



## **Radwa Ahmed Abdel Razek Emara**

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Department- Faculty of Nursing- Zagazig University

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### **Personnel Information:**

Date of Birth: 1<sup>st</sup> October 1988

Place of Birth: AwladSaker City – Sharkigovernorate- Egypt

Nationality: Egyptian

Religion: Muslim

Marital Status: Married

Place of Residence: AwladSaker City – Sharkigovernorate- Egypt

### **Language skills:**

Arabic : Mother tongue.

English : good command of English (written & spoken)

### **Education:**

#### **(A) Doctorate Degree:**

Place where the degree obtained:

- ❖ Country : Egypt
- ❖ University : Zagazig
- ❖ Faculty : Nursing
- ❖ Specialization : Psychiatric and mental health nursing
- ❖ Period of study : Three Years (2018- 2021 )
- ❖ Year Obtained : 2021
- ❖ Grade Point Average : Excellent

Title of Thesis : Effect of Educational Program on Depressive Symptoms and  
Self Assertiveness among Students at Faculty of Nursing

- ❖ Aims of the thesis : Evaluate the effect of educational program on depressive symptoms and Self assertiveness among students at faculty of nursing
- ❖ The Most Important Results of the Thesis :
- ❖ There was high prevalence rate of depressive symptoms represented (97.6%) ranged from mild to severe level and three fifth(60.2%) of participant students had low levels of assertiveness at the pre educational program phase.

The implementation of the program consisted of educational sessions was successful in improvement in the levels of assertiveness and decrease in the levels of depressive symptoms among participant nursing students.

## **(B) Master Degree:**

Place where the degree obtained:

- ❖ Country : Egypt
- ❖ University : Zagazig
- ❖ Faculty : Nursing
- ❖ Specialization : Psychiatric and mental health nursing
- ❖ Period of study : Three Years (2013- 2016 )
- ❖ Year Obtained : 2016
- ❖ Grade Point Average : Excellent
- ❖ Title of Thesis : Relation between Level of Depression and Social Support among Students at Faculty of Nursing
- ❖ Aims of the thesis : Determine the Relation between Level of Depression and Social Support among Students at Faculty of Nursing
- ❖ The Most Important Results of the Thesis :
  - **more than half of students had considerable depressive symptoms (moderate – severe) that represented (53.30%)**
  - **there was highly significant negative correlation between depressive symptoms and social support as group with considerable depressive symptoms had low level of social support.**

## **(C) University stage: ( Bachelor degree)**

Place where the degree obtained:

- ❖ Country: Egypt
- ❖ University: Zagazig
- ❖ Faculty: Nursing
- ❖ Field of study: Nursing Sciences
- ❖ Period of Study: Four years in addition to one internship year
- ❖ Year obtained: 2009
- ❖ Grade Point Average: Grade of excellent with honors

CNV

## Employment History:

Career Ladder	Job Title	University	Faculty	Work period in years	
				From	To
	Assistant professor	Zarqaa university Jordan	Faculty of Nursing	2023	2024
After doctorate Degree	Assistant professor	Zagazig University	Faculty of Nursing	15th August 2021	Until now
After master Degree	lecturer	Egypt		14 <sup>th</sup> February 2016	14 <sup>th</sup> August 2021
After bachelor degree	Demonstrator	Zagazig University Egypt	Faculty of Nursing	1 <sup>st</sup> march, 2012	13 <sup>th</sup> February 2016

## Published Researches :

Name of Research	Name of Journal	Date of Publishing
Relation between Level of Depressive Symptoms and Social Support among Students at Faculty of Nursing	Zagazig Nursing Journal	July, 2016
Effect of Educational Program on Depressive symptoms and Assertiveness among nursing students	Latin American Journal of Pharmacy ISSN: 0326-2383E- ISSN: 2362-3853	June, 2021
Relation between Level of Depressive Symptoms and Self Assertiveness among Nursing Students	Annals of the Romanian Society for Cell biology ISSN:1583-6258	March 2021.
Rumination and Psychological pain in Depressed Patients As Risk Factors for Suicide.	Assiut Scientific Nursing Journal	November ,2023.

Self Stigma and Depression among patients with Substance Use Disorders:Role of Percived Social Support.	Egyptian Journal of Health Care	Septemper,2023.
Effect of Nursing Intervention Based on Emotional Awarness and Emotional Regulation on Social Function among Patients with Schizophrenia	Assiut Scientific Nursing Journal	January,2024.
Treatment Motivation and its Relation with Self Cosious emotion and Self Forgivness among patients with substance use Disorders	Zagazig Nursing Journal	July,2024
Effect of nursing intervention based on Ratu's model for preventing postpartum blues and depression among primiparous women: A treatment-control design	Women's Health Journal	March, 2025.
Emotional Divorce and Difficulties in Emotion Regulation among Married Women: Effect of Sexual Satisfaction and Family Role Performance	Assiut Scientific Nursing Journal	March, 2025.
The Transformative Impact of Spiritual Wellness on Depression and Suicidal Tendencies: A Nursing Perspective on Patient Recovery"	Journal of Psychiatric and Mental Health Nursing	On press
Mediating Role of Self-compassion in Relation Between Basic Psychological Need Frustration and Non-Suicidal Self-Injury Behavior among Adolescent.	Journal of Psychiatric and Mental Health Nursing	On press

Childhood trauma and Resilience as Influencing Factors on Impulsivity among Patients with Bipolar Disorders	Journal of Psychiatric and Mental Health Nursing	On press
Building Strength in Uncertainty: Investigating Resilience as a Shield Against Social Interaction Anxiety and Its Impact on Self-Esteem in Nursing Students in Clinical Practice: A mixed method study Research	BMC Nursing	On Press

### **Curriculum Taught**

<b>Curriculum</b>	<b>Faculty</b>
Practical of Psychiatric and Mental Health Nursing	Faculty of Nursing Zagazig University Egypt
Theoretical of Psychiatric and Mental Health Nursing	
Human Relation	Faculty of Nursing Zagazig University Egypt
Theoretical of Psychiatric and Mental Health Nursing	Nursing Technical Institute Zagazig University Egypt
Communication Skills	Faculty of Nursing Zagazig University Egypt
Informatics and Technology	Faculty of Nursing(post – graduate students) Zagazig University Egypt

Practical of Psychiatric and Mental Health Nursing	Faculty of Nursing at Zarqaa University, Jordan
Theoretical of Psychiatric and Mental Health Nursing	Faculty of Nursing at Zarqaa University, Jordan
Sociology and Health Education in Nursing	Faculty of Nursing at Zarqaa University, Jordan
Practical of Community Health Nursing	Faculty of Nursing at Zarqaa University, Jordan

### **Training Courses and Workshops:**

Name of the course	The organizing Place	Obtained Year	Period	
			From	To
Computer course : <ul style="list-style-type: none"> <li>• Microsoft office</li> <li>• Latex</li> <li>• Internet</li> </ul>	Ministry of Communication and Information Technology	2012	1 <sup>st</sup> October 2012	30 December May 2012
<ul style="list-style-type: none"> <li>• SPSS</li> </ul>	Mathematics Department- Faculty of Science- Zagazig University	2012	2 <sup>nd</sup> October 2012	9 <sup>th</sup> October 2012
<ul style="list-style-type: none"> <li>• TOEFL Course</li> <li>• With a General Score 540</li> </ul>	Zagazig University Community Service and Environment Sector English for Specific Purpose Center	2015	9 <sup>th</sup> August 2015	21 September 2015
<ul style="list-style-type: none"> <li>• TOEFL Course</li> <li>• With a General Score 583</li> </ul>	Zagazig University Community Service and Environment Sector English for Specific Purpose Center	2018	24-7-2018	14-8-2018

Course " Research Team Management"	Centre Of Developing the Capabilities of Staff Members and Leaderships at Zagazig University	2012	11 <sup>th</sup> November 2012	12 <sup>th</sup> November 2012 (15 hours)
Course Time Management and Meetings"	Centre Of Developing the Capabilities of Staff Members and Leaderships at Zagazig University	2012	9 <sup>th</sup> September 2012	10 <sup>th</sup> September 2012 (15 hours)
Course " Communication Skills in The Different Learning Styles "	Centre Of Developing the Capabilities of Staff Members and Leaderships at Zagazig University	2012	20 <sup>th</sup> November 2012	21 <sup>st</sup> November 2012 (15 hours)
Course " Exam Systems and Evaluation Of Students"	Centre Of Developing the Capabilities of Staff Members and Leaderships at Zagazig University	2012	15rd July2012	16 <sup>th</sup> July2012(15 hours)
Workshop " Behavior of The Profession"	Centre Of Developing the Capabilities of Staff Members and Leaderships at Zagazig University	2012	16 <sup>th</sup> September, 2012	17 <sup>th</sup> September ,2012 (15 hours)
Course Self-Evaluation of Higher Education's Institutions	National Authority for Quality Assurance and Accreditation of Education	2015	3 <sup>rd</sup> October2015	5 <sup>th</sup> October 2015
Workshop " Quality Terminology"	Faculty of nursing – Zagazig University	2016	25 <sup>th</sup> October2016	25 <sup>th</sup> October2016
Course " E -learning"	Centre Of Developing the Capabilities of Staff Members and Leaderships at Zagazig University	2017	16 <sup>th</sup> July2017	17 <sup>th</sup> July2017 (15 hours)
Course " Using the Global Databases"	Centre Of Developing the Capabilities of Staff Members and Leaderships at Zagazig University	2017	30July2017	31 July2017 (15 hours)

Course " Statistical Analysis SPSS"	Centre Of Developing the Capabilities of Staff Members and Leaderships at Zagazig University	2017	18 <sup>th</sup> July2017	19 <sup>th</sup> July2017 (15 hours)
Course " International Publication of Scientific Research"	Centre Of Developing the Capabilities of Staff Members and Leaderships at Zagazig University	2017	9 <sup>th</sup> July2017	10 <sup>th</sup> 19 <sup>th</sup> July2017 (15 hours)
Course (Quality Terminology)	Faculty of Nursing-Zagazig University	2016	25 <sup>th</sup> October	25 <sup>th</sup> October 2016
Course (Evidence Based practice )	Faculty of Nursing-Zagazig University (on line)	2023	19 <sup>th</sup> February	19 <sup>th</sup> February 2023
Course (Communication skills in dpfferentt methods of teaching)	Centre Of Developing the Capabilities of Staff Members and Leaderships at Zagazig University	2024	18 <sup>th</sup> July2024	20 <sup>n</sup> July 2024
Course (Academic Councelling)	Faculty of Nursing-Zagazig University (on line)	2024	1 <sup>st</sup> January2024	3 <sup>rd</sup> January2024
Artificial Intelligence in Scientific Research	Faculty of Nursing-Zarqaa University	2024	25 <sup>th</sup> January2024	25th January2024

### **Scientific Conferences:**

<b>Scientific conferences</b>	<b>Date of session</b>	<b>Place of session</b>	<b>Period of session</b>
The 2nd Annual Conference Of General Surgery Department, Zagazig University "Patient Safety in Surgery"	9-10th March 2016	Scientific Centre, Surgery Hospital, Zagazig University	Two Days
The 9th Annual Scientific Conference of Faculty of Nursing, ZagazigUniversity "Evidence Based Practices in Nursing". Actively participated in this conference with the paper in title (Relation Between level of Depression	7th March 2016	Scientific Centre, Surgery Hospital, Zagazig University	One day

and social support among Students at Faculty of Nursing)			
The 2nd Annual Conference of Psychiatry Department, Zagazig University " Addiction Without Narcotics"	3th March 2016	Scientific Centre, Surgery Hospital, Zagazig University	One day
The 3rd Annual Conference of Psychiatry Department, Zagazig University " Psychiatry as a Brain Disease"	2 <sup>nd</sup> March 2017	Scientific Centre, Surgery Hospital, Zagazig University	One day
The 3rd Annual Conference of Psychiatry Department, Zagazig University " Cognitive Behavior Therapy:Basics of CBT"	1 <sup>st</sup> March 2017	Scientific Centre, Surgery Hospital, Zagazig University	One day
The 10th Annual Scientific Conference of Faculty of Nursing, ZagazigUniversity (Innovation in Nursing Education and Practice.)  (participant)	4 <sup>th</sup> April 2017	Scientific Centre, Surgery Hospital, Zagazig University	One day
The 10th Annual Scientific Conference of Faculty of Nursing, ZagazigUniversity (Innovation in Nursing Education and Practice.)  (Attendance)	4 <sup>th</sup> April 2017	Scientific Centre, Surgery Hospital, Zagazig University	One day
The 8 <sup>th</sup> annual Scientific conference of Faculty of Nursing, Zagazig University (Nursing challenges in	10 <sup>th</sup> november214	Scientific Centre, Surgery Hospital, Zagazig University	One day

Qualification and Profession ) (participant)			
The 8 <sup>th</sup> annual Scientific conference of Faculty of Nursing, Zagazig University (Nursing challenges in Qualification and Profession ) (Attendance)	10 <sup>th</sup> november214	Scientific Centre, Surgery Hospital, Zagazig University	One day
The scientific conference (Obstacles of Scientific Research: Point of View of Post graduate Students At Mansoura University, faculty of nursing	5 <sup>th</sup> April 2015	Mansoura University, faculty of nursing	One day
The 11 Annual Conference of Hepatology and Gastroenterology in collaboration with the Egyptian society of Hepatology , gastroenterology and Infection Diseases In Sharkia	2-3 August 2015	Scientific Centre, Surgery Hospital, Zagazig University	Two days
The Annual Cardiology Conference Zagazig University	9 <sup>th</sup> March2017	Scientific Centre, Surgery Hospital, Zagazig University	One day