

ABANOUB J. ARMANIOUS

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EDUCATION

Rutgers School of Public Health

Piscataway, NJ

M.S., Epidemiology • Pharmacoepidemiology Concentration

Sept 2024 — May 2026

Delta Omega Inductee. GPA: 3.979 / 4.000. Thesis: *Factors associated with ADHD medication switching intent: A cross-sectional mixed-methods analysis with Shapley value decomposition*. Advisor: Greta A. Bushnell, PhD, MSPH.

Rutgers University — SEBS & Bloustein

New Brunswick, NJ

B.S., Cum Laude • Public Health and Cell Biology & Neuroscience

Sept 2019 — May 2023

Double major; minor in Religion. GPA: 3.608 / 4.000. Honors thesis: *JA212: A novel preclinical-stage pharmaceutical being developed for the treatment of binge eating disorder*. Advisor: Morgan H. James, PhD.

PEER-REVIEWED PUBLICATIONS

Author conventions: **bold** = candidate; *italics* = trainee mentored by candidate. Three indexed publications; full author lists shown.

1. **Armanious A. J.**, Hunter R. M., Griffiths K. R., Bowrey H. E., Brown R. M., & James M. H. (2026). Patient Perceptions of Ozempic (Semaglutide) for Weight Loss: Mixed Methods Analysis of Online Medication Reviews. *Journal of medical Internet research*, 28, e78391. doi.org/10.2196/78391. PMID: 41512288.
International press coverage including U.S. News & World Report, Healthline, MedicalXpress, Drugs.com, ConsumerAffairs, and 10+ syndicated outlets — see Media & Press Coverage.
2. **Armanious A. J.**, Asare A., Mitchison D., & James M. H. (2024). Patient perceptions of lisdexamfetamine as a treatment for binge eating disorder: An exploratory qualitative and quantitative analysis. *Psychiatry Research Communications*, 100195. doi.org/10.1016/j.psychom.2024.100195. PMID: 39664649.
Press coverage in Rutgers Health, Newswise, MedicalXpress, and Bioengineer.org.
3. Knowles, L. G., **Armanious, A. J.**, Peng, Y., Welsh, W. J., & James, M. H. (2023). Recent advances in drug discovery efforts targeting the sigma 1 receptor system: Implications for novel medications designed to reduce excessive drug and food seeking. *Addiction neuroscience*, 8, 100126. doi.org/10.1016/j.addicn.2023.100126. PMID: 37753198.

MANUSCRIPTS

4. **Armanious A. J.**, Dunn A. R., Martin C. E., & James M. H. Perceived effectiveness, tolerability, and discontinuation of lemborexant in real-world use: evidence from online patient reports. *Under review; SLEEP-D-26-01591*.
5. **Armanious A. J.** & James M. H. Methodology as architecture: encoding reflexive commitments and quote provenance into AI-assisted thematic analysis with the pakhom R package. *Manuscript drafted; finalizing pre-submission review*.
6. **Armanious A. J.**, Peng Y., Welsh W. J., & James M. H. Characterization of the novel sigma-1 receptor antagonist PW507 in a rodent model of binge eating disorder. *Drafting manuscript*.
7. **Armanious A. J.**, Gyawali U., Mehr J., Liu S., Fernandopulle K., Raymond J. S., & James M. H. Blunted orexin binding in ventral tegmental area in response to food-predictive cues in rats maintained on a high-fat diet: implications for binge-like eating. *Drafting manuscript*.

SOFTWARE

pakhom • Author and maintainer

github.com/abanoub-armanious/pakhom

- Open-source R package for multi-mode AI-assisted thematic analysis (reflexive, codebook-collaborative, and framework-applied modes), built to hold automated coding to the standard a human reviewer would: verbatim quote-verification against the source data, participant-spread metrics per theme, and whole-corpus coverage assertions
- Engineered with S3-class systems, multi-provider LLM API integration, validated YAML-driven configuration, structured logging, and roxygen2 documentation; publicly installable and version-controlled

RECENT CONFERENCE PRESENTATIONS

Presentations at international meetings, 2023–Present (from 20+). Designation in brackets indicates oral talk vs. poster.

- Raymond J. S., **Armanious A. J.**, Desai A. D., Joseph T. S., Narava S. S., & James M. H. (June 2026). A novel sigma-1 receptor antagonist suppresses binge-like eating and motivation for palatable food without disrupting sleep in female rats. *Associated Professional Sleep Societies (SLEEP)*, Baltimore, MD. [poster]
- Raymond J. S., Desai A. D., Joseph T. S., Narava S. S., **Armanious A. J.**, & James M. H. (Sept 2025). Dual-Edged Dosing: Dexamphetamine and lisdexamfetamine suppress binge-like eating but disrupt sleep in female rats. *World Sleep Society*, Suntec City, Singapore; *European Behavioural Pharmacology Society*, Almería, Spain. [oral & poster]
- **Armanious A. J.**, Kumar, S. S., Bhuteja S., Hunter R. T., Finley J. E., Peng Y., Welsh W. J., & James M. H. (June 2025). Sigma-1 receptor antagonism reduces palatable food reward-seeking behaviors in female rats on a high-fat diet with a history of binge-like eating. *International Behavioral Neuroscience Society (IBNS)*, Tromsø, Norway. [oral & poster]
- Raymond J. S., Desai A. D., Joseph T. S., Narava S. S., **Armanious A. J.**, & James M. H. (June 2025). Characterising iatrogenic sleep disturbances induced by dexamphetamine and lisdexamfetamine treatments to suppress binge-like eating in female rats. *SLEEP*, Seattle, WA; *IBNS*, Tromsø, Norway. [poster]
- **Armanious A. J.**, Peng Y., Welsh W. J., & James M. H. (Dec 2024). Characterization of the novel sigma-1 receptor antagonist PW507 in a rodent model of binge eating disorder. *American College of Neuropsychopharmacology (ACNP)*, Phoenix, AZ. [poster]
- Gyawali U., **Armanious A. J.**, Mehr J., & James M. H. (Oct 2024). Blunted orexin binding in ventral tegmental area in response to food-predictive cues in rats maintained on a high-fat diet — implications for binge-like eating. *Society for Neuroscience (SfN)*, Chicago, IL. [poster]
- **Armanious A. J.**, Kumar, S. S., Bhuteja S., Hunter R. T., Finley J. E., Peng Y., Welsh W. J., & James M. H. (Oct 2024). High-fat diet alters expression of sigma 1 receptors and potency of a sigma 1 receptor antagonist. *SfN*, Chicago, IL; *NSF LSAMP PI/PD Meeting*, Washington, D.C. [poster]
- **Armanious A. J.**, Finley J. E., Hunter R. T., Peng Y., Welsh W. J., & James M. H. (June 2024). The novel sigma-1 receptor antagonist PW507 reduces binge-like eating and motivated responding for palatable food in female rats maintained on HFD. *IBNS*, Panama City, Panama. [poster]
- Gyawali U., **Armanious A. J.**, Mehr J., Paladino M. S., Merai S., Bello N. T., & James M. H. (2023–2024). Binge-like eating restores hedonic tone in female rats maintained on a high-fat diet via an orexin-ventral tegmental area circuit. *Society for the Study of Ingestive Behavior*, Portland, OR, July 2023; *SfN*, Washington, D.C., Nov 2023; *ACNP*, Tampa, FL, Dec 2023; *IBNS*, Panama City, Panama, June 2024. [poster]
- **Armanious A. J.**, Hunter R. T., Brown R. M., & James M. H. (March 2024). Patient perceptions of Ozempic as a Treatment for Weight Loss: A Thematic Analysis. *International Conference on Eating Disorders (ICED)*, New York, NY. [poster]
- **Armanious A. J.**, Asare A., Mitchison D., James M. H. (2023–2024). Patient perceptions of lisdexamfetamine (Vyvanse) as a treatment for binge eating disorder: An exploratory qualitative analysis. *Eating Disorders Research Society*, Boston, MA, Sept 2023; *ICED*, New York, NY, March 2024. [poster]

GRANTS & FELLOWSHIPS

NSF Innovation Corps (I-Corps) Award

Aug 2023 — Dec 2024

Award #2335816 · ~\$50,000. Funded customer-discovery research and stakeholder interviews to map the U.S. stimulant-medication landscape, identify safety and efficacy gaps, and propose innovations for the treatment of motivational disorders.

NSF LSAMP — Post-Baccalaureate Research Experience

May 2023 — May 2024

Award #HRD-1909824 · ~\$30,000. Competitive stipend supporting full-time research, conference travel, and minority-mentoring activities following the undergraduate LSAMP appointment.

NSF LSAMP — Undergraduate Research Fellowship

Sept 2021 — May 2023

Award #HRD-1909824 · ~\$10,000. Two-year fellowship supporting STEM baccalaureate degree attainment among underrepresented populations through research, evidence-based retention strategies, and academic support.

RECENT AWARDS & HONORS

Stuart D. Cook Excellence in MS Research Award

May 2026

Rutgers School of Public Health. Conferred for top M.S. thesis research.

21st Century Scholar Distinction

May 2025

Rutgers School of Public Health. First M.S. recipient of an honor recognizing outstanding academic achievement and leadership in advancing public-health initiatives.

IBNS Travel Award

Jan 2025

International Behavioral Neuroscience Society. Awarded for excellence in behavioral-neuroscience research and contributions to the field.

Trainee Professional Development Award

Aug 2023

Society for Neuroscience. Recognizing outstanding contributions to neuroscience and demonstrated commitment to advancing scientific knowledge and collaboration.

Roy DeBoer Outstanding Senior Award

May 2023

Cook Community Alumni Association. Awarded for sustained leadership within the School of Environmental and Biological Sciences and the Cook community.

Outstanding Senior Thesis Award

May 2023

George H. Cook Scholars Program. Conferred for completion of a high-quality undergraduate honors thesis.

Excellence in Research Award

April 2023

Garden State-LSAMP. Recognizing high-quality research contributions to the field and broader minority-participation community.

RESEARCH EXPERIENCE

Rutgers RWJMS — Department of Psychiatry

Piscataway, NJ

Graduate Researcher — Morgan H. James and Gary Aston-Jones Co-supervision

May 2023 — Present

- Lead translational research integrating qualitative patient experience analyses through thematic analysis and AI-assisted R programming with preclinical compound development of JA212 and PW507/TNX-4900 across sleep, pain, and motivational disorder applications using sophisticated operant conditioning paradigms and high-throughput screening methodologies
- Direct mentorship of 7+ trainees in advanced behavioral neuroscience techniques, generating multiple scientific manuscripts and international presentations while establishing standardized protocols for pharmaceutical compound efficacy assessment across multiple receptor systems

Undergraduate Researcher — Morgan H. James Lab

May 2021 — May 2023

- Characterized binge-eating-disorder endophenotypes through operant conditioning (FR/PR schedules) and used a comprehensive behavioral battery (open field, EPM, saccharin preference, social interaction, von Frey) to assess PW507/TNX-4900 efficacy in reducing binge-like eating
- Conducted neuroanatomical mapping of eating-disorder circuits using immunohistochemistry, fluorescent labeling, and widefield fluorescence microscopy targeting orexin/hypocretin connectivity and c-Fos activation
- Co-developed the patent-pending compound JA212, demonstrating selective therapeutic efficacy without adverse effects in a rodent model of binge eating disorder; foundation for downstream Nucleate / NSF I-Corps commercialization activity

Rutgers University — Department of Biochemistry & Microbiology

New Brunswick, NJ

Lab Assistant — Kyle A. Murphy Lab

Sept 2019 — April 2021

- Investigated the interplay between CD44 and the REDD1 protein within the mTOR signaling pathway in breast cancer cells by conducting sample processing, including cell cultures, protein extractions, and Western blot analyses to assess protein expression levels and modifications
- Executed experimental protocols involving CRISPR/Cas9 gene editing techniques to modulate CD44 expression levels in cell lines, facilitating a deeper understanding of its impact on the regulation of REDD1 and mTOR signaling in breast cancer progression

Accurate Diagnostic Labs

South Plainfield, NJ

Specimen Processor — COVID-19 pandemic response

June 2020 — Aug 2020

- Processed 250+ specimens daily, including the novel saliva tests developed in partnership with RUCDR and Spectrum Solutions, that broadened population screening beyond traditional swab methods
- Maintained 100% data accuracy in transcribing demographic and specimen information into laboratory information systems, supporting seamless integration for daily cases

MENTORING & TEACHING

Direct one-on-one research mentorship of 7 trainees; mentees who became co-authors on manuscripts or presentations are noted.

Master's Student — Rutgers University

Alexandra R. Dunn — Work Study Supervisor, Rutgers Veterans House

Nov 2023 — May 2024

Biomedical sciences thesis: *Patient perceptions of dual orexin receptor antagonists as a treatment for insomnia*. Co-author on manuscript in submission.

Postbaccalaureate Researcher — Rutgers University

Lud Milca F. Ceus — MPP Candidate, Bloustein School

June 2023 — Dec 2024

Project: *D-amphetamine engages addiction circuits at doses that suppress binge-like eating*. Presented co-authored poster at IBNS (Panama City, Panama, June 2024) and NSF LSAMP PI/PD Meeting (Washington, D.C., Oct 2024).

Undergraduate Researchers — Rutgers University

Saanvi Bhuteja

June 2024 — Present

Project: *Sigma-1 receptor antagonism reduces motivation and reward-seeking behaviors in a HFD rodent operant conditioning model*. Presented co-authored poster at Rutgers Douglass SUPER program (New Brunswick, NJ, Sept 2024).

Sanu S. Kumar — Prospective Medical Student

June 2024 — May 2025

Project: *Sigma-1 receptor antagonism impairs behavioral flexibility and extinction learning in a HFD rodent operant conditioning model*. Presented co-authored poster at Rutgers Douglass SUPER program (New Brunswick, NJ, Sept 2024).

Rachel-Mae T. Hunter — Prospective PhD Student

May 2023 — May 2024

Interdisciplinary honors thesis: *The effects of sigma-1 receptor antagonism on palatable food behaviors in female rats*. Co-author on *JMIR* Ozempic peer-reviewed publication and multiple conference posters.

Jacqueline E. Finley — M.D. Student, Robert Wood Johnson Medical School

Sept 2022 — May 2024

Interdisciplinary honors thesis: *Exploring expression patterns of sigma-1 receptors in rats subjected to a high-fat diet: Implications for S1R antagonists as novel treatments for binge eating disorder*. Co-author on multiple conference posters.

Audrey Asare — Pharmacy Strategy Analyst, Highmark Health

June 2022 — Dec 2022

Bloustein internship: *Patient perceptions of Vyvanse as a treatment for binge eating disorder: An exploratory qualitative and quantitative analysis*. Co-author on resulting *Psychiatry Research Communications* Vyvanse peer-reviewed publication.

MEDIA & PRESS COVERAGE

Original research has generated international press coverage, broadcast appearances, and institutional communications. Selected highlights below; the complete, continually updated archive is at abanoubarmanious.com/coverage.

Broadcast & Podcast

- [ONNJ Mornings with Ken Rosato](#) — live interview, On New Jersey streaming network, hosted by 7-time Emmy-winning former WABC-TV news anchor Ken Rosato. Feb 25, 2026 — discussion of the *JMIR* Ozempic study findings.

National & International Press

- [Medscape](#) — "What Boosts Adherence to GLP-1s?" (Baty Swift Yasgur). Feb 27, 2026.
- [U.S. News & World Report](#) — "Results Outweigh Side Effects Among Ozempic/Wegovy Users, Study Says" (Dennis Thompson). Feb 23, 2026.
- [Drugs.com](#) — "Satisfaction With Semaglutide Driven by Effective Weight Loss" (Elana Gotkine). Feb 20, 2026.
- [Healthline](#) — "Despite Side Effects, People Continue Taking Ozempic for Weight Loss" (Mandy French). Feb 16, 2026.
- [ConsumerAffairs](#) — "New research explores why some people stay on weight-loss drugs that make them feel sick" (Kristen Dalli). Feb 11, 2026.

Local & Institutional Communications

- [Rutgers School of Public Health](#) — "A First-Generation Student Bridges Disciplines and Finds Mentorship at the School of Public Health" (Nakaysha Gonzalez). May 13, 2026.
- [New York Post](#) — "People say these 'absolutely horrid' GLP-1 side effects are 'worth it' for weight loss" (Rachel Sacks). Feb 15, 2026.
- [The Daily Targum](#) — "U. researchers examine effects of binge eating disorder treatment" (Keith Dobrow). Feb 24, 2025.

- [NSF I-Corps Northeast Hub](#) — "Rutgers I-Corps team shines at 2023 Nucleate Activator Final Pitch Showcase" (Trevor Rutledge-Leverenz). Aug 9, 2023.

PUBLIC WRITING

Evidence-based essays that translate my peer-reviewed research for a general readership, each sourced to the primary literature. Full collection at abanoubarmanious.com/writing.

- *People don't quit Ozempic because it makes them sick.* 2026.
- *Binge eating's only drug is a morning pill for a nighttime disease.* 2026.
- *We treat one craving as a disease and the other as a weakness. The brain draws no such line.* 2026.

LEADERSHIP & SERVICE

Save the Children of the Developing World

Bayonne, NJ

Founder & Chief Executive Officer • 501(c)(3) (EIN: 82-2153755)

July 2017 — Present

- Founded and direct a federally tax-exempt nonprofit operating in Egypt, Ecuador, and the Philippines that has reached thousands of children through educational, healthcare, infrastructure, and emergency-relief programs delivered in partnership with local institutions

Rutgers University — Office of Residence Life

New Brunswick, NJ

Assistant Residence Life Coordinator

July 2024 — May 2026

- Directly supervised 14 resident assistants serving 678 residents; contribute to oversight of 120 RAs across two campuses (~8,000 total residents) through an on-call duty rotation; received departmental "Graduate Intern of the Year" Award

Graduate, Senior, & Undergraduate Resident Assistant

Aug 2021 — July 2024

- Sequential promotions through Resident Assistant roles supporting communities of 177–923 residents; responsibilities included programming, conflict resolution, crisis response, holiday-break coverage, and budget and staff management

Gay Men's Health Crisis (GMHC)

New York, NY

Support Corps Volunteer

Feb 2024 — Present

- On-call volunteer support for short-term operational projects (data entry, inventory, special events) and direct client services; logged 40+ hours of in-person meal service

NSF Innovation Corps (I-Corps)

Virtual / Northeast

National Team Entrepreneurial Lead

June 2023 — Aug 2023

- Led market validation for patent-pending pharmaceutical innovation JA212; conducted 100+ stakeholder interviews (psychiatrists, patients, payers) to identify go-to-market pathway and inform SBIR/STTR funding strategy

Northeast Region Team Entrepreneurial Lead

July 2022 — May 2023

- Completed the regional program twice for JA212; led 60+ customer-discovery interviews validating market applicability across binge-eating-disorder and stimulant-use-disorder indications

Nucleate Activator Program — Philadelphia Chapter

Philadelphia, PA

Technical Team Member, EXEDO biotech venture

Oct 2022 — May 2023

- Co-developed EXEDO, a venture commercializing novel CNS therapeutics for binge eating disorder; the team won both the High-Performance Grand Prize and the Diversity, Equity & Inclusion Award at the 2023 Nucleate Activator final pitch

ADDITIONAL SKILLS

Quantitative & Mixed-Methods Analysis: R (advanced package authoring; see Software); SAS; SQL; Git/GitHub.

Cross-sectional and longitudinal study design; mixed-methods integration; reflexive and codebook thematic analysis (with package-level codification of methodology); inoveillance; mixed-effects modeling; missing data imputation; statistical reporting per CONSORT/STROBE conventions.

Research Technology: *Statistical & data analysis:* R (see Quantitative & Mixed-Methods Analysis above); GraphPad Prism (dose-response curves, ANOVA, behavioral pharmacology readouts); REDCap (database build and data collection for academic purposes with exposure to Epic EHR ecosystem, and Snowflake cloud data platform); Microsoft Excel (advanced). *Qualitative analysis:* NVivo; complemented by self-developed R package for AI-assisted reflexive thematic analysis. *Imaging & figure*

preparation: ImageJ / Fiji (widefield fluorescence microscopy analysis); BioRender (scientific illustration for manuscripts and posters); Adobe Acrobat. *Research documentation & literature management:* LabArchives electronic lab notebook; EndNote; literature databases (PubMed, Embase, PsycINFO, Scopus, Web of Science). *Collaboration & productivity:* Microsoft Office Suite; Google Workspace; Slack; Microsoft Teams; Zoom.

Pharmacoepidemiology & Therapeutic-Area Familiarity: Real-world evidence from patient-narrative and survey data; medication adherence, switching, and discontinuation analysis; off-label use patterns; signal-detection principles; mixed-methods integration of qualitative patient experience with quantitative outcomes.

Clinical Research Operations: CITI Program: Social/Behavioral/Epidemiologic Research Investigators; IRB Members and Professional HSP/IRB Program Staff – Social/Behavioral (both completed July 2024). Human subjects protections; IRB protocol authoring, amendments, and continuing review; informed consent processes; HIPAA Privacy and Security Rules; case report form design; standardized protocol and SOP authoring; side-effect ascertainment from patient-reported data.

Psychiatric Crisis Response: Five years of on-call crisis response in a 24/7 university residential setting, including direct response to suicidal ideation and suicide attempts, self-harm, acute psychotic episodes, panic attacks, intoxication, sexual assault disclosures, and hospital transports. Multi-agency coordination with university police, counseling services, hospital emergency departments, and Title IX response systems; Title IX-mandated reporting; mental status observation; behavioral documentation under HIPAA-equivalent privacy standards. *Certifications:* QPR (Question, Persuade, Refer) Gatekeeper; Mental Health First Aid; Title IX Response; Behind Closed Doors residence-life training; bystander intervention.

Trauma-Informed & Harm-Reduction Practice: Familiarity with SAMHSA's six principles of trauma-informed care and harm-reduction principles of autonomy, dignity, and non-judgment. Direct experience supporting LGBTQ+-affirming, stigma-reducing service delivery through volunteer work with GMHC.