

## Heba Mohamed Abdelaal Abdo

6/11/2020

### Personal Information



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**Date of birth:** 18-9-1986

**Nationality:** Egyptian

**Marital status:** Married

**Job Position:** Assistant Professor Of  
Psychiatric Nursing and Mental Health.

### Part one: Educational and Research Qualifications:

1- Doctorate in Nursing Science (DNS.PHD), Psychiatric Nursing and Mental Health, Faculty of Nursing, Alexandria University, Egypt, 7/9/2016.

PHD study in Psychiatric Nursing and Mental Health at the period from (September 2013) to (January 2015). (Foundation of Nursing Science Course, Nursing Informatics, Nursing Quantitative Research, Advanced Biostatistics, Ethics in Nursing Profession, Health Polices, Nursing Qualitative Research, Health Promotion, Curriculum Development, New Issues and Trends in Psychiatric Nursing , Seminars in Psychiatric Nursing and Independent Study in Psychiatric Nursing).

Doctorate Dissertation Title: (Effect of "Mindfulness- Based Relapse Prevention Program" On Substance Craving and Acceptance of Aversive Experiences among Patients with Addiction).

- 2- Master in Nursing Science (MNS), Psychiatric Nursing and Mental Health, Faculty of Nursing, Alexandria University, Egypt, 11/2/2013.

Master degree study in Psychiatric Nursing and Mental Health at the period from (September-2010) to (January -2012). (Biostatistics and SPSS VERSION 7.0 course, Research Methods course, Educational Strategies course, Information Technology in nursing course, New Issues and Trends in Nursing course, Human relation course, Scientific Writing course, Ethics course, Psychiatric Nursing and Mental Health course (1), Psychiatric Nursing and Mental Health course (2), Theories of Psychology course, Psychiatric Symptoms Management course, Psychiatric Medicine course, psychophysiology course and Violence course).

Master Thesis Title: (Assessment of Readiness for Change, Self-Efficacy and Hope among Substance Dependent Patients).

- 3- Diploma in Positive psychology (Creative Development Center, Alexandria 2020).

Diploma included all the following courses (Training Of Trainee (TOT), General Counseling, Marital Counseling, The power of thinking and Positive Education).

- 4- Baccalaureate in Nursing Sciences (BNS), Faculty of Nursing, Alexandria University at Jun 2007 with very good honor degree.
- 5- Published Scientific Paper titled by (The Effect of Attention Retraining Intervention on Cognitive Functions of Patients with Schizophrenia and Healthy Controls in Egypt). International Journal of Novel Research in Healthcare and Nursing Vol. 6, Issue 2, pp: (459-480), Month: May - August 2019.
- 6- Published Scientific Paper titled by (Social Emotional Competency and Attachment Style among Faculty of Nursing Undergraduate Students, Alexandria University, Egypt). IOSR Journal of Nursing and Health Science (IOSR-JNHS) e-ISSN: 2320–1959.p- ISSN: 2320–1940 Volume 8, Issue 3 Ser. VIII. (May. - June .2019), PP 15-23.

- 7- Published Scientific Paper titled by (Cognitive Failure, Perceived Stress and Self-Efficacy among Graduate Nursing Students, Alexandria University, Egypt. Faculty of Nursing, Alexandria University). In The 15th International Scientific Nursing Conference (Interdisciplinary Health care: Closing the Gap & Enhancing the Quality), The Faculty of Nursing, Alexandria in collaboration with Kennesaw University that conducted at the period from 5th - 6th August 2019.
- 8- Published Scientific Paper titled by (Effect of "Mindfulness-Based Relapse Prevention Program" On Substance Craving and Acceptance of Aversive Experiences among Patients with Addiction). In International Journal of Novel Research in Healthcare and Nursing, Vol. 6, Issue 2, pp: (1175-1192), Month: May - August 2019.
- 9- There is another three research paper in the process of publishing.

### **Part two: Experience:**

- **Demonstrator** in the Faculty of Nursing, Alexandria University in Psychiatric nursing and Mental Health department for 4 years 2009.
- **Assistant lecturer** in psychiatric Nursing and mental Health department at Faculty of Nursing, Alexandria university from 2/2013 until 10/2016 (eight years of experience in academic and practical field). My duties concluded in the following: teaching, training and supervision of nursing students (average number reach to 50 students on rotation / semester) in clinical training units at El-mamouraa Hospital of Psychiatric Medicine under supervision of academic staff and writing report on the students' academic performance. Also, preparation the clinical teaching curriculum and materials, sharing in teaching and scientific activities in the department, Faculty and University, revision of the educational curriculum for improvement and updating the teaching content, active participation in (studies, research, workshops, conferences and scientific meetings) for work stream development in improvement to improve the educational process and for continuous growth and development, sharing in the quality

development and improvement activities to improve the faculty educational performance. Have an active role in students examination (supervision, correction and ranking the grades for final evaluation, and revising the results of the students evaluation), and doing doctoral studies and doctoral dissertation and follow up the training programs that prepare me for the new position as a lecturer.

- **The current job is assistant Professor (Lecturer) of psychiatric Nursing and Mental Health**, Psychiatric Nursing and Mental Health department, Alexandria University, Egypt, 10/2016 until now.
- **Training program in turn training**, Faculty of nursing, Alexandria University (18-28/8/2007).
- One year experience as a professional nurse in turn training at Alexandria University hospitals (1/9/2007-31/8/2008).
- Two years experience as a psychiatric professional nurse at El-Nozha hospital of Psychiatric Medicine, Alexandria, Egypt.
- Practical experience in research area and statistical analysis.
- Having Nursing License in Egypt.
- Teaching of psychiatric Nursing and Mental health for fourth year students at Faculty of Nursing. Alexandria from the academic year 2016-2017.
- Teaching of Psychology for 2<sup>nd</sup> and 3<sup>rd</sup> year students at Faculty of Nursing. Alexandria from the academic year 2016-2017.
- Teaching of psychiatric Nursing and Mental health for students at Faculty of Nursing, Condensed course. Alexandria from the academic year 2016-2017.
- Teaching of psychiatric Nursing and Mental health for students at Faculty of Nursing, Bridging course. Alexandria from the academic year 2017-2018.

- Participation in training of Internship Nursing Students, Alexandria University, January 2018.
- Participation in training of Internship Nursing Students, Alexandria University, January 2020.
- Supervision of master thesis for master student, Faculty of Nursing, Alexandria University.

### **Part three: Academic Activities:**

- Academic Advisor for nursing students- Faculty of Nursing, Alexandria University from academic year 2013-2014 till now.
- Member in the Quality Team for reviewing, analyzing and preparing the quality documents and evidences in psychiatric Nursing and Mental Health department from 2009 till now.
- Member of the (Statistical Analysis Committee of the Education Development Center) (EDC) from 2010 till now.
- Member of Postgraduate Standard Committee, Quality Unit, Faculty of Nursing, Alexandria University from 2012 till now.
- Member of results preparation Committee for the 1st year students- Faculty of Nursing, Alexandria University from the academic year 2013-2014 till 2015-2016.
- Coordinator of (Education Development Center) (EDC) from 2016 till now.
- Member of results preparation Committee for the 3rd year students- Faculty of Nursing, Alexandria University from the academic year 2016-2017 till now.
- Member of "Committee of Printing the Exams" from Academic year 2016-2017 till now.
- Member of Fraud Committees for Academic year 2016-2017, 2017-2018.

- Observation Commission Exam for post graduate students for the Academic year 2017-2018 and 2019-2020.
- Participated in preparation of Psychiatric and Mental Health Nursing book 4<sup>th</sup> ed 2016, 5<sup>th</sup> ed 2017, 6<sup>th</sup> ed 2018 & 7<sup>th</sup> ed 2019.
- Member of Nursing Professional Union.

### **Part Four: Workshops and Scientific Conferences:**

#### **Faculty and Leadership Development Project:**

- Attending the training course on "Effective Presentation Skills", 25-27 July 2009.
- Attending the training course on "University Code of Ethics", 20-22 July 2010.
- Attending the training course on "The Credit Hour System", 27/29/31 July 2010.
- Attending the training course on "Preparing Research Project", 3- 5 August 2010.
- Attending the training course on "Managing Time and Meeting", 10- 12 August 2010.
- Attending the training course on "Organizing Scientific Conferences", 4-5 February 2013.
- Attending the training course on "Communication Skills in Education", 6-7 February 2013.
- Attending the training course on "E. learning", 13-14 April 2016.
- Attending the training course on "Scientific research methods", 11-12 June 2016.
- Attending the training course on "Decision making and problem solving", 13-14 June 2016.
- Attending the training course on "Crisis management", 18-19 June 2016.

- Attending the training course on "Legal and Financial Aspects in University", 14-15 September 2020.
- Attending the training course on "International Publishing of Research", 16-17 September 2020.
- Attending the training course on "Design and Production of Digital Content", 23-24 September 2020.

### **Congress Attendance**

- July 19<sup>th</sup>, 2009. The 3<sup>rd</sup> Annual Scientific meeting of Nursing Administration Department.
- October 19<sup>th</sup>, 2009. The 2<sup>nd</sup> annual scientific meeting of the Psychiatric Nursing and Mental Health department. Psychiatric Nursing: Collaboration with Other nursing Specialties.
- October 22-24, 2009. The 6<sup>th</sup> Alexandria International Psychiatric Congress. "Towards New Hopes in Psychiatric Practice".
- February 16<sup>th</sup>, 2017. The 5<sup>th</sup> Annual Scientific Meeting of Teaming Up For Woman's Health.
- November 1-2, 2018. The 15<sup>th</sup> Alexandria International Psychiatric Congress in collaboration with Egyptian Psychiatric Association. Towards different Therapeutic Approaches In Psychiatry.
- February 27-28, 2019. The 11<sup>th</sup> Annual Conference Neuropsychiatry Department, Alexandria Faculty of Medicine.
- November 28-29, 2019. The 16<sup>th</sup> Alexandria International Psychiatry Congress. Alexandria Faculty of Medicine.
- October 1-3, 2020. The 46<sup>th</sup> International Congress Of The Egyptian Society For Neonatal and Preterm Care. Alexandria Faculty of Medicine.
- October 24-26, 2020. Online APITEL 2020 Congress. Innovation in Pedagogy and Aiding Distance Learning Unit, Alexandria University.

## **Congress Participation**

- 13-15 October, 2009. The 11<sup>th</sup> International Scientific Nursing Conference, "Nursing Profession on the Road of Quality.
- April 24<sup>th</sup>, 2013. The 3<sup>rd</sup> Annual Scientific Meeting of the Psychiatric Nursing and Mental Health Department. Together on the Road of Mental Health.
- May 15-16, 2013. The 12<sup>th</sup> International Scientific Nursing Conference, " Accredited Higher Education Institutions: Challenges & Strategies".
- November 20<sup>th</sup>, 2013. The 4<sup>th</sup> Scientific Meeting of the Psychiatric Nursing and Mental Health Department. Substance Dependence: Prevention, Early Detection and Treatment.
- October 26<sup>th</sup>, 2014. The 5<sup>th</sup> Scientific Meeting of the Psychiatric Nursing and Mental Health Department. Substance Dependence: Prevention, Early Detection and Treatment.
- March, 2016. The 6<sup>th</sup> Scientific Meeting of the Psychiatric Nursing and Mental Health Department. Substance Dependence: Prevention, Early Detection and Treatment.
- April 3<sup>rd</sup>, 2017. The 7<sup>th</sup> Scientific Meeting of the Psychiatric Nursing and Mental Health Department. Substance Dependence: Prevention, Early Detection and Treatment.
- December 10-11, 2017. The 14<sup>th</sup> International Scientific Nursing conference In Collaboration with Kennesaw University "Nursing Role in Leading and Advancing the Global Health".
- February 20-23, 2018. The 10<sup>th</sup> Annual Conference, Neuroscience department. Alexandria Faculty of Medicine.
- March 7<sup>th</sup>, 2019. The 7<sup>th</sup> Annual Scientific Meeting under the theme of: "Women's Health within the scope of Sustainable Development Goals"



- 27 February -1 March, 2019. The Annual Conference of Neuropsychiatry Department, Faculty of Medicine, University of Alexandria.
- March 28<sup>th</sup>, 2019. The 11<sup>th</sup> Critical Care and Emergency Nursing Congress "Toward Excellence in Critical Care Nursing.
- August 5<sup>th</sup> -6<sup>th</sup> 2019. The 15<sup>th</sup> International Scientific Nursing Conference " Interdisciplinary Health care: Closing the Gap & Enhancing the Quality".

### **Workshop Participation**

- May 20<sup>th</sup>, 2009. "Innovative Teaching Strategies in Nursing Education".
- May 25<sup>th</sup>, 2009. "First Aid", Faculty of Nursing, Alexandria University.
- 13-15<sup>th</sup> October, 2009. "Mental Health of Patients with Physical illness- Challenge of Co-morbidity".
- October 22<sup>nd</sup> , 2009. The 6th Alexandria International Psychiatric Congress "Systemic Psychotherapy".
- October 23<sup>rd</sup>, 2009. The 6th Alexandria International Psychiatric Congress "Communicating & Delivery psychosocial intervention".
- October 23<sup>rd</sup>, 2009. The 6th Alexandria International Psychiatric Congress "Promoting Healthy behavior of Psychiatric patients".
- September 2<sup>nd</sup>, 2012. Obstetric Triage. Obstetric Nursing and Maternity department, Faculty of Nursing, Alexandria University.
- February 3<sup>rd</sup>, 2013. Therapeutic Use of self. Psychiatric Nursing and Mental Health, Faculty of Nursing, Alexandria University.
- January 29<sup>th</sup>, 2013. Philosophy and Principles of Psychiatric Nursing: Practical Application. Psychiatric Nursing and Mental Health, Faculty of Nursing, Alexandria University.

- 6-7 February, 2015. Meditation. Egypt Meditation Lounge, Lucid training- Cairo, Egypt.
- February 18<sup>th</sup>,2018. ABC of Creativity. Faculty of Nursing. Alexandria University.
- March 19<sup>th</sup>, 2018. How to write a success grant proposal. Medical Technology Center, Medical Research Institute, Alexandria University.
- March 26<sup>th</sup>, 2018. Proposal Management. Medical Technology Center, Medical Research Institute, Alexandria University.
- April 30<sup>th</sup>,2018. Program and courses specification. Faculty of Nursing, Alexandria University.
- February 2<sup>nd</sup>, 2020. Electronic forms. Faculty of Nursing, Alexandria University.
- April 13<sup>th</sup>, 2020. Models of peer review. Researcher Academy of ELSEVIER.
- April 13<sup>th</sup>, 2020. How to get involved. Researcher Academy of ELSEVIER.
- April 13<sup>th</sup>, 2020. Make the most of your research: publish your data & methods. Researcher Academy of ELSEVIER.
- April 16<sup>th</sup>, 2020. Manuscript preparation & submission (Part 5 of 5, in Arabic language) at Egyptian Knowledge Bank. Researcher Academy of ELSEVIER.
- April 29<sup>th</sup>, 2020. Children and COVID-19: Most frequently asked question. Training Unit, Faculty of Nursing, Alexandria University. As a part of Training Unit Community Services.
- April 30<sup>th</sup>, 2020. Psychological self- healing in distressing time. Training Unit, Faculty of Nursing, Alexandria University. As a part of Training Unit Community Services.
- April, 2020. Be an Online Tutor in 24 Hours Course. Hamdan Bin Mohammed Smart University.

- April, 2020. Design an Online Course in 24 Hours Course. Hamdan Bin Mohammed Smart University.
- May 8<sup>th</sup>, 2020. How to conduct a literature review assignment? Measurement and Evaluation Unit, Faculty of Nursing, Alexandria University.
- May 11<sup>th</sup>, 2020. Microsoft forms: How to conduct safely? Measurement and Evaluation Unit, Faculty of Nursing, Alexandria University.
- May 13<sup>th</sup>, 2020. Google forms: How to conduct safely? Measurement and Evaluation Unit, Faculty of Nursing, Alexandria University.
- June 8<sup>th</sup>, 2020. Antibiotics and Antimicrobial Resistance. Training Unit, Faculty of Nursing, Alexandria University. As a part of Training Unit Community Services.
- June 9<sup>th</sup>, 2020. Capnography: What do we know? Training Unit, Faculty of Nursing, Alexandria University. As a part of Training Unit Community Services.
- June 10<sup>th</sup>, 2020. The growing problem of new addictive substances in Egypt. Training Unit, Faculty of Nursing, Alexandria University. As a part of Training Unit Community Services.
- June 10<sup>th</sup> -30<sup>th</sup>, 2020. Learning Management System. Innovation in Pedagogy and Aiding Distance Learning Unit, Alexandria University.
- June 10<sup>th</sup>, 2020. Microsoft forms. Measurement and Evaluation Unit, Faculty of Nursing, Alexandria University.
- July 2<sup>nd</sup>, 2020. Plagiarism: Decision making & dealing with grey-zones across academic Fields. Researcher Academy of ELSEVIER.
- July 22<sup>nd</sup>, September 2<sup>nd</sup>, 2020. E-Cheating and E-Authentication. Part of “Do22o Elshamassi: Workshop Series. Innovation in Pedagogy and Aiding Distance Learning Unit, Alexandria University.

- July 22<sup>nd</sup>, September 2<sup>nd</sup>, 2020. Interactive In Class and Online Learning Activities. Part of “Do22o Elshamassi: Workshop Series. Innovation in Pedagogy and Aiding Distance Learning Unit, Alexandria University.
- July 22<sup>nd</sup>, September 2<sup>nd</sup>, 2020. Interactive PowerPoint Presentations for Teachers and Students. Part of “Do22o Elshamassi: Workshop Series. Innovation in Pedagogy and Aiding Distance Learning Unit, Alexandria University.
- August 4<sup>th</sup>, 2020. Structuring your article correctly. Researcher Academy of ELSEVIER.
- August 26<sup>th</sup>, 2020. The Future Of ESUS. Neuro-Experts Academy Spots From World Experience, Faculty of Medicine, Ain Shams University.
- September 9<sup>th</sup>, 2020. Intravenous Thrombolysis for Acute Ischemic Stroke: Recent Advances and Current Update. Neuro-Experts Academy Spots From World Experience, Faculty of Medicine, Ain Shams University.
- September 22<sup>th</sup>, 2020. Moodle platform: what should we know? E-Learning Center, Faculty of Nursing, Alexandria University.
- September 23<sup>th</sup>, 2020. Enhancing your Research with Elsevier: Select a journal for publishing (120 minutes) at Egyptian Knowledge Bank. Researcher Academy of ELSEVIER.
- September 29<sup>th</sup>, 2020. Moodle: Course Management. E- Learning Center, Faculty of Nursing, Alexandria University.
- September 29<sup>th</sup>, 2020. Refractory Neuromuscular Disorders. Neuro-Alex, Faculty of Medicine, Alexandria University.
- October 1<sup>h</sup>, 2020. Microsoft Teams: How to construct? E- Learning Center, Faculty of Nursing, Alexandria University.
- October 4<sup>th</sup>, 2020. EKB: How to make it easy? E- Learning Center, Faculty of Nursing, Alexandria University.

- October 25-26, 2020. Competency Based Education Workshop. As A part of Online APITEL 2020 Congress. Innovation in Pedagogy and Aiding Distance Learning Unit, Alexandria University.

### **Other Activities:**

- Participated in the training course for psychiatric Nurses at El-maamoura Hospital for Psychiatric Medicine, Alexandria, Egypt 2017/ 2018.
- Participated in health education course for workers in General Authority for Passenger Transport, Alexandria, Egypt, about "Addiction Prevention", 2016/2017.
- Participated in training nurses about "Communication Skills". Training Unit, Faculty of Nursing, Alexandria University. As a part of Training Unit Community Services. September 26<sup>th</sup>, 2020.
- Participated in Interview Exam for newly admitted students at Faculty of Nursing, Alexandria University, 2020.

### **Part Five: Practical Skills:**

- I'm specialist in Mindfulness and Meditation skills.
- My minor specialty in addiction.
- I have educational background and skills about Marital and General Counseling.
- I have skills and educational background about Training of Trainee (TOT).

### **Part Six: Computer and English skills:**

- Successfully completed the ICDL preparation in IT, Windows, Ms-Word, Ms Excel, Ms- Power Point, Ms-Access and Internet. Successfully completed the ICDL exams 2011.
- Completion of TOEFL course during the period from 8/1/2012 to 11/3/2012 and passed the final exam with a total mark of (806) out of (1000), Language Studies and Translation Center, Alexandria University.

- Successfully completed a course of studies in both the theory and practice of International TOEFL preparation and passed the final exam with a total mark of (600) from (676), May 9, 2010, Syllabus Academy (Arab Academy for Science, Technology & Maritime Transport).