

Hayfa Ayed Dhafer Al-Alfard

Psychiatric senior registrar

Abha - Saudi Arabia

**Personal information :**

nationality: Saudi

date of birth : 11-November 1991

place of birth : Abha

marital status : single

languages: Arabic and English

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**Educational attainments :**

- Saudi board in psychiatry – Saudi commission for health specialties (2023)
- King Khalid University- college of medicine -Abha-Saudi Arabia- GPA 4.69/5- ( 2011-2018 )
- 11<sup>th</sup> high school-Abha-Saudi Arabia-GPA 99.75%- ( 2009-2011)

**Special honors :**

- Graduated with the second honor degree and ranked fourth

**Research activity :**

**Publications :**

- <https://www.ijmrhs.com/abstract/prevalence-and-risk-factors-associated-with-depression-in-patients-with-primary-headache-disorders-14614.html>
- <https://www.hindawi.com/journals/nri/2019/8502758/>
- <https://jhs.kku.edu.sa/en/content/766>
- <https://www.econicon.com/ecpp/ECPP-09-00659.php>
- [https://journals.lww.com/jfcm/fulltext/2023/30020/prevalence\\_of\\_internalized\\_stigma\\_in\\_patients\\_with.4.aspx](https://journals.lww.com/jfcm/fulltext/2023/30020/prevalence_of_internalized_stigma_in_patients_with.4.aspx)

### **Posters presentation:**

- Poster presentation of a research entitled Patterns and outcome of in hospital cardiac arrest in tertiary care center, southern region Saudi Arabia- Aseer health conference- Abha palace-Abha-Saudi Arabia (7 to 9-Jul-2018)
- Poster presentation of a research entitled (prevalence of depression in migraine patients in Aseer region , Saudi Arabia) -XXIII world congress of neurology- Kyoto-Japan-(16,21- Oct -2017)
- Poster presentation of a research entitled (prevalence of depression in migraine patients in Aseer region, Saudi Arabia) In Annual medical research forum- college of medicine king Khalid university-Abha-Saudi Arabia(22,23-Apr-2017)

### **Conferences , courses and workshops attended:**

- 37<sup>th</sup> ECNP congress – Milan – Italy (21 to 24 – 9- 2-24)
- Post traumatic stress disorder program -virtual medical academy – Saudi Arabia (7and8 – 8-2024)
- Confronting Addiction from Prevention to Recovery-APA annual meeting – New York - united states of America (4 to 8 – 5-2024)
- The 2<sup>nd</sup> Ramadan and health conference-the chapter academy-(6 to 9-3-2024)
- Mental health and mood disorders – virtual medical academy – ( 7 to 9 – 11-2023)
- The science of well being ( positive mental health - - international hotel – Jeddah - Saudi Arabia – ( 2 to 4 – 11- 2023)
- 31st European congress of psychiatry- Paris -France ( 25 to 28-3-2023)
- The Fifth International Psychiatry Conference, Child and Adolescent Mental Health-college of medicine in king Saud university -Riyad – Saudi Arabia (7 to 10 -2021)
- 6<sup>th</sup> national psychotherapy meeting-king Abdulaziz medical city (online)(16 and 17-9-2020)
- 4 days international covid 19 challenges -virtual medical academy (7-6-2020)
- Covid 19 critical care crash course -online- Saudi commission for health specialties (16-5-2020)
- Aseer health conference- Abha palace Hotel -Abha-Saudi Arabia(27 to 29-jul-2019)
- World mental health day -Alhayat national hospital -Khamis Mushait-Saudi Arabia-(13,14-Oct-2018)
- Antibiotics and common diseases course -Abha chamber of commerce and industry-Abha-Saudi Arabia(14,15-Sep-2018)
- SMLE review course - Aseer central hospital -Abha-Saudi Arabia(27-Aug to 2 Sep-2018)
- ECG the easy way course -Abha chamber of commerce and industry-Abha-Saudi Arabia(27-Jul-2018)

- Cardiopulmonary resuscitation-Saudi heart association-Saudi German hospital-Khamis Mushait- Saudi Arabia (15-Jul-2018)
- Aseer health conference-Abha palace-Abha-Saudi Arabia (7 to 9-Jul-2018)
- XXIII world congress of neurology-Kyoto-Japan-(16,21- Oct -2017)
- The medical research methodology workshop - college of medicine - king Khalid university-Abha- Saudi Arabia-(13-Jul-2017)
- Workshop on writing health research proposal - college of medicine - king Khalid university-Abha- Saudi Arabia-(11,12-Jul-2017)
- The workshop on processing and management of health data- college of medicine - king Khalid university-Abha- Saudi Arabia-(9,10-Jul-2017)
- Update in management of ischemic stroke-Saudi German Hospital-Khamis Mushait -Saudi Arabia-(25,26-May-2017)
- X-ray interpretation reading course-Abha Private Hospital-Abha-Saudi Arabia(28,29-Apr-2017)
- Annual medical research forum-college of medicine king Khalid university-Abha-Saudi Arabia(22,23-Apr-2017)
- World autism awareness day-Saudi German Hospital-Khamis Mushait-Saudi Arabia (11,12-Mar-2017)
- Pediatric neurology symposium-ACH-Abha-Saudi Arabia(14-Jan-2017)
- Writing medical journal article from A-Z-king Khalid university-Abha-Saudi Arabia (25 to 27-Nov -2016)
- The 6<sup>th</sup> annual Saudi epilepsy society conference 2<sup>nd</sup> GCC epilepsy conference -king Faisal convention center, king Abdulaziz university -Jeddah-Saudi Arabia (11 to 13-Nov-2016)
- the 6<sup>th</sup> spine update conference and workshop -Abha palace hotel-Abha-Saudi Arabia(18,19-Oct-2016)
- The 2<sup>nd</sup> Saudi Arabian society of metabolic and bariatric surgery international conference- Abha palace hotel - Abha - Saudi Arabia (7 to 9-Oct-2016)
- Processing and management of health data - Abha Private Hospital - Abha - Saudi Arabia (1, 2-Apr-2016)
- ACH Stroke Review - Aseer Central Hospital -Abha-Saudi Arabia (16-Mar-2016)
- How to do a medical research symposium - King Khalid University-college of medicine -Abha -Saudi Arabia (25-Feb-2015)
- 6th medical career day - King Khalid University -Abha -Saudi Arabia(13 to 15-Feb-2014)
- Preparation for exams : SLE,USMLE and Canadian workshop - 6th medical career day - King Khalid University -Abha -Saudi Arabia(13 to 15-Feb-2014)
- How to choose your specialty workshop - 6th medical career day - King Khalid University -Abha -Saudi Arabia(13 to 15-Feb-2014)

- Medical practice guidelines - Saudi German Hospital -Khamis Mushait- Saudi Arabia (25-May-2013)
- Emergency cases in head and neck - Saudi German Hospital -Khamis Mushait- Saudi Arabia (23-Mar-2013)

#### **Organization and voluntary activities :**

- Speaker in the community campaign of world mental health day 2020 - Alrashid mall -Abha -Saudi Arabia ( 10 -10-2020)
- Organizer in Aseer health conference- Abha palace Hotel -Abha-Saudi Arabia(27 to 29-jul-2019)
- Organizer in the awareness of common eye diseases event-Aseer mall-Abha-Saudi Arabia(2-Oct-2018)
- Volunteer at poliomyelitis awareness event - Rihannah mall- Abha-Saudi Arabia (2-Nov-2017)
- Organizer in public health education about diabetes and hypertension awareness in Elsharaf medium and high school-Abha-Saudi Arabia(31-Jul-2017)
- Organizer in autism awareness in Saudi German Hospital Aseer -Abha-Saudi Arabia-(26,27-Apr-2017)
- Organizer in the Annual medical research forum-King Khalid University- Abha-Saudi Arabia -(22,23-Apr-2017)
- Organizer in Alzheimer's disease awareness-Aseer mall-Abha-Saudi Arabia-(14-Apr-2017)
- Volunteer at kidney diseases awareness-Alwaha center-Abha-Saudi Arabia-(10-Mar-2017)
- Organizer and speaker in the live activity titled “Hear ME “ for the occasion of The World Hearing Day- (2 to 4 -Mar- 2017)
- Organizer of Multiple sclerosis event- Alwaha center-Abha-Saudi Arabia-(30-Dec-2016)
- Organizer of Ischemic heart disease event - Alwaha Center-Abha-Saudi Arabia-(24-Nov-2016)
- Volunteer participant at the 6<sup>th</sup> spine update conference and workshop public awareness campaign -Aseer central hospital -Abha- Saudi Arabia (18 to 20-Oct-2016)
- Organizer of the 6<sup>th</sup> spine update conference and workshop -Abha palace hotel -Abha- Saudi Arabia(18 to 20-Oct-2016)
- Organizer of ACH stroke course - Aseer central hospital -Abha-Saudi Arabia (12-May-2016)
- Organizer of pulmonary embolism event - Aseer mall-Abha- Saudi Arabia ( 7-Apr-2016)
- Organizer of health education of children event - Dawhat Alsihha kindergarten-Abha-Saudi Arabia (10-Apr-2014)

**Hobbies and interest :**

- interested in volunteering, researches , baking and collecting currencies.

**Recommendations:**

- Dr. Mohammed Algahtani- psychiatry consultant -Abha psychiatric hospital- Abha-Saudi Arabia
- Dr. Mohammed AlMedawi- psychiatry consultant -Abha psychiatric hospital- Abha-Saudi Arabia
- Dr. Sayed Hosam-consultant psychiatrist- Abha mental health hospital— Abha-Saudi Arabia
- Dr. Ayedh Alghamdi-psychiatry and psychosomatic consultant -king Saud medical city- clinical assistant professor-king Saud university- Riyadh -Saudi Arabia
- Dr. Ali Bahathig – assistant professor and consultant of psychiatry and psychosomatic medicine- king Saud university medical city- Riyadh-Saudi Arabia
- Prof. Fahad Alosaimi – professor and consultant of psychiatry and psychosomatic medicine- department of psychiatry- college of medicine king Saud university medical city- Riyadh- Saudi Arabia
- Dr. Meteb Alenazi – consultant of psychiatry and neuropsychiatric and sleep medicine- deputy program director of psychosomatic medicine fellowship program- psychosomatic medicine unit – department of psychiatry- king Saud university medical city- Riyadh- Saudi Arabia
- Dr. Moayyad Alsalem – consultant psychiatry, psychosomatic medicine – oncology and transplant psychiatry – psychiatry RTP director – king Abdulaziz medical city – Jeddah – Saudi Arabia
- Dr. Sattam Jaddah - Consultant of Addiction Medicine and General Psychiatry- head of Addiction Medicine department in Eradaa and Mental health Hospital- Jazan- Saudi Arabia.
- Dr. Abdulmutalleb Najmi - Consultant of Addiction Medicine and General Psychiatry - Addiction Medicine department in Eradaa and Mental health Hospital- Jazan- Saudi Arabia.
- Dr. Muthusamy velmurugan , consultant neurologist and head of neurology division- Aseer central hospital -Abha-Saudi Arabia
- Dr. Adel Ali Alhazzani , assistant professor , department of internal medicine , division of neurology, college of medicine , King Khalid university , consultant neurologist ,Aseer central hospital -Abha-Saudi Arabia