

# ALEXANDER

## ABI SAAD

MEDICAL STUDENT

### CONTACT

Beirut, Lebanon

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### SKILLS

Scientific Research

Academic Writing

Data Science

Statistics

Programming

Python

R

Java

SPSS

Scientific Databases

Journalistic Writing

Psychosocial Support

### LANGUAGES

English

Arabic

French

### HOBBIES AND PASSIONS

Creative Writing

Mental Health

Science

Philosophy

Human Rights

Film

Blogging

*Highly passionate medical student with a background in psychology, psychosocial support, research, statistics, biology, and computer science. Aspiring psychiatrist, mental health researcher and writer.*

## EXPERIENCE

### Academic Tutor - Freelancer

MARCH 2023 — PRESENT

I currently assist many students from various backgrounds in multiple aspects of their educational projects. I particularly help them with data analysis and academic writing.

### Mental Health E-Helper – National Mental Health Program (Lebanon) and Embrace

FEBRUARY 2021 — SEPTEMBER 2022

I provided psychological, emotional, and technical support to users of an evidence-based self-help intervention (Step-by-Step) for depression and anxiety. The program was developed in partnership with the World Health Organization (WHO). During my time there, I received continuous training and supervision for the skills associated with my position: empathy, compassion, communication, and many psychological techniques. I also received the WHO Quality Rights certification for human rights in the mental health field.

## EDUCATION

### Doctor of Medicine (MD), Saint George University of Beirut (SGUB)

OCTOBER 2022 — JULY 2026

Currently a second-year medical student (founding Class of 2026) receiving innovative medical education using the interactive Team-Based Learning (TBL) framework. Courses so far have included public health, evidence-based medicine, clinical skills, ethics, longitudinal patient shadowing, psychiatry, neurology, pharmacology, immunology, genetics, and biochemistry, among others.

### Bachelor of Arts (BA) in Psychology, Lebanese American University (LAU)

AUGUST 2018 — JULY 2022

I received a highly interdisciplinary pre-medical education with extensive courses in various fields such as psychology, biology, computer science, statistics, data science, research, and philosophy.

- Graduated with distinction.
- Appeared on Dean's Distinguished List multiple times.
- Received a 50% scholarship throughout enrollment.
- Enrolled in multiple honors-level courses.

## EXTRACURRICULAR ACTIVITIES

### Founder and President – Lebanese Psychiatry Interest Group (LPIG)

OCTOBER 2023 — PRESENT

Currently in the early stages of launching a national society of medical students in Lebanon who are interested in psychiatry and mental health where I am serving as the president on the board for the first academic year. The goal is to promote passion and skills related to practice, research and to help the wider community.

### SGUB Local Officer for Research Exchange - Lebanese Medical Students' International Committee (LeMSIC)

NOVEMBER 2022 — PRESENT

Active member of a leading association for medical students in Lebanon (LeMSIC), which is part of the International Federation of Medical Student Associations (IFMSA). So far, I have led the development of a project to introduce medical students to programming.

### Scientific Writer

2017 — PRESENT

I have been writing about science and technology since 2017. I recently launched a new blog: bioPsySocial (biopsysocial.com) where I cover topics related to the brain, mind, mental health research, practice, and ethics.