain Shams University
22 Apr 2013	Building Teamwork	Education Development Center, Ain Shams University
13 May 2014	Tenth International Congress on Mental Health and Fifth Neuropathology	Institute of Psychiatry, Ain Shams University
3 Dec 2013	Medicinal Herbs in the Treatment of Mental Illness	Faculty of Nursing, Ain Shams University
10 Dec 2013	Palliative Care	Faculty of Nursing, Ain Shams University
28 Apr 2014	Surgical Treatment of Diabetes	Faculty of Nursing, Ain Shams University
21 Oct 2015	Writing Course Specifications	Faculty of Nursing, Ain Shams University
15–20 Dec 2015	SWOT Analysis and TOWS Matrix	Quality Assurance Center, Ain Shams University
26 Jan 2016	Academic Standards in Courses and Educational Programs	Quality Assurance Center, Ain Shams University
29 Feb 2016	Awareness of Academic Standards	Faculty of Nursing, Ain Shams University
3 May 2016	Psychodrama Technique	Faculty of Nursing, Ain Shams University
May 2016	Understanding the Learning Process	DAAD Kairo Akademie & Ain Shams University

30 Oct 2016	Sampling in Research	Faculty of Nursing, Ain Shams University
29 Jan 2017	Qualitative Research Design	Faculty of Nursing, Ain Shams University
30 Jan 2017	Quantitative Research Design	Faculty of Nursing, Ain Shams University
1 Mar 2017	Google Scholar	Information Technology Unit, Faculty of Nursing, Ain Shams University

B. Workshops Organized

Date	Workshop	Role
12 May 2015	Awareness of the Dangers of Addiction: <i>Hashish Between Myths and Risks</i>	Organizer
26 May 2015	Credit Hour System	Organizer
18 Apr 2017	Relapse Prevention	Organizer

C. Workshops Presented / Lectures Delivered

Date	Workshop	Presentation
14 Sep 2015	Orientation Program	Delivered a lecture entitled " Positive Thinking "
2016	Critical and Innovative Thinking Workshop	Delivered a lecture entitled " Critical and Innovative Thinking "

Scientific Seminars and Scientific Days

Date	Venue / Organizer	Role	Seminar / Scientific Activity
28–29 Sep 2004	Faculty of Nursing, Ain Shams University, Cairo	Member of the Organizing Committee	World Alzheimer's Day Celebration: <i>No Time to Waste</i>
19 Nov 2008	Faculty of Nursing, Ain Shams University, Cairo	Participant	<i>Maintaining the Enthusiasm to Achieve Goals</i>
29 Jun 2009	Faculty of Nursing, Ain Shams University, Cairo	Participant	<i>Improving Standards for the Design, Implementation, Review, and Publication of Scientific Research</i>
13 Oct 2009	Department of Psychiatric and Mental Health Nursing, Cairo University	Participant	World Mental Health Day
2014	International Collaboration, Technology Transfer and Innovation Center (TICO), Ain Shams University	Participant	<i>Intellectual Property and Intellectual Property Rights</i>
24 Feb 2016	Faculty of Nursing, Ain Shams University, Cairo	Participant	<i>Protection of Intellectual Property Rights</i>
2016	Education Development Center, Faculty of Nursing, Ain Shams University	Speaker	Delivered a lecture entitled "Critical and Innovative Thinking."

26 Apr 2016	Faculty of Nursing, Ain Shams University	Organizer and Speaker	Scientific Day of the Department of Psychiatric and Mental Health Nursing: <i>New Trends in Psychiatric Nursing</i>
11 Apr 2017	Faculty of Nursing, Ain Shams University	Organizer and Speaker	Scientific Day of the Department of Psychiatric and Mental Health Nursing: <i>Research Methodology: Techniques and Approaches</i>
(29 th October 2019).	Faculty of Nursing, The British University in Egypt	Organized and coordinated Scientific Day	scientific awareness activities, including: <i>Concepts and Behaviors Associated with Substance Use Disorders</i>
(October 2022).	Faculty of Nursing, The British University in Egypt	Organized and coordinated Scientific Day	<i>Against Addiction</i>

Scientific Conferences

Date	Conference / Scientific Event	Role	Contribution
18–20 Oct 2003	First Medical–Nursing Psychiatry Congress: <i>Toward Mental Health and Quality of Life</i>	Participant	Attendance
7 Sep 2004	Second Conference on Maternal and Child Health	Participant	Attendance
22–23 Sep 2004	Conference on Diabetes and Heart Disease	Participant	Attendance
22–25 Mar 2005	Ninth Arab Diabetes Conference	Participant	Attendance
1–2 Sep 2005	Second Arab Conference on Gastroenterology and Hepatology	Participant	Attendance
4–5 Sep 2005	Conference on Population Problems and Women's Health	Organizing Committee	Conference Organization
3 Apr 2006	First Scientific Conference, Faculty of Nursing, Zagazig University	Participant	Attendance
17–18 Apr 2006	Sixth Arab Regional Conference on Alzheimer's Disease	Speaker	Presented a lecture entitled "Behavioral Changes in Patients with Alzheimer's Disease."
6–7 Sep 2006	Diabetes and Heart Conference	Participant	Attendance
5–9 Mar 2007	Third International Psychiatry Congress, Ain Shams University	Participant	Attendance
Mar 2007	Ninth Annual International Nursing Congress	Organizing Committee	Conference Organization
13 Mar 2007	First Student Conference, Faculty of Nursing, Ain Shams University	Organizing Committee	Conference Organization
25–27 Mar 2007	First Ain Shams University Conference: <i>Research for Development</i>	Organizing Committee	Conference Organization
29–30 Mar 2007	Fifth International Congress of the Egyptian Society of Nephrology and Pediatric Hematology	Participant	Attendance
2008	12th Arab Diabetes Conference	Participant	Attendance
18–20 Nov	First International Nursing Congress,	Presenter	Presented the paper

2008	Cairo University		"Couples' Awareness and Quality of Sexual Life after Husband's Use of Viagra."
7–8 Apr 2009	Fifth International Conference of Psychiatric Medicine	Presenter	Presented the paper "Interpersonal Communication Patterns as Perceived by Nursing Students during Clinical Training."
Nov 2009	Tenth International Nursing Congress	Organizing Committee	Conference Organization
29–30 Nov 2010	Thirteenth Arab Universities Students Creativity Forum	Participant	Attendance
27–28 Mar 2012	Eighth Psychiatry Conference	Participant	Attendance
23 Sep 2012	World Alzheimer's Day	Participant	Attendance
28–29 Nov 2012	First MENA Alzheimer's Congress	Participant	Attendance
26–29 Mar 2013	Seventeenth Arab Diabetes Conference	Speaker	Presented a lecture entitled "Cognitive Behavioral Therapy for Patients with Diabetes."
6 Apr 2013	First Psychiatric Nursing Conference, Fayoum University	Participant	Attendance
21–24 Apr 2013	University and Green Economy Conference	Participant	Attendance
29–30 Apr 2013	11th Annual International Nursing Congress	Organizing Committee	Conference Organization
7 May 2013	Ninth International Psychiatry Congress	Participant	Attendance
Jan 2014	Sixth International Breast Cancer Congress	Presenter	Presented "The Role of Herbs in Breast Cancer Management."
Mar 2014	18th Arab Diabetes Conference	Poster Presenter	Poster: "Natural Diabetes Cure."
6–7 Apr 2014	Sixth International Congress, Helwan University	Presenter	Presented two papers: "Emotional Intelligence among Academic Staff" and "Improving Sleep Quality through Nutrition among Elderly Women."
30 Apr 2014	Sixth Student Conference, Faculty of Nursing, Ain Shams University	Organizer & Research Supervisor	Supervised the student research "Concept and Satisfaction of Psychiatric Patients about ECT."
13 May 2014	10th International Congress of Psychiatry and 5th Neuropsychiatry Congress	Participant	Attendance
10 Nov 2014	Eighth International Nursing Congress	Participant	Attendance
2015	11th Mental Health Conference	Participant	Attendance
2015	Seventh International Breast Cancer Conference (BGICC)	Speaker	Presented "Holistic Nursing Approach in

			Cancer Management."
2015	12th International Nursing Congress	Organizing Committee	Conference Organization
2015	Fayoum University Conference: <i>Mental Health and Mental Illness</i>	Participant	Attendance
26–28 Mar 2016	37th Ain Shams Annual Medical Conference	Participant	Attendance
10 Apr 2016	Seventh Nursing Administration Conference	Speaker	Presented sessions on "Secrets of Success at Work" and "The Effect of Good Nutrition on Employee Performance."
19 Apr 2016	12th International Congress of the Institute of Psychiatry	Participant	Attendance
26 Apr 2016	Psychiatric and Mental Health Nursing Scientific Day	Organizer & Speaker	Presented "New Trends in the Treatment of Mental Illness: Alternative Therapy and Mental Health."
2016	First Faculty of Nursing Conference, Beni-Suef University	Poster Presenter	Poster: "Self-Concept and Coping Patterns among Infertile Women."
15 Nov 2016	Ain Shams University Conference: <i>Toward an Accredited University</i>	Participant	Attendance
18–19 Oct 2017	13th International Nursing Congress	Participant	Attendance
2018	Third International Congress on Child and Adolescent Psychiatry	Participant	Attendance
2019	Fourth Medical Integrated Students' Research (MISR) Conference	Participant	Attendance
4–5 Mar 2020	Fifth Medical Integrated Students' Research (MISR) Conference	Participant	Attendance
7 Feb 2020	Arab Informatics Conference in Oncology	Participant	Attendance
2022	Attendance the Third Students' Conference of Faculty of Nursing (MTI University)	Participant	Attendance
28–29 February 2024.	First International Conference on Air Pollution: Challenges and Management, National Research Centre, Egypt,	Chairperson	Chairperson
28–29 February 2024.	First International Conference on Air Pollution: Challenges and Management, National Research Centre, Egypt,	Speaker	Presented session about effect of Air Pollution on Cognitive Functions
2024	Faculty of Nursing International Conference (RNERP 2024): <i>Recontextualization of Nursing Education, Research, and Practices.</i>	Coordinator	Coordinator of the Scientific Committee
October 23, 2025.	11th Annual Regional Conference for Integrated Psychiatry (2025)	Chairperson	Chairperson of the Fourth Workshop:

			"Contemporary Nursing and Psychological Strategies for Managing Stress in the Modern Era", 11th Annual Regional Conference for Integrated Psychiatry,
April 8, 2026.	2nd International Conference on Air Pollution: Challenges and Management, National Research Centre, Egypt,	Speaker	Presented session about Dual Environmental and Digital Pollution: The Integrated Impact of Air Pollution and Social Media Exposure on Cognitive Functions
19–20 April 2026.	"Multi-Dimensional Assessment: Beyond Grades and Scores", Ain Shams University International Conference, Cairo, Egypt,	Chairperson	Ain Shams University International Conference

Professional and Scientific Activities

The British University in Egypt (BUE)

Academic Leadership

- ❖ Head of the Department of Mental Health Nursing (2017–Present).
- ❖ Head of the Undergraduate Examination Office, Faculty of Nursing (2022–2024).
- ❖ Head of the Postgraduate Examination Office, Faculty of Nursing (2024–2026).

Academic Responsibilities

- Module Leader for:
 - ❖ Mental Health Nursing
 - ❖ Introduction to Psychology and Communication
 - ❖ Introduction to Academic Enquiry
- **Module Coordinator for:**
 - ❖ Elective Mental Health Nursing
 - ❖ Mental Health Nursing Dissertation
 - ❖ Problem Solving
 - ❖ Introduction to Research and Mathematics
- Contributed to the development of the Home Health Care Program.

Professional Development

Successfully completed 19 professional development workshops and training programs (2017–2020) in:

- ❖ Assessment, marking, and feedback.
- ❖ Examination processes.
- ❖ Student-centered teaching and lesson planning.
- ❖ Quality assurance and academic accreditation (NAQAAE).
- ❖ Classroom management and cooperative learning.
- ❖ Conflict management.
- ❖ Presentation and communication skills.
- ❖ Educational technology (Kahoot).
- ❖ Information, advice, guidance, and student support

Selected Professional Development Programmes

Year	Workshop / Training Program	Provide
2017	Strategic Planning for Health Education Institutes	National Authority for Quality Assurance and Accreditation of Education (NAQAAE), The British University in Egypt
2017	Self-Evaluation for Health Education Faculties and Institutes	NAQAAE, The British University in Egypt
2020	Concepts and Theories of Obsessive-Compulsive Disorders	Association of Egyptian Psychologists
2021	Leading Teams (DAAD Kairo Akademie – Online Module)	DAAD Regional Office Cairo / The British University in Egypt
2021	Leading in Times of Change (DAAD Kairo Akademie – Online Module)	DAAD Regional Office Cairo / The British University in Egypt
2023	Principles of Cognitive Behavioral Therapy (CBT)	Association of Egyptian Psychologists
2024	Cognitive Behavioral Therapy for Post-Traumatic Stress Disorder (PTSD)	Association of Egyptian Psychologists
2024	Cognitive Behavioral Therapy for Addiction	Association of Egyptian Psychologists
2024	Cognitive Behavioral Therapy for Personality Disorders	Association of Egyptian Psychologists

Academic Leadership, Research, Community Engagement and University Service

The British University in Egypt (BUE)

Undergraduate Students' Research Activities

- Represented the Faculty of Nursing, The British University in Egypt, at the **Annual Conference of Scientific Research for Undergraduate Medical Students** for two consecutive academic years (2018–2019 and 2019–2020), including participation in the **February 2020** conference.

Curriculum Development

- Contributed to the **National Technical Nursing Institutes Curriculum Development Project**.
- Successfully completed the training program **Fundamentals of Competency-Based Curriculum Development**, organized by the **Education Development Fund** in collaboration with **Aga Khan University, Aga Khan Foundation**, and Canadian partners (July 2017).

Honors and Awards

- **Certificate of Appreciation** for supervising the **Best Undergraduate Dissertation Project** (March 2022).
- **Certificate of Appreciation** for receiving the **Ideal Mother Award** in the competition organized by the **Military Intelligence Corps, Egyptian Armed Forces** (March 2022).
- **Appreciation Letter – Magdi Yacoub Heart Foundation**
Received a **Letter of Appreciation** from the **Magdi Yacoub Heart Foundation (Aswan Heart Centre)** for delivering the public awareness lecture "**Mental Health for the Heart**" for family caregivers of patients undergoing open-heart surgery.