

The Center for Women's Health Studies and Promotion at Ben-Gurion University of the Negev



**המרכז לחקר וקידום
בריאות האשה**

The BGU Center for Women's Health
Studies and Promotion

ANNUAL REPORT ACADEMIC YEAR 2022-2023

1. **Name of the Center:** THE BEN-GURION UNIVERSITY OF THE NEGEV CENTER FOR WOMEN'S HEALTH STUDIES AND PROMOTION
2. **Center Director:** Prof. Julie Cwikel, PhD, Emerita from the Spitzer Department of Social Work
3. **Center Advisory Board**
Prof. Dan Blumberg, Vice President and Dean for Research and Development
Prof. David Wittstein, Dean of the Faculty of Humanities and Social Sciences
Prof. Angel Provedor, MD, Dean of the Faculty of Health Sciences
Prof. Aya Biderman, MD, Family Medicine
Dr. Johanna Czamanski-Cohen, the School of Creative Arts Therapies & Emili Sagol Creative Arts Therapies Research Center at the University of Haifa
Dr. Ofer Emanuel Edelstein, Department of Social Work
Prof. Ephrat Huss, Department of Social Work
Prof. Ora Kofman, Department of Behavioral Sciences
Dr. Michal Liebergall-Wischnitzer, the Faculty of Medicine, Hebrew University
Ms. Orly Liberman, Recanati School of Nursing, Emerita
Dr. Nirit Mordish-Volk, Maslan
Prof. Orly Sarid, Department of Social Work
Prof. Ilana Shoham-Vardi, Department of Epidemiology, Emerita
Prof. Shifra Shvarts, Faculty of Health Sciences, Emerita
Dr. Yanna Shraga, Department of Social Work
Dr. Nirit Gordon, Adjunct Lecturer in the Department of Social Work and co PI-researcher
4. **Center Steering Committee**
Prof. Aya Biderman, MD, Family Medicine
Prof. Julie Cwikel, Department of Social Work
Dr. Ofer Emanuel Edelstein, Department of Social Work
Prof. Orly Sarid, Department of Social Work
Prof. Ilana Shoham-Vardi, Department of Epidemiology

5. Center Staff

Ms. Limor Niego, Clinical Director of Isha Be-Shela and lecturer in the BSW program.

Ms. Ilana Schmidt, Senior Supervisor, Mom to Mom (M2M), doctoral student in combined MA thesis-PhD thesis track. Thesis topic: Evaluation of positive parenting intervention with parents in the NICU (neo-natal intensive care unit) to improve parental reflective functioning. Supervisors: **Dr. Kyla Marks** (head MD from the NICU), **Prof. Eyal Sheiner**, Chair of Department of OB-GYN, BGU, **Prof. Julie Cwikel**

Dr. Samira Alfayumi-Zeadna, Post-doctoral fellow at the Center, and Director of M2M for Bedouin women in the Negev. Samira leads the M2M program for Bedouin women and supervises **Ms. Roza Abu-Agina**, who is the M2M coordinator for Segev Shalom and the unrecognized settlements.

Ms. Yulia Yehezkel, is a former high-tech programmer, who retrained as an MSW social worker and participated in M2M after the birth of her first child. She now is the M2M coordinator for Beer Sheva and environs.

Ms. Orit Cohen-Rothman, the Center Administrator; also a women's health yoga teacher, a yoga teacher for those with cancer and specializes in yoga for pregnant women.



In Memory

We mourn the passing of two Center members.

Dr. Sheryl Mendlinger z”l was a PhD student at the Center and conducted a large scale study on how mothers transmit health behaviors to their daughters, in a multi-ethnic study.



Dr. Ilana Boehm z”l was a well-known expert on diabetes and ran a diabetic clinic at Soroka University Hospital.



May their memories be a blessing to all who knew them.

Center Research and Community Activities

We invite you to read our 2022-2023 years report, which describes the research and community activities of the Center, now marking its 24th year. **Prof. Cwikel** transitioned from a Full Professor to an Active Emerita Professor, as of October 2022. We were granted with special permission for Prof. Cwikel to continue as director of the Center also after retirement.

I am very proud to report that the Center is active and vibrant as never before. We have a wonderful, dedicated, and productive staff and together we have racked up successes and achievements.

We have recently scored two important grants. One to expand our work on biomarkers of anxiety and depression through the use of *voice* and narrative *analysis* in primary care together with senior BGU and Kupat Holim Family Physicians, **Profs. Aya Biderman** and **Roni Peleg**. The second grant is from the Unit to Improve Teaching at BGU, is to create podcasts of different lectures to help to teach topics relating to trauma to 3rd year BSW and 2nd year MSW students. Collaborating on this grant are M2M coordinator **Yulia Yehezkel**, **Ms. Limor Niego** and **Dr. Nirit Gordon**, who are both lecturers in the BSW and MSW programs, respectively.

Meet new staff members

We parted ways with our Center Administrator **Sigal Saban Balila**, who was elected Chairwoman of Naamat in the Beer Sheva region.



She was replaced by **Ms. Orit Cohen-Rothman**, an accomplished administrator who was working in the Zlotowski Center for Neuroscience. She is also a yoga teacher who teaches yoga for women and pregnancy and has recently started to teach yoga to those coping with cancer and brings her skills and insights into her work in the best fashion possible.



Ms. Yulia Yehezkel did her army service in an elite computer unit in the IDF and retrained to become a social worker at BGU and finished in 2021. She joined Mom to Mom (M2M) as a young mother and decided she wanted to specialize in this type of work. She also works part time in the parents-children treatment center of Beer Sheva and has a free-lance business teaching other small business owners how to sell their skills. In other words, Yulia is clearly multi-talented. Since she joined M2M, there have been increases in volunteers and new moms who have joined the project.

Yulia teaches a unique seminar on the secret language of babies, helping mothers to learn to read their babies cues even before they speak. It was the excellent opening ZOOM lecture in this year's nation-wide Week for the Promotion of Mothers' Mental Health, a world-wide project that the Center initiated five years ago and is still going strong with the collaboration of Ms. Inbal Aviv, social work leader in WIZO of the lobby for mother's mental health promotion. During this week, **Dr. Samira Alfayumi-Zeadna** also delivered lectures in Segev Shalom on promoting mother's mental health, in collaboration with the local staff of the Mother-Infant Health Center.

Continuing research:

Assessment of psycholinguistic markers of clinical mental states using a multimodal analytic system - Combined Vocal and Narrative Analysis - (COVANA)

Prof. Julie Cwikel, Dr. Dan Vilenchik (Senior Lecturer, Faculty of Engineering), **Dr. Alison Stern Perez** (Post-doctoral researcher at the Center), **Mr. Ruslan Sergienko**, data manager, Faculty of Health Sciences, and **Ms. Rachel Abramovich**, MSW, field manager and a graduate of our retraining program here at BGU, social work department.

The World Health Organization (2019) estimates that 7.4% of global Disability Adjusted Life Years (DALYs) are lost due to mental and behavioral disorders, with unipolar depression the third leading cause of disability worldwide. Diagnosis of mental disorders generally involves a clinical interview with a psychiatrist and/or filling out a battery of questionnaires, which can be burdensome and intrusive, requiring significant time as well as compliance and communication skills. Thus, there is an urgent need for an innovative, non-intrusive, and effective detection method of mental illness symptoms.

While research using Machine Learning (ML) was harnessed to this task, using biomarkers such as voice, the obtained accuracy so far does not meet clinical requirements. Our research builds on the research we have conducted in five different samples since March 2020, to develop an automatic pipeline for the analysis of high-quality correctly-labeled voice and narrative recordings that will allow the differential diagnosis of persons with and without clinical symptoms of depression and anxiety, the two most common mental health challenges seen in primary care in the community. Furthermore, our innovation (international patent pending) allows for the characterization of mental stress/distress/trauma into past exposure with or without emotional regulation, and current mental distress/disorder. This gives rapid, inexpensive answers to complicated clinical questions such as: who to process further for evaluation, who to send directly to psychological treatment/psychiatric attention and who is at low risk for current mental health impairment. Using both *machine learning* and *narrative language programming* (NLP), we have developed a set of analytical tools that can help to solve the problems of how to rapidly diagnose persons in need of additional mental health care treatment and those who do not need additional care, on the basis of short voice recordings, using high quality equipment. The results are validated against commonly used diagnostic tools designed for community epidemiological studies.

We have collected high quality data from 270 person using trained interviewers. This year we won a grant for applying our algorithm for use in Kupat Holim Clalit primary care clinics. This is a collaborative effort with **Prof. Aya Biderman**, a well-known family physician who is the head of Community Medicine at BGU, and **Prof. Roni Peleg**, also a family physician at BGU. We are in the process of attaining the requisite ethical approvals so that we can go into the field in three different Kupat Holim clinics and further develop the program into a user-friendly app.

CB-ART (cognitive behavioral and art-based interventions), collaborative research with Monash University in perinatal mental health

This clinical intervention which combines between cognitive behavioral and art-based therapy methods, has been the source of a number of publications with **Dr. Ephrat Huss, Prof. Orly Sarid, Dr. Johanna Czamanski-Cohen & Prof. Julie Cwikel**. This project was funded by the Pratt Foundation through a special BGU-Monash University grant initiative.

Dr. Hilary Brown published a pilot study of using our model of CB-ART to work with eight new mothers admitted to a five-day residential treatment program in Melbourne Australia. Collaborators on this study included **Prof. Jane Fisher, Dr. Heather Rowe** (Monash University), **Prof. Orly Sarid** (BGU), and **Prof. Julie Cwikel**. The data indicated that the CB-ART is a feasible, acceptable and safe protocol for mothers in residential care.

Last year **Dr. Meital Simhi, Prof. Orly Sarid** and **Prof. Julie Cwikel** completed a test of their workbook-based protocol, called WAWA (Why Are We Anxious?) with 34 new mothers, working to ease common anxieties that present during pregnancy and in the post-partum period. Our analyses show that it is very effective in reducing symptoms of anxiety, stress and depression in the post-partum period and very acceptable to the mothers who participated. While we intended to conduct this intervention over the internet, this was not chosen as a treatment option, with the women preferring a group or telephone intervention mode. This paper was published in 2021.

Graduate Students Creating New Research in Women's Health

Two graduates this year:

Alex Davidov: "Neurofeedback training as a tool that contributes to function and regulation of the emotions under stress among Israeli soldiers in IDF" supervised by **Prof. Julie Cwikel** and **Prof. Talma Hendler**, Tel Aviv University, Sackler Medical School. Alex's thesis was approved and he will receive his Phd. at the next graduation ceremony.

Nuha Sliman: "The effect of family structure on children's morbidity in the first year of life in Arab society". Jointly supervised by **Prof. Jonathan Anson** and **Prof. Julie Cwikel**. Nuha is proud to have completed her research together with the birth of two children. A paper from her thesis has just been accepted for publication.

Children's books by our PhD. Graduate who created a new way of working with fathers.

Dr. Avigdor Kaner developed an innovative internet-based group intervention for new fathers during their first postpartum year. His study evaluated the effectiveness of this unique intervention for new fathers and showed that it was well received by them. They felt that were few areas where they could express their emotional reactions to the challenging of parenthood and that this internet-fathers' group provided that. A paper has been submitted for publication from his thesis results. Avigdor was supervised by **Prof. Dorit Segal-Engelchin** and **Prof. Julie Cwikel**. Based on his experiences, Avigdor wrote an amazing children's book for fathers called:



***The Gift that will Stay Forever,
illustrated by Julia Po.***

Post-doctoral fellow

These past two years, we were joined by psychologist, **Dr. Alison Stern Perez**, whose expertise is the linguistic structure of **trauma narratives**. We analyzed traumatic birth stories, supplied by **Dr. Tahli Frenkel** of the Interdisciplinary Center in Hertzlia. Alison has developed the ACORD model which analyzes both the structure of the spoken message such as the use of pronouns and the non-verbal aspects of the message such as the speed and timbre of the speech patterns. Alison is part of the COVANA research team. Together, we are supervising the PhD work of two students, **Noa Sviger** and **Shani Vilchenski-Tannenbaum**; both are senior clinical social workers working in the area of women's health who are analyzing the birth narratives of women with instrumental interventions at birth (e.g. C-section) and the differences between first and second births, respectively.

Ph.D students

Lior Deray: Lior is in the final stages of her data analysis and writing of her PhD student in social work, supervised by **Prof. Julie Cwikel**. Her topic: adjustment of soldiers in combat support roles: effect of background variables, coping strategies, gender and unit atmosphere on drop-out. This research is taking place in the IDF mental health unit with the collaboration of **Dr. Avishay Antonovsky**. Lior somehow manages to juggle the demands of a PhD with being the Mental Health Officer for IDF in charge of the Gaza region and being the mother of three small children. She gave birth to a son, her third child close to a year ago.

Merav Daniel: Merav is an educational psychologist who is now working on her thesis proposal on the topic of the testing of a cognitive-behavioral protocol to promote the return to work of women recovering from breast cancer. Merav started her PhD work just at COVID19 began and it complicated the issues for breast cancer “graduates” who wanted to return to work, given that many were not able to return to their former jobs. She has now completed all of her data collection and is beginning an intensive period of data analysis and writing. She is being jointly supervised by **Dr. Ofer Edelstein** and **Dr. Svetlana Prokashev** together with **Prof. Julie Cwikel**.

Community Activities: Mom to Mom

Mom to Mom (M2M) is now in its 18th year, providing support for new mothers and their infants in Beer-Sheva and the Negev. "Mom to Mom" is a project designed to help mothers cope with the first year of parenting through home visits of volunteer mothers in the Jewish sector and direct support from the coordinators in the Bedouin sector. The aim is to provide support and guidance to mothers of the Negev who feel that they lack adequate support to make the transition smoothly. We are proud that we are now able to run M2M in both the Jewish and Bedouin communities of the Negev.

In the Jewish population, we have had an increase in both mothers who joined the project (between 24-30 per year), with the coordinator conducting almost 40 home visits, with some 60 mothers who were in contact with the project. In the past six months, we have had some 15 new volunteers join the project and be matched with new birthing mothers.



We started a new project in the First Birth Ward of Soroka University Hospital where our volunteers have been giving short talks on M2M twice a week and have so far reached 30 new mothers. They are now in touch with the coordinator, and we have greatly expanded our work in Soroka University Hospital.

This year, both M2M projects were delighted with the donation of knitted and crocheted toys to distribute to the participating mothers, babies and older siblings. The knitters were organized by Judit Bar-On, who organized this wonderful donation. All the group are residents of the Palace Retirement Home in Lehavim. In the past they had donated knitted and crocheted hats, booties and blankets for the newborns.



Mom to Mom for Bedouin Women

We are now beginning our third year of running M2M for Bedouin women in the Negev. We provide support and guidance for new Bedouin mothers and their infants up to one-year post-partum to help smooth the transition to parenting and to bolster their mothering skills. A particular focus of the project is the detection and prevention of post-partum depression. When detected, the project ensures that the mother gets professional treatment.

This project is directed by our post-doctoral researcher, **Dr. Samira Alfayumi-Zeadna**, who has adapted the project and made it culturally sensitive to the needs of new mothers from the Bedouin population. This special project is being funded by a project grant from the **Two Lilies Foundation of Denver, Colorado**. The project runs in several locations around the Negev including: Segev Shalom, Rahat, Lakiya and soon in other locations as well. **Ms. Roza Abu-Ajena** joined M2M in March 2022 as a part-time staff member.

Dr. Samira Alfayumi-Zeadna is a senior clinical nurse with training in perinatal health. Her Ph.D. research explored the prevalence and risk factors of postpartum depression among Bedouin women of the Negev, and community. In her research, she developed a model for working with Bedouin women to detect, and treat PPD. **Ms. Roza Abu-Ajena** has experience working with mothers at the early childhood center in Segev Shalom and working in the alternative medicine field with women and children.

The project sees about 80 women a year, and all are counseled in person or by phone by the project coordinators. Issues include high-risk pregnancies, nutrition, detection and treatment of perinatal depression, developing social support and attention to medical issues. In May-June of 2022 we ran a positive parenting group for 8 new mothers in Lakiya with four weekly sessions. In June 2022 we conducted two group meetings with 8 new mothers from Segev-Shalom.

Using the EPDS questionnaire to detect perinatal depression, the results showed that 50% showed some symptoms of PPD and 27% had clinical symptoms. All those in need of treatment were referred to the appropriate treatment modality and some were referred to psychiatric care.

The Center was privileged to host **Anna Schmitt**, representing the *Two Lilies Foundation* as she came to make a field visit here in the Negev from the 2-5th of June, 2023. She visited both the BGU campus and the group working in Segev Shalom. **Samira** presented findings from this project at the **WAIMH** (World Association of Infant Mental Health) meeting in Dublin Ireland, July 17th, 2023, together with **Anna Schmitt**.



Dr. Samira Alfayumi-Zeadna and Anna Schmitt at the WAIMH Dublin Ireland, July 2023



Anna Schmitt visit at Segev Shalom with the Center Staff and Mom to Mom meeting



Isha Be-Shela – Counselling Service for Women and Men in the Negev

The Center's counselling service, which is the first counselling service in the Negev designed specifically to meet the needs of women and now men, has now been operating for 17 years. During these years, this service has become a well-known and highly regarded psychotherapy service in the Negev. This is reflected in both the growing number of clients who seek our counselling services and in the growing number of referrals from the professional community. Since the beginning of the project, we have seen close to 900 women and men in psychotherapy treatment, with around 80 persons in treatment at any given time, with the average age of 30. A majority of them are BGU students. At this current time, we have a waiting list and more people looking for treatment than we have room with the current group of 10 psychotherapists. **Ms. Limor Niego** is the clinical coordinator who conducts the intakes and connects between those looking for therapy and the available psychotherapist. **Ms. Neta Magen** gives supervision in small groups and if needed, individual supervision. **Ms. Matan Einav** is also providing small group supervision and is giving a workshop on how to terminate treatment in a therapeutic fashion. This year, **Dr. Nirit Volk** gave a year-long supervision series on treating sexual abuse in the family. Each psychotherapist has their own expertise ranging from complex trauma, eating disorders, health-related issues in psychotherapy including substance abuse, the use of CBT, family therapy, and art in psychotherapy, among other topics.



Upcoming events and publications

The Book "New Methods in Feminist Treatment" PUBLISHED. Book launch December 3 2023

The book has been published by Resling Press and includes chapters by therapists of "Isha Be-shela" and PhD students and edited by **Dr. Merav Rabinovitz** and **Prof. Julie Cwikel**, and will explore the development of feminist treatment in Israel and worldwide and applied issues in feminist treatment. The book contains these chapters:

First section: the development of feminist therapy - historical aspects

- a. On the development of the feminist therapy around the world.
- b. On the development of the feminist therapy in Israel.

Second section: research on women and parenting

- a. The experience of the mothers of sexually abused women.
- b. Between close and far from motherhood- research among women prisoners.
- c. Pregnancy and birth in the world of Halacha- feminist treatment, Orthodox women and the things between them.

Third section: Clinical Practice

- a. CB ART treatment with a woman who experienced a traumatic birth.
- b. Activist work with adolescents from the experiences in the mentoring program.
- c. Working with a cognitively challenged woman after sexual abuse.
- d. A model for working with treatment transference.
- e. The role of dissociative mechanisms and sensory sensitivity in self-injurious behavior among adolescent girls at risk
- f. Integrative therapy of a woman with Trichotillomania

- g. Transgender children and gender nonconformity: a unique developmental process

Fourth section: Group work from a feminist lens

- a. Mindfulness based movement therapy- attention and compassion in movement, improvisation and interpersonal relation.
- b. A story followed by painting: implication technique as a mean of conversation about sex roles in the frame of group work with children who experienced domestic violence.
- c. The use of art as an empowerment tool in social work with women in Israel.

Prof. Laura Brown is making a special trip to participate in the book launch and to hold a separate day training for feminist therapists, Dec. 3-5, 2023. Prof. Laura S. Brown is one of the world's foremost experts on feminist psychotherapy, psychotherapy consultant, supervisor and teacher from Seattle. This will be her fifth visit to the Center and we are very grateful for her continuing support and contribution to the mental health skills of our staff and others from around the Negev.

Prof. Julie Cwikel



Prof. Laura S. Brown



Dr. Merav Rabinovitz

Publications and Academic Activities of Center Researchers and Scholars (Listed in Alphabetical Order by Last Name)

With great pride, we share with you the publications and academic activities of the Center's researchers and scholars during 2022-2023

Dr. Samira Alfayumi-Zeadna

Publications:

Mesquita, A., Costa, R., Bina, R., Cadarso-Suárez, C., Gude, F., Díaz-Louzao, C., Dikmen-Yildiz, P., Osorio, A., Mateus, V., Domínguez-Salas, S., Voursour, E., Levy, D., **Alfayumi-Zeadna, S.**, Wilson, C. A., Contreras-García, Y., Carrasco-Portiño, M., Saldivia, S., Christoforou, A., Hadjigeorgiou, E., Felice, E., ... Motrico, E. (2023). A cross-country study on the impact of governmental responses to the COVID-19 pandemic on perinatal mental health. *Scientific reports*, 13(1), 2805. <https://doi-org.ezproxy.bgu.ac.il/10.1038/s41598-023-29300-w>

Bina, R., Glasser, S., Honovich, M., Ferber, Y., & **Alfayumi-Zeadna, S.** (2022). The Role of Organizational Factors in Nurses' Perceived Preparedness to Screen, Intervene and Refer in Cases of Suspected Postpartum Depression. *International journal of environmental research and public health*, 19(24), 16717. <https://doi-org.ezproxy.bgu.ac.il/10.3390/ijerph192416717>

Daoud, N., Carmi, A., Bolton, R., Cerdán-Torregrosa, A., Nielsen, A., **Alfayumi-Zeadna, S.**, Edwards, C., Ó Súilleabháin, F., Sanz-Barbero, B., Vives-Cases, C., & Salazar, M. (2023). Promoting Positive Masculinities to Address Violence Against Women: A Multicountry Concept Mapping Study. *Journal of interpersonal violence*, 38(9-10), 6523–6552. <https://doi-org.ezproxy.bgu.ac.il/10.1177/08862605221134641>

Alfayumi-Zeadna, S., O'Rourke, N., Azbarga, Z., Froimovici, M., & Daoud, N. (2022). Temporal Stability of Responses to the Edinburgh Postpartum Depression Scale by Bedouin Mothers in Southern Israel. *International journal of environmental research and public health*, 19(21), 13959. <https://doi-org.ezproxy.bgu.ac.il/10.3390/ijerph192113959>

Alfayumi-Zeadna, S., Gnaim-Abu Touma, L., Weinreich, M., & O'Rourke, N. (2022). COVID-19 and Mental Health of Minority Arab Higher-Education Students in Israel: Social, Economic, and Academic Factors. *International journal of environmental research and public health*, 19(20), 13466. <https://doi-org.ezproxy.bgu.ac.il/10.3390/ijerph192013466>

Mejia-Lancheros, C., **Alfayumi-Zeadna, S.**, Lachaud, J., O'Campo, P., Gogosis, E., Da Silva, G., Stergiopoulos, V., Hwang, S. W., & Thulien, N. (2022). Differential impacts of COVID-19 and associated responses on the health, social well-being and food security of users of supportive social and health programs during the COVID-19 pandemic: A qualitative study. *Health & social care in the community*, 30(6), e4332–e4344. <https://doi-org.ezproxy.bgu.ac.il/10.1111/hsc.13826>

Alfayumi-Zeadna, S., Zeadna, A., Azbarga, Z., Salman, L., Froimovici, M., Alkatnany, A., Grotto, I., & Daoud, N. (2022). A Non-Randomized Controlled Trial for Reducing Postpartum Depression in Low-Income Minority Women at Community-Based Women's Health Clinics. *Maternal and child health journal*, 26(8), 1689–1700. <https://doi-org.ezproxy.bgu.ac.il/10.1007/s10995-022-03434-1>

Soukhov, E., Karavani, G., Szaingurten-Solodkin, I., **Alfayumi-Zeadna, S.**, Elharar, G., Richter, D., Wainstock, T., Zeadna, A., Levitas, E., & Har-Vardi, I. (2022). Prediction of embryo implantation rate using a sole parameter of timing of starting blastulation. *Zygote (Cambridge, England)*, 30(4), 501–508. <https://doi-org.ezproxy.bgu.ac.il/10.1017/S0967199421000952>

Alfayumi-Zeadna, S., Bina, R., Levy, D., Merzbach, R., & Zeadna, A. (2022). Elevated Perinatal Depression during the COVID-19 Pandemic: A National Study among Jewish and Arab Women in Israel. *Journal of clinical medicine*, 11(2), 349. <https://doi-org.ezproxy.bgu.ac.il/10.3390/jcm11020349>

Prof. Aya Biderman

Newly appointed as the medical advisor at the Clalit Research Center, in the Southern District.

Publications:

Raphael A, Friger M, **Biderman A.** Seasonal variations in HbA1c among type 2 diabetes patients on a semi-arid climate between the years 2005-2015. *Prim Care Diabetes*. 2021 Jun; 15(3):502-506.

Akselrod D, Friger M, **Biderman A**. HbA1C variability among type 2 diabetic patients – A retrospective cohort study. *Diabetology & Metabolic Syndrome*. 2021. Sep 18;13(1):101 (CI ISI 0, IF 3.320, JR 95/145, Q3)

Biderman, A., Carmel, S., Amar, S. *et al.* Care for caregivers- a mission for primary care. *BMC Fam Pract* **22**, 227 (2021). <https://doi.org/10.1186/s12875-021-01579-6>

Blitman E , **Biderman A**, Yehoshua I, Adler L. Breastfeeding mothers' experiences with community physicians in Israel: a qualitative study. *International breastfeeding journal*, 2022, Vol.17 (1), p.1-62, London: BioMed Central Ltd.

Prof. Julie Cwikel

A member of the scientific committee of the 23rd conference of the **ICSD** (International Consortium for Social Development) which met August 23-26 2023, in Gavle, Sweden.

Publications:

Brown, H., Fisher, J., **Cwikel, J.**, Sarid, O., & Rowe, H. (2023). Cognitive Behavioural and Art-based program (CB-ART): a pilot study in an early parenting centre. *Pilot and Feasibility Studies*, 9(1), 140.

Cwikel, J., & Simhi, M. (2022). Using the hackathon model in social work education. *Social Work Education*, 41(8), 1563-1576.

Prins-Engelsman, S., & **Cwikel, J.** (2023). Postpartum Depression Symptoms in Various Sects of Ultra-Orthodox Society in Israel. *Journal of Religion and Health*, 1-20.

Guidotti, T. L., & **Cwikel, J. G.** (2022). Rethinking Public Health as Sustainability and Environmental Health as Environmental Justice. *American Journal of Public Health*, 112(1), 77-78.

Cwikel, J., & Perez, A. (2022, September). Young women's reproductive and health effects from the Chernobyl nuclear accident: a qualitative historical study. In *ISEE Conference Abstracts* (Vol. 2022, No. 1).

Cwikel, J., Sheiner, E., Sergienko, R., Slusky, D., & Quastel, M. (2022). Hospitalizations among chernobyl-exposed immigrants to the Negev of Israel, 1992–2017: a historical follow-up study. *Journal of Immigrant and Minority Health*, 24(2), 469-480.

Czamanski-Cohen, J., Galili, G., Halbrecht-Shaked, C., Sion, A., & **Cwikel, J.** (2022, June). Drawing for stress reduction. Can it be digital? In *Psychosomatic Medicine*. (Vol. 84, No. 5, pp. A53-A53).

Dr. Johanna Czamanski-Cohen

Publications:

Karkou, V., Sajnani, N., Orkibi, H., Groarke, J. M., **Czamanski-Cohen, J.**, Panero, M. E., ... & Baker, F. A. (2022). The Psychological and Physiological Benefits of the Arts. *Frontiers in Psychology*, 286.

Legate, N., Nguyen, T. V. T., Weinstein, N., Moller, A. C., Legault, L., Adamkovic, M., **Czamanski-Cohen, J.** ... & Zahra, E. (2022). A global experiment on motivating social distancing during the COVID-19 pandemic. *Proceedings of the National Academy of Sciences*.

Urakami, J., Huss, E., Nagamine, M., **Czamanski-Cohen, J.** and Michele Zaccai, M. (2022) The Emotional Experience of Flowers: Zoomed In, Zoomed Out and Painted. *Horticulturae*.

Kowal, M., Sorokowski, P. ...**Czamanski-Cohen, J.**...Zumarraga-Espinosa, M. (2022). Predictors of enhancing human physical attractiveness: Data from 93 countries. *Evolution and Human Behavior*.

Hebi, M., **Czamanski-Cohen, J.**, & Azaiza, F. (2022). Art Therapy in The Arab World. *The Arts in Psychotherapy*, 101969. (JCR IF 2021=0.847; JCR R 2021= Rehabilitation 45/73)

Dorison, C.A., Lerner, J.S....**Czamanski-Cohen, J.**... Heller, B.H. (2022). In COVID-19 Health Messaging, Loss Framing Increases Anxiety with Little-to-No Concomitant Benefits: Experimental Evidence from 84 Countries. *Affec Sci* 3, 577–602.

Dr. Ofer Emanuel Edelstein

Publications:

Edelstein, O. E., Shorer, T., Shorer, Z., & Bachner, Y. G. (2022). Correlates of Caregiving Burden among Bedouin-Muslim Mothers of Children Diagnosed with Epilepsy. *International Journal of Environmental Research and Public Health*, 19(18), 11595.

Edelstein, O.E. (2022). Attitudes and beliefs of medicine and social work students about medical cannabis use for epilepsy. *Epilepsy & Behavior*, 127, 108522.

Shvedko, A. V., Versolker, Y., & **Edelstein, O. E.** (2023). Translation and Validation of the Motivation to Change Lifestyle and Health Behaviours for Dementia Risk Reduction (MCLHB-DRR) Questionnaire among the General Israeli Population. *International Journal of Environmental Research and Public Health*, 20(3), 2622.

Ephrat Huss:

Edited Books:

Huss, E. & Bos, E. (2022). (Eds.). *Social work research using arts-based methods*. Bristol University Press.

Bos, E. & **Huss, E.** (2022). (Eds.). *Using art for social transformation: International perspective for social workers, community workers and art therapists*. Routledge.

Articles:

Malka, M. & **Huss, E.** (2022). Drawing our future: Using an art-based community-visioning model in community organizing with marginalized ethnic young people from the Mountain Jews Community in

Israel. *Journal of Ethnic & Cultural Diversity in Social Work*. Advance online copy. <https://doi.org/10.1080/15313204.2022.2046226>

Urakami, J., **Huss**, E., Nagamine, M., Czamanski-Cohen, J., & Zaccai, M. (2022). The emotional experience of flowers: Zoomed in, zoomed out and painted. *Horticulturae*, 8, 668. <https://doi.org/10.3390/horticulturae8070668>

Shefi, N., Orkibi, H., & **Huss**, E. (2022). Creating an empirically-based model of social arts as a public health resource: Training, typology, and impact. *Frontiers Public Health*.10:985884. <https://doi.org/10.3389/fpubh.2022.985884>

Ben Asher, S., & **Huss**, E. (2023). Strengthening resilience in refugee children through art and attention to their voices. *Journal of Education in Black Sea Region*. ISSN 2449-2426 [ICR: 2.678] (Online)

Huss, E. (in press). [In the place where the words are finished: To contemplate at the past and begin to imagine the future, the use of creative genogram in couples and family therapy]. (Hebrew). Sichot.

Dr. Michal Liebergall-Wischnitzer

Articles published:

Shimony-Kanat, S., Gofin, R., Nator, N., Solt, I., Abu Ahmad, W., **Liebergall Wischnitzer**, M., ... & Kerem, E. (2023). Mothers' Knowledge of Infants' Fever Management: A National Prospective Study. *Maternal and Child Health Journal*, 27(5), 815-823.

Noble, A., Noble, L. M., Spector, R., **Liebergall-Wischnitzer**, M., Zisk Rony, R. Y., & Woloski Wruble, A. C. K. (2022). Spiritual Interventions Used by Jewish Women to Facilitate the Family Continuum: A Qualitative Study. *Journal of Integrative and Complementary Medicine*, 28(6), 507-516.

Halperin, O., Noble, A., Yakov, G., Raz, I., & **Liebergall-Wischnitzer**, M. (2022). Exploring midwives' coping and functioning in the labour wards during the Covid-19 pandemic from the Labour Ward Head Nurses' perspective: A qualitative study. *Journal of Nursing Management*, 30(7), 3074-3082.

Liebergall-Wischnitzer, M., Hopsink, T., Shimony-Kanat, S., Idilbi, N., Woloski Wruble, A., & Noble, A. (2023). Pelvic floor muscle training: A comparison between medical centres employed women, with and without urinary incontinence. *International Journal of Urological Nursing*, 17(1), 50-55.

Dr. Merav Rabinovich

Publications:

Farbstein, M., **Rabinovich, M.**, and Tuval-Mashiach, R. (2022). Acceptance-resistance dialectics in psychotherapy of third-age women in Israel. *Gerontology & Geriatrics*, 47 (1-2), 117-134.

Zion Mozes, H., **Rabinovich M.**, Tuval-Mashiach, R. (2022). "My body calls me": Narratives of Israeli women recovering from breast cancer, *Hevra ve'revaha*, 32(2), 7-27.

Prof. Orly Sarid

Publications:

Axelrad-Levy, T., Schwartz Tayri, T. M., Achdut, N., & **Sarid, O.** (2023). The Perceived Job Performance of Child Welfare Workers During the COVID-19 Pandemic. *Clinical Social Work Journal*, 1-13.

Brown, H., Fisher, J., Cwikel, J., **Sarid, O.**, & Rowe, H. (2023). Cognitive Behavioural and Art-based program (CB-ART): a pilot study in an early parenting centre. *Pilot and Feasibility Studies*, 9(1), 140.

Gadot, L., Faran, Y., & **Sarid, O.** (2022). Education makes the difference: work preferences of young adults with physical disability. *International Journal of Environmental Research and Public Health*, 19(15), 9021.

Goren, G., Schwartz, D., Friger, M., Banai, H., Sergienko, R., Regev, S., . . . Ilan, K. (2022). Randomized controlled trial of cognitive-behavioral and mindfulness-based stress reduction on the quality of life of patients with Crohn disease. *Inflammatory Bowel Diseases*, 28(3), 393-408.

Krieger, Y., Pachevsky, M., Shoham, Y., Biederko, R., Novack, L., & **Sarid, O.** (2022). Relieving pain and distress symptoms in the outpatient burn clinic: The contribution of a medical clown. *Burns*, 48(3), 654-661.

Nemirovsky, A., Ilan, K., Lerner, L., Cohen-Lavi, L., Schwartz, D., Goren, G., . . . **Sarid, O.** (2022).

Brain-immune axis regulation is responsive to cognitive behavioral therapy and mindfulness intervention: Observations from a randomized controlled trial in patients with Crohn's disease. *Brain, Behavior, & Immunity-Health*, 19, 100407.

Regev, S., Odes, S., Slonim-Nevo, V., Goren, G., Friger, M., Greenberg, D., . . . **Sarid, O.** (2022). Normative data for the Brief Symptom Inventory for patients with Crohn's disease. *Psychology & Health*, 37(2), 246-257.

Regev, S., Schwartz, D., **Sarid, O.**, Goren, G., Slonim-Nevo, V., Friger, M., . . . Nemirovsky, A. (2023). Randomised clinical trial: Psychological intervention improves work productivity and daily activity by reducing abdominal pain and fatigue in Crohn's disease. *Alimentary Pharmacology & Therapeutics*, 57(8), 861-871.

Shapira, S., Yeshua-Katz, D., & **Sarid, O.** (2022). Effect of distinct psychological interventions on changes in self-reported distress, depression and loneliness among older adults during COVID-19. *World journal of psychiatry*, 12(7), 970.

Tzur-Peled, S., Kushnir, T., & **Sarid, O.** (2022). Nurses' Perceptions of the Quality of Perinatal Care Provided to Lesbian Women. *Frontiers in Psychology*, 13, 742487.

Yeshua-Katz, D., Shapira, S., Aharonson-Daniel, L., Clarfield, A. M., & **Sarid, O.** (2023). Matching digital intervention affordances with tasks: The case of a zoom and WhatsApp mental health intervention for seniors during the COVID-19 pandemic. *Health Communication*, 38(3), 499-511.

Prof. Ilana Shoham-Vardi

Publications

Unger, S., Orr, Z., Alpert, E. A., Davidovitch, N., & **Shoham-Vardi, I.** (2022). Social and structural determinants and their associations with patient experience in the emergency department. *International emergency nursing*, 61, 101131.

Unger, S., Orr, Z., Alpert, E. A., Davidovitch, N., & **Shoham-Vardi**, I. (2022). Social and structural determinants of emergency department use among Arab and Jewish patients in Jerusalem. *International Journal for Equity in Health*, 21(1), 1-13.

Zangen, N., **Shoham-Vardi**, I., Levison, E., Weintraub, A. Y., & Salem, S. Y. (2022). Duration of the transition from latent to active labor and adverse perinatal outcomes. *American Journal of Obstetrics & Gynecology*, 226(1), S372-S373.

Shifra Shvarts

- Member of the editorial board, Medicine and Law, The Scientific Journal of Israel Society of Medicine and Law.

New Books-

- **Shvarts S.**, Bar Oz A., Meuhedet-A Story of a Health Fund, Bahur Pub. 2022 (Heb.192 p.).

Edited books

- **Shvarts S.**, & Bin Nun G.,and Schoenbaum, S.C., Haim Doron – My Way in the Health Care System- Conversations and Memories, Ben Gurion Univ.2022- ., (English Edition)
<http://www.israelhpr.org.il/publications/>

Shvarts S., Sadetzki S., Ringworm and Irradiation: The Historical, Medical, and Legal Implications of the Forgotten Epidemic, Oxford University Press, 2022

Papers

Rubin Z., **Shvarts S.**, Afek A, The first Pathologists in Eretz Israel, 1918-1950, Korothe: A Bulletin Devoted to the History of Medicine and Science.26, December 2022, pp. 38-72.