

PERSONAL INFORMATION



Mayssah Ahmed Mostafa El Nayal

 Beirut Arab University, Faculty of Human Sciences, Hariri Bldg. – Tarik Jedida, Beirut

 00961-1-300110 Ext. 2205  000961-3-278985

 [mnayal@bau.edu.lb](mailto:mnayal@bau.edu.lb) ; mayssah.mayssah@gmail.com

Sex Female | Nationality Egyptian

EDUCATION AND TRAINING

- (1988) **Ph.D. in Psychology**  
Faculty of Arts, University of Alexandria - Egypt  
▪ Dissertation Title: "Menstrual Symptom and its Relation with Some of Personality Variables and Psychomotor and Perceptual Changes"
- (1985) **Masters in Psychology**  
Faculty of Arts, University of Alexandria - Egypt  
▪ Dissertation Title: "Parental Attitudes and their Relationship with each of Intelligence School Achievement and Adjustment Among Children of Primary Schools from both Sexes"
- (1981) **Bachelor's in Psychology – Very Good with Honors**  
Faculty of Arts, University of Alexandria - Egypt

WORK EXPERIENCE

- (2019 - Present) Co-Editor in Chief, *Journal of Society, Culture and Human Behaviour*, BAU Journal  
**Beirut Arab University, Lebanon**
- (2008 - Present) Dean of the Faculty of Human Sciences  
**Beirut Arab University, Lebanon**
- (2007 - Present) Professor of Psychology & Head of the Department of Psychology, Faculty of Human Sciences  
**Beirut Arab University, Lebanon**
- (1999 - 2007) Professor of Psychology Department, and Head of the Department, Faculty of Arts  
**University of Alexandria, Egypt**
- (1995 - 1996) Head of the Mental Health Department, Faculty of Education  
**Qatar University, Qatar**
- (1991 - 1996) Assistant Professor, Mental Health Department, Faculty of Education  
**Qatar University, Qatar**
- (1988 - 1994) Lecturer, Psychology Department, Faculty of Arts  
**University of Alexandria, Egypt**
- (1985 - 1988) Lecturer, Psychology Department, Faculty of Arts  
**University of Alexandria, Egypt**
- (1981 – 1985) Demonstrator, Psychology Department, Faculty of Arts  
**University of Alexandria, Egypt**

CLINICAL EXPERIENCE

- (2011 - Present) Consultant at Union Aid Abroad – Australian People for Health, Education and Development Abroad (APHEDA)  
**Australia**
- (1999 - Present) Volunteer Member, Zahya Marzouk Association for Orphans  
**Alexandria, Egypt**
- (1997 - Present) Consultant for the Mental Disorders Hospital – Nabawy El Mohandas  
**Alexandria, Egypt**
- (1993 - 1997) Volunteer Member, The Mental Retardation Organization  
**Qatar**
- (1988 - 1990) Consultant of Mental Retardation, Caritas Centre  
**Alexandria, Egypt.**

ADMINISTRATIVE EXPERIENCE

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- (2021 - Present) Responsible for the monitoring, evaluation and learning of the Higher education Capacity Development Program (HECD)  
**Education Development Center, Lebanon**
- (2020 - Present) Member of the Academic Promotion Committee  
**Beirut Arab University, Lebanon**
- (2020 - Present) Head of the Psycho-social Unit – Faculty of Human Sciences  
**Beirut Arab University, Lebanon**
- (2013 - Present) Head, Strategy Planning Committee (Teaching & Learning Strategy)  
**Beirut Arab University, Lebanon**
- (2010 - Present) Head, Quality Assurance Committee, Faculty of Human Sciences  
**Beirut Arab University, Lebanon**
- (2008 - Present) Dean, Faculty of Human Sciences, Beirut Arab University  
**Beirut Arab University, Lebanon**
- (2004 - 2007) Consultant of the Chief Librarian of the Children and Youth Libraries at the Bibliotheca Alexandrina  
**Alexandria, Egypt**
- (2003 - 2004) Coordinator of The Children and Youth Committee at the Bibliotheca Alexandrina  
**Alexandria, Egypt**

TEACHING EXPERIENCE

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- Undergraduate 1991-1997 University of Qatar
  - Developmental Psychology
  - Social Psychology
  - Mental Health
  - Psychological Guidance
  - Psychology of the Handicapped
- 1997-2007 University of Alexandria
  - General Psychology
  - Psychological Guidance
  - Psychological Texts In English

- Vocational Psychology
- Educational Psychology
- Laboratorial Psychology
- Theories of Personality
- Social Psychology
- Clinical Psychology (Theory and Application)
- Special Topic in Psychology
- Mental Health
- Family Psychology

2008- Psychology Department - Beirut Arab University

- Introduction to Psychology
- Crisis Management
- Psychometrics
- Clinical Psychology
- Psychotherapy
- Vocational Psychology
- Physiology
- Women psychology
- Mental Health
- Health psychology
- Personality
- Methods of Research
- Positive psychology
- Laboratory of Psychology
- Training in Clinical Psychology
- Training in Vocational Psychology

Postgraduate 1997-2007 University of Alexandria

- Clinical Psychology (Theory and Application)
- Special Topic in Psychology
- Mental Health
- English Texts in Psychology (Postgraduate students)
- Behavioural Sciences (Postgraduate students)

Diploma 1991-1997 University of Qatar

- Developmental Psychology
- Social Psychology
- Theories of Psychological Guidance
- Psychology of Special Education
- Clinical Psychology
- Psychological Guidance
- Interviews and Case Studies
- Field Training

CONFERENCES, WORKSHOPS  
& SEMINARS
 

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- Participating in the project of Developing the Lebanese Diploma Supplement (LEBPASS) (ERASMUS +)
- Participating in the project of MORALE .(ERASMUS+)
- Attended the webinar entitled "Tools for Online Teaching", Thursday 11th February 2021, a collaboration between Education Development Center-USAID and Beirut Arab University.
- Attended the webinar entitled "Unlocking the Potential of Online Learning", Thursday 28th January 2021, a collaboration between Education Development Center-USAID and Beirut Arab University.
- Attended the webinar entitled "IT Tools for Teaching WRN Effectively Online", 14th January 2021, a collaboration between Education Development Center-USAID and Beirut Arab University.
- Participated in the webinar entitled "Arab Women and Psychological Stress", Tuesday 13 October 2020, a collaboration between The General Union of Kuwaiti Employees and Faculty of Human Sciences –BAU
- Participated in the workshop of E-Taleb/SEDA on developing the Lebanese Professional Standards Framework (LBPSF) ([www.etalab.org](http://www.etalab.org)) in the period 2016-2018. (ERASMUS+ Project)
- Organized and participated in the annual Teaching/Learning Workshops for the Staff Development. *Beirut Arab University*, 2012 till 2019.
- Organized and participated in *The Conference on Personality and Health Psychology. Beirut Arab University*, 13-14 March 2018.
- Organized and participated in *The Conference of Health and Illness: A Psychological Perspective .Beirut Arab University*, 2-3 March 2015.
- Organized and participated in *The International Conference on Positive Aspects of Life*, held at Beirut Arab University in the period 10-12 December, 2013.
- Organized and participated in *The Fifth Conference of the Faculty of Social Sciences. University of Kuwait*, 11-13 February 2013.
- Participated in the “Workshop on Adolescence and Identity” held at the Women's Organization in Beirut, Lebanon. July 2010
- Participated in the workshop on Women Studies Diploma held by BAU (Riviera Hotel). June 2010
- Participated in the “Workshop on E-Learning”, held at BAU. November 2009
- Participated in the “Workshop on Effective Assessment” held at BAU. March 2009
- Participated in the “Workshop on Peace for Children”, held at the Institute of Peace, Bibliotheca Alexandrina, Egypt, March 2006.
- Participated in the Workshop on “Factors Affecting Motivation among Students”. Bibliotheca Alexandrina, Egypt, February 2006.
- Participated in the Workshop on “Social Shyness among Adolescents”. Bibliotheca Alexandrina, Egypt, January 2006.
- Participated in the Psychology Seminar for Development in The Gulf Cooperation Council States. University of Qatar, 12-14 May 1998.
- Participated in the Fourth International Conference of the Psychological Guidance Centre/Ein Shams University. Cairo, 2-4 December 1997.
- Participated in the Sixth Seminar of Arab Public Agencies’ Care for the Deaf. Alexandria, 11-13 October, 1997.
- Participated in the Conference of Diagnosis in Special Education in A.R.E., The Conference of Special Education. A.R.E.: Al-Ein University, 26-27 May 1997.
- Participated in the Conference of Special Education. Abou Dhabi: Gulf University, 22-23 March 1997.
- Participated in the Psychology Guidance Conference. Cairo, 23-25 December, 1996.
- Participated in The First Conference for Motivating Achievement in the State of Qatar. Qatar University, March 1993.
- Participated in The Fifth Egyptian Child Conference: Challenges of the 21<sup>st</sup> Century. Egypt, December 1992.
- Participated in the Eighth Conference of Psychology. Cairo, 6-8 June 1992.

- Participated in the Seventh Conference of Psychology. Cairo, 2-4 September 1991.
- Participated in the Islamic Child Conference. Cairo, 1990.
- Participated in a Workshop at The Training Centre for Studying Handicapped Children. 1990.
- Participated in the Islamic Child Conference. Cairo, 1990.
- Participated in the Higher Education Conference. Cairo, 1990.
- Participated in the Hostility and Deviation Conference, organized by the Egyptian Committee for Medicine and Law. Alexandria, 1990.
- Participated in the Sixth Conference of Psychology. Egypt, 1990.
- Participated in the Fifth Conference of Psychology. Egypt, 1989.

## RESEARCH & PAPERS

1. Stress, death anxiety and religiosity among university students. *Social, Culture and Human Behavior* (in press).
2. Resilience and the big five personality among Palestine, Syrians refugee and Lebanese (in press).
3. Positive and negative affect and some variables of positive psychology (in press).
4. Fuzzy cognitive map as a powerful exploratory method in studying the psychological causal assessment: case study of stress, psychological hardness and anxiety. *Psychological Reports*. (----) in press
5. Fuzzy item analysis of psychological scales: Case study of Beck's Depression Inventory. (----) in press
6. Pain Syndrome among Lebanese and Kuwaiti university students. (----) (in press)
7. Love of life in six countries from Africa and Asia (in press).
8. A two –way traffic between psychology and human rights .*Society, culture and Human Behavior* (in press).
9. Resilience among three Lebanese, Syrian and Palestinian samples in Lebanon. *Al Majala* (in press).
10. Are non-fatal suicide attempts instrumental in achieving personal and interpersonal goals? *Journal of Psychiatric Research* (in press).
11. Cultural and Interpersonal Risk Factors for Suicide Ideation and Suicide Attempts among Muslim Young Adults from 11 Nation .*Journal of Affective Disorders*.294, November 2021,366-374
12. Associations of religiosity, attitudes towards suicide and religious coping with suicidal ideation and suicide attempts in 11 Muslim countries (2020). *Social Science & Medicine*. Volume 265, 113390.
13. The effect of adding virtual reality training on traditional exercise program on balance and gait in Unilateral Traumatic Lower Limb Amputee (2021). *Games for Health Journal*,Vol,10, N0.(1) <https://doi.org/10.1089/g4h.2020.0028>
14. Suicidal Thoughts, Attempts and Motives among University Students in 12 Muslim-Majority Countries. March 2019 *Psychiatric Quarterly* 90(1DOI: 10.1007/s11126-018-9613-
15. Mental health among University students (2020). *Society Culture and Human behavior*, Beirut Arab University (n.p.)
16. Optimism, self-efficacy and some variables of positive psychology as predictors of health behavior (2019). *Annals of the Arts and Social Sciences –Kuwait*.
17. Internet Addiction and its Relationship to Some Personality and Psychological Variables among a Sample of University Students in Lebanon (2019). *Social Science Bulletin – Kuwait*
18. (Love of life in nine developed and underdeveloped countries (2018). Beirut Arab University Journal. Special edition: Health and well-being, pp. 590-596
19. Mental health and its relation to self-efficacy among a sample of employees working with special education children. *The First International Interdisciplinary Congress on Behavior Health*, 21-22 November 2018, held in Qatar University.

20. Quality of life and wellbeing among Palestinian and Syrian refugees in Lebanon. *The first International conference on Urban Health & Wellbeing*, 23-25 October 2018, held at Beirut Arab University, Lebanon.
21. Death Anxiety in Lebanese College Students in 1998 and 2019 (2019). *Death Studies*, 43(9), 542-546. Happiness and self-efficacy among University students from Egypt and Lebanon (2018). *Journal of Social Sciences*, 46,82-108.
22. Love of life in 8 developed and developing countries. *The first international conference on Urban Health & Wellbeing*, 23-25 October 2018, held at Beirut Arab University, Lebanon.
23. Quality of life and its relation to insomnia among a sample of Lebanese undergraduates. *Sleep Medicine and Disorders: International Journal*. 1(1),1-6, Doi:10.15406/smdij. 2017.01.0001
24. Satisfaction with life among young adults in four Arab countries (2015). *Psychological Reports*,117,931-939
25. Human values and ethical questioning in health care services: Implications for professional training and experience. Paper presented in the *Conference of Health and Illness: A Psychological Perspective*. Beirut Arab University, 2-3 March 2015.
26. Symptoms of Menopause and their Relationship to Neuroticism among Lebanese and Egyptian Women. Paper presented at the *Conference of Health and Illness: A Psychological Perspective*. Beirut Arab University, 2-3rd of March 2015.
27. Insomnia among university students and employees (2014). *Journal of Education and Psychological Studies* -Sultan Qaboos, 8,377-391.
28. Mental health and some variables of positive psychology: A study on Palestinians, Syrian, and Lebanese women in Lebanon. Paper presented at: *The International Conference on Positive Aspects of Life*, held at Beirut Arab University in the period 10-12th of December 2013.
29. Mental health and its relationship to self-efficacy –A comparative study between Kuwait and Lebanese University students. Paper presented at *The Fifth International Conference of Social Sciences – Kuwait University* in the period 11-12 of February 2013.
30. Self-concept among Lebanese and Kuwaiti students. *International Conference of Faculty of Humanities*. Kuwait University. 13-15 February 2012.
31. Self-esteem among college students from Four Arab Counties. *Psychological Reports*. Vol. 10, 2012. pp. 297-303.
32. Love of Life in Two Samples of Kuwaiti and Lebanese College Students: A Study of Positive Psychology. *Social Science Bulletin*. University of Kuwait. Vol. 31, 2010.
33. Achievement Motivation and its relationship to both anxiety and extraversion among Lebanese students in secondary schools, paper accepted at *The International Conference of Education and Educational Psychology* held in Kyrenia , Cyprus 2-5 December 2010.
34. “Identity crisis through adolescence, cross-sectional study of adolescents”. *First Annual Conference on “Survey Research in the Gulf: Challenges and Policy Implications”*, Doha, Qatar from February 27 to March 1 , 2011
35. Mental Health among university students (A comparative study between Lebanon and Kuwait). *Conference of Mental Health and Sociology*, Kuwait University, April 2011.
36. Love of life in two samples of Kuwaiti and Lebanese college students: A study on positive psychology. Kuwait University: *Annals of Arts and Social Sciences*, 2010
37. Psychometric Properties and Confirmatory Factor Analysis of the Obsessive Compulsion Symptoms Scale in a Sample of Kuwait University Students. *Journal of Educational and Psychological Sciences*, University of Bahrain, 2009
38. Love of life among Lebanese University students: A study in Positive Psychology. *The World Congress on Positive Psychology*, Philadelphia, 20 June2009
39. “Dimension of Depression and its Relation to Self-esteem among Qatari Students”. *Social Science Bulletin – Kuwait*. 2008
40. Some variables of positive psychology among old age (2008). *Conference of CNRS – AUB –Lebanon*
41. “Fear of Cancer and its Relation to Personality Traits”. *Social Science Bulletin – Kuwait*. 2007.



42. Some emotional variables among children with and without speech disorders: A comparative study between Egyptian and Qatari societies. *The First International conference "the child between the mother language and the communication with the century"*. Conference held in Doha-State of Qatar, February 2007.
43. Meaning of life and love of life among female cancer patients: A comparative study. *Regional Conference of Psychology: The Egyptian Psychologists' Association (EPA)*, held in Cairo, November 18-20, 2007.
44. "Psychosomatic Symptoms and their Relation to the Obsession with Death". (2006). *Arabic Studies in Psychology*. 5,485-500.
45. Blood groups and personality in Egyptian samples. *Arabic Studies in Psychology*, 2004, 3(1), 5-15.
46. Personality traits of physicians and surgeons. *Derasat Nafseyah*, 13(1), 43-58,2003
47. Achievement motivation and its relation to death anxiety among Qatari students. *Derasat Nafseyah*, 12(3), 383-395,2002
48. Birth order and its relation with extraversion, neuroticism, age of menarche and puberty, and family size.(2002). *Arabic Studies in Psychology*. 1(3), 11-33
49. Achievement Motivation and Death Anxiety among Qatari Students. (2002). *Psychological Studies*.3, 11-33.
50. Differences between doctors in some personality traits.(2002).*Derasat Nafseya*,13,43-58.
51. Variance of some personality variables among managers in the governmental and private sectors in the Qatari community. *Journal of Psychology*, Cairo ,56,58-91,1999
52. Efforts of psychological studies in combating old age: An analytical study. (Reference research submitted to the Permanent Scientific Committee for promoting staff members).
53. Shyness and dimensions of personality: A study in the light of gender, age and culture. Alexandria. Daar Almareefa Al Arabia. 1999.
54. Middle age crisis. A comparative study in the Egyptian personality across adulthood. *Derassat Nafsyia*, 2(8), 193-244, 1998.
55. "Some Affective Variables among Addicts in Egypt: A Factorial and Comparative Study". *Journal of Psychology*. Cairo, #48, 1998. pp. 66-95.
56. Grief after abortion: A comparative – longitudinal study among three types of abortion. *Guidance Journal*, Ein Shams University, 8(6), 119-207, 1998.
57. Some psychological variables among different age groups among students in Qatari schools. *Conference of Psychology* held in Qatar University, 12-13th, May, 1998.
58. "Anger and its Relation with some Personality Variables: A Study among Different Age Groups in the Egyptian and Qatari Societies". *Summary published in The Psychological Guidance Journal*. Cairo: Ein Shams University, 1997.
59. Coping with stressful life events and its relation to emotional disorders among Qatari students. *Fourth International Conference of Guidance*. Ein Shams University, 1997.
60. Psychological Support for families with deaf children. *Conference of Deaf Union*. Alexandria, 11-13 October 1997.
61. Some interventional programs for the development of some abilities among special education students in special education schools in Qatar. *Conference of Early Intervention Programs for Special Education Individuals*. Abu-Dhabi, 22-23March, 2007.
62. Some creative abilities among Qatari Adolescents'. *Conference entitled "Role of family, school and society in developing creativity"*, Faculty of Education, Qatar University,25-28 March, 1996
63. Sensation seeking and its relation to some personality variables. A cross-cultural study in Egyptian and Qatari societies. *Conference of Guidance*, Cairo, 22-25 December 1996.
64. "Shyness and some Personality Dimensions: A Developmental and Co relational Study" (1996). *Summary published in Psychological Studies Journal*. Cairo.
65. "Happiness and its relation to some Psychological and Personal Variables among Old Age. (1995). *Journal of Psychology*. Cairo, 36, 26-37.
66. "Body Image and its Relation with some Personality Variables: A Cross-Cultural Study among Egyptian and Qatari Female Students". *Summary published in Journal of Psychology*. Cairo, 1995.

67. Bulimia and neurotic disorders. A Factorial-Clinical study. *Journal of Educational Center*, University of Qatar,3(4),11-59,1994
68. "Birth Order and its relation to Social responsibility: A Psychometric Study among Qatari Students. *Journal of Psychology*. Cairo, 130, 1994.
69. Sleep problems and their relation to some emotional disorder, An empirical study among Qatari university students. (1993). *Journal of Educational Research Center*, University of Qatar, 2(4), 77-106.
70. The structure of the loneliness scale and its prevalence among school students in State of Qatar. *Journal of Psychology*, 25,100-117.
71. Locus of control and its relation to ego strength, neuroticism, and extraversion among Qatari students. (1993). *Bulletin of the Faculty of Education* (10),539-569
72. Hypochondria and its relation to some mechanism formation. (1993). *Derassat Nafsyah* , 23,63-95.
73. Anorexia nervosa and its relation to personality variables. (1992). *Derassat Nafseyah*, 2, 57-74, in Arabic.
74. "Achievement motivation and its relation to some personality variables among the elementary school-children in Qatar: A factorial and comparative study. (1992). *Journal of the Educational Research Center*, University of Qatar, 1(2), 167-203.
75. Sleep disorders and its relation to depression, anxiety and obsession. The 8th Conference of Psychology in Egypt, held in 6-8 June, 1992, Al-Azhar University, Cairo.
76. Neuroticism among different age groups of children. The 5th Annual Conference of the Egyptian Child, held in 28-30 April, 1992, Ain Shams University, Cairo, Vol. II, pp. 653-668
77. Type A behavior and its relation to personality dimensions: A factorial study. *Journal of the Social Sciences*, Kuwait University, 1992, 20(3/4), 9-30.
78. Age of menarche and its relation to personality dimensions among males. *The Egyptian Journal of Psychological Studies*, 1992, 2, 72-92
79. "Need of Achievement and its Relation with Anxiety and Extraversion". *Psychological Studies*. Cairo, 1991.
80. The structure of the menstrual symptom disorder. (1991). *Journal of Psychology*, (1), 23-73.
81. "Psychosomatic disorders among Children and its Relation with Extraversion and Neuroticism". *Psychological Studies*. Cairo, 1991.
82. Psychosomatic disorders among children and its relationship to anxiety and depression The Seventh Conference of Psychology –Faculty of Education – Ein Shams University in the period between 2nd - 4th of September 1991.
83. "The construction of Children's Anxiety Scale and its relation to extraversion and neuroticism. (1991) *Journal of Psychology* (Egypt), 18 & 19, 28-45.
84. Differences in death anxiety among different age groups. (1991). *Journal of Psychology*, 20, 50-61.
85. Age of menarche and its relationship to some dimensions of personality among girls. (1991). *Derassat Nafsyah*, 1,439-458.
86. Depression among different age groups of children. The 4th Annual Conference of the Egyptian Child, Ain Shams University, Cairo, 27-30 April, 1991, pp. 1053-1076.
87. "Differences between Intensive Care Nurses and Normal Department Nurses in: Death Anxiety, Aggression, Neuroticism and Extraversion, and Depression: A Comparative Factorial Study. (1991). *Journal of Psychology*. Cairo.
88. Differences in anxiety and depression among patients with rheumatic heart disease and normal. *The Fourth Conference of the Egyptian Child*, in the period from 27-30 April 1991.
89. The construction of the Menstrual Symptoms Scale (1991). *The Journal of Contemporary Psychology* (Egypt), 1(1), 23-73.
90. "Differences in State Anxiety and Death Anxiety before and after Surgery" (1991). *Journal of Psychology*. Cairo
91. "Obsessive-Compulsive Disorder and its Relation with each of the Following: Anxiety, Fear and Depression" (1990). *Journal of Alexandria University*. Alexandria, #38. 543-575.
92. "Differences in Death Anxiety among Different Age Groups from Both Sexes. *Journal of Psychology of Cairo*. Cairo, 1990.



93. Family and children in an Islamic socialization. *Conference of the Islamic Child* - Faculty of human Studies, Azhar University-Egypt - in the period 9013 October 1990.
94. Mood changes across a menstrual cycle among unmarried girls. *The Sixth Conference of psychology* – Mansoura University-Egypt. 22-24 January 1990.
95. “The construction of a scale to measure the symptoms of menopause. (1990). *The Bulletin of the Faculty of Arts and Humanities*, Minia University, pp. 79-99.
96. Behavioral modification through learning. *Conference on the future of Special Education in Egypt*. 28-1/1-2/1990.Center of Studies and Training of Special Education.
97. “Menopause and its relation to depression, anxiety and fear in worker and non-worker women (1990). *Journal of Psychology* (Egypt), 13, 14-26.
98. The differences in test anxiety between the freshmen and senior undergraduate students. *The Conference of Higher Education in the Arab World*, Faculty of Education, Ain Shams University, Cairo, 8-10 July, 1990, Vol. II, pp. 459-480.
99. Prevalence of Dysmenorrhea and its Relation with some Personality Dimensions among Secondary Female Students (in the Village and the City). (1989). *Journal of Alexandria University*. Alexandria, # 37, 293-361.
100. The differences in anxiety and depression between different age groups of males and females. (1989). *Research of the fifth Conference of Psychology in Egypt*, Cairo: The Egyptian Association for Psychological Studies, pp. 97-113.

#### PROJECTS WITH UNESCO

101. Environmental Impact assessment: Socio-Economic study. Pilot project for the sustainable development of submarine Archaeological sites at Qayet Bay Citadel and eastern Harbor, Submitted to UNESCO, Cairo Office, Sept.1999 (Study 1).
102. Environmental Impact assessment: Socio-Economic study on a representative sample of fishermen community in Said-City, Submitted to UNICCO Beirut Office, Sept. 2000.
103. Environmental Impact Assessment: Psycho-Socio economic and anthropological study. Pilot project for a suitable development submarine Archaeological sites to Qayet Bay Citadel and Eastern (2002). Harbor, Submitted to UNESCO, Cairo Office, October 2000. (Study 2 ).
104. A Study of the analyses conducted on the socio-economic problems facing a sample of the Eastern Harbor Inhabitants, with respect to their attitudes towards the undersea museum project, submitted to UNICCO, Cairo Office, June 2003.

#### PUBLISHED BOOKS

- Abdel Khalek, A. & El Nayal, M. (2019). Quality of Life and its Relation to Insomnia among a Sample of Lebanese Undergraduates. In Health and wellbeing issues in specific population group. Ajai Sing (Editor). New Delhi: In house ( pp 36-50).
- Kafafy, A.; El Nayal, M. & Salem, S. (2014). *Emotions*. Jordan: Dar El Fekr.
- Kafafy, A.; El Nayal, M. & Salem, S. (2013). *Theories of personality*. Jordan: Dar El Fekr.
- Kafafy, A.; El Nayal, M. & Salem, S. (2012) *Introduction to Psychology*. Alexandria: Al Fateh.
- El Nayal, M. & Abouzeed, M. (2011) *Research Code of Ethics*. Alexandria: Al Fateh.
- Kafafy, A; El Nayal, M. & Salem, S. (2010) *Positive Psychology*. Alexandria: El Fateh.
- Kafafy, A; El Nayal, M. & Salem, S. (2009) *Physiological Psychology*. Alexandria: Al Fateh.
- Kafafy, A; El Nayal, M. & Salem, S (2009) *Personality*. Jordan
- El Nayal, M & Abouzeed, M. (2009) *Educational Psychology*. Alexandria: Dar Al Marrefa El Gameaya.
- Kafafy, A; El Nayal, M. & Salem, S. (2008) *Emotional Development for Preschool Children*. Jordan.

- El Nayal, M. & Dewidar, A. (2007). *Psychological Laboratory*. Beirut: Dar El Nahda Al Arabia.
- El Nayal, M. & Dewidar, A. (2007). *Psychology of crime*. Alexandria: Dar Al Marrefa El Gameyya.
- Abdel Khalek, A. & El Nayal, M. (2004) *Studies of Female Psychology*. Vol. 3.
- Abdel Khalek, A. & El-Nayal, M. (2003) *Studies of Childhood and Adolescence*. Vol. 2. Cairo: Anglo-Egyptian Press.
- Abdel Khalek, A. & El-Nayal, M. (2002) *Studies of the Arab Child's Personality*. Vol. 1. Cairo: Anglo-Egyptian Press
- El Nayal, M. *Female Psychology*. (2002). Alexandria: Dar El-Maarefa El-Gameyya.
- El Nayal, M. *Sociological Upbringing: A Study in Socio-Psychology* (2002). Alexandria: Dar El-Maarefa El-Gameyya.

## TRANSLATED BOOKS

- Lamby, R. *Parental Guidance for Special-Need Children*. Translated into Arabic. Cairo: Dar Qebaa, 2005
- Lynn, R. *Introduction to Personality*. Translated into Arabic. Alexandria: Dar El-Maarefa El-Gameyya, 2002.

## PSYCHOLOGICAL SCALES & TESTS

- Abdel-Khalek, A. & El Nayal, M. Symptoms of Menstruation Inventory. Cairo: Anglo-Egyptian, 2007.
- Abdel Hamid, M. & El-Nayal, M. Social Shyness Scale. Cairo: Anglo-Egyptian, 2006.
- Abdel Hamid, M. & El-Nayal, M. The Scale for Fear of Widowhood. Alexandria: Dar El-Maarefa El-Gameyya, 2002.
- Kafafy, A. & El-Nayal, M. The Arab Scale for Anger. Cairo: Dar El-Nahda El-Arabia, 2001.
- Kafafy, A. & El-Nayal, M. The Arab Scale for Body Image. Cairo: Dar El-Nahda El-Arabia, 2001.

## SUPERVISION & DISSERTATIONS

### 1- Supervision

- Layal Ota Bashy (2019). MA Dissertation entitled *The Effect of Occupational Bullying on Well-being in the Social Work Sector in Lebanon*. Psychology Department – Faculty of Human Sciences, BAU.
- Dima Al Baba (2018). MA Dissertation entitled *Emotions and their relation to the variables of hope and self esteem in a sample of adolescents*. Psychology Department – Faculty of Human Sciences, BAU.
- Tharwat Shamseen (2017). PH.D.Thesis entitled *Chronic fatigue and its relation with anxiety disorders in a sample of Syrian and Palestinian refugees in Tripoli*. Psychology Department – Faculty of Human Sciences, BAU.
- Ahmed Thamer (2017). PH.D Thesis entitled *Positive Thinking and its Relation with Life Orientation And the Level of Aspiration among University Students*. Psychology Department-Faculty of Human Sciences, BAU.
- Mirhan Bakeer (2017). PH.D. Thesis entitled *Emotional Intelligence and its Relation with the Mental Health And Occupational Success in Samples of Public And Private Sector Employees in Lebanon*. Psychology Department - Faculty of Human Sciences, BAU.
- Mohamed Henawy (2017) PH.D. Thesis entitled *Methods of Coping with Stressful Life-events and their Relation With Mental Health and Some Personality Factors*. Psychology Department - Faculty of Human Sciences, BAU.

- Abeer Shams El Deen (2016). PH.D Thesis entitled *Negative affect and its relation to the Five Big Factors of Personality in Samples of Working and Non-working Women*. Psychology Department - Faculty of Human Sciences, BAU.
- Maha Al Atasy (2016). MA Dissertation entitled *A Guidance Program to Reduce PTSD in a Sample of Syrian Children*. Psychology Department – Faculty of Human Sciences, BAU.

## 2- Defended

- Ghalia Assasa. MA Dissertation entitled: *Phobia among Syrian refugee children in Lebanon*. Faculty of Human Sciences, Beirut Arab University, 2019.
- Zeina EL Zein. MA Dissertation entitled: *Mental health and its relationship with self-actualization among a sample of teachers for mental retarded children and normal children*. Faculty of Human Sciences, Beirut Arab University
- Helga Alaa El Deen. Ph.D. Thesis entitled *Hardiness and its relationship with distress and the dimensions of personality among adolescence*. Faculty of Human Sciences, Beirut Arab University 2016.
- Olfat Mahmoud. Ph.D Thesis entitled: *Quality of life and its relationship with the five big factors of personality*. Faculty of Human Sciences, Beirut Arab University, 2016
- Manal Abouzeed. MA Dissertation entitle: *Anxiety and its relationship with self-esteem in a sample of elderly people A comparative study*. Faculty of Arts, Beirut Arab University, 2016
- Nora Omran .MA Dissertation entitled: *Self efficacy among mothers of autistic children and those of non- autistic children*. Faculty of Arts, Beirut Arab University, 2015.
- Hatoun Maamoun Yassin Al Rawaf. MA Dissertation entitled **Some Anxiety Disorders among Mothers of Children with Special Needs A Comparative Study**. Faculty of Arts, Beirut Arab University. Defended 2011.
- Soheir Ayoub. MA Dissertation entitled *Body Image and its Relationship to Self-esteem in Adolescents*. Faculty of Arts, Beirut Arab University. 2011.
- Ibtehal Al Boudy. MA Dissertation entitled *Middle Age Crisis and its Relation to Some Psychological Variables in Saudi Society*. Faculty of Arts, Beirut Arab University. Defended 2011.
- Abeer Shams El Din Alam. MA Dissertation entitled *Vocational Stress and its Relation to Life Satisfaction among a Sample of Employees*. Faculty of Arts, Beirut Arab University. Defended 2011.
- Olfat Mahmoud. MA Dissertation entitled *Some Personality Traits and Social Skills among Children with Learning Difficulties*. Faculty of Arts, Beirut Arab University. Defended 2010.
- Merihan Hussein Mahmoud Bakir. MA Dissertation entitled *Emotion Deprivation and its Relation to Psychological Variable on a Sample of Lebanese Children*. Faculty of Arts, Beirut Arab University. Defended 2010.
- Helga Alaa El Din. MA Dissertation entitled *Psychosomatic Disorders and their Relation with Achievement Motivation among University Students*. Faculty of Arts, Beirut Arab University. Defended 2009.
- Adel Saleh Al Hadi. MA Dissertation entitled *Effect of Social and Cultural Variables on the Psychological Traits of the Personality of the Addict in the Kingdom of Bahrain*. Faculty of Arts, Beirut Arab University. Defended 2009.
- Kefah Hashem Al Jabeeri. MA Dissertation entitled *Post-traumatic Disorders in the Families of the Aqsa Intifada Martyrs' Families in Palestine*. Faculty of Arts, Beirut Arab University. Defended 2008.
- Gehan Shafeek. MA Dissertation entitled *Happiness Scales and Inventories*. Faculty of Arts, Alexandria University. Registered 2005.
- Hanan El-Said. PhD Dissertation entitled *Stress among Visually Impaired Students*. Faculty of Arts, Alexandria University. Registered 2002.
- Rasha Essam El-Din. MA Dissertation entitled *Insomnia and Eating Disorders, and their Relation to the Quality of Life in Adults*. Faculty of Arts, Alexandria University. Registered 2002.
- Soheir Mohamed Salem. PhD Dissertation entitled *The Meaning of Life and its Relation to Some Factors Influencing Personality*. Institute for Pedagogical Studies, Cairo. Registered 2002.
- Hanan El-Said. PhD Dissertation entitled *Psychological Stress and its Relation to Some Psychological Variables in a Sample of Blind People*. Faculty of Arts, Alexandria University. Registered 1999.

- Hanan Saleh Morgan. MA Dissertation entitled *Pre-School Children's Attachment to the Mother and its Relation to the Psychological Security of the Mother and her Marital Compatibility*. Institute for Pedagogical Studies, Cairo. Defended 2001.
- Amna Saiid Hamdan Motawaa. MA Dissertation entitled *Sociological Skills and Emotional Stability in Children with Depressive Mothers*. Institute for Pedagogical Studies, Cairo. Defended 2001.
- Fakhreya Youssef Mohamed. MA Dissertation entitled *Personality Behavior in Pattern A and its relation to Some Psychological Variables in a Sample of Students at the University of Emirates*. Institute for Pedagogical Studies, Cairo. Defended 2001.
- Shehata Mohamed Zein. MA Dissertation entitled *Some Positive Sociological Forms of Behaviour and their Relation to Psychological Health: A Comparative Study*. Institute for Pedagogical Studies, Cairo. Defended 2001.
- Soheir Mohamed Salem. MA Dissertation entitled *Happiness and its Relation to Some Psychological Variables: A Comparative Study*. Institute for Pedagogical Studies, Cairo. Defended 2001.
- Mahmoud Mohamed Mahmoud. MA Dissertation entitled *Neurosis and its relation to some Familial and Psychological Variables*. Institute for Pedagogical Studies, Cairo. Registered 1998.

ADDITIONAL  
PROFESSIONAL ACTIVITIES

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- (1998 - Present) Member of the Committee for Social Services and Ecology  
**University of Alexandria, Egypt**
- (1998 - Present) Member of the Societal Students' Committee  
**University of Alexandria, Egypt**
- (1993 - 1995) Member of Committee for Interviewing Freshmen Students, Faculty of Education  
**University of Qatar, Qatar**
- (1991 - 1996) Member of the Libraries and Information Committee, Faculty of Education  
**University of Qatar, Qatar**

PROFESSIONAL  
MEMBERSHIPS

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- (2007 - Present) Member of the Positive Psychology Association  
**Egypt**
- (1998 - 2001) Member of the American Psychological Association (A.P.A.)  
**USA**
- (1998 - Present) Member of the Egyptian Psychological Association (RANEM)  
**Egypt**
- (1997) Member of the World Federation for Mental Health
- (1993) Member of the Handicapped Welfare & Rehabilitation  
**Qatar**

COMMUNITY ACTIVITES
 

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- Series of interviews (4 weeks/September 2020) on Radio Liban in the wake of the explosion of Beirut Port. The interviews focused on helping people with Post Traumatic Stress Disorder (PTSD).
- A number of lectures on "The parental attitudes and behavioral disorders among children living in refugee camps". In the period from March –May 2015. Women Organization - Lebanon
- A workshop on "Psychological Disorders among Children". Palestinian Women Organization – January 2012.-Lebanon.
- A number of lectures on "The Psychological Concept of Friendship", "How to Invest your Free Time", and "How to Be a Successful Leader", held as part of the Bibliotheca Alexandria summer activities. (2003-2005).
- "Divorce". A lecture organized by the Social and Youth Committee of the National Party at Smouha Sports Club, Alexandria. 9 August 2003.
- "Common Law Marriage". Lecture organized by the Socio-Cultural Committee of Smouha Sports Club, Alexandria. 7 August 2002.
- "Ways to Study Effectively". Lecture held at Loran Commercial School, Alexandria. February 2000.
- "Ways to Face the Pressures of Life". Lecture held for the Youth of the Lyon Club, Alexandria. April 1999.
- "Pillars of Psychological Health". Lecture held for the Youth of the Roterakt Club, Alexandria. April 1998.
- "Coming of Age". Lecture held at Mostafa Kamel School, Alexandria. 1998.
- "Man Across the Various Stages of Growth". Lecture held for The Ladies of the International Club, Alexandria. October 1997.
- "The Most Widespread Behavioral Problems in Primary School Children". Lecture held at Om Salma School, Qatar. 14 December 1996.
- "Daydreaming in Adolescence, and How to Deal with it". Lecture held at Rabaa el-Adaweya School, Qatar. 13 December 1996.
- "Problems Relating to Distinguished and Talented Students, and their Need for Guidance". Workshop held during a Course for Kindergarten Primary School Supervisors to Discover and Protégé Talented Students. Qatar, October 1996.
- Lecture held in the Gardens of Madinat Khalifa, celebrating the International Day for Psychological Health, Qatar. October 1995.
- "Some Issues Relating to Being Handicapped". Lecture held at The University of Qatar, Qatar. 17 December 1994.
- A number of lectures on "Behavioral Problems in Primary School Children" held at Om Salma School, Qatar. 15 December 1994.
- "What it means to be Handicapped, its types, and How Society should Deal with it." Lecture held at The Qatari Red Crescent, Qatar. 3 December 1994.
- "Personality: Scales and Dimensions". Lecture held at The Girls' Educational Administration, Qatar. 19 November 1994.
- "Anxiety as a Behavioral Problem in Adolescence". Lecture held at Om Ayman Secondary School, Qatar. 5 November 1994.
- "Problems of Adolescence". Lecture held at El-Iman Secondary School, Qatar. 2 November 1994.

 EXTRACURRICULAR  
ACTIVITIES
 

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- Designed a training course for raising familial awareness of child upbringing. Faculty of Arts, Alexandria University. 2002.
- Participated in a training course for teachers of special pedagogy. Ministry of Education, Cairo. October – November 2000.
- Participated in a training course for teachers of special pedagogy. Faculty of Medicine, Alexandria University. February – March 1999.
- Attended a course in Sign-Language. Qatari Society for the Care and Rehabilitation of the Handicapped, Qatar. 1997.

## VOLUNTEER WORK

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- Volunteer Member and Psychological Counselor of the Zahia Marzouk Society for Children of Unknown Parentage in the period fro 2002 -2007.Alexandria –Egypt
- Volunteer work with Old age people in Horras Home in the period from 2006-2007.Alexandria –Egypt,

## PERSONAL SKILLS

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Mother tongue(s) Arabic  
 Other language(s) English, French

Organisational / managerial skills Dean – Faculty of Human Sciences  
 Faculty Council Chairperson  
 Chair of a number of committees  
 Organized a number of conferences, seminars and workshops

Job-related skills

- good command of quality control processes
- good command of coordination skills

Computer skills

- good command of Microsoft Office™ tools
- good command of internet browsing skills
- good command of online teaching tools/skills