

CURRICULUM VITAE



Name: *Mohammad Aref Abu Sabra*

Faculty: *nursing*

Specialty: *Psychiatric and mental health nursing*

Work: *The University of Jordan- Aqaba campus*

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1. Personal Data

Date of Birth: 30 /12/1986

Nationality: Jordanian

2. Education

- PhD 2021, Jordan of University, Amman, Jordan.
- M.Sc. (psychiatric and mental health nurse) 2014, Jordan of University, Amman, Jordan.
- B.Sc. (General Nurse) 2009, al-Zaytoonah university, Amman, Jordan.

3. Ph.D. Dissertation:

Testing Efficacy of Relapse Prevention Intervention On the Ability of Patients and Their Families to Self-Assess and Manage Early Warning Signs of Relapse and Impact on Relapse Rate Among Patients Diagnosed with Schizophrenia in Jordan

4. Employment

Academic Positions

Assistant professor, School of Nursing, University of Jordan - Aqaba Campus, Aqaba, Jordan from Oct-2022 to till now

Assistant professor, faculty nursing, Al-zaytoonah university, Amman, Jordan from Sep-2021 to Oct-2022

Lecturer, faculty nursing, Al-zaytoonah university, Amman, Jordan from 2015 to 2021

Clinical instructor, faculty nursing, Al-zaytoonah university, Amman, Jordan from 2009 to 2015

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ICU staff, Philadelphia hospital, Amman, Jordan from 2010 _ 2013

ICU staff, Red crescent hospital, Amman, Jordan from 2009 – 2010

ICU staff, Arab medical center, Amman, Jordan from 2008 – 2009

Administrative Positions

- Head of Nursing Department, School of Nursing, University of Jordan - Aqaba Campus, Aqaba, Jordan from SEP-2024 to till now
- Assistant Dean for Quality Assurance, School of Nursing, University of Jordan - Aqaba Campus, Aqaba, Jordan from Oct-2022 to SEP 2024
- Assistant Dean for Quality Assurance, faculty nursing, Al-zaytoonah university, Amman, Jordan from Sep-2021 to Oct-2022
- Director, Center for academic development , alzaytoonah university , Amman , Jordan, 2018 – 2022

5. Research Interests:

Psychiatric and mental health nursing

6. Membership in Scientific Societies and Associations:

2009 – Till now Member at Jordan Nurses & midwives' council

7. Honors and Awards

- Distinguished Doctoral Dissertation Award from the Scientific Society of Arab Nursing Faculties
- CNS (clinical nurse specialist) in psychiatric and mental health nurse

8. Fellowships and Scholarships

Not found

9. Teaching Experience

- Undergraduate Courses
 1. Psychiatric & Mental Health Nursing theory & practicum
 2. Adult theory & practicum
 3. Introduction of nursing
 4. First aids
 5. Physical examination theory & practicum
 6. Therapeutic communication
 7. Nutrition fundamentals

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8. Clinical training
9. Administration theory & practicum
10. Trend issues and ethical consideration in nursing
11. Geriatric
12. Growth and Developments
13. Pharmacology of Nursing

10. Supervision of Graduate Research

Not found

11. Membership of Committees

The University of Jordan- Aqaba campus in 7 committees

12. Professional and Scientific Meetings

- Oct 2021: interactive learning; foundations, principles and its application
Sep 2020: Applied basic statistics assisted with SPSS software
October 2018 : Testing constriction and analysis of its results
Sep 2018 “E- learning training course “
Oct 2017 Using and Managing E-learning systems
May 2017“ICDL”
Feb 2016_ " training of trainer: TOT”
Sep2013_ "pain management in cancer: achievement and challenges”
May2013_ "سلامة المريض: نظرة اكااديمية وعلمية والملتقى الابداعي الثاني لطلبة كليات التمريض الاردنية”
Apr2013_ "psychological need of patient in general hospitals”
Apr2013_ " The Tipping Point: creative solutions to health and nursing challenges”
Feb2013_ "Improving clinical teaching through mentorship and preceptors”
Sep2012_ "Test Construction”
Sep2012_ "Clinical teaching in nursing”
Mar 2012_ "" الانجازات الابداعية لطلبة التمريض في مجال البحث العلمي والتعليم والممارسة العملية”
May2011_ "" جودة التعليم التمريضي الجامعي: الطريق الى تحسين المؤسسات الصحية”
Dec2010_ "الضغوطات وكيفية التعامل معها خلال فترة الامتحانات”
Apr2010_ "Clinical teaching in nursing: Achieving Quality”
Jan 2010 – "Future Direction for palliative care in nursing curricula”
Jun 2009 _ "quality Awareness lecture”
Feb2009_ " شهادة انجاز: مشروع العمر “

13. Participation in or organization of curricular and/or extra-curricular activities

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|------------------|------------------------|--|
| January 2013 | Alzaytoonah University | Free health screening day at Albaqaa- Amman |
| December 2012 | Alzaytoonah University | Free health screening day at Albaqaa- Amman |
| December 2011 | Alzaytoonah University | Free health screening day at Al-Husein camp- Amman |
| May 2011 | Alzaytoonah University | Recommendation committee at the college of nursing scientific day |

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| April 2014 | Alzaytoonah University | Free health screening day at Aljaber village |
| May 2014 | Alzaytoonah University | Free health screening day at alquesma |
| June 2014 | Alzaytoonah University | Free health screening day alqreaqra |
| May 2015 | Alzaytoonah University | Free health screening day at alkarak |
| Nov 2015 | Alzaytoonah University | ورشة عمل اسعافات الاولية في مدرسة الاميرة هيا لواء ناعو |
| Dec 2015 | Alzaytoonah University | Free health screening day at jabal alnuzha |
| Jan 2016 | Alzaytoonah University | يوم صحي صحتك بالدنيا |
| Nov 2018 | Alzaytoonah University | المشاركة بيوم التغيير بالمركز الوطني للصحة النفسية |
| Nov 2019 | Alzaytoonah University | المشاركة بيوم التغيير بالمركز الوطني للصحة النفسية |

14. Publications (from newest to oldest)

- 1) The Assessment of Awareness of Early Warning Signs of Bipolar Disorder Recurrence Among Patients and Their Main Caregivers in Jordan
<http://dx.doi.org/10.1177/23779608241299271> (**First author**)
- 2) Knowledge, Attitudes, and Perceptions of Undergraduate Nursing Students about Child Abuse and Neglect: A Cross-sectional Study
<http://dx.doi.org/10.1016/j.teln.2024.10.009> (**Second author**)
- 3) Workplace violence against nurses in rural governmental hospitals in Jordan
<http://dx.doi.org/10.1016/j.colegn.2024.07.002> (**Second author**)
- 4) Decent work and ethical ideologies of nurses—A multicenter cross-sectional study
<http://dx.doi.org/10.1177/09697330241262471> (**Thirds author**)
- 5) Tailored nurse-led education to enhance self-care for patients with heart failure and acute kidney injury
<http://dx.doi.org/10.1016/j.ijans.2024.100738> (**Fourth author**)
- 6) The Relationship between Emotional Intelligence, Resilience, and Psychological Problems among Nurses in Jordan
<http://dx.doi.org/10.1016/j.apnu.2024.05.014> (**Fourth author**)
- 7) Exploring the level of self-care behavior, motivation, and self-efficacy among individual with hypertension: A cross sectional study
<http://dx.doi.org/10.1177/23779608241257823> (**Second author**)
- 8) An adapted management of early warning signs of relapse questionnaire: Validity and reliability
<https://doi.org/10.1016/j.apnu.2023.04.015> (**First author**)

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- 9) The efficacy of using psychotherapy treatments for obsessive–compulsive disorder on minimizing suicidal thoughts and behaviours: A scoping review <https://doi.org/10.1002/cpp.2871> **(First author)**
- 10) The Efficacy of Psychological First Aid Training Program on Academic Faculties' Knowledge and Competency to Deal with Students Experiencing Traumatic Events: A Quasi-Experimental Study <http://dx.doi.org/10.2174/18744346-v17-e230517-2022-2> **(First author)**
- 11) Big data can help prepare nurses and improve patient outcomes by improving quality, safety, and outcomes <https://doi.org/10.2478/fon-2023-0026> **(Fourth author)**
- 12) The Efficacy of Using Psychotherapy Interventions to Minimize Symptoms of Trichotillomania and Trichophagia: A Scoping Review <https://doi.org/10.1007/s10879-023-09604-8> **(First author)**
- 13) Is the Electroconvulsive Therapy Video on YouTube Supportive Information for Patients and Their Primary Caregivers? <http://dx.doi.org/10.1097/YCT.0000000000000996> **(First author)**
- 14) The Fundamental Need for Psychological First Aid as an Early Intervention to Minimize Psychological Consequences for Individuals Post-Natural Earthquake: A Letter to the Editor (Accepted paper) **(First author)**
- 15) Testing Efficacy of Relapse Prevention Intervention among Patients Diagnosed with Schizophrenia in Jordan. <https://doi.org/10.1080/01612840.2022.2025634>. **(First author)**
- 16) Using Relapse Prevention Interventions to Maintain Remission and Minimize Relapse Rates for Individuals with Schizophrenia: A Scoping Review <https://doi.org/10.3928/02793695-20220112-02> **(First author)**
- 17) The Effectiveness of Relapse Prevention Intervention on the Ability of Patients and Their Families to Prevent Psychotic symptoms of Relapse among Patients with Schizophrenia: Systematic Literature Review June 2021- Medico-Legal Update 21(3):392-402. **(First author)**
- 18) The Effectiveness of Nursing Delivered Interventions on Readmission Rate among Patients Post Coronary Artery Bypass Graft Surgery; a Systematic Review June 2021- Medico-Legal Update 21(3):292-298. **(First author)**
- 19) Alzheimer disease health-related information on YouTube: A video reviewing study, Journal of Nursing Education and Practice Accepted: May 26, 2016 Online Published: June 14, 2016. **(First author)**