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CURRICULUM VITA

PERSONAL INFORMATION:

Name: Hanaa Mohammad Mahmoud Abo Shereida

Date of Birth: 10/6/1984

Nationality: Egyptian

Religion: Moslem.

Marital Status: Married

Address: Tablwha, Tala, Menofia , Egypt

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ACADEMIC QUALIFICATION:

- 2015** Doctorate degree in nursing sciences (Psychiatric mental Health Nursing)
"The Effect of Relaxation Techniques Program on Stress and Adjustment among Infertile Women in Menoufia Governorate".
- 2012** Master of nursing science (Psychiatric mental Health Nursing) Faculty of Nursing, Menoufiya University with an excellent degree.
"Awareness of Secondary Schools' teachers and Students about adolescents' depression "

2005 Bachelor of nursing science with an excellent degree.

PROFESSIONAL POSITION:

- 2016** Lecturer of Psychiatric Mental health nursing – Faculty of Nursing, Menofia University from 2016 till now.
- 2012** Assistant lecturer of Psychiatric Mental health nursing – Faculty of Nursing , Menofia University.
- 2007** Clinical instructor at Psychiatric Mental health nursing department– Faculty of Nursing, Menofia University.

TRAINING COURSES:

- TQM diploma from Ain Shams university.
- IC3
- TOEFL
- Psychoanalysis for Child Abuse after Trauma in Psychiatric nursing (Faculty of Nursing, Menofyia University).
- Debriefing and Simulation in Psychiatric Nursing (Faculty of Nursing, Menofyia University).
- Comprehensive computer course (DOS, Windows, Word)
- ICDL course (IT, Windows, Word, Access, Excel, PowerPoint, Internet)
- Comprehensive SPSS course

Quality Assurance Courses

- Strategic planning for H.E faculties and institutes (National Agency for Quality Assurance and Accreditation of Education “NAQAAE”) 1-2 August 2018.
- Educational programs and courses specifications and evaluation of learning outcomes for H.E institutes (National Authority for Quality Assurance and Accreditation of Education “NAQAAE”) 19 -21 February, 2018.
- Self evaluation for H.E faculties and institutes(National Agency for Quality Assurance and Accreditation of Education “NAQAAE”) 27-29 December -2017



WORKSHOPS AND SEMINARS ATTENDANCE

Quality Assurance Workshops:

1. National Agency for Quality Assurance and Accreditation of Education “NAQAAE” workshop “ The national accreditation standards may-2015 ”

WORKSHOPS:

2. Suicidal prevention (Faculty of medicine, Menofiya University, Psychiatric and neurological department, 29-12-2019.
3. A speaker at the " Forth Cultural and Environmental Week " of Faculty of Nursing, a work shop of " Addiction and its physical, psychological and social effects", 21-26 October, 2019.
4. Safety and Occupational Health in the Work Environment (Faculty of Medicine, Menoufiya University, University Hospital training Unit), 11th March, 2018.

5. Basic of Research Methodology (Faculty of Nursing, Menoufiya University, 21th March 2018).
6. The Workshops of the 4th Annual Armed Forces Psychiatric Conference, 5th – 7th April, 2017.
7. The Environment and its Relationship with Cancer (Faculty of Nursing, Menoufiya University) 2nd - 6th December , 2017.
8. The Community Awareness Toward AIDS (Faculty of Nursing, Menoufiya University) 12th - 13th December , 2017.
9. Self evaluation for H.E faculties and institutes (Quality assurance unit, Faculty of Nursing, Menofya University) 8 October 2017.
10. Power analysis and sample size calculation (Faculty of nursing, Menofya University) 1 November 2017.
11. Criteria of exam paper according to accreditation requirements (Quality assurance unit, Faculty of Nursing, Menofya University) 30 October 2017.
12. Academic advising and scientific leadership (Quality assurance unit, Faculty of Nursing, Menofya University) 29 October 2017.
13. Anxiety Disorder Workshop (Dr. Gamal Abo Elazzaymem Hospital- 10th of Ramadan branch), 28th October 2017.
14. Education programs and courses specifications and evaluation of learning outcomes for H.E institutes (Quality assurance unit, Faculty of Nursing, Menofya University) 1 October 2017.
15. The Psychological problems of Children (Dr. Gamal Abo Elazzaymem Hospital- 10th of Ramadan branch), 16th October , 2016.
16. Profession attitudes (Faculty & Leadership Development Center, Menoufiya University, 15-16 May 2016).
17. Managing the research team (Faculty & Leadership Development Center, Menoufiya University, 16-17 June 2016).

18. Credit hour system (Faculty & Leadership Development Center, Menoufiya University, 21-22 June 2016).
19. Managing people (Faculty & Leadership Development Center, Menoufiya University, 30 June-1st July 2015).
20. Effective presentation skills (Faculty & Leadership Development Center, Menoufiya University, 23-24 June 2015).
21. Taking Decisions and solving problems (Faculty & Leadership Development Center, Menoufiya University, 14-15 June 2015).
22. Autism and how to deal with this child (in Faculty of Nursing, Menoufiya University) 9th December 2014.
23. Addiction and its effect on the individual, family and society (in Faculty of Nursing, Menoufiya University) 25th November 2014.
24. Creating a culture of professionalism, working ethics among health care providers (in Faculty of Nursing, Menoufiya University) 14th October 2014.
25. Cognitive behavioral therapy (in Faculty of Nursing, Menoufiya University) 15th - 18th September 2013.
26. Hospital based care in Psychiatry (in Faculty of Nursing, Menoufiya University) 13th April 2013.

CONFERENCES:

1. 1st annual Armed Forces " Substance abuse Conference" on 25 -26 December 2019.
2. The 4th Scientific symposium of Psychiatric and Mental Health Nursing Department about " life satisfaction in relation to happiness and mental health enhancement", 12 November, 2019.

3. The 6th international scientific conference ; Sustainable Development of Nursing Education and Research (Faculty of nursing –Menoufiya university)1st- 2nd October 2019.
4. **A speaker at** the 3rd Scientific Conference of Psychiatric Nursing Department: the culture of violence against women in society and its impact on the psychological status of women (Faculty of nursing, Menofia University) 20th- 21th of March 2018.
5. The Annual Conference of Community, Environmental and Occupational Medicine Department: Challenging the Universal Coverage of Health Insurance: Public Health Prespective (Faculty of Medicine- Zagazig University) 29th -30th March 2018.
6. The 17th scientific MEETING OF Menoufia Pediatrics and Neonatology Society, 17th February, 2017.
7. The 11th Annual Scientific Meeting of Psychiatric and Mental Health Nursing Department entitled : Self Improvement and Self Satisfaction.(Faculty of Nursing, Tanta University), 23th April, 2017.
8. The 5th International Conference: Scientific Research in the Light of Contemporary Global Changes (Faculty of Nursing, Tanta University in conjunction with the 7th International Conference for Society of Arab Nursing Faculties Entitled, 15th -16th March 2017.
9. The 5th international nursing conference: toward advanced nursing practice (Faculty of nursing, Menofya university) 4th - 5th April 2017.
- 10.The 4th Annual Armed Forces Psychiatric Conference, Psychiatric in Egypt, Strengths and Opportunities, 5th – 7th April , 2017.
- 11.The 4th Post graduate students conference, Scientific Nursing Research and health Promotion (Faculty of Nursing, Tanta university)24th April,2017.

12. The 13th International Congress of Ain Shams University Institute of Psychiatry, 2nd May, 2017.
13. The 4th annual and 1st international scientific conference: nursing in generation "Y" challenges and opportunities (Faculty of nursing- Benha University) 19th July 2017.
14. The annual conference: toward excellence in ethical and professional conduct among medical surgical nursing team (Medical Surgical Nursing Department- Faculty Of Nursing Menofya University) 4th -5th October 2016.
15. The 1st scientific nursing conference: Creative paths for nursing in new era (Faculty of Nursing, Damanhur University) 30th -31th October 2016.
16. The 4th international scientific nursing conference; utilization of research in nursing (Faculty of Nursing- Menoufiya University) 9th - 10th May 2014.
17. New technology to improve quality of emergency obstetric care (Maternal & Newborn Health Nursing Dep., Faculty of Nursing- Menoufiya University) 8th July 2013.
18. The 3rd international scientific nursing conference; toward excellence in nursing profession (Faculty of Nursing- Menoufiya University) 27th -28th February 2011.
19. The 16th Annual Conference of Obstetrics and Gynecology in KUWAIT (11th -13th December 2011).
20. The 2nd international scientific nursing conference; quality performance; nursing challenges and ambition (Faculty of Nursing- Menoufiya University) 24th -25th February 2010.

QUALITY ASSURANCE ACTIVITIES:

Participation in quality assurance projects at Faculty of Nursing, Menofia University

QAAP (Quality Assurance for Accreditation Project)

- Participation in writing program and course reports for the academic years (2007- 2008 and till now).

CIQAP (Continuous Improvement and Qualifying for Accreditation Project)

- Carrying out the activities of the first accreditation standard (strategic planning) (from 2015 and till now).
- Participation in designing the first and second faculty mission and vision (2013-2016).
- Participation with the accreditation visit facilitator in managing the final accreditation visit (2013).
- Participation in writing the faculty self study (2010-2013)

Post- accreditation activities

- Participation in designing the second faculty strategic plan (2015-2020)
- Participation in writing the faculty self study (2014-2017).
- Participation in writing undergraduate courses specification for Psychiatric and Mental health nursing department for the academic years (2015,2016, 2017-2018-2019).
- Participation in writing undergraduate courses specification for Human Relation course for the academic years (2016, 2017-2018-2019).

- Participation in writing undergraduate courses specification for Psychotherapy course for the academic years (2016, 2017-2018-2019).

TEACHING ACTIVITIES:

For the Undergraduates

- Psychiatric and Mental health nursing course for college students (from 2007 till now).
- Psychiatric and Mental health nursing course for technical institute of nursing (2017-2018-2019).
- Scientific Research for Technical Institute of nursing students (2017-2018).
- Human Relation course for Technical Institute of nursing students (2017-2018).
- Teaching methods course for Technical Institute of nursing students (2017-2018-2019).
- Clinical Psychiatric and Mental health nursing training for 4th year students at Shebin El-koom teaching hospital, Tanta Hospital for Psychiatric and Mental disorders, Meet Khalaf Hospital for Psychiatric and mental health disorders(from 2007 till now).

Others

- Sharing in updating Psychiatric Mental health nursing course for the academic year (2015-2016, 2017-2018- 2019).
- Sharing in designing and teaching Human relation course (2016, 2017, 2018,2019).
- Sharing in designing and teaching Psychotherapy course (2016, 2019).



LIST OF PUBLICATIONS

Publications in the field of psychiatric mental health nursing

Research Papers:

1. Kasemy et al., Abo Shereda, H.,(2020): Prevalence of Workaholism Among Egyptian Healthcare Workers With Assessment of Its Relation to Quality of Life, Mental Health and Burnout. *Frontiers in public-health*, Vol.8, No.581373.
2. El-Amrosy, S., **Abo Shereda, H.**, (2020): The Effect of Mindfulness-Based Psycho-Educational Program on Insight and Socio Occupational Functioning of Schizophrenic Patients. *International Journal of Nursing Education*, Vol. 12, No. 4.
3. Abd ElrazekI, F., Mahmoud, H., (2019): Bullying Behavior among School-Age Children and Its Relationship with Body Weight and Self-Esteem. *IOSR Journal of Nursing and Health Science*, Vol. 8, No. 6.
4. **Abo Shereda.H.**, Shattla.S., Amer.H., Kassemy. Z., (2019): The effectiveness of a psycho-educational nursing intervention on illness perception, knowledge and expressed emotion of caregivers of patients with first episode psychosis. *Journal of Nursing Education and Practice*, Vol. 9, No. 7.

5. **Abo Shereda. H.**, Rashed. A., and Shokr. E.,(2018): Effect of psychological intervention on post-traumatic stress symptoms and pregnancy outcomes among women with previous recurrent abortion. Journal of Nursing Education and Practice, Vol. 8, No. 12.
6. Rashed. A, B., Khalil. A, K., **Abo Shereda. H, M.** (2016): Effect of Non-Pharmacological Interventions on Sleep Quality during Pregnancy among Primigravida. ISOR journal of nursing and health science, Volume 5, Issue 6 Ver. VI (Nov. - Dec. 2016), PP 07-15.



MEMBERSHIP OF COMMITTEES

1. Member of the environment and community services committee at Faculty of Nursing, Menoufiya University (2019).
2. Member of the quality assurance committee at Faculty of Nursing, Menoufiya University (2020- 2019-2018- 2017).
3. Member of the scientific council of Psychiatric and Mental health nursing department at Faculty of Nursing, Menoufiya University (2019- 2016).
4. Member of the students' affairs committee at Faculty of Nursing, Menoufiya University (2018-2017).



MEMBERSHIP OF SOCIAL ORGANIZATIONS

1. Resala consortium for charity affairs.

2. Rural Woman Improvement consortium (Sers El laian- Shebin El Koom, Menofyia governorte).

AWARD, MEDALS AND DECORATIONS

1. Certificate of appreciation from Faculty of Nursing, Menofyia University for active participation in the workshop of Arab universities union (2017).
2. Certificate of appreciation from department of Psychiatric and Mental Health nursing, Faculty of Nursing , Menofyia University for active participation and productive effort in working as a department coordinator for the academic year (2017-2018).
3. Certificate of appreciation from the Menofyia University for active participation in community serving activities (2017- 2018).
4. Certificate of appreciation from department of Psychiatric and Mental Health nursing, Faculty of Nursing , Menofyia University for active participation and productive effort in organizing the 3rd conference of the psychiatric and Mental Health Nursing department.