

DR. HAMDI ABDULLA A. LEMAMSHA

LECTURER AND RESEARCH CONSULTANT

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LOCATION: SHEFFIELD, UNITED KINGDOM



PERSONAL PROFILE

I am a dedicated professional specialising in the evaluation and management of obesity. My expertise includes providing essential advice, support, and information on healthy lifestyles. As a PhD graduate with a focus on the chronic disease epidemic, particularly obesity, and a Master of Public Health, I am proficient in conducting workshops on quantitative data analysis using SPSS and qualitative analysis with NVivo. My research portfolio covers various areas within public health, with a particular emphasis on obesity, its causes, preventative measures, and management. I have published multiple articles, with several others currently under review, and have had the privilege of teaching various public health modules at both undergraduate and postgraduate levels. My research methodologies are comprehensive, with proficiency in both quantitative and qualitative mixed-method studies.

EDUCATION

2012 - 2016	PhD in Obesity Prevention and Treatment University of Bedfordshire, UK
2006-2007	Master of Public Health Sheffield Hallam University, UK
2006-2007	Postgraduate Diploma in Public Health Sheffield Hallam University, UK
2000-2005	BSc in Public Health Omar Al-Mukhtar University, Libya

EXPERIENCE

2025 – Present	Lecturer, <i>University of Tubruk</i> Delivering lectures and supervising research in public health, with a focus on obesity and health policy.
2016 – 2025	Research Consultant, <i>Research Consultation Axis Ltd</i> (link) Led and advised on health-related research projects. Provided expertise in study design, data analysis, and publication support.
2019 – 2024	Obesity and Health Consultant, <i>Ministry of Health, Derna</i> Advised on obesity prevention strategies and contributed to national health planning and public awareness programmes.

2017 – 2018	Research Collaborator, <i>University of Bedfordshire</i> Co-authored academic publications on obesity, working closely with the supervisory team.
2012 – 2016	PhD Researcher, <i>University of Bedfordshire</i> Completed doctoral research on the causes and control of the obesity epidemic.
2007 – 2012	Lecturer in Public Health, <i>Omar Al-Mukhtar University</i> Taught courses on health diversity; later appointed General Director of Health Services, overseeing citywide public health services.
2001 – 2005	Executive Director, <i>Al-Magar Hospital, Derna</i> Delivering lectures and supervising research in public health, with a focus on obesity and health policy.
2000 – 2001	Head of Scientific Office, <i>Nursing Institute</i> Coordinated academic programmes and scientific resources in nursing education.
1995 – 2000	Demonstrator & Research Assistant, <i>Omar Al-Mukhtar University</i> Supported teaching and research in public health and epidemiology.

TEACHING ROLES

2015-2016	Delivered MSc lectures and workshops, <i>University of Bedfordshire</i> - Quantitative data analysis using SPSS version 24. - Qualitative data analysis using NVivo version 12..
2008-2011	Lead MSc and BSc modules, <i>Omar Al-Mukhtar University</i> - Health Research Methods - Non-communicable Disease Epidemiology - Community Medicine for MBBS/BSc Medicine - Population-Based Public Health Practice - Hospital-Acquired Infection - Health Information Systems.

AWARDS AND AFFILIATIONS

2017	Research Impact of the Year Award, <i>Bedfordshire County</i>
2016	iGrad Prize Winner, <i>University of Bedfordshire</i>

SKILLS

- Proficient in Microsoft® Office Suite: Word, Excel, Access, PowerPoint, FrontPage, and Outlook.
- Advanced expertise in the Statistical Package for Social Sciences (SPSS).
- Comprehensive understanding of NVivo for qualitative data analysis.
- Demonstrated capability in instructing on SPSS version 24 and NVivo version 12.

RECENT CONFERENCE PRESENTATIONS

- Lemamsha, H., (2007) Second annual conference small-scale health promotion research supporting public health policy, and practice. (6th June 2007, Sheffield Hallam University).
- Lemamsha, H., (2013) University of Bedfordshire research conference. (10th July 2013; University of Bedfordshire, UK).
- Lemamsha, H., (2016) 3MT conference of Primary Care and Public Health. (3rd April 2014; University of Bedfordshire, UK).
- Lemamsha, H., (2015) 3MT conference of Primary Care and Public Health. (20th March 2015; University of Bedfordshire, UK).
- Lemamsha, H., (2014) Community Healthcare and Inequality Conference. (18th June 2014; University of Bedfordshire, UK).

PUBLICATIONS – JOURNAL ARTICLES

- Lemamsha, H., Randhawa, G. and Papadopoulos, C., 2022. Investigating the association between unhealthy dietary habits and obesity among Libyan adults. International journal of environmental research and public health, 19(3), p.1076.
- Lemamsha, H., Randhawa, G. and Papadopoulos, C., 2019. Prevalence of overweight and obesity among Libyan men and women. BioMed research international, 2019(1), p.8531360.
- Lemamsha, H., Papadopoulos, C. and Randhawa, G., 2018. Perceived environmental factors associated with obesity in Libyan men and women. International journal of environmental research and public health, 15(2), p.301.
- Lemamsha, H., Papadopoulos, C. and Randhawa, G., 2018. Understanding the risk and protective factors associated with obesity amongst Libyan adults-a qualitative study. BMC Public Health, 18, pp.1-12.
- Lemamsha, H.A.A., 2016. Exploring the risk and protective factors associated with obesity amongst Libyan adults (20-65 years).
- Jumaa, A., Al-Zarrouq, F., Lemamsha, H., Al-Mamsha, A.A., Al-Qallai, A.A., Akwas, A. and Al-Kamishi, M., 2025. Investigating risk factors contributing to the prevalence of dental caries among children under 18 years in Tripoli and Derna, Libya. Shroos Journal, 6, pp.15–32.

REFERNECES

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