Appendices
List of co-authors and affiliations

Aboulfoutouh I, Department of Obstetrics & Gynecology, Faculty of Medicine, Cairo University, Egypt

Aboulghar M, Department of Obstetrics & Gynecology, Faculty of Medicine, Cairo University, Egypt

Abou-Setta AM, University of Alberta Evidence-based Practice Centre (UA-EPC), Alberta Research Centre for Health Evidence (ARCHE), Edmonton, Canada

Akhondi M, Reproductive Biotechnology Research Center, Avicenna Research Institute, Tehran, Iran

Alhalabi M, Division of Embryology and Reproductive Medicine, Faculty of Medicine, and Assisted Reproduction Unit, Orient Hospital, Damascus, Syria

Al-inany H, Department of Obstetrics & Gynecology, Faculty of Medicine, Cairo University, Egypt

AnsariPour S, Reproductive Biotechnology Research Center, Avicenna Research Institute, Tehran, Iran

Ayeleke RO, Department of Obstetrics & Gynecology, University of Auckland, Cairo University, New Zealand

Broekmans FJ, Department of Reproductive Medicine and Gynecology, University Medical Center, Utrecht, Netherlands

Brown J, Liggins institute, University of Auckland, New Zealand

El-Mohamedy M, Department of Obstetrics & Gynecology, Faculty of Medicine, Cairo University, Egypt

Fouda UM, Department of Obstetrics & Gynecology, Faculty of Medicine, Cairo University, Egypt

Griesinger G, 5UK-SH, Campus Luebeck, Luebeck, Germany

Jahangiri N, Department of Endocrinology and Female Infertility, Reproductive Biomedicine Research Center, Royan Institute for Reproductive Biomedicine, Tehran, Iran

Hassan M, Department of Obstetrics & Gynecology, Faculty of Medicine, El-fayoum University,
Khattab M, Department of Obstetrics & Gynecology, Faculty of Medicine, Cairo University, Egypt

Khodabakhshi S, Reproductive Biotechnology Research Center, Avicenna Research Institute, Tehran, Iran

Lam WS, Department of Obstetrics & Gynecology, University of Auckland, Cairo University, New Zealand

Madani T, Department of Endocrinology and Female Infertility, Reproductive Biomedicine Research Center, Royan Institute for Reproductive Biomedicine, Tehran, Iran

Mochtar M, Centre for Reproductive Medicine, Academic Medical Centre, University of Amsterdam, Netherlands

Mourad S, Radboud University Medical center, Nijmegen, Netherlands

Nagi Mohesen M, Department of Obstetrics & Gynecology, Faculty of Medicine, Beni-suef University, Egypt

Rizk A, Department of Obstetrics & Gynecology, Faculty of Medicine, Banha University, Egypt

Shaeer E, Department of Obstetrics & Gynecology, Faculty of Medicine, Cairo University, Egypt

Shaltout A, Department of Obstetrics & Gynecology, Faculty of Medicine, Cairo University, Egypt

Shohyab A, Department of Obstetrics & Gynecology, Faculty of Medicine, Cairo University, Egypt

Tokhmechy R, Reproductive Biotechnology Research Center, Avicenna Research Institute, Tehran, Iran

van der Veen F, Centre for Reproductive Medicine, Academic Medical Centre, University of Amsterdam, Netherlands

van Wely M, Centre for Reproductive Medicine, Academic Medical Centre, University of Amsterdam, Netherlands
Zarandi L, Reproductive Biotechnology Research Center, Avicenna Research Institute, Tehran, Iran
List of publications

1. Fouda UM, Sayed AM, Elshaer HS, Hammad BE, Shaban MM, Elsetohy KA, 
   **Youssef MA**. GnRH antagonist rescue protocol combined with cabergoline versus 
   cabergoline alone in the prevention of ovarian hyperstimulation syndrome: a 

2. **Youssef MA**, Abou-Setta AM, Lam WS. Recombinant versus urinary human 
   chorionic gonadotrophin for final oocyte maturation triggering in IVF and ICSI cycles. 

   RM, Farhan MS, Foad HA, Elsayed AM, Elkinaai NA, Ghaith D, Rashed ME, Ghafar 
   MA, Khams S, Hosni AN. Prevalence of human papilloma virus (HPV) and its 
   genotypes in cervical specimens of Egyptian women by linear array HPV genotyping 

4. **Youssef MM**, Mantikou E, van Wely M, Van der Veen F, Al-Inany HG, Repping S, 
   Mastenbroek S. Culture media for human pre-implantation embryos in assisted 

5. **Youssef MA**, Van der Veen F, Al-Inany HG, Mochtar MH, Griesinger G, Aboufoutouh 
   indispensable piece of information for the clinician. Reprod Biomed Online. 
   2016;32(2):259-60

6. Abdelmoty HI, **Youssef MA**, Abdallah S, Abdel-Malak K, Hashish NM, Samir D, 
   Abdelbar M, Hosni AN, Abd-El Ghafer M, Khamis Y, Seleem M. Menstrual patterns 
   and disorders among secondary school adolescents in Egypt. A cross-sectional 

7. Abdelbary AM, El-Dessoukey AA, Massoud AM, Moussa AS, Zayed AS, Elsheikh 
   MG, Ghoneima W, Abdella R, **Youssef M**. Combined Vaginal Pelvic Floor Electrical 
   Stimulation (PFS) and Local Vaginal Estrogen for Treatment of Overactive Bladder 
   (OAB) in Perimenopausal Females. Randomized Controlled Trial (RCT). Urology. 
   2015 Sep; 86(3):482-6. doi:10.1016/j.urology.2015.06.007

8. Rana M. A. Abdella, Hatem I. Abdelmoaty, Rasha H. Elsherif, Ahmed Mahmoud 
   Sayed, Nadine Alaa Sherif, Hisham M. Gouda, Ahmed El Lithy, Maged Almohamady, 
   Mostafa Abdelbar, Ahmed Naguib Hosni, Ahmed Magdy, and **Youssef MA** Screening 
   for Chlamydia trachomatis in Egyptian women with unexplained infertility, comparing 
   real-time PCR techniques to standard serology tests: case control study. BMC 

9. Ghada Abdel Fattah Abdel Moety, Maged Almohamedy, Nadine Alaa Sherif, Aymen 
   N. Rasalan, Tarek Fawazy Mohamed, Hazem Mohamed Abdel Mohsen, Abeer 
   Mohamed Mohy, and **Mohamed A.F.M.Youssef**. Could first-trimester assessment of 
   placental functions predict preeclampsia and intrauterine growth restriction? A 

10. **Youssef MA**, Abdelmoty HI, Elashmwi HA, Abduljawad EM, Elghamary N, Magdy A, 
     Mohsen MN, Abdella RM, Bar MA, Gouda HM, Ali AM, Raslan AN, Youssef D, 
     Sherif NA, Ismail AI. Oral antioxidants supplementation for women with unexplained


22. Rasha Hamed Elsherif and Mohamed Abdil Fatah Youssef. Real-time PCR improve detection of Trichomonas vaginalis compared to conventional techniques.
23. Mohamed AFM Youssef: The Controversy Over the Final Maturation Trigger in GnRH Antagonist Treated IVF/ICSI Cycles. KAJOG 2012

24. Mohamed AFM Youssef et al., Mild ovarian stimulation in women with poor ovarian response undergoing IVF and ICS. Evidence Based Women's Health Society 2012.

25. Mohamed Abdelfattah Mahmoud Youssef. Peer review of manuscript submitted to medical journals. Middle East Fertility Society Journal 2012; 17 (2): 139-143


PORTFOLIO

Workshops

2014  Training of Trainers "ToT" organized by the German Academic Exchange Service (DAAD), Cairo

2014  Change Agents for Egypt-Network Activity for Future University Leaders. the German Academic Exchange Service (DAAD), Cairo

2013  UNILEAD Egypt program: University Leadership and Management Training Course by the German Academic Exchange Service (DAAD), Cairo and the Carl von Ossietzky University of Oldenburg in Germany.

2013  Project management professional training course in Cairo by Knowledge Hut http://www.knowledgehut.com/course/302/PMP/Egypt/901/workshop-Dec

2013  Improving standards - Adapting RCOG guidelines for local use workshop arranged by RCOG at 1st FIGO Africa Regional Conference of Gynaecology and Obstetrics. October 2-5, 2013 • Addis Ababa, Ethiopia

2013  Pre-congress course 12: Task Force Management of Fertility Units in conjunction with the Special Interest Groups Andrology / Embryology / Reproductive Surgery & Safety and Quality in ART “Total quality management (TQM) in an IVF Centre” organized by ESHRE -2013-UK

2013  “Your Future in Science: Writing and Publishing a Scientific Paper “organized by Prof. Dr. Mary M. Christopher at JARCU-Cairo University - Egypt    23 April 2013

2013  “Evidence based medicine in clinical Drug safety and Effectiveness” organized by FDA at Cairo University from 8-9 April 2013

2013  Pre-congress workshop-(Assisted reproductive technology) - Cairo University- Cairo- Egypt. As speaker

2012  “ Authorship and Reviewing “ presented by Ewa Kittel-Prejs Journals Publishing Director Elsevier and organized by the Academy of Scientific Research and Technology

2012  “Biostatistics II academics” online course organized by Statistics.com

2012  “Power-analysis for Cluster-randomized and Multi-site Studies” online course organized by Statistics.com

2012  German Academic Exchange Service (DAAD) Funding Opportunities and How to evaluate candidates for DAAD. At Kasr Al-Aini Conference Center, Hall B, 28th May 2012

2012  How to write a proposal: The Technical Support Office for projects & Grants in collaboration with German Scientific Exchange Service (DAAD). Monday 4 June 2012, from 9:00 am -4:00 pm. Venue: Learning Resource Center (LRC) at Kasr AlAiny

2011  UNFPA Arab States Regional Office “Reproductive Health and Health Systems Strengthening Synergies” Workshop (29 May 2011- 02 June 2011) organized by Maha El-Adawy, RH Technical Advisor, UNFPA, ASRO Margaret Kruk, Columbia University
2012 Pre-congress workshop-(Assisted reproductive technology) - Cairo University- Cairo- Egypt. As speaker

2012 Pre-congress workshop (Intensive Workshop in Urogynecology and Reconstructive Pelvic Surgery) 10-12 April 2011- Cairo University- organizing committee and speaker

2011 Pre-congress workshop-(Assisted reproductive technology) - Cairo University- Cairo- Egypt. As speaker

2011 Pre-congress workshop (Intensive Workshop in Urogynecology and Reconstructive Pelvic Surgery) 10-12 April 2011- Cairo University- organizing committee and speaker

2010 Training workshop for journal editors organized by Prof. Dr. Mary M. Christopher at STMPU-Cairo - Egypt

2009 Advanced clinical epidemiology course- University of Amsterdam (UVA)-Netherlands.

2009 Oral presentation course - University of Amsterdam (UVA)-Netherlands.

2009 Clinical data management - University of Amsterdam (UVA)-Netherlands.

2009 Basic course “the AMC World of Science”- University of Amsterdam (UVA) - Netherlands.

2009 Mild IVF precongress course - ESHRE - Amsterdam - Netherlands

2009 Pub Med biomedical sciences University of Amsterdam (UVA)-Netherlands

2009 Reference Manager 12 Advanced course. University of Amsterdam (UVA)-Netherlands

2008 Cochrane database Workshop – Dutch Cochrane Centre- University of Amsterdam (UVA)-Netherlands.

2008 Scientific Writing Workshop- University of Amsterdam (UVA)-Netherlands.

2008 Evidence based medicine course- how to use Pub med, Web of science and Reference manager - University of Amsterdam (UVA)-Netherlands.

2008 Essential clinical epidemiology course- University of Amsterdam (UVA)-Netherlands.

2008 Practical and advanced biostatistics course- University of Amsterdam (UVA)-Netherlands.

2004 Evidence based medicine course- Cairo university- Egypt

2004 Quality control course - Cairo University – Egypt

248
Oral and poster presentations


2015 The 29th Annual scientific meeting for obstetrics & gynaecology department- Faculty of Medicine-Alexandria University, Egypt. Oral presentation- Speaker

2014 21st Annual meeting of Middle East Fertility Society (MEFS) - Dubai- UAE-2014, 2 oral presentations & chairperson


2014 11th International Symposium on GnRH the hypothalamic-pituitary-gonadal axis in cancer and reproduction- Salzburg- Austria: Accepted oral presentation, Speaker

2014 Ismailia Obstetrics & Gynaecology Syndicate symposium

2014 8th Annual Meeting of Department of Obstetrics & Gynaecology - Sohag University

2014 Annual Meeting of department of Obstetrics& Gynaecology - South Vally University

2013 1st FIGO Africa Regional Conference of Gynaecology and Obstetrics. October 2-5, 2013 • Addis Ababa, Ethiopia. 2 Oral presentations, Speaker & chairperson

2013 The 69th ASRM Annual Meeting - Boston-USA. 3 Poster presentations

2013 The 29th Annual Meeting of European Society of Human Reproduction & Embryology - London 2013. 1 poster presentation

2013 1st International Medical writing congress- Dubai-UAE- Oral presentation, Speaker

2013 The third Annual International Meeting of Egyptian Representative Committee ERC, Egypt, oral presentation – Oral presentation, Speaker

2013 The 27th Annual scientific meeting for obstetrics & gynaecology department- Faculty of Medicine-Alexandria University, Egypt. 3-4 May 2012- Oral presentation- Speaker

2012 11th annual meeting of obstetrics & gynaecology departments - Faculty of Medicine-Al- Azhar University, Egypt. 2 Oral presentations & Speaker

2012 12th Annual Scientific Meeting for Obstetrics & Gynaecology, Department Faculty of Medicine - Cairo University, Egypt: oral presentations & Speaker

2012 The Egyptian fertility society conference- Cairo -Egypt. 1 Oral presentation & Speaker

2012 19th Annual meeting of Middle East Fertility Society (MEFS) - Dubai- UAE-2013, 2 oral presentations & speaker

2012 The 28th Annual Meeting of European Society of Human Reproduction &- Istanbul 2012. 2 POSTERS presentations

2012 10th annual meeting of obstetrics & gynaecology departments-Faculty of Medicine- Al-Azhar University, Egypt. June 14-15/2012- Oral presentation & speaker
<table>
<thead>
<tr>
<th>Year</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>The Second Annual International Meeting of Egyptian Representative Committee ERC, Egypt, oral presentation – <em>Oral presentation</em> &amp; speaker</td>
</tr>
<tr>
<td>2012</td>
<td>26th Annual scientific meeting for obstetrics &amp; gynecology department- Faculty of Medicine-Alexandria University, Egypt. 3-4 May 2012- <em>oral presentations</em> and speaker</td>
</tr>
<tr>
<td>2012</td>
<td>11th Annual Scientific Meeting For Obstetrics &amp; Gynecology Department Faculty of Medicine - Cairo University, Egypt : <em>oral presentations</em> &amp; speaker</td>
</tr>
<tr>
<td>2011</td>
<td>18th Annual meeting of Middle East Fertility Society – Lebanon, 2 <em>oral presentations</em> &amp; speaker</td>
</tr>
<tr>
<td>2011</td>
<td>67th ASRM (American society of reproductive medicine- USA ): 3 posters presentation</td>
</tr>
<tr>
<td>2011</td>
<td>7th Royan International Twin Congress Reproductive Biomedicine &amp; Stem Cell- Tehran Iran</td>
</tr>
<tr>
<td>2011</td>
<td>The 27th Annual Meeting of European Society of Human Reproduction- Stockholm- SWEDEN: 2 <em>oral presentations</em> and speaker</td>
</tr>
<tr>
<td>2011</td>
<td>25th Annual Scientific Meeting For Obstetrics &amp; Gynecology Department Faculty of Medicine - Alexandria University 4-6 May 2011 : 2 <em>oral presentations and speaker</em></td>
</tr>
<tr>
<td>2011</td>
<td>Alexandria workshop for women health, oral presentation</td>
</tr>
<tr>
<td>2011</td>
<td>10th Annual Scientific Meeting For Obstetrics &amp; Gynecology Department Faculty of Medicine - Cairo University : <em>oral presentations</em> &amp; speaker</td>
</tr>
<tr>
<td>2011</td>
<td>10th International Symposium on GnRH the hypothalamic-pituitary-gonadal axis in cancer and reproduction- Salzburg- Austria: 2 <em>oral presentation, speaker and 1 poster</em></td>
</tr>
<tr>
<td>2010</td>
<td>The 28th Annual Meeting of European Society of Human Reproduction- ROME): 2 <em>oral presentations &amp; speaker</em></td>
</tr>
<tr>
<td>2010</td>
<td>66th ASRM (American society of reproductive medicine ASRM (American society of reproductive medicine): <em>poster presentation</em></td>
</tr>
<tr>
<td>2010</td>
<td>17th Annual meeting of Middle east fertility society- Damascus: 3 <em>oral presentations &amp; speaker</em></td>
</tr>
<tr>
<td>2009</td>
<td>The 27th Annual Meeting of European Society of Human Reproduction &amp;ESHRE - Amsterdam - Netherlands. <em>Oral presentation</em></td>
</tr>
<tr>
<td>2010</td>
<td>9th Annual Scientific Meeting For Obstetrics &amp; Gynaecology Department Faculty of Medicine - Cairo University : <em>Oral presentation &amp; speaker</em></td>
</tr>
<tr>
<td>2010</td>
<td>Suzan Mubarak for women health and development ,Alexandria conference- <em>Oral presentation</em> &amp; speaker</td>
</tr>
<tr>
<td>2009</td>
<td>ESHRE (European society for human reproduction and embryology) - Amsterdam - Netherlands. Oral presentation (01 July 2009)</td>
</tr>
<tr>
<td>Year</td>
<td>Award Description</td>
</tr>
<tr>
<td>------</td>
<td>-----------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>2016</td>
<td>Incentive award of state</td>
</tr>
<tr>
<td>2016</td>
<td>International publication awards</td>
</tr>
<tr>
<td>2015</td>
<td>Middle East Fertility society conference (Dr. Samir Abbas Award)</td>
</tr>
<tr>
<td>2015</td>
<td>International Publication</td>
</tr>
<tr>
<td>2015</td>
<td>International publication awards</td>
</tr>
<tr>
<td>2014</td>
<td>Best poster presentation Award</td>
</tr>
<tr>
<td>2014</td>
<td>International Publication</td>
</tr>
<tr>
<td>2013</td>
<td>State award “Dr. Mohamed Fakhry Mekawy”</td>
</tr>
<tr>
<td>2013</td>
<td>International publication awards</td>
</tr>
<tr>
<td>2012</td>
<td>Merck Sorono Infertility innovation award</td>
</tr>
<tr>
<td>2012</td>
<td>Cairo University incentive award</td>
</tr>
<tr>
<td>2012</td>
<td>International publication awards</td>
</tr>
<tr>
<td>2012</td>
<td>Egyptian grant for post MD research</td>
</tr>
<tr>
<td>2011</td>
<td>Award of the best article presented at middle east fertility society conference</td>
</tr>
<tr>
<td>2011</td>
<td>International publication awards</td>
</tr>
<tr>
<td>2011</td>
<td>International Publication</td>
</tr>
<tr>
<td>2013</td>
<td>STDF grant for short term fellowships</td>
</tr>
<tr>
<td>2011</td>
<td>NUFFIC Grant for Reproductive Medicine PhD</td>
</tr>
<tr>
<td>2010</td>
<td>Grant for clinical &amp; research fellowship at AMC Center for Reproductive Medicine</td>
</tr>
</tbody>
</table>
Acknowledgements

My interest in the female infertility & assisted reproduction arena started to grow since the early beginnings of my residency in Cairo university hospital. Since then, I started a non-stop quest for a learning opportunity in this field. Fortunately, I landed on an Egyptian grant which allowed me to carry out my MD research project in the field of my passion, in addition to a training opportunity abroad. Then I started to contact many experts in the field. I was thrilled when I got a reply from Prof. dr. Fulco with his acceptance to supervise my research project in the AMC.

Fulco, Madelon and Monique, I would like to express my deep gratitude for the opportunity; not only did I come to work in a topic that I love but I was also part of a big dynamic and diverse team. It has always been a pleasure to work with you, facing the challenges that came our way. You have contributed in many ways to this thesis.

Fulco, - the dignified mentor of CVV- you taught me the secrets of proper scientific thinking, writing and how to incorporate evidence based medicine in my daily practice with patients. You give me the opportunity to be part of your team for more than 8 years and encouraged me to proceed in my PhD projects with patience. I learned from you how to be enthusiastic and persistent to do my work perfectly. Your advice on both research, as well as my career has been priceless. When I went back to Egypt in 2010, you advised me to establish my team and try to continue my research work and to expand my knowledge and experience. You supported me and my colleagues to hold our first symposium “Upper Egypt ART” which was successful and fruitful. I could not wish for a better advisor and mentor for my Ph.D study; it was a truly life changing opportunity for me.

Madelon "Bescherm angel" I cannot have enough words to express my gratitude to the effort and time that you spent to teach me how to write a manuscript, understand statistics and how to deal with reviewers and editors comments. You always solved my problems and fixed my frequent mistakes with your warm smile and kind heart. I would like to greatly thank you for answering all my questions whenever I brought them to you. Not only that, I cannot forget how much you helped me to overcome my stress and disappointments during my first year in AMC, you were always concerned about me and my family.

Monique, the strong and dynamic lady of CVV, you monitored my first ovum-pickup training attempts in CVV clinic. I would like thank you for your continuous support during my Ph.D research, for your patience, motivation, and immense knowledge. Your guidance helped me during the research work and writing of this thesis. You spent a lot of time editing many
manuscripts included in this thesis, you used to give me the hope that this work will come to light soon & here it is.

Hesham -my great professor-, I would like to express my sincere gratitude for your continuous support to me when I was in the AMC. You are the first person who helped me to come to Netherlands, meet Fulco and start my entire career in the AMC. You spent many days showing to me what should I do and what is the best way to be a good clinician, as well as a researcher. Because of your professional network, many IVF centers accepted to participate in PRIMA study, the topic of my PhD. Without your help & continuous persistence & negotiation, I would not be able to defence my PhD.

Beatrix and Marjolein, you have always been there for me, I would like to thank you for your valuable help on all administrative works of my thesis. Of course, this was only a small part of your continuous help you kindly offered me, which I'll never forget and will always be grateful to you.

I would like to thank the rest of my committee members, Prof. dr. Broekmans, Prof. dr. Elgindy, Prof. dr. Goddijn, Dr. Khalaf, and Prof. dr. Lambalk. Thank you for accepting to be part of the committee and I am looking forward to our discussion as well.

To all researchers, doctors, nurses and other colleagues from the CVV, Cairo university hospital-Egypt, Royan institute-Iran, Avicenna institute-Iran, Orient hospital-Syria and Banha university hospital-Egypt thank you for your contribution to PRIMA study described in this thesis.

A special thanks to all couples that have participated in studies described in this thesis.

Femke and Miriam; I would like to thank you separately for accepting to be my paranymphs and stand next to me at this special day. Thank you for all the help with the organization and for keeping up the motivation.

A special thanks to my family. Words cannot express how grateful I am to my mother, father brothers and sisters for all of your sacrifices to me. Your prayers were the driving force that pushed so far. I would also like to thank all my friends who supported me in writing, and motivated me to strive towards my goal. I dedicate this thesis to the memory of my mother, whose role in my life was, and remains, immense.

At the end I would like express appreciation to my beloved wife Neveen stood by me all these years and made them the best years of my life, you have been caring and patient and loving. Youssef, Leena and Layla, my lovely family, raising you up is the greatest blessing.
and the sweetest adventure and challenge of my life. May be you will not read this book but I am sure you will read these few lines to see how much I love you.
About the author

The author of this thesis was born on August 6th, 1973 in Giza, Egypt. He did his Master and M.D of Obstetrics and Gynecology at Cairo University between 2002 and 2010. In 2008 he started at the Center of Reproductive Medicine of the Academic Medical Center as a research fellow on the topic ovarian stimulation under the supervision of prof. dr F.van der Veen, prof. dr Hesham Alinany, and dr M.van Wely and dr M. Mochtar.

Currently, he is working as an assistant professor at the department of Obstetrics and Gynecology at the Faculty of Medicine, Cairo University, Egypt. He is married from Nevin Abdul-Aziz Gad and has three children, Youssef, Leena and Laila.