# CURRICULUM VITAE

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| **EDUCATION** |  |
| Univ. Kansas Medical Center, Kansas City, Kansas, USA | Rehab Science | PhD | 2012-2016 |
| Jordan Univ. of Science and Technology, Jordan | Physical Therapy | B.Sc. | 2007-2011 |

# PROFESSIONAL EXPERIENCE

Assistant Dean of Student Affairs, School of Rehabilitation Sciences 2020-2023

Amman, Jordan. The University of Jordan,

Associate professor, Amman, Jordan. The University of Jordan. 2022-present

 Department of Physiotherapy, School of Rehabilitation Sciences

Assistant professor, Amman, Jordan. The University of Jordan. 2016- 2022 Department of Physiotherapy, School of Rehabilitation Sciences

Graduate Research Assistant, Kansas City, KS. University of Kansas Med Center 2012- 2016

Department of Physical Therapy & Rehabilitation Sciences

Physical Therapist, Medicine Sans Frontier (Doctors Without Borders), Amman, Jordan 2012

Physical Therapist, Al-Khalidi Rehabilitation center, Amman, Jordan 2011-2012

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| Physical Therapist (volunteer). National Multiple Sclerosis Society Amman, Jordan | 2011 |
| Physical Therapist (Trainee). King Abdullah University Hospital (KAUH) Irbid, Jordan | 2010-2011 |
| Physical Therapist (Trainee). Albasheer Hospital Amman, Jordan | 2010 |

# PEER REVIEWED PUBLICATIONS

Alissa, N., Khalil, H., Kanaan, S., **Aldughmi, M.,** Al-Sharman, A., Morris, L., ... & El-Salem, K. (2023). Translation, cultural adaptation and validation of the Arabic version of the king’s Parkinson’s disease pain scale. *Disability and Rehabilitation*, 1-6.

Khalil, H., Aldaajani, Z. F., **Aldughmi, M.**, Al‐Sharman, A., Mohammad, T., Mehanna, R., ... & Bajwa, J. A. (2022). Validation of the Arabic Version of the Movement Disorder Society‐Unified Parkinson's Disease Rating Scale. Movement Disorders, 37(4), 826-841.

Al-Sharman, A., **Aldughmi, M**., Khalil, H., AlKhawaldeh, H., Siengsukon, C. F., & El-Salem, K. (2022). Knowledge and attitudes of physiotherapists toward sleep: a survey study. Work, (Preprint), 1-8.

**Aldughmi, M.,** Qutaishat, D., & Karasneh, R. (2021). Knowledge and Perceptions of Honorary Authorship among Health Care Researchers: Online Cross-sectional Survey Data from the Middle East. Science and Engineering Ethics, 27(3), 1-19.

Aburub, A. S., Phillips, S. P., **Aldughmi, M**., Curcio, C. L., Guerra, R. O., & Auais, M. (2021). Fear of falling among community-dwelling older adults with heart disease: findings from an international mobility in aging study (IMIAS). Physiotherapy theory and practice, 1-14.

**Aldughmi, M.,** Al-Shorman, A., Khalil, H., El-Salem, K., & Alghwiri, A. (2020). Translation and validation of the Arabic version of the patient determined disease steps in people with multiple sclerosis. Physiotherapy theory and practice, 1-8.

Alghwiri, A. A., Jamali, F., **Aldughmi, M**., Khalil, H., Al-Sharman, A., Alhattab, D., & Awidi, A. (2020).

The effect of stem cell therapy and comprehensive physical therapy in motor and non-motor symptoms in patients with multiple sclerosis: A comparative study. *Medicine, 99(34).*

Al-Sharman A, Khalil H, El-Salem K, **Aldughmi M**, Aburub A. The effects of aerobic exercise on sleep quality measures and sleep-related biomarkers in individuals with Multiple Sclerosis: A pilot randomized controlled trial. *NeuroRehabilitation.* Aug 8 2019

Siengsukon, C.F., M. Alshehri, and **M. Aldughmi**, Self-report sleep quality combined with sleep time variability distinguishes differences in fatigue, anxiety, and depression in individuals with multiple sclerosis: A secondary analysis. Multiple Sclerosis Journal–Experimental, Translational and Clinical, 2018. 4(4): p.

205521731881592

Siengsukon, C. F., **Aldughmi, M**., Kahya, M., Lynch, S., Bruce, J., Glusman, M., ... & Billinger, S. (2018). Individuals with mild MS with poor sleep quality have impaired visuospatial memory and lower perceived functional abilities. *Disability and health journal*, *11*(1), 116-121.

Al‐Sharman, A., Khalil, H., Nazzal, M., Al‐Sheyab, N., Alghwiri, A., El‐Salem, K., & **AlDughmi, M**. (2018). Living with multiple sclerosis: A Jordanian perspective. *Physiotherapy Research International.*

Siengsukon, C. F., **Al-dughmi, M**., & Stevens, S. (2017). Sleep health promotion: practical information for physical therapists. *Physical therapy*, *97*(8), 826-836.

**Aldughmi, M.,** Al-Sharman, A., Stevens, S., & Siengsukon, C. F. (2017). Executive Function Is Associated With Off-Line Motor Learning in People With Chronic Stroke. *Journal of Neurologic Physical Therapy*, 41(2), 101-106.

Khou, C. S., **Aldughmi, M**., Kahya, M., & Siengsukon, C. (2017, March). Association Of The Pittsburgh Sleep Quality Index And Sleep Measured Using Actigraphy In Individuals With Multiple Sclerosis. In ANNALS OF BEHAVIORAL MEDICINE (Vol. 51, pp. S617-S618). 233 SPRING ST, NEW YORK, NY 10013 USA: SPRINGER

**Aldughmi, M**., Bruce, J., & Siengsukon, C. F. (2017). Relationship between fatigability and perceived fatigue measured using the neurological fatigue index in people with multiple sclerosis. *International journal of MS care*, *19*(5), 232-239.

Siengsukon, C. F., **Aldughmi, M**., Kahya, M., Bruce, J., Lynch, S., Ness Norouzinia, A., & Billinger, S. (2016). Randomized controlled trial of exercise interventions to improve sleep quality and daytime sleepiness in individuals with multiple sclerosis: A pilot study. *Multiple Sclerosis Journal–Experimental, Translational and Clinical*, 2, 2055217316680639.

**Aldughmi, M**., Huisinga, J., Lynch, S. G., & Siengsukon, C. F. (2016). The relationship between fatigability and sleep quality in people with multiple sclerosis. *Multiple Sclerosis Journal–Experimental, Translational and Clinical*, 2, 2055217316682774.

**Al-dughmi, M.,** & Siengsukon, C. F. (2016). The relationship between sleep quality and perceived fatigue measured using the Neurological Fatigue Index in people with Multiple Sclerosis. *Neurological*

*research*, *38*(11), 943-949.

**Al-Dughmi, M.,** Al-Sharman, A., Stevens, S., & Siengsukon, C. F. (2015). Sleep characteristics of individuals with chronic stroke: a pilot study. *Nature and science of sleep*, *7*, 139.

Siengsukon CF, **Aldughmi M**, Sharma NK. A survey of physical therapists' perception and attitude about sleep. *Journal of allied health*. Spring 2015;44(1):41-50.

Siengsukon, C., **Al-Dughmi, M.,** Al-Sharman, A., & Stevens, S. (2015). Sleep parameters, functional status, and time post-stroke are associated with offline motor skill learning in people with chronic stroke. *Frontiers in neurology*, *6*, 225.

# PEER REVIEWED SCIENTIFIC AND PROFESSIONAL PRESENTATIONS AND ABSTRACTS

# Aldughmi, M., Jamali, F., Al-Sharman, A., & Al-Delaimy, W. (2023). Tobacco Smoke and Sleep Quality Among People with Multiple Sclerosis: A Comparison Study. *Multiple Sclerosis and Related Disorders*, *71*, 104275. 7th MENACTRIMS congress- poster presentation. November 11th 2022

# Al-Sharman, A., Khalil, H., Alslman, R., Ala’S, A., Aldughmi, M., & El-Salem, K. (2023). Cross-Cultural Adaptation and Psychometric Evaluation of the Physical Activity and Disability Survey-Revised in People with Multiple Sclerosis. *Multiple Sclerosis and Related Disorders*, *71*, 104307. 7th MENACTRIMS Congress-poster presentation. November 11th 2022

**Aldughmi.M,** Qutaishat.D, Karasneh. R. Knowledge and Perceptions of Honorary Authorship among Health Care Researchers: Online Cross‑sectional Survey Data from the Middle East. 7th International Conference on Ethics in the MENA: Predatory Journals and Open Access Publishing, platform presentation. October 22nd 2022

**Aldughmi.M,** Jamalli.F, Salameh.A, Khasawneh.M, Dahbour.S, AbbadI.A. Turning in People with Parkinson’s Disease: The Role Of Sleep Quality. World Physiotherapy Congress 2021 online, poster presentation. April 9-11 2021

**Aldughmi M,** Al-Shorman A. Sleep disturbances among people with neurological conditions: The role of physical therapy. The First International Physical Therapy Conference in Al-Isra University, Amman, Jordan, platform presentation. October 24th 2019

**Aldughmi M,** Alghwiri A, Abu-Sa’ada R, Jamali F, Al-Shorman A, Khalil H, Awidi A. Verbal Memory in People with Multiple Sclerosis: The Role of Fatigue and Depression. World Confederation for Physical Therapy Congress (WCPT), Geneva, Switzerland, platform presentation. May 11th 2019

**Aldughmi M,** Frange C, Siengsukon CF, Staub C, Skinner M. Why sleep should matter to physiotherapists. World Confederation for Physical Therapy Congress (WCPT), Geneva, Switzerland, discussion session. May 12th 2019

<https://www.wcpt.org/wcpt2019/programme/ds/DS-07>

Alghwiri A, **Aldughmi M**, Jamali F, Awidi A, Al-Shorman A, Khalil H. The Effect of Stem Cell Therapy and a Combined Exercise Program on Balance and Gait: A Pilot Randomized Controlled Trial. World Confederation for Physical Therapy Congress (WCPT), Geneva, Switzerland, platform presentation. May 13th 2019

**Aldughmi M.** Why PTs Should Care About Sleep. 4th Jordanian International Physical Therapy Conference, Amman, Jordan, Platform presentation. June 23rd 2018

**Aldughmi M,** Siengsukon CF. Fatigue Measured Using the Neurological Fatigue Index Is Associated with Poor Sleep Quality In People With Multiple Sclerosis. World Confederation for Physical Therapy Congress (WCPT), Cape Town, South Africa, platform presentation. July 2nd 2017

**Aldughmi M,** Siengsukon CF. Fatigue Measured Using the Neurological Fatigue Index Is Associated with Poor Sleep Quality and Inattentiveness in People with Multiple Sclerosis. Consortium of Multiple Sclerosis Centers (CMSC), North Harbor, Maryland, platform presentation. June 3, 2016

Siengsukon C, **Aldughmi M**, Kahya M, Bruce J, Lynch S, Billinger S. The Impact of Exercise on Sleep Quality in Individuals with Multiple Sclerosis. Consortium of Multiple Sclerosis Centers (CMSC), North Harbor, Maryland, platform presentation. June 3, 2016

Siengsukon CF, **Aldughmi M**. Poor Sleep Hygiene Is Associated with Impaired Sleep Characteristics Measured By Actigraphy in Individuals with Multiple Sclerosis. Consortium of Multiple Sclerosis Centers (CMSC), North Harbor, Maryland, poster presentation. June 3, 2016

**Aldughmi M**, Siengsukon CF. Fatigue measured using the Neurological Fatigue Index is associated with poor sleep quality in people with Multiple Sclerosis. KPTA Spring conference, Wichita KS, platform presentation. April 9th, 2016

Siengsukon C, **Aldughmi M**, Yahya A, Sharma N. A Survey of Physical Therapists’ Perception and Attitude About Sleep. American Physical Therapy Combined Sections Meeting, Anaheim CA, poster presentation. February 19th 2016

**Aldughmi M**, Siengsukon C, Al-Sharman A, Stevens S. An Increase in Stage R and a Decrease in Stage N3 is Associated with Motor Skill Learning in Individuals with Chronic Stroke. Women in Medicine and Science conference, KUMC, poster presentation. August 20, 2015

**Aldughmi M**, Dowling P, Bruce J, Lynch S, Billinger S, Siengsukon C. The association between subjective fatigue measured by the MFIS and objective measures of cognitive and physical fatigue and subjective sleep quality in individuals with multiple sclerosis. KPTA Spring conference, Wichita KS, poster presentation. April 6th, 2015

Siengsukon C, **Aldughmi M**, Bruce J, Lynch S, Billinger S. The benefits of aerobic exercise on fatigue, functional status, sleep, and cardiorespiratory fitness in individuals with multiple sclerosis: a pilot study. American Physical Therapy Combined Sections Meeting, Indianapolis IN, poster presentation. February 7th 2015

**Aldughmi M**, Dowling P, Bruce J, Lynch S, Billinger S, Siengsukon C. The association between subjective fatigue measured by the MFIS and objective measures of cognitive and physical fatigue and subjective sleep quality in individuals with multiple sclerosis. American Physical Therapy Combined Sections Meeting, Indianapolis IN, poster presentation. February 7th 2015

**Aldughmi M**, Billinger S., Bruce J, Lynch S, Siengsukon C. The effects of Aerobic Exercise on Daytime Sleepiness and Speed of Information Processing in individuals with Multiple Sclerosis. Frontiers Scientific Session, KUMC, poster presentation. October 30, 2014

Siengsukon C, **Aldughmi M**, Bruce J, Lynch S, Billinger S. The benefits of aerobic exercise on fatigue, functional status, sleep, and cardiorespiratory fitness in individuals with multiple sclerosis: a pilot study. Women in Medicine and Science conference, KUMC, poster presentation. August 21, 2014

**Aldughmi M**, Dowling P, Lynch S, Hill R, Blattner G, Bruce J, Lynch S, Siengsukon C. Subjective Fucntional Status is Associated with Speed of Information Processing, Quality of Life, and Fatigue in people with MS. KPTA Spring conference, Wichita KS, poster presentation. April 5, 2014

Siengsukon C, Al-Sharman A, **Aldughmi M**, Bruce J, Lynch S. Sleep promotes off-line motor skills learning and visuospatial memory consolidation in people with multiple sclerosis: A pilot study. American Physical Therapy Combined Sections Meeting, Las Vegas, NV, platform presentation, February 5, 2014

Siengsukon C, Gagnon K, Vidoni E, Jain T, **Aldughmi M**. Flipping” for blended learning: a case study on using online and in-person teaching methods in a physical therapy course. American Physical Therapy Combined Sections Meeting, Las Vegas, NV, platform presentation, February 4, 2014

**Aldughmi, M**, Al-Sharman, A., Bruce, J., Lynch, S., Siengsukon, C. Sleep promotes off-line motor skills learning and visuospatial memory consolidation in people with multiple sclerosis: A pilot study Kansas Physical Therapy Association Spring Conference, Wichita, KS, poster presentation, April 6, 2013

Huisinga J, Siengsukon C, **Aldughmi M**. Instrumented gait and balance measures are related to cognitive scores and self-reports of function in persons with multiple sclerosis. 5th International Symposium on Gait and Balance in Multiple Sclerosis

Siengsukon C, Al-Sharman A, **Aldughmi M**, Bruce J, Lynch S. Sleep promotes off-line motor skills learning and visuospatial memory consolidation in people with multiple sclerosis: A pilot study. Journal of Neurologic Physical Therapy. 38(1): 17

# NON PEER REVIEWED PRESETNATIONS:

**Aldughmi M,.** Why should PTs care about sleep? Guest speaker lecture 2023

Hamad medical corporation. World PT day.

**Aldughmi M,.** Invisible Symptoms in Multiple Sclerosis.Speaker at the 2021

School of Rehabilitation Sciences International Day of Persons with Disabilities event.

**Aldughmi M,.** Why should PTs care about sleep? Guest speaker lecture 2021

to physiotherapy undergraduate students in the Hashemite University.

**Aldughmi M,** Alshorman A. Sleep disturbances and fatigue: the role 2020

of neuro–rehabilitation specialists. Webinar Workshop by JUST-CRS: European Union funded project through Erasmus+ program that supports the modernization of higher education in the EU and partner countries.

**Aldughmi M.** Responsible Conduct of Research for research assistants in 2019

medical professions. Full day workshop, JU, Amman, Jordan

**Aldughmi M.** Sleep Quality and Fatigue in Neurorehabilitation. Presentation in the 2019

Advanced Theories and Practice in Neurorehabilitation II course for students in the Clinical Master Program in Rehabilitation Sciences (CRS), JUST, Irbid, Jordan

**Aldughmi M.** Motor Learning Strategies Applied to Neurorehabilitation. Presentation in the 2019

Advanced theories and application in motor learning and motor control course for students in the Clinical Master Program in Rehabilitation Sciences (CRS), JUST, Irbid, Jordan

**Aldughmi M**, Siengsukon CF. Fatigue Measured Using the Neurological Fatigue Index Is 2017

Associated with Poor Sleep Quality in People with Multiple Sclerosis. Scientific Research Day oral presentation, JU, Amman, Jordan

**Aldughmi M**, Siengsukon CF. Fatigue Measured Using the Neurological Fatigue Index Is 2016

Associated with Poor Sleep Quality and Inattentiveness in People with Multiple Sclerosis. Student Research Forum presentation, KUMC, Kansas City, KS

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| **Aldughmi M**, Dowling P, Bruce J, Lynch S, Billinger S, Siengsukon C. The association | 2015 |
| between subjective fatigue measured by the MFIS and objective measures of cognitive |  |
| and physical fatigue and subjective sleep quality in individuals with multiple sclerosis. Student Research Forum presentation, KUMC, Kansas City, KS |  |
| **Aldughmi, M**, Billinger, S., Bruce, J, Lynch, S, Siengsukon, C. The Effect of Aerobic | 2014 |
| Exercise on speed of information processing and Sleep Quality in Individuals with Multiple Sclerosis. Student Research Forum presentation, KUMC, Kansas City, KS |  |
| **Aldughmi, M**. The Effect of Aerobic Exercise on cognitive function and sleep quality | 2014 |
| in individuals with MS. Presentation to MS patients and clinicians. College Park Neurology |  |
| and M.S. Center Kansas City, KS |  |
| **Aldughmi, M**. Understanding fatigue in Multiple Sclerosis. Clinical education presentation | 2014 |
| Presented to KU hospital rehab staff. KUMC, Kansas City, KS |  |
| **Aldughmi, M**. Sleep and Fatigue research. Presentation to doctor of physical therapy (DPT) | 2013-2014 |
| students in Neurologic physical therapy course. KUMC, Kansas City, KS |  |
| **Aldughmi, M**. Inter-Professional Education (IPE). Presentation to doctor of physical therapy | 2013-2014 |
| (DPT) students in Neurologic physical therapy course. KUMC, Kansas City, KS |  |

# PROJECTS AND RESEARCH SUPPORT

Middle East North Africa Committee for Treatment and Research in Multiple Sclerosis (MENACTRIMS) Research Grant

**Aldughmi, M (PI)-** November 2021-Present- ClinicalTrials.gov Identifier: NCT05046535- Grant: $20000

The Effect of Cigarette Smoke on Sleep Quality and Physical Activity in People with Multiple Sclerosis

University of Jordan Deanship of Scientific Research Grant

Jamali, F (PI), **Aldughmi, M (Collaborator)** 20/12/16-Present- ClinicalTrials.gov Identifier: NCT03326505 The effect of stem cell therapy and comprehensive physical therapy on motor and non-motor symptoms in patients with multiple sclerosis: a comparative study

University of Jordan Deanship of Scientific Research Grant

**Aldughmi, M (PI)**- 21/7/2019-Present- ClinicalTrials.gov Identifier: NCT03684122- Grant: 17920 JD ≈ $25,275 A safety and efficacy study of the effects of allogenic umbilical cord derived from differentiated Mesenchymal Stem Cells (MSCs) into Neural Stem Cells (NSCs) on motor and non-motor symptoms in people with Parkinson’s disease (PD).

University of Jordan Deanship of Scientific Research Pilot Grant

**Aldughmi, M (PI)** 6/1/16-5/1/20 Pilot Grant (# 1942): 6000 JD ≈ $8462

The Prevalence of Multiple Sclerosis in two major cities in Jordan: An update study

National Multiple Sclerosis Society Pilot Grant (PP2068)

Siengsukon (PI), **Aldughmi, M (Graduate Research Assistant)** 10/01/13-09/30/14

The Effects of Aerobic Exercise on Cognitive Function and Sleep Quality in Individuals with MS

Frontiers Pilot and Collaborative Studies Funding Program (UL1 TR000001, formerly UL1RR033179) Siengsukon (PI), **Aldughmi, M (Graduate Research Assistant)** 03/01/13-02/28/14

The effects of aerobic exercise on daytime sleepiness and speed of information processing in individuals with multiple sclerosis.

American Heart Association National Scientist Development Grant

Siengsukon (PI)**, Aldughmi, M (Graduate Research Assistant)** 07/01/09-06/30/13

Sleep to learn after stroke: Examining the role of sleep parameters and cognition in motor skill learning in individuals with stroke

# MEMBERSHIPS AND LEADERSHIP ROLES

Member in the scientific research committee 2022-present

 School of Rehabilitation Science, University of Jordan

Member in the Italian tender committee 2022-present

 School of Rehabilitation Science, University of Jordan

Head of the “safety return from COVID” Committee 2021-2022

 School of Rehabilitation Science, University of Jordan

Member in the Jordanian Physiotherapy Association 2016-Present

Member of the Network for Health Promotion in Life and Work (HPLW) 2019-Present

within Word Physiotherapy

Member of the Association of Jordanian Universities for Tobacco and 2021-Present

Smoking Control

Member in the International Parkinson and Movement Disorder Society 2018-Present

Member of the quality assurance and curriculum plan committee 2019-Present

 Physiotherapy Department, University of Jordan

Member in the research development staff committee 2021-Present

 University of Jordan

Head of the student issues committee 2020-Present

 School of Rehabilitation Science, University of Jordan

Member in the scientific research committee 2016-2019

Physiotherapy Department, University of Jordan

Member in the conferences and community service committee 2016-2019 School of Rehabilitation Science, University of Jordan

Member in the Honor Society of Phi Kappa Phi 2016-2019

Member in the chair of the Rehabilitation Science program search committee 2016

University of Kansas Medical Center

President of the Student Interest Group in Rehabilitation Science (SIGRS) 2015

University of Kansas Medical Center

Vice-President of the Student Interest Group in Rehabilitation Science (SIGRS) 2015

University of Kansas Medical Center

Member in the dean of international programs (DIP) search committee 2015

University of Kansas Medical Center

Member of the Kansas University Professionals for Disability (KUPD) organization 2014

University of Kansas Medical Center

Alternate senator for the Student Governing Council (SGC) 2014

University of Kansas Medical Center

# TEACHING

Associate Professor in the Scientific research methods course 2021 Department of physiotherapy- Master’s course

Associate Professor in the Scientific writing and Inquiry course 2020-Present Department of physiotherapy- Master’s course

University of Jordan (JU), Amman, Jordan

Associate Professor in the Exercise Physiology course 2018-2019 Department of physiotherapy

University of Jordan (JU), Amman, Jordan

Assistant Professor in the Rehabilitation Principles and Ethics course 2017-2019 Department of physiotherapy

University of Jordan (JU), Amman, Jordan

Associate Professor in the Neuromuscular Physiotherapy I course 2017-Present Department of physiotherapy

University of Jordan (JU), Amman, Jordan

Associate Professor in the Neuromuscular Physiotherapy II course 2017-Present Department of physiotherapy

University of Jordan (JU), Amman, Jordan

Associate Professor in the Clinical Physiotherapy 2017-Present Department of physiotherapy

University of Jordan (JU), Amman, Jordan

Associate Professor in the Clinical Physiotherapy 1 2016-Present Department of physiotherapy

University of Jordan (JU), Amman, Jordan

Associate Professor in the Physiotherapy in Acute Care course 2016- present

Department of physiotherapy

University of Jordan (JU), Amman, Jordan

Graduate Teacher Assistant (GTA) in the Orthopedic physical therapy course 2015

Department of physical therapy and rehabilitation science University of Kansas Med Center (KUMC), Kansas City, KS

Graduate Teacher Assistant (GTA) in the Neurologic physical therapy course 2013-2014

And PTRS 853)

Department of physical therapy and rehabilitation science University of Kansas Med Center (KUMC)

Teacher Assistant (TA) Kinesiology and cardiovascular rehab courses 2012

Jordan University of Science and technology (JUST), Irbid, Jordan

**OTHER ACADEMIC ACTIVITIES**

Delivered a workshop to faculty members at the University of Jordan in collaboration with the Deanship of Scientific Research titled “Human Research Ethics: Facing today’s Dilemmas”.

Created two Massive Open Online Courses (MOOCs) in the Clinical Rehabilitation Sciences (CRS) master program in Jordan University of Science and Technology, which is a European Erasmus+ funded project. The MOOCs are available for free on Maharat platform: <https://tinyurl.com/mrewbth8>

Received invitations from other universities to teach in bachelor physiotherapy programs as well as Master programs. Including Jordan University of Science and Technology-JUST (three invitations) and the Hashemite University-HU (one invitation).

I specifically provided lectures in the following topics:

1- Sleep Quality and Fatigue in Neurorehabilitation

2- Outcome measures in Neurorehabilitation

3- Fatigue in Neurological conditions

4- Why should PTs care about sleep?

5- Motor control and motor learning

**MASTER THESES SUPERVISION**

* Cognitive function and academic performance among university students after COVID-19 infection. (Main supervisor-student name: Hasan Alkhawaldeh)
* Work productivity and sleep quality among physiotherapists. (Main supervisor-student name: Ala’a Hraiz)
* Barriers to physiotherapy evidence-based practice implementation in Jordan: A qualitative study (Main supervisor-student name: Reem Ananbeh)
* Sleep Quality, Physical Activity and Smoking Behavior Among University Students in Health Schools: The Impact of Covid-19 Pandemic. (Main supervisor-student name: Ghaida’a Yahya)
* The Effect of Frenkel Exercises Combined with Weights on Balance in People with Multiple Sclerosis: A Randomized Control Trial. (Main supervisor-student name: Mohannad Alkhatib)

**TRAINING WORKSHOPS AND FELLOWSHIPS**

* Machine learning in healthcare
* International Parkinson and Movement Disorder Society – Asian & Oceanian Section (MDS-AOS) Train the Trainer Pilot Program for Physiotherapy
* One-year fellowship in responsible conduct of research
* Allied health rehabilitation course for Parkinson’s disease
* MDS-UPDRS Training Program & Certificate Exercise
* Unified Dyskinesia Rating Scale Training Program & Certificate Exercise
* Introduction to Qualitative Research
* Critical Thinking and Teaching Responsible Conduct of Research
* Mental Health Research Ethics
* Stem Cells Research Ethics
* Blended Learning
* Personal Branding
* Big data analysis
* How to supervise master students

**COMMUNITY SERVICE**

I delivered a talk online via Zoom to PTs working in Hamad Medical Corporation located in Qatar about why physiotherapists should care about promoting sleep health. This lecture was organized in celebration of World PT day.

I organized a virtual talk for students in our school in collaboration with the department of psychological support at the deanship of student affairs. This talk aimed to discuss the impact of remote learning on psychological health and to teach the students strategies to cope with psychological stress related to remote learning.

I delivered a talk online (via Facebook live) in collaboration with the student’s medical club. This club is a known group that organizes events for students across all medical fields at the University of Jordan. This talk aimed to introduce students from different health schools about rehabilitation and what are the different professions in this field. I also talked about how the rehabilitation graduate can engage in the work force, and provided information and tips on graduate programs in the field. Facebook add of the talk: <https://tinyurl.com/2h9v5k9t>

I participated in a full day event in the heart of Amman (Amman Citadel) to deliver physiotherapy services to the local community. Including consultation services, assessment and management.

I delivered a presentation on the school’s celebration of the international day for people with disabilities. The topic was invisible symptoms in multiple sclerosis.

I delivered a talk online through Facebook live to the multiple sclerosis community through the MS-fighters organization. Which is a well-known active organization in Jordan that supports people with multiple sclerosis.

Me and one of my master students “Ghaida’a Yahya” delivered an awareness lecture through the center for development and community service at the University of Jordan. This lecture titled “sleep disturbances among university students and how to manage it”

Me and another colleague in the PT department (Dr. Rasha Okashah) participated in a radio program called (JU against COVID-19) through the University of Jordan Radio station. I talked about sleep quality during the pandemic and how can the community enhance it. Link to radio program interview: <https://tinyurl.com/2yanxz6j>

# HONORS AND AWARDS

Research Travel Award, Student Governing Council (SGC) 2016

University of Kansas Med Center (KUMC), Kansas City, KS

MS Rehabilitation Annual Meeting Student Scholarship 2016

Consortium of Multiple Sclerosis Centers (CMSC), North Harbor, Maryland

Kansas Physical Therapy Association (KPTA) scientific research award 2016

Wichita, KS

School of Health Professions overall Outstanding Research Presentation 2016

Student Research Form. University of Kansas Med Center (KUMC), Kansas City, KS

PTRS Award for Outstanding Research Presentation in Rehabilitation Science 2016

Student Research Forum. University of Kansas Med Center (KUMC), Kansas City, KS

Dean's Diversity Scholarship 2015

University of Kansas Med Center (KUMC), Kansas City, KS

Outstanding Graduate Research Assistant Assistant Award 2015

University of Kansas Med Center (KUMC), Kansas City, KS

Kansas physical therapy association (KPTA) scientific inquiry award 2015

Wichita, KS

1st place best poster presentation over 27 posters, Student Research Form (SRF) 2015

University of Kansas Med Center (KUMC), Kansas City, KS

3rd place best poster presentation over 55 posters, Student Research Form (SRF) 2015

University of Kansas Med Center (KUMC), Kansas City, KS

Outstanding Graduate Teaching Assistant Award 2014

University of Kansas Med Center (KUMC), Kansas City, KS

Kansas physical therapy association (KPTA) scientific inquiry award 2014

Wichita, KS

Kansas physical therapy association (KPTA) scientific inquiry award 2013

Wichita, KS

Ranked first out of 78 students in the Physical Therapy Bachelor degree 2011

Jordan University of Science and Technology (JUST), Irbid, Jordan

Graduated with Honors with excellent GPA (88.3%) 2011

Jordan University of Science and Technology (JUST), Irbid, Jordan