

Foreword



Prof. Khalid M. Almutairi

Chairman of CHS

Community Health Sciences Dept. Head

On behalf of the entire Department of Community Health Science (CHS) administration, we welcome you all to another academic year. For our new faculty members, I wish to take this opportunity to welcome you here at the CHS department. I am pleased to present to all of you this CHS department faculty booklet. This booklet is one of our privilege to show you the strength of our faculty. We are blessed to present you 40 full time faculty members this academic year, whose diverse areas of expertise will build upon the remarkable dedication to excellence in teaching and scientific research. We are presenting you some of their works and achievements. The works and efforts of our faculty are channeled toward our college focus and goal which is to achieve and improve educational environment for its students. Our CHS faculty booklet shows you a list of outstanding faculty from the entire world that will ensure highest level of quality of learning, research and community services. The success of CHS department and our students depends on the active engagement of our faculty. I wish you a rewarding academic year, and I look forward to working with you. Finally, I ask Almighty God to help us to succeed and makes our work all purely for Allah.



Research Scope

This booklet provide detailed research interest for each faculty in the department of community health sciences, as well as their ongoing projects.

The department of community health sciences research plan is developed following King Saud University (KSU) research priorities (<https://dsrs.ksu.edu.sa/en/IFKSUE>). These research priorities are set to serves the community and create an impactful research that is consistent with Vision 2030. Additionally, to develop a research environment that encourages the efficient use of technologies and resources to improve the community's health.

Vision 2030 focus on the importance of disease prevention and improving access to high quality health care. The prevention of disease and improvement in healthcare services access and quality is set to be reached by using innovative and technological solutions. Additionally, there is a focus on improving clinicians' ability to manage and treat the leading causes of death in Saudi (i.e. heart diseases, cancer and diabetes). For details kindly visit <https://www.vision2030.gov.sa/en/node/68> .



Research Scope

Within KSU and the College of applied medical sciences (CAMS), scientific research is recognized as an important institutional responsibility, which was reflected on CHS department levels. Therefore, one of the community health sciences department strategic objectives is to encourage and activate joint and multidisciplinary scientific researches and to support applied and community-based researches. This objective was developed in parallel to KSU strategic objective of establishing excellence in all fields of scholarship and research (<https://news.ksu.edu.sa/en/node/103291>) and CAMS strategic objective to support performing and publishing applied Medical research that contribute to technological and medical advances (<https://cams.ksu.edu.sa/en/about-us/strategic-plan>).



Research Scope

Research focus areas/priorities:

The community health department research priorities fall within three tracks:

1st Track: Human wellbeing:

- Emerging infectious diseases diagnosing the factors contributing to disease emergence
- Produce creative research to deeper understand chronic diseases
- Increasing support to confronting mental health challenges
- Advance research, technology and innovation for cleaner air-environment, less pollution and lower health risks.

2nd Track: Digital innovation:

- Advancing the impact of digital revolution in delivering efficient high quality health care

3rd Track: Food, water and environment:

- Food and water safety and security
- Turning waste into value



Booklet Purpose

The purpose of this booklet to be a holistic guide for both faculty and graduate students about research interests among the community health department. Thus, promote department research projects and research outputs which will facilitate all faculty and graduate engagement and collaboration. All will ease the exchange of expertise and experiences within the department between faculty members and between faculty members and students. Furthermore, engaging in multi-disciplinary research collaborations with other departments in CAMs and colleges as well as other Saudi universities, research centers, scientific associations and international collaborations.

Moreover, promote and facilitate the use of existing research resources in the department, college and across the university through showing the labs and clinics in the department and college.



Community health sciences Department Faculty

Adel Alhamdan

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Faculty profile

Google scholar:



ORCID

Research Gate

Academic Rank:

Professor of Clinical Nutrition

Interests:

Adel's research interests are Nutrition and older adults.

Key publications:

- **Adel A Alhamdan**, Sulaiman A Alshammari, Maysoon M Al-Amoud, Tariq A Hameed, May N Al-Muammar, Saad M Bindawas, Saada M Al-Orf, Ashry G Mohamed, Essam A Al-Ghamdi, Philip C Calder. Evaluation of health care services provided for older adults in primary health care centers and its internal environment: A step towards age-friendly health centers. [10.15537/smj.2015.9.11789](https://doi.org/10.15537/smj.2015.9.11789)
- **Alhamdan A. A.** (2004). Nutritional status of Saudi males living in the Riyadh nursing home. *Asia Pacific journal of clinical nutrition*, 13(4), 372–376.
- **Alsaif, M. A., Khan, L. K., Alhamdan, A. A. H., Alorf, S. M., Harfi, S. H., Al-Othman, A. M., & Arif, Z.** (2007). Effect of dates and gahwa (Arabian coffee) supplementation on lipids in hypercholesterolemic hamsters. *International Journal of Pharmacology*, 3(2), 123–129. <https://doi.org/10.3923/ijp.2007.123.129>

Ongoing projects:

Anthropometric cut-off points in Saudi older adults (Secondary data).
Nutritional assessment in Older Adults. (Secondary data)

Ali Almajwal



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Faculty profile

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Academic Rank:

Professor of Clinical Nutrition

Interests:

Ali's research interets are Evidence Based Practice Guidelines of Obesity and Energy metabolism.

Key publications:

- Alu'datt, M. H., Rababah, T., Ereifej, K., Alli, I., Alrababah, M. A., **Almajwal, A.**, Masadeh, N., & Alhamad, M. N. (2012). Effects of barley flour and barley protein isolate on chemical, functional, nutritional and biological properties of Pita bread. *Food Hydrocolloids*, 26(1), 135–143. <https://doi.org/10.1016/j.foodhyd.2011.04.018>
- Jiang, S., Ding, J., Andrade, J., Rababah, T. M., **Almajwal, A.**, Abulmeaty, M. M., & Feng, H. (2017). Modifying the physicochemical properties of pea protein by pH-shifting and ultrasound combined treatments. *Ultrasonics sonochemistry*, 38, 835–842. <https://doi.org/10.1016/j.ultsonch.2017.03.046>
- Alu'datt, M. H., Rababah, T., Alhamad, M. N., Al-Mahasneh, M. A., **Almajwal, A.**, Gammoh, S., Ereifej, K., Johargy, A., & Alli, I. (2017). A review of phenolic compounds in oil-bearing plants: Distribution, identification and occurrence of phenolic compounds. *Food chemistry*, 218, 99–106. <https://doi.org/10.1016/j.foodchem.2016.09.057>

Ongoing projects:

Khalid Almutairi



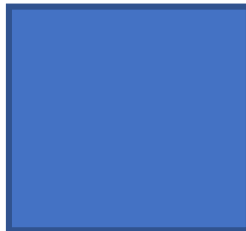
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Academic Rank:

Chairman & Professor of Health Education

Interests:

Khalid's research interest is in the area of public health and health education. Research about public health issues has high value to the society because it can provide information about disease trends, risk factors and outcomes of treatment or even healthcare cost. Investigating public health issues and use them in health education programs may help the society to be aware and empower them to live healthier.

Key publications:

- Batais, M. A., **Almutairi, K. M.**, Almigbal, T. H., Alodhayani, A., Alonazi, W. B., Vinluan, J. M., ... & Aljubab, R. A. (2020). Recommendation of Aspirin-Guide App and Physicians Clinical Decision of Aspirin Use to Prevent CVD Among Diabetic Patients, Is there any Differences?. *Journal of Cardiovascular Pharmacology and Therapeutics*, 1074248420958976. <https://doi.org/10.1177%2F1074248420958976>
- Almigbal, T. H., **Almutairi, K. M.**, Vinluan, J. M., Batais, M. A., Alodhayani, A., Alonazi, W. B., Sheshah, E., & Alhoqail, R. I. (2019). Association of health literacy and self-management practices and psychological factor among patients with type 2 diabetes mellitus in Saudi Arabia. *Saudi medical journal*, 40(11), 1158–1166.

Ongoing projects:

- Self-care Management Practices of patients with Type 2 Diabetes Mellitus in Saudi Arabia: A cross-sectional assessment.
- Mental Health Outcomes of Healthcare providers during COVID-19 pandemic in Saudi Arabia: A Cross-sectional Study.
- Experience of Health-care providers' in Saudi Arabia in dealing with COVID-19 outbreak: A qualitative study

Khalid Al-Numair

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Faculty profile

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Research Gate

Academic Rank:

Professor of Public Health Nutrition

Interests:

Khalid's research interest is investigating the role of nutrients and flavonoids on chronic diseases such as diabetes and cardiovascular diseases. In addition, his research interests also includes studies on the role of nutrition in public health.

Key publications:

- Veeramani, C., Alsaif, M. A., & **Al-Numair, K. S.** (2018). Lavatera critica controls systemic insulin resistance by ameliorating adipose tissue inflammation and oxidative stress using bioactive compounds identified by GC-MS. *Biomedicine & pharmacotherapy = Biomedecine & pharmacotherapie*, 106, 183–191. <https://doi.org/10.1016/j.biopha.2018.06.121>
- Veeramani, C., Alsaif, M. A., & **Al-Numair, K. S.** (2018). Herbacetin, a flaxseed flavonoid, ameliorates high percent dietary fat induced insulin resistance and lipid accumulation through the regulation of hepatic lipid metabolizing and lipid-regulating enzymes. *Chemico-biological interactions*, 288, 49–56. <https://doi.org/10.1016/j.cbi.2018.04.009>

Ongoing projects:

Prognostic value of the triglycerides-glucose index for the risk of incident diabetes and diabetic complications.

Mohammed Alsaif

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Faculty profile

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Research Gate

Academic Rank:

Professor of Nutrition Science and Policy.

Interests:

Mohammed's research interests are Nutrition Sciences, Nutrition Policy, Public Health Nutrition, and Nutrition Higher Education

Key publications:

- Dhibi, M., Brahmi, F., Mnari, A., Houas, Z., Chargui, I., Bchir, L., Gazzah, N., **Alsaif, M. A.**, & Hammami, M. (2011). The intake of high fat diet with different trans fatty acid levels differentially induces oxidative stress and non alcoholic fatty liver disease (NAFLD) in rats. *Nutrition & metabolism*, 8(1), 65. <https://doi.org/10.1186/1743-7075-8-65>
- Hakim, I. A., **Alsaif, M. A.**, Alduwaihy, M., Al-Rubeaan, K., Al-Nuaim, A. R., & Al-Attas, O. S. (2003). Tea consumption and the prevalence of coronary heart disease in Saudi adults: results from a Saudi national study. *Preventive medicine*, 36(1), 64–70. <https://doi.org/10.1006/pmed.2002.1130>
- Athinarayanan, J., Periasamy, V. S., **Alsaif, M. A.**, Al-Warthan, A. A., & Alshatwi, A. A. (2014). Presence of nanosilica (E551) in commercial food products: TNF-mediated oxidative stress and altered cell cycle progression in human lung fibroblast cells. *Cell biology and toxicology*, 30(2), 89–100. <https://doi.org/10.1007/s10565-014-9271-8>

Ongoing projects:

Mahmoud Abulmeaty



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Research Gate

<https://www.researchgate.net/profile/Mahmoud-Abulmeaty>

Academic Rank:

Professor of Medical Physiology– Physician Consultant at Nutrition Clinic

Interests:

Mahmoud’s research interests are Clinical Nutrition and metabolism, Energy homeostasis, Body composition and obesity and Endocrine and Gastric electrophysiology.

Key publications:

- **Abulmeaty MMA.**, Aldisi D, Aljuraiban G S., Almajwal A, El Shorbagy E, Almuhtadi Y, Albaran B, Aldossari Z, Alsager T, Razak S, Berika M, Al Zaben M. Association of Gastric Myoelectrical Activity With Ghrelin, Gastrin, and Irisin in Adults With Metabolically Healthy and Unhealthy Obesity. *Frontiers in Physiology*.2022; 13: 815026. DOI=10.3389/fphys.2022.815026
- **Abulmeaty M.M.A.**, Almajwal A, Elsayed M, Hassan H, Aldossari Z, Alsager T. Development and validation of novel equation for prediction of resting energy expenditure in active Saudi athletes. *Medicine* 102(52):p e36826, December 29, 2023. | DOI: 10.1097/MD.00000000000036826
- **Abulmeaty, M. M.**, Almajwal, A. M., Almadani, N. K., Aldosari, M. S., Alnajim, A. A., Ali, S. B., Hassan, H. M., & Elkatawy, H. A. (2017). Anthropometric and central obesity indices as predictors of long-term cardiometabolic risk among Saudi young and middle-aged men and women. *Saudi medical journal*, 38(4), 372–380. <https://doi.org/10.15537/smj.2017.4.18758>

Ongoing projects:

- [Development of population-specific Equations and Artificial Intelligence Models \(ANFIS\) for Predicting Resting Energy Expenditure in Saudi Children and Adolescents with different adiposity levels.](#)
- [Development and validation of ultrasound percentiles for assessment of skeletal muscle and diagnosis of Sarcopenia among Saudi adults.](#)

Alia Al-Moajel

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Academic Rank:

Associate Professor of Health Education

Interests:

Alia's research interests are Public health, Public Health management and quality, Health Care management and quality, Policy and system of health care, Strategic Planning and management in health care, and Patient safety and Risk management in health care.

Key publications:

- Aljasser,B and **Almoajel,A.** (2020). Adopting the Triple Aim Framework in the Saudi Healthcare System: A Delphi Study. Risk Management and Healthcare Policy Journal, 13, 2189–2197.
- **Almoajel,A.**, Al-Medaimeegh,G., Almowelhi,B. Evaluation of Patient Experiences with Nutrition Clinics in Hospital Outpatient Departments, Pakistan Journal of Nutrition,2019 ,March doi: 10.3923/pjn.2019.315.323
- **Almoajel A.** Alyoussef R,Alshammari N , Alkhathlan S (2016). Evaluation of the Knowledge, Source of Information and Quality of Life among Multiple Sclerosis Patients in Saudi Arabia .New York Science Journal. 9(7).

Ongoing projects:

- Quality of live among elderly in the kingdom of Saudi Arabia
- The Impact of COVID-19 on Physical Activity Behavior and Well-Being of children in Saudi Arabia
- Community Assesment and needs of Health Education programs in saudia ArabiaPrograms.

Dara Aldisi



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Faculty profile

Google scholar:



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Research Gate

Academic Rank:

Associate Professor of Clinical Nutrition

Interests:

Dara's research interests are obesity, inflammation, gut microbiota, diabetes and Vitamin D.

Key publications:

- Aldisi, D., Sabico, S., Alfarraj, A., & Nasser, A. D. (2024, May). Is Freeze-dried Superfood Kale Supplementation Healthier than Common Green Peas? Outcomes of a Cross-Over Trial. In *Endocrine Abstracts* (Vol. 99). Bioscientifica.
- Alamoudi, N. H., Aldisi, D., El-Sharkawy, M. S., & Abulmeaty, M. M. (2024). Handheld Ultrasound Parameters of Lower Limb Muscles versus Bioelectrical Impedance Analysis Parameters for Skeletal Muscle Assessments in Arabic Female Adults. *Diagnostics*, 14(15), 1582.
- Aljubair, J. M., Aldisi, D., Bindaayel, I. A., Aldhwayan, M. M., Sabico, S., Alsaawi, T. A., ... & Abulmeaty, M. M. (2024). Translation, Cultural Adaptation, and Content Validity of the Saudi Sign Language Version of the General Nutrition Knowledge Questionnaire. *Nutrients*, 16(16), 2664.
- Abulmeaty, M. M., Aldisi, D., Al Zaben, M., Aljuraiban, G. S., Alkhathaami, A., Almajwal, A. M., ... & Berika, M. (2023, April). Gastric Myoelectric Activity and Body Composition Changes during Weight Loss via Sleeve Gastrectomy and Lifestyle Modification: Prospective Cohort Study. In *Healthcare* (Vol. 11, No. 8, p. 1105). MDPI.

Ongoing projects:

- " Freeze Dried Kale to go, a new superfood supplement to reduce metabolic risk in Saudi subjects" Project Number 2-17-03-001-0031.
- "Gastric response, energy expenditure and body composition changes after weight loss via bariatric surgery and lifestyle intervention".
- Inflammatory basis of sarcopenia among elderly women living in Riyadh, Saudi Arabia.

Iman Bindayel

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Research Gate

Academic Rank:

Associate Professor of Clinical Nutrition

Interests:

Iman's research interests are in the area of Immunity, Inflammation and Gut Microbiota; with a particular interest in Vitamin D and probiotics. It involves human observational and intervention trials. An example includes a study examining the effects of probiotics on the gut microbiota and immune response to influenza vaccination.

Key publications:

- Maidens, C., Childs, C., Przemska, A., **Dayel, I. B.**, & Yaqoob, P. (2013). Modulation of vaccine response by concomitant probiotic administration. *British journal of clinical pharmacology*, 75(3), 663–670. <https://doi.org/10.1111/j.1365-2125.2012.04404.x>
- Przemska-Kosicka, A., Childs, C. E., Enani, S., Maidens, C., Dong, H., **Dayel, I. B.**, Tuohy, K., Todd, S., Gosney, M. A., & Yaqoob, P. (2016). Effect of a synbiotic on the response to seasonal influenza vaccination is strongly influenced by degree of immunosenescence. *Immunity & ageing : I & A*, 13, 6. <https://doi.org/10.1186/s12979-016-0061-4>

Ongoing projects:

- Impact of probiotics on immune function and response to influenza vaccination.
- Immunomodulating Micronutrients in Relation to Inflammation Markers in Hospitalized COVID-19 Patients.
- Gut Microbiota composition in Adults with COVID-19-Gut-Related Presentation and its Association to COVID-19 Severity, Inflammatory and Obesity Indices.
- Measuring the Awareness Degree of Reading and Searching the Food Card Information Before and After the Corona Covid-19 Pandemic to Enhance Immunity and Improve the Nutritional and Health Status in the Saudi Community.



Ghadeer Aljuraiban

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Google scholar:



[Web of Science Profile](#)

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Academic Rank:

Professor of Clinical Nutrition

Interests:

Ghadeer's research interest is the effect of dietary habits and macro/micronutrients in maintaining cardiovascular health. She is also interested in the factors affecting the composition of the gut microbiota and how to modulate it through the diet.

Key publications:

- **Aljuraiban GS**, Gibson R, Chan DS, Van Horn L, Chan Q. The Role of Diet in the Prevention of Hypertension and Management of Blood Pressure: An Umbrella Review of Meta-Analyses of Interventional and Observational Studies. *Adv Nutr.* Oct 1 2023;doi:10.1016/j.advnut.2023.09.011

Aljuraiban GS, Alfhili MA, Aldhwayan MM, Aljazairy EA, Al-Musharaf S. Metagenomic Shotgun Sequencing Reveals Specific Human Gut Microbiota Associated with Insulin Resistance and Body Fat Distribution in Saudi Women. *Biomolecules.* Apr 2 2023;13(4)doi:10.3390/biom13040640

Aljazairy EA, Al-Musharaf S, Abudawood M, Almaarik B, Hussain SD, Alnaami AM, Sabico S, Al-Daghri NM, Clerici M, **Aljuraiban GS**. Influence of Adiposity on the Gut Microbiota Composition of Arab Women: A Case-Control Study. *Biology (Basel)* 2022;11(11). doi: 10.3390/biology11111586.

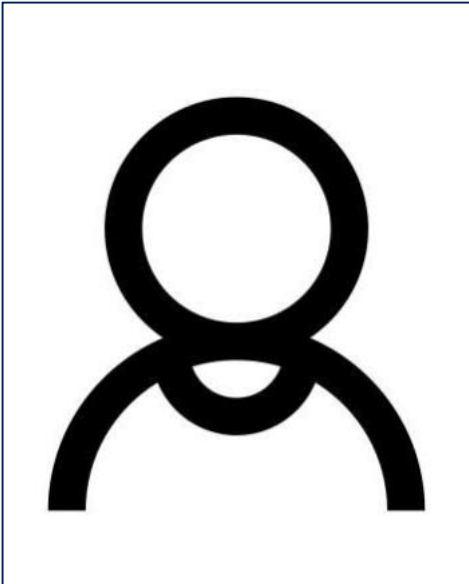
Abulmeaty MMA, **Aljuraiban GS**, Shaikh SM, et al. The Efficacy of Antioxidant Oral Supplements on the Progression of COVID-19 in Non-Critically Ill Patients: A Randomized Controlled Trial. *Antioxidants (Basel).* May 19 2021;10(5)doi:10.3390/antiox10050804

Ongoing projects:

- The effect of dietary factors and CVD health
- Lifestyle factors, obesity, and blood pressure
- Diet and the gut microbiome

May

Al-Muammar



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Faculty profile

Google scholar:



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Research Gate

Academic Rank:

Professor of Clinical Nutrition

Interests:

May's research interest is Community Nutrition to Identify people with high risk of developing diseases related to nutrition. (Diabetes, obesity, hypertension, etc...), develop programs to improve the quality of life in terms of nutrition and healthy lifestyle, and work with stakeholders in changing policies to improve nutrition status for our community.

Key publications:

- **Al-Muammar, M. N., & Khan, F. (2012).** Obesity: the preventive role of the pomegranate (*Punica granatum*). *Nutrition (Burbank, Los Angeles County, Calif.)*, 28(6), 595–604.
<https://doi.org/10.1016/j.nut.2011.11.013>
- Baskar, A. A., Al Numair, K. S., Gabriel Paulraj, M., Alsaif, M. A., **Muamar, M. A.**, & Ignacimuthu, S. (2012). β -sitosterol prevents lipid peroxidation and improves antioxidant status and histoarchitecture in rats with 1,2-dimethylhydrazine-induced colon cancer. *Journal of medicinal food*, 15(4), 335–343.
<https://doi.org/10.1089/jmf.2011.1780>

Ongoing projects:

- The effect of consumption of energy drinks on the biochemical and histopathological alternations in the health status of normal, obese, and diabetic male wistar rats.
- Cytotoxic and anti-excitotoxic effects of selected plant and algal extracts using COMET and cel viability assays.
- *Garcinia mangostana* extract and curcumin ameliorate oxidative stress, dyslipidemia, and hyperglycemia in high fat diet-induced obese Wistar albino rats.

Mohammed Al Momani

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Academic Rank:

Associate Professor of Health Education

Interests:

Mohammed's research interest are Public health and Health administration.

Key publications:

- **Al-Momani, M. M.** (2016). Gap analysis between perceptions and expectations of medical-surgical patients in a public hospital in Saudi Arabia. *Medical Principles and Practice*, 25(1), 79-84.
- **Al Momani, M.** (2017). Factors influencing public hospital nurses' intentions to leave their current employment in Jordan. *Int J Community Med Public Health*, 4(6), 1847-1853.
- **Al Momani, M., & Al Korashy, H.** (2012). Patient experience of nursing quality in a teaching hospital in saudi arabia. *Iranian journal of public health*, 41(8), 42-49.

Ongoing projects:

Mohammed Farahat

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Research Gate

Academic Rank:

Associate Professor of community health Sciences

Interests:

Mohammed's research interests are Food safety, Food contaminants, Foodborne diseases, and Food safety knowledge and practices.

Key publications:

- **Farahat, M. F.**, El-Shafie, M. M., & Waly, M. I. (2015). Food safety knowledge and practices among Saudi women. *Food Control*, 47, 427-435. <https://doi.org/10.1016/j.foodcont.2014.07.045>
- El Derea, H., Salem, E., **Fawzi, M.**, & Abdel Azeem, M. (2008). Safety of patient meals in 2 hospitals in Alexandria, Egypt before and after training of food handlers. *EMHJ-Eastern Mediterranean Health Journal*, 14 (4), 941-952, 2008.
- **Fawzi, M.**, El-Sahn, A. A., Ibrahim, H. F., & Shehata, A. I. (2004). Vegetable-transmitted parasites among inhabitants of El-Prince, Alexandria and its relation to housewives' knowledge and practices. *J Egypt Public Health Assoc*, 79(1-2), 13-29.

Ongoing projects:

Fast foods: food consumption and safety issues.

Nawal Alissa

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ORCID

Research Gate

Academic Rank:

Associate Professor of Health Education.

Interests:

Nawal's research interests are Chronic diseases, Women health And Health promotion

Key publications:

- **Alissa, N.** (2020). Knowledge and Intentions Regarding the Pap Smear Test Among Saudi Arabian Women.
- **Alissa, N.** (2018). Obesity Among Middle Eastern Women: A Literature Review. International Journal of Academic Scientific Research, 6(4), 25-32.
- **Alissa N. A.** (2020). Advocating for Nutrition Education, Promotion, and Care Among Dementia Residents: Considerations for Long-Term Care Professionals. International quarterly of community health education, 272684X20973835. Advance online publication. <https://doi.org/10.1177/0272684X20973835>

Ongoing projects:

Alissa, N. Social barriers as a challenge in seeking mental health among Saudi Arabians.

Sara Al-Musharaf

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Research Gate

Academic Rank:

Associate Professor of Clinical Nutrition

Interests:

Sara's research interests are vitamins and minerals, gut microbiota, and lifestyle in relation to metabolic diseases including obesity and diabetes. Studying lifestyle factors, such as diet, physical activity and sleep, and how to modify them for the prevention of chronic diseases. She is also interested in sleep and emotional eating.

Key publications:

Al-Musharaf, S., Aljuraiban, G. S., Danish Hussain, S., Alnaami, A. M., Saravanan, P., & Al-Daghri, N. (2020). Low Serum Vitamin B12 Levels Are Associated with Adverse Lipid Profiles in Apparently Healthy Young Saudi Women. *Nutrients*, *12*(8), 2395. <https://doi.org/10.3390/nu12082395>

Al-Musharaf, S., Fouda, M. A., Turkestani, I. Z., Al-Ajlan, A., Sabico, S., Alnaami, A. M., & Saravanan, P. (2018). Vitamin D deficiency prevalence and predictors in early pregnancy among Arab women. *Nutrients*, *10*(4), 489. <https://doi.org/10.3390/nu10040489>

Al-Musharaf, S., Al-Othman, A., Al-Daghri, N. M., Krishnaswamy, S., Yusuf, D. S., Alkharfy, K. M., & Chrousos, G. P. (2012). Vitamin D deficiency and calcium intake in reference to increased body mass index in children and adolescents. *European journal of pediatrics*, *171*(7), 1081-1086. <https://doi.org/10.1007/s00431-012-1686-8>

Ongoing projects:

- Vitamin D and gestational diabetes among pregnant women.
- Lifestyle and the gut microbiome with obesity.
- Lifestyle score in relation to blood pressure.

Alanoud Aladel

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Research Gate

Academic Rank:

Assistant Professor of Clinical Nutrition

Interests:

Alanoud's research interest are type 2 diabetes millitus, obesity, inflammation, vitamin D and adipocyte biology.

Key publications:

- **Aladel, A.**, Piya, M. K., Azharian, S., Christian, M., Menon, V., & Mcternan, P. G. (2018). Baseline Vitamin D as a Surrogate Marker for Type 2 Diabetes Remission and Weight Loss following Sleeve Gastrectomy. American Diabetes Association, 67 (Supplement 1). <https://doi.org/10.2337/db18-786-P>
- **Aladel, A.**, de la Escalera, L. M., Shah, N., Abraham, J., & Menon, V. (2017, July). Pre-surgical predictors of post-surgical weight loss: role of dietetic follow-up and patient engagement. In BRITISH JOURNAL OF SURGERY (Vol. 104, pp. 97-97). 111 RIVER ST, HOBOKEN 07030-5774, NJ USA: WILEY.
- La Escalera, D., Martinez, L., **Aladel, A.**, Shah, N., Abraham, J., Piya, M. K., ... & Menon, V. (2017, July). PRE-SURGICAL PREDICTORS OF POST-SURGICAL WEIGHT LOSS: ROLE OF DIETETIC FOLLOW-UP AND PATIENT ENGAGEMENT Pre-operative management. In OBESITY SURGERY (Vol. 27, pp. 826-826). 233 SPRING ST, NEW YORK, NY 10013 USA: SPRINGER.

Ongoing projects:

The effect of vitamin D on adipogenic markers and metabolic health on patients with different metabolic status.

Amal Aldossari

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Faculty Profile

Assistant Professor

PhD in Clinical Nutrition

Community Health Sciences Department

College of Applied Medical Sciences

King Saud University

Google scholar:

ORCID

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Research Gate

Academic Rank: Assistant Professor of Clinical Nutrition

Interests: My interest area is in cancer and nutrition research , specifically in cancer survivorship research. Cancer diagnosis is considered as a teachable moment that encourage cancer survivors to change their diet. People after a cancer diagnosis are motivated to change their dietary behaviors to improve their health outcomes according to recent studies. It is important to look at what kind of dietary pattern changes that people made after cancer diagnosis to guide them to meet dietary recommendations for cancer survivorship.

Key publications:

- Aldossari AA, Hann M, Burden S. A cross-sectional study to evaluate dietary intake after a diagnosis of colorectal cancer in the british population. Clinical Nutrition ESPEN. 2023;54:709. .
DOI: <https://doi.org/10.1016/j.clnesp.2022.09.730>
- Do people change their eating habits after a diagnosis of cancer? A systematic reviewAldossari, J Sremanakova, AM Sowerbutts, D Jones, M Hann, ...Journal of Human Nutrition and Dietetics
- Prevalence of undernutrition, frailty and sarcopenia in community-dwelling people aged 50 years and above: systematic review and meta-analysisN Almohaisen, M Gittins, C Todd, J Sremanakova, AM Sowerbutts, ...Nutrients 14 (8), 1537
- SUN-LB654: A Systematic Review of Dietary Intake Change in People Who Live with and Beyond CancerAA Aldossari, M Hann, J Sremanakova, AM Sowerbutts, D Jones, ...Clinical Nutrition 38, S302-S303

Ongoing projects: NA

Chandramohan Govindasamy

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Faculty profile

Google scholar:



ORCID

Research Gate

Academic Rank:

Assistant Professor of Clinical Nutrition

Interests:

Chandramohan's research interest is the study the beneficial role of nutrients and dietary flavonoids on animal models of diabetes mellitus and insulin resistance in obesity to explore the metabolic and pathological alterations.

Key publications:

- Al-Numair, K. S., **Chandramohan, G.**, Veeramani, C., & Alsaif, M. A. (2015). Ameliorative effect of kaempferol, a flavonoid, on oxidative stress in streptozotocin-induced diabetic rats. Redox Report, 20(5), 198-209.
- Al-Numair, K. S., **Chandramohan, G.**, Alsaif, M. A., Veeramani, C., & Newehy, A. E. (2014). Morin, a flavonoid, on lipid peroxidation and antioxidant status in experimental myocardial ischemic rats. African Journal of Traditional, Complementary and Alternative Medicines, 11(3), 14-20.
- Al-Numair, K. S., **Chandramohan, G.**, & Alsaif, M. A. (2012). Pretreatment with morin, a flavonoid, ameliorates adenosine triphosphatases and glycoproteins in isoproterenol-induced myocardial infarction in rats. Journal of natural medicines, 66(1), 95-101.

Ongoing projects:

Deanship of Scientific Research - Research Group No.(RG-1437-024).

Fahdah Alshaikh

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Research Gate

Academic Rank:

Assistant Professor of Health Education

Interests:

Fahdah's research interest are preventing and managing chronic diseases and understanding the impact of different social determinant, Public health, Health Promotion, Health education, Health system and Epidemiology.

Key publications:

- **Alshaikh, F.**, Ramzan, F., Rawaf, S., & Majeed, A. (2014). Social network sites as a mode to collect health data: a systematic review. Journal of medical Internet research, 16(7), e171. <https://doi.org/10.2196/jmir.3050>
- Hassanien, A. A., **Al-Shaikh, F.**, Vamos, E. P., Yadegarfar, G., & Majeed, A. (2012). Epidemiology of end-stage renal disease in the countries of the Gulf Cooperation Council: a systematic review. JRSM short reports, 3(6), 1-21. <https://doi.org/10.1258%2Fshorts.2012.011150>

Ongoing projects:

- Perceptions Towards COVID-19 and Adoption of Preventive Measures Among the Public in Saudi Arabia: A Cross Sectional Study
- Predictors of Students' Academic Achievements in Allied Health Professions at King Saud University: A Retrospective Cohort Study, in press.
- Epidemiology of hemoglobinopathy disorders in Saudi Arabia.
- Awareness, Knowledge, and Perceptions of Infertility, its Assessment, and Assisted Reproductive Technologies in the Kingdom of Saudi Arabia; A Public Prospective
- Exploring the constituents' elements of successful Mobile Health intervention for prediabetic patients in King Saud University Medical City hospitals in Saudi Arabia: usability study.

Ghadah Alkhalidi

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Google scholar:



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Research Gate

Academic Rank:

Assistant Professor of Health Education

Interests:

Ghadah's main research interests are the development and evaluation of complex behavior change and health promotion interventions, digital health and patient and public experience. She is also interested in mixed methods and applied research.

Key publications:

- **Alkhalidi G**, Aljuraiban GS, Alhurishi S, De Souza R, Lamahewa K, Lau R, Alshaikh F. Perceptions towards COVID-19 and adoption of preventive measures among the public in Saudi Arabia: a cross sectional study. BMC Public Health. 2021 Jun 29;21(1):1251. doi: 10.1186/s12889-021-11223-8. PMID: 34187425; PMCID: PMC8240080.
- Murray, E., Sweeting, M., Dack, C., Pal, K., Modrow, K., Hudda, M., Li, J., Ross, J., **Alkhalidi, G.**, Barnard, M., Farmer, A., Michie, S., Yardley, L., May, C., Parrott, S., Stevenson, F., Knox, M., & Patterson, D. (2017). Web-based self-management support for people with type 2 diabetes (HeLP-Diabetes): randomised controlled trial in English primary care. BMJ open, 7(9), e016009. <https://doi.org/10.1136/bmjopen-2017-016009>
- **Alkhalidi, G.**, Hamilton, F. L., Lau, R., Webster, R., Michie, S., & Murray, E. (2016). The Effectiveness of Prompts to Promote Engagement With Digital Interventions: A Systematic Review. Journal of medical Internet research, 18(1), e6. <https://doi.org/10.2196/jmir.4790>

Ongoing projects:

- 2022- Experience of patients, caregivers and health professionals with people with multimorbidity
- 2021- LIVEN: Type 2 diabetes self management application.
- 2020- Evaluating impact of a national diabetes education program in schools across Saudi Arabia

Ghalia Abdeen

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Faculty profile

Google scholar:



ORCID

Research Gate

Academic Rank:

Assistant Professor of Clinical Nutrition

Interests:

Ghalia's research interests are obesity, bariatric surgery, appetite, ingestive behavior, and food preferences.

Key publications:

- **Abdeen, G.**, & le Roux, C. W. (2016). Mechanism Underlying the Weight Loss and Complications of Roux-en-Y Gastric Bypass. Review. *Obesity surgery*, 26(2), 410–421. <https://doi.org/10.1007/s11695-015-1945-7>
- **Abdeen, G. N.**, Miras, A. D., Alqahtani, A. R., & le Roux, C. W. (2019). Vertical sleeve gastrectomy in adolescents reduces the appetitive reward value of a sweet and fatty reinforcer in a progressive ratio task. *Surgery for obesity and related diseases : official journal of the American Society for Bariatric Surgery*, 15(2), 194–199. <https://doi.org/10.1016/j.soard.2018.10.033>

Ongoing projects:

- Changes in Consummatory Behaviour (Liking) in Adolescents with Morbid Obesity after Vertical Sleeve Gastrectomy (VSG).
- The effects of sleeve gastrectomy on the appetitive domain (wanting) of sweet and fat taste using the progressive ratio task; a 6 years study.
- Maternal Nutritional Status and Pregnancy Outcomes Post Bariatric Surgery (Review).



Ingrid Echeverry

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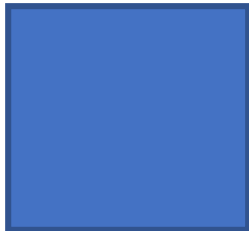
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Faculty profile

Google scholar:



ORCID

Research Gate

Academic Rank:

Assistant Professor of Clinical Nutrition

Interests:

Ingrid's research interests are Nutrition and older adults, and physiological stress.

Key publications:

- **Echeverry, I.** (1998). Modification of milk fat globule membrane composition by selective adsorption and its effect on functionality. PhD dissertation, Food Science.
- **Echeverry, I*** and Jimenez-Flores, R. (1998). Manufacture and characterization of low-fat dairy spreads prepared with diatomaceous adsorbent-treated creams. Poster 107. American Dairy Science Association and American Society of Animal Science Annual Joint Meeting.
- **Echeverry, I.,** & Jaimes, J. A. (1990). Simulacion para calculos de distribucion de poblacion en cristalizadores que presentan aglomeracion (Computer simulation of batch crystalization processes involving crystal agglomeration). Undergraduate thesis, Chemical Engineering

Ongoing projects:

Khalid Aldubayan

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Faculty profile

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ORCID

Research Gate

Academic Rank:

Assistant Professor of Clinical Nutrition

Interests:

Khalid's research interests are Public health and Nutrition.

Key publications:

- Murimi, M. W., Kanyi, M., Mupfudze, T., Amin, M. R., Mbogori, T., & **Aldubayan, K.** (2017). Factors Influencing Efficacy of Nutrition Education Interventions: A Systematic Review. *Journal of nutrition education and behavior*, 49(2), 142–165.e1. <https://doi.org/10.1016/j.jneb.2016.09.003>
- **Aldubayan, K.**, & Murimi, M. (2019). Compliance with school nutrition policy in Saudi Arabia: a quantitative study. *Eastern Mediterranean health journal = La revue de sante de la Mediterranee orientale = al-Majallah al-sihhiyah li-sharq al-mutawassit*, 25(4), 230–238. <https://doi.org/10.26719/emhj.18.034>
- **Aldubayan, K.**, Aljuraiban, G., & Aldisi, D. (2019). Necessary Knowledge and Skills for Dietitians in Saudi Arabia: A Qualitative Study. *The Malaysian journal of medical sciences : MJMS*, 26(3), 110–118. <https://doi.org/10.21315/mjms2019.26.3.9>

Ongoing projects:

Madhawi Aldhwayan

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Research Gate

Academic Rank:

Assistant Professor of Clinical Nutrition

Interests:

Madhawi's research interests are obesity, eating behavior and mechanism through which lifestyle interventions and obesity surgery improve weight and associated comorbidities.

Key publications:

- Behary, P., Alessimii, H., Miras, A. D., Tharakan, G., Alexiadou, K., **Aldhwayan, M. M.**, ... & Tan, T. M. (2023). Tripeptide gut hormone infusion does not alter food preferences or sweet taste function in volunteers with obesity and prediabetes/diabetes but promotes restraint eating: A secondary analysis of a randomized single-blind placebo-controlled study. *Diabetes, Obesity and Metabolism*, 25(6), 1731-1739.
- Miras, A. D., Pérez-Pevida, B., **Aldhwayan, M.**, Kamocka, A., McGlone, E. R., Al-Najim, W., Chahal, H., Batterham, R. L., McGowan, B., Khan, O., Greener, V., Ahmed, A. R., Petrie, A., Scholtz, S., Bloom, S. R., & Tan, T. M. (2019). Adjunctive liraglutide treatment in patients with persistent or recurrent type 2 diabetes after metabolic surgery (GRAVITAS): a randomised, double-blind, placebo-controlled trial. *The Lancet. Diabetes & endocrinology*, 7(7), 549–559. [https://doi.org/10.1016/S2213-8587\(19\)30157-3](https://doi.org/10.1016/S2213-8587(19)30157-3)

Ongoing projects:

- Lifestyle score in relation to blood pressure •
- Lifestyle predictors of prediabetes •
- Nutrition and lifestyle predictors of frailty •

Manal Alhumud

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Faculty profile

Google scholar:



ORCID: 0009-0001-9719-5793

Research Gate:

<https://www.researchgate.net/profile/Manal-Alhumud-2>

Academic Rank:

Assistant Professor of Health Education

Interests:

Manal's research interests are social epidemiology and understanding how interactions between environmental, social and behavior factors promote or prevent the onset of disease. I am interested in epidemiologic research design and statistical methods that can be used to inform the development of effective community-based interventions.

Key publications:

- Morgan, K., Moore, S., & **Alhumud, M.** (2019). Energy drink mechanisms of harm in young people: a narrative review. *Journal of Food and Nutrition Research*, 7.
- **Alhumud, M.**, Moore, S., & Morgan, K. (2020). Energy Drink Mechanisms of Harm in Young People and Adolescents: A Narrative Review. *Journal of Food and Nutrition Research*, 8(1), 33-38. <https://doi.org/10.12691/jfnr-8-1-5>
- **Alhumud, M.** (2020). The prevalence, socio-economic determinants, and related health outcomes of energy drink consumption among young people in Wales and Saudi Arabia: A mixed-method study (Doctoral dissertation, Cardiff University).

Alhumud, M & Moore, S & Morgan, K. (2023). The Socio-Economic Determinants of Energy Drink Consumption and Related Health Outcomes in Riyadh, Saudi Arabia. *Global Journal of Health Science*. 15. 8. 10.5539/gjhs.v15n8p8.

Ongoing projects:

- The Relationship between energy drinks consumption and smoking among adolescents.
- Caffeine intake assessment among adolescents in Saudi Arabia.

Meshail Okla

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Faculty profile

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ORCID

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Research Gate

Academic Rank:

Assistant Professor of Nutrition and Metabolism

Interests:

My research interests center on exploring the intricate relationship between peripheral and skeletal adipocytes and their impact on both energy metabolism and bone health. Additionally, my research investigates the influence of inflammation on adipocyte metabolism and its contribution to age-related bone diseases. To achieve these objectives, I employ cutting-edge techniques and utilize various cellular and animal models.

Key publications:

- Ali D, **Okla M**, Abuelreich S, et al. Apigenin and Rutaecarpine reduce the burden of cellular senescence in bone marrow stromal stem cells. *Front Endocrinol (Lausanne)*. 2024;15:1360054. Published 2024 Apr 4. doi:10.3389/fendo.2024.1360054
- **Okla M**, Al Madani JO, Chung S, Alfayez M. Apigenin Reverses Interleukin-1 β -Induced Suppression of Adipocyte Browning via COX2/PGE2 Signaling Pathway in Human Adipocytes. *Mol Nutr Food Res*. 2020;64(1):e1900925. doi:10.1002/mnfr.201900925
- **Okla M**, Zaher W, Alfayez M, Chung S. Inhibitory Effects of Toll-Like Receptor 4, NLRP3 Inflammasome, and Interleukin-1 β on White Adipocyte Browning. *Inflammation*. 2018;41(2):626-642. doi:10.1007/s10753-017-0718-y
- **Okla M**, Wang W, Kang I, Pashaj A, Carr T, Chung S. Activation of Toll-like receptor 4 (TLR4) attenuates adaptive thermogenesis via endoplasmic reticulum stress. *J Biol Chem*. 2015;290(44):26476-26490. doi:10.1074/jbc.M115.677724

Ongoing projects:

- Identifying bioactive compounds that enhance adipocyte thermogenesis.
- Investigating molecular changes in osteoblasts and adipocytes in relation to obesity.
- Examining the role of the AEP enzyme in skeletal health and adipocyte function.

Mohammed Alquraishi

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Faculty profile

Google scholar:



ORCID

Research Gate

Academic Rank:

Assistant Professor of Clinical Nutrition

Interests:

Mohammed's research interests and passion involve understanding the metabolic pathways in-depth in the interest of applying modifications to human diets to support health and reduce the risk of chronic diseases.

Key publications:

- **Alquraishi M.**, D. L. Puckett, D. D. Alani, A. S. Humidat, V. D. Frankel, D. R. Donohoe, J. Whelan and A. Bettaieb (2019). Pyruvate kinase M2: A simple molecule with complex functions. *Free Radic Biol Med* 143: 176-192.
- Puckett, D. L, **M. Alquraishi**, D. Alani, S. Chahed, D. Donohoe, B. Voy, J. Whelan and A. Bettaieb (2020). Zyflamend induces apoptosis in pancreatic cancer cells via modulation of the JNK pathway. *Cell Commun Signal* 18(1):126.
- Puckett, D. L, **M. Alquraishi**, D. Alani, S. Chahed, D. Donohoe, B. Voy, J. Whelan and A. Bettaieb (2020). Zyflamend, a unique herbal blend, induces cell death and inhibits adipogenesis through the coordinated regulation of PKA and JNK. *Adipocyte* 9(1): 454-471

Ongoing projects:

- The Role of Pyruvate Kinase M2 in Podocytes Homeostasis and Function.
- **Current Fund:** The Researchers Supporting Project number (RSP2022R508).

Nawaf Alruwaili

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Faculty profile

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Research Gate

GYJ-4985-2022

Academic Rank:

Associate Professor of Community Health - Clinical Nutrition

Interests:

Nawaf's research interest are Nutrition Epigenetics, Nutrition-Nanotechnology, Micronutrients Deficiencies, Nutrition Support, Nutritional Risk Screening and Assessment, Public Health Nutrition, Nutrition Policy and Promotion, Nutrition and Health Issues.

Key publications:

- Alharthi, Abdulrahman S., **Nawaf W. Alruwaili**, Hani H. Al-Baadani, Maged A. Al-Garadi, Ghalia Shamlan, and Ibrahim A. Alhidary. 2023. "Investigating the Effect of *Pulicaria Jaubertii* as a Natural Feed Additive on the Growth Performance, Blood Biochemistry, Immunological Response, and Cecal Microbiota of Broiler Chickens." *Animals* 13(6):1116. doi: 10.3390/ani13061116.
- Alsoqeah, Fatimah, Rabaa Alyumni, **Nawaf W. Alruwaili**, and Khalid Aldubayan. 2023. "A Qualitative Study Investigating the Current Practices, Obstacles, and Needs of Enteral Nutrition Support among Registered Dietitians Managing Non-Critically Ill Hospitalized Patients in Riyadh, Saudi Arabia." *Saudi Journal of Health Systems Research* 3(1). <https://doi.org/10.1159/000528652>
- Nora Alafif & **Nawaf W. Alruwaili**. "Sleep Duration, Body Mass Index, and Dietary Behaviour among KSU Students." *Nutrients* 15, no. 510 (2023). <https://doi.org/10.3390/nu15030510>
- Albreiki, Mohammed S., Ghalia H. Shamlan, Ahmed S. Bahammam, **Nawaf W. Alruwaili**, Benita Middleton, and Shelagh M. Hampton. 2022. "Acute Impact of Light at Night and Exogenous Melatonin on Subjective Appetite and Plasma Leptin." *Frontiers in Nutrition* 9(1079453):1–10.

Ongoing projects:

- Dietary habits perception and physical activity among type 2 diabetic patients
- The comparison of medical students, registrars, senior registrars', consultants, and registered nurses' attitudes towards incorporating nutrition care into practice and self-perceived confidence in providing nutrition care

Nouf Alghamdi

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Faculty profile

Google scholar:



ORCID

Research Gate

Academic Rank:

Assistant Professor of Clinical Nutrition

Interests:

I have keen interest in the concept of energy balance and its impact on overall health and well-being. Understanding the delicate equilibrium between energy intake and components of energy expenditure such as physical activity energy expenditure, diet induced thermogenesis and resting metabolic rate becomes increasingly important. I believe that promoting awareness about energy balance can positively impact our lives.

Key publications:

- Alghamdi, N., Alfheaid, H. , Cochrane, B., Adam, S., Galloway, P., Cozens, A., Preston, T. , Malkova, D. and Gerasimidis, K. (2021) Mechanisms of obesity in children and adults with phenylketonuria on contemporary treatment. Clinical Nutrition ESPEN, 46, pp. 539-543. (doi: 10.1016/j.clnesp.2021.10.012).
- Wong, Ming Yu Claudia, Palash Karmakar, Mezna A. Almarzooqi, Ryan E. Rhodes, Chun-Qing Zhang, Kai-ling Ou, Duan Yanping, Pak Kwong Chung, and Nouf A. Alghamdi. "The effects of walking on frailty, cognitive function and quality of life among inactive older adults in Saudi Arabia: A study protocol of randomized control trial by comparing supervised group-based intervention and non-supervised individual-based intervention." BMC geriatrics 23, no. 1 (2023): 602.
- Karmakar, Palash, Ming-Yu Wong, Mezna A. AlMarzooqi, Nouf Alghamdi, Kailing Ou, Yanping Duan, Ryan E. Rhodes, and Chun-Qing Zhang. "Enhancing Physical and Psychosocial Health of Older Adults in Saudi Arabia through Walking: Comparison between Supervised Group-Based and Non-Supervised Individual-Based Walking." European Journal of Investigation in Health, Psychology and Education 13, no. 11 (2023): 2342-2357.
- The Arabic Version of Compulsive Exercise Test among Saudi Population; Translation and Validation. Nouf A. Alghamdi*, Madhawi M. Aldhwayan, Reem S. Albassam, Rana F. Asseri, Aljouhara F. Alyousef, Reem K. Naaman, Manar A. Alzuman, Aseel J. Almukhlifi, and Mohammed I. Alquraishi. Sports, 2024. <https://doi.org/10.3390/sports12070176>

Ongoing projects:

- The effects of physical activity, dietary behaviour and rehydration on stress management and saliva composition and/or saliva excretion and/or salivary flow, pH and buffering capacity in young adult (18-26 years olds)
- Nutritional Knowledge of the Dietitians and Metabolic Physicians Towards the Phenylketonuria Diet in Saudi Arabia.
- Evaluating dietary behavior and physical activity of adults and their relationship with sleep quality in the Kingdom of Saudi Arabia.

Nora Alafif



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[Faculty profile](#)

Google scholar:



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[Research Gate](#)

Academic Rank:

Associate Professor of Clinical Nutrition

Interests:

Epidemiology, Sleep, Obesity and Diet behavior.

Key publications:

- *AlBabtain SA, AlAfif NO, AlDisi D, AlZahrani SH.(2023). Manual and Application-Based Carbohydrate Counting and Glycemic Control in Type 1 Diabetes Subjects: A Narrative Review. *Healthcare (Basel)*. 24;11(7):934
- *Alfraidi A, Alafif N, Alsukait R.(2023).The Impact of Mandatory Food-Marketing Regulations on Purchase and Exposure: A Narrative Review. *Children (Basel)*.25;10(8):1277
- *Alharithy, M.; Alafif, N.(2023).Association of Selenium Intake and Selenium Concentrations with Risk of Type 2 Diabetes in Adults: A Narrative Review. *Metabolites* , 13, 767
- *Alafif N, Alruwaili NW.(2023). Sleep Duration, Body Mass Index, and Dietary Behaviour among KSU Students. *Nutrients*. 18;15(3):510.
- *Alghamdi, Amal A., et al.(2022)."Nightmares' Pattern and Predictors among a Saudi University Students during COVID-19 Pandemic." *International Journal of Environmental Research and Public Health* 19.3 : 1776.
- *Faisal, M.; ElGibreen, H.; Alafif, N.; Joumaa, C.(2022). Reducing Children's Obesity in the Age of Telehealth and AI/IoT Technologies in Gulf Countries. *Systems* , 10, 241
- *Al-Musharaf S, AlAjllan L, Aljuraiban G, AlSuhailani M, Alafif N, Hussain SD.(2022) Nutritional Biomarkers and Factors Correlated with Poor Sleep Status among Young Females: A Case-Control Study. *Nutrients*. 2022 Jul 14;14(14):2898.
- *Alafif N ,I Al-Rashed A, Altowairqi K, Muharraq A, (2021),Prevalence of energy drink consumption and association with dietary habits among governmental university students in Riyadh ,*Saudi Journal of Biological Sciences*,3(5):7-12
- *Alafif, N. O., Abdelfattah, E. H., Alanazi, S. B., Alkabaa, R. I., Alsalem, F. A., Aljeldah, T. M., ... & Albaty, A. A. (2021). Effect of quarantine on eating behaviors and weight change among King Saud University students in Riyadh. *Journal of King Saud University-Science*, 33(8), 101609.
- *Alafif N(2020). Prevalence of common sleep problems in school-aged Saudi Students. *International Journal of Advanced and Applied Sciences*,7(12):100-104
- *Alafif N (2020). Relation Between Physical Activities and Dietary Habits in School Children of Riyadh, Saudi Arabia.*Biosc.Biotech.Res.Comm*.13(4):70-73

Ongoing projects:

Noura Althukair

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Faculty profile

Google scholar:



ORCID

Research Gate

Academic Rank:

Teaching Assistant - Program of Clinical Nutrition

Interests:

Noura's research interests are obesity management, bariatric surgery, nutrition assessment, and food preferences.

Key publications:

- Althukair, N. K., Abdeen, G. N., le Roux, C. W., Miras, A. D., & Alqahtani, A. R. (2024). The Effects of Sleeve Gastrectomy on the Appetitive Domain of Taste Using the Progressive Ratio Task. *Obesity surgery*, 34(4), 1168–1173. <https://doi.org/10.1007/s11695-023-07035-x>

Ongoing projects:

Noura Alomair

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[Faculty profile](#)

Google scholar:



[ORCID](#)

[Research Gate](#)

Academic Rank:

Assistant Professor of Public Health

Interests:

My research focuses on women's health, with particular attention to sexual and reproductive health, child and maternal health, and mental health. I explore health inequalities and the psychosocial factors influencing health behaviours, aiming to address gaps in healthcare and improve outcomes for vulnerable populations.

Key publications:

- **Alomair, N.**, Alageel, S., Davies, N., Bailey V, J. 2020. Factors influencing sexual and reproductive health of Muslim women: a systematic review. *Reproductive Health*.
- **Alomair, N.**, Alageel, S., Davies, N., Bailey V, J. 2021. Sexual and reproductive health knowledge, perceptions and experiences of women in Saudi Arabia: a qualitative study. *Ethnicity & Health*
- **Alomair, N.**, Alageel, S., Davies, N. and Bailey, J.V., 2021. Barriers to Sexual and Reproductive Wellbeing Among Saudi Women: a Qualitative Study. *Sexuality Research and Social Policy*, pp.1-10.
- **Alomair, N.**, Alageel, S., Davies, N. and Bailey, J.V., 2023. Muslim women's knowledge, views, and attitudes towards sexually transmitted infections in Saudi Arabia: A qualitative study. *Plos one*, 18(6), p.e0286822.

Raniya Alsafar

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Faculty profile

Google scholar:



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Research Gate

Academic Rank:

Assistant Professor of Health Education

Interests:

Transportation safety and security, injury prevention, public health, patient education, and diseases prevention.

Key publications:

- **Alsafar, R. J. S.** (2021). *An application of an extended theory of planned behaviour (TPB) to speeding in Saudi Arabia* (Doctoral dissertation, Queensland University of Technology).

Ongoing projects:

Reem Albassam

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Faculty profile

Google scholar:



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Research Gate

Academic Rank:

Assistant Professor and Consultant of Clinical Nutrition

Interests:

Reem's research interests include cardiometabolic health, nutritional epidemiology, sports nutrition, mental health, and the development and validation of survey tools.

Key publications:

- Alahmadi, A. K., and Albassam R.S. (2023). "Assessment of General and Sports Nutrition Knowledge, Dietary Habits, and Nutrient Intake of Physical Activity Practitioners and Athletes in Riyadh, Saudi Arabia" *Nutrients* 15, no. 20: 4353. <https://doi.org/>
- **Albassam, R. S.**, Lei, K. Y., Alnaami, A. M., & Al-Daghri, N. M. (2019). Correlations of neck circumference with body composition and cardiometabolic risk factors in Arab women. *Eating and Weight Disorders- Studies on Anorexia, Bulimia and Obesity*, 24(6), 1121-1130. <https://doi.org/10.1007/s40519-018-0630-y>
- The Arabic Version of Compulsive Exercise Test among Saudi Population; Translation and Validation. Nouf A. Alghamdi*, Madhawi M. Aldhwayan, Reem S. Albassam, Rana F. Asseri, Aljohara F. Alyousef, Reem K. Naaman, Manar A. Alzuman, Aseel J. Almukhlifi, and Mohammed I. Alquraishi. *Sports*, 2024. <https://doi.org/10.3390/sports12070176>

Ongoing projects:

- Insomnia and sugar sweetened beverages
- Post bariatric surgery hypoglycemia
- Diagnostic questionnaire validation

Reem Alsukait

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Faculty profile

Google scholar:



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Academic Rank:

Assistant Professor of Public Health Nutrition

Interests:

Reem's research experience explores the use of public policy tools, such as sugar taxes, to reduce the burden of chronic diseases in Saudi Arabia. Her research interests are at the intersection of public health, behavioral sciences, and economics. This includes designing evidence-based policies and programs, impact evaluation, food security and sustainability.

Key publications:

- Popkin, B. M., Du, S., Green, W. D., Beck, M. A., Algaith, T., Herbst, C. H., **Alsukait, R. F.**, Alluhidan, M., Alazemi, N., & Shekar, M. (2020). Individuals with obesity and COVID-19: A global perspective on the epidemiology and biological relationships. *Obesity reviews : an official journal of the International Association for the Study of Obesity*, 21(11), e13128. <https://doi.org/10.1111/obr.13128>
- **Alsukait, R.**, Wilde, P., Bleich, S. N., Singh, G., & Foltz, S. C. (2020). Evaluating Saudi Arabia's 50% carbonated drink excise tax: Changes in prices and volume sales. *Economics and human biology*, 38, 100868. <https://doi.org/10.1016/j.ehb.2020.100868>
- **Alsukait, R.**, Bleich, S., Wilde, P., Singh, G., & Foltz, S. (2020). Sugary drink excise tax policy process and implementation: Case study from Saudi Arabia. *Food Policy*, 90, 101789. <https://doi.org/10.1016/j.foodpol.2019.101789>

Ongoing projects:

- Food insecurity during covid-19 among low-income women in Saudi Arabia
- Designing a community-based intervention to reduce the risk of non-communicable diseases
- Evaluating the impact of Saudi Arabia's excise tax on tobacco products

Sadeem Aljammaz

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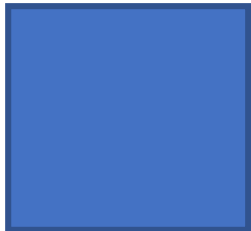
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Academic Rank:

Assistant Professor of Clinical Nutrition.

Interests:

Sadeem's research interests are:

- Nutrition medical therapy for Inherited Metabolic Disorders.
- Pediatric nutrition.
- Nutrition for people with disabilities.
- Women's nutritional health in midlife (perimenopause and postmenopause years).
- Lifestyle medicine.

Key publications:

- **Aljammaz, S. A. I.** (2014). Nutritional Management of Aminoacidopathies in Saudi Arabia (Doctoral dissertation, UCL (University College London)).
- Almansour M, Alzaben AS, Aljammaz SA, Alzahrani HS (2024) State of lifestyle medicine education in Saudi medical schools: A descriptive study. PLoS ONE 19(8): e0308499.
- Alzaben, A.S.; Almansour, M.; Alzahrani, H.S.; Alrumaihi, N.A.; Alhamedi, N.M.; Albuhayjan, N.A.; Aljammaz, S.A. Development of Valid and Reliable Questionnaire to Evaluate Knowledge, Attitude, and Practices (KAP) of Lifestyle Medicine Domains. Healthcare 2024, 12, 1652.

Ongoing projects:

- Lifestyle Medicine in Saudi Arabia.
- Nutritional status of women in midlife
- Nutritional status of your people with disabilities in Saudi Arabia

Samah Alageel

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Faculty profile

Google scholar:



ORCID

Research Gate

Academic Rank:

Assistant Professor of Health Education

Interests:

Samah's research interests are Epidemiology as applied to public health, understanding health behavior and behavior change, and public health interventions evaluation.

Key publications:

- **Alageel, S.,** & Alomair, N. (2023). Are the Arab Gulf States ready for HIV/AIDS discussions? A qualitative thematic analysis. *Sexuality Research and Social Policy*, 1-10.
- **Alageel, S.,** Alhujaili, M., Altwaijri, Y., Bilal, L., & Alsukait, R. (2023). Barriers and facilitators to adopting healthier lifestyle among low-income women in Saudi Arabia: A qualitative study. *Health Expectations*, 26(3), 1202-1212.
- **Alageel, S.,** Gulliford, M. C., McDermott, L., & Wright, A. J. (2017). Multiple health behaviour change interventions for primary prevention of cardiovascular disease in primary care: systematic review and meta-analysis. *BMJ Open*, 7(6), e015375. <https://doi.org/10.1136/bmjopen-2016-015375>

Ongoing projects:

- Behaviour change interventions for socioeconomically disadvantaged populations.
- Evaluations of interventions and campaigns to reduce the burden of diseases in Saudi Arabia and the Gulf region.
- The use of social media platforms for public health initiatives and health awareness.
- Sexual reproductive health of women in Saudi Arabia.

Samaher Alsadhan

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Faculty profile

Google scholar:



ORCID

Research Gate

Academic Rank:

Lecturer - Program of Clinical Nutrition

Interests:

Chronic disease and it's relation to nutrition – Enteral nutrition support

- **Key publications:** Alsadhan, S. F., Yakout, S. M., Hussain, S. D., Al-Disi, D., Al-Saleh, Y. M., & Al-Daghri, N. M. (2020). Associations of Dietary Vitamin K and Bone Markers in Adult Saudi Females. Journal of King Saud University-Science.

Ongoing projects:

Sultana Alhurishi

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Academic Rank:

Assistant Professor of public health

Interests:

Sultana's research interests are public health, health care seeking behaviour, services utilization and linking population level, routinely collected, datasets to examine the characteristics, treatments and outcomes. She uses various research methods: quantitative, qualitative, mixed-methods synthesis and mixed-methods systematic reviews.

Key publications:

- **Alhurishi SA**, Almutairi KM, Vinluan JM, Aboshaiqah AE, Marie MA. Mental Health Outcomes of Healthcare Providers During COVID-19 Pandemic in Saudi Arabia: A Cross-Sectional Study. *Frontiers in Public Health*. 2021;9.
- Alkhaldi G, Aljuraiban GS, **Alhurishi S**, De Souza R, Lamahewa K, Lau R, et al. Perceptions towards COVID-19 and adoption of preventive measures among the public in Saudi Arabia: a cross sectional study. *BMC Public Health*. 2021;21(1):1251.
- Al-Wathinani A, Hertelendy AJ, **Alhurishi S**, Mobrad A, Alhazmi R, Altuwaijri M, et al. Increased Emergency Calls during the COVID-19 Pandemic in Saudi Arabia: A National Retrospective Study. *Healthcare*. 2021;9(1):14.
- **Alhurishi S**, Lim J, Potrata B, West R. Factors influencing late presentation for breast cancer in the middle East: a systematic review. *Asian Pac J Cancer Prev*. 2011;12(6):1597-600.

Ongoing projects:

Colorectal cancer epidemiology in Saudi Arabia
Anxiety among university students •

Tagreed Mazi

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Faculty profile

Google scholar:



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[Research Gate](#)

Academic Rank:

Assistant Professor of Clinical Nutrition

Interests:

Interested in steatotic liver disease and cardiometabolic risk factors including obesity, diabetes. The mechanistic and diagnostic utility and of the metabolome in chronic disease development and progression.

Key publications:

- **Mazi TA**, Stanhope KL. Erythritol: An in-depth discussion of its potential to be a beneficial dietary component. *Nutrients*. 2023 Jan;15(1):204.
- **Mazi TA**, Borkowski K, Newman JW, Fiehn O, Bowlus CL, Sarkar S, Matsukuma K, Ali MR, Kieffer DA, Wan YJ, Stanhope KL. Ethnicity-specific alterations of plasma and hepatic lipidomic profiles are related to high NAFLD rate and severity in Hispanic Americans, a pilot study. *Free Radical Biology and Medicine*. 2021 Aug 20;172:490-502.
- **Mazi TA**, Borkowski K, Fiehn O, Bowlus CL, Sarkar S, Matsukuma K, Ali MR, Kieffer DA, Wan YJ, Stanhope KL, Havel PJ. Plasma oxylipin profile discriminates ethnicities in subjects with Non-alcoholic steatohepatitis: An exploratory analysis. *Metabolites*. 2022 Feb 19;12(2):192.
- **Mazi TA**, Sarode GV, Czlonkowska A, Litwin T, Kim K, Shibata NM, Medici V. Dysregulated choline, methionine, and aromatic amino acid metabolism in patients with wilson disease: Exploratory metabolomic profiling and implications for hepatic and neurologic phenotypes. *International journal of molecular sciences*. 2019 Nov 26;20(23):5937.
- **Mazi TA**, Shibata NM, Medici V. Lipid and energy metabolism in Wilson disease. *Liver research*. 2020 Mar 1;4(1):5-14.

Waad Alfawaz

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Academic Rank:

Assistant Professor of Clinical Nutrition

Interests:

Waad's research interests are understanding the epidemiology and underlying mechanisms of the depression-nutrition link and related complications, developing and evaluating complex interventions to improve eating habits and depression, and understanding and improving human behavior as it relates to health and nutrition.

Key publications:

- **Alfawaz, W.,** Guess, N., Ismail, K., & Stewart, K. (2019). The relationship between depressive symptoms and dietary intake in people at high risk of cardiovascular diseases. *Proceedings of the Nutrition Society*, 78(OCE2).

Ongoing projects:

- Nutrition content on Twitter: the public's acceptability, use and trust.

Leenah Alfreeh

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Academic Rank:

Demonstrator - Program of Clinical Nutrition

Interests:

Leena's research interests are primarily focused on diet, nutrition, and the prevention of chronic diseases, particularly those related to obesity and cardiovascular health.

Key publications:

- Alfreeh L, Abulmeaty M, Abudawood M, Aljaser F, Shivappa N, Hebert JR, Almuammar M, Al-Sheikh Y, Aljuraiban GS. Association between the Inflammatory Potential of Diet and Stress among Female College Students. *Nutrients*. 2020 Aug;12(8):2389.
- Alfreeh L, Abulmeaty M, Alam I, Shivappa N, Hebert J, Aljuraiban G. Association between the inflammatory potential of diet and stress relative to inflammatory markers among female college students. *Clinical Nutrition ESPEN*. 2020 Dec 1; 40:530.
- Alfreeh L, Aljuraiban GS. Association of diet quality with serum high-sensitivity C-reactive protein level and the adherence to the Saudi dietary guidelines among female college students. *Journal of King Saud University-Science*. 2021 Dec 14:101765.

Ongoing projects:

Yara Almuhtadi

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Faculty profile

Google scholar:



ORCID

Research Gate

Academic Rank:

Assistant Professor - Program of Clinical Nutrition

Interests:

Yara's research interests are obesity management, behavior change, and program evaluation.

Key publications:

- Alsharif FJ, **Almuhtadi YA**. The Effect of Curcumin Supplementation on Anthropometric Measures among Overweight or Obese Adults. *Nutrients*. 2021; 13(2):680. <https://doi.org/10.3390/nu13020680>

Ongoing projects:

- Mindfulness-based interventions for weight management following bariatric surgery.
- Gastric response, energy expenditure and body composition changes after weight loss via bariatric surgery and lifestyle intervention.
- Physician's Knowledge and Perception towards Clinical Dietitian Role and Clinical Nutrition Discipline in Riyadh, Kingdom of Saudi Arabia.
- Assessing KAPs of Saudi community regarding obesity.

Ashwaq Al-Mutairi

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Academic Rank:

Assistant Professor - Program of Clinical Nutrition

Interests:

My primary focus of study involves researching the effects of nano-colloidal systems on drug formulations for cancer treatment and managing infectious diseases.

Key publications:

- **Ashwaq A. Al-Mutairi** and Mayson H. Alkhatib, “Antitumor Effects of a Solid Lipid Nanoparticle Loaded with Gemcitabine and Oxaliplatin on the Viability, Apoptosis, Autophagy and Hsp90 of Ovarian Cancer Cells”, Journal of Microencapsulation, 2022.
- **Ashwaq A. Al-Mutairi**, Mayson H. Alkhatib and Hana M. Gashlan, “Antitumor Activities of Co-loading Gemcitabine and Oxaliplatin into Oleic Acid-Based Solid Lipid Nanoparticle against Non-Small Cell Lung Cancer Cells”, Biointerface Research in Applied Chemistry, Vol. 12, Issue, 1, pp.49-60, 2022.
- Mayson H. Alkhatib, **Ashwaq A. Al-Mutairi** and Abdulwahab NoorWali, “ANTICANCER EFFECT OF GEMCITABINE COMBINED WITH 5-FLUOROURACIL IN MICROEMULSION ON THE HCT-116 COLON CANCER CELLS”, International Journal of Development Research, Vol. 07, Issue, 02, pp.11790-11795, February, 2017.

Ongoing projects:

Community health sciences Department Labs

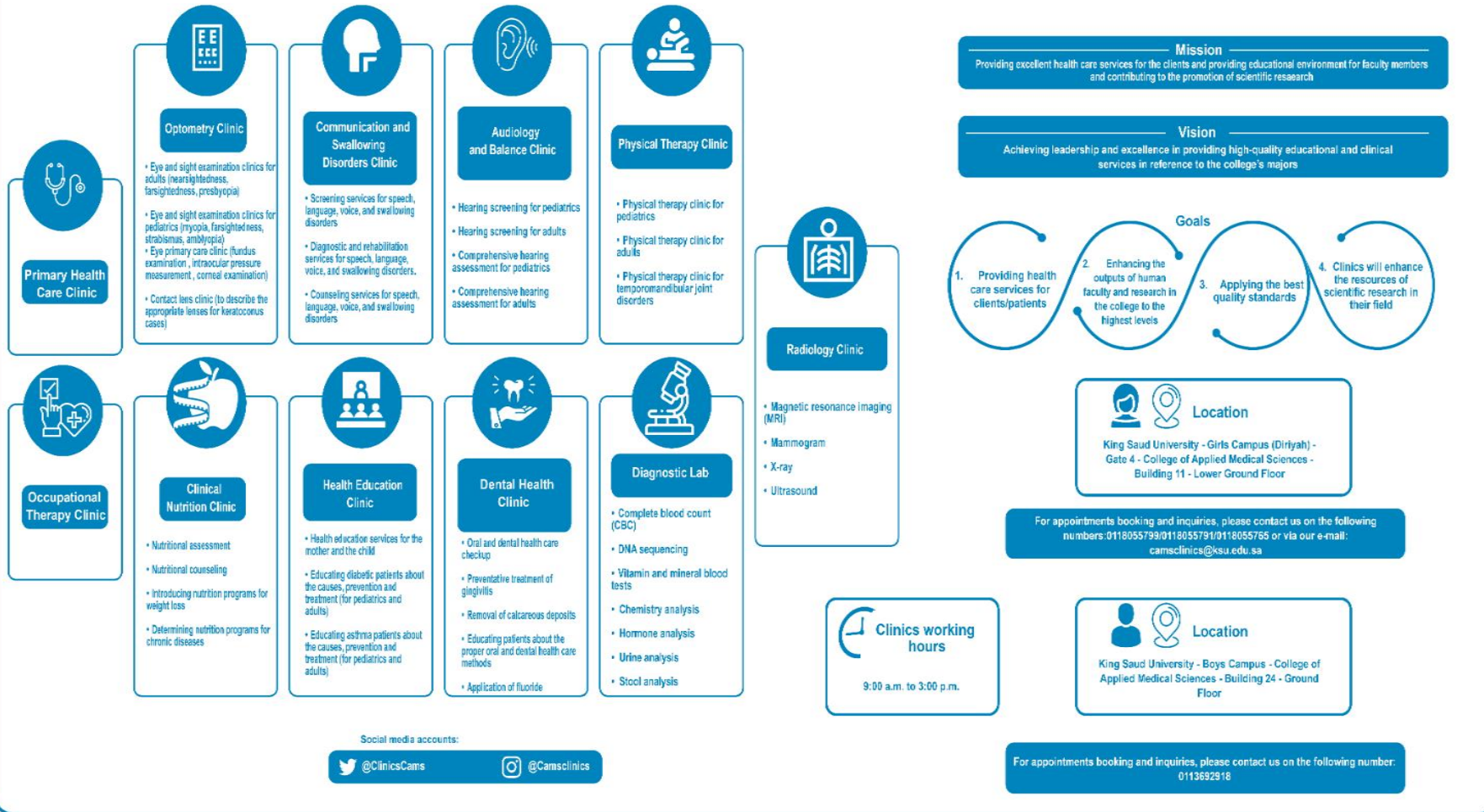
Laboratory Equipment		
Both	Male	Female
<ul style="list-style-type: none"> • Thermocycler • High Performance Liquid Chromatography (HPLC) • Gas Chromatograph (GC) • Spectrophotometer • Auto Chemistry Analyzer 	<ul style="list-style-type: none"> • Elx 800 Absorbance Reader • BioTek's microplate Washer • Automatic DNA Extration System • Misonix Sonicator 3000 • Western Blotting • SDS-PAGE • CentriVap DNA Vacuum Concentrators • IPC - Intrga XL- GBC • UV Photospectrometer • Phenomaster indirect calorimetry • Culex® Automated Blood Sampling System • Rotatory Evaporator • Furnance 6000 	<ul style="list-style-type: none"> • Fluorescent Microscopes • Automated Cell Counter • CO2 Incubator • Biosafety Cabinet • Genetic Analyzer • Real Time PCR • Nano Drop • Luminex • Muse • Liquid Chromatography Mass Spectrometry (LC MS) • Tissue Processor • Automated Slide Stainer • Automated Glass Cover Slipper • Paraffin Embedding Workstation • Automatic Microtome Knife Sharpener • Microplate Washer and Reader • Automated Blood Coagulator • Auto Blood Culture System • Electrolyte Analyzer • Reflotron

Community health sciences Clinics

College of Applied Medical Sciences Clinics



كلية العلوم الطبية التطبيقية
عيادات كلية العلوم الطبية التطبيقية



Useful Resources

Saudi Society for Clinical Nutrition

<http://www.sda.org.sa/>



الجمعية السعودية للتغذية السريرية
Saudi Society for Clinical Nutrition

Saudi Health Promotion & Education Association

<https://cams.ksu.edu.sa/ar/node/3425>



الجمعية السعودية للتعزيز والتعليم الصحي
Saudi Health Promotion
& Education Association

King Salman Library

<https://library.ksu.edu.sa/ar>

CAMS Clinics

<https://cams.ksu.edu.sa/ar/comenety/dept-lab>

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College information

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Clinics	College Basement - Room No. 23	Ground floor
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