Curriculum Vitae

# Personal

Name: Hana I. Al-Sobayel

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Saudi Arabia

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Nationality: Saudi

Gender: Female

# Professional Qualification

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| 2011 | Physiotherapy Consultant (11-R-A-0023857) – Saudi Commission for Health Specialties, Saudi Arabia. |
| 2013 | Certified Mulligan Practitioner – Mulligan Institute – New Zealand |
| 2011 | Certificate in Orthopaedic Manual Therapy – Manual Concepts, Perth, Australia. |
| Education | |
| 2006 | Ph.D. Applied Biomedical Sciences – Physiotherapy from  King’s College London – UK. |
| *Thesis titled: “Patient education for women with knee osteoarthritis in Saudi Arabia: Development of patient education programme”* | |
| 1997 | MSc. Rehabilitation Therapy from Queen’s University – Canada. |
| *Thesis titled: “Construction and validation of the Saudi Knee Function Scale: A knee osteoarthritis index”* | |
| 1990 | BSc. Rehabilitation Sciences – Physical Therapy from College of Applied Medical Sciences – King Saud University, Riyadh |

# Work

## Administrative

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| 2012 – 2017: | Dean of Nursing College, Princess Nourah Bent Abdulrahman University, Riyadh, Saudi Arabia. |
| 2011 | Dean of College of Health Sciences, King Saud University, Riyadh, Saudi Arabia |
| 2009 – 2011: | Vice-Dean College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia |
| 2008 – 2010: | Head, Quality Assurance and Development Unit, female section, College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia. |
| 2007- 2011: | Vice-chair, department of Rehabilitation Sciences, College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia. |
| 1998 – 2001: | Coordinator of physical therapy programme, female section, department of Rehabilitation Sciences – Physical therapy programme, college of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia. |
| Responsibilities | |
| Strategic planning | Financial management | Personnel management | Student learning management & support | Postgraduate & research organization and management | facility management | Curriculum development | Staff development and continuing education | National and international relations | Scholarship and training management | Quality management | |

## Consultations

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| 2010 – 2012: | Member of Advisory board for King Saud University Rector. |
| 2010 – 2011: | Consultant for College of Medicine, KSU, Riyadh |
| Responsibilities | |
| Strategic planning | National and international relations | Organization restructuring | International representation | |

## Academic

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| 2017 – present: | Associate professor in the department of Rehabilitation Sciences – Physical Therapy programme, College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia. |
| 2015 – present: | Adjunct Lecturer to pursue research activities in the Clinical and Rehabilitation Sciences Research Group, Faculty of Health Sciences, University of Sydney, Australia. |
| 2006 – 2017: | Assistant professor in the department of Rehabilitation Sciences – Physical Therapy programme in College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia |
| 1997 – 2006: | Lecturer in the department of Rehabilitation Sciences – Physical Therapy programme in College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia. |
| 1991 – 1995: | Demonstrator in the department of Rehabilitation Sciences – Physical Therapy programme in College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia. |

## Clinical

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| 2006 – present, | Consultant Physiotherapist, Department of Rehabilitation Sciences, College of Applied Medical Sciences, King Saud University, Riyadh |
| 1997 – 2001,  1991 – 1995: | Clinical Tutor, Department of Rehabilitation Sciences, Physical Therapy, College of Applied Medical Sciences, King Saud University, Riyadh, Saudi Arabia. |
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# Teaching/Research

## Courses

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| Current courses | Graduate courses:  Research methodology,  Physical Therapy for Orthopaedic Conditions  Undergraduate:  Orthopedics physical therapy  Research methodology |
| Previous courses  2006 – 2012: | Undergraduate courses in physical therapy programme including:  Physical examination for musculoskeletal system  Physical therapy procedures for musculoskeletal conditions including: therapeutic exercises, hydrotherapy, thermal modalities, manual therapy  Research methods in physical therapy  Physical therapy management and professional issues.  Physical therapy for orthopaedics & Rheumatology |
| Postgraduate supervision | |
| **Current supervision** | Main supervisor for two postgraduate students in in Master of Science programme with subspecialty physical therapy for orthopedic conditions, department of Rehabilitation Sciences, King Saud University, Riyadh, Saudi Arabia  Co-supervior for PhD student in collaboration with University of Sydney, Australia. |
| **Previous supervision** | Main Supervisor for two postgraduate students in Master of Science programme with subspecialty physical therapy for orthopedic conditions, department of Rehabilitation Sciences, King Saud University, Riyadh, Saudi Arabia  PhD student co-supervisor, Joint Supervision Program, King Saud University and University of Newcastle (UK) |

## Research

### Research interests

Physiotherapy for musculoskeletal pain; Self-management for people with musculoskeletal conditions; physical therapy education; health beliefs; outcome measurement; wellness and lifestyle change. Professional issues and leadership in higher education.

### Research Groups & Boards:

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| 2017 – present | Member of the Institutions Review Board, Princess Nourah Bint Abdulrahman University, Riyadh, Saudi Arabia. |
| 2015 - present | Founder and coordinator of the Saudi International Rehabilitation Research Network – Research network with members from national and international institutions including; University of Sydney, King Saud University, Sultan Bin Abdulaziz Humanitarian City, Princess Nourah Bent Abdulrahman University. |
| 2014 - present | Saudi Cochrane Review Initiative – independent group |
| 2011 – present | Low Back Pain Research Group – King Saud University |
| 2011 | Breast Cancer Research Group – University of Sydney - Australia |

### External Examiner:

MSc. Thesis external examiner at King Saud University

MSc. Thesis external examiner at University of Sydney

### Journal Reviews and editorial:

Member of Editorial Board for Physical Therapy Reviews

Member of the Editorial Board for the Saudi Physical Therapy Journal

Reviewer for Journal of Patient Education & Counselling

Reviewer for Rheumatology International

### On-going Research:

* Disability determinants in chronic low back pain.
* Predictors of persistent pain following sport injuries.
* Use of red flags to screen for spinal pathologies in physiotherapy practice.
* Neck pain and dysfunctional breathing.
* Verbal vs tactile stimulation for pelvic floor muscles.

# Extracurricular Activities

## In King Saud University, Riyadh

* 2010: Organizer of Physical Activity Campaign
* 2010: Chairman, committee for interviews and examination of applicants for therapist position in KKUH.
* 2008: Group leader, Strategic Planning workshop
* 2007: Member of Quality & Accreditation – Institutional committee
* 2007: Coordinator of student extracurricular activities in the College of Applied Medical Sciences
* 2008: Coordinator of Student Rehab Club in the College of Applied Medical Sciences
* 2007: Academic Supervisor Admission Committee for Health Colleges
* 2007: Member of Admission Interviews Committee for Health Colleges
* 1999: Member of organizing committee of 3rd University & Community Exhibition
* 1994, 98, 99: Member of organizing committee of the Graduation Convocation

## Outside King Saud University

* 2013 – 2016: Organizer of the World Physical Therapy Day celebration
* 2014: Member of the founding committee for Deans of Nursing College in Saudi Arabia.
* 2013: Princess Nourah Bent Abdulrahman University delegate for the Saudi Arabian Job Fair in Washington DC.
* 2011 (September – November): Visiting professor in University of Sydney – Australia
* 2011 (February): KSU Delegate – Visit to Weill Cornell Medical College in Qatar
* 2010 (July): KSU Delegate – Visit to King’s Learning Institute, King’s College London in UK.
* 2010 (March): Member of Ministry of Higher Education delegate with His Excellency the Minister of Higher Education in Saudi Arabia – Visit to Turkey higher education institutes.
* 2008 (July/August): Visiting professor in King’s College London, UK, sponsored by British Council.
* 2007/2008: Lectures (professional and public in various venues in Saudi Arabia):
  + - What you do not know about knee pain
    - How to protect your back
    - Patient education for chronic conditions
    - Research design
    - Questionnaires in research
    - Decision making in physical therapy practice
    - How to publish a case study

# Awards

* King Saud University Scholarship Award 1995 & 2001
* British Council sponsorship 2008
* Professional Achievement Award nominee 2016 (British Education)

# Memberships

* 2016 – present: Active Member of the Saudi Spine Society & Chair of the research committee.
* Life member of the Saudi Physical Therapy Association
* Founder and board member of Saudi Physical Therapists in Women’s Health
* 2014 – present: Member of International Association for the Study of Pain
* 2012 – present: Member of Princess Nourah Bint Abdulrahman University Council
* 2006 – present: Member of the department council – department of rehabilitation sciences – King Saud University
* 2003 – 2012: Board member of the Saudi Physical Therapy Association (Former President between 2008 to 2011)
* Member of the Gulf Disability Society
* 2011 – present: Associate member of the Australian Physiotherapy Association
* 2012 – present: Associate member of the American Physical Therapy Association

# Continuing Education

## Workshops

* “Executive Education Program – Part II”, Columbia University, Graduate School of Business, King Khalid Foundation, Riyadh, 2012
* “Mulligan Concept”, King Abdulaziz Medical City, Jeddah, May, 2012
* “McConnell Concept”, Riyadh, January, 2012
* “Certificate in Orthopedic Manual Therapy”, Curtin University, Australia, 2011
* “Executive Education Program – Part I”, Columbia University, Graduate School of Business, King Khalid Foundation, Riyadh, June, 2011.
* “Conducting & reading Cochrane Systematic Reviews; King Saud University Experience”, College of Applied Medical Sciences, KSU, Riyadh, November, 2010
* “Assessing Competence in Health Sciences Education”, KSU Chair in Medical Education, KSU, Riyadh, December 2010
* “KSU academic programs and requirements of stake holders”, KSU, Riyadh, November, 2010
* “Teaching How to Teach”, KSU & Partners Harvard Medical International, Riyadh, December, 2010
* “Strategic workshop for health colleges”, KSU, Riyadh, May, 2010
* “Administration Skills”, Spearhead Training, Riyadh, June, 2010
* “Physical Activity prescription”, Manamah, Bahrain, January, 2010
* “Physical Therapy in Musculoskeletal Disorders”, SPTA, Abha, Saudi Arabia, March, 2009
* “Evidence Based Physiotherapy Introductory Workshop”, Speaker, National & Gulf Center for Evidence Based Practice, Riyadh, December, 2009
* “Effective Teaching (Arabic)”, KSU, Riyadh, 2007
* “Assessment and Accreditation” (1 & 2), organized by NCAAA, Riyadh, 2006
* “Clinical Education”, King Fahad medical City, Riyadh, 2006
* “Evidence-based medicine”, King Fahad Medical City, Riyadh, 2006

# Conferences

| **Year** | | **Conference** | **City** | | **Function** |
| --- | --- | --- | --- | --- | --- |
| 2017 | World Confederation of Physical Therapy Congress | | Cape Town | Presenter, Delegate, Member of the Scientific Committee | |
| 2016 | 6th Spine Update | | Abha, Saudi Arabia | Presenter | |
| 2016 | Gulf Disability Forum | | Unaizah, Saudi Arabia | Presenter & Member of Scientific Committee | |
| 2015 | World Confederation of Physical Therapy Congress | | Singapore | Presenter | |
| 2015 | Symposium on Musculoskeletal Disability | | Riyadh, Saudi Arabia | Organizer & speaker | |
| 2014 | 4th GCC symposium of HMG in Clinical Nutrition | | Dubai, UAE | Presenter | |
| 2014 | | GWU & PNU Symposium on Women in Higher Education | Tokyo | | Speaker  Saudi Delegate |
| 2013 | | Asian West Pacific Congress for Physiotherapy | Taiwan | | Speaker |
| 2013 | | World Congress for Low Back and Pelvic Pain | Dubai | | Speaker |
| 2012 | | IFOMPT Congress | Québec, Canada | | Delegate |
| 2012 | | POPS Conference | Riyadh, Saudi Arabia | | Member of Scientific Committee |
| 2012 | | Breast Cancer: Current Practice & Future Directions, Sydney-KSU symposium | Riyadh, Saudi Arabia | | Member of Scientific & Organizing Committee  Speaker |
| 2012 | | Dubai Physiotherapy Conference | Dubai, UAE | | Delegate |
| 2012 | | Saudi Physical Therapy Conference | Riyadh, Saudi Arabia | | Delegate |
| 2012 | | 4th Research Day, Research Center, KSU | Riyadh, Saudi Arabia | | Speaker |
| 2011 | | “APA Conference” | Brisbane, Australia | | Speaker |
| 2011 | | “WCPT Congress” | Amsterdam, Holland | | Panellist |
| 2011 | | “International Obesity Conference” | Riyadh, Saudi Arabia | | Session Chair |
| 2010 | | “World Health Professions Conference on Regulation” | Geneva, Switzerland | | Delegate |
| 2010 | | Dubai Physiotherapy Conference | Dubai, UAE | | Speaker |
| 2010 | | “Symposium on Nutrition and Physical Activity among Adolescents in Arab Countries” | Manamah, Bahrain | | Speaker |
| 2009 | | “First International Saudi Conference for Health Education and Training” | Riyadh | | Delegate |
| 2008 | | “EULAR conference” | Paris, France | | Delegate |
| 2008 | | 8th Meeting of Gulf Disability Society | Sharjah, UAE | | Speaker |
| 2007 | | WCPT Congress | Vancouver, Canada | | Speaker |
| 2007 | | 2nd Gulf Physical Therapy Colloquium | Alkhobar, Saudi Arabia | | Speaker |
| 2005 | | EULAR Conference | Vienna, Austria | | Speaker |

# Publications

## Abstracts

1. Al-Harthi A., **Alsobayel H.**, Al-Eisa E. “Dysfunctional breathing symptoms among healthcare workers with chronic neck pain: an observational pilot study. WCPT congress, Cape Town, 2017
2. Alemam D., Leaver A., Moloney N., **Alsobayel H.,** Alashaikh G., Mackey M. “The Pain Behaviour Scale (PABS): Reliability and construct validity in chronic low back pain population, WCPT congress, Cape Town, 2017
3. Alemam D., Moloney N., Leaver A., **Alsobayel H**., Mackey M. “How important are pain intensity, psychosocial factors and pain-related behaviours in predicting disability related to chronic low back pain. WCPT Congress, Cape Town, 2017.
4. **H. Alsobayel**, M. Perry, O. Alkassabi, and T. Hall. “Is physiotherapy effective for referred leg pain arising from the lumbar spine? A systematic review”. WCPT congress, Singapore, 2015.
5. Alemrany S., **Alsobayel H**., Alnahdi A., Moloney N., Mackey M. “Cross-cultural adaptation, reliability and validity of the Arabic version of Back Beliefs Questionnaire”. WCPT congress, Singapore, 2015.
6. **H. Alsobayel** & E. Al-Eisa. “Combined motivational program and pedometer use to promote physical activity: a randomized controlled study”. WCPT-AWP Congress, Taichung, Taiwan, 2013.
7. O. Alkassabi, **H. Al-Sobayel**, E. Al-Eisa. “Physiotherapy management for neuropathic spinal pain: a systematic review”. 8th Interdisciplinary World Congress on Low Back and Pelvic Pain, Dubai, 2013.
8. O. Alkassabi, E. Al-Eisa, **H. Alsobayel**. “Screening for red flags among patients with low back pain in outpatient setting: a systematic review of observational studies”. 8th Interdisciplinary World Congress on Low Back and Pelvic Pain, Dubai, 2013.
9. ES Dylke, **H Al-Sobayel**, L Ward, M Liu, E Webb and SL Kilbreath. “Measurement of hand volume in healthy adults”. Australian Lymphology Association, Cairns, Australia, 2012.
10. Al-Emam, D. & **Al-Sobyel, H.** “Burnout and coping strategies among Saudi physiotherapists.” APA Conference, Brisbane, Australia, 2011
11. H. Al-Hazzaa & **H. Al-Sobayel.** “Lifestyle among high school students in Riyadh” – Bahrain, Obesity and Physical Activity conference, 2010 (Arabic)
12. E. Al-Eisa, **H. Al-Sobayel**. “Correlates of physical activity in Saudi Women” – Dubai Physiotherapy Conference, 2010
13. **H. Al-Sobayel**., S. Kitchen “Spiritual Health Beliefs among British Muslims: Pilot Study” – Dubai Physiotherapy Conference, 2010
14. Al-Mutaileq, N. Al-Bawardi, S. Al-Qabbani, **H. Al-Sobayel**. “Intensive physical therapy for children with Cerebral Palsy”. Abstract, 8Th meeting of Gulf Disability Society, Sharjah, UAE, 2008.
15. H. Al-Owais, A. Al-Mutaileq, **H. Al-Sobayel**. ““Healthy back healthy living”: Saudi Physical Therapy Association campaign against low back pain”. Abstract, 2nd Gulf Physical Therapy Colloquium, Al-Khobar, Saudi Arabia, 2007
16. **H. Al-Sobayel**, H. Holder-Powell, S. Kitchen. “Patient education programme for women with knee osteoarthritis in Saudi Arabia”. Abstract, WCPT congress, Vancouver, Canada 2007.
17. **H. Al-Sobayel**, H. Holder-Powell, S. Kitchen. “The educational needs of women with knee osteoarthritis in Saudi Arabia”. Poster presentation, EULAR conference, Vienna, Austria 2005.
18. Cooke,TDV, **H. Al-Sobayel**, B. Kelly, B. Khan. M. Gamal. "Standardized Knee Imaging in Radiographic Grading of Knee osteoarthritis". Update in Radiology KFSH & RC, Riyadh KSA, Feb. 2000
19. Cooke, TDV , **H. Al-Sobayel**, B. Kelly, B. Khan," Radiographic Grading of Knee Osteoarthritis. A Scheme that relates to Alignment". Canadian Orthopedic Research Society. St. John's Newfoundland, Canada, July 4 1999

## Research Papers

1. AlMousa, Maram & S. Al-Khalifa, Hend **& Alsobayel, Hana**. Requirements Elicitation and Prototyping of a Fully Immersive Virtual Reality Gaming System for Upper Limb Stroke Rehabilitation in Saudi Arabia. Mobile Information Systems. 2017. 1-12. 10.1155/2017/7507940.
2. **Alsobayel H.** Use of Social Media for Professional Development by Health Care Professionals: A Cross-Sectional Web-Based Survey, JMIR Med Educ 2016;2(2):e15
3. **Alsobayel, H**, Al-Hugail, H, Alsaif, R, Albawardi, N, Alnahdi, A, Daif, A, and Al-Arfaj, H. (2016). Validation of an Arabic version of Fatigue Severity Scale. Saudi Medical Journal, 37 (1), 73-78
4. A. Alnahdi, **H. Alsobayel** and A. Aldera. (Accepted for publication). Reference Values for The Y Balance Test and The Lower Extremity Functional Scale in Young Healthy Adults. The Journal of Physical Therapy Science
5. Samia Atih Alamrani, **Hana Alsobayel,** Ali Alnahdi, Martin Mackey and Niamh Moloney. (accepted for publication) Cross-cultural adaptation and validation of the Back Beliefs Questionnaire to the Arabic language. Spine.
6. Bridget V Stirling, Jennie Harmston and **Hana Alsobayel (2015).** An educational programme for nursing college staff and students during a MERS- coronavirus outbreak in Saudi Arabia. BMC Nursing 12; 14(1)
7. **Al-Sobayel, H**., Al-Hazzaa, H.M., Abahussain N.A., Qahwaji D.M, Musaiger, O (2015). Gender Differences in Leisure-time Versus Non-leisure-time Physical Activity among Saudi Adolescents. Journal of Agricultural and Environmental Medicine.
8. Al-Imam, D. & **Al-Sobayel, H.** (2015) "The prevalence and severity of burnout of physiotherapists in an Arabic setting and the influence of organizational factors: an observational study". Journal of Physical Therapy Sciences. [[1]](#footnote-1)
9. Dylke ES, **Alsobayel H,** Ward LC, Liu M, Webb E, Kilbreath SL. (2014). Use of impedance ratios to assess hand swelling in lymphoedema. Phlebology. Mar;29(2):83-9.
10. Al-Hazzaa HM, Al-Nakeeb Y, Duncan MJ, **Al-Sobayel** HI, Abahussain NA, Musaiger AO, Lyons M, Collins P, Nevill A (2013). A Cross-Cultural Comparison of Health Behaviors between Saudi and British Adolescents Living in Urban Areas: Gender by Country Analyses. Int J Environ Res Public Health. 3;10(12):6701-20
11. Al-Hazzaa HM, Alahmadi MA, **Al-Sobayel** HI, Abahussain NA, Qahwaji DM, Musaiger AO. (2013). Patterns and Determinants of Physical Activity Among Saudi Adolescents. J Phys Act Health. Aug 19
12. Al-Hazzaa HM, **Al-Sobayel** HI, Abahussain NA, Qahwaji DM, Alahmadi MA, Musaiger AO. (2013). Association of dietary habits with levels of physical activity and screen time among adolescents living in Saudi Arabia. J Hum Nutr Diet. Jul 27.
13. H.M. Al-Hazzaa, A. O. Musaiger, N.A. Abahussain, **H. I. Al-Sobayel**, D.M. Qahwaji (2012). “Prevalence of short sleep duration and its association with obesity among adolescents 15- to 19-year olds: A cross-sectional study from three major cities in Saudi Arabia”. Annals of Thoracic Medicine, 7(3):133.
14. Al-Hazzaa HM, Musaiger AO, Abahussain NA, **Al-Sobayel** HI, Qahwaji DM. (2013). Lifestyle correlates of self-reported sleep duration among Saudi adolescents: a multicentre school-based cross-sectional study. Child Care Health Dev. Mar 22.
15. Al-Eissa E, **Al-Sobayel H** (2012). “Physical Activities and Health Beliefs among Saudi Women”. J Nutrition and Metabolism.
16. Al-Hazzaa, H., Abahussain, N., **Al-Sobayel, H.**, et al. (2012) “Lifestyle factors associated with overweight and obesity among Saudi adolescents.” BMC Public Health.
17. Al-Hazzaa, H., Abahussain, N., **Al-Sobayel, H.,** Qahwaji, D., and Musaiger, A. (2011) “Physical activity, sedentary behaviors and dietary habits among Saudi adolescents relative to age, gender and region.” International Journal of Behavioral Nutrition and Physical Activity.
18. Alhazzaa, H., **Al-Sobayel, H.** and Almusaiger, A. (2011) “Convergent validity of the Arab Teen Life Style Study (ATLS) physical activity questionnaire.” International Journal of Environmental Research and Public Health
19. El-Sobkey, S. & **Al-Sobayel, H.** (2011) “Instructors’ co-operation in quality process: Limiting and motivating factors in preparing course portfolio by staff members.” Arab Journal for Quality Assurance in Higher Education
20. Alhazzaa, H, et al. (2010). “ATLAS project: Life style of high school students in different Arab cities”. Bahrain Centre for Research, Bahrain (Arabic)
21. Al-Eisa E, **Al-Sobayel H,** Al-Aqeel S. (2010). “Organizational Models for higher education institutions”, Research Centre, Ministry of Higher Education, Riyadh. (Arabic)

# Skills

**Languages:** Arabic (Native Speaker)

English – highly proficient

**Computer proficient:** MS Office | SPSS | Social Media | Web-based software

**Other Skills:** Tai Chi for Arthritis instructor

1. Research of MSc. student [↑](#footnote-ref-1)