

**Name** Shaima Y. A. Al-Mahmoud  
**Country of Citizenship** Kuwait  
**Phone** (614) 530-3501

## EDUCATION

### In Progress:

Kent State University, Kent, OH  
Clinical Psychology Doctoral Program (APA Accredited)  
Doctoral Student (August 2012-present)  
Advisor: Karin G. Coifman, Ph.D.

### Completed:

Kuwait University  
M. A. (Psychology)  
Thesis Title: "Health behavior and its relationship to self-efficacy, self-esteem, and depression among a sample of Kuwait University students"  
GPA: 3.94 (on a 4.0 point scale)  
Advisor: Muhammad N. Al-Sabwah, Ph.D.

Kuwait University  
B. A. (Psychology)  
Distinction with first class honors  
Cumulative GPA: 3.78 (on a 4.0 point scale)

## AWARDS

2011-2018	Kuwait University Graduate Scholarship
2016	Kent State University annual graduate research symposium award (\$100)
2007	Kuwait University Graduate Student's Project Award for the best thesis in humanities (\$3550)

## PUBLICATIONS

Coifman, K. G. & **Almahmoud, S. Y.** (2017). Emotion Flexibility in Psychological Risk and Resilience. In U. Kumar (Ed.) *Handbook of Resilience: A Psychosocial Perspective*, New York: Routledge.

**Almahmoud, S. Y.**, Coifman, K. G., Ross, G. R., Kleinert, D., & Giardina, P. (2016). Evidence for Multidimensional Resilience in Adult Patients with Transfusion-Dependent Thalassemias; *Is it more common than we think? Transfusion Medicine*, 26(3), 186-194.

Al-Taiar, A., Al-Sabah, R., Elsalawy, E., Shehab, D., & **Al-Mahmoud, S.** (2013). Attitudes to knee osteoarthritis and total knee replacement in Arab women: a qualitative study. *BMC research notes*, 6, 406.

Bajwa, H., Al-Turki, A., Dawas, A., Behbehani, M., Al-Mutairi, A., **Al-Mahmoud, S.**, Shukkur, M., & Thalib, L. (2013). Prevalence and factors associated with the use of illicit substances among male university students in Kuwait. *Medical Principles & Practice*, 22, 458-463.

Al-Sabwah, M. & **Al-Mahmoud, S. Y.** (2007). Cognitive and Temperamental Predictors of Positive and Negative Health Behavior Among A Sample of Kuwait University Students. *Arabic Studies In Psychology*, 6, 1-48.

Abdel-khalek, A. M., Al-Shatty, T. S., Al-Theeb, Abbas, S. H., **Al-Mahmoud, S. Y.**, Al-Thweiny, N. M., et al. (2003) Happiness in Kuwaiti Samples. *Derasat Nafseyah*, 13, 581-612.

## CLINICAL EXPERIENCE

Fall 2016-Fall 2017

**Psychotherapist, Traumatic Stress Center, Summa Health**

Supervisors:

Megan Conrad, Ph.D.

Ellen Harrington, Ph.D.

Conduct individualized and group therapy for trauma therapy outpatients. Duties include planning and applying psychotherapeutic interventions for individuals with a primary diagnosis of PTSD, co-facilitator a CPT group for women with a history of trauma, and providing psychological interventions in Arabic with non-English speaking clients

Summer 2015-Summer 2016

**Psychotherapist, Consultation-Liaison Psychiatry, Akron City Hospital**

Supervisors:

Rodney Myerscough, Ph.D.

Jelena Stevanovic, Ph.D.

Assessed inpatients for suicide risk, depression, anxiety, adjustment to illness, non-compliance treatment recommendations, and competency through non-structured interview, medical chart review, and brief cognitive screening. Provided supportive counseling for inpatients and families. Facilitated communication between medical staff and inpatients. Primary therapeutic modalities included CBT, Motivational Interviewing, psych-education, and support.

Fall 2014

**Assessor, National Depression Screening Day, Kent State University**

Supervisors:

John Schell, Ph.D.

Screened Kent State University students for symptoms of anxiety and depression. Offered brief psycho-education and referrals to psychological services on campus and at nearby agencies.

Fall 2013-Summer 2015

**Psychotherapist, Psychological Clinic, Kent State University**

Supervisors:

Alanna Updegraff, Ph.D. (2013-2014)

Yossef Ben-Porath, Ph.D. (2013-2015)

Jacob Finn, Ph.D. (2013-2014)

T. John Akamatsu, Ph.D. (2014-2015)

David Fresco, Ph.D. (2014-2015)

Provided psychotherapy to KSU students and community members. Primary therapeutic modalities included CBT, motivational interviewing and acceptance and commitment therapies. Administer comprehensive integrative assessments using the Structured Clinical Interview for DSM-IV Disorders, Minnesota Multiphasic Personality Inventory-2 and RF, Incomplete Sentences, Columbia-Suicide Severity Rating Scale and the Wechsler Adult Intelligence Scale.

Fall 2014

**Neuropsychological Assessment Administrator, Flora Study (Gut Microbiota and Brain Health), Kent State University**

Administered neurocognitive assessments to investigate the relationship between gut microbiota and cognitive functioning in older adults (ages 50-85). These assessments were the Mini-mental state examination, Trail Making Test, Hopkins Verbal Learning Task, Stroop Color and Word Test, and Spot the Word test.

Spring 2013-Present

**Diagnostic Interviewer, Emotion, Stress, and Relationships Lab, Kent State University**

Supervisor: Karin G. Coifman, Ph.D.

Conduct diagnostic interviews using the Structured Clinical Interview for DSM Disorders (SCID) on college students, community members, patients with multiple sclerosis, and firefighters.

Summer 2006- Summer 2007

**School Counselor, Umra Bent Masoud primary school and Jweriya Bent Al-Harith primary school, Ministry of Education, Kuwait.**

Administered Stanford-Binet Intelligence Scale, Wechsler Intelligence Scale for Children (WISC), Draw-A-Person Test, and The Porteus Maze Test. All tests were administered in Arabic.

Spring 2005- Summer 2006

**Child psychologist, Department for Student Psychological Services, Ministry of Education, Kuwait.**

Supervisors:

Mohammad N. AL-Sabwah, Ph.D.

Ghenaim Al-Fayez, Ph.D.

Involved in conducting individual therapy with students having a variety of psychological problems (ADHD, School Refusal, Separation Anxiety).

Fall 2003

**Psychology Trainee, Kuwait Psychological Medicine Hospital, Kuwait.**

Supervisor:  
Osama Al-Qhreeb, Ph.D.

Administered comprehensive integrative assessments in Arabic using the Structured Clinical Interview for DSM-IV Disorders, Minnesota Multiphasic Personality Inventory-2, Trail Making Test and the Wechsler Adult Intelligence Scale.

**RESEACH EXPERIENCE**

Fall 2012- Present

**Emotion, Stress, and Relationships Lab, Kent State University**

Supervisor: Karin Coifman, Ph.D.

Graduate Research Assistant

Administer structured clinical interviews and semi-structured interviews on college students, community members, patients with multiple sclerosis, patients with burn injuries, firemen. Collect physiological data. Administer measures of different cognitive abilities. Train and supervise the lab RAs.

**PROFESSIONAL EXPERIENCE**

Fall 2007 - Summer 2011

**Department of Community Medicine and Behavioral Sciences, Faculty of Medicine, Kuwait University**

1. Teaching Assistant for the following courses:
  - Introduction to Psychology for Medical students
  - Introduction to Psychology for Allied Health students
  - Child life Diploma program (one year postgraduate program).
2. Tutor for Introduction to Computers course for Health Science Center students. (Word, Excel, Power point, Reference manager, End note)
3. Statistical tutor for medical students' graduation theses:
  - Prevalence and associated factors of postpartum depression among mothers in Kuwait (January, 2009)
  - Help seeking behavior among patients with diabetic foot in Kuwait (April, 2009)

- Substance use among males in public and private universities in Kuwait (December,2009)
- Knowledge and practices of barbers in Kuwait regarding blood-borne infections (March,2010)

### CONFERENCES AND WORKSHOPS

- May. 2011 Attending workshop at Dasman Diabetes Institute entitles: "Type 2 diabetes mellitus management."
- May. 2011 Attending workshop at Dasman Diabetes Institute entitles: "Adolescent diabetes."
- Dec. 2006 Participation in the third international conference -College of social sciences- Kuwait University "Social Science and Interdisciplinary studies: An Integrated Perspective."

### PRESENTATIONS

**Al-Mahmoud, S. & Coifman, K.** (2014, November). *The Benefits of Guilt during the Chronic Stress Illness*. Poster session presented at the International Society for Traumatic Stress Studies, Miami, Florida.

**Al-Mahmoud, S. & Al-Sabwah, M.** (2006, May). *Health behavior and its relationship to self-efficacy, self-esteem, and depression among a sample of Kuwait University students*. Poster session presented at College of Graduate Studies, Kuwait.

### GRANT RESEARCH PROJECTS

2009-2011 Involved in Granted research by Kuwait University as Research Assistant in Project No.MC01/09 entitled "Knowledge, perceptions and attitudes of patients with knee pain towards knee replacement"

### PROFESSIONAL AFFILIATIONS

American Psychological Association (APA)  
Association for Psychological Science (APS)  
Society of Behavioral Medicine (SBM)  
Health Psychology, APA Division 38

### REFERENCE LIST

- 1. Karin Coifman, Ph.D.**  
Faculty Research Advisor/ Clinical Supervisor  
Kent State University, Kent, OH  
Phone: (330) 627-9155  
Email: kcoifman@kent.edu

**2. Megan Conrad, Ph.D.**

Clinical Supervisor

Center for the Treatment and Study of Traumatic Stress, Akron, OH

Phone: 330.379.5299

Email: [harringtone@summahealth.org](mailto:harringtone@summahealth.org)**3. Rodney Myerscough, Ph.D.**

Clinical Supervisor

Consult Liaison Psychiatry

Summa Akron City Hospital, Akron, OH

Phone: 330-375-3478

Email: [myerscor@summahealth.org](mailto:myerscor@summahealth.org)**4. Alanna Updegraff, Ph.D.**

Director of the Psychological Clinic

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College of Arts and Sciences

Kent State University, Kent, OH

Phone: 330-672-2372

Email: [aupdegra@kent.edu](mailto:aupdegra@kent.edu)