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التخصص: تمرير الصحة النفسية والعقلية

الرتبة الأكاديمية: استاذ مشارك

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المؤهلات العلمية:

الرقم	التفاصيل
1	2012-2016 الجامعة الأردنية - كلية التمريض - الأردن دكتوراه في التمريض / الصحة النفسية والعقلية المعدل: 4/4.0 (ممتاز)
2	2010-2011 الجامعة الهاشمية - كلية التمريض - الأردن ماجستير في التمريض / الصحة النفسية والعقلية المعدل: 4/3.84 (ممتاز)
3	2005-2009 الجامعة الأردنية - كلية التمريض - الأردن بكالوريوس في التمريض المعدل: 4/3.85 (ممتاز)

الأهداف المهنية:

تطوير التعليم والممارسة التمريضية من خلال الأهداف الرئيسية:

- رفع مستوى التعليم التمريضي من خلال أبحاث مبتكرة في الصحة النفسية ورفاهية بيئة العمل، مستهدفاً أكثر من 200 منشور في Scopus والحصول على استشارات عالمية متميزة.
- قيادة اعتماد الكليات وتطوير المناهج والتعاون الدولي لتعزيز جودة البرامج.
- إرشاد طلاب الدراسات العليا وتعزيز الممارسة القائمة على الأدلة من خلال مشاريع ممولة وورش عمل ومبادرات مجتمعية تتناول الضغط النفسي والمرونة التمريضية.

- المساهمة في السياسات وتحسين الجودة في الرعاية الصحية من خلال دراسات مؤثرة حول انخراط الممرضين وتقليل الوصمة والرعاية المتمحورة حول المريض.

الخبرات التدريسية:

المدة	المنصب	الجامعة
الآن-2025	أستاذ مشارك / كلية التمريض	جامعة الزرقاء
2021-2025	عميد/أستاذ مشارك / كلية التمريض	جامعة الزرقاء
2020-2021	عميد/أستاذ مساعد / كلية التمريض	جامعة الزرقاء
2018-2020	نائب عميد/أستاذ مساعد / التمريض النفسي	جامعة الزرقاء
2017-2018	أستاذ مساعد / التمريض النفسي والصحة العقلية	جامعة الزرقاء
2016-2017	نائب عميد مساعد/أستاذ مساعد / التمريض النفسي	جامعة الزرقاء
2011-2016	مدرس / كلية التمريض	جامعة الزرقاء

الابحاث المنشورة والمقبولة للنشر:

1- Algharram, D., Rayan, A., Baqeas, M. H., Alhalaiqa, F., Khraim, F., Aldirawi, A., et al. (2026). Exploring role discrepancies among Jordanian nurses: Implications for continuing education and workforce policy. The Journal of Continuing Education in Nursing, 57(3), 130–136.
2- Al-Ghabeesh, S., Rayan, A., Assaf, E. A., Fawaz, M., AlBay, A., & Alyami, H. (2026). Understanding weight regain: Insights from Saudi patients on factors influencing post-metabolic and bariatric surgery outcomes: A qualitative study. PLoS ONE, 21(2), e0340120.
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5- Rayan, A., Al-Ghabeesh, S., Abu Sabra, M. A., Fawaz, M., Zeitoun, Y., & Alyami, H. (2025). The association between spiritual well-being and burnout in intensive care unit nurses in Lebanon: A cross-sectional, correlational and descriptive study. Journal of Religion and Health, 1–17.



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10-	Al Manaseer, T. R., Eshah, N. F., Rayan, A., & Khalifeh, A. H. (2025). The Professional Self-Concept and Problem-Solving Ability in Different Career Stages Among Jordanian Registered Nurses. <i>Hospital Topics</i> , 1-10.
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12-	Abu Sumaqa, Y., Alhamory, S., Abu-Abbas, M., Rayan, A., Alradaydeh, M. F., Alrida, N., ... & Abd EINaem, M. M. (2025). Jordanian nurses' competencies in providing community care during disaster: a cross-sectional survey. <i>Working with Older People</i> , 29(1), 75-85.
13-	Mashsha, S., Rayan, A., Baqeas, M. H., Al-Ghabeesh, S. H., Sumaqa, Y. A., & Alrida, N. A. (2025). Workplace bullying and its association with secondary traumatic stress and turnover intention among emergency and critical care nurses. <i>Frontiers of Nursing</i> , 12(1).
14-	Abd Al-al, F., Eshah, N., Rayan, A., Bani Hani, S., ALBashtawy, M., Abdalrahim, A., & Alkhawaldeh, A. (2025). The association between workplace bullying and the mental health of Jordanian nurses and its predictors: A cross-sectional correlational study. <i>Journal of Workplace Behavioral Health</i> , 40(1), 65-83.
15-	Rayan, A. (2025). The Relationship between Trait Mindfulness and Depression Severity among People with Schizophrenia: The Role of Perceived Public Stigma toward Mental illness. <i>Journal of the American Psychiatric Nurses Association</i> . Accepted for publication.
16-	Rayan, A. (2024). Stigma of mental illness: a comparative study of demographic and cultural correlates among nursing students and registered nurses in Jordan. <i>BMC nursing</i> , 23(1), 924.
17-	Nakhal, M. A., Fawaz, M., Khabaz, K., Rayan, A., Hani, S. B., & ALBashtawy, M. (2024). Critical care nurses and their clinical reasoning for customizing monitor alarms: a mixed-method study. <i>Frontiers of Nursing</i> , 11(4).
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39- Rayan, A., Eshah, N., Shosha, G. A., Dardas, L., & Wainwright, K. (Eds.). (2023). Proceedings of the Second International Nursing Conference" Nursing Profession in the Current Era"(INC 2023) (Vol. 67). Springer Nature.
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45- Rayan, A., Eshah, N., Shosha, G. A., Dardas, L., & Wainwright, K. (Eds.). (2023). <i>Proceedings of the Second International Nursing Conference" Nursing Profession in the Current Era"(INC 2023)</i> (Vol. 67). Springer Nature.
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المؤتمرات العلمية:

الرقم	اسم المؤتمر
1	مؤتمر التمريض - (FONC) اتجاهات التمريض / جامعة الزيتونة - الأردن / 8-9 مايو 2024 / حضور
2	المؤتمر الدولي العلمي الثالث للتمريض - نحو تحسين جودة الرعاية الصحية / جامعة فيلادلفيا / 21-23 أبريل 2024 / حضور
3	المؤتمر الدولي الثاني للتمريض - (INC 2023) مهنة التمريض في العصر الحالي / جامعة الزرقاء / 17-18 مايو 2023 / متحدث
4	المؤتمر الدولي الثاني للتمريض - (INC 2023) رئيس المؤتمر / جامعة الزرقاء / 17-18 مايو 2023
5	اليوم العلمي الثالث - تعليم التمريض أثناء جائحة كوفيد-19 / كلية التمريض - جامعة الزرقاء / 15 مارس 2022 / رئيس
6	المؤتمر الدولي للتمريض - ممرضون صوت للقيادة / البحرين 2022 / حضور
7	المؤتمر الدولي الأول للتمريض 2016 - جامعة الزرقاء / ورقة: الضغط والقلق والاكتئاب لدى أهالي الأطفال المصابين بطيف التوحد / متحدث
8	المؤتمر الدولي الأول للتمريض 2016 - جامعة الزرقاء / عضو منظم
9	المؤتمر العالمي الثاني لعلوم الصحة / (H-SCI 2015) تركيا / مشاركون بورقتين / متحدث

الرقم	اسم المؤتمر
10	المؤتمر الدولي النهائي - MED-HEALTH إدارة الصحة العامة / حمامات تونس / 29-30 سبتمبر 2018 / متحدث
11	اليوم العلمي الثاني / كلية التمريض - جامعة الزرقاء / 15 مارس 2018 / مدير جلسة
12	المؤتمر الدولي الثاني للطب النفسي والاضطرابات النفسية / شيكاغو - الولايات المتحدة / 2-4 مايو 2016 / متحدث
13	اليوم العلمي السابع - مركز حمدي منغو للبحث العلمي / جامعة الأردن / أبريل 2017 / متحدث

الإشراف على الرسائل الجامعية:

قائمة الطلاب الجامعيين الذين تم إشرافهم عليهم حتى 2026/1/1

دكتوراه	ماجستير	عدد الطلاب	الملاحظات
1	19	20	مشرف
1	15	16	عضو خارجي في لجنة المناقشة

خدمة المجتمع:

ملتزم بتطوير الصحة العامة والتعليم التمريضي من خلال التواصل المجتمعي، التعاون الدولي، ومبادرات التنمية المهنية التي تفيد المجتمعات المهمشة ومهنة التمريض.

التعاون الدولي والتواصل

- المشاركة في برامج تبادل الأساتذة الدولية Erasmus+ واجتماعات الجمعية العلمية لكليات التمريض العربية، لتعزيز الشراكات التمريضية العالمية (بروكسل - بلجيكا 2016؛ جامعة كاريليا - فنلندا 2018؛ الجامعة الهلنية الدولية - اليونان 2024؛ مصر 2024؛ الإمارات 2024؛ البحرين 2022).

- المساهمة في مشروع MED-HEALTH تحالف الصحة العامة المتوسطي (رقم المشروع:

Erasmus+). EPP-1-2015-PSEPPKA2-CBHE-JP561748، ممول من.

- التعاون في الندوة الطلابية عبر الإنترنت المشتركة بين جامعة كوينز بلفاست وجامعة الزرقاء: "استكشاف الابتكارات البحثية في التمريض" (فبراير 2025).
- خدمة تحكيمية/مراجعة لأكثر من 45 مراجعة في قواعد بيانات Web of Science عبر مجلات تشمل Nursing in ،Sage Open Nursing ، Perspectives in Psychiatric Care ، BMC Nursing، و Frontiers of Psychology ،Critical Care الإرشاد وبناء القدرات
- تقديم محاضرات الصحة النفسية في المركز الوطني للصحة النفسية؛ تثقيف صحي لمجموعات التعافي من الإدمان.
- تنظيم ورش عمل إدارة الضغط للاجئين؛ تدخلات قائمة على اليقظة الذهنية لأولياء أمور الأطفال المصابين بالتوحد.
- تقديم علاجات نفسية وإرشاد نفسي للمجتمعات الريفية وطلاب الجامعات.
- تنظيم أربعة أيام طبية مفتوحة في مناطق ريفية أردنية؛ قيادة حملات تبرع بالدم.
- مبادرات الصحة المجتمعية
- تنسيق جهود التطعيم ضد كوفيد-19 ومنتديات الإبداع الطلابية؛ تدريب الطلاب عبر مجلس اعتماد الرعاية الصحية (HCAC) حول التثقيف الوبائي.
- قيادة تدريب إدارة الضغط لوحدة دعم الطلاب (RSOS) ، ممول من (Erasmus).
- المشاركة في زيارات الاعتماد، تطوير مهني لمجلس التمريض المشترك (JNC) ، والامتنال للإطار الوطني للمؤهلات الأردني لكليات التمريض.
- الورش والتثقيف العام
- تقديم ورش عمل حول الممارسة القائمة على الأدلة، SPSS، الكتابة المهنية، المحاكاة عالية الدقة، أخلاقيات النشر، الإدمان، اضطرابات الصحة النفسية (مثل الفصام، اضطرابات الشخصية)، والعلاج النفسي.
- تسهيل جلسات مجتمعية حول تقليل الضغط القائم على اليقظة الذهنية والتأمل في الممارسة النفسية العلاجية.

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