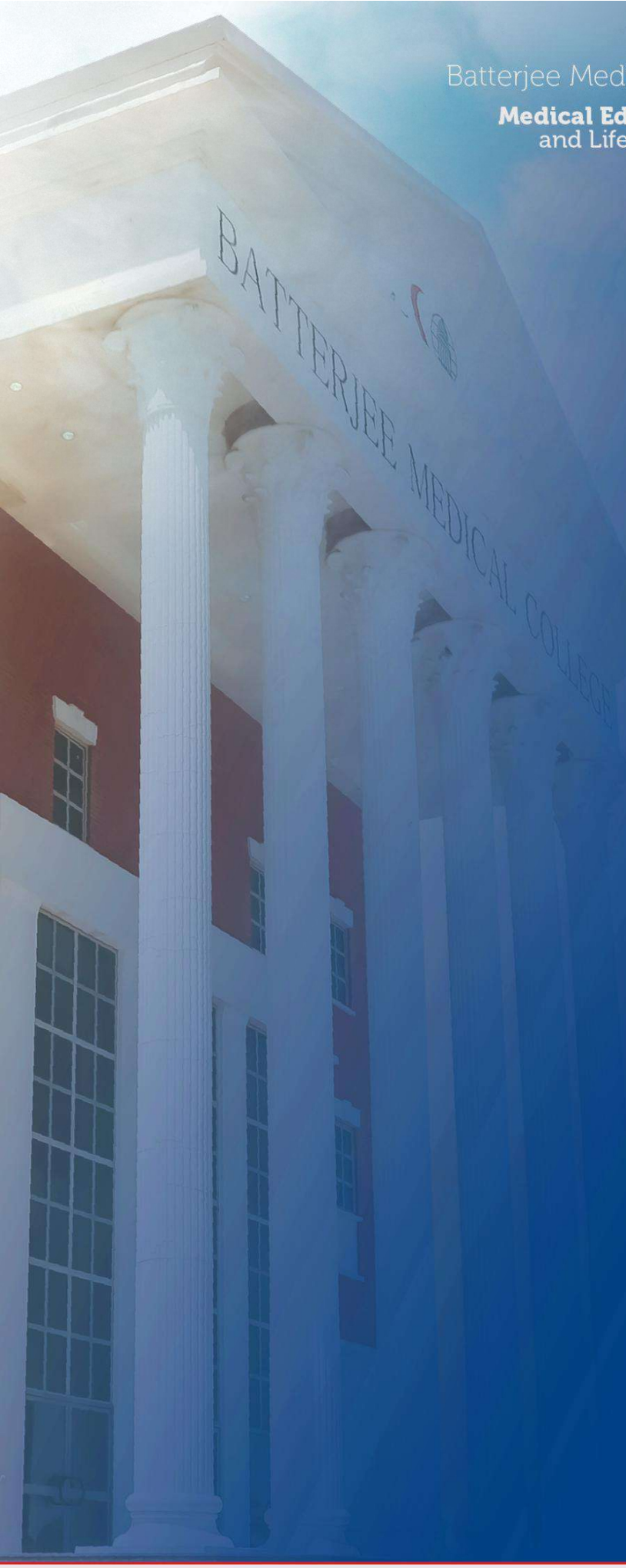
Batterjee Medical College

Medical Education
and Lifestyle



WEEKLY NEWS

MAGAZINE

STUDENT AFFAIRS

2025

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The Mental Health Awareness event

Student Welfare Unit

The Student Welfare Unit hosted the **Mental Health Awareness & Screening Event,** a vibrant and educational initiative that brought together students, wellness professionals, and creative minds for a shared purpose: to normalize conversations around mental health and encourage proactive self-care. The event, held in both the male and female sections, created an inclusive and welcoming atmosphere for all. Students had the opportunity to engage with three participating clinics: Mutma'inah Clinic, which provided psychoeducational materials and anxiety assessments; Etizan Psychological Center, which offered private consultations and psychological activities; and the ACT Clinic, which shared practical tools and insights on therapy and wellness practices. Adding a creative dimension to the event, the Influencers Club presented an expressive art initiative titled "Express Your Emotions Through Art." This activity invited students to channel their emotions through artistic expression, reinforcing the vital role of creativity in emotional regulation and self-awareness.









The Mental Health Awareness event
Student Welfare Unit



Booths were filled with engaging and informative materials from brochures and business cards to discount vouchers and self-care guides, giving students tangible resources to continue their mental wellness journey. Interactive activities on stress management and emotional regulation added a fun yet meaningful touch to the event's educational focus. The outcomes were clear and impactful: students left with heightened awareness about mental health, a stronger inclination to seek help when needed, and a deeper understanding of self-care strategies. The event not only fostered collaboration between the college and mental health professionals but also strengthened the culture of empathy and support within the BMC community.

As mental health continues to take center stage in global health conversations, BMC's Mental Health Awareness & Screening Event stands as a shining example of how knowledge, creativity, and collaboration can build a stronger, more compassionate student community.





Express Yourself Through Art, by the Influencer Club

The Influencers Club hosted an inspiring event titled ***"Express Yourself Through Art: Promoting Mental Health Through Creative Expression."*** The session provided a supportive and welcoming environment where students could connect with peers, take a refreshing break, and reflect on their emotions. Participants explored art as a tool for stress relief and self-expression through activities such as "Draw Your Emotion," clay modeling, painting, and other creative exercises that encouraged mindfulness and self-awareness. Beyond artistic enjoyment, the activity fostered open discussions about mental health, self-care, and mindfulness, breaking barriers and normalizing conversations around emotional well-being.









Promoting Mental Health and Well-being Through Occupational Therapy



As mental health awareness continues to grow, understanding the diverse roles within rehabilitation and recovery is more important than ever. In line with this vision, BMC's **Occupational Therapy Program** hosted an educational session titled "Promoting Mental Health and Well-being Through Occupational Therapy" in collaboration with Masar Center. The session aimed to highlight the crucial role of occupational therapy (OT) in supporting individuals navigating mental health challenges and addiction recovery. Through engaging presentations and hands-on demonstrations, participants discovered how OT empowers individuals to regain independence, enhance daily functioning, and improve overall quality of life. The event offered invaluable practical exposure to community engagement and interprofessional education for participating students, bridging the gap between classroom learning and real-world application.





THE BMC WELLNESS FAIR 2026

The Mind & Wellness Club



The Mind & Wellness fair was an event organized to promote mental and physical well-being among students. It included interactive booths, activities and educational materials about stress management, self-care, healthy habits, and emotional health. The event encouraged students to learn how to take care of their mental health, seek support, and keep a balanced lifestyle in a positive and supportive environment.







Time Management & Mental Well-Being Workshop

Empowers Students to Find Balance

The Student Welfare Unit organized an insightful Time Management & Mental Well-Being Workshop aimed at helping students develop practical strategies to manage their time and reduce academic stress. The session was led by Mr. Yazeed Bahemdan, Psychologist and M.A. Researcher in Counseling Psychology, who shared valuable techniques for improving focus, prioritizing tasks, and maintaining a healthy life balance.





The workshop highlighted the strong connection between time management and mental well-being, encouraging students to adopt simple yet effective methods to enhance both productivity and self-care.The event saw active participation from male students across various academic programs, including those from the Red Sea Global campus, reflecting BMC's ongoing commitment to student wellness and cross-campus collaboration.





WELLNESS FAIR

Mind and wellness club



The Mind & Wellness Fair was an event organized to promote mental and physical well-being among students. It included interactive booths, activities and educational materials about stress management, self-care, healthy habits, and emotional health. The event encouraged students to learn how to take care of their mental health, seek support, and keep a balanced lifestyle in a positive and supportive environment.



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MENTAL HEALTH
Innovation Forum October 2025



FROM IDEA TO IMPACT
Strategies for Innovation in Mental Health for Community Growth

MENTAL HEALTH
Innovation Forum

23 October 2025

Chamber of Commerce in Abha

in collaboration with غرفة أبها ABHA CHAMBER

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MENTAL HEALTH

Innovation
Forum October 2025

ABOUT

The Mental Health Innovation Forum **“From Idea to Impact: Strategies for Innovation in Mental Health for Community Growth”** is a pioneering academic platform hosted by **Batterjee Medical College** in collaboration with **Chamber of Commerce in Abha on October 23, 2025**. The forum brings together leading academics, researchers, professionals, and decision-makers to explore recent advances in mental health, foster a culture of research and innovation, and expand collaborative networks across educational and healthcare institutions at the local and regional levels.

The event reflects **BMC’s** commitment to promoting mental well-being and quality of life. It offers an open space for scientific dialogue on modern mental health challenges and innovative multidisciplinary solutions. The forum features scientific sessions, interactive workshops, a student research exhibition, and collaboration platforms for advancement of mental health.

VISION

To be a leading platform for stimulating innovation and translating knowledge into impactful practices and policies that improve mental health and quality of life in communities.

MISSION

To strengthen the bridge between research, innovation, and practice in mental health through interdisciplinary dialogue that enables stakeholders to develop effective and sustainable solutions.

OBJECTIVES

- Foster institutional cultures that support mental wellbeing in work and educational settings
- Promote innovative and research-driven solutions in mental health
- Strengthen regional institutional collaboration to address mental health priorities
- Support SDGs related to health, education, employment, and equity

TARGET AUDIENCE

- Medical professionals (physicians, nurses, psychiatrists, psychologists, social workers)
- Faculty members, students of medical and health sciences, and clinical trainees
- Mental health centers, Non-Governmental Organizations, and the general public
- Innovators and digital health entrepreneurs
- Society organizations and health institutions



FORUM THEMES

- **Psychologically Supportive Educational & Work Environments**
  Developing strategies to promote mental wellbeing in universities and workplaces

- **Childhood and Adolescent Mental Care**
  Enhancing early intervention and prevention strategies during critical developmental stages

- **Justice and Equity in Mental Health Services**
  Ensuring equal access to quality care for all segments of society

- **Multidisciplinary Therapeutic Strategies**
  Showcasing innovative, evidence-based mental health interventions

- **Research and Policy Making**
  Connecting scientific evidence with policy formulation on national and regional levels

- **Digital Innovation in Mental Health**
  Leveraging AI and modern technologies for diagnosis, treatment, and support



FORUM COMMITTEE

Batterjee Medical College Mental Health Forum is organized by both Jeddah and Aseer Research Units in collaboration with the BMC Student Welfare Unit.

FORUM COMMITTEE MEMBERS



Dr. **Ikhlas** Abdulaziz Sindi
Executive Director of Student Engagement,
Batterjee Medical College, Jeddah, Saudi Arabia



Dr. **Fahad** Hamad Balharith
Vice Dean of Academic Affairs
Batterjee Medical College, Aseer, Saudi Arabia



Prof. **Sabrin** R.M. Ibrahim
Professor, Vice Head of Research Unit
Batterjee Medical College, Jeddah, Saudi Arabia



Dr. **Humeda** Suekit Mohammed
Vice Chairman of Research Unit, General Medicine program
Batterjee Medical College, Aseer, Saudi Arabia



Dr. **Mohammed** Elhussiny
Assistant professor of histology and cell biology, General Medicine program
Batterjee Medical College, Aseer, Saudi Arabia



Dr. **Ahmed** Gomaa Zaki
Assistant Professor of psychiatric mental health
Batterjee Medical College, Aseer, Saudi Arabia



Mr. **Osama** Alanazi
Respiratory Care lecturer, Respiratory Therapy program
Batterjee Medical College, Aseer, Saudi Arabia



Ms. **Manar** Algarni
Vice Dean Office Manager, Student Affairs, Psychological Counselor, Student Welfare Unit
Batterjee Medical College, Jeddah, Saudi Arabia



Ms. **Basma** Hassan A Hashem
Research Unit Coordinator
Batterjee Medical College, Jeddah, Saudi Arabia



PANEL DISCUSSION

Innovation in Mental Health

BUILDING SUSTAINABLE COMMUNITIES AND ECONOMIES



Chairperson

Dr. **Ikhlas** Abdulaziz Sindi

Executive Director of Student Engagement,
Batterjee Medical College, Jeddah, Saudi Arabia



Dr. **Hussain** Alemad

Najran University, College of Medicine, KSA



Dr. Joanne Hands

Clinical Director, Kuwait Counseling Center, Clover Center (Mazaya Building), Jabriya, Kuwait



Dr. **Nicola** Cogan

School of Psychological Sciences and Health,
University of Strathclyde, UK



Dr. **Amgad** Talaat

Regional Cluster Head, Evapharma Saudi Arabia

BATTERJEE MEDICAL COLLEGE

CHAMBER OF COMMERCE IN ABHA



Time		
9:00 – 9:50 am	Registration	
9.30 to 9.40	**Dr. Ikhlas Abdulaziz Sindi,** **Executive Director of Student Engagement,** Batterjee Medical Colleges, Saudi Arabia	Opening Remarks

SHEIKH ABDULLAH ABU MALHA HALL - SESSION I

CHAIRPERSON

DR. SAMEER MOHAMMED ALQASSIMI, HEAD OF GENERAL MEDICINE PROGRAM, BATTERJEE MEDICAL COLLEGE, ASEER, SAUDI ARABIA
MR. HASSAN ALTHABET, HEAD OF RESPIRATORY THERAPY PROGRAM, BATTERJEE MEDICAL COLLEGE, ASEER, SAUDI ARABIA

Time	Speaker	Title
10:00 - 10:25	**Dr. Joanne Hands**, PhD, LPC, LMFT Clinical Director, Kuwait Counseling Center, Clover Center (Mazaya Building), Jabriya, Kuwait	Equitable Couples & Family Care at Scale: Culturally Responsive, Bilingual Pathways for Community Mental Health
10:25 – 10:50	**Dr. Nicola Cogan** School of Psychological Sciences and Health, University of Strathclyde, UK	Sentinel: Localising a Digital Mental Health Intervention for Healthcare Workers in Saudi Arabia
10:50 - 11:15	**Dr. Hussain Alemad**, Najran University, College of Medicine, Saudi Arabia	Turning Ideas into Products: The Journey of Autism Bot from Saudi Innovation to Global Recognition
11:15– 11:40	**Dr Maryam Ibrahim Alharbi,** Ph.D. in Counseling Psychology, Taibah University, Saudi Arabia,	Behavioral and Emotional Indicators Analysis Using Artificial Intelligence: The Future of Clinical Psychological Diagnosis
11:40 – 12:05	**Dr. Alhanouf Yamani**, Islamic psychologist Psychologist and family specialist Certified trainer and speaker on happiness and quality of life, Saudi Arabia	Islamic Psychology
12:05 - 12:40	**Panel Discussion**	
12:40 - 13:40	**Poster Session and Break**	

SHEIKH ABDULLAH ABU MALHA HALL - SESSION II

CHAIRPERSON

DR HAMZA HOSEAN AHMED BALOLA, NURSING PROGRAM, BATTERJEE MEDICAL COLLEGE, ASEER, SAUDI ARABIA
DR. EMAN ALBELTAGY, GENERAL MEDICINE PROGRAM, BATTERJEE MEDICAL COLLEGE, ASEER, SAUDI ARABIA

13:40 – 14:05	**Dr. Abeer Saleh Alshehri** , Associate Professor of Psychology, Vice Chair of the Department of Psychology, King Khalid University, Abha, Saudi Arabia	Psychologically Supportive Educational & Work Environments Developing strategies to promote mental wellbeing in universities and workplaces
14:05 – 14:30	**Dr. Khadijah Aboud Al-Moadi Assir**, Associate professor, Department of Psychology, College of Education, King Khalid University, Saudi Arabia	Digital Emotional Intelligence and Its Role in Enhancing Occupational Mental Health
14:30 – 14:55	**Hamdan Salman Abdullallh Alghamdi**, Erada and Mental Health Complex - Erada Service, Senior Social Worker, Addiction Therapist, and Family Counselor, Head of the Rehabilitation and Occupational Therapy Department, Saudi Arabia	The impact of electronic and digital applications on the feasibility of family counseling
14:55 – 15:20	**Ali Mohammed Abuhekmah**, A Senior Clinical Psychologist at Abha Psychiatric Hospital, Abha, Saudi Arabia	Metacognitive Therapy - Therapeutic Strategies and Techniques
15:20 – 15:45	**ABDULLAH MOHAMMED ALDARBA**, Senior Clinical Psychologist, Irada Hospital and Mental Health, Abha, Saudi Arabia	Integrative psychotherapy strategies for patients with schizophrenia and chronic schizophrenia
15:45– 16:14	**Closing, Ceremony and Awards**	

WORKSHOPS

HALL NO. 1

CHAIRPERSON

DR. SAMAH ELSHORA, NURSING PROGRAM, BATTERJEE MEDICAL COLLEGE, ASEER, SAUDI ARABIA

Time	Speaker	Title
11.00-11.40	**Dr. Hanan Ayed Alahmri** Assistant Professor of Psychology, King Khalid University, Saudi Arabia **DR. Rasha Mohammed Alshehri** Assistant Professor of Educational and Psychological Medicine, King Khalid University, , Saudi Arabia **Dr. Fatimah Salem Mohameed Alshehri** Assistant Professor of Family and Marital Psychology, King Khalid University, Saudi Arabia	Keys to Navigating Adolescence: How to Understand and Support Them
11:40 – 12:20	**Dr. Sattam Ahmed Yahyia Jaddoh** Consultant psychiatrist and addiction medicine, Head of Addiction Department – Eradah Mental Health Hospital, Saudi Arabia	Cognitive behavioral therapy for addiction

HALL NO. 2

CHAIRPERSON

DR. SHAIMAA ELBAYAR, NURSING PROGRAM, BATTERJEE MEDICAL COLLEGE, ASEER, SAUDI ARABIA

11.00-11.40	**Bandar Naif Ayidh ALshalawi** Armed Forces Hospital in the South, Head of the Psychology Unit at the Prince Mohammed bin Salman Center for Autism and Developmental Disorders, Saudi Arabia	Innovative Digital Solutions to Support the Mental Health of Children and Their Families
11:40-12.20	**Seham alhalafi** Psychologist, Private Clinic – Ertiqaa Alafkar, Saudi Arabia	Psychological Well-Being in the Digital World
13:40 – 14:20	**Lama Abdulhadi Masoud Al-Qahtani** Azm Specialized Center for Day Care, Saudi Arabia	Digital Innovation in Mental Health: From Idea to Impact



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SPEAKERS



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Innovation Forum October 2025



SPEAKER | First Session

Dr. **Joanne** Hands

PhD, LPC, LMFT

PROFESSIONAL SUMMARY

Dr. Joanne is a Psychologist with a License as a Marriage and Family Therapist (LMFT) and Professional Counselor (LPC), from the state of Louisiana, USA. In addition, she is a Certified Counselor by the American National Board of Certified Counselors (NCC) as well as Certified in Myers Briggs Type Indicator (MBTI) personality inventory. She is the President of the Middle East Psychological Association (MEPA) since 2013, the Clinical Director of Kuwait Counseling Center since 2011, a member of the American Psychological Association (APA), American Counseling Association (ACA), and Venezuelan Federation of Psychologists (FPV). Dr. Joanne graduated with a PhD in Psychology from The Chicago School of Professional Psychology, Chicago Illinois, USA, earned her Master's in Science degree in Clinical Mental Health Counseling from Loyola University, New Orleans Louisiana, USA and her Professional Clinical Psychology degree from The Rafael Urdaneta University in Venezuela. She has over 26 years of experience working with individuals in private practice as well as in educational and corporate settings. She is an experienced bi-lingual (English-Spanish) psychologist whose passion is to promote well-being and personal growth. Dr. Joanne has received several awards and the latest is a Presidential Award by the American Psychological Association for bringing Mental Health in the Middle East to a higher level.

Equitable Couples & Family Care at Scale: **Culturally Responsive, Bilingual Pathways for Community Mental Health**

Abstract

Families are the primary setting where stress, stigma, and healing unfold—yet couples and family services remain hard to access, culturally mismatched, or siloed from community resources. This presentation outlines a stepped-care pathway for equitable couples and family support that Dr. Joanne has refined across private practice, educational, and organizational settings. Grounded in LMFT/LPC practice, bilingual (English–Spanish) delivery, and multicultural competence, the model blends brief evidence-based interventions (emotion-focused skills, solution-focused tasks) with practical adaptations for diverse cultural norms, extended family roles, and faith/community interfaces.

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SPEAKER

Dr. **Nicola** Cogan

Ph.D, D.Clin.Psy
School of Psychological Sciences and Health Room 6.79, Graham Hills Building
University of Strathclyde, Glasgow, G11XQ, Email: Nicola.Cogan@strath.ac.uk

PROFESSIONAL SUMMARY

Dr Nicola Cogan joined University of Strathclyde in October 2017 having previously worked as a consultant clinical psychologist and clinical lead in mental health services in the NHS. She has over 15 years NHS experience working as a practitioner clinical psychologist in mental health services. She retains an honorary consultant clinical psychologist post in NHS Lanarkshire. Her consultancy work has largely concerned trauma informed practice with first responder and frontline workers. She completed a Professional Doctorate in Clinical Psychology (D. Clin. Psy) at the University of Edinburgh. Prior to this she completed a PhD and MA (Hons) Psychology at the University of Glasgow. Her research interests are in the areas of mental health, wellbeing, digital health, recovery and citizenship in applied health contexts. She is involved with research adopting participatory multi-methods. She is a member of the International Recovery and Citizenship Collective led by Yale Medical School, where she has a strong working collaborative.

Sentinel: **Localising a Digital Mental Health Intervention for Healthcare Workers in Saudi Arabia**

Abstract

Healthcare workers worldwide are at heightened risk of stress, burnout, and trauma exposure due to the demands of frontline practice. Sentinel is a trauma-informed, AI-enabled digital mental health intervention co-created with health and social care workers to provide personalised, evidence-based, "in-the-moment" support. Having been piloted in the UK with promising results, Sentinel is now undergoing Arabic translation and cultural localisation to ensure relevance and resonance in the Saudi context. This process involves not only linguistic adaptation but also co-creation with Saudi healthcare partners to align with cultural values, language nuance, and system-specific needs. This presentation will outline the scientific foundations of Sentinel, drawing on frameworks of psychological safety, trauma recovery, and digital health innovation. It will also describe the methodology of translation and localisation, and provide an overview of the upcoming Saudi pilot study. The aim is to highlight how global evidence can be meaningfully adapted to local contexts to enhance mental health support and resilience for healthcare workers in Saudi Arabia.

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Innovation Forum October 2025



SPEAKER | First Session

Dr. **Hussain** Alemad

Consultant Psychiatrist, College of Medicine, Najran University, KSA

PROFESSIONAL SUMMARY

Dr. Hussain Alemad is a Consultant Psychiatrist, Consultant Child and Adolescent Psychiatrist and Consultant Cognitive Behavior Therapist. He also has a fellowship in Innovation and Health Systems Improvement from New Zealand. His innovative e-health project was nominated in June of 2025 as one of the top 20 E-Health projects in the world and received international recognition in Switzerland under the umbrella of the United Nations World Summit for Information Society. He works as an associate Professor of Psychiatry at Najran University, College of Medicine and is an honorary associate professor of Psychiatry at the University of Auckland, college of medicine in New Zealan. He trained in New Zealand, where he completed his Bachelor of Medicine and Surgery and obtained fellowships in General Psychiatry, Child and Adolescent Psychiatry, and Cognitive Behavioral Therapy with the Royal Australian and New Zealand College of Psychiatrists during which he completed a PhD in Psychiatry at the University of Auckland. Dr Al Emad has authored many research papers which were published in international journals and serves as a reviewer in multiple international journals. His main interest is in using technology to enhance mental health applications and is considered as an international scholar in this field.

Turning Ideas into Products: **The Journey of Autism Bot from Saudi Innovation to Global Recognition**

Abstract

Autistic children and their parents are considered one of the most vulnerable groups given the nature of Autistic disorder. In its 2022 release, the Lancet Commission prioritized funding ASD-related research activities in developing applied, easy-to-access, and evidence-based interventions to address ASD complex needs. The report urged national and international research to develop such efforts to cater to the increasing burden on clients, their families, communities, and healthcare systems. In this lecture, I will give an outline of what is innovation from an idea to product and how to incubate innovative ideas, design them and acquire the needed institutional support to make them into reality. I will highlight how theory can inform designing innovative projects and how funding grants can be sought and applied for. I will explore the journey of Autism Bot as a Saudi example of how an idea can reach the global stage

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SPEAKER | First Session

Dr. **Maryam** Ibrahim Alharbi

Ph.D. in Counseling Psychology, Taibah University

PROFESSIONAL SUMMARY

Holds a Ph.D. in Counseling Psychology from Taibah University and is certified by the American Board in Mental Health. She currently works at Mohammed Al-Thuqfan Medical Complex, serves as a psychological and family counselor, and supervises specialists at Masarat Center for Psychological and Family Counseling. Her professional interests include mental health promotion and family counseling.

Behavioral and Emotional Indicators Analysis Using Artificial Intelligence **The Future of Clinical Psychological Diagnosis**

Abstract

Still, relying entirely on artificial intelligence for psychological diagnosis raises essential ethical and professional concerns. Human clinical expertise remains vital for interpreting results within the patient's personal and social context and for ensuring sensitivity to individual and cultural differences. This is where the concept of Hybrid Intelligence emerges—a model that blends the analytical power of intelligent systems with the clinician's intuition and clinical judgment, creating a more balanced, comprehensive, and human-centered approach to diagnosis.

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SPEAKER | First Session

Dr. **Alhanouf** Yamani

Islamic psychologist and family specialist Certified trainer and speaker on happiness and quality of life

PROFESSIONAL SUMMARY

Dr. Alhanouf Yamani is an Islamic psychologist and family specialist who integrates faith-based perspectives with modern psychological approaches. As a certified trainer and accomplished speaker, she is dedicated to promoting happiness, resilience, and quality of life for individuals, families, and communities. Her professional work emphasizes the role of Islamic psychology in addressing mental health challenges, strengthening family bonds, and enhancing well-being.

Islamic psychology

Abstract

More than 1,400 years ago, Islam offered clear and profound guidance for achieving sound mental health and overall well-being. These teachings remain timeless, providing a holistic framework for resilience, balance, and fulfillment. In this lecture, Dr. Alhanouf will explore key Islamic principles that support mental health and demonstrate how they can be applied in today's world to build stronger mental resilience, healthier families, and a higher quality of life.

Batterjee Medical College
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SPEAKER | First Session

Abeer Saleh Alshehri

Associate Professor Psychology, Vice Chair of the Department of Psychology, King Khalid University, Abha, KSA

PROFESSIONAL SUMMARY

Dr. Abeer is an Associate Professor of Psychology at King Khalid University, where she also serves as Vice Chair of the Department of Psychology. She practices as a psychotherapist at the University Medical City and has extensive experience as a peer reviewer for several Arab and international scientific journals. In addition, she is an active member of multiple scientific and community-based associations, as well as the Mental Health Promotion Committee at King Khalid University. Dr. Abeer has a strong interest in training and has delivered numerous courses in mental health and personal development. Her clinical expertise includes working with mood and anxiety disorders and promoting mental health among adolescents, university students, and adults.

Psychologically Supportive Educational & Work Environments Developing strategies to promote mental wellbeing in universities and workplaces

Abstract

This presentation highlights the importance of fostering psychologically supportive educational and professional environments, recognizing mental health as a cornerstone of quality of life and academic and professional success. Supportive environments help reduce levels of anxiety and depression while enhancing motivation, engagement, and creativity, which positively impact performance. The presentation covers key areas, including the characteristics of supportive environments and the challenges that hinder mental health promotion, while offering practical strategies for universities and workplaces, such as establishing psychological support units, training academic staff, integrating mental health skills into curricula, adopting Employee Assistance Programs (EAP), promoting flexible work schedules, raising awareness, and providing safe work environments. It also emphasizes the need to integrate mental health into institutional strategies, strengthen research and partnerships with official bodies, and promote a culture of well-being. The presentation concludes by affirming that investing in mental health is an investment in more balanced and prosperous communities, encouraging participants to create a mind map of the ideal supportive environment.

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SPEAKER | Second Session

Dr. **Khadijah** Aboud Al-Moadi Assir

Associate professor, Department of Psychology, College of Education,
King Khalid University, KSA

PROFESSIONAL SUMMARY

Dr. Khadijah Al-Moadi Assiri is an Associate Professor of Counseling and Mental Health at King Khalid University and a member of the University's Mental Health Promotion Committee. She has contributed significantly to the field through her published research on various aspects of mental health, including emotional chemistry as a predictive indicator of psychological fitness among administrative and technical staff at King Khalid University, and persuasive techniques used to promote mental health in infographic posts: an analytical study of the Qareboon Application (2023) in Saudi Arabia. Her scholarly work also includes studies on the effectiveness of a brief counseling program based on mindful understanding in enhancing psychological recovery among orphaned girls in the Asir Region, as well as cognitive insight and coping strategies for psychological hardship and their relationship to life enjoyment among female university students in Saudi Arabia.

Digital Emotional Intelligence and Its Role in Enhancing Occupational Mental Health

Abstract

This presentation defines digital emotional intelligence as one of the emerging dimensions in promoting mental health and highlights the importance of digital emotional communication skills within workplace and educational settings. It also addresses the psychological challenges that arise from low digital emotional awareness and proposes practical mechanisms for integrating digital emotional intelligence into training and professional development programs, ultimately contributing to healthier and more resilient professional environments.

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SPEAKER | Second Session

Hamdan bin Salman bin Abdullah Al-Ghamdi

Senior Social Worker – Eradah Mental Health Complex CEO – Al-Hayat Risalah
Association for the Care and Rehabilitation of Addiction Patients and Their Families

PROFESSIONAL SUMMARY

Mr. Hamdan bin Salman bin Abdullah Al-Ghamdi holds two Master's degrees, one in Sociology – Rehabilitation and Social Care and another in Sports Management, and is also a certified addiction therapist. Alongside his clinical work, he serves as Editor-in-Chief of the television program Family Harmony on Zad Scientific Channel (Season 2), with preparations underway for Season 3. Al-Ghamdi is an active media figure in both sports and social commentary, with over 300 published articles in Al-Riyadi and Al-Yaum – Al-Maydan Al-Riyadi. He has delivered more than 200 awareness lectures on family and addiction, and has participated in conferences, seminars, and research collaborations with institutions such as Batterjee Medical College and Northern Border University. His contributions include five medical conferences, three scientific seminars, and five research papers on social responsibility. He is a certified trainer by both the Saudi Commission for Health Specialties and the Technical and Vocational Training Corporation, having delivered over 50 training courses in social work, human resource development, and journalistic writing. He also works as a family counselor and addiction therapist through the Labaih App for Family Counseling, where he was recognized in 2023 as one of the top ten consultants. Al-Ghamdi is the founder of the Family Harmony Center App for family counseling and addiction treatment. Over the course of his career, he has received more than 150 honorary shields and 100 certificates of appreciation. He is currently authoring a book titled: "Social Work in the Field of Addiction."

The impact of electronic and digital applications on the feasibility of family counseling

Abstract

Strategies to enhance mental health and well-being rely on an integrated mix of therapeutic, social, and preventive approaches. Evidence-based psychological treatments, such as Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT), have proven effective in addressing depression, anxiety, and other mental health disorders. Digital technology also plays a pivotal role through the use of mobile applications and online platforms that provide remote psychological support and real-time interaction with specialists. Equally important is the role of nutrition in mental health, with diets rich in omega-3 fatty acids, fruits, and vegetables contributing to improved mood and reduced anxiety and depression. Family and social support are critical in assisting individuals facing psychological difficulties or family disintegration, alongside the need for greater investment in scientific research on individual, family, and social integration. Furthermore, interdisciplinary collaboration among mental health and community professionals is essential to reduce social stigma and strengthen family and community mental health. Leveraging technology can also expand access to services for individuals and families coping with co-occurring conditions such as substance use disorders. Finally, telephone counseling remains a highly effective intervention, enabling professionals to gather and verify information while providing timely recommendations and guidance.



Batterjee Medical College
MENTAL HEALTH
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SPEAKER | Second Session

Ali Mohammed Abuhekmah

A Senior Clinical Psychologist at Abha Psychiatric Hospital, Abha, Saudi Arabia

PROFESSIONAL SUMMARY

A Senior Clinical Psychologist at Abha Psychiatric Hospital (July 27, 2006–present), previously serving as a Clinical Psychologist at the Comprehensive Rehabilitation Center–Abha (December 23, 2003–July 26, 2006). Scientific and academic contributions include invited speaker roles on the Fundamentals of Interpersonal Psychotherapy (Hayat National Hospital, 2018); Fundamentals of Cognitive Behavioral Therapy (Training Health Asir, 2015); Cognitive-Behavioral Therapy for Obsessive-Compulsive Disorder (Training Health Asir, 2015); participation as a speaker in the CME/PD activity “New Updates of Psychiatry” (2014); participation in the First National Conference for Clinical Psychology at the Institute of Neuroscience at King Fahd Medical (2014); contribution to World Obesity Day activities at King Fahd University in Khobar (2013); and a presentation on Clinical and Counseling Psychology with HIV Patients (Training Health Asir, 2011).

Metacognitive Therapy : **Therapeutic Strategies and Techniques**

Abstract

Metacognitive Therapy (MCT) is a structured, evidence-based psychological intervention developed to address emotional disorders by targeting dysfunctional metacognitive beliefs and maladaptive thinking styles. Unlike traditional cognitive-behavioral approaches that emphasize the content of thoughts, MCT focuses on the processes of thinking—particularly worry, rumination, threat monitoring, and attentional biases—that maintain psychological distress. This therapy is grounded in the Self-Regulatory Executive Function (S-REF) model, which conceptualizes psychopathology as a result of the Cognitive Attentional Syndrome (CAS), a maladaptive pattern of perseverative thinking and coping strategies. Core therapeutic strategies include attention training techniques, detached mindfulness, metacognitive questioning, and modification of positive and negative metacognitive beliefs. By reducing reliance on unhelpful coping styles and restructuring beliefs about thinking itself, MCT aims to enhance flexible self-regulation and restore cognitive control. Research demonstrates the efficacy of MCT across a range of conditions, including anxiety disorders, depression, post-traumatic stress disorder, and obsessive-compulsive disorder, with outcomes often showing rapid and enduring improvement. The therapy is typically brief, highly focused, and transdiagnostic, making it adaptable to diverse clinical presentations. Overall, Metacognitive Therapy represents a paradigm shift in psychological treatment, offering clinicians a practical set of strategies and techniques to interrupt maladaptive cognitive cycles and foster long-term emotional resilience.



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SPEAKER | Second Session

Abdullah Mohammed Aldarba

Senior Clinical Psychologist, Irada Hospital and Mental Health, Abha, KSA

PROFESSIONAL SUMMARY

Mr. Abdullah Mohammed Aldarba is a Senior Clinical Psychologist at Irada and Mental Health Hospital in Abha, Saudi Arabia. He holds a Master’s degree in Psychology from Bangor University, College of Health and Behavioral Sciences, United Kingdom, and is currently a PhD researcher at the Faculty of Arts, Mansoura University, Egypt. His professional expertise covers the assessment and treatment of psychological disorders in both adults and adolescents. In addition to his clinical work, he serves as Supervisor of Psychological Services at Al-Najah Hospital in Riyadh and provides psychotherapy at the Specialized Medical Complex. Mr. Aldarba has actively participated in numerous national and international conferences and training courses in the field of mental illness and has been a recognized media influencer through multiple television interviews on topics related to psychology

Integrative psychotherapy strategies for patients with schizophrenia and chronic schizophrenia

Abstract

This paper explores integrative psychotherapy strategies for patients with schizophrenia and chronic schizophrenia, aiming to provide an overview of diagnostic foundations and key therapeutic techniques. It emphasizes the combination of pharmacological, psychological, and social interventions to achieve optimal treatment outcomes and improve patients’ functional adaptation. The study highlights the supportive tools that can be incorporated into therapeutic programs, alongside practical applications that enhance quality of life and reduce relapse rates. Furthermore, it reviews recent studies and research demonstrating the effectiveness of integrative psychotherapy in alleviating symptoms and promoting psychological and social stability in patients with schizophrenia

WORKSHOPS



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SPEAKER

Dr. **Hanan** Ayed Alahmri

Assistant Professor of Psychology, King Khalid University

PROFESSIONAL SUMMARY

Dr. Hanan is an Assistant Professor of Psychology at King Khalid University and a practicing psychotherapist at the University Medical City. She also serves as a consultant at the University's Counseling and Therapy Center. With a diverse academic and professional background, she has contributed as a reviewer for peer-reviewed scientific journals.

She has a strong commitment to training and awareness, having designed and delivered numerous programs and workshops in mental health and personal development. In addition, she plays an active role as a member of the Mental Health Promotion Committee at King Khalid University. Clinically, her practice focuses on evidence-based interventions for anxiety disorders, adjustment problems, and depression, with particular expertise in supporting the mental health of adolescents, university students, and adults.



SPEAKER

Dr. **Rasha** Mohammed Alshehri

Assistant Professor of Educational and Psychological Medicine at King Khalid University

PROFESSIONAL SUMMARY

Assistant Professor of Educational and Psychological Medicine at King Khalid University. I have held administrative positions at the Talent and Creativity Center, the Creative Awareness Unit, and extracurricular activities at the university. I am interested in the field of training, as there are many specialists in the fields of medical mental health. I have obtained professional training in professional training from the National Institute for Professional Educational Development. I have numerous scientific research papers and articles published in peer-reviewed scientific journals, and I have published a book specializing in psychological counseling programs.

SPEAKER

Dr. **Fatimah** Salem Mohameed Alshehri

Assistant Professor of Family and Marital Psychology, King Khalid University, and a licensed psychologist

PROFESSIONAL SUMMARY

Assistant Professor of Family and Marital Psychology at King Khalid University, and a licensed psychologist. She has delivered a number of training courses, most notably on family interventions in addiction treatment, and has contributed to the publication of several scientific research papers in peer-reviewed journals. She is also the author of an awareness book specializing in family and marital relationships.

Keys to Navigating Adolescence: **How to Understand and Support Them**

Abstract

The workshop aims to enhance parents' and teachers' awareness of the importance of early intervention and prevention during childhood and adolescence, by highlighting early signs of psychological and behavioral difficulties and providing participants with practical strategies to identify and address them effectively.It also seeks to empower families and schools to adopt supportive psychological and social practices that foster healthy development, in addition to promoting collaborative partnerships between health and educational sectors to ensure the sustainability of preventive programs and the advancement of mental health during these sensitive developmental stages.



SPEAKER

Dr. **Sattam** Ahmed Yahyia Jaddoh

Consultant psychiatrist and addiction medicine, Head of Addiction Department
Eradah Mental Health Hospital, Saudi Arabia

PROFESSIONAL SUMMARY

Dr. Sattam is a Consultant Psychiatrist and Addiction Medicine Specialist, serving as the Head of the Addiction Department at Eradah Mental Health Hospital. He is also Chairman of the Forensic Psychiatry Committee in Jazan, Chairman of the Board of Directors of the Association for Drug Harm Awareness, and Chairman of the Board of Directors of the Sawab Association for Addiction Recovery. Dr. Sattam brings extensive expertise in forensic psychiatry, addiction treatment, and community awareness, with significant contributions to preventive and therapeutic programs that promote mental health and combat addiction at both individual and community levels.

Cognitive behavioral therapy for addiction

Abstract

This workshop introduces the core principles of Cognitive Behavioral Therapy (CBT) as an evidence-based approach for substance and behavioral addictions. We'll show how thoughts, emotions, and cues drive craving and use, and how CBT builds practical skills—trigger mapping, cognitive restructuring, coping strategies, and relapse-prevention planning. Through brief demonstrations and case vignettes, participants will learn actionable tools they can apply in clinical and campus settings to support safer, sustained change.



SPEAKER

Bandar Naif Ayidh ALshalawi

Armed Forces Hospital in the South, Head of the Psychology Unit at the Prince Mohammed bin Salman Center for Autism and Developmental Disorders, Saudi Arabia

PROFESSIONAL SUMMARY

Mr. Bandar Naif Ayidh Alshalawi is a psychologist at the Armed Forces Hospital in the South. He holds a Bachelor's degree in Psychology from King Saud University and is a Board-Certified Assistant Behavior Analyst (QASP-S) under supervision. He currently serves as Head of the Psychology Unit at the Prince Mohammed bin Salman Center for Autism and Developmental Disorders and as a collaborating psychologist at Ertiqa Al-Afkar Center for Family Counseling. Specializing in psychological interventions for children and adolescents, he has nine years of professional experience in developmental disorders and therapeutic interventions targeting young populations.

Innovative Digital Solutions to Support the Mental Health of Children and Their Families

Abstract

Children's and families' mental health forms the foundation of healthy and thriving communities. This workshop emphasizes the critical role of creating psychologically supportive educational and professional environments that reduce anxiety and depression, enhance motivation and engagement, and foster creativity alongside academic and professional performance. It will focus on three key areas: (1) the characteristics of supportive environments and strategies to ensure well-being and enable individuals to reach their potential; (2) the challenges and barriers that hinder mental health promotion, with practical approaches to address them; and (3) actionable interventions in universities and workplaces, such as establishing psychological support units, training staff, integrating mental health skills into curricula, adopting employee assistance programs, implementing flexible working hours, launching awareness initiatives, and providing safe and stimulating environments.

Additionally, the workshop introduces innovative digital solutions to support children's and families' mental health, including interactive educational platforms, smart applications for real-time monitoring and support, and digital tools that empower parents to effectively manage children's emotional and behavioral challenges.

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SPEAKER

Seham Alhalafi

Psychologist, Private Clinic Ertiqaa Alafkar, Saudi Arabia

PROFESSIONAL SUMMARY

Seham Alhalafi is a licensed psychologist accredited by the Saudi Commission for Health Specialties, specializing in the treatment of psychological and behavioral disorders. She is passionate about advancing thought, behavior, and emotions, and is dedicated to helping individuals overcome psychological challenges while enhancing their overall quality of life. Her practice focuses on applying evidence-based therapeutic approaches to ensure effective and lasting outcomes.

Psychological Well-Being in the Digital World

Abstract

This workshop explores how our always-online lives shape mood, attention, relationships, and resilience. We'll examine benefits and risks of social media and AI-driven platforms, digital fatigue, and privacy stressors and translate evidence into practical habits. Participants will leave with simple, science-based tools for digital balance at work, home, and study.

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SPEAKER

Lama Abdulhadi Masoud Al-Qahtani

Psychologist – Azm Specialized Center for Daycare

PROFESSIONAL SUMMARY

Lama Al-Qahtani is a psychologist at Azm Specialized Center, specializing in providing therapeutic services and psychological support for children and adults with disabilities. She has practical experience in designing and implementing innovative therapeutic programs that integrate technology into psychological practice, such as the use of interactive applications and digital platforms to enhance communication and therapeutic support.

Through her work, she strives to integrate digital innovation into the development of mental health services in alignment with Saudi Vision 2030 and the Sustainable Development Goals (SDGs), with a strong focus on quality of life and community empowerment. She has also participated in training and awareness initiatives aimed at raising psychological awareness in the community and promoting modern professional practices in the field.

Digital Innovation in Mental Health: From Ideas to Impact

Abstract

This workshop explores the role of digital innovation in advancing mental health services by leveraging modern technologies such as artificial intelligence and digital applications to support diagnosis, treatment, and psychological follow-up. It showcases both local and global models of digital mental health applications, highlighting how these solutions can be integrated into therapeutic and educational settings. The aim is to demonstrate the impact of digital transformation in expanding access to equitable and effective psychological services, enhancing quality of life for individuals and communities, and shedding light on the challenges and future opportunities in this field.

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POSTER



HEALTH AND SOCIAL CARE PROFESSIONALS' EXPERIENCE OF PSYCHOLOGICAL SAFETY WITHIN THEIR OCCUPATIONAL SETTING: A THEMATIC SYNTHESIS REVIEW.

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1- Nicola Peddie, Josephine Hoegh, Gemma Rice, Shruti Shetty, Aoife Ure, Nicola Cogan.

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RELATIONSHIP BETWEEN THE PERCEIVED ACADEMIC SELF-EFFICACY, SELF-RATING ACHIEVEMENT AND ACADEMIC ACHIEVEMENT AMONG PRIMARY SCHOOL STUDENTS

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2- Hend Wageh Abozed, Safaa Gomaa AhmedAbu El Soud, Nesma Ahmed Kamel Farag,

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CURRENT UPDATES ON GENETIC TESTING AND SCREENING METHODS FOR ALZHEIMER'S DISEASE: REVIEW ARTICLE

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3- Saifaleslam Mahmoud,Zainab Yusuf, Husna Irfan Thalib, Mohamed Hossam Abouassad, Faisal Makki, Basil Saud Almutairy, Saifaleslam A Mahmoud, Asim M Alshanberi, Shakeel Ahmed Ansari

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HEALING THE MIND WHILE TREATING THE BODY: AN INNOVATIVE APPROACH TO BOOST SELF-ESTEEM AND SELF-EFFICACY IN CHILDREN ON HEMODIALYSIS

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4- Dr.Ahmed Gomaa Zaki, Prof. Ghada Mourad

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EXAMINING THE MENTAL HEALTH AND QUALITY OF LIFE OF MOTHERS WITH CHILDREN WHO UNDERWENT SURGICAL CORRECTION OF CONGENITAL HEART DEFECTS IN QASSIM, SAUDI ARABIA, AND ITS INFLUENCE ON CHILDCARE.

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5- Bandar Abuageelah, Alahmed Saleh, Osama Alrussani, Khalid Alameer,Raghad Alhojailan, Reema Alharbi, Raghad Alkhalifah, Reema Alkhalifah, Rose Alharbi

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TH EFFECT OF BENSON'S RELAXATION THERAPY ON PRE-CESAREAN SECTION FEAR AND ANXIETY AMONG NULLIPAROUS WOMEN

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6- Samah Elshora , Hanan Elsayed , Nagwa Ibrahim Alfishawy ,Hend Abdelmagid

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FACTORS ASSOCIATED WITH FEAR OF CHILDBIRTH: IT'S EFFECT ON WOMEN'S PREFERENCE FOR ELECTIVE CESAREAN SECTION

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7- Samah Elshora , Suzan Elsaid Mansour ,Nahid Fikry Hassan

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EFFECT OF MUROTTAL AL-QUR'AN THERAPY AND FINGER HANDHELD RELAXATION TECHNIQUE ON POSTOPERATIVE PAIN AND SELF-ESTEEM AMONG WOMEN WITH GYNECOLOGICAL CANCERS

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8- Shaimaa Elbayar , Om hasim mahmoud saadoon , Reda abdelhady , El-shaimaa El-Ansary

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CO-CREATION AND EXPERT EVALUATION OF A TRAUMA CONVERSATION SIMULATOR: DEVELOPING AN AI-BASED TRAINING TOOL TO SUPPORT TRAUMA-INFORMED PEER DIALOGUE

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9- Nicola Cogan, Ross O'Hara, Hakan Turan, Erin MacKay, Sotirios Terzis, Alison Kirk, William Hodgson, Spence Whittaker, Dawn Orr, Donald MacIntyre, Patricia Graham, Hannes De Kock, Linda Irvine Fitzpatrick, Susan Rasmussen, Christoph Graf Rodriguez.

University of Strathclyde; NHS 24; NHS Lanarkshire; NHS Highlands

DEVELOPMENT OF AN INNOVATIVE SOFTWARE SIMULATION FOR CREATING THE COMPOSITE ANXIETY INDEX (C.A.I) THROUGH COMPUTATIONAL INTEGRATION OF HRV AND GSR.

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10- Mohamed Ibrahem Mohammed Assiri

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DEVELOPING GUIDANCE FOR NURSING STAFF TO IDENTIFY AND MANAGE THE MENTAL HEALTH OF PATIENTS PRESENTING TO THE EMERGENCY DEPARTMENT IN KING KHALID EMERGENCY DEPARTMENT IN RIYADH REGION OF SAUDI ARABIA: AN EXPERIENCE-BASED CO-DESIGN APPROACH

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11- Ashwaq Alblowi

College of Nursing-North Border University, College of Nursing-University of Birmingham

CORRELATIONS BETWEEN OVERWEIGHT/OBESITY AND MENTAL HEALTH DISORDERS AMONG PATIENTS ADMITTED TO THE PSYCHIATRIC UNIT AT SAUDI GERMAN HOSPITAL-ASEER BRANCH

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12- MOHAMMED FAGEER , Fatima Mohamed, Aseel Emadudin Salman, Aya Abdalla Ibrahim, Saliha Mujib Saeed , Humeda Suekit Ahmed

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ASSOCIATION BETWEEN SLEEP QUALITY AND ACADEMIC PERFORMANCE AMONG UNDERGRADUATE MEDICAL HEALTH SCIENCES STUDENTS: A CROSS-SECTIONAL STUDY

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13- Abdulkhalig A Alhefzy , Najeeb M Alqahtani , Salihah M Alshahrani , Omar Alharthi, Muhannad Alharbi.

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EMOTIONAL INTELLIGENCE, PERCEIVED STRESS, AND BURNOUT AMONG MEDICAL STUDENTS IN SAUDI ARABIA: A STRATIFIED CROSS-SECTIONAL STUDY

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14- Asrar Garsan Alqahtani, Bandar M. Abuageelah, Khalid Alameer,Bader Almantashri, Hala Alshehri, Yara Jahlan, RTeem Altaweel, Rinas Majrashi,Ahmed Bishi, Mohammed Elhussiny, Abdullah Almilbary

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THE PREVALENCE AND ACADEMIC CONSEQUENCES OF BURNOUT AMONG MEDICAL AND HEALTH SCIENCES STUDENTS: A CROSS-SECTIONAL STUDY AT BATTERJEE MEDICAL COLLEGE, SAUDI ARABIA

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15- Abdulkhalig Alhefzy, Najeeb M Alqahtani , **Salihah M Alshahrani ,** Omar Alharthi, Muhannad Alharbi , Khaled W Al Assiri , Bandar W Al Assiri.

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PREVALENCE AND DETERMINANTS OF DEPRESSION, ANXIETY, STRESS, AND BARRIERS TO MENTAL HEALTH SERVICES AMONG MEDICAL AND HEALTH SCIENCES STUDENTS: A CROSS-SECTIONAL STUDY.

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16- Shaimaa Mohamed Hassan , Najeeb M Alqahtani, Salihah M Alshahrani, Abdulkhalig A Alhefzy, Khaled W Al Assiri , Bandar W Al Assiri , Omar S Alharthi, Muhannad M Alharbi

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FACTORS ASSOCIATED WITH SLEEP PATTERN DISTURBANCE AMONG PATIENTS IN CRITICAL CARE UNITS

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17- Mai syed Batal , Amal Farhat

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ASSESSMENT OF CAFFEINE CONSUMPTION BEHAVIOR AMONG JAZAN UNIVERSITY STUDENTS IN THE SOUTH OF SAUDI ARABIA: A CROSS-SECTIONAL STUDY

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18- Mona Alfaifi, Ibrahim Gosadi, Shatha Alfaifi, Aseel Alfaifi, Mohammed Shajeri, Hana Alsam, Faisal Tawhri, Bander Abuageelah

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EXHIBITIONS

جمعية التنمية الأسرية بعسير (أمال)
Family Development Association (Amaal)

مركز عزم التخصصي
Azm Specialist Center

جمعية آباء يدكم الحانية
جمعية آباء لرعاية الأيتام بمنطقة عسير
A'ABA ORPHANS' WELFARE SOCIETY IN ASIR

جمعية صواب جازان
لتأهيل وتوعية ورعاية المتعافين من المخدرات
SAWAB FOR ADDICTION REHABILITATION AND PREVENTION
مسجلة برقم 1962

إرتقاء للإرشاد الأسري
إرتقاء الافكار للارشاد الاسري
FAMILY GUIDANCE

جمعية التوعية بأضرار المخدرات
بمنطقة جازان

عبور
رعاية وتأهيل
Rehabilitation & Care

جمعية مطمئنة
اطمئن معنا

تبصّر
لأن وعيك بالأدوية يصنع الفرق





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