

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



A toast for new graduating doctorates. Left to right: Dr. Yael Damri, Prof. Dorit Segal-Engelchin, Prof. Julie Cwikel and Dr. Ephrat Cohen-Newman

Annual Report – 2017

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 2017

1. **Name of the Center:** THE BEN-GURION UNIVERSITY OF THE NEGEV
CENTER FOR WOMEN'S HEALTH STUDIES AND PROMOTION

2. **Center Directors:** Prof. Julie Cwikel, PhD, The Charlotte B. and Jack J. Spitzer
Department of Social Work

3. **Center Advisory Board**
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Prof. Aya Biderman, MD, Family Medicine
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Prof. Ora Kofman, Department of Behavioral Sciences
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Prof. Orly Sarid, Department of Social Work
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Prof. Shifra Shvarts, Faculty of Health Sciences
Dr. Yanna Shraga, Department of Social Work
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Jerusalem
Dr. Ofer Emanuel Edelstein, Department of Social Work
Ms. Maayan Fine, Department of Social Work
Mr. Avigdor Kaner, Department of Social Work

4. Center Steering Committee

Prof. Aya Biderman, MD, Family Medicine

Prof. Julie Cwikel, Charlotte B. and Jack J. Spitzer Department of Social Work

Prof. Ilana Harman-Boehm, MD, Internal Medicine

Dr. Efrat Huss, Charlotte B. and Jack J. Spitzer Department of Social Work

Ms. Orly Liberman, Recanati School of Nursing

Prof. Orly Sarid, Department of Social Work

Prof. Dorit Segal-Engelchin, Charlotte B. and Jack J. Spitzer Department of Social Work

Prof. Ilana Shoham-Vardi, Department of Epidemiology

The Center Thanks its Supporters: Toda Raba!

Our supporters over the years have always surprised and delighted us with their generosity and vision. We would not have been able to keep a Center such as ours going without their support, which allows us to innovate and advocate on behalf of women in the Negev and their families. This year marks the 17th year of activities in the Center and we cannot thank them enough for believing in our vision and supporting our work. We believe that what we do with the help of our dedicated donors and staff contributes to the quality of life here in the Negev and makes it a better place for all Israelis. It is our policy not to mention donors by name to preserve their privacy. However, if you are coming to Israel this year we would be proud to show you our work and meet you personally.



Center Research and Community Activities

We invite you to read our 2017 annual report, which describes the research and community activities of the Center, now in its eighteenth 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 pages <https://www.facebook.com/womcen/> and <https://www.facebook.com/groups/633330470104885/> that helps to bring about an interaction with local and international community of researchers, women and BGU university staff and students.

In November this year, Ms. Limor Niego, the director of Mom-to-Mom (Em-le-Em) left for maternity leave. We wish her Mazal Tov on her expanding family! We were joined by Ms. Ilana Schmidt, who is filling in for Limor while she is on maternity leave.



Ms. Limor Niego, MSW



Ms. Ilana Schmidt

Research Activities

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 will compare the psychological and physiological effects of art making on a tablet using a stylus as compared to using traditional drawing materials. This will be 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 premature infants, with children with developmental delays or who have 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. 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), Dr. Giora Galili (Open University) & Dr. Billie Sandak (Computer Science, Weizmann Institute). This is supported by a grant from a private donor.

Chernobyl effects, 31 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, 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). 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 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 30+ 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 the FSU, immigrants from other countries (e.g. Ethiopia, North and South America, Western Europe, North African/Asia), and native-born Israelis.

In addition, we are collecting data from the second generation (children of exposed persons) through personal interviews and an internet survey. This coming year we will be analyzing these different data sets. Collaborating on this research initiative are: Prof. Michael Quastel (retired), Prof. Michael Friger, Prof. Eyal Sheiner, Dr. Gil Gutvirtz, Ruslan Seriengko (all of 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 for partial or complete baldness resulting from irradiation for ringworm in childhood. Despite the large numbers of women suffering from baldness, this issue has 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 resulting from irradiation for ringworm in childhood on women, including

historical and psycho-social perspectives using a mixed method, qualitative and quantitative research design. It is hope that the 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 ISF.

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

Post-Partum Depression

This research focuses 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.

CB-ART (cognitive behavioral and art-based interventions strategies), collaborative work 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 continued to test their workbook-based protocol, called WAWA (Why Are We Anxious?) that works well with 34 new mothers around common anxieties that present during pregnancy and in the post-partum period. Our analyses show that it is effective in reducing symptoms of anxiety, stress and depression in the post-partum period. 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.

Art-Based Trauma Assessment for Women in the Army

We continue to analyze the data collected on sources of stress and resilience of students who served in the Israel Defense Forces (IDF). We hope this initiative will further our understanding of the impact of combat and non-combat army-related experiences on how women return to "normative" roles in society. This study was funded by the Brandeis University's Hadassah-Brandeis Institute and is being jointly conducted by Dr. Ephrat Huss and Prof. Julie Cwikel. We are now preparing a paper for publication on how stress is expressed through different aspects of art-making.

EMDR training for Psychotherapists in Isha Be-shela in Memory of Aileen Epstein Whitman, z'l

Aileen Whitman z'l was an early and enthusiastic supporter of women's health research in the Center. She was a beautiful and warm-hearted person who was a central figure in the Philadelphia chapter of AABGU. She always brought grace and gentle intelligence to any event that she attended.

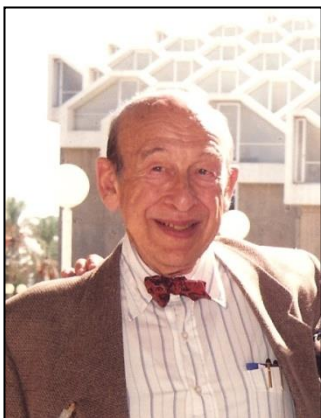
She is survived by her two children: Barbara Epstein Sivan and Charles Epstein and her daughter-in-law Roslyn Epstein, who asked us to commemorate her through expanding the training of our psychotherapists in our Isha Be-Shela psychotherapy project. In October 2017 we opened a training course for psychotherapists in Isha be-shela in EMDR (Eye Movement Desensitization and Reprocessing), an integrative method of treatment proven its efficiency in treating verity of mental issues regarding trauma and anxiety. Dr. Udi Oren, head of the Israeli EMDR Institute, was the lecturer and Ms. Shula Brin and Ms. Shoshanah Kreisel were the instructors. Twelve psychotherapists took the course and were all informed of the generous and touching way that Aileen's family honored her memory.



Aileen Whitman z'l and Prof. Julie Cwikel

Dr. Udi Oren, Prof. Julie Cwikel and
participants of the course

Annual Student Prize in Memory of Prof. John Goldsmith



Prof. Goldsmith z'l was an internationally known expert in Environmental Health and Occupational Medicine who joined the Faculty of Health Sciences from Berkeley California in 1979. To honor his memory, his family and friends have established a fund to award a student prize to an outstanding student who has made a significant contribution through their original research in the fields in which Prof. Goldsmith was active: environmental health, occupational health, methods in epidemiology and biostatistics and methods for evaluating the impact of environmental pollutants. These topics often overlap with women's health issues and the promotion of women in the sciences.

This year we have two Goldsmith prize winners: Dr. Aviad Hadar, an M.D student making a significant contribution to health policy and Mr. Olabiyi Aderemi Obayomi, a BGU student originally from Nigeria who studies in Jacob Blaustein Institute for desert research. They will present their research and receive the prize in a seminar they will organize in their faculties.

Goldsmith Memorial Prize Recipients: 2010-2017

Name of Scholar, Year of Prize	Title of Research	Department, Degree
Dr. Aviad Hadar (2017)	Using Science in Environmental Health Policies in Israel	M.D student
Olabiyi Aderemi Obayomi (2017)	"Effect of Treated Wastewater Irrigated Soil Properties on the Survival of Pathogens and Fecal Indicators and Their Potential to Contaminate Vegetable Crops"	The Jacob Blaustein Institute. for Desert Research
Dr. Iftach Sagy (2016)	"Effect of temperature on ER visits from kidney stones during the month of Ramadan".	Resident in Internal Medicine, MD and PhD in Health Systems Management.
Helena Furman (Krasnov) (2015)	"Dynamics of particulate matter from desert dust: integration of retrospective & prospective analyses with linkage to human health in an arid urban environment".	PhD Dep. of Geography and Environmental Development
Zainab Heidar Mahmoud Tayeh (2015)	"Mechanism of Action of <i>Asteriscus Graveolens</i> as an Anticancer Agent."	MA Dep. of Geography & Environmental Development, Sde Boker

John-Michael Davis (2013)	"The informal e-waste system of Israel-Palestine: Contexts, problems and ways forward."	PhD, Dep. of Geography Memorial University MA, Environmental Studies, Ben-Gurion University
Maayan Yitshak-Sade (2013)	"Air pollution and Cardiovascular Risk Factors, Morbidity and Mortality: Spatial & Temporal Associations."	PhD, Faculty of Health Sciences
Sarit Oriel-Levy (2012)	"The Importance of Understanding the Neurobehavioral Deficit Caused by Early Exposure to Organophosphate Pesticide during Early Brain Development on Mice."	PhD Dep. of Psychology
Alina Vodonos (2011)	"Developing a Questionnaire for Assessing Exposure to Risk Factors for Adverse Pregnancy Outcomes: a Validation Study."	MPH
Naama Buzaglo (2011)	"Was the Military Operation 'Cast Lead' a Risk Factor for Preterm Deliveries?"	MA, Emergency Medicine
Michal Ruzal-Mendelevich (2010)	"Particle Grouping, a New Method for Reducing Emission of Sub-Micron Particles From Diesel Engines."	PhD, Dep. of Environmental Engineering

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

Nava Dihi-Tabu: (Jointly supervised by Prof. Dorit Segal-Engelchin and Prof. Jonathan Anson): "Endogamy and Homogamy: Jewish Marriage Market in Early 21st century"

Shimrit Engelsman: PhD candidate has finished collecting data on: "The birth experiences of Haredi Israeli women". She is supervised by Dr. Ephrat Huss and Prof. Julie Cwikel. She has prepared two papers from her research for publication, one was accepted and one is awaiting a final answer.

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."

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 fathers. Avigdor is now in the final stage of writing his thesis. Avigdor is being supervised by Prof. Dorit Segal-Engelchin and Prof. Julie Cwikel.

Noa Kfir-Levin: The rehabilitation community as experienced by both rehabilitants and therapists: The "Hiram" case. Supervised by Prof. Dorit Segal-Engelchin. Noa presented her preliminary findings at several international conferences.

Meital Simhi: Meital is exploring 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 has finished her data analysis and is now in the final stages of writing up her thesis. She is jointly supervised by Profs. Orly Sarid and Julie Cwikel.

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 starting to collect data.

Nirit Volk: She is now 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. Nirit presented part of her findings at a conference on Organizing Children's Services in Hong Kong this September. This year she is a teaching assistant in the practicum course on Treatment of Women, together with Prof. Cwikel.

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.

Ramit Biran: Ramit will be studying the effect of CB-ART on coping among mothers with maternal stress, either from a premature infant, a child born with a developmental disability or coping with post-partum depression.

MD Student

Ayala Froynd: Jointly supervised by Prof. Dorit Segal-Engelchin with Prof. Shifra Shvarts. "Women in the medical profession and in the medical academy in Israel - from gender discrimination to professional equality -Examining processes of change.

MSW student

Noa Berezin :The psychological adjustment of female soldiers to combat roles. Supervised by Prof. Dorit Segal-Engelchin

Graduate Students Creating New Research in Women's Health

Congratulations to two new graduating doctorates, Dr. Ephrat Cohen-Newman (here in the photo with Prof. Julie Cwikel) and Dr. Yael Damri (shown on the front cover of this report). These two young researchers both work as social workers in Soroka University Medical Center and have both researched different aspects of parenting with complicated research designs on parents and children. Dr. Ephrat Cohen-Newman researched the strategies mothers use to help their adolescent daughters prevent the development of eating disorders. Dr. Damri's research examined parental reflectivity among parents with and without children with attention-deficit disorders. Yashar Koach!



Congratulations to PhD Student Hagit Rodruigez, who was supervised by Prof. Lea Kacen, for receiving the Whitman Scholarship.

Marking the Second International Maternal Mental Health Day

The Center joined colleagues overseas and in Israel to mark the second international maternal mental health day on the 4th of May, 2017. The center held a warm-line all day long. Prof. Julie Cwikel and Ms. Limor Niego received phone calls from mothers who had questions in subjects relating to PPD, child development etc. and passed those phone calls to professionals such as psychiatrists, psychotherapists, midwives and specialists in child development.



Prof. Julie Cwikel and Ms. Limor Niego answering questions on the warm line



המרכז לחקר וקידום בריאות האישה
The BGU Center for Women's Health Studies and Promotion



In honor of

The 2nd World Maternal Mental Health Day

The BGU Center for Women's Health Studies and Promotion

Announces a one-day **Warm-line**

Operated by mental health professionals (psychologists, psychotherapists, midwives, psychiatrists, educators and specialists in child development)

who will be answering questions on matters of mental health for mothers

Warm-line numbers: +972-8-6477562\3

Thursday, May 4th, 9:00-15:00

<http://in.bgu.ac.il/en/humsos/womcen/Pages/default.aspx>

For more details: womcen@bgu.ac.il



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 555 new mothers and trained over 230 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.



Ms. Hadas Porat, an emotional instructor for new moms in a lecture "when moms meet"

We also continued running our morning mothers' group, 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.



Morning lecture for new moms on massaging babies with Ms. Silvia Sitbon, mom-to-mom volunteer

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, the difficulties aside moments of pleasure, the needs, the pressure and the wishes in the world of study and work. How to speak of career inside relations and family and how to speak about family in employment field. How to use the skills we acquire as mothers to our employment and vice versa.

Activism for Public Policy Change to Promote Maternal Mental Health

This year, Prof. Cwikel joined with representatives of WIZO Israel (the Division of Public Policy and Government Relations) 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 six times over the course of 2017 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 this year will be collaborating with us on the 3rd International Maternal Mental Health Promotion Day in May 2018.

Mom to Mom coordinators

A gathering of Mom to Mom coordinators was held by Mom to Mom from Jerusalem on November 19th. Prof. Julie Cwikel and Ms. Ilana Schmidt 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)

Activities for Mom to Mom volunteers

Aside from monthly guiding, our dear volunteers take part in enriching workshops.

This July we hosted a prosperity workshop with Mr. Dotan Grably, a business coach.

In Rosh Hashanah we hosted Ms. Debbie Iancu-Haddad in a workshop about "Humor and weight issues". Debbie is a researcher of culture and humor. She presented her new book on diet and humor.



Sad farewells

In September this year our colleague and friend, **Dalia Peretz** passed away. Dalia was a devoted nurse at the maternity ward in Soroka Hospital and since 2007 also our contact person with new mothers giving birth at Soroka. She recommended the new mothers to contact Mom to Mom in order to get support, whether in workshops with other mothers or through a volunteer mother. We will miss Dalia's big heart, her endless giving and positive energy. We will cherish her memory.

Ms. Simcha Dror replaced Dalia Peretz z"l in the hospital and starting October she is our ears and eyes in the maternity ward.



Left to right: Limor Niego, Julie Cwikel
and Dalia Peretz z'l



Prof. Esther Iecovich, from the Gerontology and the Study of Aging Division in the Faculty of Health Sciences, passed away on October 2017. She was on the Center's advisory board and had collaborated with several Center researchers. Prof. Iecovich was a pioneer in field of gerontology in Israel. She started her academic career relatively late at the age of 49 after a very successful career in management of institutional services for the elderly. In 1998 she was accepted as a lecturer in Spitzer Department of Social Work at BGU and in less than 20 years she moved up the rank of Full Professor. Her research dealt with the voluntary sector in the field of gerontology, the evaluation of services for the elderly while focusing on vulnerable populations such as Holocaust survivors, those who are home bound and disabled elderly. She will be sorely missed and her memory is an inspiration to many researchers, academics and advocates for the elderly.

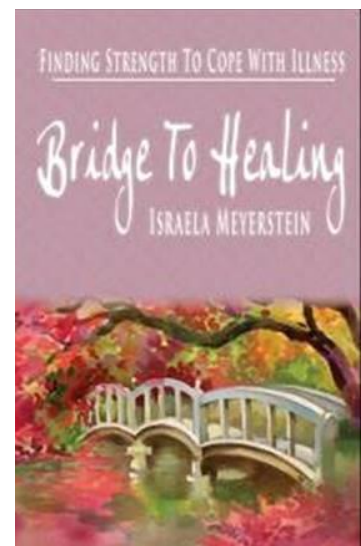
Isha Be-Shela – Counselling Service for Women and Men in the Negev

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 nine years. During these years, this service has become a well-known and highly regarded mental health service in the Negev. This is reflected in both the growing number of clients who seek our counselling services and in the growing 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.



This year we strengthened our research capacity by developing a set of questionnaires for conducting research to evaluate the efficacy of the Isha Be-Shela. This new research emphasis has received ethics approval and we will soon be collecting data on such baseline issues such as sleep disturbances, anxiety, depression and stress.

Every year we bring a special lecturer to give a seminar to our psychotherapists in a subject related to therapy. On May 12th Ms. Israela Meyerstein gave a seminar in the subject of "Post-traumatic Growth (from the national to the personal to the professional): Implications for Therapists". Post-traumatic growth is a striking phenomenon that can emerge out of crisis and trauma. The seminar examined what factors are conducive to Post-traumatic growth, as well as what psychotherapists can do to foster it in their clients. Israela also presented her new book "Bridge to Healing" about coping with illness.



A special lecture

Prof. Yori Gidron, a medical psychologist, expert in the neuro-psychology of trauma, from Lille university in France, gave a lecture in the subject of "the effect of guided writing disclosure on different aspects of health". With other researchers Prof. Gidron examines the effects of guided written disclosure of stressful experiences on clinic visits and symptoms in frequent clinic attenders. One of his related researches deals with The Effects of Guided Written Disclosure on Psychological Symptoms among Parents of Children with Cancer.



Prof. Yori Gidron



Lifetime achievement award



We would like to congratulate **Prof. Aya Biderman** from the Faculty of Health Sciences at Ben-Gurion University who received a Lifetime achievement award from the Israeli association of family physicians on March 2017. The award is for her contribution to founding and establishing of family medicine in the Negev. Prof. Biderman is an important part of the Center's Advisory Board. (photo from BGU website).

The 2017 prize (20,000 CHF) of the Foundation de Myriam de Senarclens

We congratulate **Dr. Johanna Czamanski-Cohen** from the School of Creative Arts Therapies in the University of Haifa. Dr. Czamanski-Cohen received the 2017 prize of the Foundation de Myriam de Senarclens on psychosocial obstetrics for her study: "CB-ART: The reduction of psychological stress and its physiological correlates in women undergoing in vitro fertilization (IVF)". This study follows her doctorate which was conducted in the frame of The Center for Women's Health Studies and Promotion at Ben-Gurion University and the IVF unit at Soroka Hospital. This continuation study is being carried out in collaboration with our Center, Haifa University and Soroka Hospital (Dr. Iris Har-Vardi).

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, will explore the development of feminist treatment in Israel and worldwide, will bring studies in this field and will deal with aspects of theory and clinical practice. It will consist of 14 chapters: historical aspects and feminist treatment, studies about women and parenting, theoretical issues in treatment, clinical practice and case studies.

The annual conference of the BGU Center for Women's Health Studies and Promotion

The conference will be held on this coming February but planning has continued all through this year. The plenary lecture and a half-day workshop will be given by Prof. Laura S. Brown, of Seattle Washington, a leading feminist therapist and forensic psychologist, Also giving two workshops is dance therapist and mindfulness therapist, Yael Schweitzer, MSW, LCSW ,BC-DMT from Portland, Oregon. The emphasis of the conference is on women's health, mental health, sexuality and advances in treatment. These two visitors from the USA are being joined by leading researchers, physicians and therapists from Israel and together we have created an exciting, ground-breaking conference program.



שלישי, 13.2.2018 - אולם כנסים ב'



אוניברסיטת
בן-גוריון בנגב

המחלקה לעבודה סוציאלית
ע"ש שרלוט ב' וג'ק ג'
שפיצר



המרכז לחקר וקידום
בריאות האישה
The BGJ Center for Women's Health
Studies and Promotion

8:30-9:00 התכנסות

9:00-10:30 מושב מליאה
ברכות

הרצאת מליאה - פרופ' לורה ס. בראון (ניהרצאה תועבר באנגלית)
היבטים חדשים על נשים, טראומה וטיפול

Plenary lecture- Prof. Laura S. Brown
New Insights into Women, Trauma and Treatment

10:30-12:00 מושב ראשון- בריאות האישה ובריאות הנפש
נעמה שקד-לוי, תהיי לי בריאה: על מגדר ובריאות
ד"ר טלי פרנקל, פוסט טראומה לאחר לידה: זיהוי, מניעה,
ומיתון הסיכון לפגיעה בקשר אם-תינוק
פרופ' איה בידרמן, נשים וגברים ברפואת המשפחה

12:00-12:45 הפסקה וארוחת צהריים קלה

13:00-14:30 מושב שני- מיניות ואתגרים בטיפול
ד"ר נלי שטיין, מסתורי הגן הנעלם – סיפורו של הדגדגן
ד"ר ענב פרידמן ופרופ' ג'ולי צוויקל, שיווק ה"שיאגרה":
השקפות של גברים ונשים על תשוקה מינית של נשים
ד"ר תמר כוסף, לחזור למרכז- מיניות לאחר לידה

המרכז

לחקר וקידום בריאות האישה
מזמינכם לכנס

בריאות האישה- בריאות הנפש, מיניות ואתגרים בטיפול

שלישי-רביעי, כ"ח-כ"ט בשבט, תשע"ח
13-14 בפברואר 2018
*(ניתן להירשם רק ליום אחד או לשני הימים)

הקמפוס ע"ש מרקוס
אוניברסיטת בן-גוריון בנגב

[לתשלום](#)

[להרשמה](#)



14:30-14:45 הפסקת קפה

14:45-16:15 סדנאות מקבילות (מיקום יעודכן בהמשך)
א. פרופ' אורלי שריד- CB-ART- שימוש בגישה קוגניטיבית התנהגותית ושימוש בציור לשינוי דימויים שליליים
ב. חנה לפידות- מסע האישה בתפיסה היונגיאנית וביטוי בסרט "אישה אחרת" של וודי אלן
ג. יעל שוייצר- מיינדפולנס וחמלה כגישה לטיפול במצבי חולי וטראומה

רביעי, 14.2.2018

סדנאות

9:00-16:00 אולם כנסים ב'

יעל שוייצר- מיינדפולנס בתנועה יצירתית - לרווחת המטפל וככלי טיפולי

9:00-13:00 אולם כנסים א'

פרופ' לורה ס. בראון- היבטים פמיניסטיים בטיפול בטראומה (תועבר באנגלית)
Prof. Laura S. Brown- Feminist Issues in Trauma Treatment

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 2017.

Prof. Julie Cwikel

Publications

Slusky, D. A. , **Cwikel**, J. Quastel, M.R. (2017). Chronic diseases and mortality among immigrants to Israel from areas contaminated by the Chernobyl disaster: a follow-up study. *International Journal of Public Health*. DOI 10.1007/s00038-017-0941-1

Cwikel, J. Segal-Engelchin, D. & Niego, L. (2017). Addressing the needs of new mothers in a multi-cultural setting: An evaluation of home visiting for new mothers - Mom to Mom (Negev). *Psychology, health and medicine*. 1-8.

Submitted

Prins - Engelsman, S. **Cwikel**, J. & Huss, E. Unique aspects of pregnancy and childbirth experiences among Ultra-Orthodox women in Israel. (revised and resubmitted to Nashim)

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

Sarid, O, Shrager Y. **Cwikel** J, Pereg A. & Reuveni H. Ethno-cultural origins, health beliefs and mothers' behavior regarding infant vaccinations. Submitted to Health Promotion International.

Czamanski-Cohen, J., Sarid, O., **Cwikel**, J., Har-Vardi, I. Are there preferred coping and communication strategies while undergoing IVF, and do cognitive behavioral interventions help? Submitted to Anxiety, Stress and Coping.

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.

In Preparation

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

Meital Simhi, Elisheva Leiter, Aviva Yoselis, Rachel Libenson, Julie **Cwikel**, Orly Sarid. Haredi Women's Health Status and Health Behaviors in Israel: A Review

Research Grants

2014-2017: Preferences and barriers to treatment for post-partum depression among Israeli women. Joint project with Prof. Orly Sarid, Israeli National Institute for Health Policy Research.

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.

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 Gutvirtz, Mr. Ruslan Sergienko, & Dr. June Hare. Private donor.

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 (University of Haifa), co-investigators: Prof. Orly Sarid & Dr. Iris Har-Vardi

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). Private Donor

Submitted Grants

2015-2017: Office of the Prime Minister: Using marketing strategies to increase the choices and employment of women in STEM industries (science, technology, engineering and mathematics). Together with Dr. Enav Friedmann, Bar Ilan University. Not granted.

2017: DFG (Germany Science Foundation). "Intimate partner violence care and treatment preferences in post-partum women". Co-investigators: Susan Garthus-Niegel, Dresden, Germany, Head of Department of Epidemiology and Women's Health, Institute and Outpatient Clinics of Psychotherapy and Psychosomatic Medicine; Julia Schellong, Dresden, Germany, Head of Department of Trauma related Disorders, Institute and Outpatient Clinics of Psychotherapy and Psychosomatic Medicine, & Prof. Orly Sarid. Not granted.

2017: ISF- Meta-synthesis of Eye Movement Desensitization and Reprocessing (EMDR) Case Studies, Co-P.I. Dr. Merav Rabinovich, Ashkelon College. Pending.

Lectures and conferences

2017 **Cwikel, J. Scientific chair and organizer of the 3rd Ph.D. students in Social Work**, National Conference, Ben Gurion University of the Negev. February 7, 2017

2017 **Cwikel, J.** "Developing Biogas Systems for Agricultural and Environmental Safety Purposes in Rural Communities in Unrecognized Bedouin Settlements in Israel: The role of women in community development". Final MERC conference on biogas systems, Dead Sea, Jordan, February 20-12, 2017

2017 **Cwikel, J.** "Women's ways of coping". Lecture for single mothers. WIZO, Beer Sheva. June 4, 2017

2017 Mordoch-Volk, N. & **Cwikel, J.** "Relationships between Mothers of Sexually Abused Survivors and Their Daughters' Therapists". New Perspectives for Outcome-

Prof. Aya Biderman

Receiving family physician's advice and the 'stages of change' in smoking cessation among Arab minority men in Israel. Daoud N, Hayek S, **Biderman** A, Mashal A, Bar-Zeev Y, Kalter-Leibovici O. Fam Pract. 2016 Dec;33(6):626-632. Epub 2016 Sep 2.

PMID: 27591746

Out of sight, out of mind? Does terminating the physical presence of a geriatric consultant in the community clinic reduce the implementation rate for geriatric recommendations. Freud T, Punchik B, **Biderman** A, Peleg R, Kagan E, Barzak A, Press Y. Arch Gerontol Geriatr. 2016 May-Jun;64:115-22. doi: 10.1016/j.archger.2016.01.010. Epub 2016 Jan 25. PMID: 26849347

Does Specializing in Family Medicine Improve the Detection and Diagnosis of Mental Health Problems? Hornik-Lurie T, Cwikel J, Zilber N, Feinson MC, **Biderman** A, Lerner Y. Isr J Psychiatry Relat Sci. 2016;53(1):63-70. PMID: 28856882

Dr. Leeat Granek

Granek, L. & Nakash, O. (2017). The impact of militarism, patriarchy and culture on Israeli women's reproductive health and well-being. *International Journal of Behavioral Medicine*. doi: 10.1007/s12529-017-9650-7

Granek, L., Nakash, O., Carmi, R. (2017). Women's Health in Israel. *The Lancet*, 389(10088), 2575-2578. .

Dr. Tzipi Hornik-Lurie

Publications

Katz, G. Kunyovsky, Y. **Hornik-Lurie**, T. Raskin, S. and Abramowitz, M.Z. (2017) Impulsivity, sensation seeking, and Anhedonia as possible explanations for Cannabis abuse comorbidity among first psychotic episode inpatients. *Journal of Addiction Research Therapy* 8(2): 318 (5 pages). Doi 10.4172/2155-6105.1000318 IF=1,40;

Zerem Ullman, Z. **Hornik-Lurie**, T. and Reichenberg, A. (2017) A population-based study of premorbid scholastic achievement among patients with psychiatric disorders. *Psychiatry Research*, 253: 281-286. IF=2,466; SJR= Q1 – 1,235

Weizman, E., Kozminsky, L. and **Hornik-Lurie**, T. (2017) Students speak for themselves: On the interrelations between self-advocacy and contextual dimensions. *Helkat Lashon: A Journal for Applied Linguistics, Linguistic Education and Literacy*, 50: 117-138 [in Hebrew]

Conference Posters

Presented in the 12th Annual Conference on Health Policy, Tel-Aviv, Israel. **Subject:** Heknezer, L. Moran, G. Shakev, A. Rechev, L. and **Hornik-Lurie, T.** Implementing Recovery Oriented Interventions in a Psychiatric Hospital.

Invited Lectures

The third national conference of doctoral students of Social Work, BGU, Beer-Sheva Israel. "Innovation in social work research" invited plenary speech [In Hebrew].

Research Grants

2016-2017: 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".

Dr. Ephrat Huss

Publications

Huss, E., (2017). Art Therapy in International Aid. How critical theories can help. Inscape.

Horowitz, B. & **Huss E.** (2017). Using Internet based Arts to promote Inter-generational Meetings between Young People and Senior Citizens. *Journal of Applied Arts and Health* (JAAH) Vol. 7 (3) pp. 297-311.

Gilboa-Negari, Z. S, Abu-Kaf, S. PI, **Huss, E.** PI, Hain, G. C, & Moser A. C. Medical clowning in cross-cultural perspective: Comparison of its effectiveness in reducing anxiety and pain among hospitalized Bedouin and Jewish Israeli children. *Journal of Pain Research* (accepted).

Huss, E & Engelsman, S. (2017). The self-defined experience of secular foster-care services for ultra-religious women in Israel: Using phenomenology to create cultural sensitive services. *Children and Youth Services Review*. 21-Jun-2017(accepted)

Huss, E. & Horowitz, B. 2017. Arts as an ecological method to enhance quality of work experience of health care staff: A phenomenological hermeneutic study *International Journal of Qualitative Studies on Health and Well-being* (In press)

Kaufman, R. Mizrachi, T. **Huss, E.** (2016). Asymmetric Learning in an International Aid. Under review in *International Social Work*.

Zackai, M. & **Huss, E.** (2017). The Meaning of Flowers: a Cultural and Perceptual Exploration of Ornamental Flowers. *Open Journal of Society* (in press) .

Dr. Michal Liebergall-Wischnitzer

Publications

Michal **Liebergall-Wischnitzer**, Nava Braverman C, David Shveiky C, Anita Noble C. (2017). Obstetric Anal Sphincter Injuries and the Role of the Midwife. *The practicing midwife*, 20(4):28-30.

Iris Shlain, Yuval Lavy, Revital Arbel, David Shvieky, Anna Woloski Wruble, Michal **Liebergall-Wischnitzer** . Urinary incontinence type, symptoms, and quality of life: A comparison between grand multipara (GMP) and non-grand multipara (NGMP) women aged 50 and older. *Japan journal of nursing science*. Accepted for publication.

Ordan, R., Shor, R., **Liebergall-Wischnitzer, M.**, Noble, L.M., Noble, A. (2017). Nurses' Professional Stigma and Attitudes towards Postpartum Women with Severe Mental Illness. *Journal of Clinical Nursing*. doi: 10.1111/jocn.14179. Accepted online November 17, 2017.

Ofra Halperin, Anita Noble, Shosh Balachsan, EsterKlug, Michal **Liebergall-Wischnitzer**.(2017). Association between severities of striae gravidarum and Obstetric Anal Sphincter Injuries (OASIS). *Midwifery*, 54, 25-28. (Impact factor :1.948, Nursing rank: 14/116)

Invited

2017 Raz, I. Liebergall-Wischnitzer, M. National Israeli nursing committee conference, Tel Aviv. Midwifery session moderators.
Liebergall-Wischnitzer,M. On the organizing committee of the National Israeli nursing committee conference.

Conferences

2017 Third European congress on intra partum care: Making Birth Safer, Stockholm, Sweden. Halperin Ofra, Noble Anita, **Liebergall-Wischnitzer, M** (presented). Is There an Association between Striae Gravidarum and 3rd & 4th Degree Perineal Tears? ePoster.

2017 Halperin Ofra, Noble Anita, **Liebergall-Wischnitzer, M** (attend). Is There an Association between Striae Gravidarum and 3rd & 4th Degree Perineal Tears. Israeli nursing committee conference, Tel Aviv

Prize

2017 Faculty of Medicine Prize for outstanding teachers in pre-clinical teaching for the year (2016-2017)

Submitted Grants

2017: submitted to the journal: *Clinical Interventions in Aging*. Name of manuscript: Chronic pain in a community dwelling elderly population – an observational study. Together with Prof Roni Peleg, MD- Department of Family Medicine, Ben-Gurion University of the Negev, Dr Yan Press, MD- Department of Family Medicine, Ben-Gurion University of the Negev, Mrs Ariela Keren, RN MN- Nursing Department, Recanati School for Community Health Professions, Ben-Gurion University of the Negev.

Prof. Orly Sarid

Publications

Slonim-Nevo V, **Sarid** O, Friger M, Schwartz D, Greenberg D, Sergienko R, Vardi H, & Odes S. (2017). Effect of threatening life experiences and adverse family relations in ulcerative colitis: Analysis using structural equation modeling, and comparison with Crohn's disease. *European Journal of Gastroenterology & Hepatology*, 29(5), 577-586.

Isralowitz R, **Sarid** O, Dagan A, Grinstein-Cohen O & Reznik A. (2017). Alcohol consumption among female university students in Israel: a cross sectional study of background characteristics and drinking patterns. *International Journal of Mental Health and Addiction*, 1-8

Sarid O, Slonim-Nevo V, Friger M, Schwartz D, Greenberg D, Sergienko R, Vardi H, & Odes S. (2017). Gender differences in predictors of satisfaction with life and coping strategies in a self-selected cohort of adult patients with Crohn's Disease. *Plos One*, 12 (2), e0172779.

Odes S, Friger M, Sergienko R, Schwartz D, **Sarid** O, Slonim-Nevo V, & Greenberg D. (2017). Simple pain measures reveal psycho-social pathology in patients with Crohn's disease. *The World Journal of Gastroenterology*, 23(6), 1076.

Sarid O, Slonim-Nevo V, Friger M, Schwartz D, Greenberg D, Sergienko R, Vardi H, & Odes S. (In Press). Daily hassles score associates with the somatic and psychological health of patients with Crohn's disease. *Journal of Clinical Psychology*.

Isralowitz R, Reznik A, **Sarid** O, Dagan A. Grinstein-Cohen O, Yeflach-Wishkerman V. (2017). Religiosity as a substance use protective factor among female college students. *Journal of Religion & Health*. DOI 10.1007/s10943-017-0521-y.

Slonim-Nevo V, **Sarid** O, Friger M, Schwartz D, Greenberg D, Sergienko R, Vardi H, & Odes S. (In Press). Effect of social support on psychological distress and disease activity in inflammatory bowel disease patients. *Inflammatory Bowel Diseases*.

Conferences

2017 **Sarid O**, Slonim-Nevo, V, Vardi, H, Schwartz D. Greenberg D, Friger M, Odes S. Impact of psychosocial variables on the activity of inflammation bowel disease: Crohn's disease. Inflammation bowels diseases, 12th congress of ECCO, 15-18 February, Barcelona, Spain.

2017 **Sarid O**, & Segal Engelchin D. Art Therapy for treatment of distressful memories and images: 12th International conference on the arts in society, 14-16 June, the American University of Paris, Paris, France.

2017 **Sarid O**, & Segal Engelchin D. Art based intervention effectiveness on stress among Nepalese people indirectly exposed to the Nepal earthquake. 6th International conference on medical and nursing education, 6-7 November, Vienna, Austria.

2017 **Sarid O**, Piguet V, Kossovsky M, Desmeules J, Allaz AF, Cedraschi C. La douleur dessinée par le patient comme indice de l'impact psychologique de la douleur chronique. *Congrès de la Société Suisse pour l'Etude de la Douleur (SSED)*, 6 octobre, Lausanne, Swiss.

2017 **Sarid O**, Piguet V, Kossovsky M, Desmeules J, Allaz AF, Cedraschi C. Comprendre l'impact psychologique de la douleur chronique: différentes manières de considérer le point de vue du patient. *Congrès de la Société Française pour l'Etude de la Douleur (SFETD)*, 16-18 Novembre, Nice, France.

Prof. Dorit Segal-Engelchin

Publications

Segal-Engelchin, D., Kaufman, R., Huss, E., & Amos, O. (2017). Impacts of an intensive macro-oriented social work program on first year students' values, practice preferences, and sense of practice competence. *The British Journal of Social Work*, 47, 2346–2363 (IF= 1.33; Q1 Social Work 17/42).

Cwikel, J., **Segal-Engelchin, D.**, & Niego, L. (2017). Addressing the needs of new mothers in a multi-cultural setting: An evaluation of home visiting support for new mothers – Mom to Mom (Negev), *Psychology, Health & Medicine*, DOI: 10.1080/13548506.2017.1363896 .

Conferences

Sarid O, & **Segal-Engelchin, D.** (2017). Art therapy for treatment of distressful memories and images. The 12th International Conference on the Arts in Society, June, The American University of Paris, Paris, France.

Segal-Engelchin, D., Kaufman, R., Huss, E., & Amos, O. (2017). Evaluation of a first-year BSW program incorporating macro-focused field training and service learning into the curriculum. EASSW-UNAFORIS European Conference, June, University Paris- Descartes, Paris, France.

Kfir-Levin, N., & **Segal-Engelchin, D.** (2017). The rehabilitation community as experienced by rehabilitants: The Hiram case. The 6th European Conference on Mental Health, October, Berlin, Germany.

Segal-Engelchin, D. & Sarid, O. (2017). Art-based intervention effectiveness on stress among Nepalese people indirectly exposed to the Nepal earthquake. The 6th International Conference on Medical & Nursing Education, November, Vienna, Austria.

Prof. Ilana Shoham-Vardi

Publications

Sherf Y, Sheiner E, **Shoham Vardi I**, Sergienko R, Klein J, Bilenko N. (2017). Like mother like daughter: low birth weight and preeclampsia tend to reoccur at the next generation. *J Matern Fetal Neonatal Med.* Dec 7:1-7.

Daoud N, Sergienko R, O'Campo P, **Shoham-Vardi I.** (2017). Disorganization Theory, Neighborhood Social Capital, and Ethnic Inequalities in Intimate Partner Violence between Arab and Jewish Women Citizens of Israel. *J Urban Health.* Oct;94(5):648-665.

Wainstock T, **Shoham-Vardi I**, Sheiner E, Walfisch A. (2017) Fertility and anogenital distance in women. *Reprod Toxicol.* Oct;73:345-349.

Wainstock T, Walfisch A, **Shoham-Vardi I**, Segal I, Harlev A, Sergienko R, Landau D, Sheiner E. (2017). Fertility treatments and pediatric neoplasms of the offspring: results of a population-based cohort with a median follow-up of 10 years. *Am J Obstet Gynecol.* Mar;216(3):314.e1-314.e14.

Students graduating in 2017

Zvi Perry (PhD) (with Prof. Solly Mizrachi).

Thesis: Characterizations of the Patients Who Had Laparoscopic Gastric Banding Procedure in Specific Surgical Sub-Populations and Does it Affect the Surgical Outcomes.