



Position: **Lecturer**

[Faculty of Social  
Welfare and  
Health Sciences](#)

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## Research Expert

### Dr. Wafaa Sowwan Basheer

- Expertise:**
- **psycho-cardiology** – connecting psychological distress and cardiovascular health
- Research highlights:**
- Demoralization, depression, emotional dysregulation, coping
  - Effects on treatment adherence & recovery outcomes
- Focus:**
- **Male-specific vulnerability** in cardiovascular disease
  - **Sex- and gender-sensitive health mechanisms**
- HE alignment:**
- Contributes psychological & behavioral expertise to sex/gender CVD research
  - Strong background in trauma, stress, and conflict-based health pathways
  - Social Sciences and Humanities (SSH)

Call topic of interest:

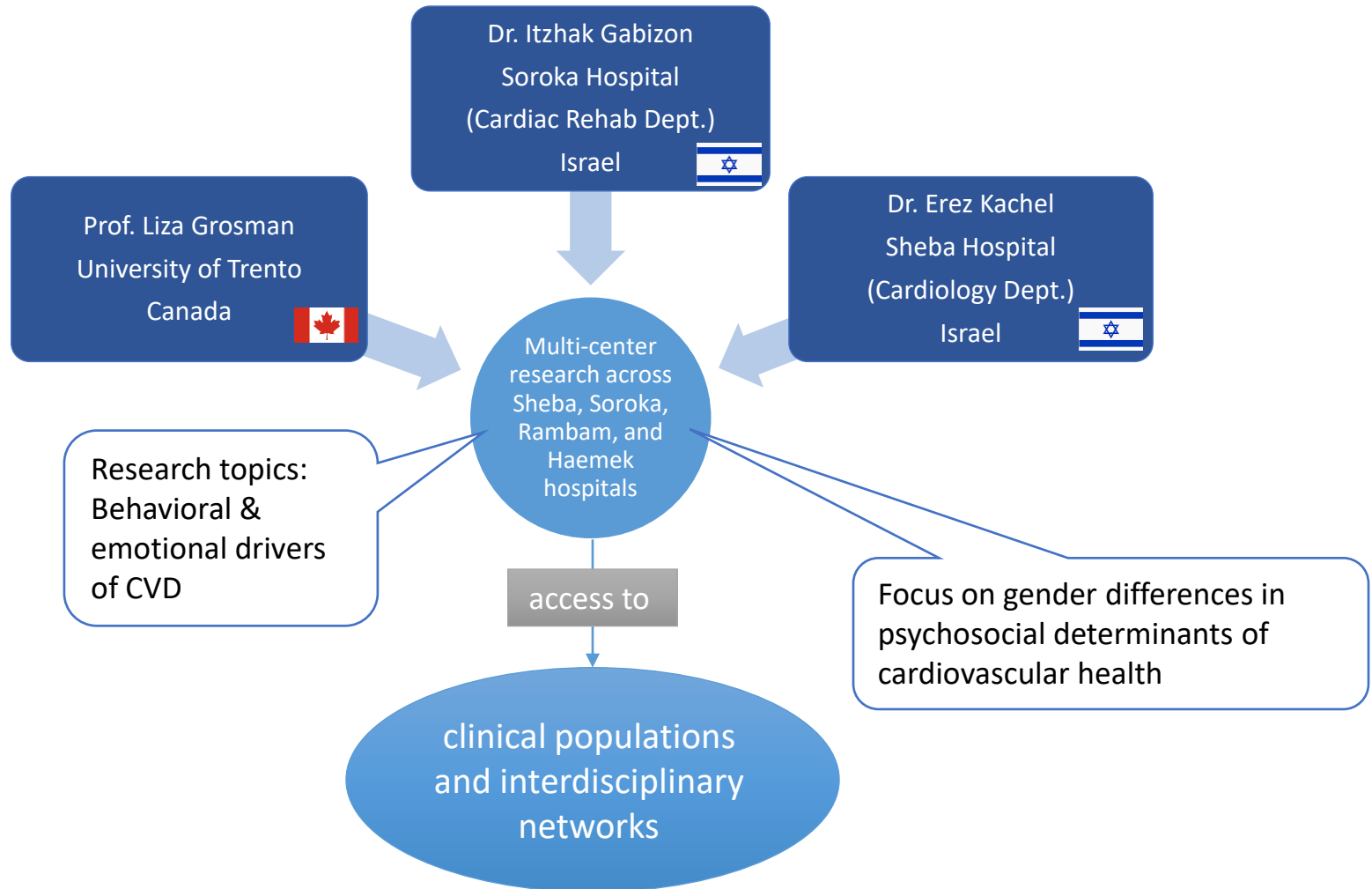
**HORIZON-HLTH-2026-01-DISEASE-11:** Understanding of sex and/or gender-specific mechanisms of cardiovascular diseases: determinants, risk factors and pathways

**(Deadline: 16/04/2026)**

# CONTRIBUTION

- Extensive 3-year work on developing and advancing the emerging field of psycho-cardiology, which seeks to **bridge the gap between mental health issues and cardiovascular diseases**.
- Collaboration with several research specialists in cardiology and such related fields;
  - **Liza Grosman** from the **University of Trento** in **Canada**,
  - **Itzhak Gabizon** the director of the **Cardiac Rehabilitation Department at Soroka Hospital (Israel)**; and
  - **Erez Kachel** the director of the **Cardiology Department at Sheeba Hospital (Israel)** and many others.
- Findings from 3 projects and access to 4 medical centers (Shiba, Rambam, Soroka and Haemek).
- 3 articles on this topic and currently working on two meta-analyses. Notably, one of her articles was selected as the **Editor's Choice for 2024**, recognizing it as highly impactful and deserving of additional visibility within the field.
  - **Sowan, W.**, Yagil, D., Mishor, E., & Cohen, M. (2024). On their own: Business profitability and job satisfaction among self-employed with chronic health conditions. *Rehabilitation Psychology*, 69(2), 110. (JCR IF = 0.97; Rank 56/170 (Q2 in Rehabilitation))

# COLLABORATORS



# KEY PUBLICATIONS IN PSYCHO-CARDIOLOGY

- **Sowan, W.,** Yagil, D., Mishor, E., & Cohen, M. On Their Own: **Business Profitability and Job Satisfaction among Self-Employed People with Chronic Health Conditions.** Disability & Health, 24 pages .IF: 4.615, Rank (Q1)
- **Sowan, W.,** Cohen, M., & Kissane, D. (Manuscript under review) **Demoralization and Well-Being among Self-Employed Individuals with Cardiac Disease: The Role of Intolerance of Uncertainty.** Australian and New Zealand Journal of Psychiatry.
- **Sowan, W.,** Yagil, D., & Cohen, M. (Manuscript under review) **Job performance difficulties and job satisfaction among self-employed with chronic health conditions among different age groups: the moderating role of Tolerance of uncertainty.** Journal of Community & Applied Social Psychology.
- **Sowan, W.,** & Baziliansky, S. (Manuscript under review) **Demoralization, Self-Efficacy, and Coping among Self-Employed Individuals with Cardiac Diseases: The Moderating Role of Intolerance of Uncertainty.** Journal of Clinical Psychology.
- Posen, I., Grosman-Rimon, L., Caspi-Avissar, N., Sinderovsky, A., Sudarsky, S., Sagi Gleitman, M., Jordan, R., Eilat-Adar, S., Nizar, A. Carasso, Ch. **Sowan, W.,** Gabison I, Birati, E., Kachel, E. (Manuscript under review) **Depression Predicts Delayed Return to Daily Activities in Patients Post Cardiac Surgery,** Journal of Psychiatric and Mental Health Nursing.
- **Sowan, W.,** Yagil, D., & Cohen, M. (Manuscript under review) **Job performance difficulties and job satisfaction among self-employed with chronic health conditions among different age groups: the moderating role of Tolerance of uncertainty.** Journal of Community & Applied Social Psychology

## Meta-analysis in Preparation

- **Sowan, W.,** & Andrianov, K., **Coping strategies and psychological distress (depression and anxiety) in individuals with cardiac disease (ICD):** A systematic review and meta-analysis.
- Grosman-Rimon, L., **Sowan, W.,** ... **The effects of eHealth rehabilitation vs. center-based rehabilitation on health in individuals with cardiac disease:** A systematic review and meta-analysis.