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Mona Mohamed Abdelaziz Barakat, Ph.D

Assistant Professor of Psychiatric and Mental health
Nursing Faculty of Nursing, Benha University, Egypt.

Summary

- Academic nursing assistant professor specialized in teaching clinical and theoretical courses related to psychiatric nursing specialty for undergraduate and post graduate students since 2007 to 2025.
- Experienced in quality assurance; works, worked as, member of financial and material resource standard at quality assurance unit, member at education and student affairs committee and worked as, deputy of research unit at Faculty of Nursing, Benha University.
- Published 18 publications in national journals, 1 publication in leading journal and present various talks in national and international nursing conferences. Research interests include nursing education, nursing practice, schizophrenia, and child psychiatry.

Education and Qualifications

- ✓ B.Sc. science of nursing, 1/5/2005 (Very Good) with honors.
- ✓ M.Sc. degree in psychiatric and mental health nursing 10/10/2012 (Excellence).
- ✓ Ph.D. degree in psychiatric and mental health nursing 17/8/2015.

Experiences

- Demonstrator (clinical instructor).
- Assistant lecturer.
- Lecturer of psychiatric and mental health nursing.
- Assistant professor of psychiatric and mental health nursing.
- Member of financial and material resource standard at quality assurance unit.
- Deputy of research unit.
- Member at education and student affairs committee.
- Member at Academic committee.
- Pioneer of pharthy pharmacy (student union).
- Reviewer.

Education

I-Bachelor Degree in Nursing Sciences (2005)

B.Sc. in Nursing Sciences from faculty of Nursing, Benha University.

Courses Studied during the Bachelor degree

Fundamental of Nursing, Medical-Surgical Nursing, Pediatric Nursing Gynecological Health Nursing., Nursing Administration, Community Health Nursing, Geriatric Nursing, Psychiatric Nursing,

Internship Training Year (2005-2006) at General Menof Hospital (Intensive Care Unit, Pediatric Intensive Care Unit, Obstetric Unit, OR Unit, Reception and emergency unit, Surgical Unit and Medical Unit).

II-Master degree (2012)

M.Sc. Degree in Psychiatric and Mental Health Nursing from Faculty of Nursing, Benha University. The thesis title was "**Psychiatric nurses` knowledge and attitudes toward antipsychotic medications**".

Courses Studied during the M.Sc. degree

Preparatory courses; Research Methods, Biostatistics, Community Studies and Allied Health Problems, basics of administration, Psychiatric Nursing, Human Relations, Psychology, methods and rules of education.

Speciality courses; Psychiatric Nursing, Advanced Human Relations, Mental health, Community and Family Study, Developmental Psychology.

III-Doctorate degree (2015)

Ph.D. Degree in Psychiatric and Mental Health Nursing from Faculty of Nursing, Benha University. The thesis title is "**The Effect of an Assertiveness Training Program on Schizophrenic Patients**".

Courses Studied during the Ph.D. degree

Psychiatric Nursing and Mental Health, General Psychiatric medicine, psychology.

Courses Taught for Undergraduate students

- Psychiatric Nursing Course.
- Basics of Human Behavior in health and illness Course.
- Health assessment.
- Psychiatric Nursing Course for Technical Institute of Nursing.

Courses Taught for Postgraduate students

- Psychiatric Nursing Course.
- Advanced of Psychiatric Nursing Course
- Psychiatric Nursing Course for International Students.
- Practical training of Theoretical Psychiatric Course.
- Evidence Based Course for Master Students.
- Human Relations Course.
- Communication Skills Course
- Psychiatric and Social Studies Course.
- Evidence based in Psychiatric Nursing Field Course for "Doctoral Students"
- Health Assessment Course.
- New Trends Treatment in Psychiatric Nursing Filed Course.
- Teaching Seminar in Psychiatric Nursing (General) Course.
- Information Technology in Psychiatric Nursing Course.

Courses Taught for special program students

- Psychiatric Nursing Course.
- Psychiatric Medicine Course.
- Learning Strategies and Health Education Course

Languages

1. Speak, listen and write **Arabic** (Mother tongue): excellent.
2. Speak, listen and write **English**: very good.
3. National TOFEL Program at Benha University with score 460.

Published Research Items

1. The Effect of an Assertiveness Training Program on Schizophrenic Patients (2015): Egyptian journal of health care. The official journal of faculty of nursing. Ain Shams University (6) 1:90-106.
2. Effect of Stress Management on Job Related Stress Among Nurses Working with Psychiatric Patients. IOSR Journal of Nursing and Health Science (IOSR-JNHS). (Jan- Feb .2018), Volume 7, Issue 1 Ver. IV. PP 22-30. DOI: 10.9790/1959-0701042230
3. "Psycho-educational Program on Psychological Status of Patients with Coronary Heart Disease." IOSR Journal of Nursing and Health Science (IOSR-JNHS), 2018, vol. 7, no.06, pp. 17-27. DOI: 10.9790/1959-0706011727
4. Effect of Urinary Incontinence on Quality of Life and Self Esteem of Postmenopausal Women. American Journal of Nursing Science. 2018, Vol. 7, No. 5, pp.182-191. doi: 10.11648/j.ajns.20180705.15
5. Nurses' Experiences toward Workplace Violence and its Consequences. The 5th Annual & 2nd International Scientific Conference of the Faculty of Nursing Benha University 2018.
6. Depression, Anxiety and Loneliness among Elderly Living in Geriatric Homes. American Journal of Nursing Research, (2019), vol. 7, no. 4 400-411. DOI:10.12691/ajnr-7-4-1
7. Relationship between Psychological Problems and Quality of Life among Leprosy Patients. Evidence-Based Nursing Research, 2 April 201, Vol. 1 No.
8. Relationship between Parent Stress, Psychological Well-Being and Coping Strategies among Parents with Down syndrome Children. Journal of Nursing and Health Science (IOSR-JNHS). Vol 8, Issue 6. DOI: 10.9790/1959-0806075774
9. Effect of Psycho-Educational Program on Psychological Distress and Post-Traumatic Stress Disorder among Stroke Survivors' Patients. Evidence-Based Nursing Research. Vol 2, No 2 March 1, 2020.
10. Role of Moral Distress and Sense of Coherence on Job Satisfaction among Psychiatric Nurses. International Egyptian Journal of Nursing Sciences and Research IEJNSR. (2022), 3(1): 286-301. DOI: 10.21608/ejnsr.2022.138445.1173
11. Effect of Educational Program on Nurses' Attitudes and Practices Regarding Provision of Physical Health Care for Patients with Severe Mental Illness. International Egyptian Journal of Nursing Sciences and Research. (2023) Vol. 3 Issue (2):438-454. DOI:10.21608/ejnsr.2023.277944
12. Illness Perception and Alexithymia in Women with Fibromyalgia and Its Relationship to Psychological Distress. Assiut Scientific Nursing Journal. September (2024), Vol (11) No, (93), Pp (274 -290). DOI: 10.21608/asnj.2023.239702.1683
13. Effect of Psychological Empowerment Program on Feeling of Burden and Self-efficacy among Mothers of Children with Epilepsy. International Egyptian Journal of Nursing Sciences and Research. (2024).Vol. 4 (2). 159-178. DOI:10.21608/ejnsr.2024.334342
14. Effect of Online Learning on Psychological Wellbeing, Academic Resilience, and Self-efficacy of Students during COVID-19 Pandemic. Zagazg Nursing Journal. (2024).Vol. 20 (1).
15. Effect of Nursing Intervention Program on Psychosocial Problems among Family Caregivers of Children with Autism Spectrum Disorder. Egyptian Journal of Health care EJHC, June, 2024 Vol.15 No. 2.

16. Effect of Foot Reflexology and Meditation on Physical and Psychological Outcomes among Patients with Rheumatoid Arthritis. Egyptian Journal of Health Care EJHC, March 2024, Vol. 15 No. 1.
17. Self-Compassion, Body Image and Depressive Symptoms among Patients with Systemic Lupus Erythematosus. Assiut Scientific Nursing Journal. Vol, July, 2024 (12) No, (45), Pp (410 - 424). DOI: 10.21608/asnj.2024.308490.1876
18. Effect of Mindfulness Based Psycho-education Program on Emotional Regulation, Stimulating Hope and Recovery among Patients with Schizophrenia. Egyptian Journal of Health Care EJHC, June 2024 Vol.15 No.2. 1901-1915.DOI:10.21608/ejhc.2024.404018.
19. Hidden Trauma: A Cross-Sectional Study of Violence Exposure and Its Impacts on Entrapment, Self-Stigma and Empathic Care among Psychiatric Nurses. Journal of Psychiatric and Mental Health Nursing. 2024, 0:1–15. <https://doi.org/10.1111/jpm.13160>

Talks and Presentations in Conferences

1. Talk: "*Mental health and COVID-19*", in international online seminar "26-August-2020, Master of nursing at Universities Muhammadiyah Yogyakarta, Indonesia.
2. Talk: "*Internet addiction*". The 6th International Nursing Summer School INSS. "Phenomenon of Javanese Culture "pulung Gantung" at School of Nursing, Faculty of Medicine and Health Sciences, Universities Muhammadiyah Yogyakarta, Indonesia.
3. Talk: "*Suicide precautions*" in the 10th national conference for complementary psychiatric medicine, under title "*Psychiatric disorders resulting from physical brain injuries*" ,Egypt, 10-2021
4. Talk: "*Mental health application*" in the conference of psychiatric mental health nursing department, at Faculty of Nursing, Beni-Suef University, under title "new trends in psychiatric nursing care" 22 March 2022.
5. Talk: "*Mental health in digital work place*" in the 9th annual and 6th international scientific conference, Faculty of Nursing, Benha University Egypt, under title "*Digital health and quality of health care*", 6- December-2023.
6. Talk: "*Teen depression*" in scientific day of psychiatric and mental health nursing department, "*Psychiatric and family problems among adolescent*", at Faculty of Nursing. Benha University, 27-September-2023.
7. Talk: "*Artificial intelligence for sustainable in health care*" in the 4th scientific day of psychiatric and mental health nursing department, under title "*Future of psychiatric nursing in the light of sustainable development*",at Faculty of Nursing. Benha University, 22-September-2024.
8. Poster: "*Climate changes and challenge in nursing: Era of artificial intelligence*" in the 8th annual and 5th international scientific conference", at Faculty of Nursing, Benha University. Egypt, 3-November-2022.
9. Poster: "*Sustainable development: Nursing education and quality of health care*". In the 1st international nursing conference, at Faculty of Nursing, Benha University,13-14-December 2022.
10. Poster: at the 10th international conference under title "*Nursing profession and the challenges of global climate change: A call for action*", at Faculty of Nursing, Helwan University, 19-20- December- 2022.

11. Poster: *"Suicidal behavior among youth"* in the 4th scientific day of psychiatric and mental health nursing department, under title *"Toward a balanced mental health for youth"*, at Faculty of Nursing, Menofia University, 1-october-2023.
12. Poster: *"Mental health and well-being outcomes of climate change: mitigation strategies"* in the 13th international and 6th virtual conference under title *"Health care in the context of climate changes"* at Faculty of Nursing, Tanta University, 23-2-2025.

Conference Attended

1. Participated as JUDGE at International Conference on Nursing "ICONURSE" at the universities Muhammadiyah Yogyakarta. Indonesia.
2. Attended the 6th international Nursing Summer School INSS. (OSCE & Written) of mental and psychiatric health nursing diploma (*Phenomenon of Javanese Culture "Pulung Gantung"*) at School of Nursing, Faculty of Medicine and Health Sciences, Universities Muhammadiyah Yogyakarta. Indonesia. July 19-August- 2019.
3. Attended the 6th international emergency CAMP. *"Nursing care club emergency (Basic and advanced Life Support (BLS & ALS). Strengthening community in disaster management as an impact of climate change. School of Nursing, Faculty of Medicine and Health Sciences, Universities Muhammadiyah Yogyakarta. Indonesia, 16-19- July-2019.*
4. Attended the 6th annual and 3rd international scientific conference under title *"Nursing voice: International standards and competences"* at Faculty of Nursing, Benha University, Egypt, 2019.
5. Attended the 5th annual and 2nd international student's conference under title *"Nursing students' advocacy to achieve SDGs for good health and wellbeing"*. Faculty of Nursing, Benha University, Egypt, 17/3/2019.
6. Attended in the 1st virtual 3rd international 6th scientific conference under title *"Challenge of virtual nursing education and future opportunities"* at Faculty of Nursing, Sohag University Egypt, 27/7/2021.
7. Attended the 8th international and 2nd virtual scientific nursing conferences under title *"Nursing challenges, opportunity and aspiration during digital era"*, at Faculty of Nursing Menofia University, Egypt, 6-7-December-2021.
8. Attended the 6th virtual international nursing conferences in Iraq cooperation with Faculty of Nursing, Mansoura University, Egypt, 18-May-2021.
9. Attended the 7th international scientific conference and first virtual under title *"COVID- 19 and its effects on nursing field, policy and strategies plans"* at Faculty of Nursing, Port-Said University, Egypt, 12-May-2022
10. Attended the 9th international nursing conference under title *"Together the best education and practices against climate and biological changes"*, at Faculty of Nursing, Mansoura University, Egypt, 18/5/2022.
11. Attended the 10th international, 3rd virtual conference under title *"Recent and future technology in nursing"*, at Faculty of Nursing, Tanta University, Egypt, 7-8 March 2022.
12. Attended the 8th annual and 5th international scientific conference under title *"Climate changes and challenge in nursing: Era of artificial intelligence"*, at Faculty of Nursing. Benha University, 3- November-2022.

13. Attended the 1st international scientific nursing conference under title "*Sustainable development: Nursing education and quality of health care*", at Faculty of Nursing. 6 October University 13-14- December-2022.
14. Attended the 9th international scientific nursing conferences under title "*Foreseeing nursing future during Metaverse*", at Faculty of Nursing, Menofia University, Egypt, 15-16 November 2022.
15. Attended and organized the 9th annual and 6th international scientific conference under title "*Digital Health and Quality of Health Care*", at Faculty of Nursing. Benha University, 6/12 2023.
16. Attended the scientific conference "*Recontextualisation of nursing education, research, and practice international conference (RNERP)*" at Faculty of Nursing, BUE University, 5-November- 2024.
17. Attended the 2nd international nursing scientific conference under title "*Artificial intelligence and its application in the field of health care: Opportunities and challenges*", at Faculty of Nursing, October 6 University, 17-18-December-2024.
18. Attended the 16th Breast-gynecological and Immunooncology international cancer conference under title "*Creation and illumination*", 18-19-January-2024.
19. Attended the 10th international, 3rd virtual nursing conference under title "*Health care in the context of climate changes*" at Faculty of Nursing, Tanta University, 23-February-2025.
20. Attended the 10th annual and the 7th international scientific conference under title "*Green nursing profession: education, practice, evaluation and research*" at Faculty of Nursing, Benha University in collaboration with Faculty of Allied Health Science, Ahmadu Bello University, Nigeria and Usmanu Danfodiya University, Sokoto, 23-2-2025.

Others Departments Scientific Days/Conferences

1. Attended the 4th scientific day of psychiatric and mental health nursing department under title "*Psychological issues and problems that threaten the security and stability of society*". Faculty of Nursing Benha University, Egypt, 15-November-2022.
2. Attended the 14th scientific day of psychiatric and mental health nursing department, under title "*Current and future mental health care challenges during COVID-19*". Faculty of Nursing, Ain Shams University, Egypt, 10-April-2022.
3. Attended and coordinated the 5th scientific day of psychiatric and mental health nursing department, under title "*Psychological first aid to psychological trauma and crisis exposure*" Faculty of Nursing. Benha University, Egypt, 21-March-2023.
4. Attended the 14th conference of psychiatric mental health nursing department, under title "*Mental health priority within environmental challenges and climate changes*" Faculty of Nursing, Ain Shams University, Egypt, 3-May-2023.
5. Attended the 6th scientific day of psychiatric and mental health nursing department, under title "*Psychiatric and family problems among adolescent*" Faculty of Nursing. Benha University, Egypt, 27-September-2023.
6. Attended the 18th annual scientific symposium of psychiatric and mental health nursing department, under title "*Harmony between lifestyle and psychological immunity*", Faculty of Nursing, Tanta University, Egypt, 29-April-2024.

7. Attended as chairperson in the 1st and 8th scientific conference of psychiatric and mental health nursing department under title "*Voices of changes: transforming mental health care in the light of global nursing innovation*". Faculty of Nursing, Benha University, Egypt, 4-December-2024.
8. Attended the Annual scientific conference of psychiatric and mental health nursing department under title "*Shaping the future of health care: the integration of interdisciplinary mental health nursing*". Faculty of Nursing, Alexandria University, Egypt, 5–December- 2024.
9. Attended the 19th Annual scientific conference of psychiatric and mental health nursing department under title "Mental health in the era of artificial intelligence and digital transformation" Faculty of Nursing, Tanta University, Egypt, 13-April-2025.

Training programs/Workshops/Seminars

1. Attended the scientific seminar "*Effect of psychological stressors on emotional stability*" (zoom application) by Arabic translator association, Egypt, 13 February-2021.
2. Attended the workshop about "*Questions Bank*" at Measurement Center, Benha University, Egypt, 13/11/2021.
3. Attended in Workshop about "*How using Thinqi platform*" Faculty of Nursing, Benha University, Egypt, from 6/9/2022 to 14/9/2022.
4. Attended the symposium about "*Statistical analysis for examination results*" at Measurement Center, Benha University, Egypt, 9/11/2022.
5. Attended the scientific seminar about "*Depression and its relation with climate changes*", Egypt, 25/7/2023.
6. Attended the seminar about "*Digital transformation in oral and practical test*" at Faculty of Nursing, Benha University, Egypt, 7/3/2023.
7. Attended the workshop about "*How to register to Egyptian Bank of knowledge and know the available resource*" at Faculty of Nursing. Benha University, Egypt, 27/12/2023.
8. Attended the workshop about "Problem- based learning" at Faculty of Nursing, Benha University, Egypt, 4-5- November-2024.
9. Attended the scientific seminar about "*Emotional expression*" at Faculty of Nursing, Benha University, Egypt, 4/8/2024.

PhD/MSc Supervision/Judge

I-MSc Theses:

1. Suicidal behaviors and attitudes among adolescents (2017).
2. Relation between depression and self-efficacy among hemodialysis patients in Benha university hospital (2017).
3. Relationship between negative and positive symptoms and quality of life among patients with schizophrenia (2018).
4. Relationship between child abuse and school refusal among primary school children (2019).
5. Psychological problems and quality of life among patients undergoing heart procedures (2019).
6. Relation between resilience and life satisfaction among schizophrenic patients (2020).
7. Psychological distress and coping strategies among parents with deaf and mute children (2020).

8. Relation between locus of control and self-efficacy among nurses working in psychiatric hospital at Benha City (2020).
9. Psychological problems, quality of life and coping strategies among parents with congenital heart diseases (2020).
10. Relationship between perceived social support, level of functioning and recovery among patient with schizophrenia (2023).
11. Relation between psychological distress, body image and quality of life among patients with Psoriasis (2023).
12. Relation between work-related stressors. Psychological capital and coping styles among psychiatric nurses (2024).
13. Relation between social support, medication adherence and relapse among patients with Schizophrenia (2024).
14. Relation between alexithymia, psychological resilience and suicidal ideation among patients with Schizophrenia (2024).

II-PhD Theses:

1. Effect of psycho-educational program on depressive symptoms and alexithymia among patients with rheumatoid arthritis (2023).
2. Effect of motivational interviewing training program on compliance among patients with substance use disorders (2019).
3. The effect of assertiveness training program on psychiatric mental health nurses' communication skills and self-esteem (2019).
4. Effect of emotional intelligence training program on burnout among psychiatric mental health nurses (2019).
5. Effect of nursing intervention program self-care skills and self-efficacy among patients with depression (2019).
6. Effectiveness of expressed emotions management program on feeling of burdens and depressive symptoms among caregivers of patients with dementia (2021).

III: Internal Judge

1. Psycho-educational program to improve knowledge and performance for nurses working with schizophrenic patients (2021).
2. Student awareness about psychosocial problems associated with cyber bullying (2021).
3. Effect of caregiver's expressed emotions on clinical outcomes of patients with bipolar disorder (2021).
4. Psycho-educational intervention program on psychosocial problems of internet addiction among nursing students (2021).
5. Dissociative disorder and its relation to stress among adolescents (2021).
6. Post-traumatic stress responses among adults with life threatening illness patient with cancer (2022).
7. Effect of Psycho-educational program on reducing violence among preparatory school students for boys in Benha City (2022).

8. Effect of Psycho-educational intervention program on psychological problems among nurses caring for patients with COVID-19 (2023).

IV:External Judge:

1. Relation between perceived social support and psychological stress among patients with depressive disorders Faculty of Nursing. Tanta University (2022).
2. Emotional empathy, burden and depression among family caregivers of patients with schizophrenia. Faculty of Nursing, Ain shams university (2022).
3. Level of stress, coping and self-acceptances among patients with Systemic Lupus Erythematosus, Faculty of Nursing, Ain shams university (2022).
4. Quality of work life, burnout and compassion fatigue among mental health nurses. Faculty of Nursing, Ain shams university (2023).
5. Psychological distress among frontline nurses working with patient with COVID-19. Faculty of Nursing, Ain shams University (2024).

Experiences in details

I-Academic Teaching Experiences

1-Demonstrator (Clinical Instructor).

- **Place:** Faculty of Nursing, Benha University.
- **Period:** From 18 / 8 / 2007 to 9 / 10 / 2012.
- **Department:** Psychiatric and Mental Health Nursing Department.
- **Job Description:** Demonstrator, Clinical Instructor. Teach practical course (psychiatric nursing course) for fourth year student. Teach students how to communicate therapeutically with psychiatric patients in hospital, and how to give nursing care for patient talking psychotropic drugs.

2- Assistant Lecturer.

- **Place:** Faculty of Nursing, Benha University.
- **Period:** From 10/ 10 / 2012 to 27 / 9 / 2015.
- **Department:** Psychiatric and Mental Health Nursing Department.
- **Job Description:** Teach practical course (Psychiatric nursing course) for fourth year student. Teach students how to communicate therapeutically with psychiatric patients, and how to give nursing care for patient talking psychotropic drugs.

3- Lecturer.

- **Places:** Faculty of Nursing Benha University.
- **Period:** From 28 / 9 / 2015 to 29/12/2020.
- **Department:** Psychiatric and Mental Health Nursing Department.

- **Job Description:** Teaching theoretical course for undergraduate faculty students and technical institute nursing students and supervision for student in psychiatric practical learning.

4- Assistant Professor.

- **Place:** Faculty of Nursing Benha University.
- **Period:** From 30/12/2020 to now.
- **Department:** Psychiatric and Mental Health Nursing Department.
- **Job Description:** Teaching the Following Courses: Psychiatric nursing course, Basics of human behaviour in health and illness, and Health assessment. Teaching many courses for undergraduate and postgraduate for Egyptian and international students, and supervision for student in psychiatric practical learning.

II- Quality Assurance Experiences

1- Member of Financial and Material Resource.

- **Place:** Faculty of Nursing, Benha University.
- **Department:** Psychiatric and Mental Health Nursing Department.
- **Period:** Academic year 2015 to 2025.
- **Job:** Responsible quality works in financial and material resource standard. Also, responsible of the department in quality assurance unit.

2- Deputy of Research Unit.

- **Place:** Faculty of Nursing, Benha University
- **Department:** Psychiatric and Mental Health Nursing Department
- **Period:** Academic year 2024 to 2025
- **Job:** Follow up on the activities of the research unit and the tasks of the members, and develop the annual training plan to develop researchers as well as follow up on the compatibility of the faculty research plan from departments with the university research plan.

3- Member at Education and Student Affairs Committee.

- **Place:** Faculty of Nursing, Benha University
- **Department:** Psychiatric and Mental Health Nursing Department.
- **Period:** Academic year 2021 to 2025.
- **Job:** Attended all meeting of committee about teaching schedules for students, study plan for student, examination schedules and all topics that related to student.

III- Research Experiences

1- Reviewer.

- **Place:** "Nursing Open Journal" Elsevier, and supervision theses.
- **Period:** 2024.
- **Job:** Provides written, unbiased, constructive feedback in a timely manner on the scholarly merits and the scientific value of the work, together with the documented basis for the reviewer's opinion.