

**Name: Cochava Sharon**

**Date: Feb, 2024**

## **CURRICULUM VITAE AND LIST OF PUBLICATIONS**

### **Personal Details**

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Name: Cochava Sharon  
Telephone number at work: 097750340  
Telephone number at home: 097676114  
Cellular Phone: 0509177737  
E-mail: [cochi@mishpat.ac.il](mailto:cochi@mishpat.ac.il)

### **Education**

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#### **Postdoctoral**

2023-Present Department of Nursing, Tel Aviv University.  
Name of advisor: Dr. Michal Itzhaki.  
Title: Learning Technologies. Interventional Research.  
Candidate in the final admission stage.

#### **Teaching Certificate**

2020- 2022 Certificate of Teaching in Biology Specialization in Nutrition and Health Promotion. Department of Education. Ariel University.

#### **Ph.D**

2016-2020 School of Health Science, Ariel University.  
Name of advisors: Prof. Yair Shapira and Prof. Talma Kushnir.  
Title of thesis: Effects of Mindfulness-Based Stress Reduction Training on levels of stress, mindfulness, sleep quality and health-related quality of life, among women with newly diagnosed breast cancer.

2015-2016 Doctoral seminar. Department of Nursing, Tel Aviv University.

2012-2015 Completing a Thesis, Department of Nursing, Tel Aviv University.  
Name of advisors: Prof. Nili Tabak and Prof. Silvia Koton  
Title of thesis: Examining the relationship between knowledge and attitudes to health and responsiveness to periodic health surveys by female nurses in Israel.

#### **M.H.A.**

2007-2009 Master of Health Administration.  
School of Business Administration & Sackler Faculty of Medicine. Tel Aviv University.

- B.A.**        2005-2007     Department of Nursing, Tel Aviv University
- R.N.**        1985-1989     Registered Nurse Diploma, Meir Medical Center, Kfar Saba, Academy of Nursing.

**Additional Information**

**Post basic course (Professional courses)**

- 2008        Adult Emergency Medicine
- 2000        Clinical training
- 1998-1999   Intensive care

**Continuing Education**

- 2011        GCP (Good Clinical Practice) course for managing clinical research
- 2006        Advanced Trauma Life Support (ATLS), Meir Medical Center
- 2002        Health care information systems, Israeli Medical Information Systems
- 2000        Course for Clinical Tutors
- 1998        ACLS (Advanced Cardiovascular Life Support), Magen David Adom, in conjunction with Tel Aviv University
- 1995        Course in electro cardiac monitoring, Shahal Medical Services
- 1994        Nursing Refresher Course, Beit Berl College

**Projects**

- 2016-2018   Develop and implement of “Yedion” program for Clalit Health Services Nursing Schools.
- 2017-2018   Conduct project that validated questions from deferent clinical eras for exams at the Meir Nursing School.

**Academic Ranks and Tenure in Institutes of Higher Education**

<b>Dates</b>	<b>Name of Institution and Department</b>	<b>Rank/Title/Function</b>
2022- Present	The Department of Nursing The Academic College of Law and Science	The head of the nursing department Senior Lecturer
2022- Present	The Department of Nursing, Tel Aviv University, Israel.	Teacher Part-Time
2020- Present	Meir Campus Nursing Academy. Tel Aviv University, Israel.	Lecturer and Course Coordinator: "Clinical Training".

2014- Present	The Department of Nursing, School of Health Professions, Ariel University, Israel.	Lecturer and Course Coordinator: "Nursing of Older Adults" and "Emergency and Trauma Nursing".
2007- Present	Meir Campus Nursing Academy. Tel Aviv University, Israel.	Lecturer and Course Coordinator: "Nursing of Older Adults" and "Emergency and Trauma Nursing". (Job in the standard).
2017-2018	Department of Nursing, Ruppin Academic College, Israel	Teacher.
2015-2017	Department of Nursing. The Academic College of Israel in Ramat Gan.	Teacher.

## Professional Activities

### Positions in academic administration (Departmental, Faculty and University)

- 2016- Present Teacher at Department of Nursing. Tel Aviv University.  
The Academic Track for Nursing Studies.
- 2014- Present From 2016 Lecturer Department of Nursing. School of Health Professions, Ariel University.  
Lecturer and Course Coordinator: "Nursing of Older Adults" and "Emergency and Trauma Nursing". The Department of Nursing. Ariel University. Responsible for 22 doctors and nurses who teach the above courses.
- 2007- Present Lecturer at Meir Campus Nursing Academy. Tel Aviv University.  
Coordinator and Lecturer in Courses: "Nursing of Older Adults" and "Emergency and Trauma Nursing". Responsible for 22 doctors and nurses who teach the above courses.

### Professional functions outside universities/institutions (inter-university, national, international)

- 2018- Present Developing simulation-based examinations conducted at MSR- Israel Center for Medical Simulation, Sheba Tel-HaShomer Medical Centre, in Post basic courses (Professional courses): Adult Emergency Medicine and Intensive Care.
- 2016-2017 Nursing Director of the Department of Emergency Medicine. Meir Medical Center, Kfar Saba.

2014-2016	Writing questions for the matriculation exam in the medical sciences. 10th-12th grades. Ministry of Education.
2011-2016	Course coordinator and senior teacher for Health Sciences at Midreshet Noam, Kfar Saba. Responsible for preparing 10-12 <sup>th</sup> graders for matriculation exams.
1992-2009	Registered Nurse- Department of Emergency Medicine, Meir Medical Center, Kfar Saba
1989-1992	Registered Nurse- Department of Surgery A, Meir Medical Center, Kfar Saba.
1990-1996	Regional School Nurse, Karnei Shomron.

### Significant professional consulting

2019- Present	Member of the University Disciplinary Committee/ Ariel University.
2013-2014	Member of "Sedation" Committee. Ministry of Health.

### Membership in professional/scientific societies

2014-2022	Membership of the Israeli Association for Research in Nursing.
2011- Present	The Israeli Association of Emergency Medicine.
2010- Present	Responsible for writing parts of the national exam for registered nurses – the Ministry of Health.
2006- Present	Nursing Education Organization
1989- Present	Israel Nurses Association.
2012-2014	Member of the "Law and Ethics" Committee, School of Nursing. Tel Aviv University.

### Educational activities

#### Courses taught in Recent Years

Dates	Name of Course	Type of Course	Level	Name of Institution
2022- Present	"Together"	Teacher	Bachelor's degree	Tel Aviv University
2020- Present	Clinical training	Course coordinator and Lecturer	Post basic course (Professional courses)	Meir Campus Nursing Academy
2019- Present	Research Seminar in Nursing	Teacher - Mandatory	Bachelor's degree	Tel Aviv University
2018- Present	Advanced Practice in Nursing	Lecturer - Mandatory	Bachelor's degree	Ariel University
2017- Present	Emergency and Trauma Nursing	Course coordinator and Teacher - Mandatory	Bachelor's degree	Tel Aviv University

2017- Present	Preparation for the clinical field in: Emergency and Trauma Nursing	Course coordinator in Simulation training-Mandatory	Bachelor's degree	Tel Aviv University
2016- Present	Nursing of Older Adults	Course coordinator and Teacher - Mandatory	Bachelor's degree	Tel Aviv University
2016- Present	Nursing of Older Adults.	Clinical Practicum Teacher Mandatory	Bachelor's degree	Tel Aviv University
2016- Present	Clinical Skills in Nursing	Teacher - Mandatory	Bachelor's degree	Tel Aviv University
2016- Present	Preparation for the clinical field in: Nursing of Older Adults	Course coordinator in Simulation training-Mandatory	Bachelor's degree	Tel Aviv University
2015- Present	Emergency and Trauma Nursing	Course coordinator and Lecturer - Mandatory	Bachelor's degree	Ariel University
2015- Present	Emergency and Trauma Nursing	Course coordinator in Clinical Practicum-Mandatory	Bachelor's degree	Ariel University
2015- Present	Preparation for the clinical field in: Emergency and Trauma Nursing	Coordinator in Simulation training-Mandatory	Bachelor's degree	Ariel University
2014- Present	Nursing of Older Adults	Course coordinator and Lecturer - Mandatory	Bachelor's degree	Ariel University
2014- Present	Nursing of Older Adults	Course coordinator in Clinical Practicum-Mandatory	Bachelor's degree	Ariel University
2014- Present	Preparation for the clinical field in: Nursing of Older Adults	Coordinator in Simulation training-Mandatory	Bachelor's degree	Ariel University
2007- Present	Nursing of Older Adults.	Course coordinator and Lecturer - Mandatory	Registered Nurse	Meir Campus Nursing Academy
2007- Present	Emergency and Trauma Nursing	Course coordinator and Lecturer - Mandatory	Registered Nurse	Meir Campus Nursing Academy
2007- Present	Nursing of Older Adults.	Clinical Practicum-Mandatory	Registered Nurse	Meir Campus Nursing Academy
2007- Present	Clinical Skills in Nursing	Lecturer - Mandatory	Registered Nurse	Meir Campus Nursing Academy
2007- Present	Preparation for the clinical field in: Nursing of Older Adults	Course coordinator in Simulation training-Mandatory	Registered Nurse	Meir Campus Nursing Academy

2007- Present	Preparation for the clinical field in: Emergency and Trauma Nursing	Course coordinator in Simulation training- Mandatory	Registered Nurse	Meir Campus Nursing Academy
2018- 2021	Advanced Clinical Practicum- - Higher Division	Teacher - Mandatory	Bachelor's degree	Tel Aviv University
2007- 2021	Advanced Clinical Practicum- Higher Division	Lecturer - Mandatory	Registered Nurse	Meir Campus Nursing Academy
2007- 2017	Law and Ethics in Nursing	Lecturer - Mandatory	Bachelor's degree	Meir Campus Nursing Academy
2007- 2014	Interpersonal Communication	Teacher - Mandatory	Registered Nurse	Meir Campus Nursing Academy

### **Supervision of Research Students**

2022- Romario Mater, B.A. Degree, Department of Nursing, Tel Aviv University

2022- Firas Dow, B.A. Degree, Department of Nursing, Tel Aviv University

2021- Shai Falmon, B.A. Degree, Department of Nursing, Tel Aviv University

2021- Irish Navatov, B.A. Degree, Department of Nursing, Tel Aviv University

2020- Uri Vsdei, B.A. Degree, Department of Nursing, Tel Aviv University

2020- Shikma Jezreeli, B.A. Degree, Department of Nursing, Tel Aviv University

### **Additional Information**

Masters student in a research track.

2022- Mytal Kashi, M.A. Tel Aviv University.

Name of advisor: Dr. Sigalit Warszawski. Department of Nursing, Tel Aviv University.

Consultant. Examines the research thesis and gives a score.

### **Scientific Publications**

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#### **Articles**

##### **Refereed International Journals (English)**

1. **Sharon, C & Green, G, (2023).** Nursing Students' Life-Threatening Clinical Simulations: Promoting Critical Thinking and Satisfaction. *Journal of Nursing Education*. Accepted .

2. **Sharon, C.**, Green, G.,<sup>†</sup> & Gendler, Y. (2022). The communication challenges and strength of nurses' intensive Corona care during the two first pandemic waves: A qualitative study. *Applied Nursing Research*. Accepted
3. Green, G., Gendler, Y., <sup>†</sup> & **Sharon, C.** (2022). Fighting for life and losing": COVID 19's patients' death experiences of nursing staff working in the Intensive Care Unit during the two first outbreaks: A qualitative study. *INQUIRY: The Journal of Health Care Organization, Provision, and Financing*. Accepted

<sup>†</sup> = Equal contribution.

4. Green, G., Tesler, R., & **Sharon, C.** (2021). Perceived Efficiency Outcomes, Sources and Awareness of Online Health Information among the Elderly during COVID-19. *International Journal of Environmental Research and Public Health*. IF – 3.39, Q1.

#### Published refereed National Journal (Hebrew)

5. Green, G., & **Sharon, C.** (2021). Assessment of online health literacy, education levels and health status among elderly during covid-19 periods: Mixed methods (quantitative and qualitative), *Journal Body of knowledge*, 20(22), 41-50.

#### Articles titles under review

6. **Sharon, C.** (2022). Effects of Mindfulness-Based Stress Reduction Training on levels of stress, mindfulness, sleep quality and health-related quality of life, among women with newly diagnosed breast cancer. *Journal Ment Health Nurs*. Under review.
7. **Sharon, C.**, Hochvald-Halevi I & Green, G. (2023). High-Fidelity Simulation Enriched Clinical Technologies' Effectiveness and Learning Satisfaction Among Nursing Students: Mixed Methods Design. *Educational technology research and development*. IF – 4.8, JR - 37/125, Q1. Under review.
8. Green, G., Madar, G., Tesler, R., & **Sharon, C.** (2023). The impact of a workshop for improving eHealth literacy, reducing health anxiety, and promoting Internet use as a health-management aid among seniors in nursing homes. *Digital Health*. Under review. IF – 4.8, JR - 54/109, Q1. Under review.

#### Additional Scientific Publications

##### **Final reports**

Green, G., Madar, G., & **Sharon, C.** (2023). The effect of a workshop to improve digital health literacy among the elderly living in nursing homes. Ariel University. (in Hebrew).

### **Unrefereed professional articles and publications**

1. Bakal. O., & Sharon. C. (2012). "The Skill in Guidance". A spiral model for teaching patient guidance in the School of Nursing, Meir Medical Center, Kfar Saba. Published in "*The Mirror –A View to Nursing Education*".

### **Lectures and Presentations at Meetings and Invited Seminars not Followed by Published Proceedings**

1. Lecture at the Faculty Seminar, October 2020, Ariel University.  
Title of Lecture: Effects of Mindfulness-Based Stress Reduction Training on levels of stress, mindfulness, sleep quality and health-related quality of life, among women with newly diagnosed breast cancer.

### **Presentation of papers at conferences/meetings**

(Oral or poster)

<b>Date</b>	<b>Name of Conference</b>	<b>Authors names</b>	<b>Place of Conference</b>	<b>Subject of Lecture/Discussion</b>	<b>Role</b>
2024	7th European Region Sigma Conference 2024	Cochava Sharon Gizell Green	Bournemouth University, UK		
2023	Entrepreneurship and Innovation in Nursing	Cochava Sharon Gizell Green, Riki Tsler, Galit Madar	Ariel University, Israel	Improving eHealth Literacy Skills Among Elderly Residents in Nursing Homes	Teacher
2016	14 <sup>th</sup> Conference of the Israeli Association for Research in Nursing	Cochava Sharon	Israel	Examining the relationship between knowledge and attitudes to health and responsiveness to periodic health surveys by female nurses in Israel	Teacher
2008	15 <sup>th</sup> annual conference of the Israeli Society for Quality in Medicine	Cochava Sharon	Israel	Ways to Improve Quality and Safety in Medical Treatment	Poster

## **12. Lectures and Presentations at Meetings and Invited Seminars**



## **Synopsis of research, including reference to publications and grants in above lists**

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### **Effects of Mindfulness-Based Stress Reduction Training on levels of stress, mindfulness, sleep quality and health-related quality of life, among women with newly diagnosed breast cancer**

#### **Abstract**

##### **Background**

Breast cancer is the most commonly diagnosed cancer in women, in Israel and abroad, as far as morbidity cases and cancer mortality causes (Ministry of Health, 2019). Although detection of breast cancer is relatively good in developed countries, in 2018, it remained the fifth cause of death among all cancers (Bray et al., 2018). The difficulties of coping with the crisis, involved in detection and ramifications of the illness, cause mental and physical distress that affect the patients' quality of life (Brandao, Schulz & Matos, 2016). Recognition of the importance of nurturing health related quality of life alongside the medical treatment, has led to development of therapeutic mind-bodytherapies. Mind-body therapies have become, in recent years, an integral part of treatments that assist the patients. Mindfulness Based Stress Reduction (MBSR) is presented in the professional literature as efficient intervention for dealing with the illness symptoms and quality of life of breast cancer patients. The key components of the MBSR are present-moment awareness, non-judgmental attitude, non-reactive, and acceptance. (Haller et al., 2017). To the researcher's best knowledge based on the professional literature broadly surveyed, the efficacy of MBSR intervention has not been studied yet among newly diagnosed breast cancer patients at the pre surgical treatment period. Before medical and surgical decision-making.

##### **Research Objectives**

The first and primary objective of the research was to examine the link between mindfulness and the health-related quality quality of life and sleep quality, among newly diagnosed breast cancer patients, with the tress level mediating between mindfulness and the health-related quality of life and sleep quality. The second objective of the research was to examine the effect of participation in an intervention program based on MBSR principles as soon as possible after diagnosis and prior to surgical treatment, upon levels of mindfulness, quality of sleep, stress level and health-related quality of life, among newly diagnosed breast cancer patients. Comparison between the research groups and the control group was done at two points in time.

##### **Method**

The randomized controlled trial included 103 newly diagnosed breast cancer patients at stages 0 to III, who had been referred to the breast clinic at Meir Medical Center, Kfar Sava, between April 2019 and June 2020, and were required to undergo surgical treatment (lumpectomy or mastectomy). The participants were approached, on average, one to four weeks after receipt of the diagnosis and before the surgical treatment. They were randomly assigned to two groups. Intervention group: 70 participants were invited to participate in MBSR intervention before the surgical treatment. The wait-control group: 33 participants who, upon joining the study were invited to participate in the MBSR intervention up to six months later. . The research data were collected from the surgeon that had provided the diagnosis to the patients, from the medical records and through a self-reporting questionnaire composed of four validated measures: , quality of sleep PSQI (Pittsburgh Sleep Quality Index), –perceived stress(PSS - Perceived Stress Scale); mindfulness (FFMQ - Five Facet Mindfulness Questionnaire) and health related quality of life (Whoqol-Bref). Socio-demographic personal details were also collected through self-reports. The four measures were administered at two points of time: after receipt of the diagnosis and before the intervention plan, and at follow up, up to 6 months after performance of the exercise.

##### **Results**

70 participants (68%) underwent MBSR intervention and 33 participants (32% of the sample), were assigned to the control group. The age range of the participants was 32 to 85. No significant differences were found between the group that had were assigned to the MBSR intervention, and the control group, regarding all variables: age, marital status, number of children, nationality, level of religiosity, education, employment (working/not working) and average wage. Most

participants were diagnosed at the early stages of the disease 0-I). This distribution of the participants reflects the characteristics of the general population of new breast cancer patients in Israel (Israel Cancer Association, 2019) and the world (De Ligt et al., 2019; Offidani et al., 2017). The research results concerning the associations between the study variables confirmed nine out of ten research hypotheses fully. Only one hypothesis as to stress level as a mediating the addociations between mindfulness and sleep quality, was partially confirmed. The hypotheses related to differences between the research and control group, at two points of time, were also fully confirmed.

The study uniqueness (to the best knowledge of the researcher's) stems from three innovations. First, for the first time, we examined the associations between the study indices among new breast cancer (mindfulness and stress, quality of sleep and health related quality of life). Second, for the first time, we conducted prospective randomized controlled study of the efficacy of MBSR intervention among new breast cancer patients In terms of the effects on mindfulness levels, stress, sleep quality and health-related quality of life. These were assessed at two points of time: immediately after receiving the diagnosis of breast cancer and before treated with surgery, and up to 6 months later, at the end of the follow up period.. The third innovation is the test of the "mediation model". The fidings support the hypothesis that stress partially mediated the association between .mindfulness and sleep quality and health related quality of life.

### **Conclusions**

To the researcher's best knowledge, the current study is the first experimental study of its kind which examined the efficiency of MBSR intervention among newly diagnosed breast cancer patients, as soon as possible after receipt of the breast cancer diagnosis and before undergoing the surgical treatment. Additionally, the study tested a theoretical model that links mindfulness and health-related quality of life and sleep, with stress as the mediating variable. The study results showed that the stress level partially mediated the association between mindfulness and the health-related quality of life and sleep quality. In addition, the results of the current study show significant effects of MBSR intervention upon levels of stress, mindfulness, health-related quality of sleep and quality of life, between two points of time: the first measurement and the second measurement.

Based on the study findings, it is suggested that newly diagnosed breast cancer patients can benefit from participating in interventions based on MBSR principles, as soon as possible after receipt of the breast cancer diagnosis and before undergoing the surgical treatment, as supplementary treatment for coping with the diagnosis, symptoms and treatment of breast cancer, and for promoting health-related quality of life and sleep quality.

### **Research Grants**

Received grant	Impact of a workshop to improve digital health literacy among seniors living in the city of Ariel. Funding fund: Ariel University.	\$12000
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### **Present Academic Activities**

#### **Present Research**

Research subject: The effect of digital health literacy improvement workshop among the elderly. Conducting with Dr. Green, Gand Dr. Galit, M. Expected date of completion 1/2/2024

#### **International research (Co-Investigators)**

Study title: Testing the Relationships of Healthcare Staff Profile of Caring, Negative Experience of Pandemic, and Outcomes of Turnover and Sick time.

®Protocol for 2022-2023 international study of the Profile of Caring

Protocol (and associated survey) updated and reviewed by CSIC leadership: April 21, 2021

For questions about this protocol, contact John Nelson at [john@healthcareenvironment.com](mailto:john@healthcareenvironment.com)

### **More Research**

1. Effects of Mindfulness-Based Stress Reduction Training on levels of stress, mindfulness, sleep quality and health-related quality of life, among women with newly diagnosed breast cancer. Status, writing article.
2. Geriatrics - Online health literacy, among the third and fourth age. Status, writing article.
3. Emotional states and behavioral outcomes among nurses that take care of COVID-19 patients during the outbreak in Israel: intervention study. Status, data analysis.
4. Emotional states and behavioral outcomes among nurses that coping with death of COVID-19 patients during the fourth outbreak in Israel: intervention study. Status, data collection.
5. The relationship between knowledge and attitudes and health behavior in cigarette and narghile smoking Among nursing students. Status, data collection.
6. Using simulation experiences to increase student nurses' confidence. Status, data collection.

### **• Future planned research**

1. Research subject: Impact of Mindfulness-Based Stress Reduction Training on levels of stress, sleep quality and health-related quality of life, among nursing students During Clinical Training in the Hospital.