



Name: Yifat Findling, RN, PhD

Date: September 2026

CURRICULUM VITAE AND LIST OF PUBLICATIONS

1. Personal Details

Permanent Home Address: 5, Nahal Bezek, Modiin 7170141, Israel

Office Telephone Number: +972-8-6789516

Cellular: +972-50-6136555

Email Address: Yifat.f12@gmail.com

Google Scholar: <https://scholar.google.co.il/citations?user=rB8MkqsAAAAJ&hl=iw>

Fields of Interest: Community Nursing, Public Health, Health Inequalities, Cultural Competencies, Parental Burnout and Resilience, Motherhood, Children with Disabilities.

2. Higher Education

A. Undergraduate and Graduate Studies

Period of Study	Name of Institution and Department	Degree	Year of Approval of Degree
2019 - 2024	Tel Aviv University, Department of Nursing. <u>Research title</u> :Parental burnout among orthodox and nonorthodox mothers of children with special needs: Causes, perceived severity of the child's disorder and the burden of caregiving, social support, emotional work, learned resourcefulness and mothers' self-utilization of health services.	Ph.D.	2024
2002 - 2005	Tel Aviv University, Department of Nursing. <u>Thesis Title</u> : The Relation between health perception, social support, Hardiness, and quality of life among Ethiopian and Soviet Union Immigrants. Advisor: Professor Tamar Krolik	M.A.	2005

1995 - 1999	Tel Aviv University, Department of Nursing. Magna cum Laude	R.N. B.S.N.	1999
-------------	--	----------------	------

B. Post-Doctoral Studies

Period of Study	Name of Institution	Advisor/Host
02/2025- 02/2026	Ohio University, College of Health Sciences and Professions, School of Nursing. <u>Research title</u> :The Experience of Motherhood in the Early Postpartum Period During the "Iron Swords" War	Prof. Ilana Chertok, Prof. Keren Dopelt

3. Professional Experience

Years	Name of Institution and Department	Rank/Position
2011- 2016	Meuhedet health services	Deputy Charge Nurse, Family Health Centers (Tipat Halav), Modiin Elit. Clinical Nursing Instructor, Children Health Center
2002- 2011	Ramla Health Sub-District, Public Health Services, Ministry of Health	Research Coordinator and public health nurse at the Family Health Centers (Tipat Halav), Modiin
1999- 2002	Sheba Tel-HaShomer Medical Centre	Children's Department Acting Deputy Charge Nurse

4. Academic Ranks and Tenure in Institutes of Higher Education

Years	Name of Institution and Department	Rank/Position
10.2016- current	Department of Nursing, School of Health Sciences, Ashkelon Academic College	Lecturer
10.2015- 9.2016	Department of Nursing, School of Health Sciences, Ashkelon Academic College	Teacher

5. Offices in Academic Administration

Years	Name of Institution and Department	Role
10.2024-current	Department of Nursing, School of Health Sciences, Ashkelon Academic College	Head of course for certified nurses and nurses from the ultra-Orthodox sector
2017-current	Department of Nursing, School of Health Sciences, Ashkelon Academic College	Member, Student Admissions Committee
10.2016-current	Department of Nursing, School of Health Sciences, Ashkelon Academic College	Community head division

6. Scholarly Positions and Activities outside the College

Years	Name of Institution and Department	Role
Positions		
2.2011-7.2016	Nursing Division, Ministry of Health, Governmental exam in preventive medicine and health promotion. and Baby sleep consultant	Writing questions and scenarios
2.2011-7.2016	Sheba Tel-HaShomer, "Meser" Simulation Center, governmental exams in preventive medicine and health promotion for nursing students	Tester
Committees		
11-2025	Committee for Updating the Core Nursing Curriculum Required for the Israeli Government Licensing Examination	Member
7.2025	COST Action CA24106 Titled "Building Education and One Health with Adaptive Convergence and Open Networks"	Management Committee Member
2.2022-current	Thinking Committee of the Certification Department on Community and Mental Health, Nursing Director, Ministry of Health	Member
10.2019-current	Advisory committee to the director of nursing in the field of sleep education for children in family health centers, Ministry of Health	Member
1.2018-current	Training program for nurses in the field of sleep counseling, Ministry of Health	Consultant

Reviewing Academic Dissertations		
2026	School of Behavioral Sciences The Academic College of Tel Aviv-Yaffo	Invited reviewer for Master thesis: Parental Burnout, Quality of Life, and Parental Self-Efficacy as Predictors of Parenting Stress among Mothers of Young Children
2025	The Faculty of Humanities and Social Sciences ,Ben Gurion University of the Negev	Invited reviewer for Master thesis: Perceptions of Breastfeeding and Infant Formula Among Women in the Arab Society in the Negev
Journal Reviewing Activities		
"Tracing Levels of Parental Burnout in Parents of Children with Disabilities and/or Special Educational Needs"		Invited peer reviewer for the Family Relations Journal (Q1,IF:2.3) 2026.
"Exploring the Sociological, Psychological, and Mental Public Health Dynamics of Female U.S. Military Spouses Who Experience Parental Burnout"		Invited peer reviewer for <i>Societies</i> journal 08/2026 (Q2, IF:2.2)

7. Active Participation in Scholarly Conferences

A1. International Conferences - Held Abroad

Date	Name of Conference	Place of Conference	Subject of Lecture	Role
7.2022	Sigma's International Nursing Research Congress (INRC)	Edinburgh, Scotland	Influence of "Infodemic" on the well-being of nursing students at the beginning of the COVID-19 epidemic.	Oral Presentation

6.2023	16 th International Family Nursing Conference (IFNC),	Dublin, Ireland	Differences in parental burnout and its risk factors and protective resources among mothers of children with and without special needs	Oral Presentation
6.2024	7 th European Region Sigma Conference 2024	Bournemouth University, UK	Parental Burnout Among Mothers of Children with Special Needs: A methodology for identifying risk factors and protective resources	Oral Presentation
5.2026	11 th ETNA 2026 Conference - One World, Many Voices: Reimagining Transcultural Care for Global Health Futures	Limassol, Cyprus (Cyprus University of Technology)	Transcultural Nursing Perspectives on Maternal Burnout: Faith, Culture, and Coping Among Mothers of Children with Special Needs in Israel The Critical Role of Community Nurses in Supporting Postpartum Mothers During War: Insights from the Iron Swords Conflict in Israel	Accepted for two oral presentations
06.2026	8th Sigma European Regional Conference 2026	Kuopio, Finland University of Eastern Finland	Advancing Nursing Practice for First-Time Mothers with Partners in Military Service During Wartime	Accepted for Oral Presentation
06.2026	8th Sigma European Regional Conference 2026	Kuopio, Finland University of Eastern Finland	The Impact of Postpartum Depression on Infant Development: Insights for Advancing Nursing Practice	Accepted for Oral Presentation
04.2027	17th Asian Conference on Psychology & the Behavioral Sciences	Tokyo International Forum, Tokyo, Japan	Beyond Parental Burnout: Challenges and Coping Resources Among Mothers of Children with Special Needs Across Cultural Contexts	Accepted for Live-Stream Presentation

International Conferences - Held in Israel

Date	Name of Conference	Place of Conference	Subject of Lecture	Role
10.2026	42nd Annual Conference of the AIS- Association for Israel Studies	Ramat Gan Academic College	Forced Single Motherhood in Wartime: Postpartum Experiences and Gaps in Maternal Care in Israel Following October 7	Accepted for Oral Presentation

A2. Local Conferences

Date	Name of Conference	Place of Conference	Subject of Lecture	Role
03.2026	"Reconnecting Conference: Resilience, Education, Community, Place"	Kaye Academic College of Education in Be'er Sheva	When the Partner Is on the Frontline: The Experience of Motherhood and the New Meaning of Home during the Iron Swords War	Accepted for Oral Presentation
5.2025	"Well-being and health from a multidisciplinary perspective"	Ashkelon Academic College	Parental Burnout Among Mothers of Children with Special Needs: A Methodology for Identifying Risk Factors and Protective Resources	Invited speaker
3.2025	"Autism Ladder Conference: Anchors of Strength in Autism Care"	The Nation Buildings - Jerusalem	Risk factors and protective resources against parental burnout among mothers of children with special needs.	Invited speaker
1.2025	A research forum in the field of disabilities and health in ultra-Orthodox society	Online	Risk factors and protective factors against parental burnout among mothers of children with and without special needs in ultra-Orthodox and non- Orthodox society	Invited speaker
4.2022	Faculty of Medicine Research Fair	Tel-Aviv University	The burden of treatment, emotion work and parental burnout of mothers to children with	poster

			or without special need": a pilot study	
12.2017	Sleep counseling advanced course for nurse's seminar	Sourasky Medical Center, School of Nursing	Coping with nightmares in children	Invited speaker
5.2015	Workshop for nurses at the Family health service(Tipat Halav)	Meuhedet Health Services	Treatment approaches for infants' sleep difficulties	Invited speaker
5.2009	16 th National Nursing Conference	Tel Aviv	Public health nurse's self- focus and good nursing care provided: influence of students' attendance in the mother and child health centers.	Oral presentation
10.2008	6 th Annual Israel Society for Nursing Research Conference	Tel Aviv	Influence of students' attendance on the public health nurse's self-focus and good nursing care provided by staff nurses in the mother and child health centers.	Oral presentation
9.2008	3 rd National Conference on Promoting Women's Mental Health in Israel Developing Evidence-Based Practice	Ben Gurion University of the Negev, The Center for Women's Health Studies and Promotion, Beer Sheva	The Relation between health perception, social support, hardiness, and quality of life among Ethiopian and Soviet Union immigrants	Oral presentation
1.2007	15 th National Nursing Conference	Tel-Aviv	Comparison between Ethiopian and Soviet Union immigrants regarding to health	Oral presentation

			perception, socially support and quality of life	
11.2007	13 th Annual Health Promotion Conference, Public Health Services, Ministry of Health	Jerusalem	'Babysitting' – adolescents' assistance to families with twins and triplets in Modi'in	Poster
12.2006	The 5 th Scientific Conference on Injuries and Trauma	Tel-Aviv	"Safe Home" - Injury prevention program among children	Oral presentation
1.2006	4 th Annual Israel Society for Nursing Research Conference	Tel-Aviv	Evaluation of the 'safe home for kids' program	Oral presentation

B. Organization of Conferences or Sessions

Date	Name of Conference	Place of Conference	Subject of Conference	Role
9.2024	A conference in collaboration with the nursing department and the welfare and social security system	Ashkelon Academic College	"Health and well-being and what between them during a crisis"	Organizer and moderator
5.2024	International Nurses Day for students	Ashkelon Academic College	"Courage and heroism of the nurses in the Iron Swords War"	Organizer and moderator
5.2023	International Nurses Day for students	Ashkelon Academic College	Personal, professional diversity, "diversity of	Organizer and moderator

			students, one role - highly diverse."	
5.2022	International Nurses Day for students	Ashkelon Academic College	"Hope & Faith"	Organizer and moderator

8. Research Grants

A. Grants Awarded

Role	Co- Researchers (Name & Role)	Topic	Funded by (C= Competitive Fund)	Amount	Years	Publications
PI	Prof. Keren Dopelt (Co-PI)	Influence of Students' Presence on Self-Focus and Good Nursing Care Perception among Public Health Nurses	Israel Society for Nursing Research.	7,500 NIS	2007-2008	-
PI	Prof. Sivia Barnoy, Prof. Michal Itzhaki (Co-Is)	Parental burnout among orthodox and nonorthodox mothers of children with special needs	Shalem Foundation	10,000 NIS	2021	B5, B6

B. Submission of Research Proposals - Pending

Role	Co- Researchers (Name & Role)	Topic	Submitted to (C= Competitive Fund)	Amount	Year

C. Submission of Research Proposals - Not Funded

Role	Co- Researchers (Name & Role)	Topic	Submitted to (C= Competitive Fund)	Amount	Year
Co-PI	Prof. Sivia Barnoy, Prof. Michal Itzhaki (Co-Is)	Arab and Jewish mothers of children with special needs: Shared support groups and coping with mindfulness	The Mind & Life Grants	130,000 NIS	2022
Co-PI	Prof. Keren Dopelt (Co-PI), Dr. Avi Eden (Co-I)	Families coping with children with special needs in the southern conflict zone in the shadow of the Iron Swords War	The Chief Scientist's Office, Israel Ministry of Health	70,000 NIS	2024
Co-PI	Prof. Keren Dopelt (Co-PI)	Postpartum maternal health services during emergencies: accessibility, utilization, and challenges from the perspective of mothers during the 'Iron Swords' war (pre-proposal)	The Israel National Institute for Health Policy Research	100,000 NIS	2025
Co-PI	Prof. Keren Dopelt (Co-PI)	Development and Evaluation of an AI-Based Training Model to Enhance Resilience, Empathy, and Emotional Regulation among Nursing Students(pre-proposal)	The Israel National Institute for Health Policy Research	200,000 NIS	2026

9. Scholarships, Awards and Prizes

Years	Name of Institution	Awards
2024	European Journal of Investigation in Health, Psychology and Education	Journal Editorial Excellence Award 1,400 CHF (5,500 NIS)

2022	Ashkelon Academic College	Award for Excellence in Teaching in the 2020-2021 academic year 24,300 NIS
2020	Faculty of Health Sciences, Tel Aviv University	A scholarship of Prof. Rivka Bergman as support for the doctoral research.
2020	Faculty of Health Sciences, Tel Aviv University	A scholarship from Stanley Steyer fund, as part of a study grant for students with high grades in PhD studies.
2021	Faculty of Health Sciences, Tel Aviv University	A scholarship from Stanley Steyer fund, as part of a study grant for students with high grades in PhD studies.
1999	Sheba Tel-Hashomer Medical Centre	“Shiba Award” of the 1998 year, as part of the token of appreciation for work and studies Excellence 1,000 NIS
1997	Faculty of Health Sciences, Tel Aviv University	Dean's List Citation for Deserve accomplishments Appreciation in the first year of nursing studies

10. Teaching

Courses taught

Years	Name of course	Institution	Degree	Type of Course	Number of Students
2016-current	Health and illness in multicultural societies	Department of Nursing, Ashkelon Academic Collage	B.A	Clinical Seminar	20
2016-current	Community nursing and public health	Department of Nursing, Ashkelon Academic Collage	B.A.	Lectures	70-75
			Academic retraining class	Lectures	30

			Academic Conversion to Nursing	Lectures	25
			Orthodox Nurses track	Lectures	20
2016-current	Nursing Care across Diverse Disability and Rehabilitation Settings for Vulnerable Populations, with Focus on Children, Individuals Coping with Mental Health Conditions, and Dependent Individuals	Department of Nursing, Ashkelon Academic Collage	B.A.	Lectures	70-75
			Academic retraining class	Lectures	30
2016-current	Community Nursing	Department of Nursing, Ashkelon Academic Collage	B.A.	Lectures	70-75
			Academic retraining class	Lectures	30
			Registered Nurses	Lectures	25-30
2016-2023	Pediatric Nursing	Department of Nursing, Ashkelon Academic Collage	B.A.	Lectures	70-75
			Academic retraining class	Lectures	30
2025	Aspects of Health and Illness in various Communities within Israel's Multicultural Society	Department of Nursing, Ashkelon Academic Collage	M.A	Lectures	25
			Graduate Nursing Students		

11. Scientific Publications

A. Ph.D. Dissertation

Title: Parental burnout among orthodox and nonorthodox mothers of children with special needs: Causes, perceived severity of the child's disorder and the burden of caregiving, social support, emotional work, learned resourcefulness and mothers' self-utilization of health services.

Date of submission: **18.02.24**

Number of pages: **154**

Language: **Hebrew**

Name of supervisor (Ph.D.): Prof. Sivia Bar-Noi, Prof. Michal Itzhaki

B. Articles in Refereed Journals

Citations=1,395; H-index=7; i10-index=7 (Google Scholar)

Google Scholar: <https://scholar.google.co.il/citations?user=rB8MkqsAAAAJ&hl=iw>

Q Based on **Web of Science** (WoS-2026)

Published

1. **Findling, Y.**, Dopelt, K., & Krulik, T. (2008). The Correlation between health perception and quality of life as a function of social support and hardiness among Ethiopian and Russian immigrants, *Body of Knowledge*, 5, 14-24. (Not-ranked, peer-reviewed) [Hebrew]
2. Savitsky, B., **Findling, Y.**, Ereli, A., & Hendel, T. (2020). Anxiety and coping strategies among nursing students during the COVID-19 pandemic. *Nurse Education in Practice*, 46, 1-7. <https://doi.org/10.1016/j.nepr.2020.102809>. (1,165 citations, IF 4.5; Rank= 11/194 in Nursing, Q1)
3. Savitsky, B., **Findling, Y.**, Ereli, A., & Hendel, T. (2020). Nursing students in crisis mode: fluctuations in anxiety during the COVID-19-related lockdown. *Nurse Educator*, 46(3), 33-38. <https://doi.org/10.1097/NNE.0000000000000955>. (57 citations, IF 2.8; Rank= 36/194 in Nursing, Q1)
4. **Findling, Y.**, Barnoy, S., & Itzhaki, M. (2023). Burden of treatment, emotion work and parental burnout of mothers to children with or without special needs: A pilot study. *Current Psychology* 42(22), 19273–19285. <https://doi.org/10.1007/s12144->

022-03074-2 (43 citations, IF 2.7; Rank= 57/222 in Psychology, Multidisciplinary, Q2)

5. **Findling, Y.**, Barnoy, S., & Itzhaki, M. (2023). "God Gave You a Special Child Because You Are Special": Difficulties, Coping Strategies and Parental Burnout of Jewish Mothers: A Qualitative Study. *Frontiers in Psychology*, 14, 1259670. <https://doi.org/10.3389/fpsyg.2023.1259670> (13 citations, IF 3.8; Rank= 34/222 in Psychology, Multidisciplinary, Q1)
6. Savitsky, B., Shvartsur, R., **Findling, Y.**, Erel, A., & Hendel, T. (2023). Components of professional satisfaction among novice nurses. *Israel Journal of Health Policy Research*, 12(1), 35-44. <https://doi.org/10.1186/s13584-023-00584-7> (12 citations, IF 2.4; Rank= 56/125 in Health Policy & Services, Q2)
7. **Findling, Y.**, Itzhaki, M., & Barnoy, S. (2024). Parental Burnout - A Model of Risk Factors and Protective Resources Among Mothers of Children with/Without Special Needs. *European Journal of Investigation in Health, Psychology and Education*, 14(11), 2883-2900. <https://doi.org/10.3390/ejihpe14110189> (17 citations, IF 3.7; Rank= 29/184 in Psychology, Clinical, Q1) **Featured paper**
8. Alfayumi-Zeadna, S., Masarwe, S., **Findling, Y.**, Erel, A., O'Rourke, N. (2025). The impact of postpartum depression on infant development in the first year of life. *Journal of Affective Disorders*, 388, 119558. <https://doi.org/10.1016/j.jad.2025.119558> (13 citations, IF 5.7; Rank= 32/293 in Psychiatry, Q1)
9. **Findling, Y.**, Chertok, I., & Dopelt, K. Between Bonding with the Baby and Anxiety over the Knock on the Door: The Experience of Motherhood after Childbirth among Wives of Reservist Soldiers in the Iron Swords War. *Social Issues in Israel* (Not-ranked, peer-reviewed) [Hebrew] (Accepted 4 May 2026)
10. **Findling, Y.**, Chertok, I., & Dopelt, K. (July 2026). First-time postpartum motherhood during armed conflict: Experiences, challenges, coping, and support needs among women with mobilized partners. *Frontiers in Global Women's Health*, 7, 1774107 (15 pages). <https://doi.org/10.3389/fgwh.2026.1774107> (IF 2.5; Rank= 97/443 in Public, Environmental & Occupational Health, Q1)
11. **Findling, Y.**, Chertok, I., & Dopelt, K. (July 2026). Perceived Control and Maternal Resilience in Times of War: A Locus of Control Perspective on Postpartum

Narratives. *Current psychology*, 45, 1263 (14 pages). <https://doi.org/10.1007/s12144-026-09816-w> (IF 2.7; Rank= 57/222 in Psychology, Multidisciplinary, Q2)

Non-peer review

1. Savitsky, B., **Findling, Y.**, Ereli, A., & Hendel, T. (2020). Nursing students' coping during the COVID-19 lockdown. *The Nurse in Israel* 204, 18-22. (Not-ranked) [Hebrew].

Submitted Publications (Articles under review)

1. **Findling, Y.**, Itzhaki, M., & Barnoy, S. Emotion Work as a Coping Resource with Parental Burnout among Mothers of Children with or Without Special Needs. *BMC Psychology* (IF 4.6; Rank= 24/222 in Psychology, Multidisciplinary, Q1).
2. Alfayumi-Zeadna, S., **Findling, Y.**, & O'Rourke, N. (2026). Bilingual Validation of the Parental Stress Scale and the Role of Postpartum Depression in Predicting Parental Stress. *Journal of Nursing Scholarship* (IF 3.9; Rank= 15/194 in Nursing, Q1)
3. **Findling, Y.**, Chertok, I., & Dopelt, K. Parenting in an unsafe world: Mother–infant bonding, maternal emotional availability, and support systems during partners' wartime deployment. *Societies* (IF 2.2; Rank= 66/222 in Sociology, Q2).
4. Dopelt, K., & **Findling, Y.** Knowledge, attitudes, religiosity, and reproductive genetic carrier screening: A cross-sectional study. *Healthcare* (IF 3.4; Rank= 23/125 in Health Policy & Services, Q1)

Other Publications

1. Findling, Y. (2011). Iron rules to prevent anemia, *Meuhedet for you*, 42.
2. Findling, Y. (2012). Beat the darkness, *Meuhedet for you*, 43.

Media Coverage

1. Radio interview: Parental Burnout and the Relationship Between Mental Health, program "What happens tomorrow with Rami Shani", Galei Tzahal (IDF Radio) <https://omny.fm/shows/machar/373>(22.05.2025)
2. In: Here, they also asked me, 'What do you need?' Israel Hayom. <https://www.pressreader.com/israel/israel-hayom/20260525/281870125092315> (25.5.2026)
3. Radio interview: "Why Do People Choose Not to Undergo Genetic Testing? ", program "Shimon Cohen", Channel 7 <https://www.inn.co.il/news/699611> (22.6.2026)
4. Newspaper Article (Maariv):” Only One-Third Were Screened: A Study Reveals the Barriers to Undergoing Genetic Testing”. <https://www.maariv.co.il/news/health/article-1351372> (03.08.26)