

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



Proud Mom-to-Mom volunteers

Annual Report- 2018

אוניברסיטת בן-גוריון בנגב
Ben-Gurion University of the Negev



THE BEN-GURION UNIVERSITY OF THE NEGEV
CENTER FOR WOMEN'S HEALTH STUDIES AND
PROMOTION
ANNUAL REPORT 2018

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, the Spitzer Department of Social Work
3. **Center Advisory Board**
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Creative Arts Therapies Research Center at the University of Haifa
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Ms. Maayan Fine, Doctoral Student, Spitzer Department of Social Work
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Mr. Avigdor Kaner, Doctoral Student, Spitzer Department of Social Work
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Dr. Michal Liebergall-Wischnitzer, the Faculty of Medicine, the Hebrew University of
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Prof. Orly Sarid, Department of Social Work
Ms. Nur Shimei, Doctoral Student, Spitzer Department of Social Work
Prof. Ilana Shoham-Vardi, Department of Epidemiology
Prof. Shifra Shvarts, Faculty of Health Sciences
Dr. Yanna Shraga, Department of Social Work

Center Research and Community Activities

We invite you to read our 2018 annual report, which describes the research and community activities of the Center, now in its nineteenth year. We continue to invest and deepen research on multidisciplinary approaches to women's health, incorporating medical, biological and social sciences. We use our research and programs to support women, mothers, parents and the family unit, in different ways to ensure and promote health and mental health. Please visit our website, www.bgu.ac.il/womcen and the Facebook page <https://www.facebook.com/womcen/> that helps to create an interaction with local and international community of researchers, women and BGU university staff and students.

This year we renewed our Mom-to-Mom Facebook page. We uploaded information regarding babies in their first year (breastfeeding, nutrition, pain, crying and sleep). Once a week we share the experiences of a designated Mom-to-Mom volunteer. We now use our Facebook page to connect people who need things like clothes, baby equipment, and toys and people who have such items to give away. In addition, we continue to update our webpage that directs mothers in need of treatment for perinatal mood and anxiety disorders (formerly called post-partum depression) to services available to her in any place around Israel.

<https://www.facebook.com/280635205895117> -אם-לאם-באוניברסיטת-בן-גוריון-17

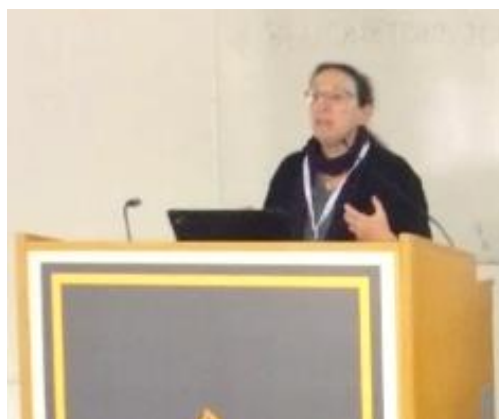


Our annual conference: "Woman's Health- Mental Health, Sexuality and Challenges in Treatment"



Prof. Julie Cwikel, Opening the Conference

On February 13th-14th, we hosted a conference, "Woman's Health- Mental Health, Sexuality and Challenges in Treatment". **Prof. Laura S. Brown**, of Seattle Washington, a leading feminist therapist and forensic psychologist, gave the plenary lecture "New Insights into Women, Trauma and Treatment". The lecture discussed the current understanding of women's experiences of trauma; how trauma can be understood beyond the DSM and ICD definitions and the manner in which women's intersectional identities affect trauma response, resilience and recovery. Prof. Brown raised the question of how to develop effective treatment strategies that are responsive to these complex variables. **Ms. Yael Schweitzer**, a leading therapist using Mindfulness in Creative Movement, came from Portland, Oregon to give a workshop.



Prof. Laura S. Brown delivering the plenary lecture

Leading researchers, physicians and therapists from Israel joined these two visitors from the USA in creating an exciting, groundbreaking conference program.

Ms. Naama Shaked-Levy, a sociologist, lectured about gender, health, and the strong association between them. In addition to biological difference between the sexes, there are social, psychological and political differences. She emphasized the interaction of women with the health system in Israel.

Dr. Tahli Frenkel, a psychiatrist, lectured about post-traumatic stress symptoms following childbirth. She presented data, which demonstrated the feasibility of early identification of women at risk to develop perinatal traumatic symptoms. Dr. Frenkel presented ways to prevent the development of post-trauma due to childbirth; emphasizing the negative effect that post-trauma may have on mother-baby bonding.

Prof. Aya Biderman lectured about gender differences in family medicine bringing examples from morbidity and mortality, health behavior, service use, perceptions and social roles. She also reviewed women's role in medicine and its effect on the health system in general and family medicine specifically.

Dr. Nelly Stein, a well-known sex therapist, presented "the mystery of the hidden garden- the story of the clitoris". She discussed women's association with their genitalia and sexuality as a part of the processes of social and psychoanalytic silencing and ignorance, which further reinforce the negative disconnect of women from their bodies. She presented real cases from the therapy room.

Prof. Julie Cwikel and **Dr. Enav Friedmann** gave a lecture on "Women and men's perspectives on women's sexual desire and the marketing of Flibanserin". Using the development of "Sheagra" (Flibanserin) as a test case, their study showed how women and men differ in how they view the value of a drug to treat the relatively common phenomenon of reduced sexual desire among women.

Dr. Tamar Kosef, a psychiatrist and sex therapist, closed the first day of the conference with a fascinating overview about women's sexuality after childbirth. She specified the reasons for difficulties in women's sexual function after birth and the options of treatment.

Following the lectures, we had three parallel workshops:

Prof. Orly Sarid- "CB-ART: Using Cognitive and Behavioral Approaches and Art for Changing Negative Images". The goal of this workshop was to learn how to change the way we perceive and evaluate stressful situations through drawing on paper and using our imagination. There is a connection between stress situations, as described on paper and the use of positive resources as a way to change emotions and promote better coping with distress.

Hana Lapidot- "The Journey of the Woman in the Jungian Perception in the Movie "Other Woman" by Woody Allen". The goal of this workshop was to deal with the question of what is authentic self-fulfillment for women in our culture, which tends to worship masculine values. The subject of masculinity and femininity was examined from an archetypal point of view (Yin and Yang) and the way those archetypes are expressed in the personal world of the movie's protagonist.

Yael Schweitzer- "Mindfulness and Compassion as an Approach to Treatment in Situations of Illness and Trauma". Mindfulness and self-compassive nurturing are meaningful approaches for treating mental problems and coping with life difficulties. This workshop combined theory and practice to understand the positive effect of these approaches in coping.

The following day, **Prof. Brown** hosted a workshop called "Feminist Issues in Trauma Treatment". Prof. Brown explained that while empowerment and liberatory practice are central to all feminist psychotherapy, these dynamics become particularly salient in working with survivors of trauma, given that trauma itself is disempowering. The workshop briefly reviewed basic principles of feminist psychotherapy practice, and explored, using case examples, how to apply them with survivors of a range of trauma exposures.

A parallel workshop was hosted by dance therapist and mindfulness therapist, **Yael Schweitzer**. The workshop, called "Mindfulness and Creative dance - for the therapist's well-being and as a therapeutic tool", provided an opportunity for participants to bring self-awareness to their bodies, enrich their life with an experience of authentic mind-body relation, its movement and their inner life, while creating a meaningful and supportive connection with the other participants of the group.

The assumption was, that as care-providing professionals, the more we tend to our inner stability and cultivate mindfulness and self-compassion – the more open, attentive and helpful we can be for our clients. Beyond the personal experiences, the participants acquired tools to implement in their therapeutic work.



Mindfulness workshop with Yael Schweitzer



**From left to right: Prof. Aya Biderman, Prof. Julie Cwikel,
Naama Shaked-Levy and Dr. Tahli Frenkel**



**From left to right: Dr. Tamar Kosef,
Prof. Julie Cwikel and Dr. Enav Friedmann**



Dr. Nelly Stein



**From left to right: Prof. Orly Sarid,
Prof. Julie Cwikel and Yael Schweitzer**



Hana Lapidot



Mindfulness workshop with Yael Schweitzer



Prof. Laura S. Brown, Feminist Issues in Trauma Treatment



The conference hall was full and the feedback was excellent.

New Research:

A multidisciplinary study on the use of art as a method of stress assessment and reduction for women from the community and clinical populations

This exploratory study is designed to test art making and its importance in stress evaluation and reduction through two small experiments, each of which takes advantage of new technologies (drawing on a computer tablet and the use of smart watches to evaluate activity levels, sleep and heart rate variability) that will be cross-validated with traditional art tools. In the first experiment, we compared the psychological and physiological effects of art making on a tablet using a stylus as compared to using traditional drawing materials. This was done in relaxed and stress modes to evaluate whether both art methods are sensitive enough to changes in stress, cross-validated by physiological measures (cortisol and heart rate variability). In the second experiment, we will assess whether art created on a tablet can reduce stress levels among mothers of infants with and without evidence of post-partum depression in a longitudinal design. These drawing results will be correlated with input on activity, sleep and movement as measured by a smart watch and self-report questionnaires. Overall, this two-experiment study will enable us to measure the impact of digital and traditional art-making on stress of two kinds: situational and chronic. Data have been collected and are now being analyzed in the first experiment and data collection is on-going in the second experiment. The collaborating researchers are: **Prof. Julie Cwikel**, **Prof. Ephrat Huss** and **Prof. Orly Sarid** (The Center for Women's Health Studies and Promotion, BGU), **Prof. Shlomi Dolev** (Computer Science, BGU), **Dr. Johanna Czamanski-Cohen** (University of Haifa), and **Dr. Giora Galili** (Open University). This is supported by a grant from a private donor. We were awarded a second, booster grant on multidisciplinary research, awarded to **Prof. Julie Cwikel** and **Prof. Shlomi Dolev**, with the collaboration of **Dr. Liat Tikotzky** (Psychology) and **Dr. Aviad Hadar** (Brain Research).

Chernobyl effects on women, men and children, 32 years later

The worst environmental disaster of the twentieth century occurred over 30 years ago, when in the early morning hours of April 26th, 1986, the nuclear reactor at Chernobyl exploded, blowing off the 1000-ton concrete roof and dispersing radioactive particles all over Europe. This constituted the "largest short-term release from a single source of radioactive materials to the atmosphere ever recorded". In 1991, **Prof. Michael Quastel** and colleagues conducted whole-body counts for radioactive cesium isotopes (¹³⁷Cs) and physical exams on a sample of 723 adults and 300 children (aged 0 to 16 at the time of the accident), who had immigrated to Israel from areas in the Former Soviet Union (FSU) affected by the Chernobyl accident. This study revealed that girls from high exposed areas showed significant increases in serum TSH (thyroid-stimulating hormone) when compared to girls from low exposed areas. No such effect was evident among the boys and there were no detectable thyroid nodules or increases in size of the thyroid gland.

In the early 1990s, after conducting interviews with key informants, focus groups, and establishing contacts with immigrant NGOs, we managed to trace 111 of the original cohort, and together with snowball sampling, we constructed a sample of 404 from the contaminated regions and a comparison group of 304, closely matched on age and sex (N=708). Now 32 years after this "natural experiment", we are now examining the chronic health effects in general and in particular the reproductive effects among women and men who have been exposed to low-levels of ionizing radiation from the Chernobyl. Using hospitalization data from Soroka University Hospital, we are comparing their reproductive health outcomes with a series of comparison groups: non-exposed immigrants from other areas of FSU, immigrants from other countries (e.g. North and South America, Western Europe, North African/Asia, Ethiopia), and native-born Israelis.

In addition, we collected data from the second generation (children of exposed persons) through personal interviews and an internet survey. This year we analyzed the Soroka University Medical Center data set with the collaboration of **Prof. Eyal Sheiner** and biostatistician, **Ruslan Sergienko**. We are now in the process of writing up these results for publication. Collaborating on this research initiative are also: **Prof. Michael Quastel** (retired), **Dr. Gil Gutvirtz**, (the Faculty of Health Sciences), **Dr. June Hare** and **Dr. Danna Slusky**. This research is supported by a private donor.

Silenced voices: Women treated by irradiation for ringworm in the 1950s – historical, health and psycho-social perspectives

To date, 7,728 women have been awarded compensation from the Israeli Government for partial or complete baldness resulting from irradiation for ringworm in childhood that occurred in Israel during the 1950s. Despite the large number of women suffering from baldness, the historical and psycho-social perspectives have yet to be researched. To fill this void, **Prof. Segal-Engelchin** and **Prof. Shifra Shvartz**, from the Faculty of Health Sciences, are conducting a pioneering study together with doctoral student, Liat Hoffer. This study is designed to present a multidimensional picture of the impact of hair loss due to irradiation for ringworm in childhood on women, using a mixed method, qualitative and quantitative research design. This study will shed light on the medical and psychosocial ramifications of these conditions, which are not taken into account in treatment decisions. This study received a grant from the Israel Science Foundation. Liat took some time off for maternity leave, after the birth of her third child, during the summer months. Mazal tov!

Examining Treatment Preferences for Women Post-Partum, With and Without Post-Partum Depression

This research focused on the treatment preferences of women after childbirth, including options for web-based treatment, treatment by telephone and through groups. **Prof. Orly Sarid**, **Prof. Julie Cwikel** and doctoral student **Meital Simhi**, have finished analyzing the data set on 1,000 post-partum women collected from the Rehovot region from the district Tipat Halav (Mother and Child Health Clinics) on their treatment preferences in the face of post-partum depression or anxiety. The data show that women are clear that they want treatment options available in the community, without having to resort to mental health services, due to the stigma attached to receiving psychiatric care. About 10% of the women in the study showed signs of PPD and this affected the type of treatment they preferred. This research was supported by a grant funded by the Gertner Institute for Epidemiology and Health Policy Research. We are now in the process of preparing papers from these results.

Presentation in the Knesset

On May 30, 2018, **Prof. Julie Cwikel**, **Prof. Orly Sarid** and **Dr. Meital Simhi** from the Center and the Spitzer Department of Social Work were invited to the Committee for the Promotion of the status of Women and Gender Equality, in the Knesset. The Committee dealt with the promotion of government services for women with PPD and included Committee Chair Knesset member, **Meirav Ben-Ari**, Knesset member,

Yehuda Glick, Knesset member, **Pnina Tamano-Shata**, representatives of the Ministry of Health and The National Insurance Institute, researchers in the field of postpartum depression and representatives of voluntary organizations.



Prof. Orly Sarid and Dr. Meital Simhi

Meital's doctoral dissertation findings were presented. The study focused on mothers' preferences after childbirth, with regard to their intentions to seek treatment for PPD. This study received funding from the Israeli National Institute for Health Services Research and Health Policy.

The prevalence of PPD in the general population in Israel and worldwide is estimated between 10-20%. Women who suffer from PPD are vulnerable to emotional and physical risks, and symptoms of PPD can have a negative effect on their infants as well. Research shows that PPD can increase the risk of child abuse and cause delays in the child's motor and cognitive development. Early, effective intervention to treat PPD is urgently needed to ease mothers' distress, and to help her regain normal function.

Their findings showed that women who suffer from PPD display unique behavioral intentions that reflect their perceptions and beliefs. These findings can help to develop relevant policies and programs to promote the positive mental health behaviors for mothers by reaching a better understanding of their treatment preferences. As a result, better tailored therapy alternatives can be developed to support coping with postpartum distress and prevent PPD, for the benefit of mothers, children, and entire families.

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**. We completed a third year of a project funded by the Pratt Foundation through a special BGU-Monash University grant initiative. Our colleagues from the Monash University, **Prof. Jane Fisher** and **Dr. Heather Rowe** of the Jeanne Haile Research Center replicated our CBART protocol in Melbourne to reduce perinatal depression and anxiety. This year we 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. A paper has been submitted for publication from these findings.

Ethno-cultural effects on Vaccination Behaviors of New Parents

This study was designed to compare the health beliefs and infant vaccination behavior of mothers of four different ethno-cultural backgrounds: Israeli-born Jewish and Arab-Bedouin and immigrants from the Former Soviet Union and Ethiopia; to examine the associations between initial and subsequent infant vaccination behaviors of mothers and to identify predictors of vaccination behaviors. A comparative cross-sectional study was conducted in selected community neighborhoods. A quota sample included 100 mothers with infants aged 18–24 months from each of the four ethno-cultural groups (N=400). Data were collected through questionnaires and examination of the infant vaccination cards. Both groups of immigrant mothers had the lowest adherence to the recommended vaccination regime. Our findings indicated that maternal behaviors regarding infant vaccinations were determined mainly by the behavior at the previous recommended vaccination stage. Different ethno-cultural groups presented different sociodemographic predictors of vaccination behaviors. These predictors only affected the vaccinations at the early stage of 2 months. Policy makers should be aware that mother's vaccination behaviors vary according to ethno-cultural groups to

establish culturally tailored intervention programs. Two papers were published this year from these findings.

The Myriam de Senarclens Prize -CB-ART: The Reduction of Psychological Stress and its Physiological Correlates among Women Undergoing In Vitro Fertilization (IVF)- Czamanski-Cohen, Sarid, Cwikel & Har-Vardi

CB-ART is a 4-6-session treatment protocol that has been utilized with women coping with stress, depression, and pain and is effective in reducing these indicators. The group received funds from the **Myriam de Senarclens Foundation** to conduct a randomized controlled trial of a CB-ART intervention with 100 women with elevated perceived stress, before undergoing IVF treatment; in order to examine its effect on perceived stress, plasma CFD, telomere length and pregnancy rates. The project has received the approval of the hospital ethics committee and the recruitment will start soon.

Graduate Students Creating New Research in Women's Health

PhD Students

Talia Aizen: "Establishing a relationship with a widower with young children: Women's perspectives". Supervised by **Prof. Dorit Segal-Engelchin**. Talia presented her findings at two international conferences 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.

Nava Dihi-Tabu: Jointly supervised by **Prof. Dorit Segal-Engelchin** and **Prof. Jonathan Anson:** "Endogamy and Homogamy: Jewish Marriage Market in Early 21st century". Nava is in the final stages of writing her thesis.

Shimrit Engelsman: Shimrit has finished writing her thesis on: "The birth experiences of Haredi Israeli women". She was supervised by **Prof. Julie Cwikel** and **Ephrat Huss**. She has prepared two papers from her research for publication, which were accepted for publication this year.

Liat Hofer: (Jointly supervised by **Prof. Dorit Segal-Engelchin** with **Prof. Shifra Shvarts**): "Health and Psychosocial characteristics of Women and Men Coping with hair loss from childhood as a result of a disease." Liat is just returning from maternity leave.

Avigdor Kaner: has developed an innovative internet-based group intervention for new fathers, based on his initial findings on the experiences of new fathers during the first year postpartum. His study evaluates the effectiveness of this unique intervention for new father. Avigdor is being supervised by **Prof. Dorit Segal-Engelchin** and **Prof. Julie Cwikel**. His dissertation has been completed and is currently under review.

Noa Kfir-Levin: The rehabilitation community as experienced by both rehabilitants and therapists: The "Hiram" case. Supervised by **Prof. Dorit Segal-Engelchin**. Noa has presented important insights arising from her study at an international conference this year. She is nearly finished writing her thesis.

Dr. Meital Simhi: Meital has explored the preferences and barriers to treatment for post-partum depression among Israeli women in a sample of 1000 women from Rehovot. This research is part of a grant that was given by the Israeli National Institute for Health Policy Research. She submitted her thesis, which has been approved. She was jointly supervised by **Profs. Orly Sarid** and **Julie Cwikel**. She is presently doing a post-doctoral year at Boston University in Boston, MA.

Nuha Sliman: The effect of family structure on children's morbidity in the first year of life in Arab society. Jointly supervised by **Prof. Jonatan Anson** and **Prof. Julie Cwikel**. Nuha is presently analysing her data and preparing her thesis.

Nirit Volk: She is almost finished collecting data on "The helping connection: how mothers of daughters who were sexually abused experience the relationship to their daughter's therapist". She is supervised by **Prof. Julie Cwikel**. This year she is a teaching assistant in the practicum course on Treatment of Women, taught by **Prof. Cwikel**. Based on these data, Nirit was invited to lecture at a conference on sexuality and multiculturalism.

MA Students

Lior Deray: A new MA student in social work, supervised by **Prof. Julie Cwikel**.

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 is now on maternity leave after giving birth to her second daughter. Mazal tov Lior!

Noa Berezin :The psychological adjustment of female soldiers to combat roles.

Supervised by **Prof. Dorit Segal-Engelchin**.

MD Student

Ayala Froynd: Jointly supervised by Profs. **Dorit Segal-Engelchin, Shifra Shvarts, Aya Biderman and Dr. Nitza Hieman-Noyman**. "Representation of women in senior positions in the health system and in the medical academy in Israel: Perspectives of male and female doctors. The thesis has been completed and is currently under review.



Julie's "angels": Three PhD graduates who are all building independent careers and maintaining their "girls' network". From left to right: **Dr. Tzipi Hornik-Luria, Dr. Jo Czamanski-Cohen, Prof. Julie Cwikel, and Dr. Svetana Prokashev**

Congratulations



We would like to congratulate **Nur Shimei** and **Nirit Mordish-Volk** for being accepted to The Van Leer Institute (Jerusalem) young women researchers' network. The aim of the network is to establish a community of young women researchers that will challenge the existing dogmas in the field of gender research and will provide a forum for thinking creatively about feminist concepts and their relation to other critical research in the field of sociology and social work.

Nur is a social worker and Ph.D. Student at the Spitzer Department of Social Work at Ben-Gurion University of the Negev (supervised by **Prof. Michal Krumer-Nevo**). Her research focuses on participatory action research, girls, and young women, feminist social work and qualitative research methods. She is the co-author of "Social work for change: Performance ethnography on critical social work", *Qualitative Inquiry*, 22(8), 615-623 (2016).

Nirit is a feminist social worker, an experienced clinician and psychotherapist at Isha Be-Shela and a PhD student at the Center for Women's Health Studies and Promotion at Ben Gurion University of the Negev (**Prof. Julie Cwikel**, supervisor).

Community Activities

Mom to Mom

Mom to Mom is now completing its 13th 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. 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. Since its inception, the program has helped 592 new mothers and trained over 240 volunteer mothers. More than 95% of participants would recommend the program to a friend and 45% of volunteers have returned to mentor another new mother, some as many as five or six mothers over the years.

We continue to run our morning mothers' workshop on "positive parenting", which enables mothers to meet once a week with their infants to hear a lecture, to network with each other and to receive attention to individual issues in mothering.

A booklet of volunteer's stories

On Rosh Hashanah, we published a booklet of stories from our Mom to Mom volunteers. Some of our wonderful volunteers wrote poignantly of their personal experiences in accompanying moms in the first year of parenting. Some of them even keep in touch years after the formal first year of volunteering has been completed.



This story written by **Dalia Hecht** is one of many:

We have already known each other for seven months. It started with a medical focus to provide support for a single mother after her first birth, coping with a baby who was born with a bowel disease. We clicked from the word "go". I don't know why but I felt that I wanted to help her. Her gentleness, willingness to receive help and advice, the spark in her eyes, her modesty and open mind. Or, perhaps it was her lovely cat who is her roommate, both in her apartment and in her life. He wanders around her apartment as if it was his own. He gets to every corner, prowls on the furniture. So now, there are two roommates, one child and one cat. She can't give up the cat, he was here first! He will have to learn to accept the newborn. Strangely, it really worked out. Today they are best friends, touching, petting, and playing together.

My "new mom" went through a long list of stressful life events: taking care of the baby with his illness, his operation and recovery, losing her beloved brother from a chronic illness. Her mother passed away many years ago and her father now needs daily, intensive care. Her sisters, who love her very much, live far away in different cities. In addition, she needs to get back to work. Who will take care of the child? She needs to find a good nanny.

The baby himself went through many difficulties from the beginning of his life. Parallel to the birth and planning the new family, my mother finished her studies and received the invitation to her graduation ceremony. Everybody was invited: family, friends and even the mayor. When I heard she was going by herself (with only one sister able to join her) I didn't think twice and said that I will come to accompany her to the ceremony. When my husband heard, his first words were "I'm coming too". We sat in the rejoicing audience: me, my husband, and our friend with her baby in a stroller. We were very happy because we were a "Mom-to-Mom" family. We congratulated her, hugged, and took pictures. It was great sharing her graduation with her after a long period of studies, exams and effort. We accompanied them and helped get the baby into the car, with her graduating diploma on the front seat. A small deed with a huge meaning. We were so proud

Inter-generational encounter with the knitting group in Amcha

On November 21st, Mom to Mom staff met with the volunteer knitting group in Amcha (the Israeli Center for Mental and Social Support for Holocaust Survivors and their Families) in Beer-Sheva. The women in the group knitted blankets, scarfs and hats for newborn babies of mothers who participate in our Mom-to-Mom project. The encounter was very emotional and heart-warming.



The center's staff with Amcha knitting group

Combining between an Academic Career and Motherhood – ongoing workshops

Ms. Limor Niego and **Ms. Vered Deichman** led two groups of graduate students in a one-day workshop on coping with the strains of building a career and being a mother. Among the topics discussed were: motherhood as a career in itself, the dilemmas, difficulties aside moments of pleasure, needs, pressure and wishes in combining between the world of study and work, how to speak of career needs with family and friends and how to speak about family needs in the employment sphere. An emphasis was placed on using the skills developed in motherhood to succeed in academia and the workplace.

Annual activity for Mom-to-Mom volunteers

On December 2nd we gathered our volunteers for a special Hanukah activity. **Prof. Julie Cwikel** led a workshop, which challenged the volunteers to demonstrate the meaning of volunteering using textile colors and templates on white t-shirts. The outcomes were amazingly creative and can be seen on the cover of this report and to the right.



Mom to Mom volunteers

Mom to Mom coordinators

A national gathering of Mom to Mom coordinators, organized by the coordinators of Mom-to-Mom Jerusalem on November 11th. **Ms. Ilana Schmidt** and **Ms. Limor Niego** attended the conference and found the day informative and great for networking on issues of programming.



Mom to Mom coordinators from all over the country
(Photo by Mom to Mom Jerusalem)

Activism for Public Policy Change to Promote Maternal Mental Health

These past three years, **Prof. Cwikel** joined with representatives of WIZO Israel (the Division of Public Policy and Government Relations, **Ms. Inbal Aviv**) to establish a lobbying forum to promote better services and policy with regard to promoting maternal mental health and addressing perinatal mood and anxiety disorders. The forum has met many times over 2016-2018 and includes representatives of the Ministry of Health, medicine, psychiatry, private and public clinics and other voluntary organizations. The goal is to achieve policy change and therefore we have ongoing contacts with Knesset representatives. The WIZO perinatal mental health forum, will be collaborating with us this year on the 4th International Maternal Mental Health Promotion Day in May 2019.

Marking the Third International Maternal Mental Health Day

The Center joined colleagues overseas and in Israel to mark the third international maternal mental health day. On May 17th, the Center held a day of activities for mothers and babies together with the Municipality of Beer-Sheva, the Soroka Hospital and the health maintenance organizations Clalit and Macabi. The day started with a sports activity for mothers and strollers in the park, with the guidance of a physiotherapist, continued with five discussion groups at the University and ended with a fascinating lecture of **Dr. Tamar Kosef**, a psychiatrist from Soroka hospital, about how to return to active sexuality after childbirth. The event was very successful and was attended by more than 80 new mothers together with their babies.



Indoors activity for moms and babies at the university



Outdoors activity for moms and babies at the "Children's Park"

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 10 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 626 women and men in psychotherapy treatment, with the average age of 30. A majority of them are BGU students.

Every year we bring a special lecturer to give a seminar to our psychotherapists in a subject related to therapy. On April 27th **Ms. Israela Meyerstein**, a renowned family therapist from Baltimore, Maryland, gave a workshop in the subject of "An Integrative Systemic Approach to Couples Therapy". The workshop explored important concepts and techniques found in current approaches to treating couples. An overview of mate selection, myths of marriage, and research findings were followed by highlighting useful treatment practices from various approaches. A focus on therapist style and use of self was explored through clinical vignettes and group discussion.



From left to right: **Noa Sitton, Israela Meyerstein, Reuven Ifergan, Noam Efrati, Prof. Julie Cwikel, Lia Orpaz, Kineret Grably, Nirit Mordish-Volk, Gali Zohar, Hadas Tal Ragolsky**

Upcoming events and publications

A Book "New Methods in Feminist Treatment"

The book is being written by therapists of "Isha Be-shela" 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 will contain these articles:

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. The reflectivity of mothers and fathers of children with attention deficit disorder.
- c. Between close and far from motherhood- research among women prisoners.
- d. Pregnancy and birth in the world of Halacha- feminist treatment, Orthodox women and the things between them.
- e. A model for working with treatment transference.

Third chapter: Clinical Practice

- a. The use of art as an empowerment tool in social work with women in Israel.
- b. Mindfulness based movement therapy- attention and compassion in movement, improvisation and interpersonal relation.
- c. CB ART treatment with a woman who experienced a traumatic birth.
- d. 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.
- e. Activist work with adolescents.
- f. How adolescents change the world to the Knesset- social work and social activism with adolescents.
- g. From therapy room to theory- the voice of a patient.

A course: Feminist and liberatory perspectives on psychotherapy supervision: Empowerment, not shame

In January 2019, we will open a special course, which will introduce students to feminist and liberatory models of psychotherapy practice as they apply to supervision of counselors and therapists at advanced stages of professional development. The lecturer, **Prof. Laura S. Brown** is one of the world's foremost experts on feminist psychotherapy, as well as a forensic psychologist, psychotherapy consultant, supervisor and teacher from Seattle. This will be her fourth 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. The course will discuss common challenges and pitfalls inherent in attempting to create an egalitarian, liberatory relationship in an evaluative setting, and will explore how to develop styles of supervising that reflect those values.

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 2018.

Prof. Aya Biderman

Zamstein O, **Biderman** A, Sherf M, David RB & Dreiherr J . (2018). Cardiovascular morbidity and risk factors in Holocaust Survivors in Israel. *J Am Geriatr Soc.* Sep;66(9):1684-1691. doi: 10.1111/jgs.15461. Epub 2018 Sep 5.

Ha TC, Ng S, Chen C, Yong SK, Koh GCH, Tan SB, Malhotra R, Altermatt F, Seim A, **Biderman** A, Woolley T, & Østbye T. (2018). Inclination towards research and the pursuit of a research career among medical students: an international cohort study. *BMC Med Educ.* May 2;18(1):86. doi: 10.1186/s12909-018-1202-6.

Ben David R, **Biderman** A, Sherf M, Zamstein O & Dreiherr J. (2018). Elevated cancer risk in Holocaust survivors residing in Israel: A retrospective cohort study. *Eur J Cancer.* May;95:85-92. doi: 10.1016/j.ejca.2018.03.011. Epub 2018 Apr 11.

Prof. Julie Cwikel

Publications

Sarid, O., Shraga, Y., **Cwikel**, J., & Reuveni, H. (2018). Ethno-cultural origins, health beliefs and mothers' behavior regarding infant vaccinations in Israel. *Health Promotion International.* In press.

Prins - Engelsman, S. Huss, E. & **Cwikel**, J. (2018). How ultra-Orthodox (Haredi) Israeli women cope with normative and difficult pregnancy and childbirth experiences Nashim: *A Journal of Jewish Women's Studies and Gender Issues.* Accepted.

Czamanski-Cohen, J. Sarid, O. **Cwikel**, J. Levitas, E. & Har-Vardi, I. (2018). Are there preferred coping and communication strategies while undergoing IVF, and do cognitive behavioral interventions help? *Journal of Mental Health Training, Education and Practice.* Accepted

Submitted

Friedmann, E. & **Cwikel**, J. The marketing of Flibanserin: Men and women's perspectives on women's sexual desire.

Singer, Y. Maor, M. & **Cwikel**, J. Coping with death and dying among Muslim Bedouins in Southern Israel: A qualitative study.

Friedmann, E. & **Cwikel**, J. Using social marketing to promote women scientists to STEM employers.

Cwikel, J. & Friedmann, E. Diffusion of innovation of e-therapy in social work practice.

Research Grants

2017-present, An open trial of psychotherapy and body-based psychotherapy for the primary care-givers of hospice patients. Yad leHolei Haoncologi. Co-investigators: Dr. Yoram Singer and Dr. Shragit Greenberg, Kupat Holim Clalit and Maccabi, respectively.

2014-2017, Expanding treatment options for new mothers with anxiety and depressive disorders, a joint BGU-Monash research program. Co-investigators: Prof. Orly Sarid, Dr. Ephrat Huss, Prof. Jane Fisher and Dr. Heather Rowe, 3 years.

2017-2019, The use of art as a method of stress reduction for women in community and clinical populations. Private Donor. Co-investigators: Prof. Ephrat Huss & Prof. Orly Sarid (Social Work, BGU), Prof. Shlomi Dolev (Computer Science, BGU), Dr. Johanna Czamanski-Cohen (University of Haifa), Dr. Giora Galili (Open University) & Dr. Billie Sandak (Computer Science, Weizmann Institute).

2016-2019 - A thirty-one year follow-up of the effects of exposure to the Chernobyl accident: Reproductive and chronic illness effects in first and second generation. Co-investigators: Prof. Eyal Sheiner, Prof. Michael Quastel, Dr. Danna Slusky, Prof. Michael Friger, Dr. Gil Gutvirth, Mr. Ruslan Sergienko, & Dr. June Hare.

2016-2018 Myriam de Senarclens Prize for Research in Psychosomatic Gynecology and Obstetrics. CB-ART: The reduction of psychological stress and its physiological

correlates in women undergoing in vitro fertilization (IVF). Dr. Johanna Czamanski-Cohen (P.I.), co-investigators: Prof. Orly Sarid & Dr. Iris Har-Vardi

2018-2020: The use of actigraph monitoring to identify early women at risk of Post-Partum Depression. Social Science Faculty grant for multidisciplinary research. Co-investigators: Prof. Shlomi Dolev (Computers), Dr. Liat Titotsky (Psychology) and Dr. Aviad Hadar (Brain Research)

Lectures and conferences

2018 Friedmann, E. & Cwikel, J. Marketing of female "sheagra": women and men's perspectives on women's sexual desire. 4th World Conference on Women's Studies, 3rd-5th May, 2018, Colombo, Sri Lanka

2018 Cwikel, J. "What can social epidemiology offer to science education?" Invited lecture at University College London, Prof. Michael Reiss, convener, Sept 3, 2018

2018 Cwikel, J. E-therapy and mental health: a best-practice model and diffusion of innovation. European Conference on Mental Health. Split, Croatia, September 19-21, 2018

Dr. Johanna Czamanski-Cohen

Publications

Haiblum-Itskovitch, S., **Czamanski-Cohen, J** & Galili, G. (2018). Emotional response and changes in heart rate variability following art-making with three different art materials. *Frontiers in Psychology* 9, IF 2.749 (JCR, 2017) IF 1.043, R 270/1177 in Psychology (Q1) (SJR, 2017)

Accepted for Publication

Kissos, L., Lev-Wiesel, R. & **Czamanski-Cohen, J.** (in press). Sexual abuse detection through drawing workshop: E-learning contribution. *Journal of Loss and Trauma*. (IF 0.789 (JCR, 2017); IF 0.349, R 16/42 in Psychiatric Mental Health (Q2) (SJR, 2017)).

Czamanski-Cohen, J., Sarid, O., Cwikel, J., Levitas, E., & Har-Vardi. (in press). Are there preferred coping and communication strategies while undergoing IVF, and do Cognitive Behavioral Interventions help? *Journal of Mental Health Training, Education and Practice*. (IF 0.235, R 25/42 in Psychiatry and Mental Health (Q3) (SJR, 2017)).

Dr. Ofer Emanuel Edelstein

Published papers:

Edelstein OE, Band-Winterstein T & Bachner YG. (2018). Profile and Burden of Care among Caregivers of Ultra-Orthodox Frail Elders. *Aging Ment Health*, , 22(5), 639-645).

Band-Winterstein T, **Edelstein OE**, & Bachner YG (In press). Correlates of depression in Caregivers of Ultra-Orthodox Frail Elders. *American Journal of Orthopsychiatry*.

Papers in preparation:

Edelstein, OE, Bachner YG, Shorer, T, & Shorer Z. – Predictors of quality of life among Israeli mothers of children with epilepsy.

Edelstein, OE, Albert SM, Riviotta, J. Minimally important difference for EQ-5D among community dwelling elderly: Two-time points comparison.

Edelstein, OE, & Sarid, O. Osteoporosis related behaviors among Ethiopian Jews and Bedouin women.

Research Grants:

2017-2019 The Israel National Institute for Health Policy Research-The association between knowledge, attitudes and osteoporosis-related preventive behaviors of women from different ethno-cultural groups in Israel. Jointly with Prof. Orly Sarid.

Publications

Rapaport, C., **Hornik-Lurie**, T., Cohen, O., Lahad, M., Leykin, D., & Aharonson-Daniel, L. (2018). The relationship between community type and community resilience. *International Journal of Disaster Risk Reduction*, 31:470-477.

Hornik-Lurie, T., Shalev, A., Hazkner, L., Garner-Epstein, P., Ziedenberg-Rehav, L., Moran, G.S. (2018). Implementing recovery-oriented interventions with staff in a psychiatric hospital: a mixed-methods study. *Journal of Psychiatric and mental Health Nursing*.

Research Grants

2016-2018: Researchers: **Hornik-Lurie**, T., Pinto, O., Bar-Efrat, O., Kassir, N., Pass, E., Prior, R., Levinson, D., and Bergman-Levy, T. Recipients: Falk Institute for Mental Health Studies. Topic: "Rehabilitation programs of people with mental disabilities of working age and their contribution to the integration into the labor market in Israel".

2017-2018: Researchers: **Hornik-Lurie**, T., Moran G., Anson J. Recipients: Ben-Gurion University of the Negev. Topic: "The transition from hostels to supportive communities: A study of mental health consumer characteristics, provider perceptions and implications for rehabilitation outcomes".

Safety Monitoring Committee (SMC):

October 2018- September 2021 (expected): SMC member of the REPAT study- Role of Emotional Processing in Art Therapy for Breast Cancer Palliative Care Patients: A Mechanistic Study. Monitor data collection and documentation as well as examine the data checks on a bi-annual basis for a RO-1 NIH funded multi-site clinical trial.

Assessed Research Proposals:

Foundation: The Israel Science Foundation (ISF), April 2018

Publications

Huss, E PI., & Sela-Amit, Mc. (2018). Arts in social work, do we really need it? *Research on Social Work Practice*, doi.org/10.1177/1049731517745995 (CI ISI=N/A, CI GS=N/A, IF=1.586; JR=8/42, Q1).

Malka, M PI., **Huss, EPI.**, Bendarker, L., & Musai, O. (2018). Using photo-voice with children of addicted parents to integrate phenomenological and social reality. *Arts in Psychotherapy*, 60, 82-90. (CI ISI=2; CI GS=8; IF=0.695; JR=128/252; Q2 Clinical psychology).

Huss, E. (Guest Editor). (2018). Social Dialogue (special issue). International Association of Schools of Social Work, <http://socialdialogue.online/>

Huss E PI., & Zaccai, M PI. (2018). Man's relationship to flowers as an example of the multiple components of embodied aesthetics. *Behavioral Psychology*, 8(3), 32. doi:10.3390/bs8030032. (CI ISI=N/A; CI GS=N/A).

Huss, E., & Samson, T. (2018). Drawing on the arts to enhance salutogenic coping with health-related stress and loss. *Frontiers in Psychology*, 9, 1-9. (IF=2.321).

Huss, E., & Hafford, T. (2018). Using art to illuminate social workers' stress. *Journal of Social Work*, 1-18, doi: 10.1177/1468017318792954. (IF=1.000).

Huss, E. (in press). Creating an embodied phenomenological typology for describing the qualitative experience of traumatic space from continued bombings. *Journal of Loss and Trauma*.

Grants Under Review

2016-2018 Horizons Project: Young people and the future of democracy consortium headed by Professor Stephen Briggs, London University, using arts-based research methods to explore cultural identity in young people's transitions to adulthood.

2018-2020 Horizons Project: Prof. Ephrat Huss and Profesor Eltji Boss. Heads of consortium, Using arts to transform society.

2018- ISF Project: Prof. Ephrat Huss PI and Dr. Hod OrkibiPI of Haifa University, social arts: education, typology, and evaluation (under review).

2018- Ministry of Education Special Call for large grant: Prof. Ephrat Huss PI and Dr. Ibtisam Marey PI, reducing gaps in education in early childhood in the Bedouin sector: using multiple intelligence to create culturally sensitive interventions.

Dr. Michal Liebergall-Wischnitzer

Publications

Iris Shlain CO-PI, Yuval Lavy CO-PI, Revital Arbel C, David Shvieky C, Anna Woloski Wruble C, & Michal **Liebergall-Wischnitzer** PI. (2018). Urinary incontinence type, symptoms, and quality of life: A comparison between grand multipara and non-grand multipara women aged ≥ 50 years. *Japan journal of nursing science*. (Impact factor:0.554, *Nursing rank*: 102/116)

Invited

2018 Reduce OASIS rate-a new program in Hadassah Ein Kerem delivery room , Assaf Harofeh.

2018 Midwifery evidence based practice 2018: different interventions during birth and delivery and their connection to obstetric anal sphincter injuries. Shaare Zedek, national midwifery course, Jerusalem.

2018 Third and fourth degree tears and the midwife role. Tears care one day conference, in Hadassah Ein Kerem

Ms. Orly Liberman

Publications

Liberman O, Freud T, Peleg R, Keren A, & Press Y. (2018). Chronic pain and geriatric syndromes in community-dwelling patients aged ≥ 65 years. *J Pain Res*. 2018 Jun 19;11:1171-1180.

Publications

Slonim-Nevo VPI ,**Sarid** OPI ,Friger MPI ,Schwartz DPI ,Greenberg DPI ,Sergienko Rc ,Vardi Hc & ,Odes SPI .(2018). Effect of social support on psychological distress and disease activity in inflammatory bowel disease patients .*Inflammatory Bowel Diseases*1389-1400 ,(7)24 .

Sarid OPI ,Shraga YPI .Cwikel JPI ,Pereg ACI & .Reuveni HPI .(2018). Ethno-cultural origins, health beliefs and mothers' behavior regarding infant vaccinations .*Health Promotion International* .

Sarid OPI ,Slonim-Nevo VPI ,Friger MPI ,Schwartz DPI ,Greenberg DPI ,Sergienko Rc ,Vardi Hc & ,Odes SPI .(2018). Differential impact of psycho-social variables on the activity of Ulcerative Colitis and Crohn's disease .*International Journal of Behavioral Medicine* .341-350,(3)25

Lahav S & ,**Sarid** O (2018). Dog training assisted intervention for at risk youth. *Anthrozoos*. In Press .

Conferences

2018 **Sarid** O ,Slonim-Nevo, V ,Schwartz D. Greenberg D, Friger M, Odes S. Impact of psycho-social variables on active ulcerative colitis and Crohn's disease .The 26th Congress of the European Psychiatric Association (EPA), 3-6, March, Nice, France.

2018 **Sarid** O ,Cedraschi C ,Kossovsky M, Allaz AF, Piguet V .Predicting physical health-related quality of life in chronic pain patients using numeric, semantic and graphic methods .The 26th Congress of the European Psychiatric Association (EPA), 3-6, March, Nice, France.

2018 Segal- Engelchin D & ,**Sarid** O ,Huss E & ,Isralowitz R. Effectiveness of art-based interventions in reducing stress among mental health professionals working in a shared war reality. The 4th International Conference on Mental Health and Resilience, 26-27, April, Rome, Italy.

2018 **Sarid O** & Zaccai M. The effect of smelling fragrances and relaxation on mood states, 39th STAR Conference, Stress, Anxiety and Resilience, 10-13 July, Lublin, Poland .

2018 Schwartz D ,**Sarid O** ,Slonim-Nevo V ,Greenberg D, Friger M, Odes S. Abnormal mental health different and more severe in Crohn's disease compared with ulcerative colitis .United European Gastroenterology Week, Vienna October 21-24, Austria.

2018 Occupational stress among health professionals: strategies for changing cognitions, images and memories of stressful experiences using behavioral and cognitive interventions– an overview. **Sarid, O**, Keynote speaker in the 5th World Congress on Nursing and Healthcare, Toronto, Canada

Prof. Dorit Segal-Engelchin

Publications

Segal-Engelchin, D., Jen, S., & Erera P. (accepted). Parenting in hetero-gay families: Motivations, assumptions, gender and culture. In O. Taubman-Ari (Ed.), Pathways and barriers to parenthood. Springer. (Invited article)

Conferences

2018 **Segal- Engelchin, D.** & Sarid, O., Huss, E., & Isralowitz, R. Effectiveness of art-based interventions in reducing stress among mental health professionals working in a shared war reality. The 4th International Conference on Mental Health and Human Reselience, April, Rome, Italy.

2018 **Segal- Engelchin, D.** & Sarid, O., Huss, E. Effectiveness of CB-art intervention in reducing disaster-related stress among directly and indirectly exposed individuals. 39th STAR Conference Stress Anxiety and Resilience, July, Lublin, Poland.

2018 Yeshua-Katz, D., **Segal-Engelchin, D.**,& Shvarts, S. Hierarchy of Female Hair Loss Stigma: Media Portrayals of Cancer, Ringworm and Alopecia Areata in Israeli Newspapers, July, Lublin, Poland. (Poster)

2018 Aizen-Pichich, T. & **Segal-Engelchin**, D. The experience of home among women living with a widowed spouse and his young children. 9th Congress of the European Society on Family Relations, September, Porto, Portugal.

Invited Lecture

Segal-Engelchin, D. Jen, S., & Erera P. (2018). Parenting in hetero-gay families: Motivations, assumptions, gender and culture. International Research Workshop of the Israel Science Foundation - Pathways and barriers to the transition to parenthood: Existential concerns regarding fertility, pregnancy, and early parenthood, March, Bar-Ilan University, Israel.

Prof. Ilana Shoham-Vardi

Publications

Levaot Y, Meiri G, Dinstein I, Menashe I, & **Shoham-Vardi I**. (2018). Autism Prevalence and Severity in Bedouin-Arab and Jewish Communities in Southern Israel. *Community Ment Health J*. . doi: 10.1007/s10597-018-0236-x. [Epub ahead of print]

Nahum Sacks K, Friger M, **Shoham-Vardi I**, Spiegel E, Sergienko R, Landau D, & Sheiner E. (2018). Prenatal exposure to preeclampsia as an independent risk factor for long-term cardiovascular morbidity of the offspring. *Pregnancy Hypertens*. Jul;13:181-186. doi: 10.1016/j.preghy.2018.06.013. Epub 2018 Jun 18.

Yuval Bar-Asher S, Shefer A, **Shoham-Vardi I**, Sergienko R, Wolak A, Sheiner E, & Wolak T. (2018). Routine blood tests during pregnancy for predicting future increases in risk of cardiovascular morbidity. *Int J Gynaecol Obstet*. Jul 6. doi: 10.1002/ijgo.12592. [Epub ahead of print]

Spiegel E, **Shoham-Vardi I**, Goldbart A, Sergienko R, & Sheiner E. (2018). Maternal Asthma Is an Independent Risk Factor for Long-Term Respiratory Morbidity of the Offspring. *Am J Perinatol*. Sep;35(11):1065-1070. doi: 10.1055/s-0038-1639507. Epub 2018 Mar 29.

Frenkel Y, Shalev L, **Shoham-Vardi I**, Sergienko R, Wolak A, Sheiner E, Walfisch A, & Wolak T. (2018). Early Postpartum Hemoglobin Less Than 10 g/dL Is Associated with Future Maternal Atherosclerotic Morbidity. *J Womens Health (Larchmt)*. Mar 27. doi: 10.1089/jwh.2017.6611. [Epub ahead of print]

Spiegel E, **Shoham-Vardi I**, Sergienko R, Landau D, & Sheiner E. (2018). The association between birth weight at term and long-term endocrine morbidity of the offspring. *J Matern Fetal Neonatal Med*. Mar 7:1-5. doi: 10.1080/14767058.2018.1443440. [Epub ahead of print]