

CURRICULUM VITAE

Full name Malakeh Zuhdi Malak

Department/Faculty: Nursing/Nursing

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1. Personal Data

Nationality: Jordanian

2. Education

- Ph.D. (Community Health Nursing) 2013, Alexandria University, Alexandria, Egypt
- M.Sc. (Community Health Nursing) 2001, Jordan University of Science & Technology, Irbid, Jordan
- B.Sc. (Nursing) 1995, Jordan University of Science & Technology, Irbid, Jordan

3. Ph.D. Dissertation

"Effect of applying Health Belief Model about osteoporosis on preventive practices among Jordanian female teachers", Alexandria University, Alexandria, Egypt

4. Employment

Academic Positions

- Associate Professor, Faculty of Nursing, Al-Zaytoonah University of Jordan, Amman, September 1, 2018- now.



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- Assistant Professor, Faculty of Nursing, Al-Zaytoonah University of Jordan, Amman, September 1, 2015- now.
- Assistant Professor, Faculty of Nursing, Zarqa University, Zarqa, September 1, 2013- August 31, 2015.

Administrative Positions

5. Research Interests

Interested in topics related to community health, health promotion, disease prevention and protection, adolescents, health risk behaviors, school health, chronic diseases, elderly health and issues, occupational health, maternal and child health, and other topics related to public health.

6. Membership in Scientific Societies and Associations

- Jordan Nurses & Midwives Association
- National Jordanian of Anti-Smoking Society

7. Honors and Awards

A) Editorial Board

- Editorial Board member in Syntax Journal of Health Care and Nursing.
- Editorial Board member in Journal of Applied Life Sciences International
- Editorial Board member in SM Addiction Research & Therapy
- Editorial Board member in Global Journal of Health Science and Nursing
- Editorial Board member in Integrative Journal of Global Health
- Editorial Board member in UPI Journal of Pharmaceutical, Medical and Health Sciences (UPI-JPMHS)
- Editorial Board member in Asian Journal of Research and Reports in Hepatology
- Editorial Board Member in Madridge Journal Of Internal and Emergency Medicine

B) Reviewer for the following Journals:

- Computers in Human Behaviors
- Child and Youth Care Forum
- Public Health Nursing



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- Global Journal of Health Science and Nursing
- Journal of Basic and Applied Research International
- Asian Journal of Medicine and Health
- Journal of Disease and Global Health
- Journal of International Research in Medical and Pharmaceutical Sciences
- British Journal of Medicine and Medical Research
- International Neuropsychiatric Disease Journal
- International Journal of Educational Policy Research and Review
- Journal of Scientific Research and Reports
- Journal of Advances in Medical and Pharmaceutical Sciences
- OALib Journal
- International Research Journal of Public and Environmental Health
- American Journal of Experimental Agriculture
- British Journal of Applied Science & Technology
- International Journal of Tropical Disease & Health
- Journal of Global Research in Education and Social Science
- Health
- Journal of Addiction Research & Therapy

C) Awards

- Winner as a supervisor on the best master dissertation " Job-related Psychosocial Correlates of Prolonged Fatigue among Emergency Department Nurses in Jordan" for Ashraf Mohammad Al-Abdallah, 2018 from the Scientific Society of Arab Nursing Faculties.
- Winner in the 5th creative forum, 11th Nursing Scientific day and 5th creative forum for nursing for Faculty of Nursing at Al-Zaytoonah University, Amman, Jordan, 30 March, 2016.
- Award for Scientific Distinction, Bachelor program, Jordan University of Science & Technology (JUST), 1994.
- Award for Scientific Distinction, Bachelor program, Jordan University of Science & Technology (JUST), 1995.

D) Appreciation Certificates

- Wadi Al-Seer Comprehensive Health Center
- Al-Youbeel center/ Great Amman Municipality
- Marj Al-Hamam Elementary school
- Naoor's Youth Society
- Princes Haya school.
- Al-Msherfa Health Center/ UNRWA/ Zarqa
- Help Age International



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9. Fellowships and Scholarships

- Master scholarship, Jordan University of Science & Technology (JUST), (1999-2000).

10. Teaching Experience

• *Graduate Courses*

- ✓ Advanced Scientific Research
- ✓ Principles of Nursing Theories
- ✓ Advanced Physical Assessment
- ✓ Advanced Palliative Care
- ✓ Health Promotion and Education

• *Undergraduate Courses*

- ✓ Community Health Nursing (Theory and Clinical)
- ✓ Gerontology
- ✓ Nutrition in Health and Illness
- ✓ Research Methods
- ✓ Health Education
- ✓ Quality in Health Care
- ✓ Trends and issues in nursing
- ✓ Introduction to Nursing
- ✓ Fundamentals of Nursing (Theory and Clinical)
- ✓ Epidemiology and Biostatistics
- ✓ Leadership and management
- ✓ Communication and Therapeutic Communication
- ✓ Physical Assessment (Clinical)
- ✓ First Aid

11. Supervision of Graduate Research



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- Noor Abu Orooq, 'Knowledge and Practices of Acute Traumatic Wounds Care among Emergency Department Nurses in Jordan', November, 2018 till now. Master degree dissertation/ Faculty of Nursing-Al-Zaytoonah University of Jordan/ Advisor.
- Rayyan Salah, "Relationship between Shift-work and Life-style Behaviors among Emergency Department Nurses in Jordan", December, 2018- till now. Master degree dissertation/ Faculty of Nursing-Al-Zaytoonah University of Jordan/ Co-advisor.
- Marwran Defallah, "The Acceptance and Satisfaction of Applying Electronic Health Solutions (Hakeem Program) among Emergency Department Nurses in Jordan", March, 2018-December, 2018. Master degree dissertation/ Faculty of Nursing-Al-Zaytoonah University of Jordan/ Advisor.
- Khuldon Mahmoud Ahmad, "Predictors of Work-related Fatigue among Emergency Department Nurses in Jordan", November, 2017- May, 2018. Master degree dissertation/ Faculty of Nursing-Al-Zaytoonah University of Jordan/ Advisor.
- Ashraf Mohammad Al-Abdallah, Job-related Psychosocial Correlates of Prolonged Fatigue among Emergency Department Nurses in Jordan, March, 2016- December, 2017. Master degree dissertation/ Faculty of Nursing-Al-Zaytoonah University of Jordan/Advisor.
- Hassan Mohammed Abu Naja, " Self-Medication Practices in Jordan: An Exploration into Factors Influencing on Consumers' Purchasing Behaviors of the Over the Counter (OTC) Drugs", 2016. Master degree dissertation/ Faculty of Administration –Al-Zaytoonah University of Jordan/ Co-advisor.

12. Grants

- Self-medication practices among university students in Jordan: A triangulated study, 2016, Al-Zaytoonah University of Jordan, Jordan, 14.000 JOR
- Patterns of Health-risk Behaviors among Jordanian Adolescent Students, 2014, Zarqa University, Jordan, 1.000 JOR.



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13. Patents

14. Membership of Committees

- **National and International**
 - ✓ Member - Scientific Committee at Global Conference on Nursing Education and Healthcare, May 24-25, 2018, Paris, France.
 - ✓ Member - Organizing Committee at International Conference on Nursing and Health Care, November 12-13, 2018 Kuala Lumpur, Malaysia
- **University**
 - ✓ Chair- Organizing Committee at 6th creative forum for nursing for Faculty of Nursing at Al-Zaytoonah University, Amman, Jordan, April, 2018 2016.
 - ✓ Chair- Accreditation and Quality Assurance Committee/ Faculty of Nursing /Al-Zaytoonah University of Jordan/ 2017-2018.
 - ✓ Member- Graduate Studies Committee/Faculty of Nursing/ Al-Zaytoonah University of Jordan/ 2016-2017, 2017-2018
 - ✓ Member- Community Service Committee /Faculty of Nursing /Al-Zaytoonah University of Jordan/ 2015-2016, 2016-2017, 2017-2018
 - ✓ Member - Scientific Research Committee/ Faculty of Nursing /Al-Zaytoonah University of Jordan/ 2015-2016, 2016-2017.
 - ✓ Member - Clinical Training Committee/ Faculty of Nursing /Al-Zaytoonah University of Jordan/ 2015-2016, 2016-2017.
 - ✓ Member - Students' Issues Committee at the level of university/Zarqa University/ 2013-2014, 2014-2015.
 - ✓ Chair- Cultural and Community Service Committee/Faculty of Nursing/ Zarqa University /2013-2014, 2014-2015.
 - ✓ Chair- Examination Committee/ Faculty of Nursing/Zarqa University / 2014-2015.



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- ✓ Member - Accreditation and Quality Assurance Committee/Faculty of Nursing / Zarqa University/ 2013-2014.
- ✓ Member - Conferences and Scientific Research Committee/Faculty of Nursing / Zarqa University/2013-2014, 2014-2015.
- ✓ Member - Social Committee/Faculty of Nursing / Zarqa University /2013-2014

15. Professional and Scientific Meetings

Participation in Scientific meetings

A) Conferences

- International Conference on Nursing Science & Practice (Nursing Science - 2017), Dallas, USA, 26-28 June, 2017.
- Seventh Arab Youth Conference” Education, Creative, and Investment: towards Collaborative Arabic Vision, Landmark Hotel, Amman, 11-12 April, 2017.
- 11th Nursing Scientific day and 5th creative forum for nursing for Faculty of Nursing at Al-Zaytoonah University, Al-Zaytoonah University, Amman, Jordan, 30 March, 2016.
- 2nd Mediterranean Interdisciplinary Forum Social Sciences and Humanities, MIFS, Almeria, Spain, 26-28 November, 2014.
- The Fifth Refereed Conference for Theses and Dissertations, University of Jordan- Jordan, 16-17 April, 2014.
- The 9th Nursing Scientific day and 3rd creative forum for nursing for Faculty of Nursing at Al-Zaytoonah University, Al-Zaytoonah University, Amman, Jordan, 22 May, 2014.
- Nursing Scientific day at the University of Jordan entitled Integrating the role of the clinical nurse specialist into health care system, University of Jordan- Jordan, 21 May, 2014.
- The Sixth Conference on Scientific Research in Jordan, Al-Zaytoonah University- Jordan, 23 November, 2013.



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- The 12th International Scientific Nursing Conference, “Accredited Higher Education Institutions: Challenges & Strategies, Alexandria, Egypt, 15th -16th May, 2013.

B) Workshops

- Research-based education, Al- Zaytoonah University of Jordan, 18-20 February, 2019.
- Scientific Writing, Al- Zaytoonah University of Jordan, 8-10 October, 2018.
- Accreditation and self-evaluation Workshop, Lebanon, 25-27 September, 2018.
- E- Learning. Al- Zaytoonah University of Jordan, 1-4 October, 2017.
- New Strategic Teaching Methods. Al- Zaytoonah University, 14-16 February, 2017.
- Scientific Writing Workshop. USAID, Zarqa University, 26-27 September, 2016.
- Tests Construction, Analysis, and Interpretation of Findings, Al- Zaytoonah University, 16-18 February, 2016.

C) Training courses

- Advanced SPSS. Center for Studies, Center of Consultations & Community Services, Al- Zaytoonah University (9 hours), 7-12 February, 2016.
- TOT (Training for trainers). Center for Studies, Center of Consultations & Community Services, Al- Zaytoonah University (12 hours), 7-12 February, 2016.
- Quality Management. Center for Studies, Center for Studies, Center of Consultations & Community Services, Al- Zaytoonah University (14 hours), 13-21 September, 2015.
- ICDEL, Advanced Quality Assurance Systems, September 2011.
- Training Trainers in Population Issues. Kafa'a (International Institute for Development and Training), in collaboration with Al-Balqa' Applied



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University and Higher Population Council, (15 hours), 15-17 December, 2009

16. Participation in or organization of curricular and/or extra-curricular activities

- Organizer and planner for open day for elderly women in collaboration with Help Age International, Amman, November, 2018.
- Organizer and planner for Initiative " Elderlies: our responsibility" in collaboration with abo Baker Al-Sedeeq garden, Khrebet Al-Souq, Great Amman Municipality, July, 2018.
- Organizer and planner for Initiative "A child's smile" in collaboration with Help Age International, Amman, July, 2018.
- Organizer and planner for Initiative "Mother is Life" in collaboration with Wadi Al-Seer Comprehensive Health Center, Amman, 21 March, 2018.
- Organizer and planner for open day in Al-Zaytoonah University regarding diabetic disease including "screening for blood sugar, Body mass index, vital signs, and health education", Al-Zaytoonah University of Jordan, 8 November, 2017.
- Organizer and planner for open day in collaboration with Al-Youbeel center/ Great Amman Municipality, May 2016
- Organizer and planner for open day in collaboration with Marj Al-Hamam Elementary school, April 2016.
- Organizer of First Aid training at Princes Haya School/ Naoor, December 2015.
- Health education program for Diabetic Patients at Al-Msherfa Health Center/ UNRWA/ Zarqa, November-December, 2014.
- 9th Free medical day at Bait AL-Khair institution/ Zarqa, May, 2014.
- School environment initiative at 3rd Marka preparatory school/UNRWA/ Zarqa, May, 2014.
- Campaign "hand in hand for a better life" / to support orphans/ Zarqa University, April, 2014.



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- Organizer of open day at 3rd Marka preparatory school/UNRWA/ Zarqa, December, 2013.
- Quest speaker on Diabetes Mellitus in Heteen Camp/UNRWA, November, 2013.
- Participant in National Vaccination Campaign against Measles, Rubella and Poliomyelitis, November, 2013.

17. Publications

1. Dalal. B. Yehia, Malakeh.Z. Malak, Nancy, N. Thwibeh, Rawan Awad, Enas. S. Al-Ajoore, Sara, D. Saad, & Amnah.S. Hamad. Factors correlating with fatigue among pregnant women in Jordan. (2019). *Perspective in Psychiatric care*. In publication process.
2. Khaldoun M. Ismail, Malakeh Z. Malak, & Rasmieh M. Alamer. (2019). Psychosocial correlates of work-related fatigue among Jordanian emergency department nurses. *Perspective in Psychiatric care*. 2019, 1–8.
3. Malakeh Z. Malak, & Andaleeb AbuKamel. (2018). Self-Medication among University Students: A Phenomenological Study. *Euromediterranean Biomedical Journal*, 13 (37), 164-170.
4. Malakeh Z. Malak, Louay. I. Tawalbeh, & Louay. M. Abu-Sharour. (2018). Quality of Life among Older Patients with Cancer under Treatment. *Journal of Research in Nursing*, 23(7), 598–611.
5. Khaled Suleiman, Mahmoud Alkalalkeh, Ayman Bani Salameh, Bernice Yates, Ann Berger, Tito Mendoza, Loui Abo Shahroor, Malakeh Malak, Charles Cleeland, & Ahmad Menshawi . (2018). Validation study of the Arabic Version of the Brief Fatigue Inventory (BFI-A). *Eastern Mediterranean Health Journal*. Accepted, in publication process.
6. Loai Abu Sharour, K. Suleiman, D. Yahya, M. Kaladah, M. Malak, M. Subih, A. Bani Salameh. (2017). Nurses' Students' Attitudes Towards Death and Caring for Dying Cancer Patients during their Replacement. *EMBJ*, 12(40), 189-193.



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7. Malakeh.Z. Malak. (2018). Internet addiction and Cognitive Behavioral therapy (chapter in book). Senormanci, O., & Şenormanc, G. Cognitive Behavioral Therapy and Clinical Applications". InTechnopen publishing
8. Malakeh Z. Malak, & Anas. H. Khalifeh. (2017). Anxiety and Depression among School Students in Jordan: Prevalence, Risk Factors, and Predictors. *Perspective in Psychiatric care*. 2017, 1–9. doi: 10.1111/ppc.12229.
9. Malak, M. (2017). Predictors of Health related Quality of Life among Industrial Workers. *Nursing and Health Sciences*, 19(2), 204-211. doi: 10.1111/nhs.12329.
10. Malak, M., Khalifeh, A., Shuhaiber, A. (2017). Prevalence of Internet Addiction and Associated Risk Factors among Jordanian School Students. *Computers in Human Behaviors*, 70 (2017), 556- 563.
11. Mohammed Abu Sabra, Andalleb Abu Kamel, & Malakeh.Z. Malak. (2016). Alzheimer disease health-related information on YouTube: A video reviewing study. *Journal of Nursing Education and Practice*, 6(10). doi: 10.5430/jnep.v6n10p116.
12. Mona Abdelrahman, Mahmoud T. Kaladeh & Malakeh. Z. Malak. (2017). Perception and Attitudes towards NANDA-I Nursing Diagnosis: A cross-sectional Study of Jordanian Nursing Students. *International Journal of Nursing Knowledge*, 28 (1), 13-18. doi: 10.1111/2047- 3095.12100.
13. Malakeh. Z. Malak. (2015). Patterns of Health-risk Behaviors among Jordanian Adolescent Students. *Health*, 7 (1), 58-70. doi: 10.4236/health.2015.71008.
14. Malakeh. Z. Malak. (2015). Violence and Unintentional Injuries among Secondary School Students Aged 15-19 years in Jordan. *International Journal of School Health*, 2(4), e28820. doi: 10.17795/intjsh28820.
15. Malakeh Z. Malak & Zakia T. Toama. (2015). The Effect of Osteoporosis Health Education Program Based on Health Belief Model on Knowledge and Health Beliefs Towards Osteoporosis among Jordanian Female Teachers. *European Scientific Journal*, SPECIAL/ edition vol.1, 385-398.
16. Haddad, L.G., Malak, M.Z. (2002). Smoking habits and attitudes towards smoking among university students in Jordan. *Int J Nurs Stud*, 39(8), 793-802.



MANUSCRIPTS IN REVIEW

- 1) Malakeh Z. Malak, Khalid. H. Suleiman, Rasmia. M. Al-Amer, Abdelkareem. Al-Zayyat, & Omar Salameh. Evaluation of Bone Mineral Density (BMD) among Elderly Population in Jordan.
- 2) Malakeh Z. Malak., & Louay. I. Tawalbeh. Predictors of Depression among Older Patients with Cancer under Treatment.
- 4) Malakeh. Z. Malak, & Andalleb Abu Kamel. Self-medication among University Students in Jordan: A descriptive Correlational Study.
- 5) Ashraf. M. Al-Abdallah, & Malakeh. Z. Malak. Factors Correlating with Prolonged Fatigue among Emergency Department Nurses.
- 6) Muna. F. Al-Batarneh, Malakeh.Z. Malak, Rasmia. Alamer, & Dalal. B. Yahia. Health Promoting Lifestyle and Preconception Care of Women in South Jordan.
- 7) Malakeh Z. Malak, Khaldoun M. Ismail, & Rasmieh M. Alamer. Work-related Fatigue among Emergency Nurses: Levels and Correlated Factors.
- 8) Dalal. B. Yehia, Malakeh.Z. Malak, Sara, D. Saad, Enas. S. Al-Ajoore, Rawan Awad, & Nancy, N. Thwibeh, Fatigue among Pregnant Women in Jordan: Prevalence and Associated Factors.
- 9) Ayman. K. Bani Salameh, Omar. SH. Al Omari, Malakeh. Z. Malak, Mamdouh El-Hneiti, Loai. M. Abu Sharour, Dalal. B. Yehia. Randomized Controlled Trial of A Family-based Lifestyle Intervention Program for Jordanian Obese Children Aged 6-9 Years.
- 10) Rasmieh Al-amer, Malakeh Malak, Imad Al- Fayoumi, & Rima Darwish. Improving Multiple Choice Questions in Nursing Education.
- 11) Loai. M. Abu Sharour, Maha Subih, Ayman. K. Bani Salameh, & Malakeh Malak. Predictor of Chemotherapy Safe-Handling Practices and Knowledge among Jordanian Oncology Nurses: A Model-Building Approach."

PROJECTS UNDER STUDY

- 1) Relationship between Social Media Addiction and Psychological Problems among University students.



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- 2) Ayman. K. Bani Salameh, Malakeh.Z. Malak, Rasmieh. M. Al-Amer , Mamdouh El-Hneiti, Nihaya. A. Al-Sheyab. Mahmoud. M. Al-Omari, Omar. SH. Al Omari, Loai. M. Abu Sharour. Assessment of Temper Tantrums Behaviour among Preschool Children in Jordan.