

Fahad M. Alhowaymel (PhD, RN)

College of Applied Medical Sciences, Shaqra University

Shaqra, Riyadh, Saudi Arabia

Email: falhowaymel@su.edu.sa

[ORCID](#) | [LinkedIn](#)

RESEARCH INTERESTS

Adverse childhood experiences | Chronic diseases | Community health | Public health | Rural health

EDUCATION

- 2020 **Doctor of Philosophy in Nursing (PhD)**
University of Massachusetts, Amherst, MA, USA
Advisor: Dr. Karen Kalmakis
- 2017 **Master of Science in Nursing (MSN)**
University of Hartford, West Hartford, CT, USA
Advisor: Dr. Karen Breda
- 2011 **Bachelor of Science in Nursing (BSN)**
King Saud University, Riyadh, Saudi Arabia

LICENSURE

Professional Accreditation Certificate, Saudi Commission for Health Specialties
No. 13-R-N-0014237

ACADEMIC APPOINTMENTS

- 2024 – pres. **Dean**
College of Applied Medical Sciences, Shaqra University, Shaqra, Saudi Arabia
- 2022 – 2024 **Vice Dean for Academic Affairs**
College of Applied Medical Sciences, Shaqra University, Shaqra, Saudi Arabia
- 2020 – 2022 **Head of Nursing Department**
College of Applied Medical Sciences, Shaqra University, Shaqra, Saudi Arabia
- 2020 – pres. **Assistant Professor**
Department of Nursing, College of Applied Medical Sciences, Shaqra University, Shaqra, Saudi Arabia
- 2018 – 2020 **Lecturer**
Department of Nursing, College of Applied Medical Sciences, Shaqra University, Shaqra, Saudi Arabia
- 2016 **Teacher Assistant**
Department of Nursing, College of Education, Nursing and Health Professions, University of Hartford, West Hartford, CT
- 2012 – 2016 **Teacher Assistant**

Department of Nursing, College of Applied Medical Sciences, Shaqra University, Shaqra, Saudi Arabi

TEACHING EXPERIENCES

- 2012 – pres. **Shaqra University**
Department of Nursing, College of Applied Medical Sciences
- 2016 **University of Hartford**
Department of Nursing, College of Education, Nursing and Health Professions

CLINICAL EXPERIENCES

- 2012 – 2013 **Clinical Instructor**
Aldwadmi General Hospital, Aldwadmi, Saudi Arabia
- 2012 **Nurse Intern**
King Salman Bin Abdulaziz Hospital and Diabetes Center, Riyadh, Saudi Arabia
- 2011 – 2012 **Nurse Intern**
Prince Sultan Military Medical City, Riyadh, Saudi Arabia

ACADEMIC & ADMINISTRATIVE COMITTEES & COUNCILS

Shaqra University

- 2024 – pres. **Member.** The Standing Committee of Graduate Studies
- 2024 – pres. **Member.** Shaqra University Council
- 2022 – pres. **Member.** The Standing Committee of Scientific & Research Excellence Allowance Awards
- 2022 – pres. **Member.** The Standing Committee of Academic Faculty Positions Appointments
- 2022 – 2023 **Member.** The Standing Higher Committee of Academic Affairs
- 2022 – pres. **Member.** The Standing Committee of International Cooperation and Agreements
- 2021 – pres. **Member.** The Standing Committee of Research Ethics
- 2021 – pres. **Member.** The Committee of Nursing and EMS Programs Development
- 2021 **Member.** The Standing Committee of University Laboratories Investigation and Preparation
- 2021 – pres. **Member.** College of Applied Medical Sciences Council
- 2022 – pres. **Member.** Department of Nursing Council
- 2020 – 2022 **Chair.** Department of Nursing Council

RESEARCH GRANTS

Funded

Adverse Childhood Experiences and Health in Rural Areas of Riyadh Province in Saudi Arabia. (2021).
The Deputyship for Research & Innovation, Ministry of Education in Saudi Arabia.
(Budget: SR75,000). Role: **Principal Investigator.**

PUBLICATIONS

- Alenezi, A., **Alhowaymel, F. M.**, Abaoud, A. F., & Mostafa, M. H. (2024). The relationship between psychological capital and humanistic caring ability among mental health nurses in Saudi Arabia. *BMC nursing*, 23(1), 688. <https://doi.org/10.1186/s12912-024-02344-7>
- Almarwani, A. M., Alenezi, A., Almutairi, M., **Alhowaymel, F. M.**, Alzahrani, N. S., Alharbi, H. F., & Abaoud, A. F. (2024). Bullying Behaviors and Stress (Acute and Perceived) among Undergraduate Nursing and Midwifery Students: The Moderating Role of Gender and Academic Majors. *Healthcare (Basel, Switzerland)*, 12(16), 1588. <https://doi.org/10.3390/healthcare12161588>
- Hamdan-Mansour, A. M., Alenezi, A., Soliman, H. F. A., Amasha, H. A., Ali, A. M., **Alhowaymel, F. M.**, Abaoud, A. F., Mahadeen, A. I., & Aboushady, R. M. N. (2024). Exploring Knowledge, Safety Practices, and Anxiety Level among Women of Reproductive Age During COVID-19 Outbreak: A Cross-Sectional Study. *Iranian journal of nursing and midwifery research*, 29(4), 473–478. https://doi.org/10.4103/ijnmr.ijnmr_342_21
- Al-Amer, R., Dwekat, E., Ali, A., Abuzied, Y., Alzahrani, N. S., **Alhowaymel, F. M.**, Alharbi, H. F., Lapadula, S., AlBashtawy, M., Hussein, M. M., & Randall, S. (2024). Prevalence of stress and types of coping strategies among adolescents (14-18 years) in collectivist communities. *Journal of pediatric nursing*, 77, e290–e297. <https://doi.org/10.1016/j.pedn.2024.04.043>
- Sadek, B. N., Hendy, A., **Alhowaymel, F. M.**, Abaoud, A. F., Alenezi, A., Hendy, A., & Ali, E. A. (2024). Are pediatric nurses prepared to respond to monkeypox outbreak?. *PloS one*, 19(4), e0300225. <https://doi.org/10.1371/journal.pone.0300225>
- Saleh, Z. T., Elshatarat, R. A., Almarwani, A. M., Alzahrani, N. S., **Alhowaymel, F. M.**, Elhefnawy, K. A., Elneblawi, N. H., Ibrahim, A. M., Zaghmir, D. E., & Shawashi, T. O. (2023). Predictors of physical activity behavior change among patients with heart failure enrolled in home-based cardiac rehabilitation intervention. *Heart & lung: the journal of critical care*, 61, 16–21. Advance online publication. <https://doi.org/10.1016/j.hrtlng.2023.04.003>
- Mohammead, M., Abdelmalik, M., **Alhowaymel, F.**, Alenezi, A. (2023). Effect of an Educational Program on Stakeholders' Awareness About Risks of Cannabis Use in Sudan: A Quasi-Experimental Study. *Sudan Journal of Medical Sciences*, 18(1), 48–62. <http://10.18502/sjms.v18i1.12864>
- Alhowaymel, F. M.**, Alzahrani, N. S., Alharbi, H. F., & Almarwani, A. M. (2023). Healthcare providers screening for childhood abuse among adult patients in Saudi Arabia: A cross-sectional study. *Journal of nursing scholarship*, 10.1111/jnu.12897. <https://doi.org/10.1111/jnu.12897>
- Alzahrani, N. S., Almarwani, A. M., **Alhowaymel, F.**, & Alharbi, H. F. (2023). The Lived Experience of Middle-Aged Saudi Patients With End-Stage Chronic Renal Disease on Hemodialysis Treatment. *Journal of transcultural nursing*, 34(4), 263–269. <https://doi.org/10.1177/10436596231166041>
- Abdelmalik, M. A., **Alhowaymel, F. M.**, Fadlalmola, H., Mohammed, M. O., Abbakr, I., Alenezi, A., Mohammed, A. M., & Abaoud, A. F. (2023). Global prevalence of needle stick injuries among

- nurses: A comprehensive systematic review and meta-analysis. *Journal of clinical nursing*, 10.1111/jocn.1666. <https://doi.org/10.1111/jocn.16661>
- Almarwani, AM, **Alhowaymel, FM**, Alzahrani, NS, Alharbi, HF. (2023). Attitudes toward Nursing Profession and Fear of Infectious Diseases among Undergraduate Nursing Students: A Cross-Sectional Study. *Healthcare*. 11(2), 229. <https://doi.org/10.3390/healthcare11020229>
- Alhowaymel, F.M.**, Kalmakis, K.A., Chiodo, L.M., Kent N.M., Almuneef, M. (2023). Adverse Childhood Experiences and Chronic Diseases: Identifying a Cut-Point for ACE Scores. *International Journal of Environmental Research and Public Health*.; 20(2), 1651. <https://doi.org/10.3390/ijerph20021651>
- Alhowaymel, F. M.**, Abdelmalik, M. A., Mohammed, A. M., Mohamaed, M. O., & Alenezi, A. (2023). Knowledge, Attitudes, and Practices of Hypertensive Patients Towards Stroke Prevention Among Rural Population in Saudi Arabia: A Cross-Sectional Study. *SAGE open nursing*, 9, 23779608221150717. <https://doi.org/10.1177/23779608221150717>
- Alharbi, H. F., Alzahrani, N. S., Almarwani, A. M., Asiri, S. A., & **Alhowaymel, F. M.** (2022). Patients' satisfaction with nursing care quality and associated factors: A cross-section study. *Nursing open*, 10.1002/nop2.1577. <https://doi.org/10.1002/nop2.1577>
- Alhowaymel, F. M.**, & Alenezi, A. (2022). Adverse Childhood Experiences and Health in Rural Areas of Riyadh Province in Saudi Arabia: A Cross-Sectional Study. *Healthcare*, 10(12), 2502. <https://doi.org/10.3390/healthcare10122502>
- Alzahrani, N. S., Almarwani, A. M., Asiri, S. A., Alharbi, H. F., & **Alhowaymel, F. M.** (2022). Factors influencing hospital anxiety and depression among emergency department nurses during the COVID-19 pandemic: A multi-center cross-sectional study. *Frontiers in psychiatry*, 13, 912157. <https://doi.org/10.3389/fpsy.2022.912157>
- Alhowaymel, F.**, Abdelmalik, M. A., Mohammed, A. M., Mohamaed, M. O., & Alenezi, A. (2022). Reported Side Effects of COVID-19 Vaccination among Adults in Saudi Arabia: A Cross-Sectional Study. *SAGE open nursing*, 8, 23779608221103208. <https://doi.org/10.1177/23779608221103208>
- Kent, N., **Alhowaymel, F.**, Kalmakis, K., Troy, L., & Chiodo, L. M. (2022). Development of the College Student Acute Stress Scale (CSASS). *Perspectives in psychiatric care*, 58(4), 2998–3008. <https://doi.org/10.1111/ppc.13053>
- Alhowaymel, F.**, Abaoud, A., Alhuwaimel, A., Alenezi, A., & Alsayed, N. (2022). COVID-19 Patients' Satisfaction Levels with Nursing Care: A Cross-Sectional Study. *SAGE open nursing*, 8, 23779608221078163. <https://doi.org/10.1177/23779608221078163>
- Kalmakis, K. A., Kent, N. M., **Alhowaymel, F.**, & Chiodo, L. M. (2022). Perceived stress, fatigue symptoms, and posttraumatic stress disorder symptoms among young adult college students. *Journal of child and adolescent psychiatric nursing*, 35(1), 60–67. <https://doi.org/10.1111/jcap.12352>
- Alhowaymel, F.**, Kalmakis, K., & Jacelon, C. (2021). Developing the concept of adverse childhood experiences: A global perspective. *Journal of Pediatric Nursing*, 56, 18–23. <https://doi.org/10.1016/j.pedn.2020.10.004>

Sposito, J., Zipf, A., **Alhowaymel, F.**, Almutairi, M. T., & Breda, K. (2018). Community-Based Stroke Recognition Education and Response: An Evidence-Based Intervention Project. *Creative nursing*, 24(4), 251–257. <https://doi.org/10.1891/1078-4535.24.4.251>

PRESENTATIONS

Almutairi, F., Alotaibi, S., Alotaibi, Z., Alotaibi, H., Aldosary, F., Almuzail, A., Mahzari, H., Abaoud, A., **Alhowaymel, F.** (Poster). The Relationship Between Quality of Sleep and Stress among Colleges Students. The 1st Research Day, College of Nursing, King Saud University. March 19-20, 2023. Riyadh, Saudi Arabia

Alanzi, T., Bueid, B., Almohanna, F., Easa, Y., Alsumaih, M., Almouhanna, M., Alotaibi, F., Khormi, K., Abaoud, A., **Alhowaymel, F.** (Poster). Influence of internet addiction on anxiety among college students. The 1st Research Day, College of Nursing, King Saud University. March 19-20, 2023. Riyadh, Saudi Arabia.

Alhowaymel, F. (Presentation). Adverse childhood experiences and their impact on chronic diseases. Updates - Guidelines & Approach to the Management of Chronic Diseases Conference (The Chapter). December 18, 2022.

Alhowaymel, F., Kalmakis, K., Jacelon, C. (Poster). Developing the concept of adverse childhood experiences: A global perspective. Eastern Nursing Research Society. March 26-27, 2020. Boston, MA

Alhowaymel, F., Jacelon, C., Kalmakis, K. (Poster). An evolutionary concept analysis of adverse childhood experiences. Beta Zeta at Large Chapter Scholarship Day. March 10, 2019. Holyoke, MA

Zipf, A., Sposito, J., Almutairi, M., **Alhowaymel, F.** (Poster). Community stroke education and response. Annual Meeting and Conference of the Connecticut Public Health Association. October 30, 2017. Plantsville, CT

Zipf, A., Sposito, J., Almutairi, M., **Alhowaymel, F.** (Poster). Community stroke education and response. The Northeast Cerebrovascular Consortium. March 30, 2017. West Hartford, CT

EDITORIAL & EDITORIAL REVIEW BOARDS

Associate Editor

2023 – pres. SAGE Open Nursing

Editorial Review Board

2022 – pres. SAGE Open Nursing

Reviewer

2023 Journal of Advance Nursing

2022 – pres. SAGE Open

2022 BMJ Open

2022 Journal of evaluation in Clinical Practice

2021 – 2023 SAGE Open Nursing

2021 Clinical Nursing Research

SELECRTED CERTIFICATES & Courses

- 2023 **Academic Quality Practitioner**
Education and Training Evaluation Commission
- 2023 **Trainer of Trainers (ToT) on the GO Teaching and Assessments Course**
Saudi Health Commission for Health Specialties
- 2023 **Research Bioethics Online Course**
The National Committee of Bioethics (NCBE) at King Abdulaziz City for Science and Technology (KACST)

CONFERENCES AND SYMPOSIUMS

- 2024 Global Health Exhibition, Riyadh, Saudi Arabia
- 2024 The Saudi Forum for Postgraduate Studies, PNU, Riyadh, Saudi Arabia
- 2023 Global Health Exhibition, Riyadh, Saudi Arabia
- 2023 The 1st Research Day, College of Nursing, King Saud University, Riyadh, Saudi Arabia
- 2022 Sustainable Partnerships Conference, Riyadh, Saudi Arabia
- 2022 The 5th Saudi Healthcare Simulation Conference, Riyadh, Saudi Arabia
- 2020 Eastern Nursing Research Society Conference, Boston, MA, USA
- 2018 Eastern Nursing Research Society Conference, Newark, NJ, USA
- 2016 Connecticut Public Health Association Conference, New Haven, CT, USA
- 2016 Midwest Nursing Research Society Conference, Milwaukee, WI, USA
- 2013 Gulf Nursing Day, Riyadh, Saudi Arabia
- 2011 International Infection Control Week, Prince Sultan Medical Military City,
Riyadh, Saudi Arabia
- 2011 Nursing Oncology Course, Prince Sultan Medical Military City, Riyadh, Saudi Arabia
- 2008 Saudi Stroke Nursing Symposium, King Fahad Medical City, Riyadh, Saudi
Arabia

SELECRTED ACTIVITIES & AWARDS

- 2019 Founding Member of Saudi Club at University of Massachusetts Amherst
- 2016 Sigma theta Tau International, Iota Upsilon-at-Large Chapter Induction