

BIOGRAPHICAL INFORMATION

Name Shaima Y. A. Al-Mahmoud
Country of Citizenship Kuwait
E-mail salmahmo@kent.edu

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) June 2006
Thesis Title: "Types of 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) May 2000
Distinction with first class honors
Cumulative GPA: 3.78 (on a 4.0 point scale)

ACADEMIC AWARDS

2011-2017 Kuwait University Graduate Scholarship
2007 Kuwait University Graduate Student's Project Award for the best thesis in humanities (\$3550).

PUBLICATIONS

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. *Derajat Nafseyah*,13,581-612.

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

MANUSCRIPTS UNDER REVIEW

Al-Mahmoud, S. & Coifman, K. (under review). Psychological Resilience in Adult Patients with Transfusion-Dependent Thalassemias: Is it more common than we think?

WORK EXPERIENCE

2013-Present

- Psychotherapist, Psychological Clinic, Kent State University
- Provide psychotherapy to students and community members from the Northeastern Ohio area, with a focus on cognitive behavioral, 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, and the Wechsler Adult Intelligence Scale
- 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)
 - Rod Myerscough, Ph.D.(2015-2016)

- 2007 - 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)
- 2006- 2007
- School Counselor, Umra Bent Masoud primary school and Jweriya Bent Al-Harith primary school, Ministry of Education, Kuwait.
- 2005- 2006
- Involved in conducting individual therapy with students having a variety of psychological problems(ADHD, School Refusal, Separation Anxiety) Supervised by Mohammad N. AL-Sabwah, Ph.D. & Ghenaïm Al-Fayez, Ph.D. , Department for Student Psychological Services, Ministry of Education, Kuwait.
- 2001- 2002
- Trainee, Ministry of Education, Kuwait
- Training in Arabic on psychological tests: Stanford-Binet Intelligence Scale, Wechsler Intelligence Scale for Children (WISC), Draw-A-Person Test, and The Porteus Maze Test.

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). *Types of 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)
International Society for Traumatic Stress Studies (ISTSS)
Health Psychology, APA Division 38.