



Shachar Lev Ari

Visiting Instructor/Lecturer, Genetics

 NIH Biosketch available Online

Bio

BIO

I am a member and former Chair of the Department of Health Promotion, in the School of Public Health, in the Faculty of Medicine at Tel-Aviv University, former director, and founder of the Integrative Medicine Center & Research Laboratory at the Tel- Aviv Medical Center, and Head of the Health Promotion Unit in the Integrated Cancer Prevention Center. My training is in cellular biology, integrative medicine, intervention research, and health promotion science. I received the Outstanding Israeli Researcher for Complementary and Integrative Medicine award. The goal of my research is to unravel the biology, physiology, and psychology of health promotion approaches and translate findings into interventions that effectively target salutogenic mechanisms underpinning the biopsychology of well-being. I initiated the "lasting change" study and will co-lead this project in my current role as visiting scholar, at Prof. Michael Snyder's Lab, a global leader in precision health at Stanford University.

https://en.wikipedia.org/wiki/Shahar_Lev-Ari

ACADEMIC APPOINTMENTS

- Visiting Instructor/Lecturer, Genetics

Publications

PUBLICATIONS

- **Using Ecological Momentary Assessments to Study How Daily Fluctuations in Psychological States Impact Stress, Well-Being, and Health.** *Journal of clinical medicine*
Mengelkoch, S., Moriarity, D. P., Novak, A. M., Snyder, M. P., Slavich, G. M., Lev-Ari, S.
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- **Distress following the COVID-19 Pandemic among Schools' Stakeholders: Psychosocial Aspects and Communication.** *International journal of environmental research and public health*
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Lautman, Z., Lev-Ari, S.
2022; 11 (18)
- **A novel platform for attenuating immune hyperactivity using EXO-CD24 in COVID-19 and beyond** *EMBO MOLECULAR MEDICINE*
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- **Age Differences in Recovery Rate Following an Aerobic-Based Exercise Protocol Inducing Muscle Damage Among Amateur, Male Athletes** *FRONTIERS IN PHYSIOLOGY*
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- **Reaching 80 Years of Age: Clinical, Behavioral, and Psychosocial Related Risk Factors in a Large Cohort of Israeli Working Men** *JOURNAL OF CLINICAL MEDICINE*
Lev-Ari, S., Novak, A., Zemer, A., Gerber, Y., Goldbourt, U.
2021; 10 (23)
- **Effect of Inquiry-Based Stress Reduction on Well-being and Views on Risk-Reducing Surgery Among Women With BRCA Variants in Israel: A Randomized Clinical Trial.** *JAMA network open*
Landau, C., Novak, A. M., Ganz, A. B., Rolnik, B., Friedman, E., Lev-Ari, S.
1800; 4 (12): e2139670
- **Mindfulness-Based Stress Reduction Increases Mental Wellbeing and Emotion Regulation During the First Wave of the COVID-19 Pandemic: A Synchronous Online Intervention Study** *FRONTIERS IN PSYCHOLOGY*
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- **Attitudes Among Nurses Toward the Integration of Complementary Medicine Into Supportive Cancer Care** *ONCOLOGY NURSING FORUM*
Ben-Arye, E., Shulman, B., Eilon, Y., Woitiz, R., Cherniak, V., Sharabi, I., Sher, O., Reches, H., Katz, Y., Arad, M., Schiff, E., Samuels, N., Caspi, et al
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- **Inquiry-based stress reduction (IBSR) meditation technique for BRCA1/2 mutation carriers-A qualitative study** *EUROPEAN JOURNAL OF INTEGRATIVE MEDICINE*
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- **THE EFFECTS OF "THE WORK" MEDITATION (BYRON KATIE) ON PSYCHOLOGICAL SYMPTOMS AND QUALITY OF LIFE-A PILOT CLINICAL STUDY** *EXPLORE-THE JOURNAL OF SCIENCE AND HEALING*
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