

Curriculum Vitae

Ahmad Adel Hanani, Ph.D.

Associate Professor of Psychological Counseling

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Professional Summary

Associate Professor in Psychological Counseling with extensive academic, clinical, and community-based experience in mental health, psychotherapy, rehabilitation, behavioral medicine, and community development. Experienced in teaching, supervising graduate research, coordinating academic programs, and conducting interdisciplinary research in psychological health and public health. Skilled in designing, evaluating, and implementing psychosocial and community-based interventions targeting diverse populations, including youth, refugees, patients, and healthcare professionals. Demonstrated leadership in national health sector needs assessments and international development collaborations with institutions such as the Taylor Health Association and DVV International. Research interests include mental health, rehabilitation psychology, psychotherapy, psychosocial interventions, behavioral medicine, and social determinants of health.

Education

- **Ph.D. in Psychological Counseling**, Ankara University, Turkey (2018)
 - **M.A. in Psychological Counseling**, Al-Quds University, Palestine (2007)
 - **B.A. in Public Health**, Al-Quds University, Palestine (2004)
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Academic Rank & Skills

Current Rank: Associate Professor (Effective February 2026)

Core Competencies:

- **Languages:** Arabic (Fluent), English (Advanced), Turkish (Intermediate)
- **Software & Tools:** SPSS, Microsoft Office, Moodle, Zoom

- **Professional Expertise:** Program Evaluation, Academic Supervision, Research Design, Data Analysis
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Professional Experience

An-Najah National University | Nablus, Palestine

Associate Professor, Faculty of Medicine and Allied Medical Sciences & Faculty of Graduate Studies (2019–Present)

- Serve as a faculty member in Psychological Counseling, Clinical Psychology, and Behavioral Medicine.
- Teach and coordinate graduate and undergraduate courses in Clinical Psychology, Behavioral Medicine, Psychotherapy, Rehabilitation Psychology, Cognitive Behavioral Therapy, Art Therapy, Ethics in Art Therapy, and related fields.
- Coordinate the Master's Program in Psychotherapy and Rehabilitation and the Master's Program in Art Therapy.

Modern University College | Ramallah, Palestine

Head of Department (2015–2019)

- Led departmental operations and administration.
- Taught Mental Health, Psychosocial Aspects in Health Care, and related psychology and health sciences courses.

Arab American University | Palestine

Instructor (Part-time, 2018–2019)

- Instructed courses on Psychosocial Aspects in Health Care.

Nursin Ozel Egitim – Sudan School | Ankara, Turkey

Deputy Manager for Academic Affairs and Psychological Consultant (2014–2025)

- Directed academic affairs and provided psychological consulting and support services.

Tomorrow's Youth Organization (TYO) | Nablus, Palestine

Head of Health Program and Youth Service-Learning Coordinator (2008–2012)

- Led intervention programs for families in refugee camps to enhance coping strategies, self-monitoring, and problem-solving skills.
- Designed and implemented professional development training for UNRWA teachers, youth volunteers, and community members.
- Directed and represented Palestine in a national health sector needs assessment project in partnership with the Taylor Health Association, focusing on service gaps, mental health priorities, and community-based strategies for improvement.
- Developed training programs on leadership, teamwork, and communication.
- Designed and supervised community initiatives promoting health, literacy, and environmental awareness.
- Established monitoring and evaluation systems to assess psychosocial program impact on children and youth volunteers.

DVV International | Palestine

Consultant, Community Needs Assessment and Development Project (August–November 2024)

- Conducted a comprehensive community needs assessment in a rural Palestinian area (population approximately 16,000) to identify educational, cultural, and socioeconomic gaps.
- Applied participatory methodologies such as focus groups and rapid rural appraisal.
- Designed a strategic plan leading to the establishment of a community center to enhance adult education, community participation, and local development.

Al-Quds Open University | Qalqilya, Palestine

Lecturer (2007–2008)

- Delivered lectures in Mental Health, Adjustment and Mental Health, and Special Education.

Research and Publications

1. 2026- Sunscreen use and adherence to traditional masculinity ideologies among young adult males. *Scientific Reports*, 2026. Scopus, Q1.

2. 2026- Prevalence of complementary and alternative medicine use among osteoarthritis patients in a developing country and their level of satisfaction. *Scientific Reports*, 2026. Scopus, Q1. (Corresponding author).
3. 2025- Changes in pain, quality of life, sleep, and mental health after uncomplicated spinal neurosurgery in Palestine: a prospective study of patient-reported outcomes. *Scientific Reports*, 2025. Scopus, Q1.
4. 2025- The epidemiology of alcohol consumption is associated with risky behaviors on the West Bank: a cross-sectional study. *Drugs, Habits and Social Policy*, 2025. Scopus, Q3.
5. 2025- Occupational hand eczema among nurses: Prevalence and contributing factors in northern West Bank.
6. 2025- Assessment of the prevalence, knowledge, and perceptions of e-cigarette use among the Palestinian community: a cross-sectional study. *Scientific Reports*, 2025. Scopus, Q1.
7. 2025- Impact of stress and preoperative psychological preparation on immunity, inflammatory responses, and surgical outcomes in adults undergoing elective surgery with general anesthesia in Palestine. *Scientific Reports*, 2025. Scopus, Q1. (Corresponding author).
8. 2025- Prevalence and association between eating disorders, depression, and obesity among Palestinian adolescent refugees. *BMC Psychology*, 2025. Scopus, Q1.
9. 2025- Predicting thyroid cancer recurrence using supervised CatBoost: A SHAP-based explainable AI approach. *Medicine*, 2025. Scopus. (Corresponding author).
10. 2025- The Impact of COVID-19 on Nurses' Feelings, Stress, Coping, and Motivation in Palestinian Treatment Centers of Corona. *An-Najah University Journal for Research - B (Humanities)*, 2025. Scopus. (Corresponding author).
11. 2025- Investigating knowledge and attitudes toward genetic testing and counseling among Palestinians. *Scientific Reports*, 2025. Scopus, Q1.
12. 2024- Prediction of Medical Students' Mental Health in Palestine During Covid-19 Using Deep and Machine Learning. *Palestinian Medical and Pharmaceutical Journal*, 2024. Scopus. (Corresponding author).

13. 2024- The relationship between mental health and smoking/energy drinks among high school students in Nablus Governorate. *Journal of Art, Literature, Humanities and Social Sciences*, 2024. (Corresponding author).
14. 2024- A comparative study on self-esteem among secondary school students in the northern governorates of the West Bank in Palestine. *International Journal of Humanities and Social Sciences*, 2024.
15. 2024- Mental Health, Well-being, and Quality of Life among Celiac, Ulcerative Colitis, and Crohn's Disease Patients in Palestine. *Cogent Psychology*, 2024. Scopus, Q2. (Corresponding author).
16. 2024- Exam-related stress and the pattern of substance use and misuse among Palestinian medical and health sciences students. *Discover Psychology*, 2023. Scopus.
17. 2023- High-risk drug use among Palestinian adolescent refugees in the Northwest Bank, Palestine. *Journal of Ethnicity in Substance Abuse*, 2023. Scopus, Q2.
18. 2023- The psychological impact of COVID-19 on the healthcare workforce in the Middle East region: C-S study. *Frontiers in Psychiatry*, 2023. Scopus, Q1.
19. 2022- Effect of Cognitive Behavioral Therapy Program on Mental Health Status among Medical Students in Palestine during the COVID pandemic. *BMC Psychiatry*, 2022. Scopus, Q1. (Corresponding author).
20. 2021- The prevalence of water pipe smoking and perceptions of its addiction among university students in Palestine, Jordan, and Turkey. *Asian Pacific Journal of Cancer Prevention*. Scopus, Q3.

Conference Presentations

- The relationship between major depressive disorder and biomarkers: a literature review. *The First Jordanian Conference on Mental Health, University of Jordan, 2023.*
- Prediction of Medical Students' Mental Health in Palestine During COVID-19 Using Deep Learning and Machine Learning. *The Second International Conference on Applied Medical Sciences, 2023.*

Graduate Supervision

- **2025 (Principal Supervisor):** Psychological security and resilience and their relationship to future anxiety among young people in Palestine: Jenin as a model.
- **2025 (Principal Supervisor):** The effectiveness of Acceptance and Commitment Therapy on the mental health of mothers of individuals with autism spectrum disorder.
- **2025 (Principal Supervisor):** The impact of physical and psychological violence on depression symptoms and psychological trauma among liberated prisoners in Palestine.
- **2025 (Principal Supervisor):** Cognitive distortions and their relationship to mental health among students at Al-Wadi Secondary School in Jerusalem.
- **2025 (Principal Supervisor):** Effect of cognitive behavioral therapy on postpartum depression among Palestinian women.
- **2024 (Principal Supervisor):** Prevalence of intimate partner violence among postgraduate students in Palestine.
- **2024 (Principal Supervisor):** The impact of cyberbullying on phubbing behavior and the mediating role of self-efficacy among university students in Palestine.
- **2024 (Principal Supervisor):** The impact of war on feelings of confusion and anxiety across different age groups in the Palestinian community: a case study of the Triangle area.
- **2024 (Principal Supervisor):** Personal traits, motivation, and job performance of physicians and nurses in Palestine.
- **2024 (Principal Supervisor):** The relationship between family cohesion, adaptability, and postpartum depression among Palestinian women.
- **2023 (Principal Supervisor):** Assessment of the field practicum for psychology and counseling students in Palestinian universities and its relation to their personal and vocational development.
- **2022 (Principal Supervisor):** Cognitive distortions, lifestyles, and their relation to perceived self-efficacy among families of children with special needs in Jerusalem.
- **2021 (Second Supervisor):** The impact of COVID-19 on nurses' feelings, stress, coping, and motivation in Palestinian treatment centers of corona (Master's thesis).

Leadership and Professional Memberships

- **Associate Editor:** An-Najah University Journal for Research - B (Humanities), Scopus-indexed journal (2024–Present)
- **Editorial Board Member:** Modern Journal of Health and Applied Sciences (2024–Present)
- **Active Member:** Nafsanoun, Beirut, Lebanon (2024–Present)
- **Active Member:** American Psychological Association (2020–Present)
- **Consultant:** Holistic Center for Psychotherapy and Consultations (2021–2023)
- **Academic and Psychological Consultant:** ACT Center for Academic and Cultural Training (2016–2020)
- **Psychological Advisory Consultant:** Libyan School in Ankara (2014–2015)
- **Co-Founder:** International Student Forum in Turkey (2012–2013)

Awards

- **Scientific Publication in High-Impact Journals Award:** An-Najah National University
- **Extracted Research from BA, MA, and PhD Theses Award:** An-Najah National University