

Biksegn Asrat Yirdaw, BSc, MSc, PhD

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Ethiopian | on Global Talent Visa

EDUCATION

PhD in Public Mental Health | University of Cape Town | South Africa | 2018 – 2021

- Dissertation: Depression and HIV/AIDS – adapting and piloting group interpersonal therapy for treatment of depression among people with HIV/AIDS in northwest Ethiopia.

MSc in Integrated Clinical and Community Mental Health | Jimma University | Ethiopia | 2011 – 2014

- Courses: community mental health, child mental health, adult mental health, geriatric psychiatry, social work, developmental psychology, research methods
- Dissertation: Status of mental distress and work-related burnout among health professionals in southwest Ethiopia

Higher Diploma Programme Certificate in Teaching Methods | University of Gondar | Ethiopia | 2015 – 2016

BSc in Psychiatry Nursing | University of Gondar | Ethiopia | 2005 – 2008

- Courses: Basic psychiatry, general psychology, general sociology, social work, community health nursing, adult nursing, child health, research methods.

WORK EXPERIENCE

- Assistant professor | London School of Hygiene and Tropical Medicine | United Kingdom | March 2023 – present
- Consultant on Mental Health Programmes | Department of NCDs, Injuries and Mental Health | Africa CDC | Ethiopia | September 2023 – present
- Assistant professor | University of Gondar | Ethiopia | 2021 – 2023
- Lecturer | University of Gondar | Ethiopia | 2014 – 2018
- Psychiatric officer | Jimma University | Ethiopia | 2008 – 2011

RESEARCH INTEREST

- Evaluation of mental health interventions and mental health systems
- Implementation science
- Mental health measurement and epidemiology
- Evidence reviews and synthesis

TEACHING COURSES

- Epidemiology of non-communicable disease and mental health
- Evaluation of mental health interventions
- Introduction to Global Mental Health
- Psychosocial aspects of mental health
- Mental health research methods

SUPERVISION AND TUTORING

1. Minale Tereke | University of Gondar | Ethiopia
 - Co-supervisor on a PhD project – Adaptation of early adolescent skills from emotions: a feasibility study in northwest Ethiopia
2. Lida Kari | London School of Hygiene and Tropical Medicine | UK
 - A main supervisor of an MSc dissertation: Usability, applicability, and feasibility of digital mental health interventions in low- and middle-income countries
3. Lin Cheung | London School of Hygiene and Tropical Medicine | UK
 - A main supervisor of an MSc dissertation: Prevalence, risk and preventive factors of burnout among frontline responders during disease outbreaks in LMICs.
4. Shaikh Waqas | London School of Hygiene and Tropical Medicine | UK
 - Tutoring on his course and academic progress.

OTHER SHORT TERM TRAINING COURSES

- Good clinical practice (GCP) by LSHTM, completed on 10 January 2024.
- Good Research Practice by Medical Research Counsel (MRC) completed on 5 May 2023.
- Project management foundations, completed on 17 June 2023.
- Project management foundations: lessons learned, completed on 18 July 2023.
- Time management fundamentals, completed on 08 July 2023.
- Research ethics by LSHTM, completed on 14 May 2023.
- Higher Diploma of Education, University of Gondar, Gondar, Ethiopia (Sept 2016-June 2017).
- Grant writing virtual training organized by the Alliance for Research, Innovation, and Education (AfRIE) and Bahir Dar University, September 3-4, 2021.
- Training of Trainers' on Group Interpersonal Therapy (2018) for five days.
- Systematic Review and meta-analysis (2017) for one week, and in 2018 again for five days.
- Training of Trainers' mhGAP (2017) for one week.
- Medico-legal (2017) for five days.
- Training of Trainers' on Mental Health Management for HIV case managers (2017).
- Training of Trainers' on Effective clinical teaching skill (2017) for ten days.
- Training of Trainers' on Mental health problems in HIV care (2016) for one week.
- Training of Trainers' on addiction at outpatient rehabilitation (2016) for five days.
- Basic Positive psychotherapy (2014) basic course for 1 year.

LIST OF PUBLICATIONS

1. Gray B, **Asrat B**, Brohan E, Chowdhury N, Dua T, Van Ommeren M. Management of generalized anxiety disorder and panic disorder in general health care settings: new WHO recommendations. *World Psychiatry* 23:1 - February 2024.

2. Tareke M, **Yirdaw BA**, Gebeyehu A, Gelaye B, and Azale T. Effectiveness of school-based psychological interventions for the treatment of depression, anxiety and post-traumatic stress disorder among adolescents in sub-Saharan Africa: A systematic review of randomized controlled trials. *PLoS ONE*, 18(11); 2023.
3. Workie K, Tinsae T, Salelew E, and **Asrat B**. Gender-based violence and its associated factors among internally displaced women in Northwest Ethiopia: a cross-sectional study. *BMC Women's Health*, 23:166; 2023.
4. Tesfa H, Jara B, Woyiraw W, Bogale EK, and **Asrat B**. Prevalence of undernourishment and associated factors among adults with major depressive disorder at two public hospitals in Northwest Ethiopia: a cross-sectional study. *BMJ Open* 2022;12:e065108.
5. Zelalem B, Abriham Z, Eshetu T, **Asrat B**, Getnet A, and Birhanie M. Level of anxiety symptoms and its associated factors among nurses working in emergency and intensive care unit at public hospitals in Addis Ababa, Ethiopia. *BMC Nursing*; 2021: 20:180.
6. **Asrat B**, Lund C, Ambaw F, and Schneider M. Acceptability and feasibility of peer-administered group interpersonal therapy for depression for people living with HIV/AIDS – a pilot study in Northwest Ethiopia. *Pilot and Feasibility studies*. 2021; 7:147.
7. **Asrat B**, Lund C, Ambaw F, Garman, CE, and Schneider, M. Major depressive disorder and its association with adherence to antiretroviral therapy and quality of life: cross-sectional survey of people living with HIV/AIDS in Northwest Ethiopia. *BMC Psychiatry*; 2020; 20:462.
8. **Asrat B**, Lund C, Ambaw F, and Schneider M. Adaptation of the WHO group interpersonal therapy for people living with HIV/AIDS in Northwest Ethiopia: A qualitative study. *PLoS ONE*; 2020; 15(8): e0238321.
9. **Asrat B**, Schneider M, Ambaw F, and Lund C. Effectiveness of psychological treatments for depressive symptoms among people living with HIV/AIDS in low- and middle-income countries: A systematic review and meta-analysis. *J Affect Disord*; 270 (2020) 174–187.
10. Abebe F, Schneider M, **Asrat B** and Ambaw F. Multimorbidity of chronic non-communicable diseases in low- and middle-income countries: A scoping review. *Journal of Comorbidity*; 2020; 10: 1–13.
11. Eyowas FA, Schneider M, **Asrat B**, and Getahun FA. Multimorbidity of chronic non-communicable diseases and its models of care in low- and middle-income countries: a scoping review protocol. *BMJ Open*;2019;9:10.
12. Ergetie T, Yohanes Z, **Asrat B**, Demeke W, Abate A, and Tareke M. Perceived stigma among non-professional caregivers of people with severe mental illness, Bahir Dar, northwest Ethiopia. *Ann Gen Psychiatry*; 2018; 17:42.

13. **Asrat B**, Ayenalem AE, and Yimer T. Internalized Stigma among Patients with Mental Illness Attending Psychiatric Follow-Up at Dilla University Referral Hospital, Southern Ethiopia. *Psychiatry J*; 2018.
14. Amare T, Getinet W, Shumet S, and **Asrat B**. Prevalence and associated factors of depression among people living with HIV/AIDS in Ethiopia: A systematic review and meta-analysis, 2017. *AIDS Res Treat*; 2018.
15. **Asrat B**. Alcohol use disorder and its correlates among Health Professionals. *International Journal of Emergency Mental Health and Human Resilience*, Vol.20, No. 2, pp 1-7.
16. **Asrat B**, Tesfaye K, Soboka M, and Girma E. Burnout Status at Work among Health Care Professionals in a Tertiary Hospital. *Ethiop J Health Sci*. 2016; 26:2.
17. **Asrat B**, Tesfay K, Soboka M, and Girma E. Mental Distress and Associated Factors among Health Professionals Working in Tertiary Teaching Hospital, South West Ethiopia. *J Depress Anxiety*; 2015; 4:3.

Guideline development

18. WHO 2023. World Health Organization Mental Health Gap Action Programme (mhGAP) guideline for mental, neurological and substance use disorders. Geneva: World Health Organization; 2023. Licence: [CC BY-NC-SA 3.0 IGO](https://creativecommons.org/licenses/by-nc-sa/3.0/).

Conference Participation

19. **Asrat B**. Adaptation and piloting of peer-administered group Interpersonal Therapy for People with HIV/AIDS. Alan J. Flisher Centre for Public Mental health, University of Cape Town, September 2021.
20. **Asrat B**. Adaptation and piloting of peer-administered group Interpersonal Therapy for People with HIV/AIDS. African Mental Health Research Initiative's (AMARI) Annual Scientific Virtual Meeting, August 2021.
21. **Asrat B**. Implication of Interpersonal Therapy for treatment of Depressive Symptoms. African Mental Health Research Initiative's (AMARI) Annual Scientific Meeting, Addis Ababa, Ethiopia, 2019.
22. **Asrat B**. Depression and HIV/AIDS. African Mental Health Research Initiative's (AMARI) Annual Scientific Meeting, Lilongwe, Malawi, 2018.
23. **Asrat B**. Internalized Stigma among People with Mental Illness. Annual Conference of the Ethiopian Public Health Association, Bahir Dar, Ethiopia, 2016.
24. **Asrat B**. Burnout among Health Care Providers. Annual Conference of the Ethiopian Public Health

Association, Addis Ababa, Ethiopia, 2015.

25. **Asrat B.** Mental Distress among Health Care Providers. International Conference on Mental Health. Addis Ababa, Ethiopia, 2014.

Scientific blogs

26. **Asrat B.** (12 February 2021). Exploring depression treatment in people living with HIV/AIDS in Ethiopia. The African Academy of Sciences. <https://www.aasciences.africa/news/exploring-depression-treatment-people-living-hiv-aids-ethiopia>
27. **Asrat B.** (04 October 2021). PhD research points to effective treatment of depression in people living with HIV/AIDS. Mental Health Awareness Month in October. <https://www.news.uct.ac.za/article/-2021-10-04-phd-research-points-to-effective-treatment-of-depression-in-people-living-with-hiv-aids>
28. **Asrat B.** Lessons learnt from my PhD work. <https://amari-africa.org/biksegn-asrat-feature>

Consultancy

Asrat B. Evidence review and evidence synthesis for the development of mhGAP guidelines on anxiety, in accordance with the WHO Handbook for guideline development, 2021.

MEMBERSHIP

Lifetime member of Ethiopian Public Health Association
Lifetime member of Ethiopian Mental Health Association

SOCIAL MEDIA AND PUBLIC PROFILE

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Google scholar: <https://scholar.google.com/citations?user=gjyaES4AAAAJ&hl=en>
LinkedIn: <https://www.linkedin.com/public-profile/settings>
Twitter: @bikasrat

PHYSICAL ADDRESS

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