

Curriculum Vitae

Gihan ELNahas, M.D., Ph.D.

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Profile

Professor of Psychiatry with over 30 years of clinical, academic, and research experience in General Psychiatry, specializing in Women’s and Perinatal Mental Health. Recognized for sustained contributions on national, regional, and global levels in advancing women’s mental health.

Academic & Clinical Appointments

I have combined academic leadership, clinical service, and research, focusing on developing Women’s and Maternal Mental Health as a subspecialty. My work contributed to improved standards of care, advanced training programs, and evidence-based public health initiatives.

Contribution to the World Psychiatry Association

Active member of the WPA, particularly the Women’s Mental Health Section. Participated in recent WPA World Congresses: 21st WCP-Hybrid 2021, 22nd WCP-Bangkok 2022, MENA Regional Congress Alexandria, and 25th WCP Prague 2025. Delivered three pre-congress courses on Perinatal Psychopharmacology; chaired, co-chaired, and presented in multiple scientific sessions. Co-author of the WPA Guideline on Mobile Health, AI, and Digital Technologies (2026, in press).

Co-authored article titled "Current Status and Future Directions of the WPA Section on Women's Mental Health." In press with World Psychiatry.

Collaborated with WPA sections, including ECP and Digital Psychiatry.

International Leadership Roles

- President-Elect, International Association for Women’s Mental Health.
- Regional Representative–(MENA), International Marce Society Perinatal Mental Health (2021–Present).
- Key contribution to the organization of the first-ever Global Webathon, ‘Women’s Mental Health in Bloom,’ in collaboration with leading partners: RCPsych UK, RANZCP,

Regional Leadership Roles

National Leadership & Advisory Roles

Editorial Roles

**Pedagogical contributions
Research and Selected Publications**

- Lancet Commission on WMH, WPA, WARMI Latin America, and the Indian Psychiatric Association (March 7-8, 2026).
- Former Regional Director (MENA) for the International Union Against TB and Lung Disease Bloomberg Global Tobacco Control Initiative (2007-2015).
 - International Faculty of Project Management for Public Health of the International Management and Development Program–Vital Strategies-USA. Delivered trainings and assisted national programs in Kenya, Kyrgyzstan, Guam, Rwanda, Lebanon, Egypt, and Brazil (2012-2018)
 - Previous roles with WHO-EMRO and Country Office (2005–2007).
 - Active networking with colleagues in Oman, KSA, Qatar, and Tunisia.
 - Chair of the Women Mental Health Chapter of the Arab Federation of Psychiatrists (2024–present).
 - Regional Lead of the MENA webinar—Part of the Global WMH Webathon on WMH in Bloom, March 7th, 2026.
 - Founder and Chair, Women’s Mental Health Interdisciplinary Program, Ain Shams University (2014–present).
 - Advisor, Safe Women National Program (2021–present).
 - Supervised the development of the National Medical Internship Program (Maternal Mental Health Integration, 2024).
 - Former Consultant to the Minister of Health (Addiction Hotline 2000–2002)
 - Executive Manager of the UNDP Drug Abuse Prevention Program (1999–2000).
- Associate Editor, Journal of Technology in Behavioral Science (JTIBS) (official journal of the Coalition for Technology in Behavioral Science), starting 2026.
- Senior Collaborator, Global Burden of Disease Network (IHME, University of Washington).
- Chief Editor and Coordinator of the first IAWMH/AACME-accredited online course on Psychopharmacology in Pregnancy and Lactation (15 CME hours).
 - Developed and delivered national and international teaching programs in Perinatal Mental Health.
 - Championed the inclusion of Women’s and Perinatal Mental Health training in postgraduate and continued professional development curricula at the Neuropsychiatry Dept.
 - Editorial of BJP-I: EDITORIAL Perinatal mental health beyond rhetoric: the need for a global transformative response (in press)

Honors

Language Skills

- Global, regional, and national burden of suicide, 1990–2021: a systematic analysis for the Global Burden of Disease Study 2021." *The Lancet. Public Health* 10 (2025): e189 - e202.
 - Global incidence, prevalence, years lived with disability (YLDs), disability-adjusted life-years (DALYs), and healthy life expectancy (HALE) for 371 diseases and injuries in 204 countries and territories. *The Lancet*, 2024.
 - World Psychiatric Association Mobile Health, Artificial Intelligence and Digital Technologies Guideline: Improving, Accessing Quality & Effectiveness Worldwide 2026 (in press)
 - Women's Mental Health Lessons from COVIDn19 Pandemic, 2023.
 - Perinatal Psychoactive Substances Use — A Rising Concern, 2023
 - International Fellowship - American Psychiatric Association (2025)
 - Letter of Recognition - WHO Director General (2007)
- English (excellent spoken and written) and Arabic (native).