

MICHELE BECHARA-HANNA CHAHOUD

Place of birth: Beirut, Lebanon

Date of birth: 24th of October 1988

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WORK EXPERIENCE

2019- till present Head of the Research Committee of the Neuro-Psychology department at the Neuroscience Research Centre (NRC),

Faculty of Medical Sciences, Lebanese University

**2018- till present Assistant Professor, Neuroscience Research Center (NRC) Lebanese University
Thesis committee member: Neuropsychology department**

Faculty of Medical Science

Courses: Analysis of Epidemiological Studies

2017- till present Assistant Professor, Lebanese University

Faculty of Medical Sciences and Faculty of Public Health II

Courses: Pharmacology, Public Health, Biostatistics and Statistics

Member of the Faculty of Medical science's thesis committee

2014 –till present Pharmacist-In-Charge, Pharmacy Nathalia, Fanar highway

EDUCATION

2014-2017 PhD Epidemiology and Public Health (scholarship from the faculty of pharmacy, Lebanese University-Beirut, Lebanon and Laboratoire du Stress Oxydatif et Antioxydants, faculty of medicine, Lebanese University-Beirut, Lebanon)

Doctoral School of Health and Life Sciences, University of Strasbourg, France.

Doctoral school of science and technology (EDST), Lebanese University-Beirut, Lebanon.

2012-2013 Masters in Clinical pharmacy and Pharmacoepidemiology

Doctoral school of science and technology, Lebanese University-Beirut, Lebanon.

Ranked First in Class (Majeur de promotion).

2011-2012 Diplôme Universitaire de recherche : Research degree in medical science

Fondation- Medical Research Institutes, Geneva, in association with the Faculty of medicine, Lebanese University-Beirut, Lebanon

2006-2012 Pharm D degree

School of Pharmacy, Lebanese University-Beirut, Lebanon

1991-2006 French Baccalaureate in Science (biology)

Grand Lycée Franco-Libanais, Achrafieh, Beirut, Lebano

TRAINING AND SEMINARS

Scientific trainings and seminars

- June 2015** Journée d'Étude du Collège Doctoral Européen - Éthique et médicament, University of Strasbourg
- April 2015** Phyto day, journée annuelle de réflexion sur l'étude et la valorisation des ressources végétales, faculty of pharmacy, University of Strasbourg
- April 2015** Second student PhD retreat, IGBMC (Institut de génétique et de biologie moléculaire et cellulaire), Illkirch, Strasbourg
- January 2015** Exercice d'intégration en recherche clinique, faculty of pharmacy, Lebanese University
- January 2015** Dialogue des civilisations à travers la bioéthique, Comite de formation médicale continue, Beirut, Lebanon
- November 2014** 4rth Doctoral forum, Doctoral school of science and technology (EDST), Lebanese University
- November 2014** Le congrès du Sommeil, Société Française de recherche et médecine du sommeil Lille, France

Professional training and seminars

- June 2015** Endnote X7- initiation, URFIST, Strasbourg
- May 2015** Gérer sa bibliographie avec Endnote Basic, URFIST, Strasbourg
- May 2015** Introduction to R, URFIST, Strasbourg
- May 2015** Statistical computing with R, workshop, URFIST, Strasbourg
- April 2015** LateX un outil de publication, URFIST, Strasbourg
- April 2015** Organiser ses idées et représenter ses connaissances : les atouts des cartes heuristiques, URFIST Strasbourg
- September 2011** Certificate of accomplishment Abbott Laboratories Student internship program
- August 2011** Focus on style training (Abbott Laboratories)
- July 2011** Territory and time management training (Abbott Laboratories)
- July 2011** Focus selling training (Abbott Laboratories)

June 2011 Diploma in First Aid with the Lebanese civil defense

INTERNSHIP

Medical research trainee, Henri Mondor hospital, Creteil-Paris France, 2013

Internship in the CIC : Centre d' Investigation Clinique.

Attend the conduct of various clinical trials in the hospital.

Pharm D medical training, 2011- 2012

Notre-Dame de Secours, Jbeil-Byblos

Pharmaceutical company, July-August 2011 (2 months)

ABBOTT LABORATORIES

Medical representative promoting Brufen®

LANGUAGES

Arabic: Fluency (native)

English: Fluent written and spoken

French: Fluent written and spoken

Italian: elementary

COMPUTER KNOWLEDGE

Microsoft Office: Word, Excel and Power Point

Softpharm

SPSS version 13.0 to 22.0

SPECIAL PROJECTS

Publications:

Reslan M, Godbout R, Zeidan R, Chahoud M. Isolated Sleep Paralysis Among University Students in Lebanon and its Association with Anxiety Symptoms. Manuscript in development.

Chahoud M, Chahine R, Godbout R, Salameh P, Khachan J, Sauleau E.A. Prevalence and associated factors of insomnia in a representative sample of Lebanese adolescents. Manuscript in submission process.

Chahoud M, Chahine R, Godbout R, Salameh P, Khachan J, Sauleau E.A. Prevalence and associated factors of the delayed sleep phase syndrome and its comparison to the delayed sleep phase in a cross-sectional study in Lebanese adolescents. Manuscript in submission process

Chahine R, Chahoud M, Farah R, Harb A, Tarabay R, Sauleau E.A, Godbout R. Assessing sleep quality of Lebanese high school students in relation to lifestyle: a pilot study in Beirut. Published article. Eastern Mediterranean Health Journal 2018. <http://www.emro.who.int/in-press/research/assessing-sleep-quality-of-lebanese-high-school-students-in-relation-to-lifestyle-pilot-study-in-beirut.html>

Chahoud M, Chahine R, Salameh P, Sauleau E.A. Reliability, factor analysis and internal consistency calculation of the Insomnia Severity Index (ISI) in French and in English among Lebanese adolescents. Published article. eNeurologicalSci 2017, <http://dx.doi.org/10.1016/j.ensci.2017.03.003>

Chahine R, Chahoud M, Farah R, Harb A, Tarabay R, Sauleau E.A, Godbout R. Assessing sleep quality of Lebanese high school students in relation to lifestyle: a pilot study in Beirut. Eastern Mediterranean Health Journal, In press.

Sleep disorders among Lebanese college students, in collaboration with Professor Ramez Chahine and Professor Roger Godbout , Antioxidants and Oxidative Stress Laboratory, Faculty of Medical Sciences,, Lebanese University, Lebanon. Sleep disorder Clinique , Hôpital Rivière-des-Prairies, University of Montreal, Canada .

Published in :

Neurophysiologie Clinique Vol 43 - N° 2 - avril 2013 pages 147-48
<http://www.em-consulte.com/revue/NEUCLI/derniernumero/neurophysiologie-clinique-clinical-neurophysiology>

2) Medecine du sommeil Vol 10, No 2, avril-juin 2013, Pages 83-84
<http://www.elsevier.com/journals/mdecine-du-sommeil/1769-4493/recent-articles>

Oral presentations:

Chahoud M, R. Chahine R, Godbout R, Salameh P, Schröder , Khachan J, Sauleau E.A, 117th International Symposium of the Association of French Language Psychiatry and Neurology Congress in Beirut, President of the Session 30: From Child to Teenager: What Sleep, What Rhythm? Oral presentation: Do Lebanese adolescents sleep well? Study on 3000 adolescents in the general population, Saint Joseph University, Beirut, Lebanon, June 19th to 22d 2019

Chahoud M, Pre-test, sample size and cross-sectional studies, Master's course MPH640 in collaboration with Pr. Francis Guillemin, Lebanese German University, February 19th 2019

Chahoud M, Chahine R, Salameh P, Sauleau E.A, Les troubles du sommeil chez les adolescents Libanais. 5ème Forum Doctoral, Ecole Doctorale des Sciences et Technologie, May 2016, Lebanese University.

Chahoud M, Chahine R, Salameh P, Khachan J, Sauleau E.A, Les troubles du sommeil chez les adolescents Libanais. Journées de rentrée du Programme Doctoral International (PDI), November 2016, University of Strasbourg . (PDI member, Linus Paulin class , poster and oral presentation)

Chahoud M, Chahine R, Salameh P, Sauleau E.A, Validation de l'échelle de somnolence d'Epworth, de l'index de sévérité de l'insomnie (ISI), du somnambulisme et l'impact sur l'activité diurne du questionnaire Sleep-50 chez les adolescents Libanais. 22ème conférence scientifique internationale de LAAS, April 2016, Holy Spirit University of Kaslik., Lebanon (**Best oral presentation prize**)

Chahoud M, Chahine R, Sauleau E.A, The introduction of Sleep disorders in Lebanese Adolescents. PhD retreat, Institut de Génétique et de Biologie Moléculaire (IGBMC), April 2015, Strasbourg, France.

Rammal F, Chahoud M, Godbout R, Sauleau E, Chahine R. Troubles du sommeil chez les adolescents des villages du Mont-Liban : une étude pilote. Le congrès du sommeil, Novembre 2014 Lille, France.

Chahoud M, Petro W, Harb A, Tarabay R, Ammar G, Godbout R, Chahine R. Habitudes du sommeil des adolescents de Beyrouth et d'Amman. Le congrès du sommeil, November 2013, Marseille, France.

Ammar G, Harb A, Tarabay R, Chahoud M, Godbout R, Chahine R. Troubles du sommeil chez les universitaires Libanais. Le congrès du sommeil, Novembre 2012, Bordeaux, France.

Posters:

Chahoud M, R. Chahine R, Godbout R, Salameh P, C. Schröder , Khachan J, Sauleau E.A, Sleep in Lebanese adolescents: sleep habits, chronotypes and most prevalent sleep disorders, the First Italian Lebanese Science Day on April 12th, 2019 at the American University of Beirut (AUB).

Chahoud M, Chahine R, Salameh P, Khachan J, Sauleau E.A, Les adolescents Libanais : un sommeil insuffisant ! 23ème conférence scientifique internationale de LAAS, April 2017, Lebanese University.

Chahoud M, Chahine R, Salameh P, Khachan J, Sauleau EA, Les troubles du sommeil chez les adolescents Libanais. Journées de rentrée du Programme Doctoral International, November 2016, University of Strasbourg, France.

Chahoud M, Chahine R, Salameh P, Sauleau E.A, Les troubles du sommeil chez les adolescents Libanais. Congrès du sommeil, November 2016, Strasbourg, France.