RAMONA NASR, PhD



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Living in LEBANON | Born in 05-11-1987

PhD holder in Public Health with master's and bachelor's degrees in biology. As a university lecturer and dedicated researcher, I bring extensive experience and a strong commitment to advancing knowledge in my field.

PROFESSIONAL EXPERIENCE

01/2024-present	**Part Time Lecturer**–Lebanese American University (LAU) – *Beirut, Lebanon* . Teach "Wellbeing Matters" course for Undergraduate students
09/2026-present	**Associate Member** – Institut National de Santé Publique, d'Épidémiologie Clinique et de Toxicologie-Liban (INSPECT -LB) – *Beirut, Lebanon*
11/2013-present	**Part Time Lecturer**–Modern University for Business and Science *(MUBS)* – *Lebanon* . Teach: Biology, Epidemiology, Introduction to Medical Terminology, Food Hygiene, Stress Management and Health Promotion, Health Promotion Intervention, Population Health Assessment, Research Methods, Pathology, Anatomy and Physiology, Gender and Development
01/2026 - present	**Section Editor – International Journal of Clinical Research (IJCR)**
01/2025 - present	**Peer Reviewer –** BMC Public Health; Wellbeing, Space & Society Journal (Elsevier); BMC Psychology; BMC Sleep Science and Practice; BMC Anesthesiology; European Child & Adolescent Psychiatry Journal; BMC Nursing; BMC Pregnancy and Childbirth; BMC Medical Education, Frontiers in Public Health, Journal of Radiation Research and Applied Sciences, Discover Psychology Journal, and Scientific Reports Journal
12/2023-present	**Fellow**–Center of Excellence in Research, Education, and Cultural Studies *(CEREC), Lebanon*
01/2019-01/2024	**Coordinator**–**Virtual Exchange courses** – School of Health Sciences – MUBS – *Lebanon*
08/2021-06/2023	**Acting Chairperson for Public Health Department –** *MUBS – Lebanon*
06/2013-06/2023	**Head of Administration** – School of Health Sciences – MUBS – Lebanon
01/2012-06/2012	**Internship** – Institute for Functional Genomics (IGF) - Montpellier France . Subject: Role of Claudin -2 On Tumor Initiating Cell Phenotype in Colon Cancer
10/2010-12 2010	**Internship** – Khaldeh Medical Center - Khaldeh Lebanon
06/2009-11/2009	**Internship** – Abir Pharmacy - Kfarfacoud Lebanon

EDUCATION

11/2022-12/2025	**PhD in Public Health (High Distinction)**, *Lebanese University, Beirut Lebanon co-direction with American University of Beirut, AUB*
09/2011-06/2012	**M.Sc. Degree in Medical Biology**, *University of Montpelier 2, France*
09/2009-06/2011	**M.Sc. Degree in Biology**, *Lebanese University, Beirut Lebanon*
09/2006-06/2009	**B.Sc. in Biology**, *Lebanese University, Beirut Lebanon*

COURSES/WORKSHOPS (WITH CERTFICATES)

- **Medical Research Lecture Series** (17 hours), Clinical Research Institute (CRI), American University of Beirut (AUB) –Jul 25, 2024, till Sept 26, 2024
- **CITI Program course:** Biomedical Researcher – Basic course (9 modules) – valid from August 2024 till August 2027 – CITI
- **Grant Writing for Health Research workshop** (8 hours), Clinical Research Institute (CRI) at the Faculty of Medicine & Center for Research on Population & Health (CRPH) at the Faculty of Health Sciences American University of Beirut (AUB) – February 26, 27, & 29, March 1, 2024
- **A Primer on Network Metta- Analysis workshop** (9 hours), Clinical Research Institute (CRI) at the Faculty of Medicine - American University of Beirut (AUB) – February 1 & 2, 2024
- **How to Conduct a Systematic review workshop** (12 hours), Clinical Research Institute (CRI) - American University of Beirut (AUB) – November 13-16, 2023
- **Epidemiology in Public Health Practice Specialization** (5 courses), Coursera & John Hopkins Uni –*11/2023*
- **Introduction to Systematic Review and Meta-Analysis**, Coursera & John Hopkins Uni – *06/2023*
- **Training of trainers' online course - Online teaching techniques and tools within the project Digihealth -** UNIMED, Mediterranean Universities Union, Rome (Italy) – February 23 – March 23, 2021

SEMINARS/WEBINARS

- IVPN Critical Care Listserv webinar: Role of ICU Pharmacists in Managing Nutrition Support in Critically Ill Patients – September 9th, 2025 *(Certificate)*
- Seasonal Influenza Prevention and Control: National and Regional Perspectives by World Health Organization EPI-WIN – December 6th, 2023 *(Certificate)*
- IVPN – NeuroPsychiatry 4th NeuroSTAT seminar accredited by JPA, OPL, and MOHAP: Systematic Review and meta-Analysis – September, *2023 (Certificate)*
- IVPN – NeuroPsychiatry 3rd NeuroSTAT seminar accredited by JPA, OPL, and MOHAP: Systematic Review and meta-Analysis – June, *2023 (certificate)*
- IVPN – NeuroPsychiatry 1st NeuroSTAT seminar accredited by JPA, OPL, and MOHAP: Systematic Review and meta-Analysis – *March, 2023 (Certificate)*
- SPSS Data Analysis training – Modern University for Business and Science – *March 2023 (Certificate)*
- Champion of Brain hub at MUBS – SDG Brain Lab – Un Global Compact Network Lebanon – *October 2021*
- Qualitative interviews and interpretation- Attima Research Colloquium- FHWS Germany (1 & 2) – *Dec 2021*
- Online training of the trainer course – Reinforcing of Education-Research E-Health & Medical links-Erasmus plus, Linnaeus University Sweden, Cesie Italy – *Dec 2021*
- Online training on How to use MAXQDA to interpret qualitative research material- Attima Research Colloquium-FHWS Germany – *Dec 2021*
- Virtual training on Principles of E-Health: Research, Education & Implementation at the eHealth Institute, Linnaeus University-ICU-RERE project – *Feb 2021*
- The Covid 19 Pandemic on The Lebanese Setting: The Implication on Health & Wellbeing- Beirut Arab University – *Jan 2021 (Certificate)*
- Scopus Online Seminar at University of Staffordshire (Elsevier) – *Nov 2020 (Certificate)*
- Understanding Research Metrics and Indicators and using these responsibly at University of Staffordshire (Elsevier) – *Nov 2020 (Certificate)*
- How to Write a Great Paper, and Get it Accepted by a Scholarly Journal at University of Staffordshire (Elsevier) – *Oct 2020 (Certificate)*

- Skills for the Future for Refugee Youth-A Pilot Project at Issam Fares Institute for Public Policy & International Affairs- American University of Beirut – *June 2019*
- Staff training at Cardiff Metropolitan University within the Erasmus+ International Credit Mobility scheme for staff exchange – *May 2019*

SKILLS

- **Technical Skills:** Medical and Public Health Research, Epidemiology, Systematic Review, Virtual Exchange, Cellular Biology, Cancer Biology, Molecular Biology, Medical Biology, Teaching, Administration, Management.
- **Biochemical and cellular assays**: Cell survival assay, ATPase activity assay, fluorescent microscopy, ELISA test, Protein purification, Immunoblotting, Flow cytometry, protein quantitation, RNA/DNA extraction, QPCR, Western Blot.
- **Computer**: MS Word, Excel, PowerPoint, One Note, ImageJ, Moodle, Microsoft teams, Zoom, UMS, Revman, Rayyan, Refworks, Webex, Blackboard.
- **Languages**: English: Professional, French: Professional, Arab: Native.

RESEARCH INTEREST

- **Gender-Specific Impact of Nutrition and Lifestyle Awareness on Colorectal Cancer Prevention in Lebanon (Corresponding author)** – *Submitted to a Journal*
- **Post-War Mental Health, Well-Being, and Resilience in Lebanon: Assessing Psychological, Social, and Economic Impacts of the 2024 Conflict (First Author)** – *In progress*
- **Educators in Lebanon Amid the War: Mental Health, Well-Being, and Online Teaching Challenges (First Author)** – *In progress*
- **The Impact of Kidfluencers on the Well-Being of Lebanese Children: A Parent's Perspective (First author)** – *In Progress*
- ***Validation of the Study Parent-Reported Questionnaire: Kidfluencers Impact on Lebanese Children*** **(First author)** – *In Progress*
- **Mental Health and Quality of Life Among Lebanese Elderly: Validation of the Multicultural Quality of Life Index (MQLI) in Lebanon** –Samantha Abi Saab, Hanin Ibrahim, Eman Swaidan, **Ramona Nasr**, Chadia Haddad, Pascale Salameh, Nael Alami **–** Submitted to a Journal

PUBLICATIONS (13)/ H-index 6

- **Macrolides Usage as Anti-Inflammatory Agents in the Treatment of Community-Acquired Pneumonia and Ventilator-Associated Pneumonia: A Systematic Review and Meta-Analysis** – *PhD Project*
  Ramona Nasr, Abdel Rahman*, Nisrine ElHadi, Pascale Salameh, Hanine Mansour* *BMC Systematic Reviews 2026*
- **Assessment of Compliance with National and International Guidelines in the Empirical Management of Community-Acquired Pneumonia (CAP) in Lebanese Hospitals: A Multicenter Retrospective Cohort Study** – *PhD Project*
  Ramona *Nasr, Elias A. Rahal, Chadia Haddad, Pascale Salameh* & Abir Abdel Rahman* Antibiotics MDPI 2026*
- **Impact of macrolide therapy on clinical outcomes in hospitalized pneumonia patients: a retrospective study from Lebanese hospitals (First Author)** – *PhD Project*
  Ramona *Nasr, Elias A. Rahal, Chadia Haddad, Pascale Salameh4* & Abir Abdel Rahman* Scientific Reports 2025*
- **Immunization safety monitoring: addressing vaccine hesitancy and enhancing coverage in crisis-affected regions – insights from Lebanon, Ukraine, and Sudan (First author)**
  Ramona Nasr, Eman Swaidan, Samah Hachem, Noura Yazbek, Mahdi Rizk, Abir Abdel Rahman and Nael H. Alami* *Therapeutic Advances in Vaccines and Immunotherapy (Sage) 2025*
- **Self-care practices and diabetes distress among type 2 diabetic patients in Lebanon amidst a multi-crisis context (First author)**
  Ramona Nasr, Eman Swaidan, Chadia Haddad, Wissam Jreije, Abir Abdel Rahman and Joanne Karam* Discover Public Health 2025

- **Financial Crisis and Its Association with Parental Stress and Children's Mental Health in Lebanon (First author)**
  Nasr, Ramona; Abi Saab, Samantha; Nasr, Nada; Haddad, Chadia; Swaidan, Eman; Abou Ibrahim, Sara; Karam, Joanne* BMC Public Health 2025

- **Financial Insecurity and Mental Well-Being: Experiences of Parents Amid the Lebanese Economic Crisis (First author)**
  Ramona Nasr, Nada Nasr, Chadia Haddad, Samantha Abi Saab, Sara Abou Ibrahim, Joanne Karam, Abir Abdel Rahman* BMC Public Health 2024

- **Validation of the Arabic Parental Stress Scale among Lebanese parents facing multiple crises (Co corresponding author)**
  Nasr, Nada; Swaidan, Eman; Karam, Joanne; Haddad, Chadia; **Nasr, Ramona*** Discover Public Health-Springer Nature 2024

- **The impact of financial stress on student wellbeing in Lebanese higher education (First author)**
  Ramona Nasr, Abir Abdel Rahman, Chadia Haddad, Nada Nasr, Joanne Karam, Jessy Hayek, Ibrahim Ismael, Eman Swaidan, Pascale Salameh*, and Nael Alami* BMC Public Health 2024

- **Mediation Analysis of Conspiratorial Thinking and Anti-Expert Sentiments on Vaccine Willingness**
  Blackburn A, Han H, Gelpí R, Stöckli S, Jeftić A, Ch'ng B, Koszałkowska K, Lacko D, Milfont T, Lee Y, the **COVIDiSTRESS II Consortium**, and Vestergren S. American Psychological Association 2023

- **COVIDiStRESS diverse dataset on psychological and behavioural outcomes one year into the COVID-19 pandemic**
  Blackburn A, Vestergren S & the **COVIDiStRESS II Consortium*** Scientific Data 2022

- **Marginalization and Underrepresentation in Virtual Exchange: Reasons and Remedies**
  Alami N, Albuquerque J, Ashton L, Elwood J, Ewoodzie K, Hauck M, Karam J, Klimanova L, **Nasr R**, Satar M. Journal of International Students 2022

- **Tight junction protein claudin-2 promotes self-renewal of human colorectal cancer stem-like cells**
  Paquet-Fifield S, Koh SL, Cheng L, Beyit LM, Shembrey CE, Moelck C, Behrenbruch C, Papin M, Gironella M, Guelfi S, **Nasr R**, Grillet F, Prudhomme M, Bourgaux JF, Castells A, Pascussi JM, Heriot AG, Puisieux A, Davis MJ, Pannequin J, Hill AF, Sloan EK, Hollande F. Cancer Research 2018

CONFERENCES AND AWARDS

- **Poster Presentation**
  Doctoral Forum – Doctoral School of Sciences and Technology (EDST), Lebanese University – September 2025
  Presented research titled: "Macrolides Usage as Anti-Inflammatory Agents in the Treatment of Community-Acquired and Ventilator-Associated Pneumonia: Evidence from a Systematic Review and a Lebanese Cohort Study"

- **3rd Prize – Best Poster Award**
  Doctoral Studies Days – Middle East Edition, USEK (May 2025)
  Awarded 3rd place for best poster presentation in the Health and Medical Sciences category. Presented research titled: "Macrolides Usage as Anti-Inflammatory Agents in the Treatment of CAP and VAP: A Systematic Review and Meta-Analysis."

- **Poster Presentation**
  25th Lorne Cancer Conference, Lorne, Australia – February 2013
  Presented research titled: "Regulation of Colorectal Tumor-Initiating Cells by the Tight Junction Protein Claudin-2." Institute of Functional Genomics (CNRS UMR5203/INSERM U661, Montpellier, France)

REFERENCES

Dr. Pascale Salameh-PhD supervisor, Lebanese University**,** 03/385542, psalameh@ul.edu.lb

Dr. Abir AbdelRahman-PhD supervisor, Balamand University**,** 03/515857, abir.abdelrahman@balamand.edu.lb

Dr. Nadine Zeeni-Coordinator Lebanese American University, 03/891405, nadine.zeeni@lau.edu.lb