**Filasteen Mustafa Ismail NAZZAL**

*Master of Psychological Counseling*

*Faculty member, An-Najah National University, Nablus*

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**Personal Data**

**Gender**: Female  
**Nationality**: Palestinian  
**Religion**: Islam  
**Marital status**: single  
**Address**: Qabatiya- Jenin

**Qualifications**

. 2018 Phd degree of psychology, Porto University, Portugal (grade: A+).  
 2005 - Master degree of Counseling, Yarmouk University, Jordan (grade: A+).  
 1998 - Bachelor degree of Educational Psychology, An- Najah National University Nablus (grade: B+).  
 1994 – High School General Examination Certificate (Tawjihi), Girls Secondary School, Jenin (grade: B).

**Experience**

2024- now- Program Coordinator of Psychology and Psychological Counseling / An-Najah University, Nablus.

2019 – now – The head of Psychology and counseling department / An-Najah National University, Nablus.

2005 - now- lecturer, Psychology Dept, An-Najah National University, Nablus.

2007 -2011 – part time instructor, Al-Rawada College, Nablus

2005 - 2008 - part time lecturer, Al-Quds Open University, Jenin.

2000 – 2002 (2yrs) – lecturer, Arab-American University, Jenin.

1999 - 2000 (one year) - Psychological Counsellor, Latin Patriarchate College, Zababdeh

1999 - Field researcher, Central Bureau of Statistics, Jenin District

1998 - Interirn psychologist, Psychiatric Clinic - MoH health center, Jenin.

**Training Courses**

* Training course on "Academic Writing and Writing Research", from 28th Abril – 25th May 2016 - Faculdade de Psicologia e de Ciências da Educação da Universidade do Porto.
* English language course from 25th March 2015 – 17th June 2015 (30 hours).
* Portuguese language course from 15th October 2014 – 20th February 2015.
* TOT (30 training hrs., Oct 2011).
* English language conversation course (25 hrs., Aug 2010).
* Training course on Energy and Human Development (18 hrs., Aug .2010).
* Training course on the applications of IT (50 hrs., 2009).
* Training course on methods of teaching and assessment (20 hrs., 2009|)
* Training course on women's rights at work (18 hrs., Dec 2008), Democracy and Workers' Rights Center.
* Special session on dealing with children at risk, (1st semester, 2003 / 2004),

Organized by Quest Scope Association for Social Development in collaboration with Yarmouk University, Jordan.

* A course on the development of communication skills (1999).
* A course on first aid (1999).
* A course on computer windows + dos (1997).

**publications:**

* Abulibdeh, A., Abualkibash, S. K., & Nazzal, F. I. (2024). Resilience and Well-Being Among Health Care Workers in Jerusalem Governorate. In *Artificial Intelligence and Economic Sustainability in the Era of Industrial Revolution 5.0* (pp. 165-176). Cham: Springer Nature Switzerland.
* Kahla, M. M., & Nazzal, F. I. (2023). The Level of Satisfaction of Psychological Needs Based on the Reality Model and Its Relationship to Psychological Happiness among Students of An-Najah National University/Nablus–Palestine. *Journal of Educational and Psychological Sciences, 7*(25), 64-80.
* Nazzal, F. I., Cruz, O., & Neto, F. (2022). Social-Emotional Loneliness and Life Satisfaction Among Palestinian University Students. *In* *Avances en Ciencias de la Educación y Aplicaciones en otras áreas. Volumen I*. Conference paper, December 2022. DOI: 10.2307/jj.5076226.213.
* Nazzal, F. I., & Abualkibash, S. K. (2022, March). Irrational Thoughts and Their Relationship to the Body Image Among An-Najah National University Students in Light of COVID-19 Pandemic. In International Conference on Business and Technology (pp. 202-209). Cham: Springer International Publishing.
* Al-Amro, A. S., & Nazzal, F. I. (2022, March). Future Anxiety and Its Relation to Domestic Violence Among Married Couples in Light of the Covid-19 Pandemic in the Northern Governorates of the West Bank/Palestine. In *International Conference on Business and Technology* (pp. 1020-1028). Cham: Springer International Publishing.
* Abualkibash, S. K., & Nazzal, F. I. (2022). The Level of Social Phobia and Its Relationship to Academic Adaptation Among An-Najah National University Students – Palestine. *Ibn Rushd University Journal in the Netherlands*, 46, March 31, 2022, pp. 270-300. Ibn Rushd University in the Netherlands.
* Al-Amro, A. S., & Nazzal, F. I. (2022). Future Anxiety and Its Relationship with Family Adjustment Among Married Individuals During the COVID-19 Pandemic in the Northern Governorates of the West Bank, Palestine. *The International Journal of Educational and Psychological Studies*, 19. Arab Democratic Center for Strategic, Political, and Economic Studies, Berlin, Germany.
* Essa, F., & Nazzal, F. I., (2021). Psychological Stress and Its Relationship to Social Support Among An-Najah National University Students During the COVID-19 Pandemic. *Ibn Rushd University Journal in the Netherlands*, Vol. 45, December 31, 2021, pp. 285-318.
* Al-Balaidi, H, & Nazzal, F. I., (2021). The Level of Social Support and Coping Strategies with Psychological Stress Among Wives of Palestinian Prisoners. *Ibn Rushd University Journal in the Netherlands*, Vol. 43, 2021.
* Nazzal, F. I., Cruz, O., & Neto, F. (2021). Loneliness, love attitudes and satisfaction with love life among university students in Palestine: gender differences.
* Nazzal, F. I., Cruz, O., & Neto, F. (2019). Psychological predictors of loneliness among Palestinian university students in the West Bank. *Transcultural psychiatry*, 1363461519857298.‏ [https://doi.org/10.1177/1363461519857298](https://doi.org/10.1177%2F1363461519857298)
* Nazzal, F., Cruz, O., & Neto, F. (2019). Psychometric properties of the satisfaction with love life among Palestinian college students.‏ *Interpersonal | An International Journal on Personal Relationships. 13(1),* 114–126, <https://doi.org/10.5964/ijpr.v13i1.347>
* Nazzal, F. I., Cruz, O., & Neto, F. (2018). Psychometric analysis of the short-form UCLA Loneliness Scale (ULS-6) among Palestinian university students.‏ *Interpersona | An International Journal on Personal Relationships.* *11(2),* 113–125, <http://dx.doi.org/10.23668/psycharchives.2132>
* Nazzal, F. I., Cruz, O., & Neto, F. (2017). Psychological problems among the Palestinian University students on the West Bank. Bioscience Biotechnology Research Communications. <https://repositorio-aberto.up.pt/bitstream/10216/105321/2/200163.pdf>

**Workshops and conferences**

* A seminar entitled How to deal with trauma in times of war 7 November 2023.
* 2- A seminar on psychological resilience 27 October 2023.
* Member of the Scientific Committee of the International Multidisciplinary Scientific Conference with Standard Numbering\ Abbas Laghrour University\ Algeria. 21-22 November 2022.
* Member of the Scientific Committee of the Third Refereed Conference of the Faculty of Economics and Social Sciences, An-Najah N. University, 11 April 2021.
* 3- Participation in a scientific symposium on Salafist addiction among university youth, in cooperation with the Department of Counseling and Educational Psychology, Yarmouk University, and via the Zoom application, March 21, 2021.
* Participation in a scientific symposium with the Public Relations Department at An-Najah National University with a paper on “Bullying, its forms and types, signs of exposure to it and its psychological effects, its causes, and ways to prevent and guard against it” 12 December 2020.
* Participation in the scientific symposium on methods of treating drug addiction in Palestine, in cooperation with Dr. Nader Jibril, a psychiatrist and addiction treatment specialist and director of the Palestinian National Rehabilitation Center for Addiction Treatment in Bethlehem. 2 December 2020.
* Participation in holding a symposium entitled "The Reality of Drugs in Palestine" in cooperation with the Director of the Awareness and Guidance Department in the Anti-Narcotics Administration 10/28/2020
* Participation in a scientific symposium on the phenomenon of suicide 10/15/2019
* Member of the preparatory committee for a scientific seminar organized in observance of World Mental Health Day, titled "Let's Work Together to Reduce the Phenomenon of Suicide." 15\10\2019.
* Member of the Preparatory Committee for the First Conference of the Faculty of Economics and Social Sciences entitled Sustainable Development in a Changing Environment\ An-Najah National University, 25 April 2018.
* Trainer in a teacher training program, An-Najah N. University, 2018.
* Workshop on "Mental Health", An-Najah N. University, 4 April 2012.
* Scientific Conference "The role of social service in the Palestinian society,” An-Najah N. University, Nablus, Sept. 2011. (Attendance)
* The Ninth National Conference on Children Rights " Protection, Advocacy, Best interests", An-Najah N. University, 26 – 27 Oct 2011. (Attendance).
* Workshop on the Occasion of World Mental Health entitled "Together Towards Better Mental Health", An-Najah. N. University, 13 Oct. 2011. Presented a paper on "The role of psychological counseling to achieve mental health."
* Workshop on "Social behavior modification to reduce the spread of drugs", 3 March 2011.
* Workshop on "expressive therapy”, 28 March2011.
* Workshop entitled “School Counseling and its requirements" ,9 – 14 March 2011.
* Workshop on "Field Training for students of the Department of Psychology and Counseling" Dec 6-8, 2010.
* A seminar entitled "The Art of Dialogue", An-Najah University, and Oct. 31, 2010.
* Workshop on "the activation of the role of the union of social workers and psychologists, Nablus, Oct. 29, 2010.
* A seminar entitled "So they change what they have themselves", An-Najah N University, Oct. 25, 2010.
* Workshop parallel to the International Education Conference in Palestine (10-2010 "the role of psychological counseling to inclusive education, Oct 2020.( participant)
* Workshop on" Women for Civil Peace" in collaboration with the Center for Democracy and Conflict Resolution - Nablus, 2010.
* Workshop on Training on Education - Center for Studies and Educational Applications, in collaboration with the British Institution "Face to Faith", 2010.
* Several workshops on the critical thinking for teachers of private schools (Ideal school network) in the governorates of Ramallah, Bethlehem, Hebron. Jericho, (participation and presence).
* Presentation on 14th July 2015 “Perceived Social Support, Loneliness, and Life Satisfaction among the Palestinian University Students in West Bank”

Faculdade de Psicologia e de Ciências da Educação da Universidade do Porto / Portugal.

* The second symposium of the doutoral programe in psychology- university of Porto- 11-13 March 2016 - Faculdade de Psicologia e de Ciências da Educação da Universidade do Porto / Portugal.

“Predictors of loneliness among the Palestinian university students in West Bank”

* TH INTERNATIONAL CONGRESS of EDUCATIONAL SCIENCES and DEVELOPMENT - Santiago de Compostela\ spain 23-25 June 2016

“Mental health problems among the Palestinian university students on the West bank”

* "The Second Palestinian International Graduate Conference on Natural, Medical and Health Sciences ‎and Humanities‏) ‏SPIGCNMHSH 2017)‎". 20 Abril 2017 at An-Najah National University, Nablus, Palestine. “Loneliness and love attitudes among Palestinian university students”

**Supervision of graduate theses or participation in their examination:**

**Languages**

Arabic (native)

English (excellent command: written and spoken)