

Professor Tarek A. OKASHA

Professor of Psychiatry

Institute of Psychiatry, Faculty of Medicine,
Ain Shams University, Cairo, Egypt
World psychiatric Association
Secretary for Scientific Meetings

I) World Psychiatric Association (WPA) Activities:

- WPA Executive Committee Member and Secretary for Scientific Meetings (2008-2014).
- Chairperson of the WPA Operational Committee on Scientific Meetings (2008-2014)
- WPA Zonal Representative for Northern Africa (2002-2008)
- Director of the secretariat for the WPA Presidential Global Child Mental Health Program (2002-2005)
- Director of the WPA Anti-Stigma program in Egypt (2001-2005).
- Member of the WPA Operational Committee on Scientific Sections (2002-2008)
- Assistant Director of the XIII World Congress of Psychiatry held in Cairo, Egypt (2005)
- Member of the Advisory Scientific Committee for all WPA world, international and regional meetings (2002 – present).
- Member of the Steering Committee of the Arab Chapter for the WPA Program Prevention and Treatment of Depression (PTD).
- Member of the WPA Program for the Promotion of Mental Health in Sub-Saharan Africa and Central Asia.
- Member of the WPA Senior Educational Liaisons Network (2000 – present)
- Member of the Evaluation Committee for the WPA Institutional Program on the Core Training Curriculum for Psychiatry

WPA Sections Activities

- **Member of the Executive Committee of the following WPA Scientific Sections:**
 1. Section on Immunology and Psychiatry (1999 – 2005).
 2. Section on Religion and Psychiatry (1999 – 2005).
 3. Section on Human Sexuality (1999 – 2005).
 4. Section on Urban Mental Health (1999 – 2008).
 5. Section on Ecology, Psychiatry and Mental Health (1999 –2008).
 6. Section on Telecommunications Informatics & Psychiatry (1999 – 2008).

- **Secretary Section on Rural Mental Health (2005 – 2008)**
 - **Member of:**
 - Section on Pharmaco-psychiatry (1999 – present)
 - Section on Stigma and Psychiatry (2005-present)
 - Section on Immunology and Psychiatry (2005 - present).
 - Section on Religion and Psychiatry (2005 - present).
 - Section on Human Sexuality (2005 - present).
 - Section on Psychiatry in Developing Countries (2007- present)
 - Section on Immunology and Psychiatry (1999 – present).
 - Section on Religion and Psychiatry (1999 – present).
 - Section on Urban Mental Health (1999 – present).
 - Section on Ecology, Psychiatry and Mental Health (1999 –present).
 - Section on Telecommunications Informatics & Psychiatry (1999 – present).
 - Secretary Section on Rural Mental Health (2005 – present)
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II) International Activities

A) World Health Organization (WHO) Activities:

- Assistant Director of the WHO Collaborating Center for Research and Training in Mental Health, Institute of Psychiatry, Ain Shams University
- Member of the Global Scientific Partnership Coordination Group for Revision of ICD-10 Mental and Behavioral Disorders
- Temporary Advisor to the WHO-EMRO (2002 – present)
- Referee in psychiatry for the Eastern Mediterranean Health Journal (2002- Present).

B) Professional International Society Memberships:

- *Honorary Member* of the World Psychiatric Association (WPA).
 - *International Fellow* of the American Psychiatric Association (FAPA).
 - *Member* of the Arab Federation of Psychiatrists.
 - *Member* of the Arab American Psychiatric Association.
 - *Member* of the International Academy of Behavioral Medicine, Counseling and Psychotherapy (IABMCP).
 - *Member* of the International Society for Bipolar Disorders (ISBD)
 - *Member* of the International Society of Addiction Medicine (ISAM)
 - *Member* of the Committee on Scientific Publications World Federation of Societies of Biological Psychiatry (WFSBP).
 - *Member* of the Lundbeck International Neuropsychiatry Foundation (LINF).
 - *Member* of the Palestinian Substance Abuse Research Centre.
 - International Member of the American Psychiatric Association Council on Social Issues and Public Psychiatry (2006 – Present).
 - *Member* of the foreign advisory committee of the Biological Psychiatry Society of Pakistan
 - *Member* of the International Psychogeriatric Association (IPA).
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III) Activities in Egypt

A) Egyptian Ministry of Health Activities (MOH)

- Executive committee member of the National Council for Mental Health in Egypt (2006 – 2009)
- Director and Technical Advisor to MOH National Council Psychiatric Hospitals (2006 – 2009)
- Executive Committee Member of the Egyptian Board for Psychiatry (2005 – present)
- Examiner in the Egyptian Board for Psychiatry (2005 – present)
- Member of the Medical Committee of the Scientific Supreme Committee of the Higher Council for Addressing Narcotics in Egypt (2006-present)
- Examiner in the Arab Board of Psychiatry part of the Arab Board of Medical Specialization (2006 – present).

B) Professional National Society Memberships:

- *Executive Committee member* of the Egyptian Psychiatric Association (2004 - Present).
- *Director of the International Affairs Committee* for the Egyptian Psychiatric Association (2004 - Present).
- *Executive Committee member* of the Egyptian Society of Biological Psychiatry, World Federation of Societies of Biological Psychiatry (1998 - Present).
- *Founding member & Executive Committee Member* of the Egyptian Society of Child and Adolescent Psychiatry (1996- present)
- *Founding Member & Treasurer* of the Egyptian Alzheimer Society (1998- Present).
- *Member* of the Egyptian Association of Neurology, Psychiatry and Neurosurgery (1993 – present)
- *Member* of the Egyptian Association for Mental Health (1993 – present)

IV) Research Activities, Publications and editorial boards:

- 1) Okasha, A., Mahmoud, A., Lotaief, F., EL Dawla, A. and **Okasha, T.** (1996): Co-morbidity of axis I and II diagnosis in a sample of patients with neurotic disorders. *Comprehensive Psychiatry*, vol. 37, No. 2, p.p. 95-101
- 2) Okasha, A., Asaad, T. and **Okasha, T.** (1996): A combined depot (Flupenthixol and Zuclopenthixol) in neuroleptic non- responsive schizophrenics. *Current Psychiatry*. Vol. 3. No. 1, p.p. 113-122
- 3) Okasha, A., Sayed, M.E., Assad, T., El Dawla, A. and **Okasha, T.** (1996): Sleep Patterns in Patients with OCD. *CNS Spectrums*, Vol. 1 No. 2, p.p. 39- 43
- 4) Okasha, A., Asaad, T., Mahmoud, A. and **Okasha, T.** (1997): Sertraline in OCD. A twelve-week non-comparative study of the safety, efficacy and toleration of Sertraline in the treatment of obsessive-compulsive disorder

- with or without concurrent depression in outpatients. *Current Psychiatry*. Vol. 4. No.2 pp. 228-236
- 5) Okasha, A., Ismail, M., Khalil, A., El Fiki, R., Soliman, A., and **Okasha, T.** (1999): A Psychiatric Study of Nonorganic Headache Patients. *Psychosomatics*; 40:233-238
 - 6) Okasha, A. and **Okasha, T.** (1999): Somatoform disorders. An Arab perspective. In: Ono, Y., Janca, A., Asai, M. and Sartorius, N. (Eds.): *Somatoform disorders a worldwide perspective*. Springer, NY
 - 7) Soliman, A., **Okasha, T.** and El Rashed A.H. (1999): Childhood sexual abuse in female depressed psychiatric inpatients: Prevalence and relationship to depression. *Current Psychiatry* Vol. 6 No. 3 pp. 210-220
 - 8) Okasha, A., Bishry, Z., Ragheb, K., Seif El Dawla, A., **Okasha, T.** and Mohamed, S. (1999): Anxiety disorder in a sample of Egyptian adolescents: A Psycho demographic study. *Current Psychiatry* Vol. 6 No. 3 pp. 342-354
 - 9) Okasha, A., Bishry, Z., Seif El Dawla, A., Sayed, M. and **Okasha, T.** (1999):
Prevalence of anxiety symptoms in a sample of Egyptian children. *Current Psychiatry* Vol. 6 No. 3 pp. 356-368
 - 10) El Sayed, M., Abdel Karim, A., Al-Saihati, M., Ridda, A.H., **Okasha, T.**, Ramy, H. and El Nahas, G.M. (1999): Somatization among depressed Saudi patients. *Current Psychiatry* Vol. 6 No. 3 pp.240-250
 - 11) Okasha, A. and **Okasha, T.** (2000): Mental Health in Cairo (Al Qahira). *International Journal of Mental Health*, Vol. 28, No. 4, winter 1999-2000, 62-68
 - 12) Okasha, A. and **Okasha, T.** (2000): Notes on Mental Disorders in Pharaonic Egypt, *History of Psychiatry*, xi, pp. 413 - 424
 - 13) **Okasha, T.** (2000): Biological basis for sexual behavior. In: Okasha, A. (Ed.) *Physiological Psychology*. Anglo-Egyptian Bookshop. Cairo, Egypt (In Arabic).
 - 14) Okasha, A., Ragheb, K., Attia, A.H., Seif El Dawla, A., **Okasha, T.** and Ismail, R. (2001): Prevalence of Obsessive Compulsive Symptoms (OCS) in a Sample of Egyptian Adolescents. *L'Encephale*; XXVII: 8-14
 - 15) Sadek, A. and **Okasha, T.** (2001): Primary Care Psychiatry. In: Okasha, A. and Maj, M. (Eds.): *WPA series. Images in Psychiatry. An Arab Perspective*. Scientific Book House, Cairo, Egypt.
 - 16) **Okasha, T.** (2001): Transcultural Aspects of Electro-convulsive Therapy. *Current Psychiatry* Vol. 8 No.1 pp 37- 43
 - 17) Abdel Razek, Y., Saad, A. and **Okasha, T.** (2001): Quality of life in a sample of Egyptian patients with schizophrenia. *Current Psychiatry* Vol.8 No. 1 pp 79-86
 - 18) Assad, T., **Okasha, T.** and Okasha, A. (2002): Sleep EEG Findings in ICD-10 Borderline Personality Disorder in Egypt *Journal of Affective Disorders* 71 (2002) 11-18.

- 19) **Okasha, T.** and Ramy, H. (2001): Using Electro-convulsive Therapy (ECT) in the Treatment of Mania: Economical Aspects (in press).
- 20) Okasha, A., Fahmy, M., Haggag, W., Awad, M., **Okasha, T.** and Abd El Moez, K. (2002): A psychiatric training program for general practitioners in primary health care in Egypt. Primary Care Psychiatry vol. 8, no. 1, pp 9-16
- 21) Ramy, H., Sayed, M., **Okasha, T.**, Khalil, A., and El-Kholi, S. (2003): Life events and mood disorders: A comparative study between unipolar and bipolar disorders. Egypt J. Neurol. Psychiat. Neurosurg. Vol 40(1)- Jan 2003 pp 67-76
- 22) Okasha, A. and **Okasha, T.** (2003): Long Term Treatment of Schizophrenia with Risperdal: An International Multi-center Open Label Trial. Egyptian Journal of Psychiatry vol. 22 No. 1 pp 61-66
- 23) Assad, T., **Okasha, T.**, El Khouli, G. and Abdel Azeem, K. (2003): Substance Abuse in a sample of Egyptian Schizophrenic Patients. Addictive Disorders and Their Treatment Vol. 2 Number 4 pp 147-150
- 24) Abdelsamei, A., El Rasheed, A. and **Okasha, T.** (2003): Relationship between Nightmares and Trait Anxiety in Primary School Children. Current Psychiatry Vol. 10 No. 2 pp
- 25) **Okasha, T.** (2004): Ecology and psychiatry in Africa: problems and perspectives. It J Psychiatry Behav Sci, 14(1) pp 14-19
- 26) Abdel Aziz, A., **Okasha, T.**, Sherif, F., Omar, M. and Morsi, A. (2004): Thyroid function tests in some psychiatric disorders. Current Psychiatry, Vol. 11 No.3 pp308-315
- 27) Okasha, A., Sadek, A., Seif Al Dawla, A., **Okasha, T.**, Sayed, M. and Youssef, A. (2005): Outcome of Schizophrenia: A Ten-Year Study of a Sample of Egyptian Patients. Egyptian Journal of Psychiatry, Vol. 24 No.1 pp21-32
- 28) **Okasha, T.**, El Rasheed, A., AbdelSamie, A. and Assad, T. (2005): Phobic Symptoms in Egyptian Substance Use Disorder Patients. Current Psychiatry, Vol. 12 No. 2 pp 347-356
- 29) Youssef, I., **Okasha, T.**, Hussien, H. and El Shafei, A. (2005): Assessment of the Causal Beliefs of the Workers of the Suez Canal University Hospital and Faculty of Medicine in Ismailia about Schizophrenia. Egyptian Journal of Psychiatry, Vol. 24 No. 2 pp 19-27
- 30) Hussien, H., El-Shafei, A. and **Okasha, T.** (2006): Working with Families of Patients with Schizophrenia: A Rewarding Alternative to Classical Community Care in Developing Countries. Egyptian Journal of Psychiatry, Vol. 25 No.1 pp 11-17
- 31) **Okasha, T.** , Elgamel, O. and Ashry, H. (2006): Acute Phase Reactants (Proteins) in Schizophrenia. Current Psychiatry, Vol. 13 No. 1 pp 71-79
- 32) **Okasha, T.** (2006): The Practice of Electroconvulsive Therapy (ECT) in a Sample of Egyptian Patients. Current Psychiatry, Vol 13 No. 1 pp 105-114

- 33) **Okasha, T.** (2006): Economics of Depression: from costs to quality of life. WPA Bulletin on Depression, Vol. 11 No. 32, pp 4-7
 - 34) **Okasha, T.** (2007): Electro-Convulsive Therapy (ECT): an Egyptian perspective. S Afr Psychiatry Rev; 10 pp 22-24
 - 35) **Okasha, T.** (2007): Social aspects of ethno-psychopharmacology: an Arab perspective. International Psychiatry Volume 4 Number 3 July 2007 pp 59-61
 - 36) Khalil, A., **Okasha, T.**, Shawky, M., Haroon, A., El Habiby, M., Carise, D., Annon, J., Hasson, A. and Rawson R. (2008): Characterization of Substance Abuse Patients Presenting for Treatment at a University Psychiatric Hospital in Cairo Egypt. Journal of Addictive Disorders & Their Treatment volume 7, number 4 pp 199-209
 - 37) **Okasha, T.** (2008): Mental Health services in the Arab World; An Egyptian Perspective. Le Lien psy No. 1 pp 5-8
 - 38) Salamoun, M., Karam, A., **Okasha, T.**, Atassi, L., Mneimneh, Z. and Karam, E. (2008): Epidemiologic Assessment of Substance Abuse in the Arab World. The Arab Journal of Psychiatry Vol. 19 No. 2 pp100-125
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Book Contributions:

- 1) Okasha, A. and **Okasha, T.** (1999): Somatoform disorders. An Arab perspective. In: Ono, Y., Janca, A., Asai, M. and Sartorius, N. (Eds.): Somatoform disorders a worldwide perspective. Springer, NY
- 2) **Okasha, T.** (2000): Biological basis for sexual behavior. In: Okasha, A. (Ed.) Physiological Psychology. Anglo-Egyptian Bookshop. Cairo, Egypt. (In Arabic).
- 3) Sadek, A. and **Okasha, T.** (2001): Primary Care Psychiatry. In: Okasha, A. and Maj, M. (Eds.): WPA series. Images in Psychiatry. An Arab Perspective. Scientific Book House, Cairo, Egypt.
- 4) **Okasha, T.** (2001) (Co-editor): In: Okasha, A. and Maj, M. (Eds.): WPA series. Images in Psychiatry. An Arab Perspective. Scientific Book House, Cairo, Egypt.
- 5) **Okasha, T.** (2002) (Contributor): In Moussaoui, D. (ed): Unanswered questions in Psychiatry and mental health. World Psychiatric Association.
- 6) Okasha, A. and **Okasha, T.** (2003): Les Services de Santé Mentale en Egypte. En Albernhe, K. and Albernhe, T.(Eds.): Organisation Des Soins En Psychiatrie. Masson.
- 7) **Okasha, T.** (2005): Borderline Personality Disorder between Axis I and Axis II Diagnosis. In: Maj, M., Akiskal, H., Mezzich, J. and Okasha, A.(Eds.): WPA Series Evidence and Experience in Psychiatry Volume 8. Personality Disorders. Wiley. pp 273-274
- 8) **Okasha, T.** (2005) : Somatization and Conversion Disorders: An Arab Perspective. In: Maj, M., Akiskal, H., Mezzich, J. and Okasha, A.(Eds.):

- WPA Series Evidence and Experience in Psychiatry Volume 9. Somatoform Disorders. Wiley. pp 62-65
- 9) **Okasha, T.** (2005): Personality. In: Khalil, A.H. (ed.): Medical Psychology for undergraduate medical students. El Shazly Printing House, Cairo. pp 23-50
 - 10) Ndetei, D., Szabo, C., **Okasha, T.** and Mburu, J. (Eds) (2006): The African Textbook of Clinical Psychiatry and Mental Health. The African Medical and Research Foundation (AMREF), Nairobi.
 - 11) Okasha, A. and **Okasha, T.** (2009): Suicide in Islam in Oxford Textbook of Suicidology and Suicide Prevention. Danuta Wasserman and Camilla Wasserman (eds). Oxford University Press pp.49-56
 - 12) Okasha, A and **Okasha T.** (eds.) (2009): Contemporary Psychiatry. Anglo Egyptian Bookshop, Cairo, Egypt (In Arabic).
 - 13) Okasha, A and **Okasha, T.** (eds.)(2009): Physiological Psychology. Anglo-Egyptian Bookshop. Cairo, Egypt. (In Arabic)
 - 13) Okasha, A., Seif El Dawla, A. and **Okasha, T.** (2009): Suicide Behaviour and Sub-Syndromal Suicide; An Arab Perspective. In: Handbook of Suicide behaviour. Shrivastava A. (ed). Gaskell (in press)
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Editor of:

- Associate Editor of the “Egyptian Journal of Psychiatry”.
- Assistant to Editor- in- Chief “Current Psychiatry Journal”.
- Member of the Editorial board of Archives of General Psychiatry (Middle East).
- Newsletter of the Egyptian Society of Child and Adolescent Psychiatry
- Member of the Editorial Committee of the WPA Sections’ Newsletter (2002-2008)
- Member of the editorial board of “Psychiatry Update Journal”.
- Member of the scientific board of the Psychological Sciences in the Arab World Website
- Member of the Editorial Board of The International Journal of Child Neuropsychiatry
- Member of editorial and advisory board (Klinik Psikofarmakoloji Bulteni / Bulletin of Clinical Psychopharmacology) Turkey.
- Faculty Member for the 'Mood disorders' Section of the psychiatry faculty of faculty of 1000 Medicine.
- Member of the Committee on Scientific Publications World Federation of Societies of Biological Psychiatry (WFSBP).
- Member of the editorial board of the British Journal of Psychiatry (Middle East Edition).
- Member of the editorial board of World Psychiatry Journal
- Member Editorial Board of *the World Journal of Biological Psychiatry*
- Supervised more than 30 masters and doctorate degree thesis.