Dr. Alayan’s research focuses on behavior change and health promotion, with an emphasis on the treatment and prevention of addictive behaviors. Her work is based on mind-body science, investigating biobehavioral treatment interventions, Motivational Interviewing (MI), and evidence-based health promotion practices such as Screening, Brief Intervention, and Referral to Treatment (SBIRT). Dr. Alayan engaged in research training at the Cardiac Neuroscience Laboratory of Rutgers’ Center for Alcohol Studies, specifically using heart rate variability biofeedback as an adjunct intervention to maintain prolonged recovery from substance use disorder. She also trained in Motivational Interviewing techniques for behavior change, of which application spans throughout the health continuum. Dr. Alayan is currently conducting the first national study of SBIRT use by nurses and pediatricians in Lebanon.

List of publications, per year, over the past three years.

