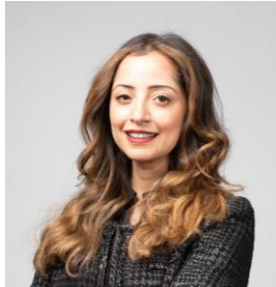




# RCSI

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## INTRODUCING NEW STAFF MEMBERS: Luma E. Bashmi, MA

Name /RCSI appointment	We are pleased to welcome Luma E. Bashmi to RCSI as Lecturer in Psychology
Educational background	Luma has a BA (Hons) in Psychology and minor in Communications from the American University of Beirut (2005), an MA in Marketing & Communications from the University of the Arts London (2009), and an MA in Psychological Research (Health Psychology) from CSULB (2017). She completed her Research Internship at the Cedars- Sinai Medical Center Psychiatry & Neurosciences Department (Los Angeles) in 2017.
Summary of Career to date.	Luma is a Fulbright Scholar, author, and scientific researcher in mental health with a background in communications. She was appointed the Head of Scientific Research & Development and Chairperson of the Institutional Review Board at King Hamad University Hospital (KHUH) in 2019. Her department oversees and supports over 70 active studies in medical research at KHUH. She co-founded and now directs <i>eLaa Beirut</i> , an initiative providing free mental healthcare for women, men, and young people, including members of the LGBT+ and refugee communities following the August 2020 explosion in Lebanon. With an international network of 25 mental health providers, to date 18 people have been supported for trauma and other stressors related to COVID-19, economic crisis, warfare, displacement and resettlement in Beirut.
Research interests and specialty	Stress and illness Mental health Quality of life Public Health Ethnic health disparities Epigenetics Healthy aging Psychoneuroimmunology



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Major accomplishments

Luma was awarded a Fulbright Scholarship to complete a Master's degree at the Stress and Coping Lab, California State University, Long Beach (CSULB, 2015-2017). This involved running studies to validate the Stress Overload Scale (SOS), which predicts illness, in Arabic-speaking populations, specifically refugees and immigrants. For this work she was awarded the 2016 *Robert E. Thayer Scholarship* for excellence in psychological research, her research was nominated for Best Thesis at CSULB and her thesis was published in the *Arab Journal of Psychology* (2018). At KHUH, she initiated and launched a campaign involving a series of professional development programs and policies to promote a research culture.