



Biksegn Asrat Yirdaw

Address: Department of Infectious Disease Epidemiology, London School of Hygiene & Tropical Medicine

Telephone: +447931571869

Email: biksegn.yirdaw@lshtm.ac.uk or biksegnasrat1@gmail.com

Qualification

Doctor of Philosophy in Public Mental Health, University of Cape Town, South Africa
Masters of Science in Integrated Clinical and Community Mental Health, Jimma University, Ethiopia

Bachelor of Science in Mental Health Nursing, University of Gondar, Ethiopia
Higher Diploma for Teaching Methodology, University of Gondar, Ethiopia

Additional training

- 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.
- Good clinical practice (2016) for two days.
- Health Research ethics (2015) for one week.
- Basic Positive psychotherapy (2014) for one month.

About

Dr Biksegn Asrat Yirdaw is an Assistant Professor of Mental Health, at London School of Hygiene & Tropical Medicine. Biksegn is currently working with the Mental Health and Psychosocial Support (MHPSS) team and with the UK Public Health Rapid Support Team (UK-PHRST). Biksegn's role at the UK-PHRST includes leading capacity development to integrate MHPSS with outbreak response programmes and conduct mental health-oriented research.

Biksegn has worked as Assistant Professor of Mental Health at the University of Gondar in Ethiopia from July 2021 – March 2023. He joined the University of Gondar as a Lecturer in 2016 and has worked as a clinical and researcher on top of his academic role. He has taught and supervised undergraduate and postgraduate students.

Biksegn received a PhD in Public Mental Health from the University of Cape Town, South Africa in 2021. He obtained Master's Science in Integrated Clinical and Community Mental Health from Jimma University in Ethiopia 2014, and Bachelor's degree in Nursing at the University of Gondar in 2008.

RESEARCH INTEREST

- Evaluation of mental health interventions and mental health systems
- Collaborative care and mental health
- Measurement and mental health epidemiology

COURSES TEACHING

- Psychosocial aspect of mental health
- Research methods for mental health professionals
- Psychopathology
- Psychological therapy
- Minor psychiatry
- Mood disorder

CURRENT SUPERVISION

Co-supervisor (PhD students)

1. **Minale Tareke:** Early adolescent skills for emotions as psychological intervention: A randomized controlled trial, 2021/22

PUBLICATIONS

Journal Articles

1. 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.
2. 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.
3. 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.
4. **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.
5. **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.
6. **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.

7. **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.
8. 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.
9. 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.
10. 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.
11. **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.
12. 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.
13. **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.
14. **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.
15. **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.

Conference Participation

16. **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.
17. **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.
18. **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.
19. **Asrat B**. Depression and HIV/AIDS. African Mental Health Research Initiative's (AMARI) Annual Scientific Meeting, Lilongwe, Malawi, 2018.
20. **Asrat B**. Internalized Stigma among People with Mental Illness. Annual Conference of the Ethiopian Public Health Association, Bahir Dar, Ethiopia, 2016.

21. **Asrat B.** Burnout among Health Care Providers. Annual Conference of the Ethiopian Public Health Association, Addis Ababa, Ethiopia, 2015.
22. **Asrat B.** Mental Distress among Health Care Providers. International Conference on Mental Health. Addis Ababa, Ethiopia, 2014.

Scientific blogs

23. **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>
24. **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>
25. **Asrat B.** Lessons learnt from my PhD work. <https://amari-africa.org/biksegn-asrat-feature>

Consultancy

26. **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.

ASSOCIATION MEMBERSHIP

- A lifetime member of Ethiopian Public Health Association
- A lifetime member of Ethiopian Mental Health Association

PUBLIC PROFILE

ORCID: <https://orcid.org/my-orcid?orcid=0000-0003-3518-9459>
Google scholar: <https://scholar.google.com/citations?user=gjyaES4AAAAJ&hl=en>
linkedIN: <https://www.linkedin.com/public-profile/settings>
Twitter: @bikasrat

PHYSICAL ADDRESS

London School of Hygiene & Tropical Medicine
Keppel Street, London, WC1E 7HT, UK
Mobile: +447931571869
Website: <https://www.lshtm.ac.uk/aboutus/people/yirdaw.biksegn>
