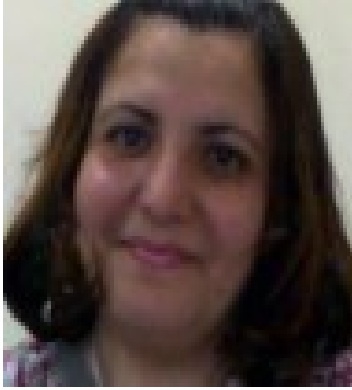


# CV



**Name:** Nevin Faye Wanis Zaki

**Email:** [nevinfzaki@yahoo.com](mailto:nevinfzaki@yahoo.com)

**D.O.B** 4/5/1974

**Gender:** Female

**Marital status:** Married

**Address:** Department of Psychiatry,

**Current position:** Assistant Professor of psychiatry & Consultant psychiatrist

Manager of sleep research unit at Mansoura University Hospitals,

Faculty of Medicine,

Mansoura University,

Egypt

PO box: 35516

[nevinnevin33@googlemail.com](mailto:nevinnevin33@googlemail.com)

**Mobile Phone:** 00201283339789

**Nationality:** Egyptian

**Qualifications:** MD, PhD psychiatry

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## **Education**

### ***❖ Postgraduate:***

- Awarded the doctorate degree in Psychiatry in December 2010.
- MD (medical doctorate) study at Psychiatry department, Mansoura University Egypt. passed 2<sup>nd</sup> part MD Psychiatry in the following subjects (General psychiatry, Psychiatry for special groups, clinical and oral tests), submitted with success the MD thesis on the 15<sup>th</sup> of December
- **September 2008-January 2010;** visiting MD research student on a joint supervision system, and collaboration between Oxford University and Mansoura University to do practical part of the MD thesis.
- **June 2007:** registered for MD thesis titled 'Interrelation of circadian rhythm alteration to phenotypic variations in patients with major depressive disorder'
- **November 2006:** Passed part I of doctoral exams including written exam in the following subjects (neuro-anatomy, neurophysiology, and dynamic psychopathology, and descriptive psychopathology, general and special psychology.
- **2004 Psychiatry department, Mansoura University M.Sc. Degree part II (examination)**

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- **2001-2003** Msc. theses entitled: "Screening of psychiatric disorders among inhabitants of orphan homes and school children"
  - **April 2001** part I of M.Sc by courses and examination.
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## ❖ *Undergraduate:*

- **1997 Faculty of Medicine, Mansoura University, Egypt** Bachelor degree in medicine and general surgery(MBBCh) with very good and honour . Ranked (85 out of 1100 student)

## Experiences

### Work:

- ❖ Currently Lecturer of sleep course to Psychiatry postgraduate students (Master's and Doctorate).
  - ❖ From 2005- to 2010 Hold the position of a Lecturer assistant for clinical psychiatric rounds to undergraduate medical students.
  - ❖ Attending outpatient clinic of Mansoura University Hospitals (treating management and follow up of psychiatrically ill patients.
  - ❖ Resident at Neurology Department, Mansoura University, Egypt, (2002 - 2003).
  - ❖ Residency period at Psychiatry department, Mansoura University, (2000 - 2003).
  - ❖ GP period in a blood bank
  - ❖ House officer period, (1998 - 1999).
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## Training and skill development:

### Oxford activities

- ❖ Candidate of Egypt-UK channel scheme and a two-year visiting research position at the department of psychiatry in collaboration with the department of circadian neurosciences for the practical part of the doctorate thesis
- ❖ Attending Oxford University Computer centre OUCS courses (endnote, PowerPoint getting the message across, excel).
- ❖ Summer School at the dept. of Experimental psychology, Oxford University 2008.
- ❖ Oxford seminar on depression, Magdalen college (14<sup>th</sup> of November)
- ❖ Paul Franken's lecture titled" Genetics of Sleep and EEG Using the Mouse as a Model"
- ❖ Weekly Professional unit meetings at the Dept.of Psychiatry.
- ❖ Two day workshop in Picture Exchange Communication System (PECS) for education of autistic children, and those with special needs. Run by Pyramid educational consultants.

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- ❖ Five day sleep medicine course, at Edinburgh University. In the form of lectures and practical workshops for diagnosis and management of sleep disorders, including polysomnogram and limited studies.
  - ❖ Actigraphy training for sleep and circadian rhythm analysis.
  - ❖ Usage of Somno-Med polysomnography device given by the medical executive director of Somno-med Company
  - ❖ Attending a workshop "clinical teaching of medicine at the bedside and in clinical rounds" Oxford Medical Education Division.
  - ❖ Oxford GRAD school for upgrading of transferable skills.
  - ❖ Five day SPSS course for medical purposes (medical science division)
  - ❖ Weekly lab meetings for members of research groups at the Dept. of Circadian and Visual Neuroscience, JR hospital.
  - ❖ Certified examiners workshop for "how to prepare for an OSCE exam" training workshop for examinees. 'Oxford Medical Education Division
  - ❖ Litchfield lecture 17th of November 2009 (paediatric bipolar disorder and severe irritability: diagnosis and brain mechanisms) by Dr. Ellen Leibienluft) National Institute of mental health. Bethesda Maryland.
  - ❖ The myth of antidepressant by Irving Kirsch" professor at the university of Harvard, USA
  - ❖ Online diploma in applied behaviour analysis (ABA) for education and teaching of autistic and Asperger syndrome affected children BY the European institute of special education
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## **Skill development activities**

- ❖ 18 hours training workshop in scientific writing.
- ❖ 18 hours training Workshop in ethics of scientific publishing.
- ❖ 18 hours training workshop in rules and regulations governing education and research in Egyptian universities
- ❖ Competitive funding and moderating a research team workshop.
- ❖ Time management workshop.
- ❖ Attending the weekly case conference at the psychiatry department. Mansoura University
- ❖ Monthly scientific meetings at the department training course in analysis of EEG.
- ❖ Symposium about "psychiatric genetics" in collaboration with the Pittsburgh University USA in Egypt.
- ❖ Multiple scientific meetings in different Egyptian universities (Cairo, Alexandria)
- ❖ Training course for one month in the field of research design and medical statistics.
- ❖ Training course for one month in basic computer skills for medical purposes
- ❖ Continuous Professional Development workshop about the ethics governing research work in Egyptian universities and governing the conduct of university staff members.
- ❖ Completed 16 hours of CME activity for sleep staging and basic principles of sleep medicine (Ain shams university)

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- ❖ Attended “ADHD in clinical practice” workshop at university of Mansoura December 2010
- ❖ Workshops of Continuous professional development for faculty members of Mansoura University including (18 hours each):
  1. Research ethics
  2. Scientific writing workshop
  3. How to get your work published
  4. Communication and presentation skills
  5. Legal and financial issues concerning Egyptian universities
  6. Ethics of conduct as a university faculty member
  7. Teaching skills for university educators
- ❖ Certified within the Egyptian national commission of mental health law, after 6 credit hours of training on basic principles of mental health law and forensic psychiatry.
- ❖ Attending VIVAs and essay discussions for departmental members from 2000-to date
- ❖ Attending university time management workshop, taught by the university development centre
- ❖ Attending the university workshop about basics of applying to a competitive grant funding, taught by the university development centre.
- ❖ Attending the workshop about quality of life scales: role and efficacy in various medical specialties. Given by professor Wafaa Elbahaey June 2011
- ❖ The ministry of higher education congress about the development and new trends in medical education in Egyptian universities.
- ❖ Workshop about Tempus programme importance and how to apply for projects.
- ❖ Assessment methods in medical education (Dr Khan Azizi) course director of Mansoura-Manchester programme
- ❖ 5 day workshop about how to become a PBL tutor
- ❖ Attending the 5<sup>th</sup> international conference of Alazhar Psychiatry Department –Ras elbar August 2012
- ❖ Involved as a trainee in the American Psychiatric Association APA – Depression module.
- ❖ Attended three-day human resources development course at Mansoura Oncology centre.
- ❖ Accepted as one of the ten Mini-international fellows of the American academy of Sleep Medicine
- ❖ Attended three week fellowship training at Penn’s sleep centre (Philadelphia-Pennsylvania) USA
- ❖ Academic supervisor
- ❖ Attended Boston sleep meeting in June 2012

# CV

## Speaker at the following :

- ❖ Speaker and actigraphy expert at International Sleep sponsored by collaboration with Ambulatory monitoring and Somnomedics August 2010.
- ❖ “Sleep scoring and PSG artifact” workshop, August 2010
- ❖ Speaker at the Alexandria International conference for psychiatry October 2010.
- ❖ Speaker at Ain shams international workshop and sleep conference November 2010
- ❖ Instructor of endnote training workshops run by the central library of Mansoura university from February 2011-to march 2011-10-11
- ❖ Instructor at the (how to conduct database search) workshop run by Mansoura university from march 2011-to april 2011-10-11
- ❖ Attending one day workshop ,searching ( web of knowledge ) run by the committee of higher education and Egyptian universities in may 2011-10-11
- ❖ Participation as a tutor and examiner in Mansoura –Manchester medical education programme |& OSCE examination
- ❖ Speaker at Sleep medicine CME course run at the department of pulmonary medicine in June 2011(circadian rhythm disorders, restless leg syndrome, role of actigraphy in sleep medicine.
- ❖ Speaker at Kasr el Aini international congress august 2011.
- ❖ Participating in Professor Khalil Fadel psychodrama workshop in October 2011 approved by the American university of science –Oregon (USA)
- ❖ Speaker at the consultation –liaison psychiatry unit workshop “titled depression in pregnant and lactating females”.
- ❖ Instructor of Endnote programme at Mansoura Faculty of Medicine, department of human resource management.
- ❖ Organizing, media producing and attending the 1<sup>st</sup> workshop of psychosexual unit entitled (female sexual arousal disorders)
- ❖ Organizing and attending the workshop entitled “psychosomatic disorders” at mansoura internal medicine hospital
- ❖ Speaker at Mansoura Oncology Centre (two lectures entitled):
  1. Psychodynamics of teamwork
  2. Stress coping and anger management.
- ❖ Speaker at the (Mansoura Providence School) educating teachers about
  1. ADHD in classroom (diagnosis, management, role of teacher)
  2. Learning disabilities in children (effective teaching methods)
  3. Stress management at classroom.
- ❖ Member of psychological support team to chronic renal patients on haemodialysis
- ❖ Lecturer of behavioral science for 2<sup>nd</sup> year medical students
- ❖ Speaker at the Armed force psychiatry conference 2014, 2015
- ❖ World sleep day delegate 2013, 2014, 2015
- ❖ Mini fellow of the AASM 2012(Penn sleep center), 2014(Pittsburgh sleep center)
- ❖ Member of community service committee from 2012-2015)
- ❖ Member of the ESRS.

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## **Most recent positions :**

- ❖ *PI for a sleep research project funded by the national grants office of Mansoura University. Titled ((Role of BDNF gene polymorphism association to cognitive impairments in patients with insomnia)) and founder of sleep research unit 2013.*
- ❖ *Active member in establishing the Psychophysiology unit by applying for capacity building Funding Of STDF*
- ❖ Academic supervisor for semester 5 of MD program
- ❖ Academic supervisor for international undergraduate and postgraduate (non-Arabic speaking) medical students
- ❖ Department administrator of paramedical affairs
- ❖ Quality assurance representative for preparing a course file.

## **Awards**

Honored by the Egyptian medical syndicate as the best ideal physician in Egypt in 2015

## **Languages**

### **Written**

**Arabic** Fluent

**English** Fluent

**French** Basic

### **Spoken**

Fluent

Fluent (internet based TOEFL score 107/120)

Basic

## **Computer skills**

Computer literate, Microsoft Windows MS-Office.(ICDL)

SPSS

## **References**

Available on request.

## **Memberships**

Member of the Egyptian Medical syndicate

Member of Egyptian psychiatric association

Member of the world psychiatric association

Member of the Egyptian early career psychiatrist's association

Member of European sleep research society

Member of the World association of sleep medicine (WASM)

Member of the American Academy of Sleep Medicine(AASM)

Member of the European sleep research society

# CV

## **List of publications**

Zaki NWF, Marzouk R, Osman I, Alamah HY, Zaied WS, et al. (2016) .Sleep Medicine Knowledge among Medical Students in Seven Egyptian Medical Faculties. J Sleep Disord Ther 5:239. doi:10.4172/2167-0277.1000239

AF Donia, NF Zaki, M Elassy, W Elbahaey. Study of depression and quality of life among hemodialysis patients: an Egyptian experience .International urology and nephrology 47 (11), 1855-1862

K Wulff, P Rock, NF Zaki, R D'Sa, Y Winkler, RG Foster, GM Goodwin  
Sleep and circadian rhythms in the bipolar phenotype: a comparison of high-risk individuals defined by hypomania or a family history of affective disorders  
Journal Of Sleep Research 23, 82-82

M Borham, M El-Atrouny, MA El-Hoda, ES Saleh, N Zaki, G Gomaa  
Psychiatric morbidity and lifestyle of patients with coronary artery disease in Nile delta  
Egyptian Journal of Psychiatry 35 (2), 80

N Zaki, Y Mesbah, M Shams  
Sleep disorders in a sample of Egyptian high risk pregnant females  
Sleep Medicine 14, e311-e312

N Zaki, K Wuff, R Foster, G Goodwin  
Circadian Misalignment As An Endophenotype For Depression  
Sleep Medicine 12, S4

Circadian rhythm and the phenotype of major depressive disorder: an Egyptian study  
O El-Boraie, W El-Bahaey, HA El-Boraie, NF Zaki, I Abouhashem  
Middle East Current Psychiatry 18 (1), 29-36

Parental report of Gender differences in Sexual functioning among Adolescents with Down syndrome: A Jordanian experience .Journal of behavioural therapy and mental health Current Issue Volume No : 1 Issue No : 1

The Association of Circadian Typology with Cognition and Smoking Status: A Cross Sectional Egyptian Study.....in press(middle east current psychiatry )

Assessing the coping strategies in a sample of mothers of Egyptian children with leukemia & Lymphoma  
Yomna Sabry, Nevin FW Zaki, Wafaa AH Elbahaey. The Arab Journal of Psychiatry (2016) Vol. 27 No.1

Psychological correlates of shift-work sleep disorder among a sample of Egyptian nurses  
Nevin F.W. Zaki, Khadiga A.F. Denewar, Mona A.F. El Sherif, Adel Elweheid, Hamdey F. Ibrahim, Seithikurippu R. Pandi-Perumal  
The Arab Journal of Psychiatry (2016) Vol. 27 No.2

Kareem Eldaly, Nevin Zaki, Lamis El-Gizawi. The Associations between Daylight Sufficiency in Hospital Wards and Patient Satisfaction with Mental Healthcare Services: An Egyptian Sample. in press (Acta Medica International )