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CURRICULUM VITA

PERSONAL INFORMATION:

Name: Safaa Ibrahim Salama Shattla

Date of Birth: 25/10/1984

Nationality: Egyptian

Religion: Moslem

Marital Status: Married

Address: Shobra Elnamla- Tanta- Elgharbiya governorate- Egypt

Telephone No.: Mobile: 002/01097278266(Whats App) - 002/ 01128088115 -
002/01229045230

Home telephone: 002/040/3105393 - 002/0403101364

Work address : Faculty of Nursing – Menofia University

Work telephone: 002/048/2226169

Work fax : 002/ 0482239880

E. mail : Safaashattla@yahoo.com

Academic Email: safaa.shatla@nursing.menofia.edu.eg

ACADEMIC QUALIFICATION:

2015 Doctorate degree in nursing sciences (Psychiatric Mental Health Nursing)

“The Effect of Nursing Intervention Protocol for Females' University Students to Protect Themselves Against Sexual Harassment ”

2012 Master of nursing science (Psychiatric mental Health Nursing) Faculty of Nursing, Menofia University with an **excellent degree**.

“Psychological impact of sexual harassment among Menofia university’s students ”.

2005 Bachelor of nursing science with an **excellent degree**.

PROFESSIONAL POSITION:

2016 Lecturer of Psychiatric Mental Health Nursing – Faculty of Nursing, Menofia University 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:

- TOEFL
- Psychoanalysis for Child Abuse after Trauma in Psychiatric nursing (Faculty of Nursing, Menofia University).
- Debriefing and Simulation in Psychiatric Nursing (Faculty of Nursing, Menofia University).
- Counseling for caregiver of Alzheimer's patients in Faculty of Nursing, Menofia University).

- Comprehensive computer course (DOS, Windows, Word)
- ICDL course (IT, Windows, Word, Access, Excel, PowerPoint, Internet)
- Comprehensive SPSS course
- Attending an online training course entitled "Basic E-Learning Skills", six units, from 12-12-2020 to 12-13-2020, from Menoufia University.
- Attending a training course entitled "Practical Competencies for Psychiatric Nursing and Mental Health" at the Faculty of Nursing - Menoufia University in the period from 4/10 to 11/10/2020.
- Attending a training course entitled "Question Bank Management Program" at the Measurement and Evaluation Center at the University Administration from 24/2 to 26/2/2020.
- Fire and rescue work at the civil protection training center in Menoufia in the period from 16-21 / 2015

Quality Assurance Courses

- **Self-Evaluation for Higher Education Institutes** during the period 27-29/11/2017 from National Authority for Quality Assurance and Accreditation of Education.
- **Education Programs and Courses Specifications and Evaluation of Learning Outcomes for Higher Education Institutes** during the period 19-21/ 02 / 2018 from National Authority for Quality Assurance and Accreditation of Education.
- **Strategic Planning for Higher Education Institutes** during the period 31/7 - 2 / 08 / 2018 from National Authority for Quality Assurance and Accreditation of Education.

- **External Review for Higher Education Institutes** during the period 07- 09 / 08 / 2018 from National Authority for Quality Assurance and Accreditation of Education.

WORKSHOPS AND SEMINARS ATTENDANCE

Quality Assurance Workshops

1. Mission and Vision for Department of Psychiatric Mental Health Nursing Faculty of Nursing - Menoufia University 10 /11/2020
2. Mission and Vision for Faculty of Nursing - Menoufia University 8 /11/2020
3. Academic Reference Standers(ARS) for post graduate stage at Faculty of Nursing Menofia university 1/11/2020
4. SWAT analysis for faculty of nursing Menofia University 20/9/2020
5. Question bank work shop at (Quality assurance unit, Faculty of Nursing, Menofia University)8/1/2020
6. The first national meeting of quality assurance units in nursing colleges in Egyptian universities held on faculty of nursing –Cairo university in 24-25 / 2/ 2019
7. Academic advising and scientific leadership (Quality assurance unit, Faculty of Nursing, Menoufia University) 29 October 2017
8. Arab Council for Quality Assurance and Accreditation and the Scientific Association of Arab Nursing Colleges (2017).
9. New Standards and Accreditation Indicators under the Accreditation Manual for Colleges and Institutes of Higher Education" held on 26th October 2016
10. National Agency for Quality Assurance and Accreditation of Education “NAQAAE” workshop “ The national accreditation standards may-2015 ”

WORKSHOPS:

1. Participating in the scientific webinar entitled "Structuralism in Research and Criticism: The Openness and Closeness Debat", which was held via the electronic platform - Zoom application on February 19, 2021
2. • Participation by attending the scientific webinar entitled "Scientific Publishing in the Arab World: Problems and Strategies" which is held via the electronic platform - Zoom application on 2/14/2021
3. Attending an international scientific symposium on the Internet entitled "Challenges Facing Blended Learning and Treatments" at the Scientific Society for Quality Education and Academic Accreditation, on 5/12/2020.
4. Blended Learning Moddle application work shop at Faculty of Science- Menofia university 30-11-2020 and in Faculty of Nursing Menofia university
5. Competency based-education in nursing in the 7th international and 1st Virtual Scientific Nursing Conference of Faculty of Nursing- Menofia University 17/11/2020
6. Blended learning work shop at Faculty of Science- Menofia university 13-10-2020 and in Faculty of Nursing Menofia university 21-10-2020
7. Practical Competence of Psychiatric Mental Health Nursing at Faculty of Nursing Menofia university 4/10/2020
8. Guide to prepare valuable written test at Faculty of Nursing Menofia university 1/8/2020
9. How to prepare Blueprint for the exam at Faculty of Nursing Menofia university 5/5/2020
10. Blueprint workshop at faculty of nursing Menofia university held on 24/2/2019

11. Basic of Research Methodology (Faculty of Nursing, Menofia University, 21th March 2018).
12. Safety and Occupational Health in the Work Environment (Faculty of Medicine, Menofia University, University Hospital training Unit), 11th March, 2018.
13. The Environment and its Relationship with Cancer (Faculty of Nursing, Menofia University) 2nd - 6th December , 2017.
14. The Community Awareness Toward AIDS (Faculty of Nursing, Menofia University) 2nd - 6th December , 2017.
15. Power Analysis and sample size calculation" in the 3rd Annual Scientific conference for community health nursing department faculty of nursing, Menofia university entitled " New Trends and Challenges in community nursing" held at faculty of nursing on 1st of November, 2017
16. Criteria of exam paper according to accreditation requirements (Quality assurance unit, Faculty of Nursing, Menofia University) 30 October 2017
17. Anxiety Disorder Workshop (Dr. Gamal Abo Elazzaym psychiatric Hospital- Cairo-10th of Ramadan branch), 28th October 2017.
18. Psychiatric workshop of medical congress of Al Azhar faculty of medicine for girls, Cairo- Egypt in 14/10/2017
19. The Workshops of the 4th Annual Armed Forces Psychiatric Conference, 5th – 7th April, 2017.
20. The Psychological problems of Children (Dr. Gamal Abo Elazzaymem Hospital- 10th of Ramadan branch), 16th October , 2016.
21. Profession attitudes (Faculty & Leadership Development Center, Menofia University, 15-16 May 2016).
22. Credit hour system (Faculty & Leadership Development Center, Menofia University, 21-22 June 2016).

23. Managing the research team (Faculty & Leadership Development Center, Menofia University, 16-17 June 2016).
24. " Plagiarism " held at Faculty of Nursing - Menofia University on 17th of May 2016
25. How to write research paper and proposal " held at Faculty of Nursing- Menofia University on 17th of May 2016
26. Ethics in Psychiatric Nursing " held at Faculty of Nursing - Menofia University on 17th of May 2016
27. Managing people (Faculty & Leadership Development Center, Menofia University, 30 June-1st July 2015).
28. Effective presentation skills (Faculty & Leadership Development Center, Menofia University, 23-24 June 2015).
29. Taking Decisions and solving problems (Faculty & Leadership Development Center, Menofia University, 14-15 June 2015).
30. Autism and how to deal with this child (in Faculty of Nursing, Menofia University) 9th December 2014.
31. Addiction and its effect on the individual, family and society (in Faculty of Nursing, Menofia University) 25th November 2014.
32. Creating a culture of professionalism, working ethics among health care providers (in Faculty of Nursing, Menofia University) 14th October 2014.
33. Cognitive behavioral therapy (in Faculty of Nursing, Menofia University) 15th - 18th September 2013.
34. Hospital based care in Psychiatry (in Faculty of Nursing, Menofia University) 13th April 2013.

CONFERENCES:

1. Participated in the 7th international and 1st Virtual Scientific Nursing Conference of Faculty of Nursing- Menoufia University (Capacity

Development of Nursing Research and Practice) from 16 - 17 November 2020

2. Participated in the first International Virtual Conference of Faculty of Nursing, Tanta University (The future of nursing after Corona Virus (covid-19). August 7th .2020
3. Menofia Suicide Prevention Day, Neuropsychiatry Department, Faculty of Medicine - Menofia University. Sunday 29 December 2019.
4. The 1st Annual Armed Forces Addiction Conference “Recent Trends in Addiction Treatment and Prevention”. 25th -26th December 2019
5. Participated in organization of the 6th international scientific conference; Sustainable Development of Nursing Education and Research (Faculty of nursing –Menofia university)1st- 2nd October 2019.
6. The 7th international conference faculty of nursing, Tanta university in collaboration with North Carolina University- USA " Trends and future vision of Nursing 2030" on 14-15/ 4 / 2019
7. The fifth Annual Armed Forces Psychiatry Conference " Quality Assurance in Mental Healthcare" on 28-30 March 2018, Military Medical Academy psychiatry department in collaboration with Egyptian Psychiatric Association. Cairo, Egypt
8. **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.
9. The 13th International Congress of Ain Shams University Institute of Psychiatry, 2nd May, 2017.
- 10.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.
11. 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.
 12. The 5th international nursing conference: toward advanced nursing practice (Faculty of nursing, Menofia university) 4th - 5th April 2017.
 13. The 4th Annual Armed Forces Psychiatric Conference, Psychiatric in Egypt, Strengths and Opportunities, 5th – 7th April , 2017.
 14. The 4th Post graduate students conference, Scientific Nursing Research and health Promotion (Faculty of Nursing, Tanta university) 24th April, 2017.
 15. The 13th International Congress of Ain Shams University Institute of Psychiatry, 2nd May, 2017.
 16. The 4th annual and 1st international scientific conference: nursing in generation "Y" challenges and opportunities (Faculty of Nursing- Benha University) 19th July 2017.
 17. The annual conference: toward excellence in ethical and professional conduct among medical surgical nursing team (Medical Surgical Nursing Department- Faculty Of Nursing Menofia University) 4th -5th October 2016.
 18. The 1st scientific nursing conference: Creative paths for nursing in new era (Faculty of Nursing, Damanhur University) 30th -31th October 2016.
 19. The 4th international scientific nursing conference; utilization of research in nursing (Faculty of Nursing- Menofia University) 9th -10th May 2014.
 20. New technology to improve quality of emergency obstetric care (Maternal & Newborn Health Nursing Dep., Faculty of Nursing- Menofia University) 8th July 2013.

21.The 3rd international scientific nursing conference; toward excellence in nursing profession (Faculty of Nursing- Menofia University) 27th -28th February 2011.

22.The 2nd international scientific nursing conference; quality performance; nursing challenges and ambition (Faculty of Nursing- Menofia 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)

- Participant in making course specification and reports for master and doctorate degree from 2014 till now
- Participation in writing program, courses specification and reports for the academic years (2007- 2008 till 2014) for undergraduate students.

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, second and third faculty mission and vision (2013-2016- 2020).
- Participation with the accreditation visit facilitator in managing the final accreditation visit (2014).
- 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).(2017-2020)
- Participation in writing undergraduate courses specification for Psychiatric and Mental health nursing department for the academic years (2015-2016) till now (2020-2021).
- Participation in writing undergraduate courses specification for Human Relation and group dynamics course for the academic years (2016-2017) till now (2020-2021).
- Participation in writing undergraduate courses specification for treatment modalities in psychiatric nursing course for the academic years (2016-2017 till now 2020-2021).

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).
- Health education and Teaching strategies for second year and for Bridging program students in Technical Institute of Nursing - Menofia University (2017-2018-2019).

- Giving a training course on **First Aid** for students of El-khabery Academy for Special Nursing at the faculty of Nursing, Menofia university from 2018-2020.
- Giving a training course on **Geriatric Nursing** for students of Al Majd Academy for Special Nursing at the Technical Institute of Nursing, Menofia university from 15/4-25/5/2018
- Communication and Human Relations for Baccalaureate degree- Faculty of nursing - Menofia University.
- Psychiatric treatment modalities (psychotherapy) for Baccalaureate degree- Faculty of nursing - Menofia University.
- Communication among medical staff for first year- Technical Institute of Nursing - Menofia University
- 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 (2016-2017, 2017-2018, 2018- 2019, 2019-2020, 2020-2021).
- Sharing in designing and teaching Human relation course (2017-2018, 2018- 2019, 2019-2020, 2020-2021).
- Sharing in designing and teaching Psychotherapy course (2016, 2019).
- Giving presentation for students, teachers and social workers in Sers Elain schools - Menofia Governorate about preventive and safety measures for virus corona (covid 19) and methods of coping and adaption with it (21-10-2020).

- Participated in the activities of the fourth cultural and environmental week of the Faculty of Nursing - Menofia University for academic year 2019-2020
- Giving presentation for nursing students about Addiction and its physical, social and psychological effect at Faculty of Nursing -Menofia University 1/2020
- Giving presentation for teachers and mothers about attention deficit hyper activity disorders(ADHD) and how to deal with these children in religious institutes in Sheeben Elkom - Menofia Governorate 27-2-2019
- Responsible member in quality assurance unit in faculty of nursing, Menofia university from 2018 till now
- Participated in the activities of the third cultural and environmental week of the Faculty of Nursing - Menofia University from 28/10- 3/11/ 2018
- Giving presentation for girls in orphanage home in sheeben Elkom about Proper nutrition and mental health during adolescence and care during the menstrual cycle - Menofia Governorate 30-4-2018
- Active participation in the psychological rehabilitation for cancer patients among the activities of the cultural week of the college for the academic year 2017-2018 faculty of nursing Menofia university
- Responsible member in post graduate control in faculty of nursing, Menofia university from 1/5/2016 till now
- participate in interviewing students for admission of faculty of nursing for academic year 2017/2018
- Active participation in the Eleven Egyptian universities youth week in menofia university in the period from 9-14/9/2017
- Active participation in the harass map and cooperation with Cairo university 27-28/ 11/2016



LIST OF PUBLICATIONS

Research Papers:

- 1- **Shattla. S.I.** , Ghada. A. Hassan , Mervat Moustafa Arrab, Rania M. Alhalawany, Effect of a Designed Nursing Intervention Protocol for Mothers on Outcome of Children with Attention Deficit Hyperactivity Disorder. Systematic Reviews in Pharmacy. 2021; 12(2): 552-578
- 2- Kasemy ZA, Abd-Ellatif EE, Abdel Latif AA, Bahgat NM, Shereda HMA, **Shattla S. I**, Aboalizm SE, Abd Elhy AH, Allam AR, Ramadan AN, Amer HM, Ahmed NA, AlJifri AA and El Dalatony MM (2020) Prevalence of Workaholism Among Egyptian Healthcare Workers with Assessment of Its Relation to Quality of Life, Mental Health and Burnout. Front. Public Health 8:581373. doi: 10.3389/fpubh.2020.581373
- 3- Ola Zaher Abdel Aleem, Mona Abd El-Rahim Al Nagar, Lamiaa Hassnin Eita, **Shattla S. I.**, The Relationship between Loneliness, Anxiety Level and Depressive Symptoms among Elderly. International Journal of Novel Research in Healthcare and Nursing. Vol. 7, Issue 1, pp: (997-1010), Month: January - April 2020, Available at: www.noveltyjournals.com
- 4- **Shattla, S., I. and** Ebrahim, S., I. (2019). The Effectiveness of Psycho-educational Program on Emotional Regulation and Problem-Solving among Preparatory School Students. American Journal of Nursing Research, 2019, Vol. 7, No. 6, 922-931
- 5- **Shattla, S., I.**, Mabrouk, S., M. and Abed, G., A. (2019) Effectiveness of Laughter yoga Therapy on job Burnout Syndromes among Psychiatric

Nurses. International Journal of Nursing June 2019, Vol. 6, No. 1, pp. 33-47
ISSN 2373-7662

- 6- Abo Shereda, H.M., **Shattla, S.**, Amer.H. and Kassem, 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.DOI: 10.5430/jnep.v9 n8 p118 .<http://jnep.sciencedupress.com>
- 7- Shalaby, M., Abo El Fetouh , S., and **Shattla, S., I.** (2019). Effectiveness of self-awareness program based on emotional intelligence on aggressive behavior among psychiatric hospital patients. International Journal of Novel Research in Healthcare and Nursing Vol. 6, Issue 1, p p: (177-188), Month: January - April 2019, Available at: www.noveltyjournals.com
- 8- Saboula , N., EL., **Shattla, S., I.** and Arrab , M., M. (2018) . Effect of Cognitive Behavior Therapy on Problem Solving and Stress Coping among Parents of Children with Mental Retardation. International Journal of Novel Research in Healthcare and Nursing Vol. 5, Issue 3, pp: (227-241), Month: September - December 2018, Available at: www.noveltyjournals.com
- 9- Abd Elalem, S.,M., Shehata,O.,S. and **Shattla, S., I.**(2018). The effect of self-care nursing intervention model on self-esteem and quality of life among burn patients. Journal of Clinical Nursing Studies. Vol. 6, No. 2 , PP 79-90 .

MEMBERSHIP OF COMMITTEES

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

MEMBERSHIP OF SOCIAL ORGANIZATIONS

1. Resala consortium for charity affairs.
2. Rural Woman Improvement consortium (Sers El laian- Shebin El Koom, Menofia governorte).

AWARD, MEDALS AND DECORATIONS

1. Certificate of appreciation from Faculty of Nursing, Menofia 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 , Menofia University for active participation and productive effort in working as a department coordinator for the academic year (2017-2018, 2018-2019).

3. Certificate of appreciation from the Menofia University for active participation in community serving activities (2017- 2018, 2018-2019).
4. Certificate of appreciation from department of Psychiatric and Mental Health nursing, Faculty of Nursing , Menofia University for active participation and productive effort in organizing the 3rd conference of the psychiatric and Mental Health Nursing department.

References:

- **Name:** Prof. Maaly Ibrahim Elmalaky
- ***Title:*** Prof. of Psychiatric Mental Health Nursing, & Chairperson of Psychiatric Mental Health Nursing Department
Faculty of Nursing – Menofia University
- **Telephone:** Work: 0482226169
Mobile: 00201225097614
- **e-mail:** maalyelmalky@yahoo.com

Name: Prof. Gehan Ahmed Abed

- ***Title:*** Prof. of Psychiatric Mental Health Nursing, & Faculty of Nursing – Menoufia University
- **Telephone:** Work: 0482226169
Mobile: 00201008515746
- **e-mail:** gehanmagdy21@yahoo.com