

## C.V.

Dr Ekhlas Al Gamal, RN, BSc, MSc, PhD  
Associate Professor, Psychiatric and Mental Health Nursing  
School of Nursing- The University of Jordan  
and Honorary Research Fellow, University of Salford, UK  
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### **Qualifications**

PhD (University of Salford, UK, 2009)  
MSc Critical Care Nursing (The University of Jordan, 2005, 1<sup>st</sup> in class)  
BSc General Nursing (The University of Jordan, 2002, 1<sup>st</sup> in class)  
RGN Registered General Nurse (Jordanian Nursing and Midwifery Council, 2002).

### **Fellowship**

Honorary Research Fellow, University of Salford, UK (2009 until now)

### **Language Skills**

Arabic (mother language) and English (Spoken and Written).

### **Computer Skills**

Good experience in using different computer softwares (Microsoft teams, Blackboard, Microsoft-office, Win Word, Excel, Power point and Internet web-site, also using SPSS statistical programs.

### **Honor and Award**

- World top 2% scientist 2022 (Stanford University)
- World top 2% scientist 2021 (Stanford University)
- Appreciation Certificate from the University of Jordan for outstanding contribution to the University Ranking 2021
- Appreciation Certificate from the University of Jordan for outstanding contribution to the University Ranking 2021
- International Award" Outstanding Researcher in Psychiatric and Mental Health Nursing, September 2019, Venus International Foundation. Chennai, India

- Best Teacher Award. April 2018. King Saud Bin Abd Al Aziz University for Health Sciences. Riyadh
- 4<sup>th</sup> place in the poster presentation at the Health Professions Conference **(2017) (my student)**. Riyadh/Saudi Arabia. “The Association between Perceived Social Support and Depression among Saudi University students after the Death of the significant person”.
- Young women Achiever International award **(2016)**. Venus International Foundation. Chennai, India
- Best poster prize at Third Regional Congress of Cancer and Blood Disorders of Children. Jordan Society of Pediatric Oncology. **JSPO. 2010**
- Best poster prize at **International Royal College of Nursing Conference (RCN)** in Liverpool, UK 8<sup>th</sup> -11<sup>th</sup> of April **2008**
- Best oral presentation at Postgraduate Research in Science and Medicine (North west UK) **(PRISM 2008)** conference which took place in Liverpool.
- Best oral presentation at Postgraduate Research in Science and Medicine (North west UK) **(PRISM 2007)** conference which took place in Chester
- Distinguished BSc student Award **(first in class-2002)**/ Faculty of Nursing-University of Jordan (3.86 out of 4)
- Scholarship from the University of Jordan (MSc) **(2003-2005)**
- Distinguished MSc student **(first in class-2005)**/ Faculty of Nursing-University of Jordan (4 out of 4).
- Distinguished MSc student Award **(first in class-2005)** / Faculty of Nursing-University of Jordan
- Scholarship from the University of Jordan (PhD) **(2005-2009)**

### **International, Regional and National Membership**

- Member of International WONCA (World Organization of Family Doctors), May 2015-2018
- Member, The Scientific Society of Arab Nursing Faculties, Jan 2015-Until now.
- Member, Jordan Society of Scientific Research, 2014 – Until now. Amman, Jordan.
- Honorary Research Fellow, University of Salford, UK, 2009- until now
- Member of Administrative committee of Kindergarten (2012-2015). The University of Jordan. Amman-Jordan.

- Member, Nursing and Midwifery Association (2002-until now). Amman-Jordan

### **Research Interest**

Psychiatric and Mental health nursing (Adult and children)  
 Patient's psychological distress of living with acute or chronic illnesses.  
 Caregivers' psychological-wellbeing and their experiences.  
 Anticipatory grief

### **Teaching experiences**

Psychiatric and Mental Health Nursing (PMHN): **BSc**  
 Trends, Issues and Ethical consideration in Nursing: **BSc**  
 Nursing research: **BSc**  
 Nursing Research for Advanced Nursing Practice: **MSc**  
 Advanced Psychiatric/Mental Health Nursing: **Master**  
 Loss, Grief and Death: **BSc**  
 Introduction to Nursing Profession: **BSc**  
 Communication skills: **BSc & PhD**  
 Nursing Research: **BSc**  
 Family health and Child protection: **BSc**  
 I gave a lecture about the anticipatory grief as a guest speaker in one university in the UK.

### **Professional Experience**

- Associate professor, 8/2013 until now. School of Nursing- The University of Jordan
- Assistant Professor, 8/ 2009- until 8/2013. Faculty of Nursing- The University of Jordan.
- College of Nursing. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Al-Ahsa. Kingdom of Saudi Arabia. 2015 until 2022.
- Honorary Research Fellow, 9/2007- Until now. University of Salford, UK
- Teaching and research assistant, 9/2003-9/2005. Faculty of Nursing- The University of Jordan.

### **Professional Activities:**

- Member of scientific research committee, School of Nursing, The University of Jordan, 2022-until now
- Member of internal relations and scholarship committee, School of Nursing, The University of Jordan, 2022-until now
- Member of students' investigation committee, School of Nursing, The University of Jordan, 2022-until now
- Member of University Scientific Board at King Saud bin Abd AlAziz University for Health Sciences. Saudi Arabia. 2021-2022
- Chairperson of Research unit. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Al Ahsa. Saudi Arabia. 2020-2021
- Member of Quality unit. College of Nursing. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Al Ahsa. Saudi Arabia. 2018-until now
- Chairperson of Academic advising and Counseling unit. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Al Ahsa. Saudi Arabia. 2019-2020
- Member of Peer Review Committee. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Al Ahsa. Saudi Arabia. 2019-2020
- Co-Chairperson Research unit. College of Nursing. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Al Ahsa. Saudi Arabia. 2018-2020.
- Chairperson of the Faculty Enhancement Committee. College of Nursing. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Riyadh. Saudi Arabia. 2017-2018.
- Memembr of Quality Assurance Unit at College of Nursing; King Saud Bin Abd AlAziz University for Health Sciences , Saudi Arabia, 2015-2017
- Member of curriculum committee; School of Nursing, The University of Jordan, 2014-2015
- Chairperson of International relations, School of Nursing, The University of Jordan, 2014-2015
- Member of scientific research committee, School of Nursing, The University of Jordan, 2013-2014
- Faculty Board, Member. Faculty of Nursing, The University of Jordan. 2009-2010.
- Faculty Scientific Board, member. Faculty of Nursing, The University of Jordan. 2009-2011.
- Member, Jordan Society of Scientific Research, 2014 – Until now. Amman, Jordan.
- Member, Nursing and Midwifery Association (2002-until now). Amman-Jordan

## Publications

- Abdel Razeq, N., **Al-Gamal, E.** (2021) Informing mothers of neonatal death and the need for family-centered bereavement care: A phenomenological qualitative study. *Journal for Specialists in Pediatric Nursing* 26 (2), e12328
- **Al-Gamal, E.**, Long, T., & Shehadeh, J. (2019). Health satisfaction and family impact of parents of children with cancer: a descriptive cross-sectional study. *Scandinavian Journal of Caring Sciences*. 33 (4) doi: 10.1111/scs.12677
- **Al Gamal, E.**, Bin Saaed, S, Monica, A & Long, A. (2019) Prolonged grief disorder and its relationship with perceived social support and depression among Saudi University Students. *Journal of Psychosocial Nursing and Mental Health Services*, 57(2):44-51
- Hyarat, S., **Al Gamal, E.**, and Rama, E. (2018) Depression and perceived social support among Saudi patients with Multiple Sclerosis. *Perspectives in Psychiatric Care*. 54 (3): 428-435
- Abdel Razeq, N & **Al-Gamal, E.** (2018) Maternal Bereavement: Mothers Lived Experience of Losing a Newborn Infant in Jordan" *Journal of Hospice and Palliative Nursing*. 20(2)
- Ahmad, M., Al-Zayyat, A., **Al-Gamal, E.** (2018) Coping Behavior Inventory: Psychometric Properties with Arab Universities' Students. *Journal of Nursing Measurement*. 26 (1), 176-185
- **Al-Gamal, E. (2017)** Testing of the Hospital Anxiety and Depression Scale in Patients with Chronic Obstructive Pulmonary Disease. *International Journal of Nursing knowledge*. 28 (2). doi: 10.1111/2047-3095.12106
- **Al Gamal, E.**, Alhosain, A. and Alsunaye, K . (2017) Stress and Coping Strategies among Saudi Nursing Students during Clinical Education. *Perspectives in Psychiatric Care*. 54(2):198-205 doi: 10.1111/ppc.12223. [
- **Al-Gamal, E.**, & Long, T. (2017) The psychometric properties of an Arabic version of the PedsQL Multidimensional Fatigue Scale tested for children with cancer. *Comprehensive Child and Adolescent Nursing*. 40 (3):188-199
- **Al-Gamal, E.**, Long, T. (2016) Health-related quality of life and its association with self-esteem and fatigue among children diagnosed with cancer. *Journal of Clinical Nursing*. 25(21-22):3391-3399. doi: 10.1111/jocn.
- **Al-Gamal, E.**, Long, T. (2016) Psychometric properties of the Arabic version of the PedsQL™ Family Impact Scale. *Journal of Research in Nursing*. 21 (8); 599-608

- **Al-Gamal, E., Al-Zayyat, A., & Ahmad, M. (2016)** Prevalence of Internet Addiction and Its Association with Psychological Distress and Coping Strategies Among University Students in Jordan. *Perspectives in Psychiatric Care*. 52: 49-61. doi: 10.1111/ppc.12102.
- Al-Zayyat, A., **Al-Gamal, E., & Ahmad, M. (2015)** Psycho-social Correlates of Internet Addiction among Jordanian University Students. *Journal of Psychosocial Nursing and Mental Health Services*. 53 (4)
- Ahmad, M., Al-Zayyat, A., **Al-Gamal, E. (2015)** The Factor Structure of the Internet Addiction Tool with University Students in Jordan. *Issues in Mental Health Nursing*. 36 (9), 725-731. DOI:10.3109/01612840.2015.1033041
- Ahmad, M. & **Al-Gamal, E (2014)** Predictors of Cancer Awareness among Older Adult Individuals in Jordan. *Asian Pacific Journal of Cancer Prevention*. 15 (24), 10927-10932
- Al-Zayyat, A. & **Al-Gamal, E (2014)** Correlates of stress and coping among Jordanian nursing students during clinical practice in psychiatric/mental health course. *Stress and Health*. 23, 326-335.
- **AL- Gamal, E. (2014)** Quality of life, anxiety and depression among patients with chronic obstructive pulmonary disease and their spouses, *Issues in Mental Health Nursing*. 35 (10); 761-767
- **Al-Gamal, E. & Yorke, J. (2014)**. Perceived breathlessness and psychological distress among patients with COPD and their spouses. *Nursing & Health Sciences*. 16, 103–111
- **AL-Gamal, E., & Yorke, J., Al-Shwaiyat, M. (2014)** Dyspnea-12-Arabic: Testing of an instrument to measure breathlessness in Arabic patients with chronic obstructive pulmonary disease. *Heart & Lung*, 43; 244-248.
- Al-Zayyat, A. & **Al-Gamal, E (2014)** Perceived Stress and Coping Strategies Among Jordanian Nursing Students During Clinical Practice in Psychiatric/Mental Health Course. *International Journal of Mental Health Nursing*. 23; 326-335. doi: 10.1111/inm.12054
- Al-Zayyat, A. & **Al-Gamal, E (2014)** A review of the literature regarding stress among nursing students during their clinical education. *International Nursing Review*. 61; 406-415

- **Al Gamal, E.,** Hamdan-Mansour, A., Matrook, R., & Al Nawaiseh, M (2013). The psychosocial impact of child labour in Jordan: a national study. *International Journal of Psychology.* 48 (6), 1156–1164.
- **Al- Gamal, E. & Long T. (2013)** The MM-CGI Cerebral Palsy: modification and pre-testing of an instrument to measure anticipatory grief in parents whose child has cerebral palsy. *Journal of Clinical Nursing.* 23, 1810-1819
- Johnson, M., Attree, M., Jones, I., **Al-Gamal, E. (2013)** Diagnosis, prognosis and awareness of dying in nursing homes: towards the Gold Standard. *International Journal of Older People Nursing.* 9, 95–105
- **Al-Gamal, E. (2013)** Quality of life and anticipatory grieving among parents living with a child with cerebral palsy. *International Journal of Nursing Practice.* 19(3), 288-294
- Hamdan-Mansour, A. **Al-Gamal, E.** Sultan, M., Matrook, R., & Nawayseh, M. (2013) Health status of working children in Jordan: Comparison between working and nonworking children at schools and industrial sites. *Open Journal of Nursing,* 3 (1), 55-62
- **Al-Gamal, E. & Long, T. (2013)** Psychological distress and perceived support among Jordanian parents living with a child with cerebral palsy: a cross sectional study. *Scandinavian Journal of Caring Sciences,* 27; 624–631
- Khalil,A., Darawad,M., **Al Gamal, E.,** Hamdan-Mansour,A. & Abed, M. (2012) Predictors of dietary and fluid non-adherence in Jordanian patients with end-stage renal disease receiving haemodialysis: a cross-sectional study. *Journal of Clinical Nursing,* 2(1-2):127-36. doi: 10.1111/j.1365-2702.2012.04117.x.
- Hamdan-Mansour, A., **Al-Gamal, E.,** Puskar, P., Yacoub, M., Marini, A. (2011). Mental health nursing in Jordan: An investigation into experience, work stress and organizational support. *International Journal of Mental Health Nursing.* 20 (2); 86-94
- **Al-Gamal, E., & Long, T. (2010)** Anticipatory grief among Jordanian parents living with a child with cancer, *Journal of Advanced Nursing.* 66 (9); 1980-1990
- **Al-Gamal, E., Long, T., and Livesley, J. (2009)** Development of a modified instrument to measure anticipatory grieving in Jordanian parents of children diagnosed with cancer: the MM-CGI Childhood Cancer. *Cancer Nursing,* 32 (3). 211-219

## **Published books/Report**

- Ahmad, M., **Al-Gamal, E.**, Othman, A., Nasrallah, I. (2011). Knowledge, Attitudes and Practices towards Cancer Prevention and Care in Jordan. **National Survey Report. Jordan**
- Hamdan-Mansour, A., **Al Gamal, E.**, Matrook, R., & Al Nawaiseh, M (2011). The physical and psychosocial Impact of child labour in Jordan: **National study. National Council for Family Affairs Report. Jordan**
- Long T, Livesley J, Devitt P, Murphy M, Fallon D, **Al Gamal E. (2008)**
- Evaluation of family support and enabling services provided by Old Trafford Community School for Trafford Sure Start Children's Centres. Trafford Children and Young People's Service (**CYPS**) **UK.**
- Long, T. Fenton, G. and **AL-Gamal, E. (2008)** Evaluation of the Blackpool Parenting Programmes. **Blackpool Childrens' Trust. UK.**

## **Presentations and abstract publications**

1. **Organizer- Chairperson** of scientific committee and oral presentation 3<sup>rd</sup> International Nursing and Health sciences conference. Entitled: 'Innovation and Sustainability in Virtual Education Practice and Research 16<sup>th</sup> & 17<sup>th</sup> November 2021. Virtual. KSAU-HS. Saudi Arabia. CME 14
2. **Oral Presentation** at 31st International Conference on Nursing Practice held during July 08-09, 2020 in Webinar .*"Quality of Life in Saudi Patients with Multiple Sclerosis: Relationship to Fatigue"*. *Netherlands.*
3. **Keynote speaker** "Global neurology and neuroscience Conference", Malaysia, July 2019
4. **Organizer-Oral Presentation**, CON-A First Research Day. KSAU-HS. March 2019.
5. **Oral presentation** at " Annual Congress on Mental Health". Paris, France July, 2018
6. **2 Poster presentations** at 6th Pediatric Research Day. 1- Health-related quality of life and its association with self-esteem and fatigue among children diagnosed with cancer 2- Health Satisfaction and Family Impact of Parents of Children with Cancer. KASCH building, 3rd floor, in front of the main venue (King Abdullah Lecture Hall). Riyadh, KSA 24th December 2017.



7. **Poster presentation** at 8<sup>th</sup> Annual Forum For Medical Research. Maternal Bereavement: Mothers Lived Experience of Losing a Newborn Infant in Jordan. King Saud Bin Abdulaziz University for Health Sciences, Riyadh, KSA. 7<sup>th</sup> December 2017.
8. **Poster presentation** at 18<sup>th</sup> department of medicine research day. Physical activity and its association with psychological well-being and quality of life among Saudi Adults in Riyadh, Saudi Arabia" Riyadh/Saudi Arabia. 23 Nov 2017.
9. **Poster presentation and oral presentation** at Health Professions Conference. The Association between Perceived Social Support and Depression among Saudi University students after the Death of the significant person". Riyadh/Saudi Arabia. 23<sup>rd</sup> -25 April, 2017. Riyadh/Saudi Arabia.
10. **Oral presentation** at "PCS Mental Health Forum-2017. Lisbon, Portugal April 7-8, 2017.
11. Conducting SPSS workshop for undergraduate students. College of Nursing, Riyadh. KSA. 5<sup>TH</sup> January 2017
12. **Poster presentation** at Oncology Research Summit. Large Auditorium, King Abdullah Specialized Children Hospital. 15-16 December, 2016.
13. Attendance at 7<sup>th</sup> Annual Forum for Medical Research King Abdullah International Medical Research Centre, Riyadh. KSA, 13-15 December, 2016.
14. **Speaker (oral presentation) and moderator** at 2nd International Conference on Mental Health and Human Resilience, "Challenges in Mental Illness and Differential Procedures of Diagnosis and Therapy". Cologne, Germany. 14-15 July, 2016
15. **Poster presentation** at 1st Oncology Research Day. Oncology Auditorium, King Abdullah Specialized Children Hospital. 8 May 2016
16. Attendance at Patient Safety Forum 2016, Riyadh. Saudi Arabia. 19-21 April 2016
17. **Speaker (oral presentation)** at Second International Conference in Nursing and Health Science "A Bridge to Build a Sustainable Health Care Future". King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Riyadh. Saudi Arabia. 28-30 March, 2016
18. **Presenter at Nursing Department** (Scientific activity) , King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Riyadh. 6<sup>th</sup> December, 2015. Lecture Hall 7.
19. Attendance at First International Patient Experience Conference". Princess Nourah University Conference and Convention Centre. Riyadh, Saudi Arabia. 3-5 Novemembr, 2015.(This activity has been accredited with 20 CME units.

20. **Speaker** at the Al-Ahlyiah Amman Private University. Amman- Jordan, May, 2015.
21. **Speaker** at the Wonca EMR Family Medicine Congress. Dubai. 29April-2 May, 2015
22. **Speaker** at The Hashemite University Nursing Scientific day. 1<sup>st</sup> February, 2015.
23. Attendance of International Day of People with Disability. Faculty of rehabilitation. The University of Jordan. 4<sup>th</sup> of December, 2014
24. **Presenter** at the 7<sup>th</sup> International Conference of the Royal Medical Services. Dead Sea-Jordan. 5-9 Nov, **2014**.
25. **Speaker** at the 2<sup>nd</sup> Al-Balqa Nursing Conference. Al Salt- Jordan, 27-28 August, **2014**.
26. **Presenter** at the International Royal College of Nursing Conference (RCN)/ UK. 2-4 April, 2014
27. **Speaker** at the 4<sup>th</sup> World Conference on Psychology, Counseling and Guidance, WCPCG. Istanbul-Turkey, 24-26 May, **2013**.
28. **Speaker** at 6<sup>th</sup> International Conference of the Royal Medical Services. Dead Sea-Jordan. 19-22 Nov (**2012**).
29. **Speaker** at the International Royal College of Nursing Conference (RCN)/ UK. "Perceived stress and social support among Jordanian parents living with a child with cerebral palsy". 16May (**2011**)
30. **Speaker** at the International Royal College of Nursing Conference (RCN). The 'conversation': developing confidence to provide end of life care in nursing home" 18 May (**2011**)
31. **Speaker** at the International Royal College of Nursing Conference (RCN). "Psychosocial impact of child labour in Jordan: a national study". 17 May (**2011**).
32. **Speaker** at the International Nursing Forum Global Partnership in Nursing April 19-20, **2011**, Amman- Jordan
33. **Speaker** at the 21<sup>st</sup> International Net working Education in Health care conference. The end of life care continuum: ethics and pragmatics for health professional education. **The University of Cambridge, UK: 7-9/ September, (2010)**
34. **Speaker** at the Scientific Day at the Faculty of Nursing the University of Jordan. 13 May (**2010**)
35. **Speaker** at the Third Regional Congress of Cancer and Blood Disorders of Children. **JSPO**. Amman-Jordan, April 17<sup>th</sup>, (**2010**)
36. **Speaker** at the Third International Conference, JNC : The Heart of the Matter: Relevance of Nursing Responsiveness. **Amman-Jordan 27-28 April (2010)**
37. **Speaker** at the International Royal College of Nursing Conference (RCN) in **Cardiff, UK April (2009)**
38. **Speaker** at the International Royal College of Nursing Conference (RCN) in **Liverpool, UK April (2008)**
39. **Speaker** at the North West Musculoskeletal Clinical Research and Audit Symposium. **Wrightington Hospital. UK March (2006)**.
40. **Speaker** at the Bolton Forum Festival of Research in the Health and Social Care. Bolton. **UK. May (2006)**

### **Conference organization**

- Member of scientific committee of Health Profession Conference 2022 (Al Ahsa), 25-27<sup>th</sup> Jan 2022
- Organizer: 3<sup>rd</sup> International Nursing and Health sciences conference. 16<sup>th</sup> & 17<sup>th</sup> November 2021. Virtual. KSAU-HS
- Organizer of Health Professional conference 2020 CON-A. KSA
- College of Nursing- Al Ahsa first Research day 26 March 2019. Head of Organizing committee.
- Abstract reviewer at Health Profession Conference , KSA, January, 2019
- Oral presentation reviewer at Health Profession Conference April, 2018
- Abstract reviewer and poster evaluator at Health Profession Conference 23-25 April, 2017
- Member of the International Scientific Committee of UK Association of Chief Children's Nurses (ACCN)- International Conference –Jersey **2014**
- Member of advisory committee of the Royal college of Nursing **International conference** 2010- until now. UK.
- Salford Postgraduate Annual Research Conference, University of Salford, UK. May 2008.
- Member of advisory committee of the International Nursing Forum Global Partnership in Nursing April 19-20, **2011**, Amman- Jordan

### **Titles & Committees:**

1. Member of International WONCA (World Organization of Family Doctors), May 2015-2018
2. Honorary Research Fellow, University of Salford, UK, 2009- until now
3. Member of CYP multidisciplinary research group at University of Salford, UK. 2009-until now
4. Member, The Scientific Society of Arab Nursing Faculties, Jan 2015- Until now.
5. Member, Jordan Society of Scientific Research, Entrepreneurship and Creativity 2014 – Until now. Amman, Jordan.
6. Member of scientific research committee at Jordan Society of Scientific Research, Entrepreneurship and Creativity 2022 – Until now. Amman, Jordan
7. Member of scientific research committee, School of Nursing, The University of Jordan, 2022-until now
8. Member of internal relations and scholarship committee, School of Nursing, The University of Jordan, 2022-until now
9. Member of students' investigation committee, School of Nursing, The University of Jordan, 2022-until now
10. Member, Nursing and Midwifery Association (2002-until now). Amman- Jordan

11. Member of University Scientific Board at King Saud bin Abd AlAziz University for Health Sciences. Saudi Arabia. 2021-2022
12. Chairperson of Research unit. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Al Ahsa. Saudi Arabia. 2020-2021
13. Member of Quality unit. College of Nursing. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Al Ahsa. Saudi Arabia. 2018-until 2022
14. Chairperson of Academic advising and Counseling unit. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Al Ahsa. Saudi Arabia. 2019-2020
15. Member of Peer Review Committee. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Al Ahsa. Saudi Arabia. 2019-2020
16. Co-Chairperson Research unit. College of Nursing. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Al Ahsa. Saudi Arabia. 2018-2020.
17. Chairperson of the Faculty Enhancement Committee. College of Nursing. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Riyadh. Saudi Arabia. 2017-2018.
18. Memembr of Quality Assurance Unit at College of Nursing; King Saud Bin Abd AlAziz University for Health Sciences , Saudi Arabia, 2015-2018. Leading taskforce NCAAA accreditation
19. Supervising committee member for standard 3,4 &5. College of Nursing. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs) NCAAA. Riyadh. Saudi Arabia. 2016-2017.
20. Co-chairperson of the research unit. College of Nursing. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Riyadh. Saudi Arabia. 2016-2018.
21. Memembr of the Academic promotion and credentialing committee. College of Nursing. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Riyadh. Saudi Arabia. 2016-2018.
22. Memembr of the curriculum committee. College of Nursing. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Riyadh. Saudi Arabia. 2016-2018.
23. Member of the student disciplinary committee. College of Nursing. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Riyadh. Saudi Arabia. 2016-2017.
24. Member of Quality Assurance and Academic Accreditation Unit, College of Nursing. King Saud bin Abd AlAziz University for Health Sciences (KSAU-HS). Riyadh. Saudi Arabia. 2015-2016
25. Member of subcommittee to work on NCAAA Self Evaluation scale for higher educational program: Standard 2 Program Administration. College of Nursing. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). Riyadh. Saudi Arabia. 2015-2016
26. Lead the preparation of KPI (Key Performance Indicator) for AY 2015-2016. College of Nursing. King Saud bin Abd AlAziz University for Health Sciences (ksau-hs). NCAAA. Riyadh. Saudi Arabia
27. Member of International Accreditation committee, Faculty of Nursing/ UJ. 2014-2015 and Lead graduates' outcomes qualities sub-committee.

28. Member of the Quality Affair Committee, Faculty of Nursing/UJ. 2014-2015
29. Member of curriculum development committee at the faculty of Nursing/ The University of Jordan 2014-2015
30. Head of scholarship committee at the Faculty of Nursing/ The University of Jordan 2013-2014
31. Member of scientific research committee, School of Nursing, The University of Jordan, 2013-2014
32. Member of the University and community committee at Faculty of Nursing/ the University of Jordan 2012-2013
33. Member of CYP@Salford research group 2013-until now
34. Head of psychiatric and mental health section at Faculty of Nursing/ the University of Jordan 2010.
35. Member of advisory committee of the Royal college of Nursing **International conference** 2010- until now
36. Member of the scientific and steering committee at the **International Nursing Forum Global Partnership in Nursing April 19-20, 2011**
37. Coordinator of international collaborations between the University of Jordan Faculty of Nursing and other universities in UK, USA, and Sweden. 2010-2012
38. Liaison person of international collaboration between the University of Salford and the University of Jordan (Faculty of Nursing) 2010 until present
39. Head of BSc Graduates' Committee., Faculty of Nursing/ UJ 2010
40. Member of scientific committee at the Faculty of Nursing/UJ 2010-2011
41. Member of the Curriculum Development Committee at the Faculty of Nursing/UJ 2009/2010
42. Member of the Quality Affair Committee, Faculty of Nursing/UJ 2009/2011.
43. Member of the Breathlessness Research Interest Group (BRIG)/UK (2010- 2013).

**Funded Projects national and international:**

- I got approved IRB (KIMARC) Psychological well-being and quality of life among Saudi patients with COPD. 2016-October 2017, SR 8750
- Stress and Coping Strategies among Female Nursing Students During Clinical Education In One University In KSA. King Abdullah

International Medical Research Centre. Saudi Arabia. Main Researcher. SR10000 (June 2016-June 2017).

- Self esteem, physical and psychosocial well-being of children diagnosed with central nervous system tumors and their parents. The University of Jordan. JD4000. (Feb 2015-Feb2017) **Single researcher**
- Internet addiction among University students in Jordan. The University of Jordan. JD3000. (September 2013-Septemebr 2014) **Main researcher**
- Psychosocial well-being and quality of life among Jordanian parents living with a child with cerebral palsy. The University of Jordan. JD3000 (September 2010-Septemebr 2011). **Main researcher.**
- Depressive Symptoms in Jordanian patients with ESRD. The University of Jordan. JD 3000. Co-researcher
- Psychosocial and physical impact of child labour in Jordan: a national study. National study. National Council for Family Affairs Report. JD32.000 (February 2009- May 2010). Co-researcher.
- Knowledge, Attitudes and Practices towards Cancer Prevention and Care in Jordan: A National Survey. The King Hussein Institute for Biotechnology & Cancer (KHIBC). JD 100.000 (2010-2011). Co-researcher
- End of life care in nursing homes. (Salford/UK). Burdett Trust for Nursing. 49.000 Pounds (2009-2010). Co-researcher
- Living with breathlessness. (UK). Action Medical Research. 6.700 Pounds (2008-2009). Co-researcher

### **Community activities:**

- Celebrating the Mental Health Day in collaboration with community committee 'Mental Health for all', University of Jordan 18 Dec 2022
- Presenting a workshop entitled Promotion of Mental Health in work place. School of Nursing, The University of Jordan, 27 Nov 2022
- Presenting a workshop in collaboration with International program, Alumni and Marketing Units entitled ' Promoting mental Health among university students' 24 NOV 2022
- Participate in activity at school of Nursing entitled ' بصفة خريج ' NOV 2022
- Presenting a workshop entitled ' physical and psychological wellbeing during the teenage' AlRashediah school, Jarash, Nov 2022
- Present session about coping with chronic illness for patients with Psychiatric disorders Ahsa Psychiatric Hospital, April 2021
- Teaching stress reduction techniques during COVID-19 among nursing students and their families. Monday 23<sup>rd</sup> Nov. 2020 virtual
- Celebration of International Mental Health Day in collaboration with Al Ahsa Psychiatric Hospital. 24-26/10/2019 Al Ahsa Mall.
- Celebrating the International Day September 2019. Al Rashid Mall. Al Ahsa
- Organizer in collaboration of Al Ahsa Psychiatric Hospital of International mental Health Day " Youth Mental Health in challenging World". Al Rashed Mall, 11-14 October 2018

- Celebrating International Mental Health Day " Warning signs and symptoms of Mental Illness" NGHA- Al Ahsa, 10<sup>th</sup> October 2018.
- Presenting a workshop entitled: Childhood without abuse. Kashm Al Alan Primary health Centre, Riyadh, KSA. 2018
- Presenting a workshop entitled: Childhood without abuse. Kashm Al Alan Primary health Centre, Riyadh, KSA. 30 Nov 2017
- Organizer member of International Mental Health Day. Al Amal complex center. Riyadh, KSA. October 2017
- Teaching " Relaxation Technique for a better life" for high school students. Ideal Education schools. Riyadh, KSA. October 2017
- Member of Mental Health committee at Jordanian Nursing Council to review the mental health strategic plan and to put future plan for mental health nursing in Jordan. December 2014 -2015.
- Member, Jordan Society of Scientific Research, 2014 – Until now. Amman, Jordan.
- Member of Administrative committee of Kindergarten (2012-2015). The University of Jordan. Amman-Jordan.
- Member, Nursing and Midwifery Association (2002-until now). Amman-Jordan
- Speaker at Baiader Wadi Al Sair school; teach the students how to deal with stressors. Nov. 2014
- Attend the British Universities Alumni Association meeting with the British Ambassador. October 2014.
- Participated in many forums explaining different aspects of mental health issues.
- Participated in the organization of many workshops for mental health nursing at Jordanian Nursing Board
- I was an active member of the Committee of many conferences in Jordan and abroad
- Member of administrative committee at the University of Jordan Kidsgarten (2012-2015)
- Member of the University and Community committee at the University of Jordan- Faculty of nursing (2012-2013).
- Visiting Al-Amal centre for children with physical disabilities in Ramtha (11/2012) (*Health education and activities*)
- Coordinator of international collaborations between the University of Jordan Faculty of Nursing and other universities in UK, USA, and Sweden. 2010-2012
- Presentation of 4 lectures in different places at the south of Jordan targeted the adolescents in collaboration with the Japan International Cooperation Agency (JICA). "Adolescents and maturity". March and April 2010.
- Counseling sessions targeting abused women to improve the psychosocial well-being of the women in Hitten campus. 4 days in October-Novemebr 2009.

### **Outstanding supervised student**

Mr Abd Al Kareem Al-Zayyat (my master student) won Ali Mango Award "The award for best thesis students in scientific and health fields in Jordan. Amman June, 2015. Moreover, recently won another distinguished award of Venus International foundation Award VIFRA "Young Scientists". December, 2015.

### **Graduates students supervision**

1-Maram Al Subaiee, **Master student of medical education**. Effectiveness of virtual academic training and counseling on Saudi Nursing students' psychological well-being during COVID-19 pandemic. OCT 2020  
2- Supervision of master student AbdAlKariem AlZayyat, thesis entitled: "Perceived Stress and Coping Strategies among Jordanian Nursing Students During Clinical Practice in Psychiatric/Mental Health Course". November, 2012 until July 2013. (3 papers has been published in ISI journals)

### **Committee Member on Thesis Examination for master and Ph.D students**

- Member of the examining PhD thesis entitled: Effectiveness of Mindfulness- Based Interventions on Perceived stress, Anxiety, Depression, and Quality of Life among Parents Of Children with Autism Spectrum Disorder: Aquasi- Experimental study. 18-3-2015
- Member of the examining master proposal defense entitled: Knowledge of palliative care among nurses in King Abdul Aziz National Guards Hospital at Al-Ihsa. 18-12-2014
- Member of the examining PhD thesis entitled: The effect of Diabetes self efficacy enhancing intervention on Diabetes self care management behaviors and psychological well-being among Jordanian type 2 Diabetes mellitus. 14-12-2014
- Member of the examining master thesis defense entitled: Nurses Perspectives of the End of life Care Practices in General Hospitals settings in Jordan. 23-7-2014
- Member of the examining master thesis defense entitled: Jordanian universities nursing students' attitudes toward end- of- life care. 2013.

### **Editorial Board:**

Member of editorial board of Journal of Clinical Nursing (JCR, Scopus Q1) Journal. 2014-until now.

### **Journal Review**

- Reviewer at perspective in Psychiatric care Journal (ISI Journal) 2018 until now



- Reviewer at Disability and Rehabilitation Journal (ISI Journal) 2014-until now.
- Reviewer at the Scandinavian Journal of Caring Sciences (ISI Journal) 2011-until now
- Reviewer at Journal of Clinical Nursing (ISI Journal) 2013-until now
- Reviewer at the Journal of Child Health Care (ISI Journal) 2013-until now

### **Workshops presentation and attendance**

1. Workshop presenter; Promotion of Mental Health in workplace. School of Nursing, The University of Jordan, 27-11-2022.
2. Workshop attendance; Lippincott Procedure. School of Nursing, The University of Jordan. 2-11-2022.
3. Seminar attendance: There's magic in the middle!" Being transparent and convincing in qualitative analysis, Prof Tony Long, 11 January, 2022, virtual
4. Seminar attendance: Beyond bracketing: Use of self in search of others' lived experience. Dr Donna Peach, Tues 9 November 2021. Virtual
5. Seminar attendance: PhD by published works: the process and the pitfalls. Prof Alison Brettle, Tues 12 October, 2021, virtual.
6. Seminar attendance :“It's just a survey”: the most abused research design for healthcare professionals! How to do these robustly, Dr Lyvonne Tume, Tues 21 Sept 2021, virtual
7. Organized and attended Publication in Scopus databases and how to boost your citations. Prof Muayyad Ahmad, 8 Dec 2020, virtual
8. Attended "From Submitting to Publishing: Getting your Manuscript Accepted not Rejected". Prof Margret Lepp. NOV. 2020, virtual
9. Organized and attended " Qualitative research: magic, mystique and rigour" Prof Tony Long. OCT 2020, virtual
10. Workshop attendance: Best practices for distance e-learning (practical subject: fencing, rhythm movements and field training) 19-8-2020. The University of Jordan. virtual
11. Workshop attendance; E-learning in teaching practical subjects: between truth and illusion, 11-8-2020. The University of Jordan Virtual
12. Workshop attendance; Techniques of Managing Online Educational Meetings, 27-7-2020
13. Workshop attendance; Employing the Microsoft Teams application to facilitate the distance learning process (2) - (ONLINE); The University of Jordan; virtual. 17-6-2020

14. Presented "Ethical and Legal issues in research" At Scientific day At Al Ahsa Psychiatric hospital. 2019
15. Mixed method. CON, KSAU-HS, 29 March 2018, KSAU-HS, SA
16. Integration of Clinical Simulation Based Education for Nursing Care, 28 March, 2018, KSAU-HS, SA
17. Learning Difficulties Among University Students Workshop, Dec 2017. KSAU-HS. SA
18. Teaching Methodologies and Enhancing Students Critical Thinking and Offered By: KSAU-HS, SA.
19. Presenting a brown bag presentation "Maternal Bereavement: Mothers Lived Experience of Losing a Newborn Infant in Jordan. CON, KSAU-HS. Nov. 2017
20. Attendance of Introduction to Educational Leadership and Management workshop. KSAU-HS. College of Medicine. 6<sup>th</sup> November 2017
21. Attendance Problem Based Learning workshop. KSAU-HS. College of Medicine. Riyadh, KSA. 2 Oct 2017
22. Attendance Simulation workshop. Riyadh Clinical Simulation Centre. Riyadh, KSA. 1<sup>st</sup> Oct 2017
23. Attendance of the workshop " Rigor of Qualitative Research" 14th -15th February",2017 that will be hold by Dr Lisa Clarke. College of Medicine. KSAU-HS. Riyadh, Saudi Arabia.
24. Attendance of the workshop of Introduction to KIMARC e-submission, KIMARC. November, 2016. KSAU-HS. Riyadh, Saudi Arabia .
25. Introduction to Basic Assessment workshop. KSAU-HS. College of Medicine. 11-13 April 2017
26. Attendance of the Research Related APPs Orientation workshop. KSAU-HS. College of Nursing. Riyadh-KSA. 12 January 2017.
27. Attendance brown bag presentation " Psychosocial Adjustment to illness and health related quality of life in patients with multiple sclerosis". CON, Riyadh, KSA. 25Dec 2016
28. Attendance of Towards Excellence in Simulation-based Education: TIPS with SIMentoring at the Core workshop. Second International Conference in Nursing and Health Science "A Bridge to Build a Sustainable Health Care Future". King Saud bin Abd AlAziz University for Health Sciences. Riyadh. Saudi Arabia. 28 March, 2016
29. Attendance of the workshop of Self-Evaluation Scale According to NCAAA, KSAU-HS. Riyadh, Saudi Arabia, 19<sup>th</sup> Jan, 2016
30. Coordination of Awareness Campaign entitled (Violence against Women, Children and elderly) "Building a Happy Family and a Healthy Nation" . 8<sup>TH</sup> December 2015. College of Nursing, KSAU-HS. KSAU-HS. Riyadh, Saudi Arabia.
31. Attendance of the workshop that hold by Prof Peter John, Quality National Academic Accreditation & Assessment (NAAA), 23 November 2015. Tower building, KSAU-HS. Riyadh, Saudi Arabia.
32. Attendance of the workshop of National Commission for Academic Accreditation & Assessment (NCAAA). KSAU-HS. Riyadh, Saudi Arabia. Nov,2015
33. Three cycles of Alemat (ثلاث دوائر للعالمات في الأوساط الأكاديمية). Jordanian Society for Scientific Research. 4<sup>th</sup> of January 2015. Amman-Jordan

34. E-learning workshop: 21 and 23 of December 2014. King Abdullah II for Information Technology. The University of Jordan.
35. Staff Development Workshops: 26 August-17 September 2012; Centre for Educational Development. (50 hours)
36. Statistical Methods in the Health Field: 10 June- 1 July 2012; Centre for Educational Development. (30 hours).

