

Mohammad A. Aboul-Ata, Ph.D.

Head, Department of Psychology
Full Professor of Clinical Psychology
Researcher & Licensed Psychotherapist

Kafrelsheikh University, Egypt

Email: mohammad_aboulata@art.kfs.edu.eg | **Phone:** +20 111 709 7343

ORCID: [0000-0003-1357-6829](https://orcid.org/0000-0003-1357-6829)

Scopus: [Author profile](#)

Google Scholar: [Citation profile](#)



PROFESSIONAL SUMMARY

Head of the Department of Psychology and Full Professor of Clinical Psychology at Kafrelsheikh University, with over 20 years of academic, clinical, and research experience in clinical psychology, personality disorders, psychometrics, psychological assessment, and evidence-based psychotherapy. Author of publications in international peer-reviewed journals and contributor to World Health Organization (WHO) ICD-11 field studies.

Supervises master's and doctoral research across a broad range of clinical and psychological topics currently serving as primary supervisor for 12 ongoing theses and teaches clinical psychology, psychometrics, psychological assessment, and evidence-based psychotherapies, including Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT), at the undergraduate and postgraduate level.

Led the department's Psychology and Clinical Psychology programs to national accreditation (NAQAAE) and serves on the Faculty Council and Postgraduate Studies & Research Committee. Has led the translation, cultural adaptation, and validation of several psychological assessment instruments for Arabic-speaking populations and is licensed by the Egyptian Ministry of Health as a psychotherapist, combining academic scholarship with clinical practice, assessment, and evidence-based intervention.

EDUCATION

- **Ph.D. in Clinical Psychology**, Fayoum University, Egypt, 2012
- **M.A. in Psychology**, Tanta University, Egypt, 2006
- **Postgraduate Diploma in Psychology**, Tanta University, Egypt, 2003
- **B.A. in Psychology**, Kafrelsheikh University, Egypt, 2002

ACADEMIC POSITIONS

- **2026–present:** Full Professor and Head, Department of Psychology, Kafrelsheikh University
- **2023–2025:** Full Professor, Department of Psychology, Kafrelsheikh University
- **2018–2023:** Associate Professor, Department of Psychology, Kafrelsheikh University
- **2016–2018:** Assistant Professor, Kafrelsheikh University
- **2012–2016:** Assistant Professor, Fayoum University
- **2008–2012:** Teaching Assistant, Fayoum University
- **2004–2006:** Part-time Lecturer, Tanta University
- **2002–2004:** Psychologist, Abu El Azyem Hospital

RESEARCH INTERESTS

- Personality disorders (alternative DSM-5 model)
- Psychometrics and psychological measurement
- ADHD: assessment, prevalence, and comorbidity
- Health psychology and health-related behaviors

- Evidence-based psychotherapies, particularly Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT).

PUBLICATIONS

Google Scholar (as of August 2026): 80 citations, h-index 4, i10-index 3.

International Peer-Reviewed Publications (English)

1. Aboul-Ata, M. A., & Amin, F. A. (2018). The prevalence of ADHD in Fayoum City (Egypt) among school-age children: Depending on a DSM-5-based rating scale. *Journal of Attention Disorders*, 22(2), 127–133. <https://doi.org/10.1177/1087054715576917>
2. Aboul-Ata, M. A., & Qonsua, F. (2021). Validity, reliability, and hierarchical structure of the PID-5 among Egyptian college students: Using exploratory structural equation modelling. *Personality and Mental Health*, 15(2), 100–112. <https://doi.org/10.1002/pmh.1497>
3. Aboul-Ata, M. A., & Qonsua, F. T. (2022). The 5-factor model of psychological response to COVID-19: Its correlation with anxiety and depression. *Current Psychology*, 41(1), 516–528. <https://doi.org/10.1007/s12144-021-01701-y>
4. Aboul-Ata, M. A., & Qonsua, F. T. (2023). Personality pathology and suicide risk: Examining the relationship between DSM-5 alternative model traits and suicidal ideation and behavior in college-aged individuals. *Psychological Reports*. <https://doi.org/10.1177/00332941231218940>

Publications in Arabic Journals

5. Aboul-Ata, M. A. (2017). Psychometric properties of the Clinician-Rated Dimension of Psychosis Symptom Severity (CRDPSS) in patients with schizophrenia. *Egyptian Journal of Psychological Studies*, 27(96), 1–17. <http://search.mandumah.com/Record/1010973>
6. Aboul-Ata, M., & Ibrahim, R. (2026). Psychometric properties of a substance use disorder scale based on DSM-5 criteria among prisoners [in Arabic]. *Journal of Humanities and Literary Studies*, 34(2), 855–896. [10.21608/shak.2026.521559](https://doi.org/10.21608/shak.2026.521559)
7. Aboul-Ata, M., & Ghoneim, Z. (2026). Psychometric properties of a scale of dialectical behavior therapy skills and borderline personality disorder (DSM-5) among university students [in Arabic]. *Journal of Humanities and Literary Studies*, 35(1), 436–476. [10.21608/shak.2026.516484](https://doi.org/10.21608/shak.2026.516484)
8. Aboul-Ata, M. A. (2023). Prevalence and risk of suicide among a sample of university students with ADHD [in Arabic]. *Egyptian Journal of Psychological Studies*, 33(120), 263–306. <https://doi.org/10.21608/ejcs.2023.306858>
9. Aboul-Ata, M., & Naguib, M. (2020). Childhood maltreatment patterns as predictive risk factors for ADHD in adulthood: A study based on recall of childhood experiences [in Arabic]. *Arab Studies in Psychology*, 19(2), 435–477. [10.21608/assj.2021.36968.1002](https://doi.org/10.21608/assj.2021.36968.1002)
10. Aboul-Ata, M. A., & Naguib, M. (2019). Parental maltreatment patterns in childhood as predictive risk factors for personality disorders in adolescence according to the alternative model [in Arabic]. *Journal of Humanities and Literary Studies*, 1(19), 118–147. <http://search.mandumah.com/Record/1043609>
11. Aboul-Ata, M., & Shuhaib, Y. (2019). The alternative model of personality disorders as a predictor of ADHD among adolescents [in Arabic]. *Arab Studies in Psychology*, 4(18), 741–790. [10.21608/assj.2019.91841](https://doi.org/10.21608/assj.2019.91841)
12. Aboul-Ata, M., & Qasem, S. (2016). Psychometric properties of the Beck Depression Inventory (2nd edition) in a sample of university students [in Arabic]. *Journal of the Faculty of Arts, Fayoum University*, 8(13), 671–701. <https://doi.org/10.21608/jfafu.2016.62313>
13. Aboul-Ata, M., & Ismail, M. (2016). Validity and reliability of the Positive and Negative Syndrome Scale for schizophrenia in an Egyptian sample (full scale) [in Arabic]. *Journal of the Faculty of Arts, Fayoum University*, 8(13), 780–805. [10.21608/jfafu.2016.62326](https://doi.org/10.21608/jfafu.2016.62326)

14. Aboul-Ata, M. A. (2016). Early developmental problems and home environment as predictive risk factors for ADHD among primary school children [in Arabic]. *Annals of the Center for Psychological Research and Studies*, 12(8), 1–42.

GRADUATE STUDENT SUPERVISION (CURRENT)

Primary supervisor for the following ongoing Master's and doctoral theses:

- **Ph.D., registered Dec 2024:** The Neuropsychological Profile of Ischemic Stroke Patients Using Cognitive Tasks
- **Ph.D., registered Mar 2025:** The Effectiveness of Dialectical Behavior Therapy (DBT) in Reducing the Severity of Depression, Anxiety, and Self-Care Deficits in Patients with Type 2 Diabetes
- **M.A., registered Jan 2024:** Obsessive-Compulsive Disorder and ADHD as Predictors of Suicide in Adults
- **M.A., registered May 2025:** Childhood Abuse, Personality Disorders, and Substance Use as Risk Factors Predicting Criminal Behavior in a Sample of Prisoners
- **M.A., registered May 2025:** Early Maladaptive Schemas as a Mediating Variable Between Childhood Maltreatment and Depression Among University Students
- **M.A., registered May 2025:** Personality Traits and Their Relationship with Quality of Life Among Ischemic Stroke Patients
- **M.A., registered Nov 2025:** Self-Care and Quality of Life Among Patients with Type 2 Diabetes in Light of the Biopsychosocial Model
- **M.A., registered Sep 2025:** A Comparative Study of Neuropsychological Measures Used in Assessing Cognitive Impairment in Patients with Multiple Sclerosis
- **M.A., registered Jan 2026:** Parental Rearing Styles and Maladaptive Cognitive Schemas as Risk Factors Predicting Borderline Personality Disorder Among Adults
- **M.A., registered Feb 2026:** Dimensions of Impulsivity and Emotion Dysregulation as Distinguishing Diagnostic Criteria Between Bipolar Disorder and Borderline Personality Disorder
- **M.A., registered Feb 2026:** The Alternative Model for Personality Disorders as a Predictor of Psychosocial Functioning in a Sample of College Students
- **M.A., registered Apr 2026:** The Efficacy of a Cognitive Behavioral Therapy (CBT) Program in Reducing Symptom Severity of Prolonged Grief Disorder (PGD) Among a Sample of Adults

TEACHING EXPERIENCE

In Arabic:

- Clinical Psychology, Forensic Psychology, Neuropsychology, Psychometrics, Research Methods, Personality Theories, Statistics (SPSS & R)

In English:

- Psychology for Pharmacists, Women's Mental Health, Child Psychology, Psychology of Disability

COURSES & PROFESSIONAL TRAINING

- CBT for Depression, Anxiety, Personality Disorders, and OCD
- Professional Ethics in Psychotherapy
- Psychometric Measures: PANSS, BDI-2, CRDPSS, MINI
- Software: SPSS, AMOS, Mplus, R, Articulate Storyline

CLINICAL TRAINING & FIELD SUPERVISION

Courses with clinical training components:

- **Clinical Psychology (M.A.):** practical training in clinical interviewing, psychological testing, cognitive assessment procedures, self-monitoring, and clinical report writing

- **Psychological Report Writing (M.A. / Clinical Psychology Diploma):** training in integrating assessment data, interpreting test results and clinical observations, and drafting certified technical reports
- **Tests & Measures (M.A. / Clinical Psychology Diploma):** practical administration of clinical measures and tests of intelligence, personality, and psychological adjustment in accordance with professional ethics
- **Foundations of Personality Assessment (Postgraduate Studies):** training in administering and interpreting standardized personality assessment instruments (e.g., MMPI)
- **Neuropsychological Examination (M.A. / Clinical Psychology Diploma):** training in administering neuropsychological test batteries and cognitive/behavioral measures to identify cognitive impairment

Field training partnerships:

- **Mental health and addiction treatment hospitals** (under the General Secretariat of Mental Health): clinical training of students in diagnostic interviewing and administration of assessment instruments with patients
- **University hospitals and neurology departments:** field training in neuropsychological assessment batteries for patients with stroke and multiple sclerosis
- **Rehabilitation centers and care institutions:** training in the assessment of special populations (children, older adults, and juveniles) and the use of adaptive behavior scales

CLINICAL & PSYCHOTHERAPY EXPERIENCE

Licensed Psychotherapist — Egyptian Ministry of Health

- **2002–2004:** Clinical Psychologist, Abu El Azayem Psychiatric Hospital
- **2021–2022:** Trainee Psychologist, Tanta Mental Health Hospital
- **2021–2024:** Clinical Psychologist, Psychiatric Hospital, Baltim
- **2023–present:** Clinical Psychologist, Psychological Counseling Center, Kafrelsheikh University

Services provided:

- Individual and group psychotherapy (CBT)
- Psychological assessment and diagnostics
- Psychoeducation and collaboration with multidisciplinary teams

PROGRAM DEVELOPMENT & QUALITY ASSURANCE

- Led departmental efforts to achieve program accreditation from Egypt's National Authority for Quality Assurance and Accreditation of Education (NAQAAE) for both the Psychology Program and the Clinical Psychology Program
- Created and developed the course structure and specifications for the Clinical Psychology Program within the accredited academic bylaws, updating content to meet international standards, labor-market needs, and clinical assessment practice
- Chaired the Database & Media Committee, a core quality-assurance committee for the department and faculty: built and managed an integrated database and electronic archive of program outcomes and performance indicators, and led documentation and communication for accreditation files

ACADEMIC LEADERSHIP & INSTITUTIONAL SERVICE

- **Member, Faculty Council:** participate in strategic and executive decisions on faculty policy; review and approve recommendations from academic councils and committees; help approve future plans and institutional development initiatives
- **Member, Postgraduate Studies & Research Committee:** review and evaluate M.A./Ph.D. registration plans; evaluate assessment instruments and research proposals; serve on examination

and discussion committees; monitor the faculty's research plan and international publication standards

- **Coordinator, Smart Electronic Governance (Faculty digital transformation):** oversee digital transformation and automation of administrative and academic processes; implement e-governance standards and smart systems for performance tracking and data management
- Developer of psychometric tools, including the A-ADHD-RS and a Working Memory Battery
- Translator and cultural adapter for the Arabic versions of international assessment tools (BDI-2, PID-5, PANSS)
- Coordinator, Clinical Psychology Program (since 2020)

INTERNATIONAL ENGAGEMENT & MEMBERSHIPS

- WHO ICD-11 Field Studies (multiple disorders)
- Peer reviewer: *Psychological Reports, Assessment, Child Psychiatry & Human Development, Current Psychology*
- Member: American Psychological Association (APA); Global Clinical Practice Network (GCPN)

CONFERENCES & PROFESSIONAL MEETINGS

- 4th Annual Regional Conference on Integrative Psychiatry: Neuro-Biological Foundations of Psychological Rehabilitation, Dr. Gamal Maadi Abul-Azayem Hospital (1 April 2017)
- 4th Annual Armed Forces Psychiatry Conference: Psychiatry in Egypt, Strengths, and Opportunities (5–7 April 2017)
- 21st Annual Conference of the Egyptian Psychiatric Association: “Addiction and Suicide” (4–5 December 2019)
- 1st Annual Armed Forces Addiction Conference: Recent Trends in Addiction Treatment and Prevention (25–26 December 2019)
- 7th Annual Psychiatry Conference of the Armed Forces: Patient-Centered Care, Cairo (18–19 November 2021) — *Attendance*

AWARDS

- Kafrelsheikh University Awards for International Publications: 2018, 2021, 2022

LANGUAGES

- **Arabic:** Native
- **English:** Fluent