

CURRICULUM VITAE

AHMAD NAYEF H. ALHADI



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PERSONAL INFORMATION

- **Place of Birth:** Turaif, Saudi Arabia
- **Date of Birth:** 8th May 1978
- **Marital status:** Married
- **Nationality:** Saudi

EDUCATION

- Diplomat at Academy of Cognitive Therapy, 2011, Philadelphia, PA, USA.
- Psychotherapy Clinical Fellowship, 1st May 2010 – 30th April 2011, University of Toronto, Toronto, Ontario, Canada.
- Clinical Teacher Certificate (Medical Education), April 2010 – April 2011, Family Medicine Department, College of Medicine, University of Toronto, Toronto, Ontario, Canada.
- Clinical Fellowship in Cognitive Behavioral Therapy (CBT), 1st Nov. 2008 – 11th April 2010, McGill University, Montreal, QC, Canada.
- Saudi Specialty Certificate of Psychiatry SSC-Psych (Saudi Board of Psychiatry), Dec. 2006, Riyadh, Saudi Arabia.
- Bachelor of Medicine and Bachelor of Surgery (MBBS), 2000/2001, King Saud University, college of medicine, Riyadh, Saudi Arabia.
- High school (1995), 99.3 %, Sakaka, Saudi Arabia.

EDUCATION AND WORK

- Associate Professor, Consultant Psychiatrist and Psychotherapist in Department of Psychiatry, King Khalid University Hospital, College of Medicine, King Saud University, Riyadh, Saudi Arabia, since Feb

2019 - current.

- Assistant Professor, Consultant Psychiatrist and Psychotherapist in Department of Psychiatry, King Khalid University Hospital, College of Medicine, King Saud University, Riyadh, Saudi Arabia, since May 2012 – Feb 2019.
- Supervisor of Psychological Health Research and Applications Chair (PHRAC), College of Medicine, King Saud University, June 2013 – current.
- Chairman, Department of Psychiatry, King Khalid University Hospital, College of Medicine, King Saud University, Riyadh, Saudi Arabia, since October 2015 – October 2017.
- Director of Cognitive Behavioral Therapy Diploma, Psychological Health Research and Applications Chair, Department of Psychiatry, college of Medicine, King Saud University, Riyadh, Saudi Arabia, since 2013 - current.
- Director of Psychotherapy Training in Saudi Board of Psychiatry, 2011 – 2017.
- Supervisor in CBT diploma, King Faisal Specialist Hospital and research Center, Jeddah, Saudi Arabia in accordance with Oxford Cognitive Therapy Center, UK.
- Member in King Saud University Institutional Review Board (KSU-IRB), October 2013 – current.
- Member in King Saud University Mental Health Promotion Committee, November 2015 – current.
- Head of the organizing committee of the “Stress, Anxiety and Health” conference, 14-15 Feb 2015, Riyadh, Saudi Arabia.
- Conference Chairman, “Mental Health for Everyone”, 1-2 March 2017, Riyadh, Saudi Arabia.
- Scientific Committee member, 3rd International Women Mental Health, 13-15 Feb 2018, AlKhobar, Saudi Arabia.
- Head of the Scientific Committee of the “Youth and Mental Health: 2030 Vision” conference, 21-23 Feb 2019, Riyadh, Saudi Arabia.
- Reviewer in BMC Psychiatry Journal since Jan 2018 till now.
- Reviewer in Journal of Nature and Science of Medicine since Jan 2018 till now.

- Reviewer in PLOS ONE Journal since Jan 2019 till now.
- Reviewer in Saudi Medical Journal (SMJ) since June 2019 till now.

LANGUAGES

- Arabic - Native language
- English – Fluent, written and spoken

INTERNSHIP ROTATIONS& POST GRADUATE EXPERIENCE

- INTERNSHIP: Pediatrics, Medicine, Ob & Gyn., Surgery (Compulsory rotations): 10 weeks Each
- INTERNSHIP: Psychiatry, Dermatology (Elective rotation): 5 weeks Each
- Psychiatry Residency Training Program of the Saudi Health Council of Medical Specialties (Oct. 2002 - Oct. 2006), Riyadh, Saudi Arabia.
- Compulsory training in Saudi Board of Psychiatry: (General Psychiatry, consultation Liaison Psychiatry, Addiction Unit, Neurology, Child Psychiatry and Forensic Psychiatry).
- Elective training in Saudi Board of Psychiatry: (Geriatric Psychiatry and Sleep Disorders)
- Chief resident, 2006

AWARDS

- Resident of the year, 2005.
- Resident of the year, 2006.
- Best Teacher, College of Medicine, King Saud University, 2014.
- Best Teacher, College of Medicine, King Saud University, 2015.

ACCREDITATIONS & LICENCES

- Medical Council of Canada Evaluating Examination (MCCEE) in May 2006.
- Saudi Licensing Exam (SLE) in Sep. 2001

ELECTIVE MEDICAL COURSES

- Scientific Research Course, 2003.
- Psychotherapy Course, 2003.
- Psychopathology Course, 2003.
- CBT Workshop, 2005.
- Evidence Based Psychiatry, Essential course, 2006.
- Child Psychiatry Course, 2006.
- Medical Education Workshop, 2007.
- Family and Marriage Therapy Foundation Course, 2007.
- Validity and Reliability in Psychometrics Workshop, 2007.
- Biological Roots of Spirituality, 2007.
- An Integrative Cognitive Behavior Therapy for Worry, By Robert Leahy, July 2007.
- Essential Course for New Academic Staff, King Saud University, Riyadh, 2007.
- CBT for OCD workshop, By Jim Willis, Manamah-Bahrain, 2007.
- Introduction to cognitive behavioral therapy course, by David Westbrook (head of Oxford Cognitive Therapy Center, Jeddah-Saudi Arabia, 56 hours, 21-29 June 2008.
- Cognitive Behavioral Therapy Training for Mental Health Professionals, by Gail Myhr, McGill University, Montreal, QC, Canada, 28 hours, 5th February – 4th June 2009.
- Practical Cognitive Behavior Therapy Course, May 16 2009, APA annual meeting, San Francisco, USA.
- CBT for Severe Mental Illness Course, May 17 2009, APA annual meeting, San Francisco, USA.
- Collaborative Case Conceptualization workshop, by Christine Padesky, Nov 2-3 2009, Ottawa, On, Canada.
- Practice Management Curriculum symposium, CMA, Nov 12 2009, Montreal, PQ, Canada.
- Neuroscience and Clinical Advance in Psychiatry, Nov 13 2009,

Montreal, PQ, Canada.

- Conducting Time-Limited Group Therapy Using a Cognitive-Behavioral Motivational Intervention by L. C. Sobell, ABCT conference, Nov 20 2009, NY, USA.
- Targeting Mechanisms to Treat Complex Cases: A Case Formulation Approach by J. J. Hong and J. B. Persons, ABCT conference, Nov 21 2009, NY, USA.
- Negotiation and Conflict Resolution seminar, McGill University, Jan 13 2009, Montreal, Canada.
- CBT for Eating Disorder workshop, Dr. Christopher Fairburn, June 1st 2010, Boston, USA.
- CBT for Weight Control, Dr. Judith Beck, June 4th 2010, Boston, USA.
- Premiere of Acceptance and Commitment Therapy (ACT) workshop, 25 September 2010, Toronto, Canada.
- Increase Resilience in Medical Residents workshop, 15 October 2010, Toronto, Canada.
- Advanced experiential workshop in CBT, Beck institute for Cognitive behavior therapy, Nov 8-10 2010, Philadelphia, PA, USA.
- Updates in Emotion regulation and crisis survival skills: integrating DBT skills into clinical practice, Annual ABCT convention, Nov 18-21 2010, San Francisco, CA, USA.
- Psychodynamics theories workshop, Oct 22-23 and Dec 10-11 2010, Mount Sinai Psychotherapy institute, Toronto, Canada.
- CBT for co-occurring insomnia workshop, Ryerson University, Nov 29 2010, Toronto, Canada.
- Acceptance and commitment therapy: intermediate workshop. Jan 28-29 2011, University of Toronto, Toronto, Canada.
- Motivational interviewing for anxiety and depression, Feb 25 2011, York University, Toronto, Canada.
- Curriculum Development Course, Hands-on Training, 19-20 Dec 2011, College of Medicine, King Saud University, Riyadh, Saudi Arabia.
- Supervision in CBT workshop, 30-31 March 2013, King Abdulaziz Medical City National Guard, Riyadh, Saudi Arabia.
- Workshop for Program Directors entitled "Designing a Good

Residency Program" to be conducted by the Royal College Accreditation Team, at Courtyard Marriott, Riyadh, Saudi Arabia, 24-25 January 2016.

- Introduction to Systematic Review and Meta-Analysis course, Coursera, Created by: Johns Hopkins University, completed 12 Aug 2016.
- Model of Care "Mental Health" Workshop, Riyadh, Saudi Arabia, 21 Rajab 1438 AH.
- Model of Care "Mental Health" Workshop, Riyadh, Saudi Arabia, 6 Shaaban 1438 AH.

CONFERENCES

- Symposium on ADHD, King Faisal Specialist hospital and Research Center, Riyadh, Saudi Arabia, December 7-8, 2004.
- Violence and Psychiatry, Taif Mental Health Hospital, Taif, Saudi Arabia, May 3-4, 2005.
- New Horizon in Psychiatry, Saudi German Hospital, Jeddah, Saudi Arabia, June 8-10, 2005.
- XIII World Congress of Psychiatry, Cairo, Egypt, September 10-15, 2005.
- 1st Conference in Youth and Adolescence Health, Manamah, Bahrain, June 20-21, 2006.
- 1st Scientific Annual Meeting for Mental Health and Social Services, AlMadinah AlMonawwarah, Saudi Arabia, 31 March 2007.
- 7th Annual Jeddah Psychiatry Symposium, Jeddah, Saudi Arabia, 4-6 April 2007.
- 3rd International Conference in Psychiatry, Future of Psychiatry as a Neuroscience, Jeddah, Saudi Arabia, 1-3 May 2007.
- World congress of behavioral cognitive therapy, Barcelona, Spain, 11-14 July 2007.
- Shaping the future, Cairo, Egypt, 7-8 November 2007.
- Innovations in psychiatry, Manamah, Bahrain 24-25 November 2007.
- 16th European congress of Psychiatry, Nice, France, 5-9 April 2008.

- Abu Dhabi International Aging Conference, Abu Dhabi, United Arab Emirates, 22 – 24 April 2008.
- 10th Pan Arab Congress in Psychiatry, Cairo, Egypt, 18-20 June 2008.
- American Psychiatric Association (APA) 162nd Annual Meeting, May 16-21 2009, San Francisco, CA, USA.
- Association of Behavioral and Cognitive Therapies (ABCT) Annual Conference, 18-22 Nov 2009, New York, NY, USA.
- World Congress of Behavioral and Cognitive Therapies (WCBCT), June 2-5 2010, Boston, USA.
- Canadian Psychiatric Association annual meeting, 23-27 September 2010, Toronto. Canada.
- Association of Behavioral and Cognitive Therapies (ABCT) Annual Conference, 18-22 Nov 2010, San Francisco, CA, USA.
- Inaugural conference of Canadian Association of Cognitive Behavioral Therapy (CACBT), 6-7 May 2011, Toronto, Canada.
- 1st PSMC International Symposium in Psychiatry, 25-26 Oct 2011, Riyadh, Saudi Arabia.
- 12th PAN ARAB Psychiatric Conference, 29th Nov – 1st Dec 2012, Dubai, UAE.
- Psychiatry in General Hospitals Conference, 13-14 Feb 2013, King Saud University, Riyadh, Saudi Arabia.
- European Psychiatric Association annual meeting, 6-9 April 2013, Nice, France.
- 9th international Psychiatric Symposium, 16-19 April 2013, Jeddah, Saudi Arabia.
- Advances in Clinical Supervision: innovation and practice, international conference, 4-6 June 2013, Sydney, Australia.
- 43rd annual conference of European Association of Behavioral Cognitive Therapies, September 2013, Marrakech, Morocco.
- 29th ECNP Congress, 17-20 Sept 2016, Vienna, Austria.
- 45th British Association of Behavioral Cognitive Psychotherapies (BABCP) Annual Conference 2017, The University of Manchester, 26th - 28th July 2017, Manchester, UK.
- WPA World Congress, “Psychiatry of the 21st Century: Context,

Controversies and Commitment”, 8-12 Oct 2017, Berlin, Germany.

- 6th International Child & Adult Behavioral Health Conference, 1-3 March 2018, Abu Dhabi, UAE.
- 26th Congress of the European Psychiatric Association, 3-6 March 2018, Nice, France.
- The Fourth National Forum of Psychotherapy 2018 "Psychotherapy and Grief", King Saud bin Abdulaziz University for Health Sciences, Riyadh, Saudi Arabia, 14-15 March 2018.
- American Psychiatric Association Annual Meeting, 5–9 May 2018, New York, USA.
- EPA annual conference, 6-9 April 2019, Warsaw, Poland

ACTIVITIES AND MEMBERSHIP

- Teaching Psychiatry course for undergraduate medical student, college of medicine, **King Saud University**, Riyadh, Saudi Arabia.
- Psychiatry Course organizer, college of Medicine, AlFarabi College, Riyadh, Saudi Arabia, since Sept 2018 – current.
- Referee member in SABIC Prize for mental health, 2018/2019
- Member of **American Psychiatric Association (APA)**.
- Member of **Association of Behavioral Cognitive Therapies (ABCT)**.
- Ambassador of **Association of Behavioral Cognitive Therapies (ABCT)**.
- Founding Member of **Arabian Gulf Psychiatric Association (AGPA)**.
- Member of **Saudi Psychiatric Association (SPA)**.
- Board member of Saudi Psychiatric Association (SPA), term 2011-2014.
- Member of **Canadian Psychiatric Association (CPA)**.
- Founding Member of **Canadian Association of Cognitive Behavioral Therapies (CACBT)**
- Member and representative of Saudi Arabia in **Arab Federation of Psychiatrists (AFP)**.

- Member of **A**ssociation for **C**ontextual **B**ehavioral **S**cience (ACBS)
- Founding Member of **S**audi **P**sychiatrist **R**esidents **C**lub.
- Member of organizing committee in **S**audi **P**sychiatrist **R**esidents **C**lub (2003-2005).
- Head of organizing committee in **S**audi **P**sychiatrist **R**esidents **C**lub (2006).
- Creator and Moderator of **www.CBTarabia.com**, the first specialized website in Arabic language about Cognitive Behavioral Therapy.

SCIENTIFIC ACTIVITIES

- Workshop Co-presenter (Assessment of Civil Capacity in Elderly), Abu Dhabi International Aging Conference, Abu Dhabi, United Arab Emirates, 22 – 24 April 2008.
- Symposium Presenter (Psycho-Education for Social Phobia Patients and Their Families), 10th Pan Arab Congress in Psychiatry, Cairo, Egypt, 18-20 June 2008.
- Poster: Change in Interpersonal Sensitivity with Cognitive Behavioral Therapy, World Congress of Behavioral and Cognitive Therapies, June 2-5, 2010 in Boston, MA USA.
- Workshop Co-presenter (Basic CBT skills: Thought Record), 1st RMH International Symposium in Psychiatry, 25-26 Oct 2011, Riyadh, Saudi Arabia.
- Co-presenter of CBT Introductory Course, 14-18 Jan 2012, College of Medicine, King Saud bin Abdulaziz University for Health Sciences, Riyadh, Saudi Arabia.
- Co-presenter of CBT for PTSD, 21-23 May 2012, King Faisal Specialized Hospital and Research Center, Jeddah, Saudi Arabia.
- Co-presenter of CBT for PTSD, 3-5 Sept 2012, Marriot Hotel, Riyadh, Saudi Arabia.
- Co-presenter of Saudi Trauma Intervention Team: local experience (Workshop), 12th Pan Arab Psychiatric conference, 29th Nov – 1st Dec 2012, Dubai, UAE.
- Acceptance and Commitment Therapy for Post-Traumatic Stress Disorder: review (Poster), 12th Pan Arab Psychiatric conference, 29th Nov – 1st Dec 2012, Dubai, UAE.

- Using Cognitive Behavioral Therapy Techniques in Psychological Consultations (Oral Presentation), Psychological Consultations Forum, 10-11 Dec 2012, Four Seasons Hotel, Riyadh, Saudi Arabia.
- Co-presenter of CBT for PTSD, 4-6 Feb 2013, Coral international Hotel, AlKhubar, Saudi Arabia.
- Co-presenter of Cognitive Behavioral Therapy for Diabetes (Workshop), Psychiatry in General Hospitals Conference, 13-14 Feb 2013, King Saud University, Riyadh, Saudi Arabia.
- Workshop Co-presenter (Basic CBT skills: Thought Record), 9th international Psychiatry Symposium, 16-19 April 2013, Jeddah, Saudi Arabia.
- Poster: Change in CBT Knowledge after attending a workshop, 43rd annual conference of European Association of Behavioral Cognitive Therapies, September 2013, Marrakech, Morocco.
- Cognitive Behavioral Therapy (CBT) in elderly workshop, international workshop in child and Geriatric psychiatry, 06-09/October/2013, Muscat, Oman.
- Acceptance and Commitment Therapy (ACT) in elderly workshop, international workshop in child and Geriatric psychiatry, 06-09/October/2013, Muscat, Oman.
- Co-presenter of Cognitive Behavioral Therapy for borderline personality disorder workshop, 19-21 November 2013, Dubai, UAE.
- Co-presenter of Acceptance and Commitment Therapy (ACT) in Depression workshop, 2nd International Prince Sultan Military Medical City Psychiatry conference, 26-27/ November/2013, Riyadh, Saudi Arabia.
- Co-presenter of Behavioral Activation workshop, 2nd International Prince Sultan Military Medical City Psychiatry conference, 26-27/ November/2013, Riyadh, Saudi Arabia.
- Poster: Stressors in Medical students, European Psychiatric Association (EPA) Annual Meeting, 28-31 March 2014, Munich, Germany.
- Poster: Illness Perceptions in Heart Diseases Patients in Saudi Arabia, European Psychiatric Association (EPA) Annual Meeting, 1-3 March 2015, Munich, Germany.
- Poster: Twitter Addiction in Medical Students, American Psychiatric Association (APA) Annual Meeting, 15-20 May 2015, Toronto,

Canada.

- Workshop Co-presenter (CBT Basic skills: Thought Record), Pre-Conference Workshops Healthy Minds-Healthy Women, Armed Forces Hospital, Dhahran, 23rd February 2016.
- How Does Psychotherapy Succeed? Review & Update (Oral Presentation), 2nd International Women's Mental Health Conference, Armed Forces Hospital, Dhahran, 25th February 2016.
- Workshop entitled (Behavioral Activation), 4th International Child and Family Behavioural Health Conference 2016, Abu Dhabi, United Arab Emirates, 29th January 2016.
- Poster: The Experience and Impact of Stigma in Saudi People with a Mood Disorder, 4th Qatar International Psychiatry Conference, 4-5 December 2016, Doha, Qatar.
- Poster: Knowledge of and Attitude toward Repetitive Transcranial Magnetic Stimulation (rTMS) Among Psychiatrists in Saudi Arabia, European Psychiatric Association Congress, 12-15 March 2016, Madrid, Spain.
- Poster: Psychological Well-being among Social Network Users of King Saud University Students, European Psychiatric Association Congress, 12-15 March 2016, Madrid, Spain.
- Oral Presentation (CBT suitability), 2nd National Meeting of Psychotherapy, Postgraduate Training Center, King Saud Bin Abdulaziz University for Health Sciences, 23rd March 2016.
- Co-presenter of Thought Record workshop, 14th PAN ARAB Conference and 4th Jordanian Psychiatric Conference, 26-27 October 2016, Amman, Jordan.
- Poster: The association between time spent on computer tablets and attention deficit hyperactivity disorder (ADHD) among children from 3 to 12 years old. European Psychiatric Association Congress, 1-4 April 2017, Florence, Italy.
- Workshop entitled "Use of DSM5 for social worker", Social Service Conference, Al Qasimiah University, Sharjah, United Arab Emirates, 10-12 April 2017.
- A workshop Co-presenter with Dr. Mish'al Al-Aqeel entitled "Action Plan (Homework) in Cognitive Behavioral Therapy", 13th International Conference for Psychiatry and Psychology, Intercontinental Hotel, Jeddah, Saudi Arabia, April 15, 2017.
- A workshop Co-presenter with Dr. Sultan Al-Shahrani entitled

"Cognitive Behavioral Therapy for Insomnia", 13th International Conference for Psychiatry and Psychology, Intercontinental Hotel, Jeddah, Saudi Arabia, 14 April 2017.

- Workshop entitled "Cognitive Errors in Grief, Assessment and Treatment", The Third National Forum of Psychotherapy 2017 "Psychotherapy and Grief", King Saud bin Abdulaziz University for Health Sciences, Riyadh, Saudi Arabia, 19-20 April 2017.
- Oral Presentation (University students: clinical depression or just a change in mood?), 2017 World Health Day (Depression ... Let's talk), College of Medicine – King Saud University, Riyadh, Saudi Arabia, 17 April 2017.
- Poster: Doctors' Attitudes Toward Becoming Mentally Ill in Saudi Arabia: Disclosure and Treatment Preferences, American Psychiatric Association annual meeting, 20-24 May 2017, San Diego, USA.
- Oral presentation (Is It Really Important to Design Specific CBT for GAD in Saudi Arabia?), 45th British Association of Behavioral Cognitive Psychotherapies (BABCP) Annual Conference 2017, The University of Manchester, 26th - 28th July 2017, Manchester, UK.
- Oral presentation: (Psychotherapy in Saudi Arabia, Reality and Hope), Jeddah Psychiatric Conference: 19-21 Dec 2017, Jeddah, Saudi Arabia.
- Workshop: CBT Essentials, Introduction to Mental Health Conference, Kuwait Medical Students Association, 12-13 Jan 2018, Dubai, UAE.
- Oral presentation: Depression Treatments: What Women Prefer?, 3rd International Women Mental Health, 13-15 Feb 2018, AlKhobar, Saudi Arabia.
- Workshop with Dr. Sultan Alshahrani: Cognitive Behavioral Therapy for Insomnia (CBTi), 3rd International Women Mental Health, 13-15 Feb 2018, AlKhobar, Saudi Arabia.
- Workshop with Dr. Meshal AlAqeel: Behavioral Activation, 3rd International Women Mental Health, 13-15 Feb 2018, AlKhobar, Saudi Arabia.
- Oral Presentation: How to understand OCD form Cognitive Perspectives, 6th International Child & Adult Behavioral Health Conference, 1-3 March 2018, Abu Dhabi, UAE.
- Oral Presentation: Residency and Fellowship Programs Available in GCC Countries; Meet The Program Director's, 6th International Child & Adult Behavioral Health Conference, 1-3 March 2018, Abu

Dhabi, UAE.

- Poster: The prevalence and severity of Social Anxiety symptoms and its relationship with Body Dysmorphic Disorder among Adults in Riyadh, 26th Congress of the European Psychiatric Association, 3-6 March 2018, Nice, France.
- Oral presentation: Depression Treatments: What Patient Prefer?: Local Study, The Fourth National Forum of Psychotherapy 2018 "Psychotherapy and Grief", King Saud bin Abdulaziz University for Health Sciences, Riyadh, Saudi Arabia, 14-15 March 2018.
- Workshop with Dr. Fahad AlOsaimi: Acceptance & commitment Therapy for Depression, The Fourth National Forum of Psychotherapy 2018 "Psychotherapy and Grief", King Saud bin Abdulaziz University for Health Sciences, Riyadh, Saudi Arabia, 14-15 March 2018.
- Oral presentation: Stress among medical students, residents and physicians; a global perspective, American Psychiatric Association Annual Meeting, 5–9 May 2018, New York, USA.
- Poster: Attitude and Preference Toward Treatments of Depression Among General Public in Non-Western Country, American Psychiatric Association Annual Meeting, 5–9 May 2018, New York, USA.
- Mentor in Hackathon in Medicine, MIT & KACST, 29 Nov – 1 Dec 2018, Riyadh, Saudi Arabia.
- Oral Presentation: “using electronic tablets (IPAD) and ADHD”, Psychological counselling in cybernetic world, Saudi Counselling Association conference, 5 March 2019.
- Oral Presentation: “Acceptance & Commitment Therapy for Anxiety: Overview & Update”, 13th emirates Society Mental Health International Congress 2019, Dubai, UAE, 20-22 March 2019.
- A workshop Co-presenter with Dr. Meshal AlAqeel entitled "Setting Agenda and Goals in CBT", 14th International Conference for Psychiatry and Psychology, Intercontinental Hotel, Jeddah, Saudi Arabia, 27-30 March 2019.
- Poster: “Knowledge of and Attitude Towards Computerized Cognitive Behavioral Therapy in Mental Healthcare Professionals in Saudi Arabia”, EPA congress, 6-9 April 2019, Warsaw, Poland.
- Workshop: “How CBT can help in stress”, Dealing with stress in workplace Symposium, King Fahd Armed force Hospital in Jeddah,

Jeddah, Saudi Arabia, 21-22 April 2019.

- Poster: “Knowledge of and Barriers to The Use of Cognitive Behavioral Therapy in Treating Depression in Primary Care Centers and Family Medicine Clinics in Saudi Arabia, WCBCT, 16-20 July 2019, Berlin, Germany.

SCIENTIFIC PUBLICATIONS

1. Haithm Alasim, Salman AlQazlan, Saleh Albanyan, Abdulaziz Alsalmi, Alwalid Buraik, Awad H. Olaish, Aljohara S. Almeneessier, Fahad D. Alosaimi, **Ahmad AlHadi**, Ahmed S. BaHammam. Comorbid psychiatric disorders among patients with narcolepsy. *Sleep Breath* (2019). <https://doi.org/10.1007/s11325-019-01890-8>
2. AlAteeq D, AlDaoud A, **AlHadi A**, AlKhalaf H, Milev R. The experience and impact of stigma in Saudi people with a mood disorder. *Ann Gen Psychiatry*. 2018;17(1):51. doi:10.1186/s12991-018-0221-3.
3. Al Jarad A, **Al Hadi A**, Al Garatli A, et al. Impact of Cognitive Dysfunction in the Middle East Depressed Patients: The ICMED Study. *Clin Pract Epidemiol Ment Heal*. 2018;14(1):270-283. doi:10.2174/1745017901814010270.
4. Zainab Al-Noor, Caroline Selai, Rasha Al Ansari, **Ahmad AlHadi**, Batoul El Hilo, Katrina Scior. The Impact of Culture on Anxiety Related Cognitions: An exploration with Saudi-Arabian Individuals. *Mental Health, Religion & Culture Journal*. Accepted July 2018. <https://doi.org/10.1080/13674676.2018.1505839>
5. **AlHadi AN**, Almaghrebi AH. Challenges in diagnosis and treatment of olfactory reference syndrome: A case study. *J Obsessive Compuls Relat Disord*. 2018;19:23-28. doi:10.1016/j.jocrd.2018.07.004.
6. Eradah O. Hamad, **Ahmad N. AlHadi**, Christopher J. Lee, Marie Y. Savundranayagam, Jeffrey D. Holmes, Elizabeth Anne Kinsella, Andrew M. Johnson. Assessment of Caregiving Constructs: Toward a Personal, Familial, Group, and Cultural Construction of Dementia Care through the Eyes of Personal Construct Psychology. *J Cross Cult Gerontol*. 2017, DOI 10.1007/s10823-017-9320-x
7. Alshomrani, A.T., **AlHadi, A.N.**, Learning environment of the Saudi psychiatry board training program. *Saudi Med. J*. 2017, 38, 629–635. doi:10.15537/smj.2017.6.18164
8. **AlHadi A**, Abid OA, Alsuhaibani KA, Alshehri KA, Alowaisheq RA, AlBacker NB. The association between time spent on computer tablets and attention deficit hyperactivity disorder (ADHD) among children

from 3 to 12 years old. *Eur Psychiatry* [Internet]. 2017;41:S146.
Available from: <http://dx.doi.org/10.1016/j.eurpsy.2017.01.1990>

9. Alshahrani SM, Baqays AA, Alenazi AA, AlAngari AM, **AlHadi AN**. Impact of shift work on sleep and daytime performance among health care professionals. *Saudi Med J*. 2017;38(8).
10. **AlHadi AN**, AlShahrani FM, Alshaqrawi AA, Sharefi MA, Almousa SM. Knowledge of and attitudes towards electroconvulsive therapy (ECT) among psychiatrists and family physicians in Saudi Arabia. *Ann Gen Psychiatry*. 2017 Dec 28;16(1):16.
11. **AlHadi AN**, AlShiban AM, Alomar MA, Aljadoa OF, AlSayegh AM, Jameel MA. Knowledge of and Attitude Toward Repetitive Transcranial Magnetic Stimulation Among Psychiatrists in Saudi Arabia. *J ECT*. 2017 Mar;33(1):30–5.
12. **Al Hadi A**, Al Mansour F, Al Oqayli A. Illness Perception of Heart Disease in a Saudi Population. *Arab J Psychiatry*. 2016;27(2):151–9.
13. Alateeq D, AlDaoud A, **AlHadi A**, AlKhalaf H. The experience and impact of stigma in Saudi people with a mood disorder. *Eur Psychiatry*. Elsevier; 2016 Nov 20;33:S170.
14. Alateeq D, **AlHadi A**, AlAteeq F, Alsubie A, AlEesa D, AlShareef S, et al. Psychological well-being among social network users of King Saud University students. *Eur Psychiatry*. Elsevier; 2016 Nov 20;33:S553.
15. **AlHadi A**, AlAteeq D, Alanazi H, Al-Sharif E, Bawazeer H, AlShomrani A, et al. EPA-0369 – Stressors in university student life and their effects on academic achievements. *Eur Psychiatry*. Elsevier; 2016 Nov 20;29:1.
16. **AlHadi A**, AlOqayli A, AlYimni A, AlDhubayban A, AlAbdulkarim N. Illness Perception of Heart Diseases in Riyadh, Saudi Arabia. *Eur Psychiatry* [Internet]. Elsevier; 2016 Nov 20;30:1260. Available from: [http://dx.doi.org/10.1016/S0924-9338\(15\)32011-3](http://dx.doi.org/10.1016/S0924-9338(15)32011-3)
17. **AlHadi A**, AlShiban A, Alomar M, Aljadoa O, AlSayegh A, Jameel M. Knowledge and attitude toward repetitive transcranial magnetic stimulation (rTMS) among psychiatrists in Saudi Arabia. *Eur Psychiatry*. Elsevier; 2016 Mar 1 [cited 2016 Nov 20];33:S230–1.
18. Al Ateeq D, **Al Hadi A**, Al Subie1 A, Al Ateeq F, Al Eesa2 D, Al Shareef2 S, et al. Psychological Well-being among Social Network Users of King Saud University Students. *Imp J Interdiscip Res*. 2016;2(3):571–81.

19. Book chapter: **AlHadi A**, Algahtani H, Salem M. Cognitive behaviour therapy in the Middle East: 1. In: Kingdon D, Naeem F, editors. *Cognitive Behaviour Therapy in Non-Western Cultures*. Nova Science Publishers; 2012. p. 61–78.
20. **AlHadi A**. Book review: *Handbook of Cognitive-Behavioral Therapies*. *J Psychosom Res*. Elsevier Inc.; 2011 Aug [cited 2013 Aug 9];71(2):114.
21. **AlHadi AN**, Shuqdar RM. Anorexia Nervosa versus Superior Mesenteric Artery Syndrome in a Young Woman: Case Report and Literature Review. *J Taibah Univ Med Sci*. 2008;3(1):55–60.