

CURRICULUM VITAE


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CURRICULUM VITAE

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Consultant Psychiatrist

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PERSONAL DATA

Name: OSSAMA M. TAWAKOL OSMAN

:

Nationality: UNITED STATES

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Place of Birth: Cairo-Egypt

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Health Authority – Abu Dhabi (HAAD) License: **GD 10624**, Consultant Psychiatrist.
State of Texas Medical Board License number **R1998**

EDUCATION

- American Board of Psychiatry & Neurology (re-Certification valid till December 2027).
- M.B.B.Ch., Faculty of Medicine- Cairo University, **Egypt**. (June 1979)

POSITIONS

2018-current

Full Professor

Department of Psychiatry and Behavioral Sciences, College of Medicine and Health Sciences, UAE University

2004 – 2018

Associate Professor

Department of Psychiatry and Behavioral Sciences, College of Medicine and Health Sciences, UAE University

199 – 2004

Medical Director and Consultant Psychiatrist

Al-Amal Addiction Treatment and Rehabilitation Hospital (276 bed), Jeddah, Saudi Arabia.

2004 – Present

Consultant – Psychiatrist

Al-Ain Hospital and Tawam Hospital - Al-Ain, UAE

1987 – 1990

Fellowship – Clinical Psychopharmacology Research

- The National Institute of Mental Health (NIMH), Bethesda, Md, USA.

1983 – 1987

Resident and Senior Resident – Psychiatry Residency Program

- Southern Illinois University School of Medicine, Springfield, Illinois, USA.

1981– 1983

Moved to the United States, prepared for equivalence exams, obtained ECFMG certification then applied to the residency matching program.

1980 – 1981

General Medicine Compulsory Public Service Ministry of Health Hospitals, Cairo Egypt.

1979 – 1980

Internship Cairo University Hospitals, Cairo, Egypt.

DEGREES

1979 Bachelor of Medicine and Surgery (M.B.B.Ch.)
Faculty of Medicine , Cairo University, Egypt

2017 Recertified by **the American Board of Psychiatry and Neurology (DABPN)**

MEMBERSHIP OR FELLOWSHIP OF PROFESSIONAL SOCIETIES

2016 Life Fellow of the American Psychiatric Association (LFAPA)

2003 Fellow of the American Psychiatric Association (FAPA)

2004 2000 Member of the American Academy of Addiction Psychiatry

1983 Member of the American Psychiatric Association

RECOGNITION AND AWARDS

2017 Faculty Excellence Award in service- College of Medicine and Health Sciences-UAEU

2016/2017 Best teacher award College of Medicine and Health Sciences- UAEU

1987 The Pamela Monjorier Award for Schizophrenia Research (1987) awarded by Southern Illinois University – School of Medicine to a post-graduate physician trainees in psychiatry for excellence in basic science research relevant to Schizophrenia.

OTHER QUALIFICATIONS

1. Certificate in Trauma and Recovery Harvard Program for Refugee Trauma, Boston, Massachusetts 2011.
2. Education Commission for Foreign Medical Graduate (ECFMG) Certificates – July 1982
3. Basic Life Support (BLS) Certification and Recertification regularly every 2 years – latest recertification was in February 2019 (current)

PUBLICATIONS IN PEER REVIEWED JOURNALS

1. **Osman OT**, Al-Mugaddam F, Eapan BR, Jafferany M, Souid A-K. Attentiveness of dermatologists in the Middle East to psychocutaneous medicine. *Prim Care Companion CNS Disord* 2017; 19 (2):16m02080.
2. **Osman OT**, Emam E, Zoubeidi T, Torab F, Al-Mugaddam F, Souid AK. Psychological assessment of Emirati patients pursuing bariatric surgery for obesity. *Prim Care Companion CNS Disord* 2017;19(3):16m02090
3. **Osman OT**, Sabri S, Zoubeidi T, Alharbi AI, Rizk D, Narchi H, Souid A-K. Prevalence, severity and correlates of Premenstrual Dysphoric Disorder symptoms among women in the Arabian Peninsula. *Prim Care Companion CNS Disord* 2017 Jul 6;19(4). pii: 17m02112. doi: 10.4088/PCC.17m02112.
4. **Osman OT**, Nasir L, Mollica R, Zoubeidi T, Lavelle J, Amawi N. Trauma Informed Care Survey of Psychiatrists and Primary Care Physicians in the Middle East. *Primary Care Companion of CNS Disord* 2017 Sep 28;19(5).
5. **Osman OT**, Souid AK, Al-Mugaddam F, Eapan BR, Jafferany M. Attentiveness of Dermatologists in the Middle East to Psychocutaneous Medicine. *Prim Care Companion CNS Disord*. 2017 Apr 27;19(2). doi: 10.4088/PCC.16m02080.

6. Mufaddel A, **Osman OT**, Al-Hassani G, Al-Bedwawi S, and Hashim MJ. Basal Ganglia Calcification in Psychiatric Inpatients: A Case-Control Study. *Cogn Behav Neurol* Volume 29, Number 3, September 2016.
7. **Osman OT**, Abbas AK, Eid HO, Salem MO, Abu-Zidan FM. Alcohol-related road traffic injuries in Al-Ain City, United Arab Emirates. *Traffic Inj Prev.* 2015;16(1):1-4. doi: 10.1080/15389588.2014.895923. Epub 2014 Sep 26. PMID: 24617582.
8. Alhassani G, Osman OT. Mental health law profile: the United Arab Emirates. *BJPsych Int.* 2015 Aug 1;12(3):70-72. eCollection 2015 Aug. PubMed PMID: 29093862; PubMed Central PMCID: PMC5618928.
9. Amawi N, Mollica RF, Lavelle J, **Osman O**, Nasir L. Overview of research on the mental health impact of violence in the Middle East in light of the Arab Spring. *J Nerv Ment Dis.* 2014 Sep;202(9):625-9. doi: 10.1097/NMD.000000000000174. Review. PMID: 25126755
10. **Osman OT**, Abbas AK, Eid HO, Salem MO, Abu-Zidan FM. Interpersonal violence in the United Arab Emirates. *Int J Inj Contr Saf Promot.* 2014;21(3):260-5. doi: 10.1080/17457300.2013.812666. Epub 2013 Jul 4. PMID: 23826800
11. Shaikh RB, Muttappallymyalil J, Sreedharan J, **Osman OT**. A call to address Dokha smoking: an emerging form of tobacco use. *Public Health.* 2014 Aug;128(8):766-7. doi: 10.1016/j.puhe.2014.05.010. Epub 2014 Jul 4. PMID: 24999159
12. Vupputuri S, Hajat C, Al-Houqani M, **Osman O**, Sreedharan J, Ali R. Midwakh/dokha tobacco use in the Middle East: much to learn. *Tobacco control, tobaccocontrol-2013-051530* (2014)
13. Mufaddel A, Alsabousi M, Salih B, Alhassani G, **Osman OT**. A case of Gorlin-Goltz syndrome presented with psychiatric features. *Behav Neurol.* 2014; 2014:830874. doi: 10.1155/2014/830874. Epub 2014 Mar 10. PMID: 24803734
14. Mufaddel A, **Osman OT**, Almugaddam F, Jafferany M. A review of body dysmorphic disorder and its presentation in different clinical settings. *Prim Care Companion CNS Disord.* 2013;15(4). pii: PCC.12r01464. doi: 10.4088/PCC.12r01464. Epub 2013 Jul 18. Review. PMID: 24392251
15. Hashim MJ, Major S, Mirza DM, Prinsloo EA, **Osman O**, Amiri L, McLean M. Medical Students Learning Communication Skills in a Second Language: Empathy and expectations. *Sultan Qaboos Univ Med J.* 2013 Feb;13(1):100-6. Epub 2013 Feb 27. PMID: 23573389
16. **Osman OT**, Augusterfer EF. Telepsychiatry. *Acad Psychiatry (Letter)* 2012 Jul 1:36(4):345-6. doi: 10.1176/appi.ap.11100183. PMID: 22851036.
17. Gaferi H, **Osman O**, Matheson C, Wanigaratne S, Bond C. Substance misuse in Arabic countries: the need for published research *International Journal of Prevention and Treatment of Substance Use Disorders* (2013).

18. **Osman OT**, Mufaddel A, Almugaddam F, Augusterfer EF. The Psychiatric Aspects of Skin Disorders. *Expert Rev. Dermatol.* 6(2), 195-209 (2011).
19. Qumsieh RY, Ali BR, Abdulrazzaq YM, **Osman O**, Akawi NA, Bastaki SM. Identification of new alleles and the determination of alleles and genotypes frequencies at the CYP2D6 gene in Emiratis. *PLoS One.* 2011;6(12):e28943. doi: 10.1371/journal.pone.0028943. Epub 2011 Dec 22. PMID: 22216145
20. . **Osman OT**, Afifi M. Troubled minds in the Gulf: mental health research in the United Arab Emirates (1989-2008). *Asia Pac J Public Health.* 2010 Jul;22(3 Suppl):48S-53S. doi: 10.1177/1010539510373025. PMID: 20566533.
21. **Osman OT**. The skin as a mode of communication. *Expert Rev. Dermato* 5 (5), 493-496 (2010). 16.
22. **Osman OT**, Younis A, Al-Amiri Z. Infanticide Attempt by a Postpartum Depressed Mother. *J Emerg. Med. Trauma and Acute Care JEMTAC* 8 (2) 122-123, 2008.
23. **Osman OT**, Hsiao JK, Potter WZ. Dose-dependent effects of intravenous alprazolam on neuroendocrine, biochemical, cardiovascular, and behavioral parameters in humans. *Psychopharmacology (Berl).* 1993;111(3):295-300. PubMedPMID: 7870966.
24. . Manji HK, Hsiao JK, Risby ED, **Osman OT**, Rudorfer MV, Potter WZ. ECT treatment does not enhance neuroendocrine responses to serotonergic challenge. *J Psychopharmacol.* 1992 Jan;6 (4):501-8. doi: 10.1177/026988119200600405. PubMed PMID: 22291398.
25. **Osman OT**, Loschen EL. Self-injurious behavior in the developmentally disabled: pharmacologic treatment. *Psychopharmacol Bull.* 1992;28(4):439-49. Review. PubMed PMID: 1296222
26. Loschen EL, **Osman OT**. Self-injurious behavior in the developmentally disabled: assessment techniques. *Psychopharmacol Bull.* 1992;28(4):433-8. Review. PubMed PMID: 1296221.
27. **Osman OT**, DeVane CL, Greenblatt DJ, Potter WZ. Pharmacokinetic and dynamic correlates of intravenous alprazolam challenge. *Clin Pharmacol Ther.* 1991 Dec;50(6):656-62. PubMed PMID: 1752109.
28. . Rudorfer MV, Risby ED, **Osman OT**, Gold PW, Potter WZ. Hypothalamic--pituitary--adrenal axis and monoamine transmitter activity in depression: a pilot study of central and peripheral effects of electroconvulsive therapy. *Biol Psychiatry.* 1991 Feb 1;29(3):253-64. PubMed PMID: 1707686.
29. **Osman OT**, Rudorfer MV, Potter WZ. Idazoxan: a selective alpha 2-antagonist and effective sustained antidepressant in two bipolar depressed patients. *Arch Gen Psychiatry.* 1989 Oct;46(10):958-9. PubMed PMID: 2572209.

30. . Rudorfer MV, **Osman OT**, Potter WZ. Alprazolam and aggression. Am J Psychiatry. 1989 Jul;146(7):949-50. PubMed PMID: 2742033.
31. **Osman OT**, Becker RE. Neuroleptics and their metabolites binding to alpha 1 and D2 receptors. Biol Psychiatry. 1988 Nov;24(7):815-8. PubMed PMID: 2906546.

BOOK CHAPTERS

- Osman, O.T., Potter, W.Z.: Potentiation of dopamine in the treatment of refractory depression. In advances in Neuropsychiatry and Psychopharmacology: Refractory Depression, J.D. Amsterdam, Ed.). Raven Press, New York, pp 41-52, 1991.
- Potter WZ, Manji HK, Osman OT, and Rudorfer MV: New antidepressants and their possible modes of action, in New Prospects in Psychiatry. The Bio-Clinical Interface I. J.P. Macher & M.A. Crocq (eds) Elsevier Science Publishers. New York. pp 113-129, 1992.
- Osman, OT. The Psychological Aspects of Skin Diseases. In Skin and Cosmetics, pp.133-160, Galadari I. (edit.), Portsaeed Press, Dubai 2007

RESEARCH GRANTS

- **Global Health Institute Grant. “Building Capacity and Partnership for Excellence in Mental Health: A joint UAEU Collaboration Between UAEU and Harvard Medical School- HPRT”.**
 - Research theme: Trauma and Recovery
 - Source: Zayed Institute for Public Health, College of Medicine and Health Sciences, UAEU (2011-12)
 - Funded: (\$50,000).over 2 years
 - Investigators: Mollica R [PI], Osman OT [Co-PI], Lavelle J, Naser L et al
- **The profile for Drug and Alcohol Addiction in the UAE**
 - Research theme: Substance Use Disorders Phenomenology and Epidemiology
 - Source: National Rehabilitation Center (NRC) External Agency Grant (2011-12)

- Funded: 300,000 AED over 2 years
- Investigators: Aw TC [PI], Osman OT, Blair I, Zoubaidi T, Sheek-Hussein M
- **The Prevalence of Psychiatric Morbidity and Its Functional Impact In Individuals With Obesity Referred for Bariatric Surgery’.**
 - Research theme: Psychiatric Epidemiology in Obesity
 - Source: Individual Research Grant, Research Affairs, UAEU Grant #:31M033/2010
 - Funded: 15,000 AED over 1 year
 - Investigators: Osman OT[PI], Emam E.
- **Prevalence and Functional Morbidity of the Premenstrual Dysphoric Disorder among Adult Women Patients in Al-Ain Primary Care Settings.**
 - Research theme: Women Mental Health Disorders.
 - Source: Individual Research Grant, Research Affairs, UAEU (2005)
 - Funded: 15,000 AED
 - Investigators: Osman OT [PI], Daa E.Rizk [co-PI]

CURRENT RESEARCH ACTIVITIES

I started my research projects early during my senior residency training year at Southern Illinois University (SIU) School of Medicine in Springfield Illinois. These activities included my first basic laboratory study on brain receptor binding of neuroleptics and their metabolites to alpha 1 and D2 receptors using HPLC and radioactive isotope binding methodologies. This valuable scholarly experience has resulted in my first publication in ‘Biological Psychiatry’ a journal with an impact factor of 11.2. It spearheaded my further interest in pursuing formal research training.

In 1987, after completing my 4 years of residency training at SIU, I started a postgraduate research fellowship training for three years at the Clinical Pharmacology section of the Neurosciences branch at the National Institute of Mental Health (NIMH). There I conducted several clinical pharmacologic research studies on patients and normal volunteers. I studied the effects of drug challenges on the neuroendocrine and neurotransmitter functions. I also studied the effects of novel alpha 2 receptor antagonists on Bipolar Mood disorders. I also collaborated with colleagues there on studying the neurotransmitter effects of electroconvulsive therapy.

My academic career subsequently focused on bridging clinical research and practice through community clinical and research program development. I had a diverse international experience. As an assistant professor of psychiatry at University of South Florida in Tampa I developed the first Psychiatric research program at the Bay Pines Veteran Administration Medical Center in 1990 for schizophrenia research. As an assistant professor of psychiatry and associate chairman for research at SIU- School of Medicine I helped develop the research

program in the field of developmental disabilities in 1993. During my tenure as an Associate Professor and director of Clinical psychopharmacology research at the department of psychiatry and Behavioral Sciences at Mercer University College of Medicine till 1999.

In the United Arab Emirates (UAE) I joined as an associate professor and am currently a full Professor in the department of psychiatry and health sciences at the Faculty of Medicine and Health Sciences UAE University. My research activities emphasized epidemiologic community studies in the primary care as well as Arabic translation of structured diagnostic research instruments. I published in peer-reviewed journals and lectured and presented internationally and widely both in the United States and in the Middle East.

In the UAE, I conducted several collaborative interdisciplinary research studies. I received grants from the research affairs office at UAEU and from Zayed Institute of Public health to support my scientific research. I have also collaborated with several investigators from the USA.

We recently completed an extensive interdisciplinary study on ‘The Prevalence of Psychiatric Morbidity and its Functional impact in individuals with Obesity Referred for Bariatric Surgery’ in collaboration with the departments of psychiatry and surgery at Tawam Hospital. We also completed large retrospective study reviewing all psychiatric admissions to Alain Hospital for abnormalities in their radiologic studies.

In the laboratory, I helped a graduate student at the department of Pharmacology with the clinical component of conducting her master thesis project on Identification of new alleles and the determination of alleles and genotypes frequencies at the CYP2D6 gene in Emiratis.

Collaborative Basic Research:

- Identification of new alleles and the determination of alleles and genotypes frequencies at the CYP2D6 gene in Emiratis. in collaboration with the CMHS department of Pharmacology.

Collaborative Clinical Research:

- Cultural aspects of Psycho-cutaneous diseases: A survey of Psycho-dermatology for Middle Eastern Dermatologists. .
- Epidemiological aspects of common mental health disorders in primary health care and community settings: Prevalence and Correlates of Premenstrual Dysphoric Disorder in the Primary care.
- Drug and Alcohol Abuse in the United Arab Emirates. A joint partnership with the National Rehabilitation Institute (NRC) in Abu Dhabi.
- Behavioral, social and Functional morbidities among Bariatric Surgery patients in the UAE.
- Cultural Aspects of Trauma and Recovery: A Joint partnership research project with Harvard Program on Refugee Trauma (HPRT) –Harvard Medical School and UAEU Global Health Institute.
- Radiologic findings on imaging studies among psychiatric inpatient Psychiatric population in the United Arab Emirates.

- Adjustment to Mental Health problems Among Oncology Patients. Collaboration with Tawam Hospital psychiatry, Psychology and Oncology services.
- Enhancing Wellbeing for obese Emiratis who undergo Bariatric Surgery.

DESCRIPTION OF THE TEACHING EXPERIENCE

Since my residency and Fellowship training in the United States I was involved in teaching medical students and multidisciplinary staff. I continued with this interest as part of my responsibilities as a faculty member at three universities in the U.S. Subsequently I was also involved in teaching during my tenure years at CMHS.

For the past 13 years at the CMHS, I used various tools of teaching, which I had employed successfully in the U.S. The "Hand-on approach" and "Problem-based style" were the recommended methods, which I implemented well.

My teaching methods include:

- *Lectures and seminars* (interactive sessions) for junior and senior psychiatry students.
- *Bedside teaching*, which includes case presentation, investigations, management and discussion.
- Clinical skills training on simulated patients at the skills lab for the Organ System course students.
- Problem based learning (PBL) for module.
- Approach to the case of the week and Wrap up sessions at the Behavioral Sciences module – Organ System course.

I conduct the clinical bedside teaching method to understand clinical problems and integrate all steps of learning (full history taking, review of systems, differential diagnosis, relevant investigations/psychological assessments, and management). This method improves teaching efficacy and learning capability. I select the cases at the beginning of the day for the students and I directly supervise them while they perform the above clinical steps of learning after an initial demonstration. Common as well as critical clinical conditions are usually selected for these teaching sessions, as students need to be exposed to advance clinical thinking.

The details of my teaching in CMHS:

Undergraduate

- **Coordinator of The Clinical Skills Module for Behavioral Sciences (since 2011)**

My main responsibilities included planning of teaching schedules, communicating with mentors, setting, and writing up the OSCE cases for the end of course exam. In addition, I

prepared the selection of teaching faculties and overlook their roles and activities during the small group tutorial sessions. To further advance the Clinical Skills module, I participated in performance improvement activities to review the curriculum annually to meet the standards. I assisted with reviewing and standard setting sessions for the examination. More specifically, I carried out the following tasks on regular basis.

:

1. Delivering weekly lecture introducing weekly theme
2. Planning and constructing all session contents and forms.
3. Organizing/coordinating all student small group sessions.
4. Actively participated in the tutorial small group sessions.
5. Preparation of end of course OSCE questions.
6. Participation in the OSCE examinations.
7. Provided guidelines for residents to participate in the teaching during the sessions.
8. Introducing for the first time the Clinical skills for risk assessment of suicide, violence, substance abuse screening and intervention
9. Introducing the Clinical skills student screening forms which focus on differential diagnosis of Behavioral Health conditions.

- **Coordinator of The Social Behavioral Sciences Module for the Bachelor of Medical Sciences Degree** (Three credit hours Fall Semester course since 2014)

My main responsibilities included designing, planning of teaching schedules, communicating with teachers, setting, and writing up the written mid-term and final MCQ exams, for the end of course exam. I also mark the exam answers and the required research assignments. I enter the final grade on the University portal at the end of semester. I assisted with reviewing and standard setting sessions for the examination. More specifically, I carried out the following tasks on regular basis.

:

1. Delivering three weekly sessions which included:
 - Introduction to the Course
 - Describe approaches to understanding communities with a focus on the sociocultural
 - Discuss Obedience, prejudice and discrimination
 - Define Prosocial behavior, Social cognitions, Social attitudes
 - Define Human aggression, violence and trauma
 - Define Group dynamics, leadership, group decision-making, conflicts, cooperation and group influence
 - Explain Erikson Theory for psychosocial development
 - Identify and define the Neurodevelopmental milestones
 - Discuss human sexuality-Pychosexual Development Theory
 - Discuss the Social Learning theory
 - Define Classical (Pavlovian) Conditioning Lecture 5
 - Discuss practical applications of Classical and Operant Conditioning
 - Define Operant conditioning (2 lectures)

Discuss the applications of Operant conditioning
Ontogenesis of Anxiety and Personality development:
concepts of attachment, stranger anxiety, separation
anxiety, and temperament
Discuss Dimensional and Categorical approaches to
understanding pathological personality functioning
Discuss the Social Moral development and associated
ethical and legal concepts Lecture 14
Describe the psychodynamic theories of Freud Part I
Describe the psychodynamic theories of Freud Part II
Explain mature defense mechanisms
Describe Neurotic Defenses
Discuss Immature Defenses Lecture 12
Explain Narcissistic defenses Lecture 12
Describe the common psychological tests

2. Planning and constructing all session contents.
3. Preparation of end of course exam questions.
4. Invigilate the mid-term and end of module examinations.

- **Coordinator of the Ethical Conduct in Biomedical Research Course (one credit hours core graduate Fall Semester course since 2012)**

My main responsibilities included designing, planning of teaching schedules, communicating with teachers, setting, and writing up the written mid-term and final MCQ exams, for the end of course exam. I also mark the exam answers and the required research assignments. I enter the final grade on the University portal at the end of semester. I assisted with reviewing and standard setting sessions for the examination. More specifically, I carried out the following tasks on regular basis.

:

1. Delivering three weekly sessions.
2. Planning and constructing all session contents
3. Preparation of end of course exam questions.
4. Invigilate the mid-term and end of module examinations.

- **Co-Coordinator of The Junior Psychiatry Clerkship (since 2011)**

My main responsibilities included co-planning of teaching schedules, communicating with mentors, co-setting examinations (written and clinical), and participating in the evaluation throughout the year. In addition, I co-prepared the selection of teaching faculties and helped overlook their roles and activities. To further advance the Junior Clerkship, I participated in reviewing the curriculum to meet the international standards for credentials. I assisted with reviewing examination questions, updated and vetted them. I viewed the exam results before reporting the grades.

- Teaching in the Organ System Course and Medical Science Course:
 - PBL regular tutoring for the Module
 - PBL occasional tutoring for the Neurosciences Module
 - Regular lectures at the Behavioral Sciences Modules
 - Learning & Behavior Modification (2 lectures)
 - Defense Mechanisms (2 Lectures)
 - Biopsychosocial Model for Assessment and Management of Drug Addiction.
 - Ontogenesis of Anxiety Disorders
 - Cognitive Approach to the Treatment of Depression
 - DSM-IV Criteria for Personality Disorders
 - Risk Management in Personality Disorders
 - Dynamic Principals and Management of Borderline Personality Disorders
 - Prosocial Cognitions, Behaviors and Attitudes
 - "Introduction to the case of the week" and "wrap up" sessions (Substance abuse-Personality disorders)
 - Communication skills sessions
 - Teaching in the Course on Professional Practice and Communication (Premedical I)
 - Medical Ethics, western and Islamic (2 lectures)
 - Stress, stress management (2 lectures)

Postgraduate

- Director of Al-Ain Psychiatry Residency Program (2004-2011):

I was the co-coordinator of Al-Ain Psychiatry Residency Program for 2 years (nominated by the Dean). The program was established by FMHS in 2004, with the affiliated hospitals (Al-Ain, Tawam and Oasis). I designed this program as the first UAE joint psychiatry residency training program in 2004, and was the founding director of the program till 2011. I continued to advise and support the program at Alain Hospital, which was later accredited by ACGME-I under the new sponsor (Abu Dhabi Health Authority). It was approved by Arab Board of Health Specialization Council. Whereby there was only a handful of qualified UAE national psychiatrists before 2004, the program has since graduated more than 50 UAE National Psychiatry Specialist. They now staff and lead the psychiatric practice and facilities throughout the country. I summarize my roles as follows:

1. I designed the entire curriculum after reviewing the standards from North America, Australia and the UK.
2. Implemented changes that allowed expansion to three independent program.
3. Established the rotation goals, objectives and required competencies.
4. Established the resident promotion policy.

5. Screened, interviewed and selected the applicants.
 6. Prepared the annual schedules for resident rotations.
 7. Tracked and monitored the attendance and “on call” duties.
 8. Organized the academic “full-day” activity (a main academic activity for the residents), CME, and bedside teaching.
 9. Appointed the chief residents.
 10. Developed guidelines for residents to teach specific topics in the Junior Psychiatry Clerkships.
 11. Mentoring and counseling residents and providing them with appropriate feedback.
 12. Preparing annual evaluation reviews and maintaining rotation evaluations.
 13. Organizing leave requests to assure appropriate coverages for all services.
 14. Maintaining documentations for the Arab Board eligibility
 15. Meeting with health authority in UAE (Ministry of Health, Health Authority – Abu Dhabi, Dubai Health Authority) to standardize the training.
- I provided bedside teaching for the residents at the affiliated hospitals
 - Regularly giving seminars and didactic sessions to cover the social Behavioral basic science topics and the psychiatric disorders.
 - Invited speakers for Seminars, Workshops and Lectures at the affiliated hospitals.
 - Organized and participated in the end of year annual residency exam (Oral/Clinical).
 - Participated in teaching review courses and mock oral/clinical exam sessions that prepared residents for the examinations.
- Program Director, Higher Professional Training Diploma in Psychotherapy:
College of Medicine and Health Sciences- United Arab Emirates University
2011-current
(Thus far graduated 66 diploma candidates)

DESCRIPTION OF CLINICAL EXPERIENCE

July 1979 –June 1980

Internship (rotating) at Cairo University Hospitals-Faculty of Medicine Cairo-Egypt

July 1980– June 1981

Resident (Compulsory civil service in general medicine) at Ministry of Health Hospitals- Cairo-Egypt

August 1981– June 1983

Moving to the United States, prepared and sat for equivalence medical exams, obtained ECFMG certification, applied and interviewed and joined the national residency matching program.

July 1983 – June 1987

Psychiatry Resident (PGY-1 to PGY-4) Training at Southern Illinois University School of Medicine, P.O. Box 19230, Springfield, Illinois U.S.A. 62794-9230

July 1987 – June 1990

Clinical Research Fellow (PGY-5 to PGY-7), The Clinical Pharmacology Section, Neuroscience Branch at The National Institute of Mental Health (NIMH)- Bethesda, Md

July 1990 – June 1991

Assistant Professor, College of Medicine, University of South Florida, and Consultant Psychiatrist and Chief of Schizophrenia Research Program at the Bay Pines Veterans Administration Medical Center, Tampa- St. Petersburg, FL

July 1991– June 1993

Assistant Professor of Psychiatry, College of Medicine, Southern Illinois University, Springfield, Illinois, USA.

July 1993 – June 1999

Associate Professor, College of Medicine, Mercer University, Macon, Georgia, USA..

August 1999 – April 2004

Medical Director, Al-Amal Hospital in Jeddah (200 bed Addiction Treatment Hospital).

August 2004 – present

Associate Professor of Psychiatry at CMHS, UAE University, Al-Ain, UAE. Consultant Psychiatrist at Al-Ain and Tawam Hospitals, Al-Ain, UAE.

SUB-SPECIALIZATION: Clinical Psychopharmacology- Trauma and Recovery.

DESCRIPTION OF CLINICAL SERVICES AT CMHS

THE CLINICAL PSYCHIATRY SERVICE IN UAE

Launching the first Higher Professional Clinical Diploma Program in Psychotherapy in the UAE is my most significant input to the healthcare system. I also maintained the only clinic of its kind at Oud Altouba Community Health Center in September 2004, which until 2011 was the only Community consultative clinic available in the Emirate of Abu Dhabi. This unique clinical activity grew over the years, providing distinctive and comprehensive ambulatory and consultative services in Psychiatry for the primary care physicians.

At community level, I made my specialty of Psychiatry reachable and understandable by participating in numerous community mental health activities. I have been active in CME and public health and mental health activities.

I am a member of scientific committees for international and local conferences, workshops and scientific meetings.

TAWAM HOSPITAL

- Consultant in Psychiatry.
- Regular weekly outpatient clinic (Mondays) in Psychiatry.
- Consultations of Bariatric Patients.
- Consultations referred from Emergency department
- Consultations referred from Neurology, Pain Clinic and other Medical Services.
- Contributing to CME and academic activities Sponsored by the hospital for medical staff

AL-AIN HOSPITAL

- Consultant in Psychiatry.
- Regular weekly Clerkship teaching rounds.
- On call (Third) for Psychiatry 3 times monthly with psychiatric inpatient admissions and week end hospital rounds (from 2004-2010).
- Contributing to CME and academic activities of the hospital by delivering appropriate seminars and workshops to the hospital staffs, residents and nurses.
- Reviewing hospital guidelines for Risk assessment, Restraints and seclusion.

AMBULATORY HEALTH SERVICES

- Had a weekly Psychiatric Consultation clinic at Oud Altouba Family Health Center which was the only Community Psychiatric consultation clinic in Alain providing consultative support, Diagnosis and Management for Primary Care physicians (2004-2015).

OTHER IMPORTANT CLINICAL SERVICES:

- Member of the Forensic evaluation liaison Committee for evaluation of court referred cases from Alain District court of appeal.
- Member of Abu Dhabi Health Authority committee on development of Mental Health Practice guidelines for the primary care (2015). The committee developed guidelines for assessment and management of anxiety and depression for primary care physicians practicing in the Ambulatory Health Care Services in the Emirate of Abu Dhabi.
 - Writing questions for Abu Dhabi Health Authority Examination for Psychiatry residents (2015-2016).
 - Member of the Interview panel for licensing psychiatrist in Abu Dhabi (2014-2015).
 - Participated in educational programs organized by Health Authority – Abu Dhabi, to improve public mental health education awareness.

- Constructed the curriculum, the clinical guidelines and evaluation forms for all the Clinical rotations for psychiatry residents in the training program (2004-2011)

ADMINISTRATIVE RESPONSIBILITIES

Course Coordinator for the Behavioral Sciences Clinical Skills course (since 2011)

Course Co-Coordinator of the Junior Psychiatry Clerkship (since 2010)

- As a Co-Coordinator Psychiatry Clerkship, my main responsibilities included co-planning the teaching schedules, communicating with all teachers, setting the examinations (written and clinical), and participating in the evaluation process namely examinations throughout the year. In addition, I made the necessary selection of teaching faculty; and informally oriented several new clerkship coordinators to their duties.

In an effort to develop and improve the Junior Psychiatry Clerkship, I co-presented a comprehensive (USMLE competency-based) upgrade plan to meet the international standards for credentials. I also participated in reviewing all the written examination questions and update it, creating a question bank, vetted questions and participated in the standard settings for end of clerkship written exam component.

I carry out the following tasks on regular basis:

1. Co-Planning and construction of the Clerkship
2. Co-coordinating students rotation
3. General Psychiatry teaching as described above at Junior Psychiatric Clerkship teaching.
4. Co-Preparation of the final end of Clerkship examination
5. Correction of the case write ups, written examinations, evaluation of the final clinical examination, and co-authorization of the final result
6. Organize and liaise the cooperation between the teachers in the affiliated hospitals.
7. Mentoring the students on how and where to choose their external elective summer training and to guide them for their medical career.

Director of the first UAE Psychiatry Residency Program (2004-2011):

- I was nominated by the Dean of the Faculty of Medicine at UAEU to start a post graduate residency training program in Psychiatry. I was therefore, the founding director for the first joint UAE national Program in Psychiatry. A collaboration between four hospitals in three cities; Alain and Tawam Hospitals (in Alain), Sheik

19/29

Khalifa Medical City (SKMC) and Zayed Military Hospital (in Abu Dhabi), and Rashed Hospital (in Dubai).). This 4-year training program was approved by Arab Board Medical Specialization Council. It was considered a model for the region and grew up to become three separate programs two of which were later accredited in 2011 by the Accreditation Council for Graduate Medical Education (ACGME-i). I summarize my roles as Director as follows:

1. Develop all program structures and committees
2. Develop all rotations, its detailed goals and objectives and program outcomes.
3. Implemented improvements and changes in the structure of the program, which allowed increasing the number residents and later accreditation vby ACGME-i
4. Supervised the program and worked on curriculum development and establishment of recruitment policies for new residents.
5. Screened, interviewed and selected the new residents.
6. Issued the letter of acceptances.
7. Prepared annual schedules for resident rotations and tracked and monitored their attendance and “on call” duties
8. Organized the academic day (the main academic activity for residents on Tuesdays), CME, bedside teachings, and workshops.
9. Appointed the chief residents.
10. Developed guidelines for residents to teach specific topics within the Preclinical students in the simulation center at the college of Medicine..
11. Mentored and counseled residents and provided them with appropriate feedbacks.
12. Prepared annual evaluations and maintained rotation evaluations.
13. Organized leave requests to assure appropriate cover of the services.
14. Maintained documentations for the Arab Board eligibility).
15. Providing recommendation letters and verification of training.
16. Meeting with the Arab Board office in UAE (Ministry of Health, Health Authority – Abu Dhabi, Dubai Health Authority) to standardize postgraduate psychiatry training across the country

Chaired the Student’s Welfare committee for two years (2008-2010).

- Monitored and supported the routine immunization program for new medical students. And those required by the visiting country for external rotations outside the country.
- Provided moral support for the students by attending their activities: sport days at FMHS and off-campus, career day at FMHS and off-campus, National day, the White Coat Ceremony for the new students and reciting the oath, and the graduation ceremonies.

Chaired the Arab Board of Psychiatry Committee for Curriculum, accreditation and Credentialing for 9 years (since 2008).

I summarize my roles as committee chair as follows:

- I led the efforts to design the curriculum in psychiatry (initially in 2008 and updated in 2016) for training programs in 15 Arab countries.
- I formed subcommittees to conduct site visits for reaccreditation of programs with expired accreditation.

- I reviewed outcomes of reaccreditation subcommittee site visit reports and drafted final decision letter with contingencies (if any) to be sent to the visited programs.
- I advised the scientific council for Psychiatry and the secretary general on all aspects of credentialing of candidates and accreditation of new and expired programs.
- I attended the annual final oral/clinical exit exam as an examiner and monitor.
- I also drafted the first child psychiatry subspecialty curriculum design for the Arab Board (2015); the final version was later finalized by a consultative committee of child psychiatrists and approved in 2016.

currently Chair of the Arab board of Psychiatry executive committee (2017)

Others:

- Member of the Arab Board of Psychiatry Executive Committee
- Member of the College of Medicine Undergraduate Medical Education curriculum.

RAISING FUNDS

- Elected Secretary-Treasurer for the Neurosciences Research Priority Group at the College of Medicine and Health Sciences at UAEU. In this capacity I participated in successful Fund-raising for the International Brain Research Organization conference held in Alain 2011.
- Fund-raising for several CME activities (on-campus and in the community) within the Psychiatric department, CMHS, UAEU.

**ABSTRACTS, CONFERENCES PRESENTATIONS
AND PROCEEDINGS**

Numerous conference presentations some examples listed below:

- Emam E, **Osman OT** - Anxiety and depression among patients with obesity referred for bariatric surgery. European Psychiatry 28, 1 (2013).

- **Osman OT**, Sabri S, Shamsan A, Rizk D. Prevalence and sociodemographic correlates of premenstrual dysphoric disorder symptoms in the Gulf city of AlAin. *International J of Psychiatry in Clinc Pract.* 17, 31-32 (2013)
- **Osman OT**, Muffadel A. The Dubai World Dermatology and Laser Conference and Exhibition. *Expert Rev. of Dermato* 6 (4), 349-354 (2011)
- **Osman OT**, Ba'Najah U, Arafah O, Al-Abd A. Psychiatric co-morbidity among inpatients with chemical dependence in Saudi Arabia. *J. of addictive diseases.* 24 (2), 129-129 (2005)

**CONGRESSES, CONFERENCES, WORKSHOPS,
COURSES AND SEMINARS**

- ✓ " ● " Indicate the special active participation, beyond attendance, at the activity.
- ✓ Certain activity remarked either (BY INVITATION) or as (INVITED SPEAKER)

INTERNATIONAL

21-24 October 2016

The US Psychiatric and Mental Health Congress San Antonio, Texas

- **Poster # 235** (*Cerebral calcification as a differential diagnosis for psychiatric disorders: A Review of the Literature review*).

14-18 May 2016

The 169th American Psychiatric Annual Meeting, Atlanta Congress Center, Atlanta, USA.

- **Symposium Organizer and Chair**
- **Symposium** (*Highlights of Arab Psychiatry Over the Past Decade: Elements of Progress and Demands for the Future*).
- **Oral Presentation** (*Psychiatry in the Arab World: A decade of Progress and a future of Expectations*)

16-20 May 2015

The 168th American Psychiatric Association Annual Meeting Toronto, Canada

- **Poster # 2485** (*Radiologic Findings Among Psychiatric Inpatients in the United Arab Emirates*).

16-20 May 2015

The 168th American Psychiatric Association Annual Meeting Toronto, Canada

- **Poster # 2497** (*Profile of Mental Health Laws in the United Arab Emirates*).

REGIONAL and NATIONAL

12-14 January 2017

The 5th International Child and Family Behavioral Health Conference, Abu Dhabi, UAE.

- Member of Scientific Committee
- **Workshop organizer and Chair** (*Interviewing and Case Presentation Skills for Arab Board Certification Preparation*).
- **Presentation** (*elements of psychiatric history taking, conceptualization, organization and presentation of information*).
- **Symposium Chair** (*Updates on Mood Disorder Treatments*)
- **Symposium Chair** (*Psychotherapy Research Presentations: Effectiveness of Low Intensity CBT in reducing depressive symptoms on Arab Patients and Investigations Into Metaphor and Psychological Flexibility in People with Migraine Headaches*)
- **Presentation**

28-30 January 2016

The 4th International Child and Family Behavioral Health Conference, Abu Dhabi, UAE.

- Member of Scientific Committee
- **Workshop organizer and Chair** (*How to Prepare for The Arab Board Certification in Psychiatry*).
- **Presentation:** (*elements of psychiatric history taking, conceptualization, organization and presentation of information*).

28-30 January 2016

The 4th International Child and Family Behavioral Health Conference., Abu Dhabi, UAE.

- Member of Scientific Committee
- **Presentation:** (*Trauma across the life span*).

24 November 2015

The UAEU Annual Research Conference

- **Presentation:** (*Psychiatric comorbidity among Bariatric Patients*)

29 May 2015

Al-Noor Hospital symposium on the 'Interface between Psychiatry & Neurology', Abu Dhabi, UAE.

- **Presentation:** Therapeutic Interventions in Bipolar Disorder. (INVITED SPEAKER)

9 November 2015

Second Annual Mental Health Campaign and Psychiatric conference organized by RAK Medical and Health Sciences University.

- **Chairperson** Neuropsychiatric disorders in Children. (BY INVITATION)

24-28 January 2013

The 3rd Abu Dhabi International Child Mental and Behavioral Health Conference, Abu Dhabi UAE.

- **Invited Chair and Discussant** (*session on Management of Addictive Disorders*).

24 March 2015

Cognitive Science Research series, The videogame Conference on Cognition, Simulation and Education. UAEU, CIT Bldg., UAE.

- Presentation: *Videogame Addiction advances in Assessment and Management*. (INVITED SPEAKER)

Ossama M. Tawakol Osman

Professor of Psychiatry, College of Medicine and Health Sciences, UAEU

Achievement Report Summary since joining the UAEU in 2004

h index=9 RG score=28.26

A- Achievements in Research- publications in peer reviewed journals:

-**Supervised a graduate student** (Rola Qumsieh) with the department of pharmacology in her Master thesis project that involved clinical pharmacology study that resulted in an important publication:

'Qumsieh RY, Ali BR, Abdulrazzaq YM, **Osman O**, Akawi NA, Bastaki SM. Identification of new alleles and the determination of alleles and genotypes frequencies at the CYP2D6 gene in Emiratis. PLoS One. 2011;6(12):e28943. doi: 10.1371/journal.pone.0028943. Epub 2011 Dec 22. PMID: 22216145'

- **Collaborated with the National Rehabilitation Center in Abu Dhabi (NRC)** resulted in:

- 1) a grant fund in excess of 300.000.00 DHS in 2015 to the College (Community Medicine)
- 2) Publication: Gaferi H, **Osman O**, Matheson C, Wanigaratne S, Bond C. Substance misuse in Arabic countries: the need for published research International Journal of Prevention and Treatment of Substance Use Disorders (2013).

- **Collaborated with an international institution:** The Harvard Program on Refugee Trauma (HPRT) which resulted in: **A**) grant funding from the Zayed Institute for Public Health (200.000.00 DHS).

B- Achievements in Teaching

- **Teaching workload** was a total of educational KPIs of **1002 credits** in 2015/2016 academic year.

- **Organized and participated in numerous workshops and seminars to teach colleagues** in Psychiatry and other specialties (Primary Care Physicians) both in the UAE and abroad in Bahrain. - -

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- **Educational management**

- Member of Undergraduate Medical Curriculum Committee (UMCC)
- Established the first Structured Psychiatry residency training program which enrolled in excess of 50 National Psychiatrists since its foundation in 2004. Many of its graduates are now staffing, managing and leading psychiatric services in Alain, Abu Dhabi and Dubai.
- Established the first Higher Clinical Professional Diploma in Psychotherapy skills in 2012. I Co-designed the curriculum for the Diploma as a joint UAEU-NRC effort. It had since graduated 46 professionals (mostly UAEU graduates) who currently staff major

Mental Health and addiction treatment facilities in the UAE and in Qatar and one candidate is practicing in Canada based on this professional academic degree.

- Coordinator of the Clinical Skills in Behavioural Sciences module since 2011
- Coordinator of the Social Behavioural Sciences Course for the Bachelor of Medical Sciences Degree students since 2013 (3 Credit hour fall semester course)
- Coordinator of the Graduate course on Ethical Conduct in Biomedical Research since 2012 (1 Credit hour core fall semester course)
- Co-Coordinator of the Junior Psychiatry clerkships since 2011
- Co-Coordinator of the Behavioural Sciences Module 2010-2013
- Chair, Curriculum, Credentialing & accreditation committee (Arab Board of Psychiatry till 2018)
- Drafted the first child psychiatry subspecialty curriculum design for the Arab Board (2015); Currently the president of the Arab Board of Psychiatry.

C- Achievement in Service

- One full day weekly clinic at Tawam hospital. Provide Clinical teaching for interns and residents during their rotation. Supervise Masters Students from other UAEU Colleges (e.g. Social Work) for clinical internships.
- Provide Clinical bedside teaching at Alain Hospital for Junior Psychiatry Clerks.
- Annual appraisals at Tawam hospital have been outstanding
- Organized the regional Arab Board of Psychiatry Certification Exam (Clinical/Oral) in 2015
- Served on the organization and scientific committees of several national conferences
- Administrative Committees:
 - College Undergraduate Medical Curriculum (UMCC) since 2013
 - Postgraduate Education Committee 2004-2011.
 - Clinical Sciences Course Coordinators since 2011
 - Chair the Curriculum, Credentialing and Accreditation Committee Arab Board since 2008.
 - Executive Committee and Scientific Council of the Arab Board of Psychiatry since 2008
 - Graduate Medical Education Committee (Alain Hospital) since 2011
 - Psychiatry Residency committees on: Promotion, Curriculum Review, recruitment since 2004
 - Pharmacy formulary and Therapeutics Committee (HAAD) 2014
 - Guidelines development committee for Mental Health in primary care
