

CURRICULUM VITAE

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Education

2012 Ph.D. (Health Research\ Abnormal Psychology): Faculty of Health and Medicine, Spectrum Centre for Mental Health Research, Lancaster University, UK. Title of thesis: Psychological Vulnerability Markers of Bipolar Disorder across Individualist and Collectivist Cultures. Supervisor: Prof. Steven H. Jones. External Examiner: Prof. Richard Bentall.

2004 M.A. in Psychology (Major: Measurement and Evaluation): Department of Psychology, King Saud University, Riyadh, Saudi Arabia. Title of thesis: Some Evidence on the Construct Validity of Raven's Standard Progressive Matrix Test.

1999 B.Edu. in Psychology (Major: Psychologist): Department of Psychology, King Saud University, Saudi Arabia.

Workshops

Using SPSS in Data Analysis, KSU, 2002.

CBT for the Treatment of Substance Abuse with Comorbid Mental Health Disorders, by: Renuka Arjundas and Patrick Roycroft, BABCP, Sussex, 2007.

Using Free Online Computerised CBT Packages for Depression and Anxiety, by: Chris Williams and Paul Farrand, BABCP, Sussex, 2007.

Diagnosing Psychological Disorders using the Structured Clinical Interview for DSM Disorders (SCID), Manchester University Division of Clinical Psychology, 2007.

Cognitive Therapy for Panic Disorder: Integrating Discussion and Behavioural Experiments, by: David M. Clark, BABCP, Manchester, 2008.

Beyond Relapse Prevention in CBT for Bipolar Disorder: The Roles of Positive Self-Appraisal and Recovery-based Outcomes, by Steven H. Jones, BABCP, Manchester 2008.

Culturally Adapted Cognitive Behaviour Therapy for Psychosis: Using CBT with patients from ethnic minority, BABCP, Manchester 2008.

Cognitive Behaviour Therapy for Bipolar Disorder, Lancaster University, 2009.

Multivariate Data Analysis, Lancaster University, 2010. Structural Equation Modelling using AMOS, Lancaster University, 2010.

Cognitive Therapy for Psychosis: A Skills-Based Workshop, by: Anthony P. Morrison & Paul French, the 19th International Conference of ISPS, New York City, 2015.

Research Interests

Psychological variables relevant to development, maintenance and treatment of symptoms of severe psychological disorders (e.g., BD & Schizophrenia).

Cross-cultural applicability of psychological models of mental disorders.

Clinical use of psychometric tools.

Conference/Academic Meetings Papers and Lectures

Alshayea, A., & Jones, S. (2007). *Hypomania and its Psychological Correlates in a Saudi Sample*. Paper presented at the 35th Annual Conference of British Association for Behavioural and Cognitive Psychotherapies, Sussex, UK.

Alshayea, A., & Jones, S. (2008). *Testing Psychological Models of Bipolar Disorder across Cultures: New Data from A Saudi Sample Examining Appraisal of Hypomanic Experiences and Risk for Bipolar Disorder*. Paper presented at the 36th Annual Conference of the British Association for Behavioural and Cognitive Psychotherapies, Edinburgh, UK.

Alshayea, A., & Jones, S. (2010). *Factor Analysis of the Hypomanic Personality Scale and the Mood Disorders Questionnaire in Saudi and British Undergraduate Samples*. Paper presented at the XL EABCT-LINKS, Congress of the European Association for Behavioural & Cognitive Therapies, Milan, Italy.

Alshayea, A. (2013). *Psychological Theories of Bipolar Disorder*. Lecture given at the Department of Psychology's Lectures Series, King Saud University's Symposium of World Mental Health Day, Riyadh, Saudi Arabia.

Alshayea, A. (2013). *An Arabic Translation of the DSM-5's list of diagnostic categories*. Unpublished. Available online via the link:

<http://fac.ksu.edu.sa/aalshayea/publication/33615>

Alshayea, A. (2015). *The Psychological Explanation of Development, Maintenance and Relapse of Bipolar Symptomatology*. Paper presented at the second international Conference of psychiatry, Dept. of Psychiatry, King Saud University, Saudi Arabia.

Alshayea, A. (2015). *An authorized Arabic Translation of the preface of the book "saving Normal: An Insider's Revolt Against Out-of-Control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life (2013)"*. Published online: <http://fac.ksu.edu.sa/aalshayea/publication/140135>

Alshayea, A., & Jones, S. (2015). *Psychological Characteristics of Saudi Young Adults at Behavioural Risk for Bipolar Disorder: Preliminary findings*. Poster presented at the 19th International Conference of ISPS, New York City.

Alshayea, A. (2015). *A Review of the Clinical Psychology Training Programs around the World*. An oral presentation given at the Clinical Psychology Education conference, Al-Amal complex for Mental Health, Riyadh, Saudi Arabia.

Alshayea, A. (2015). *Normality vs. Abnormality in Mental Health*. An oral presentation given at the I'dra'ak medical Centre, Riyadh, Saudi Arabia.

Alshayea, A. (2016). *Stigma and Schizophrenia: Review of Psychological Explanations*. An oral presentation given at the initiative of schizophrenia awareness conference and the

opening the psycho-social center for individuals with schizophrenia, The Saudi Charity for Schizophrenia, Riyadh, Saudi Arabia.

Alshayea, A. (2016). *Homelessness among Individuals Diagnosed with mental disorders: Lifetime Prevalence and High-risk markers: a field study*. Report prepared for the National Committee for Promotion of Mental Health, Riyadh, Saudi Arabia.

Alshayea, A. (2016). *Psychotherapeutic Approaches to Bipolar Disorder: A Brief Review of Existing Evidence*. An oral presentation given at the second Psychology Conference of King Fahad medical city, Riyadh, Saudi Arabia.

Alshayea, A. (2016). *Saudi Version of the Young Schema Questionnaire (YSQ-L3): Preliminary Findings*. An oral presentation given at the Clinical Psychology conference, Al-Amal complex for Mental Health, Dam'mam, Saudi Arabia.

Alshayea, A. (2016). *Psychological First Aids*. Public Lecture given at the King Saud University's Symposium of World Mental Health Day, Riyadh, Saudi Arabia.

Alshayea, A. (2016). *What Might Prevent Saudi Clinical Psychologists From Practicing Their Roles*. An oral presentation given at Ab'bad health training center, Riyadh, Saudi Arabia.

Alshayee, A., & Jones, S. (Submitted). *Psychometric Assessment of Six Arabic Versions of Cognition, Sleep, Affect and Reward Sensitivity Measures Relevant to Bipolar Disorder*.

Alshayee, A., Jones, S. & Solis-Trapala, I. (manuscript in preparation). *Modelling the Relationships between Psychological High-risk Markers of Bipolar Disorder*.

Alshayee, A. (manuscript in preparation). *An Arabic Version of Short Health Anxiety Inventory*. .

Workshops Delivered

Alshayea, A. (2015). *Classification of Psychological Disorders: A Theoretical Introduction for Psychologists*. A Workshop Delivered at the Al-Amal complex for Mental Health, Riyadh, Saudi Arabia.

Alshayea, A. (2016). *Clinical Case Formulation*. A Workshop Delivered at the National Committee for Promotion of Mental Health, Riyadh, Saudi Arabia.

Alshayea, A. (2016). *Clinical Case Formulation*. A Workshop Delivered at the KSU Department of Psychology's short refreshing courses for psychologists , Riyadh, Saudi Arabia.

Alshayea, A. (2016). *Essentials of Psychological Assessment*. A Workshop Delivered at the KSU Department of Psychology's short refreshing courses for psychologists , Riyadh, Saudi Arabia.

Alshayea, A. (2016). *Essentials of Psychological Assessment*. A Workshop Delivered at the second Psychology Conference of King Fahad medical city, Riyadh, Saudi Arabia.

Conferences Attendance (those mentioned above are not repeated here!)

Beyond Academia: A Conference on Knowledge Transfer, The University of Manchester, Manchester, UK. 2006.

The BPS British Psychological Society Division of Clinical Psychology Annual Conference, London, December 2006.

The 35th Annual Conference of British Association for Behavioural and Cognitive Psychotherapies, Sussex, UK. 2007.

The Spectrum Centre for Mental Health Research Conference: Developing Better Psychological

Interventions For Bipolar Disorder, Lancaster, UK. 2008.

The 36th Annual Conference of the British Association for Behavioural and Cognitive Psychotherapies, Edinburgh, UK. 2008.

The XL EABCT-LINKS Congress of the European Association for Behavioural & Cognitive Therapies, Milan, Italy, 2010.

The 38th Annual Conference of the British Association for Behavioural and Cognitive Psychotherapies, Manchester, UK. 2010.

The Ethnic Health Initiative's (EHI) conference on Spirit Possession and Mental Health, London, 2012.

High-education Teaching

Undergraduate Level Courses: Abnormal Psychology, Clinical Psychology, Behavioural Disorders, Behaviour Therapy, Psychotherapy, Interview in Counseling and Psychotherapy, Personality Assessment, Basics Of Counseling And Guidance.

Postgraduate Level Courses: Psychopathology, Cognitive Therapy, Intelligence and Personality Tests, Health Psychology, Research Methods, Contemporary Approaches of Counseling and Psychotherapy, Contemporary Theoretical Approaches of Psychology.

Employment

2012-present: Assistant Professor, Psychology Dept., KSU, Saudi Arabia.

2002 – 2012: Demonstrator (teaching assistant), Psychology Dept., KSU, Saudi Arabia.

2000 – 2002: Psychology teacher, Saudi Ministry of Education, Riyadh, Saudi Arabia.

Memberships

The British Psychological Society (BPS).

The British Association for Behavioural and Cognitive Psychotherapies (BABCP).

The Bipolar Disorder Special Interest Group of the BABCP (BD-SIG).

The Egyptian Psychologists Association (EPA).

The International Association for Cross-Cultural Psychology (IACCP).

Languages

Arabic – mother tongue.

English – speak fluently and read/write with high proficiency