****

**Curriculum Vitae**

Name: Adnan L. Sarhan, RN, MSN, PhD.

Place and Date of birth: Nablus – Palestine. February 3, 1972.

Nationality: Palestinian

Marital status: Married

Phone: 00970599723839

1. mail: [asarhan@najah.edu](mailto:asarhan@najah.edu)

ID: 930182035

|  |
| --- |
| **EDUCATION** |

* 1990- Secondary School, Al Fadilia school Tulkarm (12 years), Palestine.
* 1992-1995: Nursing diploma- 3 years, Ibn Sina nursing college, Ramallah, Palestine.
* 1996- 1998: Bachelor of nursing, Al-Quds university
* 1998: Basic course in computer.
* 1999: Course in CPR at Tulkarm hospital
* 2003: Master Degree in community Mental Health, Al-Quds University,Jerusalem2004: Course in advance life support at Ramallah
* 2007: Course in SPSS at Al-Quds open University.
* 2008. PhD In Nursing-Mental Health- University of Athens, Greece
* 2008. Assistant Professor Faculty of Medicine and Health Sciences at An-Najah National University.
* 2023. Associate Professor, Faculty of Medicine and Health Sciences, An-Najah National University.

|  |
| --- |
| **TEACHING AND RESEARCH EXPERIENCE** |

* 1996-2002: Tulkarm hospital, supervisor, emergency dep., medical and surgical ward, and ICU
* 2003-2005: Nursing supervisor and ICU in ASheikh Zayed hospital, Ramallah
* 2003-2005: Nursing Lecturer, Al-Quds University, Enash Al-Osra College. I taught Medical surgical, Psychiatric nursing.

-2008 – end of 2010: Dean of nursing college at Al-Najah University and coordinator for master community mental health program.

2008- full time lecturer At An-Najah National University

* 8\ 2008: Arranging for recovery in mental health conference at Al-Najah University which was supported by WHO.
* Attending mental health congress at Ramallah which supported by WHO 2008.
* Arranging and attending Mental health world congress about psychiatric epidemiology which was conducted in Athens 2008.
* Constructing and starting master program in community mental health nursing at Al- Najah University.
* Accomplishing upgrading program for nursing to be ready for application.
* Attending many congresses about mental health and nursing 2009-05-09.
* Planning to start a PhD program in Palestine regarding nursing field in cooperation with Ministry of education.
* Starting cooperation with Heartfordsheild University for the purpose of constructing academic cooperation in 2010.
* Participating in a conference about the strategy of nursing in Palestine at Bethlehem University in 2009.
* Strategic planning for the nursing college and also for the university.
* National evaluator for academic programs as a member for ministry of high education 2009.
* Training course about breast cancer 11.2009.
* Arranging and communicating a congress about primary health care.
* Research member of Al-Najah committee of research journal.
* Sharing as a lecturer in the congress that was held at An-Najah University and titled Primary health care 2010.
* Sharing a lecture about anxiety among students in the clinical field in conference held at An- Najah University in 2010.
* Visiting Egypt (Al-Qahira University) for a university exchange regarding nursing in 2010.
* Study visit for UK in July 2010 to attend courses at Anglia Ruskin and Hertfordshire University.
* Training course about cognitive-behavioraltherapy in 2011.
* Sharing a paper at the research congress held in Nablus in July 2012 titled "Active Learning Approach in teaching process).
* Sharing a paper at the Mental health congress which held in October 2012 at Ramallah titled by (psychological problems and help seeking behaviour among University Students.
* Sharing a lecture at the nursing conference about infection control in 2013.
* Practicing relaxation techniques and teaching school students and teachers about this practice in Tulkarm schools from 2008-2010.
* Lectures about truancy, child abuse, enuresis, and sexual problems, all communicated at schools in 2013.
* Case management regarding behavioral problems of students complaining about truancy, enuresis, sexual problems, and other psychological problems.
* Member of the counseling team considering the students' psychological problems in the College of Medicine and health sciences 2008-2020.
* Research Reviewer for the Journal of Midwifery and reviewed one study in 2013 about the teeth care of pregnant women.
* Working at Al-Gahad Medical Colleges in Saudi Arabia as a head of Nursing Division from 2014-2015.
* Head of the Academic and Psychological Counseling at Al-Gahd medical colleges; Saudi Arabia from 2014-2015.
* Reviewer for the Athens Journal of Research and education 2/2015.
* Until now supervisor for BA research projects for nursing and medical students and supervisor for 4 master students.
* Teaching research methods and qualitative research for master students at the master public health 2011-2019.
* Teaching Behavioural Medicine, Clinical Psychology, Psychiatry for medical, nursing, pharmacy, and other students until now.
* Reviewer for the journal BMC Nephrology in 2022.
* Reviewer for the journal Muslim Mental Health, 6, 2022.
* **National and International Congresses:**
* Congress about Psychiatric Epidemiology was conducted in Athens in 2007.
* Congress about Recovery in mental health 2008 In Ramallah.
* Arranging Congress about Recovery in 2008 Al- Najah University.
* Arranging and supervising ‘Infertility’ conference at Al-Najah University 2009.
* Arranging and communicating many congresses, workshops: ACLS, activities for DM day, congress about primary health care in 2009.
* Congress titled 'Research in Palestine; |shared with a paper titled ' Active learning process 2012.
* Congress about mental health also shared with a paper as mentioned before 2012 titled 'Psychological Problems among University Students).
* Shared with paper in the Health day: Decreasing stress level among hypertensive patients; held at An-Najah University in April 2013.
* Sharing at the health conference which held at Al-Quds University 10/2013.
* Sharing with paper in Jordan – Al-Aqaba in a nursing conference held by the Gane Watson Institute. The paper was titled 'Risk Factors of Preterm Labour among Palestinian Women. 1/2014.
* Peer reviewer for the Journal of Midwifery, with three papers reviewed for acceptance, the last one titled ' Is Burnout among Midwives like in developed countries.2/2014.
* Peer reviewer for the midwifery journal : 22.1.2015, title: stressfull life events in Pregnant Arab-Speaking Women: Culturally-Sensitive Adaptation of the life events questionnaire.
* Arranging and participated in a workshop which held in our division title as :Mental Health In Palestine: Present and future challenges, also participating with research paper about stigma and being with panel discussion.17.2.2016.
* Attending and participated in a workshop called research in Palestine" workshop held in Ramallah 26.4.2016.
* Main coordinator and founder of the workshop, I in the Faculty of Medicine titled "Purity: Free from Psychological Stigma.3.5.2016.
* Member of the Committee participated in the CARE conference about Mental Health in Palestine. 18.1.2018
* Shared a research article at the Lancet conference which was held in Beirute 23.3.2018.
* Attending 3-dayworkshop about Medical Biostatistics by a group of scientists from the UK at 19.3.2019.
* Attending a 5-day training course held at An-Najah University and receiving a certificate in R statistics. 10.2019.
* Training course held by IMET with 3 hours and titled " Training the Trainer for health care professionals 26.12.2019.
* **Supervision of Master Degree students to write their researches**

1. 2008, First supervisor for a Master's degree about the prevalence and associated factors of Pre term labour- Heyam Anini.
2. Supervision of other two master students in 2011. supervisor for other three students. Also member of the research committee in the university and evaluated nursing programs in Palestinian universities.
3. First reader and evaluator for many national projects regarding starting new programs in universities.
4. Graduated two master degree students as a primary supervisor for them**.**
5. Primary supervisor for two other students and their theses titled: ( Psychosocial Impact of Stigma on Schizophrenic Clients and their families) and the other one (Marriage experience among patients with schizophrenia)2013.
6. Supervised a student in his thesis titled " Prevalence of Depression Among Deaf Palestinian Adults" in 2014.
7. Supervise student in his master thesis titled " Perfectionism and Depression Among Tawjihi students. 3/2014.
8. Shahenaz Modalal titled " Depression and Anxiety Among West bank thallassemic patients.4/2016.
9. Raya jararaa titled " Quality of life after renal transplantation and patients undergoing hemodialysis in West Bank. 5/2016.
10. Supervisor for master thesis about the difference of depression between natural pregnant women compared with IVF women. Alaa Qalalwa 2018
11. Supervisor for new master thesis about depressive symptoms among children of Palestinian prisoners in Israeli jails. Baha Salama 2018.
12. Supervision of the master thesis titled " Depression Symptoms and associated factors among radiographers. Student: Ahmed Obaid 2019.
13. Supervisor for master thesis titled " Psychological Treatment of Injection Phobia by Using Video Gaming and visual distraction among Children: Experimental study2020.
14. Supervised a master thesis titled " The Lived Experience of Long-Term Detention in Israeli Jails and the Life After: A Qualitative Documentary Analysis" in 2021.
15. Supervision of master thesis titled " Lived Experience of Patients Who Underwent Coronary Artery Bypass Graft Surgery in Palestine:  
    Hermeneutic Phenomenology Study" 2021**.**
16. Factors Influencing Exclusive Breastfeeding Attitudes, practices, and behaviors in nursing mothers: A Cross-Sectional Study 2021
17. Resilience, Self-Efficacy, and Burnout Among Undergraduate Nursing Students in Palestine: a descriptive correlational study 2021. Zareefa Shaabnah
18. Supervision of master thesis titled "Knowledge and Awareness of Palestinian critical care nurses about communication bad news 2022.
19. Supervisor and reviewer: The Impact of COVID-19 Pandemic on the Prevalence of Obsessive-Compulsive Behavior: A Cross-sectional Study2021.
20. Supervisor: The Efficacy of a Play Therapy Program In Reducing Conduct Disorders Among Children Of Residential Institution Roaa Takrori 2022.
21. Supervisor: Patients’ Satisfaction with Electronic Health Records and its Effect on the Way of Their Communication with the health care providers. Aseel Al-Qaisi 2022.
22. Supervisor: The Effect of Obstetric Violence on Mental Health Outcomes among Palestinian Women in the view of Hardiness and Self-Efficacy as MediatingVariables, Ashhad Amer 2022.
23. Supervisor: The Effect of Art Activity by using Drawing Approach Among Children with Learning Disabilities, Samah Masarwa 2022.
24. Supervisor: The effect of Cognitive Behavioural Therapy in treating Hallucinations and Delusions among patients with schizophrenia: A Randomized Control Trial, Salsabeel Zamahrah, 2022.
25. Supervisor: The effect of Psychiatric Patients Aggression and Violence on Psychiatric Nurses : A study from Bethlahem Psychiatric Hospital of Palestinian Territories, Saleh Sayaarah, 2022.
26. Supervisor: The Psychological Effect of Co-Educational Versus Non-Co-Educational Schools Toward Coping With the New University Life, Nagham Egbariah 2022.
27. The Effect of Smartphone Use and Playing Online Games on The Academic Performance of School Students, Malak Esah 2022.

**Internal and External Master Theses Examiner**

1. Internal examiner for master student; Nivin Abu Al Hawa: Burnout among health care providers. 10.2.2019.
2. External examiner for the student Mohamed Marei from Al-quds University his supervisor is Dr. Salam Al-Khateeb 2019, titeled: Assessment of quality of life indicators for suicide survivors and their motives who are registered in the Palestinian Family Protection Programunder the authority of police department 2014-2018 in the West Bank
3. External examiner for the student Rasha Odeh from Al-Quds University his supervisor is Dr. Saheer Sabaah, titled: The Degree of Psychological Adjustment Among Mothers Who Participated in Mother to Mother Program: A Comparative Study. 1.2020.
4. Internal examiner for master student in Psychology; titled Evaluation of Five Developmental Factors among Palestine Early Childhood Using Portage Developmental Screening Tool September 2021; Farah Darwazah
5. Internal examiner for master student in community mental Health Nursing, Sawsan Shqare. Postpartum depression 2022.
6. Internal examiner for master theses of the student Nivin Abu Al Hawa in her theses about Burnout among mental health specialists. 2/2019.
7. Internal examiner for master theses of the student Feras Tabouk, Obsessive Personality Disorder and Its Relation to Hypochondriasis among the Students of An-Najah National University during Coronavirus (Covid-19) Epidemic Crisis. 7/2022.
8. Internal examiner of the medical Students project

The relationship between electronic devices usage and anxiety and depression among Palestinian adolescents during COVID-19 pandemic, 8/2022

**Reviewing Papers:**

**Papers proposed to An-Najah Medical Journal for publication.**

1- February 2021, titled " Psychological Security and loneliness among divorced and widowed women: A cross-sectional comparative study.

2- Reviewing paper: Prevalence of Antenatal Depression in government primary health care centers in Nablus Governorate.

3- Prevalence of postpartum anxiety symptoms among Palestinian women

4. Assessment of the palliative care and depression symptoms among a sample of cancer patients: A cross-sectional study

5-Impact of COVID-19 on maternal, antenatal care, and family planning services in Palestine (Nablus as a model).

**Supervision of Baschelor of science nursing students to write their Nursing projects, 2007-2008-2009 and 2010-2021**

1. Supervision well as fourth-year students in their researches.
2. Research about Prevalence of impotence among the West Bank Palestinian population.
3. Research about The effect of love on the physical and psychological shaping of couples.
4. Study about the prevalence of depression among the elderly from 2012-2013.
5. Internal examiner for medical students' theses titled "Identification and Characterization of Substance Use in Palestine West Bank in the Year 2010-2014. For Wasef Sayeh, Haytham Musmar, and Marah odeh supervisor Dr. Basma Dameeri.5/2016.
6. Internal examiner for medical students' theses titled:redcell immunization in multiply transfused patients in the north of West Bank" for Ahmed Yaseen, Saad Sulayman, and Omer Abu Zanah. Supervisor Dr. Adham Abu Taha. 5/2016.

**Publications**

Articles:

1. Major depression across west bank: across sectional general population study. international journal of social psychiatry 2011. International journal of social psychiatry 2012 May;58(3):315-22. doi: 10.1177/0020764010396410. Epub 2011 Mar 25.
2. Posttraumatic stress disorders comorbid with major depression in West Bank, Palestine: a general population cross sectional study. Eur. J. Psychiat. Vol. 25, N.° 1, (19-31)2011.
3. Publishing article titled : Risk factors of preterm birth among Palestinian women: case control study. 20.1.2015. Austin journal of Nursing &health care.
4. Publishing article 15.3.2019. Prevalence of depressive symptoms among deaf adults, An-Najah Medical Journal. https://journals.najah.edu/article/1635/
5. Publishing article Prevalence of Depressive Symptoms and Associated Factors Among Radiographers in the West Bank Hospitals of Palestine: A Cross-

Sectional Study. Journal of Radiology Nursing xxx (2021) 1e6.

1. Publishing article: Quality of life for kidney transplant recipients and hemodialysis patients in Palestine: a cross-sectional study. <https://doi.org/10.1186/s12882-021-02412-z> (2021) 22:210
2. Publishing article: Depression symptoms and associated factors among thalassemia patients in the Palestinian Territories: a cross-sectional study. <https://doi.org/10.1186/s43045-021-00166-w>. (2022) 29:2
3. Publishing Article: Sawalha, E, & Sarhan, A.L. 2022.The Consequences of B Vitamins on Mental Health and Cognitive Function: A Literature Review Study. Open Acess Journal of Biomedical Science, 4(2): 1745-1754.

|  |
| --- |
| **DOI:** 10.38125/ OAJBS.000432   1. Sarhan, A.L., Saleh, M. (2023). Prevalence and Associated Factors of Obsessive-Compulsive Disorder During COVID-19 Pandemic: A Cross-Sectional Study. In: Alareeni, B., Hamdan, A. (eds) Explore Business, Technology Opportunities and Challenges ‎After the Covid-19 Pandemic. ICBT 2022. Lecture Notes in Networks and Systems, vol 495. Springer, Cham. <https://doi.org/10.1007/978-3-031-08954-1_119>. 2. Sarhan, A.L., Obaid, Wisam, Sabouba, M., Mahamid, F. (2022). Marriage Experience Among Patients with Schizophrenia: A Qualitative Narrative Study. J. Psychosoc. Rehabil. Ment. Health, <https://doi.org/10.1007/s40737-022-00307-2>. 3. Sarhan, A.L., Shami, D. (2022). Psychological Treatment of Injection Phobia using Video gaming and visual distraction among Children: A randomized control trial. *Medical and Surgical Oncology in the era of subspecialty: what is the evidence? OncoSurgPal.* The Sixth International An-Najah National University Conference. Nablus, Palestine. |

Book:

1. PREVALENCE OF POST TRUMATIC STRESS DISORDER

AND MAJOR DEPRESSION AMONG A SAMPLE OF WEST BANK PALSTINIAN GENERAL POPULATION. VDM company, Germany.2011

|  |
| --- |
| **MEMBERSHIP** |

Membership and chief evaluator for nursing programs at Palestinian universities from the Ministry of Education.

Evaluator for any new nursing programs proposed to the Ministry of education

Master program founder called community mental health nursing and signed cooperation between Alnajah University and Heartforsheild University in the UK.

Member of the committee of Alnajah Journal.

As a previous Dean, founding, coordinating, and project for the BS program in Midwifery at Al-Najah University

Student counselor at An-Najah University until 6.2014

Working at Algad Medical College in Al-Madina as a lecturer

Head of the committee of students and mental health counseling at Algad Medical College, Saudi Arabia, 2014-2015

Member of the investigation committee at Algad Medical College, Saudi Arabia, 2014-2015.

1. Member of the research committee at the Public Health Division, 2015-2023.
2. Member of the research committee of the master's program: Community Mental Health Nursing, 2009-2021.