



Accredited Faculty by the National Authority
For Quality Assurance of Education and Accreditation



Personal Data:

Name: Shymaa Mohammed Sayed Hassan
Date of Birth: 15/05/1989
Marital Status: Married
Religion : Moslem
Nationality: Egyptian.

Work

-I have 13 years of experience in teaching psychiatric nursing and other related fields.

-Lecturer (Assistant professor) of Psychiatric and Mental Health Nursing, Faculty of Nursing, Assiut University, Egypt. (2013-2024)

- **Assistant professor of Psychiatric and Mental Health Nursing, Department of Nursing, Faculty of Nursing, Irbid National University, Irbid, Jordan. (2024 -2025)**

• **Address:**

Fax : Assiut University. Faculty of Nursing, Assiut University, Egypt

Home: Assiut, Mosha, Egypt

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Education:

2021 **Degree** Doctorate Degree in Psychiatric and Mental Health Nursing, Assiut University, Egypt.(Ph.D.)

Major: Psychiatric and Mental Health Nursing.

Title: **Effect of Psycho educational Program and Relaxation Techniques on Anxiety and Depression among Drug addict People at Assiut University Hospital**

2017 **Degree:** Master of Psychiatric and Mental Health Nursing, Assiut University, Egypt.

Major: Psychiatric and Mental Health Nursing.

Title: **Assessment of Anxiety and Depression among Drug Addict People at the Addiction Management Unit of Assiut University Hospital**

2011 **Degree:** Bachelor of Nursing Science (B.S.N), Assiut University, Egypt.

Language Skills:

Very good in English and Arabic: oral and written.

Computer Skills:

Extensive experience with:

Operating Systems: Microsoft Windows 2003, 2007, 2010, 2016.

Microsoft Power Point 2003, 2007, 2010, 2016 and Microsoft

Excel 2010, 2016.

Internet: Google and using the following databases: Medline, PubMed, Googol

Scholar, Clinical Trial, Research gate

Positions and Employments:

30-9-2021	Lecturer of Psychiatric and Mental Health Nursing, Assiut University, Egypt.
2017-2021	Assistant lecturer, Psychiatric and Mental Health Nursing, Assiut University, Egypt.
2013-2017	Demonstrator of Psychiatric and Mental Health Nursing, Assiut University, Egypt.
2011-2012	Internship nursing (training in different departments at Assiut University hospital).

Academic Services:

<u>Year</u>	<u>Position</u>	<u>Organization</u>
&2024 2023	Member	Addiction diploma Coordinator in Psychiatric and Mental Health Nursing Department, Faculty of nursing, Assiut university.
&2024 &2023 2022	Member	Participation in Academic Advising, Faculty of nursing, Assiut university.
&2023 2022	Member	Council Secretary in Psychiatric and Mental Health Nursing Department, Faculty of nursing, Assiut university.
&2024 &2023 2022	Member	Electronic Exam Coordinator in Psychiatric and Mental Health Nursing Department, Faculty of nursing, Assiut university.
&2024 &2023	Member	Electronic Exam Coordinator in Psychiatric and Mental Health Nursing Department, Technical Institute of Nursing, Assiut university.

2022		
&2024 &2023 2022	Member	Participation in control second year, Technical Institute of Nursing, Assiut university.
&2024 &2023 2022	Member	Exam Committee for Basics of human behaviors in health and illness, for 1 st years Faculty of nursing, Assiut university.
-2024 2022	Member	Exam Committee for Practical psychiatric and mental health Nursing for second years the Technical Institute of Nursing, Assiut university.
2021- 2024	Member	Exam Committee for Practical and oral psychiatric and mental health Nursing for four years Faculty of nursing, Assiut university.
2021- 2024	Member	Quality Coordinator in Psychiatric and Mental Health Nursing Department, Faculty of nursing, Assiut university.
2021- 2024	Member	Responsible for underachievers and the overachievers students in Psychiatric and Mental Health Nursing Department, Faculty of nursing, Assiut university.
2021	Member	Participate in the internal audit committee, Faculty of nursing, Assiut university.
2021& &2022	Member	Bachelor of Nursing Science Program based on competency Coordinator in Psychiatric and Mental Health Nursing Department (psychiatric nursing for the four years/ first and second semester/ academic year 2022/2021, Faculty of nursing, Assiut university.
2021& &2022	Member	Bachelor of Nursing Science Program based on competency Coordinator in Psychiatric and Mental Health Nursing Department (General Medicine, General Surgical, biostatistics Clinical Pathology for the second years/ first semester/ academic year 2022/2021, Faculty of nursing, Assiut university.
2021& &2022	Member	Bachelor of Nursing Science Program based on competency Coordinator in Psychiatric and Mental Health Nursing Department (Ethical and legislation for the first years/ first semester/ academic year 2022/2021, Faculty of nursing, Assiut university.
2021& &2022	Member	Bachelor of Nursing Science Program based on competency Coordinator in Psychiatric and Mental Health Nursing Department (Basics of human behaviors in health and illness for the first years/ second semester/ academic year 2022/2021, Faculty of nursing, Assiut university.
2021- 2023	Member	Participate in quality and accreditation project, faculty of nursing Assiut university. Department Course file (under graduate)

2019	Member	Participation in control first year, Faculty of nursing, Assiut university.
2018-2022	Member	Participant in Almni standard, Faculty of nursing, Assiut university.
2018:2022	Member	Al-Farabi for Quality Education Coordinator in Psychiatric and Mental Health Nursing Department, Faculty of Nursing, Assiut university.
2017:2022	Member	Participation in scientific leadership, Faculty of nursing, Assiut university.

Taught Courses:

- Psychiatric and mental health Nursing, (Theory, Practicum) 2021-2024.
- Basics of human behaviors in health and illness (Theory) 2021-2024.
- Growth Psychology (Theory) 2022-2024.
- Intensive Psychiatric and mental health Nursing, (Theory) 2022-20234.
- Pharmacology (Theory) 2022-2023.
- Psychiatric and mental health Nursing, (Practicum) 2014-2024.
- Women Psychology (Theory) 2023-2024.
- Intensive Basics of human behaviors in health and illness (Theory) 2021-2023.
- Primary health care (Theory) 2023-2024.
- Principles of psychiatric nursing care for the mentally ill (Theory) 2023-2024.

The Stages taught (Undergraduate and Master degree):

- Teaching for 4th year students, Psychiatric and mental health Nursing, Department of Nursing, Faculty of Nursing, Irbid National University, Irbid, Jordan (Theory) 2024-2025.
- Teaching for 3rd year students, Issues of ethics and nursing profession, Department of Nursing, Faculty of Nursing, Irbid National University, Irbid, Jordan (Theory) 2024-2025.
- Teaching for 2nd year students, Communication and therapeutic skills, Department of Nursing, Faculty of Nursing, Irbid National University, Irbid, Jordan (Theory) 2024-2025.
- Teaching for 1st year students, Practical Nursing Fundamentals, Department of Nursing, Faculty of Nursing, Irbid National University, Irbid, Jordan (Practical) 2024-2025.
- Teaching for 4th year students, Psychiatric and mental health Nursing, Faculty of Nursing, Assiut university (Theory, Practicum) 2021-2022 and 2022-2023 and 2023-2024.
- Teaching for six semesters for intensive students, Psychiatric and mental health Nursing, Faculty of Nursing, Assiut university (Theory) 2022-2023.
- Teaching for 1st year for Academic students, a pharmacology, Faculty of Nursing, Assiut University 2022-2023 and 2023-2024.
- Teaching for 2nd year students, Psychiatric and mental health Nursing, the Technical Institute of Nursing, Assiut university (Practicum) 2021-2022 and 2022-2023 and 2023-2024.
- Teaching for 1st year students, Basics of human behaviors in health and illness, Faculty of

Nursing, Assiut University (Theory) 2021-2022 and 2022-2023 and 2023-2024.

- Teaching for 1st year students, Basics of human behaviors in health and illness, Faculty of Nursing, Assiut University (Theory) 2021-2022 (**summer course**).
- Teaching for 4th year students, Psychiatric and mental health Nursing, Faculty of Nursing, Assiut university (Practicum) 2014-2024.
- Teaching for 2nd year students, Growth Psychology, Faculty of Nursing, Assiut University (Theory) 2022-2023 and 2023-2024.
- Teaching for 3rd year students, Women Psychology, Faculty of Nursing, Assiut University (Theory) 2023-2024.
- Teaching for six semesters for intensive students, Psychiatric and mental health Nursing, Faculty of Nursing, Assiut university (Practicum) 2022-2023 and 2023-2024.
- Teaching for first semesters for intensive students, Basics of human behaviors in health and illness, Faculty of Nursing, Assiut University (Practicum) 2023-2024.
- Teaching for 3rd year students, Growth Psychology, Faculty of Nursing, Assiut University (Theory) 2021-2022 (**summer course**).

Conferences (attendance or participation):

- "Future of Nursing: Health Problems, Challenges and Solutions" has Attended **6th international Conference of Nursing Colleges** 18-19 February 2024 Assiut University.
- "Environmental Health and Safety" has Attended **2rd international Upper Egypt Nursing Colleges Conference** 19-20 February 2023 Assiut University.
- "**Social media and its impact on community and mental health**" has coordinator , attended and actively participated in the activities of the first scientific day of Community Health Nursing - Psychiatric Nursing and Mental Health , 4 December 2022, faculty of Nursing-Assiut University.
- **2nd international Upper Egypt Nursing Colleges Conference** 13-14 February 2022 Assiut University.
- **1st international Upper Egypt Nursing Colleges Conference** towards Achieving Sustainable Developmental Goals" Quality Education And Health"23-25 February 2020 Assiut University.

- **"Cardiac- Diabetes Secrets (CDS) conference** 12-13 Dec 2018, Administrative building, Assiut University "
- **"How to navigate Taylor & Francis Platform"** has successfully attended Workshop 24th October 2018 Assiut University.
- **1st international Conferences for nursing practice and Era Challenges**, 30 January 2017; faculty of Nursing-Assiut University.
- **"The science of cosmic energy and its relationship to mental health"**: has attended and participated the third scientific day of psychiatric nursing department, 4 March 2019, faculty of Nursing-Assiut University.
- **"Addiction - risk - and treatment methods"**: has attended and participated the second scientific day of psychiatric nursing department, 7 March 2017, faculty of Nursing-Assiut University.
- The first forum entitled **"Youth of the Future"** 21th February 2015 Assiut University.
- **"Interpersonal relationships"**: has attended and participated the first scientific day of psychiatric nursing department, 22 April 2014, faculty of Nursing-Assiut University.

Quality assurance courses and workshops (attendance):

- CERTIFICATE OF APPRECIATION was awarded **"the great efforts in the follow- up and conduct of Electronic exam"** in 2023, faculty of Nursing-Assiut University.
- A workshop on **quadrant analysis** in 5/10/2022 faculty of Nursing-Assiut University.
- A workshop on **External Review Reports of the Bachelor's Program** in 3/10/2022 faculty of Nursing-Assiut University.
- A workshop on **"internal and external audit reports for the baccalaureate program"** in 19/10/2021 faculty of Nursing-Assiut University.

- A workshop on **“Academic Standards in Nursing Sciences Based on Competencies”** in 26/10/2021 faculty of Nursing-Assiut University.
- A workshop on **“calculating the relative weight based on competencies”** in 23/11/2021 faculty of Nursing-Assiut University.
- A workshop on **“Self-evaluation of the college in light of the criteria for accreditation of colleges and the self-evaluation of the university in the light of criteria for accreditation of colleges”** on Saturday and Sunday, corresponding to 27-28/11/2021 faculty of Nursing-Assiut University.
- A course on **"Designing Electronic Tests"** in 2021, faculty of Nursing-Assiut University.
- A course on **"Microsoft form"** in 2021, faculty of Nursing-Assiut University
- Has successfully completed the training workshop and successfully course exam on **"Data management and statistical analysis using SPSS program"** Issued by Assiut University Training Center for Information and Communication Technology from 27to 28 August, 2014.

courses and workshops (attendance):

- **"Teacher preparation course"** in 2017 Assiut University
- **"English language course"** first level duration 36hrs, score 99/100 in English Language Centre Program me, May, 2019, Assiut University.
- **"ELEPTE"** course score 94/100 in English Language Centre Program me, 2020, Assiut University.

Continued Development and Training program:

Faculty and Leadership Development center (FLDc) certifies passing the following training program:

- Time and conference management.
- Data management and statistical analysis using SPSS program
- Training program of "Credit Hour System"
- Training program of "How to Compete for a Research Fund".
- Training program of "Ethical scientific research".
- Training program of "Applications of information technology in teaching".

- Training program of "Quality Standards in Teaching".
- Training program of "Student Evaluation".
- Training program of "Conference Organization".
- Training program of "How to Design the E-Course".
- Training program of "Scientific research funding and grants".

Published research

1. **The relationship between emotional intelligence, internet addiction, and psychological well-being among university nursing students.** *BMC nursing*, (2025). 24(1), 1-13.
2. **Metaphoric interventions for challenging irrational thoughts and attitudes in substance use disorders.** *The Egyptian Journal of Neurology, Psychiatry and Neurosurgery*,(2024) 60(1), 1-12.
3. **Effect of group psychotherapy on self-care skills in schizophrenia,** *The Egyptian Journal of Neurology, Psychiatry and Neurosurgery*, (2024) 60(1), 127.
4. **The Impact of Virtual Reality on Children’s Fear, Pain, and Physiological Parameters during Cannula Insertion for Receiving Chemotherapy in Pediatric Patients.** *Egyptian Journal of Health Care*, (2023), 14(4), 1305-1313
5. **Relation between Climate Changes, Quality of Life and Psychological Status among Assiut Population: Online Based Survey.** *Assiut Scientific Nursing Journal*, (2023), 11(40), 364-373
6. **Effectiveness of rational-emotive behavior therapy on self-objectification among psychotic females.** *Egyptian Nursing Journal*, May-August 2023, 20(2), 281-293.
7. **Effect of Mindfulness-Based Intervention on Anger and Self-Concept among Preparatory School Students.** *Assiut Scientific Nursing Journal*,(2023), 11(38), 1-11
8. **Relationship between Psychiatric Patients' Awareness about COVID-19 and Their Attitudes toward its Vaccine.** *Assiut Scientific Nursing Journal*, (2023). 11(34), 98-105.

9. **Effectiveness of PLISSIT Model on Sexual Dysfunction and Psychological Distress among Women Using Hormonal Contraception.** Egyptian Journal of Health Care, (2022). 13(4), 1146-1159.
10. **The relationship between personality traits, fear of missing out (FOMO), and depression among social media users.** *Assiut Scientific Nursing Journal*; (2022).
11. **Relation between psychological problems, fear and anxiety, with COVID-19 pandemic and the quality of life among pregnant women.** International Egyptian Journal of Nursing Sciences and Research, (2022); 3(1), 59-77.
12. **Effect of psycho-educational program and relaxation techniques on anxiety among drug addict people at Assiut university hospital** International Journal of Advance Research in Nursing, Volume 3; Issue 1; Jan-Jun 2020; Page No. 01-11.
13. **Assessment of anxiety and depression among substance use disorder patients: a case-control study.** Middle East current psychiatry, 2020, 27(1), 1-8.
14. **Effect of Psycho-Educational Program on Depression among Drug Addict Patients at Assiut University Hospital,** Assiut Scientific Nursing Journal, Vol , (8) No, (20), March, 2020, pp 45-55.
15. **Assessment of Anxiety and Depression among Drug Addicts at the Addiction Management Unit of Assiut University Hospital,** Assiut Scientific Nursing Journal; Vol , (5) No , (12) December 2017, Page 53-62.

Under Published research

1. The Impact of Workaholism on Psychological Status and Quality of Nursing Care among Nurses.
2. The Impact of Domestic Violence on the Maternal - Child Relationship and Behavior Child in Pre and School-Age
3. Virtual Reality in Nursing Care for Pediatric Burn Dressing: A Randomized Controlled Trial

4. Effect of Application of Learning Package Guidelines on Depression, Behavior and Health Outcomes among Patients with Anorexia Nervosa
5. The Psychological Impact of Climate Change on Anxiety and Quality of Life: Implications for Nursing Practice in Qena City
6. Impact of Implementing Supportive Nursing Guidelines on Paclitaxel Induced Peripheral Neuropathy, Insight and Quality of Life among patients with Breast Cancer
7. The Role of Pediatric Palliative Care Nursing Programs in Enhancing the Quality of Life of Children with Life-Limiting Illnesses and Their Families

Activities related to community service:

-Participate in community service and environmental development activates through participation in training nurses on Psychiatric Nursing care for addiction and health promotion in and out of the Assiut University and General Secretariat of Mental Health Hospital.

- Participate in community service and environmental development activates through participation in training graduates of the Faculty of Nursing who work in hospitals in Assiut Governorate on dealing and interaction between peers in the work environment.

- Participate in community service and environmental development activates through participation in training elementary school students at Jumana School in Irbid, Hashemite Kingdom of Jordan, on the importance and benefits of healthy food and choosing the best types of healthy food.