



Curriculum Vita

Personal Data:

Name: Nadia Waheed Mohamed Elzohairy
Present Position: Assistant professor of Psychiatric and Mental Health Nursing, Faculty of Nursing, Damanhour University, Egypt
Date of Birth: 10 / 4 / 1989
Marital Status: Married
Nationality: Egyptian
Religion: Muslim
Languages Spoken: Arabic, English
Computer Skills ICDL UN
Language skills ILETS, TOEFL
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Educational Qualifications:

- **BSc, with Excellent Degree**, Faculty of Nursing, Alexandria University, May, 2010.
- **MSc** in psychiatric nursing and mental health, Faculty of Nursing, Alexandria University, 29 / 5 / 2016.
- **PhD** in psychiatric nursing and mental health, Faculty of Nursing, Alexandria University, 30 / 6 / 2021.

Academic Positions:

1. Fulfillment of **Nursing Internship** in Damnhour and Alexandria University Hospitals from the 1st September, 2010 to 31st August, 2011.
2. **Demonstrator**, Department of Psychiatric Nursing and Mental Health, Faculty of Nursing, Damnhour University from the 27th August, 2012 to 20th July, 2016.
3. **Assistant Lecturer**, Department of Psychiatric Nursing and Mental Health, Faculty of Nursing, Damnhour University, 21st July, 2016 to 30th August, 2021.

4. **Lecturer**, Department of Psychiatric Nursing and Mental Health, Faculty of Nursing, Damnhour University, 31st August, 2021 until now.
5. **Coordinator of clinical training**, Department of Psychiatric Nursing and Mental Health, Faculty of Nursing, Damnhour University for 3 years , academic year (2021-2022), (2022-2023) & (2023-2024).
6. **Member of the Psychological Counseling Center**, Damanhour University, academic year 2016 until now.
7. **Head of Second Level Control in Faculty of Nursing, Damanhour University academic year 2024-2025.**
8. **Coordinator of second level** , Faculty of nursing , Rashid University academic year (2025-2026)
9. **Assistant Professor**, Department of Psychiatric and Mental Health Nursing, Faculty of Nursing, Damnhour University, 29th July, 2026 .

Scientific Experiences

Published Articles (International and national)

National Journal:

1. Waheed Elzohairy, N., Alsaied Alfayomy, N., & I Hassan, N. **(2022)**. The relationship between death anxiety, spiritual well-being, and successful aging among community dwelling older adults. *International Egyptian Journal of Nursing Sciences and Research*, 3(1), 272-285.
2. Mohamed Amin, S., Waheed Elzohairy, N., & A Elbially, A. **(2022)**. Knowledge, Anxiety, and Protective Behaviors Regarding Omicron among Secondary School Students. *International Egyptian Journal of Nursing Sciences and Research*, 3(1), 303-317.
3. Ibrahim Ibrahim, H., Waheed Elzohairy, N., Mohamed Sami Mostafa, H., & Nicola Ghattas, V. **(2024)**. The Effect of Music Therapy on Psychological Status and Sleep Quality Among Pregnant Women: A randomized Control Trail. *Egyptian Journal of Health Care*, 15(1), 1873-1883.
4. Mohamed, A. H., Madian, A. A., Alfayomy, N. A. M., & Elzohairy, N. W. **(2026)**. Relationship between Occupational stress, Health hazard appraisal, Psychological resources, and Well-being among Rural-dwelling Sewage Workers. *International Egyptian Journal of Nursing Sciences and Research*, 7(1), 175-198.

Published Articles in "International Journals"

5. Elzohairy, N. W., Mekhail, M. N., Hassan, N. I., & Menessy, R. F. M. (2017). Relationship between ego resilience, perceived stress and life satisfaction among faculty nursing students. *Journal of Nursing and Health Science*, 6(7), 57-70.
6. Elzohairy, N. W., & Emam, S. A. E. (2021) The Effect of Cognitive Remediation Therapy on Cognitive Flexibility, Working Memory, and Psychiatric Symptoms in Patients with Schizophrenia. *Novelty journal*.
7. Elzohairy, N. W., Abd El Fatah, N. K., & Khedr, M. A. (2024). Effectiveness of psycho-educational program on climate change distress and risk perception among older adults. *Geriatric Nursing*, 55, 35-43.
8. Atta, M. H. R., Zoromba, M. A., El-Gazar, H. E., Loutfy, A., Elsheikh, M. A., El-Ayari, O. S. M., ... & Elzohairy, N. W. (2024). Climate anxiety, environmental attitude, and job engagement among nursing university colleagues: a multicenter descriptive study. *BMC nursing*, 23(1), 133.
9. Atta, M. H. R., Hammad, H. A. H., & Elzohairy, N. W. (2024). The role of Empathy in the relationship between emotional support and caring behavior towards patients among intern nursing students. *BMC nursing*, 23(1), 443.
10. Atta, M. H. R., Waheed Elzohairy, N., Abd Elaleem, A. E. D. M. H., Othman, A. A., Hamzaa, H. G., El-Sayed, A. A. I., & Zoromba, M. A. (2025). Comprehending the disruptive influence of workplace gaslighting behaviours and mobbing on nurses' career entrenchment: a multi-centre inquiry. *Journal of Advanced Nursing*, 81(4), 1815-1828.
11. Elzohairy, N. W., Elzlbany, G. A. M., Khamis, B. I., El-Monshed, A. H., & Atta, M. H. R. (2024). Mindfulness-based training effect on attention, impulsivity, and emotional regulation among children with ADHD: The role of family engagement in randomized controlled trials. *Archives of Psychiatric Nursing*, 53, 204-214.
12. Atta, M. H. R., Rushdan, E. E., & Elzohairy, N. W. (2024). The relationship between defensive pessimism, goal orientation, and self-esteem among nursing students. *SAGE Open Nursing*, 10, 23779608241293662.
13. Atta, M. H. R., El-Sayed, A. A. I., Alsenany, S. A., Hammad, H. A. H., Elzohairy, N. W., & Asal, M. G. R. (2024). Navigating transition shock: The role of system thinking in enhancing nursing process competency among early career nurses. *Worldviews on evidence-based nursing*, 21(6), 611-625.
14. Asal, M. G. R., Alsenany, S. A., Elzohairy, N. W., & El-Sayed, A. A. I. (2025). The Impact of Digital Competence on Pedagogical Innovation among Nurse Educators: The Moderating Role of Artificial Intelligence Readiness. *Nurse Education in Practice*, 104367.

15. Asal, M. G. R., Alsenany, S. A., Mohammed, N. A., Elzohairy, N. W., & El-Sayed, A. A. I. (2025). Climate Anxiety and COPD: Unveiling Its Impact on Patients' Quality of Life Through a Multivariate Lens. *Journal of Clinical Nursing*.
16. Elzohairy, N. W., Eweida, R. S., Othman, A. A., Hammad, H. A. H., & Atta, M. H. R. (2025). Effectiveness of a Nurse-Led HeartMath Training Program on Resilience, Emotional Adjustment, and Treatment Motivation Among Patients with Substance Use Disorder: A Randomized Control Trial. *Worldviews on evidence-based nursing*.
17. El-Sayed, A. A. I., Alsenany, S. A., Alanizi, D. S. H., Elzohairy, N. W., & Asal, M. G. R. (2025). The Triad of Excellence in Oncology Nursing: The Synergy of Clinical Governance Climate, Digital Health Competence, and Patient-Centered Care. *European Journal of Oncology Nursing*.
18. Abd El Fatah, N. K., Khedr, M. A., Elzohairy, N. W., Harfoush, M. S., & Elgarhy, S. M. A. (2026). Effect of serenity therapy on symptoms distress, coping styles, and emotional regulation among geriatric patients undergoing hemodialysis: A randomized controlled trial. *Geriatric Nursing*, 69, 103863.

Articles in Press:

19. Nursing Students' Exposure to Incivility Behavior and Prevalence of Gaming Addiction: Association with Career Decision Self-Efficacy. *BMC Nursing*, 2025.
20. Effect of Serenity therapy on symptoms distress, coping styles, and emotional regulation among geriatric patients undergoing hemodialysis. *Applied Nursing*, 2025.
21. Is electronic smoking dependence an adaptive coping? A Nursing Students expectancies. *BMC Nursing*, 2025.
22. International Insight into Netlessphobia and Fear of Missing Out among Nurses: A Study on Prevalence and Influential Factors. *BMC Nursing*, 2025.

Articles in progress:

23. Resilience building among older adults: The Heart Math based interventions for posttraumatic stress disorder, spirituality and psychosocial well-being.
24. Can self -assessment of personal cognitive error predict medication adherence among patient with psychotic disorder? role of family support.
25. Are Healthcare Providers Ready to Respond to the Monkeypox? An Egyptian Descriptive Study on Nurses' Awareness, Preparedness, and Emotional Self-Efficacy."

As a Supervisor on Scientific Thesis:

- Supervisor on Master thesis of psychiatric nursing and mental health titled " **The**

relationship Between Defeatist Performance Beliefs, Negative Symptoms, and Functional Outcomes Among Patient with Schizophrenia ". Faculty of Nursing, Damnhour University, 2022- 2024.

- Supervisor on Master thesis of psychiatric nursing and mental health titled " **Relationship Between Self-Compassion, Ruminative thoughts, and Depressive Symptoms Among Patients with Depression "**. Faculty of Nursing, Damnhour University, 2023- 2026
- Supervisor on Master thesis of psychiatric nursing and mental health titled " **Personality Traits, Attributional Style and Emotional Regulation Among Patients with Substance Use Disorders"**. Faculty of Nursing, Damnhour University, 2023.
- Supervisor on Doctorate thesis of psychiatric nursing and mental health titled " **Effect of Meaning Centred theapy on Demoralization and spiritual well- being among patients with cancer"**. Faculty of Nursing, Damnhour University, 2026.

Professional Experiences:

1. Training programs:

- Training course on **Research team management**. FLDC. Alexandria University, 17-18 August 2013.
- Training course on **organizing scientific conferences**. FLDC. Alexandria University.21-22 August 2013.
- Training course on **Quality standards in Teaching**. FLDC. Alexandria University.24-25 August 2013.
- Training course on **Communication Skills in Education**. FLDC. Alexandria University.28-29 August 2013.
- Training course on The **Credit Hours system**. FLDC. Alexandria University, 7-8 September 2013.
- Training course on **Research Ethics**. FLDC. Alexandria University.18-19 June 2014.
- Training course on **Effective presentation skills**. FLDC. Alexandria University.2-3 August 2014.
- Training course on **Research Methods**. FLDC. Alexandria University.18-19 August 2014.
- Attended National training program on (Strategic planning, operational planning, Institutional work, Team work, Communication skills, Time management). Faculty of Nursing, Damnhour University From 27–29 November, 2015.
- Training course on **Competing for Research Funds**. Training course on Credit Hours system. FLDC. Damanhour University University, 19-20 September 2018.
- Training course on **Adopting an Academic Program**. FLDC. Damanhour University, 21-

22 November 2018.

- Training course on **Legal and Financial Aspects in University Environment**. FLDC. Damanhour University, 12-13 December, 2018.
- Training courses on **التحول الرقمي " Fundamental of IT, Operating System, Word System"** Damnhour university, 18th July, 2019.
- Training Program on **"Cognitive Remediation Therapy"** 24 sessions for 2 months, Institute of Psychiatry, Psychology & Neuroscience, **King's College London**, 22nd January, 2019.
- Training Program on **"Cognitive-Behavioral Therapy for Delusions"** (العلاج المعرفي السلوكي للضلالات " Arab Institute of Mental Health Grants, 40 training hours, 26-29th November, 2021.
- Training course on **" International Publication (Scopus & WOS)**, faculty of Nursing, Damanhour University, 21st September, 2023 .
- Training course on **Remark's 2024 Initiative, Advanced Electronic Grading Solutions of Paper -based Exams**. 22nd November, 2023.
- Training Program on **" The Resilience Heart TM : Trauma- Sensitive Heart Math Course"** 13 hours training from **Heart Math Institution, USA**, 10th February, 2024.
- Training course on **Accreditation of An academic Program"**. FLDC. Damanhour University, 20-21 May, 2024.
- Training course on **Use of Technology in Teaching "**. FLDC. Damanhour University, 22-23 July, 2024.
- Training course on **Application of Artificial intelligence in the Scientific "**. FLDC. Damanhour University, 24-25 August, 2025.
- Training course on **Strategic planning and implementation of Protocols "**. FLDC. Damanhour University, 9-10 September, 2025.
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2. Congress Attendance

- Attended scientific meeting on (**Substance Dependence: Prevention, Early Detection and Treatment**). Faculty of Nursing. Alexandria University. 20 November 2013.
- Attended the annual scientific meeting on (**Together on the Road of Mental Health**). Faculty of Nursing. Alexandria University. 24 April, 2013.
- Attended scientific meeting on (**Nursing Education: It's Time to Click and Update**). Faculty of Nursing. Alexandria University, 6 September, 2014.

- Attended the annual scientific meeting on **(Strengths and Challenges in Nursing Administration)** Faculty of Nursing. Damanhour University. 12 November, 2014.
- Attended the 4th Nursing Administration **Conference " The Voice of Nursing Management"**. Faculty of Nursing. Damanhour University, 6th December, 2018.
- Presented talk about psychosocial impact of COVID 19 on family and health care providers. In **1st Virtual, 3rd International Scientific Nursing Conference, entitled: COVID-19 and The era of Nursing Transformation To Digitalization.** Faculty of Nursing, Damnhour University, 18th August 2021.
- Attendance and Participate by **Paper Presentation** on **"psychological Resilience, perceived stress, and life satisfaction among adolescents"** in **Conference** of Vocational training and empowerment of youth to achieve the sustainable development goals. In Afro-Asian Federation for Vocational and Technical Training, Cairo, 10-12th March, 2022.
- Attended the **10th International, 3rd Viritual Conference** of the Faculty of Nursing, Tanta University" **Recent and Future Technology in Nursing"** Faculty of Nursing. Tanta University, 7-8th March, 2022.
- Attended" **The 1st Arab Conference of Child and Adolescent Mental Health"**. by International Experts Academy for Management & Training Cairo, Egypt,20 hours, 16-18 March, 2022.
- Attended the **First International Conference for the Arabic Speaking Countries titled " Schema Therapy in Orient and Occident- From Challenges to Opportunities"**. Rakhawy Institute for Training and Research, March, 2022.
- Presented a poster titled **"Challenges facing nurses in Preventing elderly abuse"** in the International Scientific Conference of Faculty of Nursing, Kafrelsheikh University, 16th May, 2022.
- Attended **the International Nursing Conference titled "Together Toward the Best Education and Practice against Climate and Biological Changes"**. Faculty of Nursing, Mansoura University, 18th May, 2022.
- Presented a talk titled **" Psychosocial Impact of Addictive behaviors among adolescents"** **the Nursing Conference titled "Toward a balance Mental Health for Youth"**. Faculty of Nursing, Menofia University, 1st October, 2023.
- Presented a poster titled **" Climate Change Distress and Risk Perception among Older Adults "** in the International Scientific Conference of Faculty of Nursing, Sohage University, 27-28th December, 2023.
- Presented Scientific Talk titled **Together to Achieve Excellence in Nursing: Education, Scientific Research and Community Service**, Faculty of Nursing, Kafr Elsheikh

University 26th February, 2024.

3. Workshops and Seminars:

- Attended workshop on **Exam Matrix**. Faculty of Nursing. Damanhour University. 27 October, 2017.
- Attended workshop on **Application Problem - based Learning and Debriefing in Clinical nursing**. Faculty of Nursing. Damanhour University. 25 July, 2018
- Attended workshop on **Non-Traditional Methods of Teaching (طرق التدريس غير التقليدية)** Faculty of Nursing. Damanhour University. 24 October 2018.
- Attended workshop on **Course Specification and Course Report**. Faculty of Nursing. Damanhour University, 13 November 2018.
- Attended workshop on **Techniques of preparing tests and linking examination questions to the intended learning outcomes**. Faculty of Nursing, Damanhour University, 17th December, 2018.
- Holding a seminar entitled: "**Psychological and social effects of addiction**" for students of the fourth year at the Higher Institute of Social Work in cooperation with the Addiction and Drug Abuse Control Fund at the Artistic Creativity Center in Damanhour, 16th October, 2019.
- Attended workshop on **Tips for Successful Academic Promotion**, in 1st Virtual, 3rd International Scientific Nursing Conference, Faculty of Nursing, Damnhour University, 18th August 2021.
- Attended workshop on **Emotional intelligence and its application in academic field (الذكاء العاطفي وتطبيقاته في المجال الأكاديمي)**. In Afro-Asian Federation for Vocational and Technical Training, 27-28th September 2021.
- Attended Seminar (**Laughter Therapy As an intervention to promote Psychological wellbeing**). Modern University For technology and Information, 30th October, 2021.
- Attended workshop on "**Cognitive Behavioral Therapy for Phobias of Heights and Bridges (ورشة عمل العلاج المعرفي السلوكي لرهاب الأماكن المرتفعة والكبارى)**". Arab Institute of Mental Health Grants, 4 training hours, 19th November, 2021.
- Attended workshop on "**Psychological support skills for diabetic patients (مهارات الدعم النفسى لمرضى السكر)**". In Culture and Arts Sector of Afro-Asian Federation for Vocational and Technical Training, 25th November, 2021.
- Attended workshop "**Awareness is the most important life skills requirement (الوعي. أهم متطلبات المهارات الحياتية)**". Afro-Asian Federation for Vocational and Technical

Training, 27th November, 2021

- Attended workshop on **"Reflective Debriefing Strategy as a method to bridge gap between Theory and Practice"**. Faculty of Nursing, Damanhour University, 15th December, 2021.
- Attended workshop on **Strengthening psychosocial skills with art therapy techniques** "نماذج متكاملة للعلاج بالفن" In Afro-Asian Leadership Association for Art Therapists, Moonlight Hotel, Cairo, 11th February, 2022.
- Attended workshop on **"The quality of giving. Toward a better performance of a knowledgeable person. Oriental Vision"**. In Afro-Asian Association of Educational and Teaching Leaders, Moonlight Hotel, Cairo, 11th February, 2022.
- Presented workshop on **"A healthy lifestyle and sustainability"** in Afro-Asian Association of Nursing Professionals, Moonlight Hotel, Cairo, 11th February, 2022.
- Attended Workshop on **" Practical Exercises of Cognitive-Behavioral Therapy for Anxiety Disorders"** On the sidelines of the 10th International, 3rd Virtual Conference of the Faculty of Nursing, Tanta University, 8th March, 2022.
- Attended Webinar on **" Different Personality Styles and How to Deal With Them"** Psychological Counseling Unit, faculty of Nursing, Damnhour University, 31st March, 2022.
- Participated in **8 workshops** entitled **"Interactive E-book Development"**, **"Sustainability on Campuses: on and off the Curriculum"**, **"Incorporating Entrepreneurship and sustainability in our curricula"**, **"Incorporating SDG5 in Curricula"**, **" Tools for creating Sharable Learning Scenarios"**, **" Virtual Labs Technologies for science Curricula"**, **"Methodology for Creating Sharable Learning Scenarios: application on SDG5"**, and **"Digitals Skills Needed for the Job Market (By Microsoft)"**. In Pedagogical Innovation and Distance Learning Center, Alexandria University, in the period of 3-28th April, 2022.
- Attended workshop on **"Flipped or Inverted Classroom Strategy"**, Faculty of Nursing, Damnhour University, 28 March, 2022.
- Attended workshop on **"Competency based education in nursing"**, Faculty of Nursing, Damnhour University, 23-24 November, 2022.
- Attended 8 workshops titled **" The Power of AI In Modern Assessment Practice, "AI and Institutional Design "**, **"Introduction to Prolog "**, **"Unlocking Potential : AI Powered Education "**, **"Introduction to Data Mining With Orange"**, **"Artificial intelligent Presentatioos"**, & **"Foundations of A "**, Faculty of nursing , Alexandria University, 12 March – 7 April, 2024.

Faculty Council Membership and Its Standing Committees

- Member of the Psychological Counseling Unit, Faculty of Nursing, Damanhour University, from the academic year 2016–2017 to 2022–2023.
- Deputy Executive Director of the Psychological Counseling Unit, Faculty of Nursing, Damanhour University, from the academic year 2024–2025 to the present.
- Member of the Cultural Relations Committee for the academic year 2024–2025.
- Member of the Education and Student Affairs Committee for the academic year 2025–2026.
- Member of the University Quality Management Board for the academic year 2025–2026.

Academic and Administrative Activities

- Quality Coordinator, Department of Psychiatric and Mental Health Nursing, academic year 2021–2022.
- Coordinator of the Administrative System Standard for Quality Assurance and Accreditation at the Faculty, academic year 2021–2022.
- Clinical Training Coordinator for the Psychiatric and Mental Health Nursing course for postgraduate (Master's) students, academic year 2021–2022.
- Clinical Training Coordinator, Department of Psychiatric and Mental Health Nursing, Faculty of Nursing, Damanhour University, for three academic years (2021–2022 to 2023–2024).
- Secretary of the Department Council of Psychiatric and Mental Health Nursing from the academic year 2021–2022 to 2024–2025.
- Member of the Committee for Reviewing Postgraduate Students' Files for the Master's Program in Psychiatric and Mental Health Nursing, Fall semester 2022–2023.
- Member of the Committee for Reviewing Postgraduate Students' Files for the Master's and Doctoral Programs in Psychiatric and Mental Health Nursing, Fall semester 2023–2024.

- Teaching the Psychiatric and Mental Health Nursing course for fourth-year undergraduate students, Faculty of Nursing, Damanhour University, from the academic year 2021–2022 to the present.
- Participating in examination activities (midterm, practical, and oral examinations) for the Psychiatric and Mental Health Nursing course for fourth-year students from 2021–2022 to 2023–2024.
- Participating in examination control and grading committees for various academic levels within the Faculty of Nursing, Damanhour University, from the academic year 2013–2014 to the present.
- Participating in the preparation of educational content for the Psychiatric and Mental Health Nursing course for students of Housh Eissa Nursing Institute affiliated with the Armed Forces, academic year 2021–2022.
- Teaching the Psychiatric and Mental Health Nursing course at Housh Eissa Nursing Institute affiliated with the Armed Forces, academic year 2021–2022.
- Teaching the Psychiatric and Mental Health Nursing course at the Technical Nursing Institute, Medical Institute of Damanhour, academic year 2021–2022.
- Member of the Medical and Health Sector of the Afro-Asian Union for Vocational and Technical Training during 2021 and 2022.
- Member of the Afro-Asian Association of Nursing Experts affiliated with the Medical and Health Sector of the Afro-Asian Union for Vocational and Technical Training during 2021 and 2022.
- Teaching the Statistics course for fourth-year nursing students, academic year 2024–2025.
- Teaching the Contemporary Issues in Nursing course for second-level students, academic year 2025–2026.
- Teaching the Epidemiology course for second-level students, academic year 2025–2026.
- Teaching Creative and Critical Thinking course for second-level students, academic year 2025–2026.
- Teaching the Research Methods course for third-level students, academic year 2025–2026.
- Head of the Examination Control Committee for the second level during the academic years 2024–2025 and 2025–2026.

Postgraduate Teaching and Examination Activities

- Teaching the Violence and Health course for Master's students in the Department of Psychiatric and Mental Health Nursing, Faculty of Nursing, Damanhour University, Fall semester 2021–2022.
- Teaching the Complementary Therapy course for Master's students in the Department of Psychiatric and Mental Health Nursing, Spring semester 2021–2022.
- Member of the tripartite examination committee for undergraduate and postgraduate courses, including Psychiatric and Mental Health Nursing, Violence and Health, Complementary Therapy, and Human Relations, during the academic year 2021–2022.
- Teaching the Psychiatric and Mental Health Nursing course for Master's students, Fall semester 2022–2023.
- Member of the tripartite examination committee for the Psychiatric and Mental Health Nursing and Violence and Health courses during the academic year 2022–2023.
- Teaching the Psychiatric and Mental Health Nursing course for Master's students, Fall semester 2023–2024.
- Teaching the Psychological Theories course for doctoral students, Faculty of Nursing, Damanhour University, during the academic years 2023–2024 and 2024–2025.
- Teaching the Seminar in Psychiatric Nursing course for doctoral students, Faculty of Nursing, Damanhour University, during the academic years 2023–2024 and 2024–2025.