

Name: Rinat Lifshitz

Date: 06.08.2023

CURRICULUM VITAE

1. Personal Details

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2. Higher Education

A. Undergraduate and Graduate Studies

Period of Study	Name of Institution and Department	Degree	Year of Approval of Degree
2013 - 2016	Ben-Gurion University of the Negev, Israel Public Health (Gerontology) and Communication Studies	Ph.D	2017
2010 - 2011	Tel Aviv University, Israel Labor Studies Thesis Dissertation completion Cum Laude	M.A.	2011
1998 - 2000	Webster University, U.S.A, Management Summa Cum Laude	M.A.	2000
1995 - 1998	Tel Aviv University, Israel Labor Studies Cum Laude	M.A.	2011
1992 - 1995	Ben-Gurion University of the Negev, Israel Behavioral Studies (Psychology, Sociology and Anthropology) Cum Laude	B.A.	1996

B. Post-Doctoral Studies

Period of Study	Name of Institution, Department and Host	Degree	Year of Completion
2016 - 2018	Tel-Aviv University, Israel, Herczeg Institute on Aging Host: Prof. Dov Shmotkin	Post-Doc	2018

C. Professional Education (Non-Academic)

Period of Study	Name of Institution and Department	Program Topic
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2006 - 2007	Gevim – Mediation Education Center Herzelia	Mediation - Basic course
2007 - 2008	Gevim – Mediation Education Center Herzeliain in collaboration with Israel Ministry of Justice	Practicum in Mediation – advance training course

3. Academic Ranks and Tenure in Institutes of Higher Education

Dates	Name of Institution and Department	Rank/Position
2022 - present	Yezreel Valley Academic College, Department of Health Systems Management and Department of Gerontology	Senior Lecturer
2022 - present	Yezreel Valley Academic College, Department of Gerontology	Student Advisor
2002 - present	The Open University of Israel Department of Management and Economics	MBA course coordinator and teaching Fellow
2020 - present	The Open University of Israel Department of Management and Economics	Teaching Fellow
2012 - 2022	Ben-Gurion University of the Negev, Israel, Department of Public Health (Gerontology), the Department of Communication and the Department of Management	Teaching Fellow
2016 - 2018	Tel-Aviv University, Israel Herczeg Institute on Aging	Research Fellow
2002 - 2016	Sapir Academic College, School of Communication and the Department of Technological Marketing	Teaching Fellow

4. Offices in Academic Administration

Dates	Name of Institution and Department	Rank/Position
2022 - present	Yezreel Valley Academic College, Department of Gerontology	Student Advisor

2022 - present	Yezreel Valley Academic College, The Interdisciplinary Center for the Study of Aging	Research Fellow
2022 - present	Yezreel Valley Academic College, Scholarship Committee	Member
2020 - present	The Open University of Israel Department of Management and Economics	MBA course coordinator - Current issues in HRM
2019 - 2021	Ben-Gurion University of the Negev, Israel Public Health (Gerontology)	Internship coordinator – Managing nursing homes

5. Scholarly Positions and Activities outside the Institution

Dates	Name of Institution and Department	Rank/Position
2022-2023	German - Israeli Minerva School "Social networks and health inequalities in ageing societies"	Co - investigator
2021 - present	Tmicha - Israel Association for Palliative Care	Board member
2013 - present	Israel Gerontological Society (IGS)	Membership
2020 - present	The Kappy and Eric Flanders National Palliative Care Resource Centre, Ben-Gurion University of the Negev	Co - investigator
2020 - present	Israel Ministry of Health	Co - investigator
2018 - 2020	The National Palliative Care Program in Israel - Israel Ministry of Health, Department of Geriatrics in collaboration with Eshel Joint - Israel	Head of training programs for health professionals
2018	A working group on "Transgenerational Transmission of Trauma in Descendants of Victims of Nazi Persecution" Cologne, Germany Funded by the Foundation of Remembrance, Responsibility and Future, and the Federal Foreign Office in Germany	Co - investigator
2013-2016	Israel Communication Association (ISCA)	Membership

Years	Reviewing for Refereed Journals
2023	Ageing and Society
2023	Aging and Mental Health
2022	BMC Psychiatry

Years	Reviewing for Thesis
2022	MA Program in Clinical Psychology of Adulthood and Aging, Faculty of Social & Community Sciences, Ruppin Academic Center, Emek Hefer, Israel

6. Participation in Scholarly Conferences

Active Participation

International Conferences

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion	Role
November 2023 – upcoming	Building bridges, catalyzing research, empowering all ages.	The Gerontological Society of America (GSA) 2023 Annual Scientific Meeting, Tampa, Florida, U.S.A	Later Life as a Daring Experience: Factors Associated with Older Adults' Risk Perception	Poster presentation
November 2023- upcoming	Building bridges, catalyzing research, empowering all ages.	The Gerontological Society of America (GSA) 2023 Annual Scientific Meeting, Tampa, Florida, U.S.A	Resilience and Vulnerability in Geriatric Medical Centers During an Ongoing Health Crisis.	Poster presentation
September 2023	German-Israel Minerva School 2023 Social	Dortmund, Germany	Networks and health inequalities in ageing societies	Oral presentation and work groups
September 2023	Age and Care Graz 2023: Aging in a Caring Society? Theories in Conversation	the Center for Interdisciplinary Research on Aging and Care (CIRAC), University of Graz in Austria	Later Life as a Daring Experience: Factors Associated with Older Adults' Risk Perception and Care Practices	Oral presentation
April, June and October 2018	Transgenerational Transmission of Trauma in Descendants of Victims of Nazi Persecution	Cologne, Germany	Offspring of Holocaust Survivors (OHS) - 2 nd and 3 rd generations: aging and cumulative adversities	Oral presentation

July 2016	3 rd International Sociological Association (ISA) Forum of Sociology	Vienna, Austria	Information and Communication Technology (ICT) and well-being: Living under continues threats.	Oral presentation
July 2016	3 rd International Sociological Association (ISA) Forum of Sociology	Vienna, Austria	Risk Perception in Later life: The Internet use as a buffer	Oral presentation

National Conferences

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion	Role
May 2023	The 15 th Annual Health Conference	Tel Aviv, Israel	Resilience and Vulnerability in Israeli Geriatric Medical Centers During an Ongoing Health Crisis and Continuous Uncertainty	Poster presentation
December 2022	The Annual Conference of Palliative Care	Ramat Gan, Israel	From despair to hope at the end of life	Chair
July 2022	24 th Biennial Meeting of Israel Gerontological Society	Tel Aviv, Israel	Contact Between Adult Children and Parents, Emotional Closeness and Children's Life Satisfaction.	Oral presentation
July 2022	24 th Biennial Meeting of Israel Gerontological Society	Tel Aviv, Israel	Paid family caregivers - MATAV	Panel participation
July 2022	24 th Biennial Meeting of Israel Gerontological Society	Tel Aviv, Israel	Spirituality and wellbeing among older Israeli women.	Oral presentation
July 2022	24 th Biennial Meeting of Israel Gerontological Society	Tel Aviv, Israel	Later life as a daring experience: Factors explaining older adults' risk perception.	Poster presentation
February 2020	23 rd Biennial Meeting of Israel Gerontological Society	Tel Aviv, Israel	Social support as a buffer in the relationships between	Poster presentation

			risk perception and wellbeing	
February 2020	23 rd Biennial Meeting of Israel Gerontological Society	Tel Aviv, Israel	Inventory of Complicated Grief - Israeli elderly experiencing bereavement	Oral presentation
February 2018	22 nd Biennial Meeting of Israel Gerontological Society	Tel Aviv, Israel	When the hostile-world scenarios realized: the case of bereaved parents 2 nd generation of holocaust survivors	Oral presentation
February 2018	22 nd Biennial Meeting of Israel Gerontological Society	Tel Aviv, Israel	Spirituality and wellbeing in later life: A multidimensional approach	Oral presentation
July 2017	Aging in a hostile world: Resilience or vulnerability?	Herczeg Institute on Aging at Tel Aviv University, Tel Aviv, Israel	Coping with trauma as the time from its onset goes by: Findings from samples of older bereaved parents and older adults with physical disabilities.	Oral presentation
May 2017	The 12 th Annual Health Conference	Tel Aviv, Israel	Developing a new measure for evaluating risk perception in later life	Poster presentation
May 2017	The 12 th Annual Health Conference	Tel Aviv, Israel	The role of the Information and Communication Technology (ICT) in elderly's well-being	Poster presentation
April 2017	The 2017 Annual Conference Israel Communication Association	Sapir Academic College, Israel	Information and Communication Technology (ICT) in later life - A functional approach	Oral presentation
March 2017	Bi-national conference: Aging well - Tel Aviv University & Heinrich-Heine-University Düsseldorf (Conducted under the	Tel Aviv University, Tel Aviv, Israel	Living under extreme stress: the role of the Internet in later life	Oral presentation

	auspices of the Herczeg Institute on Aging, TAU			
September 2016	International workshop collaboration on: Cross-Cultural and Cross-Societal Contexts of Elder-Care: Research, Policy and Practice Implications - Supported by the Israel the Israel Science Foundation (ISF) and Pfizer	The Max Stern Yezreel Valley College, Israel	Internet use, social support and well-being in later life	Oral presentation
February 2016	21 th Biennial Meeting of Israel Gerontological Society	Tel Aviv, Israel	Internet use and well-being in later life: A midway-level approach	Oral presentation
February 2016	21 th Biennial Meeting of Israel Gerontological Society	Tel Aviv, Israel	Measuring risk perception in later life: The perceived risk scale (PRS).	Poster presentation
June 2015	The Internet and the Elders, organized by the Orange Institute for Internet Studies and the Herczeg Institute on Aging	Tel Aviv University, Tel Aviv, Israel	Internet use as promoting well-being in later life	Oral presentation
December 2013	Gerontological Data Center at the Hebrew University of Jerusalem - SHARE -Israel users conference	Tel Aviv University, Tel Aviv, Israel	An examination of the effect of subjective well-being and intergenerational transfers on the decision of individuals over the age of 55 to retire from the labor market in Israel	Oral presentation

7. Invited Scholarly lectures.

a. In Israel

Year	Name of Forum	Place of Lecture	Subject of Lecture	Role
2022	The Minister of Welfare	Israel - Zoom	Vulnerability and resilience – Holocaust survivors	Oral presentation
2022	The Minister of Welfare – Social workers training	Ramat Gan – Dimol building	Social aspects of ageing	Oral presentation
2022	The Minister of Welfare – Social workers training	Ramat Gan – Dimol building	Psychological aspects of ageing	Oral presentation
2021	Eshel – Joint Israel	Training center – Tel Hashomer Hospital	Ageing in Israel	Oral presentation

8. Research Grants

a. Grants Awarded

Role in Research	Co-Researchers	Topic	Funded by/ Amount	Year	Articles
Co-PI	Prof. Dov Shmotkin Dr. Kfir Ifrah (PI)	Aging in the face of a Hostile-World Scenario: A conceptual and empirical investigation of physical and mental health among older adults experiencing disadvantageous or distressed lives	Grant funding from the Israel Ministry of Science 30,000 NIS	2016-2017	No. 4,5,6
PI	Dr. Aya Ben Eliazar Mrs. Irit Asher	Resilience and vulnerability indicators among healthcare workers in Israeli Geriatric Medical Centers during the Coronavirus crisis.	The Open University of Israel- 40,000 NIS	2021-2022	No. 9
PI	Dr. Yuval Paldi	Age Friendly Environments –	The Israel National Institute for	2023-2025	

		Program evaluation	Health Policy and Health Research, 400,000 NIS		
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b. Submission of Research Proposals – Not Funded

Role in Research	Co-Researchers	Topic	Funded by	Year	Score
Research Coordinator	Prof. Shmotkin, D., & Dr. Bluvstein, I.	Investigating critical threats that compose hostile-world scenarios among middle-aged and older adults	Israel Science Foundation	June 2017	Very good
Researcher	Prof. Koton, S., Prof. Shmotkin, D., & Dr. Bluvstein, I.	Investigating critical threats that compose hostile-world scenarios among middle-aged and older adults: The role of attentive aging in facing life adversities	The James S. McDonnell Foundation	Jan. 2021	Good
Researcher	Dr. Bord, S., Dr. Halperin, D., Dr. Mashiach-Eizenberg, M., Dr. Arieli, D., & Dr. Darvish, T.	Evaluation study of the "Human Capital Development - Support Groups for Caregivers of the Elderly in the Community" program	National Insurance	Dec. 2021	Very good (one of two best proposals)
PI	Dr. Shamir-Balderman Orit and Dr. Shamir Michal (Co-IP)	The Role of Intergenerational Knowledge Transfer Processes	Raya Strauss Center for Family Business Research, Coller School of Management, Tel Aviv University 30,000 NIS	July 2023	Good

		in Family Firms' Organizational Learning in Israel			
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9. Teaching

a. Courses Taught in Recent Years

Year	Name of Course	Type of Course	Degree	Number of Students
2022 - present	The elder person and his family	Seminar	BA	20
2022 - present	Social policy for elders in Israel	Lecture	M.A.	33
2022 - present	Ageing and the elderly	Lecture	B.A.	150
2019 - present	Current Issues in Human Resource Management	Lecture	MA	60
2021 - 2022	The elderly and their families	Lecture	MA	60
2021 - 2022	Community-based services for older adults	Lecture	MA	60
2019 - 2022	Managing Nursing Homes	Lecture and Seminar	MA	10
2002 - 2022	Human resource management	Lecture	BA	40
2002 - 2021	Organizational behavior - Macro	Lecture	BA	20
2014 - 2021	Management and organizational behavior	Lecture	MA	40
2018-2019	Aging in a digital era	Lecture	BA	40
2018	Culture and management	Lecture	MA	20
2018	Psychology of aging	Lecture	MA	40
2016-2018	Social psychology of the Internet	Lecture	BA	40
2016-2018	Social psychology of the Internet	Lecture	BA	40
2016-2018	Psychology and organizational behavior	Lecture	BA	80
2016	Performance appraisal at work: Evolution and change	Lecture	MA	20
2015-2017	Management projects	Seminar	BA	10
2014-2018	Stress and burnout in the workplace	Lecture	BA	40

2014-2018	Managing work teams	Lecture	BA	40
2014-2018	Aspects of the workplace	Seminar	BA	20

10. PUBLICATIONS

A. Dissertation

Ph.D. Dissertation

Lifshitz, R. (2016). Internet, spirituality, and social support: Buffering the impact of threat-related stress on well-being in later life. Ben Gurion University of the Negev, Department of communication and Department of public health. Supervisors: Prof. Galit Nimrod and Prof. Yaacov G. Bachner. Number of pages: 162 (Hebrew).

M.A. Dissertation

Lifshitz, R. (2011). *An examination of the effect of subjective well-being and intergenerational transfers on the decision of individuals over the age of 55 to retire from the labor market in Israel*. Tel Aviv University, Israel. Supervisor: Prof. Haya Steir and Prof. Eli Weitz. Number of pages: 100 (Hebrew).

B. Other Scientific Publications:

Book Published

Lifshitz, R., Waismel-Manor, R. Wasserman, V. (2020). *Contemporary issues in Human Resource Management for M.B.A program – reading guide*. The Open University, Israel. Number of pages: 181 (Hebrew).

C. Articles in Refereed Journals

Published

1. **Lifshitz, R.,** Bachner, Y., & Nimrod, G. (2023). Later life as a daring experience: Factors associated with older adults' risk perception. *Journal of Gerontological Social Work*, 66(6), 793-810. <https://doi.org/10.1080/01634372.2023.2177920> [IF=2.8, Q2 in Social Science]
2. **Lifshitz, R.** (2022). Spirituality and wellbeing among older Israeli women. *Gerontology and Geriatrics, Journal of Aging Studies*, 49(1), (Hebrew). (No IF).
3. Bluvstein, I., Ifrah, K., **Lifshitz R.,** Markovitz N., & Shmotkin, D. (2021). Vulnerability and resilience in sensitive research: The case of the quantitative researcher. *Journal of Empirical Research on Human Research Ethics*, 16(4), 396-402. <http://doi.org/10.1177/15562646211027418> [IF=1.742, Q2 in Social Psychology, Citations=2]
4. **Lifshitz, R.,** Ifrah, K., Markovitz, N., Bluvstein, I., & Shmotkin, D. (2020). Inventory of Complicated Grief - Factor structure among middle-aged and older bereaved parents. *Death Studies*, 17 Feb 2020, 1-8.

<http://doi.org/10.1080/07481187.2020.1725931>

[IF= 2.245, Q2 in Clinical Psychology, Citations=5]

5. **Lifshitz, R.,** Ifrah, K., Markovitz, N. & Shmotkin, D. (2019). Do past and prospective adversities intersect? Distinct effects of cumulative adversity and the hostile-world scenario on functioning at later life. *Aging and Mental Health*, 24 (7), 1116-1125. <http://doi.org/10.1080/13607863.2019.1597014>
[IF= 3.8, Q1 in Gerontology, Citations=6]
6. **Lifshitz, R.,** Nimrod, G., & Bachner, Y. (2018). Spirituality and wellbeing in later life: A multidimensional approach, *Aging and Mental Health*, 23(8), 984-991. <http://doi.org/10.1080/13607863.2018.1460743>
[IF= 3.8, Q1 in Gerontology, Citations=39]
7. **Lifshitz, R.,** Nimrod, G., & Bachner, Y. (2016). Internet use and well-being in later life: A functional approach. *Aging and Mental Health*, 22(1),85-91. <http://doi.org/10.1080/13607863.2016.1232370>
[IF= 3.8, Q1 in Gerontology, Citations=86]
8. **Lifshitz, R.,** Nimrod, G., & Bachner. Y. (2016). Measuring risk perception in later life: The perceived risk scale. *The Journal of the American Psychiatric Nurses Association*. 22 (6), 469-474. <http://doi.org/10.1177/1078390316659910>
[IF=2.38, Q1 in Nursing, Citations=12]

In preparation

1. **Lifshitz, R.,** Bachner, Y., & Carmel, S. *Attitudes towards Suicide by Physician.*
2. Halperin, D., & **Lifshitz, R.** *The unique dialectical role of informal caregivers for an older family member.*
3. **Lifshitz, R.,** Ifrah, K., Markovitz, N. & Shmotkin, D. *Aging in the face of a hostile-world scenario: physical and mental health among older adults 2nd generation of Holocaust survivors experiencing bereavement.*

D. Articles in Conference Proceedings

Abstracts Published

1. **Lifshitz, R.,** Nimrod, G., & Bachner, Y. (2016). *Internet use and well-being in later life: A midway-level approach.* 21th Biennial Meeting of Israel Gerontological Society, Tel Aviv, Israel, February, 2016. Published by Israel Gerontological Society.
2. **Lifshitz, R.,** Nimrod, G., & Bachner, Y. (2016). *Measuring risk perception in later life: The perceived risk scale (PRS).* 21th Biennial Meeting of Israel Gerontological Society, Tel Aviv, Israel, February, 2016. Published by Israel Gerontological Society.
3. **Lifshitz, R.,** Nimrod, G., & Bachner, Y. (2016). *Information and Communication Technology (ICT) and well-being: Living under continues threats.* 3rd International

Sociological Association (ISA) Forum of Sociology, Vienna, Austria. July, 2016.
Published by the ISA.

4. **Lifshitz, R.**, Nimrod, G., & Bachner, Y. (2016). *Risk Perception in Later life: The Internet use as a buffer*. 3rd International Sociological Association (ISA) Forum of Sociology, Vienna, Austria. July, 2016. Published by the ISA.

E. Submitted Publications

1. Bar-Tur, L., Ifrah, k., **Lifshitz, R.**, & Lang, F.R. (2023). Contact Between Adult Children and Parents, Emotional Closeness and Children's Life Satisfaction. *Journal of Adult Development*. (under revision).

2. . **Lifshitz, R.**, Ben Eliazar, A., & Asher, I. (2023). Resilience and vulnerability indicators among healthcare workers in Geriatric Medical Centers during the Coronavirus crisis: the importance of morale. *Journal of Psychological Reports*.(under revision).

F. Summery of my Activities and Future Plans

My field of research falls into the broad category of sociology and psychology of old age. It focuses on the *wellbeing of older adults under various types of stress and the personal, social and cultural resources available to them for coping in such situations*. We are now living in the midst of the aging revolution, reflecting an increase in the proportion of older adults in the population and a rise in life expectancy without necessarily entailing improvement in quality of life. This situation requires a deep understanding of the unique needs and characteristics of this population to identify and map the obstacles impeding achievement of effective coping and eventual wellbeing. My research reflects interdisciplinary integration and focuses on coping strategies applied by adults and seniors when facing stressful life situations that threaten their sense of wellbeing. Its value lies in the creation of a broad theoretical foundation yielding significant recommendations for therapists and policymakers.

My academic publications so far reflect my particular interest in older adults who face hostile world scenarios. For example, one article describes the construction and validation of the perceived risk scale (PRS), revealing a two-factor structure: Later-life risks and terror risks. I have also completed an article on cumulative adversity among older adults in Israel (a longitudinal study based on SHARE-Israel data). As a quantitative researcher, I apply advanced analytical methods (such as multi-level

modeling, growth curve models and structural equation modeling) and have mastered advanced statistical software (such as SPSS and AMOS).

I consider my research valuable because it can yield innovative insights for clinicians and professionals who seek methods of assessment and intervention for different population groups, such as at-risk adults and older adults, who need to maintain mental wellbeing as they face severe life distress.

In the future, I plan to expand my research on the topic of living and coping with extreme life conditions in later life. Specifically, I want to examine resources identified in my doctoral thesis as moderating the relations between stress and wellbeing (i.e., spirituality, Internet use, and social support) in additional distressing circumstances such as bereavement, health decline and continuous life risking illness. In addition, I plan to explore additional resources (e.g., creativity, physical activities) that may be useful in coping with various challenging later life conditions.