

Rouba Karen Zeidan

PharmD | MPH | PhD in Epidemiology
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PROFILE SUMMARY

Postdoctoral researcher and associate professor | 8+ years of experience teaching courses in undergraduate and postgraduate levels | Experienced in managing research teams and in manuscript writing | Supervised 14 MA theses and 1 PhD dissertation | Published 25 articles in peer-reviewed journals.

LECTURER IN

Biostatistics
Statistical Package for Social Sciences (SPSS)
Epidemiology

DEPARTMENTS:

Master of Public Health (Master 1 – double degree from Paris-Saclay University & Lebanese University)
Nutrition and Dietetics (Master 1)
Psychomotricity (4th year)
Speech therapy (Master 2)
Biosanté (Master 1)

RESEARCH INTERESTS

Cardiovascular diseases
Diabetes
Misuse of antibiotics
Breastfeeding benefits
Nutrition
Mental health (Psycho-nutrition)

MEMBERSHIPS

Pharmaco-epidemiology Unit, INSPECT-LB, Faculty of Public Health, Lebanese University.
Public Health Unit, INSPECT-LB, Faculty of Public Health, Lebanese University.
Pharmaco-epidemiology Unit, CERIPH, Faculty of Public Health, Lebanese University.
Lebanese Order of Pharmacists.

WORKSHOPS

2015 – Systematic Reviews, American University of Beirut.
2015 – Meta-analysis, American University of Beirut.
2014 – Biostatistics, IFSBM – Université Paris Sud.

COMPUTER SKILLS

SPSS software – R Studio – ZOTERO – Endnote – Microsoft Office.

LANGUAGES

English and French: fluency in speaking, reading, and writing.
Arabic: native language.

PROFESSIONAL EXPERIENCE

Oct 2021 – present | Postdoctoral researcher

University of Sharjah – Research institute for medical and health sciences – Sharjah, UAE.

Jan 2020 – Sep 2021 | Psychomotricity Head of Department

Lebanese University – Faculty of Public Health – Fanar campus, LB.

June 2018 – present | Associate Professor

Lebanese University – Faculty of Public Health – Fanar campus, LB.

April 2016 – May 2018 | Assistant Professor

Lebanese University – Faculty of Public Health – Fanar campus, LB.

March 2014 – March 2016 | Lecturer

Lebanese University – Faculty of Public Health – Fanar campus, LB.

2013 – present | Freelance biostatistician and medical writer

2013 | Research Assistant

Lebanese University – Faculty of Pharmacy – Hadath campus, LB.
Clinical and Epidemiological Research Team.

2013 | Investigator for the implementation of the measles outbreak investigation

World Health Organization (WHO).
Epidemiological Surveillance Unit – Ministry of Public Health – Beirut, LB.

2011 – 2012 | Community pharmacist

La Perla Pharmacy – Jdeideh, LB.

2010 | Investigator – Evaluation of vaccination in Lebanese children

World Health Organization (WHO), LB.

EDUCATION

2013 – 2016 | PhD in Epidemiology – with honors

Université Toulouse III (Université Paul Sabatier) – Toulouse, France.
Title of the thesis: Prevalence and correlates of coronary heart disease in Lebanese of forty-plus years: a national study.
(Scholarship from the Faculty of Public Health, Lebanese University)

2012 | Master of Public Health: Epidemiology and Biostatistics – rank: first

Lebanese University – Faculty of Public Health – Fanar campus, LB.
Title of the thesis: The effects of tobacco, cigarette or waterpipe, on the quality of life of Lebanese adults.

2006 – 2012 | Degree in Pharmacy, PharmD

Lebanese University – Faculty of Pharmacy – Hadath campus, LB.

PUBLICATIONS

1. Zakhour, M., Haddad, C., Sacre, H., Tarabay, C., Zeidan, R. K., Akel, M., Hallit, R., Kheir, N., Obeid, S., Salameh, P., & Hallit, S. (2021). Differences in the Associations between Body Dissatisfaction and Eating Outcomes by Gender? A Lebanese Population Study. *Revue d'Épidémiologie et de Santé Publique*, S039876202100050X. <https://doi.org/10.1016/j.respe.2021.02.003>
2. Issa, A., Saleh, N., Hleyhe, M., **Zeidan, R. K.**, Assaf, S., & Lahoud, N. (2021). Challenges in antibiotics prescription in pediatrics: A national survey among Lebanese pediatricians. *Research Square*. <https://doi.org/10.21203/rs.3.rs-334293/v1>
3. Sayegh, N., Hallit, S., Hallit, R., Saleh, N., & **Zeidan, R. K.** (2021). Physicians' attitudes on the implementation of an antimicrobial stewardship program in Lebanese hospitals. *Pharmacy Practice*, 19(1), 2192. <https://doi.org/10.18549/PharmPract.2021.1.2192>
4. Lahoud, N., Rizk, R., Hleyhel, M., Baaklini, M., **Zeidan, R. K.**, Ajaka, N., Rahme, D., Maison, P., & Saleh, N. (2021). Trends in the consumption of antibiotics in the Lebanese community between 2004 and 2016. *International Journal of Clinical Pharmacy*. <https://doi.org/10.1007/s11096-020-01218-7>
5. Bou Ali, I., Farah, R., **Zeidan, R. K.**, Chahine, M. N., Al Sayed, G., Asmar, R., Hosseini, H., & Salameh, P. (2020). Stroke symptoms impact on mental and physical health: A Lebanese population based study. *Revue Neurologique*, S0035378720306019. <https://doi.org/10.1016/j.neurol.2020.03.026>
6. **Zeidan, R. K.**, Kahwagi, R.-M., Haddad, C., Hallit, R., Sacre, H., Kheir, N., Salameh, P., Obeid, S., & Hallit, S. (2020). Emotion regulation among Lebanese adults: Validation of the Emotion Regulation Questionnaire and association with attachment styles. *Perspectives in Psychiatric Care*. <https://doi.org/10.1111/ppc.12619>
7. Hallit, S., **Zeidan, R. K.**, Saade, S., Hajj, A., Hallit, R., Yahchouchy, C., Kheir, N., Iskandar, K., Sacre, H., & Salameh, P. (2020). Knowledge, Attitude and Practice of Lebanese Community Pharmacists toward Chronic Obstructive Pulmonary Disease. *Journal of Epidemiology and Global Health*, 10(1), 86–95. <https://doi.org/10.2991/jegh.k.191215.004>
8. Haddad, C., Sacre, H., Hajj, A., Lahoud, N., Akiki, Z., Akel, M., Saade, D., **Zeidan, R. K.**, Farah, R., Hallit, S., & Salameh, P. (2020). Comparing cigarette smoking knowledge and attitudes among smokers and non-smokers. *Environmental Science and Pollution Research*. <https://doi.org/10.1007/s11356-020-08162-z>
9. Hallit, S., Saade, S., **Zeidan, R. K.**, Iskandar, K., Kheir, N., Youssef, L., Costantine, R., Hallit, R., & Salameh, P. (2020). Factors associated with undiagnosed type II diabetes mellitus, undiagnosed impaired fasting glucose and these patients' quality of life in Lebanon. *Journal of Public Health*, 42(3), 550–560. <https://doi.org/10.1093/pubmed/fdz051>
10. **Zeidan, R. K.**, Haddad, C., Hallit, R., Akel, M., Honein, K., Akiki, M., Kheir, N., Hallit, S., & Obeid, S. (2019). Validation of the Arabic version of the binge eating scale and correlates of binge eating disorder among a sample of the Lebanese population. *Journal of Eating Disorders*, 7(1), 40. <https://doi.org/10.1186/s40337-019-0270-2>
11. Boulle, P., Sibourd-Baudry, A., Ansbros, É., Prieto Merino, D., Saleh, N., **Zeidan, R. K.**, & Perel, P. (2019). Cardiovascular Disease among Syrian refugees: A descriptive study of patients in two Médecins Sans Frontières clinics in northern Lebanon. *Conflict and Health*, 13(1), 37. <https://doi.org/10.1186/s13031-019-0217-x>
12. Issa, C., Hobeika, M., Salameh, P., **Zeidan, R. K.**, & Mattar, L. (2019). Longer durations of both exclusive and mixed breastfeeding are associated with better health in infants and toddlers. *Breastfeeding Review*, 27(2), 17-27. <https://search.informit.org/doi/10.3316/informit.674686961104750>
13. Hallit, S., Haddad, C., **Zeidan, R. K.**, Obeid, S., Kheir, N., Khatchadourian, T., & Salameh, P. (2019). Cognitive function among schoolchildren in Lebanon: Association with maternal alcohol drinking and smoking during pregnancy and domestic use of detergents and pesticides during childhood. *Environmental Science and Pollution Research International*, 26(14), 14373–14381. <https://doi.org/10.1007/s11356-019-04797-9>
14. **Zeidan, R. K.**, Hallit, S., Zeenny, R. M., & Salameh, P. (2019). Lebanese community-based pharmacists' interest, practice, knowledge, and barriers towards pharmacy practice research: A cross-sectional study. *Saudi Pharmaceutical Journal*. <https://doi.org/10.1016/j.jsps.2019.02.002>
15. Mattar, L., Hobeika, M., **Zeidan, R. K.**, Salameh, P., Issa, C., & “Breastfeed for a Healthier Lebanon” study group. (2019). Determinants of Exclusive and Mixed Breastfeeding Durations and Risk of Recurrent Illnesses in Toddlers Attending Day Care Programs Across Lebanon. *Journal of Pediatric Nursing*, 45, e24–e34. <https://doi.org/10.1016/j.pedn.2018.12.015>
16. Salameh, P., **Zeidan, R. K.**, Hallit, S., Farah, R., Chahine, M., Asmar, R., & Hosseini, H. (2019). Cardiovascular Diseases and Long-term Self-reported Exposure to Pollution: RESULTS OF A NATIONAL EPIDEMIOLOGICAL STUDY IN LEBANON. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 39(1), 43–49. <https://doi.org/10.1097/HCR.0000000000000378>
17. Ghaddar, F., Salameh, P., Saleh, N., Farhat, F., Chahine, R., Lahoud, N., Hleyhel, M., & **Zeidan, R. K.** (2018). Noncardiac Lebanese hospitalized adult patients' awareness of their coronary artery disease risk factors. *Vascular Health and Risk Management*, 14, 371–382. <https://doi.org/10.2147/VHRM.S176167>
18. Cherfan, M., Blacher, J., Asmar, R., Chahine, M. N., **Zeidan, R. K.**, Farah, R., & Salameh, P. (2018). Prevalence and risk factors of hypertension: A nationwide cross-sectional study in Lebanon. *Journal of Clinical Hypertension (Greenwich, Conn.)*. <https://doi.org/10.1111/jch.13268>

19. Salameh, P., Farah, R., Hallit, S., **Zeidan, R. K.**, Chahine, M. N., Asmar, R., & Hosseini, H. (2018). Self-reported history of stroke and long-term living conditions near air pollution sources: Results of a national epidemiological study in Lebanon. *Environmental Monitoring and Assessment*, 190(3), 153. <https://doi.org/10.1007/s10661-018-6545-2>
20. Salameh, P., Chahine, M., Hallit, S., Farah, R., **Zeidan, R. K.**, Asmar, R., & Hosseini, H. (2018). Hypertension prevalence and living conditions related to air pollution: Results of a national epidemiological study in Lebanon. *Environmental Science and Pollution Research*. <https://doi.org/10.1007/s11356-018-1411-x>
21. **Zeidan, R. K.**, Farah, R., Chahine, M. N., Asmar, R., Hosseini, H., Salameh, P., & Pathak, A. (2016). Prevalence and correlates of coronary heart disease: First population-based study in Lebanon. *Vascular Health and Risk Management*, 12, 75–84. <https://doi.org/10.2147/VHRM.S97252>
22. **Zeidan, R. K.**, Farah, R., Chahine, M. N., Asmar, R., Chahine, R., Salameh, P., Pathak, A., & Hosseini, H. (2016). Predictors of Uncontrolled Blood Pressure in Treated Hypertensive Individuals: First Population-Based Study in Lebanon. *Journal of Clinical Hypertension (Greenwich, Conn.)*, 18(9), 871–877. <https://doi.org/10.1111/jch.12775>
23. Farah, R., **Zeidan, R. K.**, Chahine, M. N., Asmar, R., Chahine, R., Salameh, P., & Hosseini, H. (2015). Prevalence of stroke symptoms among stroke-free residents: First national data from Lebanon. *International Journal of Stroke: Official Journal of the International Stroke Society*, 10 Suppl A100, 83–88. <https://doi.org/10.1111/ijss.12563>
24. Awada, S., Rachidi, S., Al-Hajje, A., **Zeidan, R. K.**, Bou Kansour, N., Abboud, C., Bawab, W., & Salameh, P. (2014). Gastro-esophageal Reflux Disease in Lebanese Adults: Effects on Quality of Life and Correlates. *Pharmacologia*, 5(9), 339–350. <https://doi.org/10.5567/pharmacologia.2014.339.350>
25. **Zeidan, R. K.**, Rachidi, S., Awada, S., El Hajje, A., El Bawab, W., Salamé, J., Bejjany, R., & Salameh, P. (2014). Carbon monoxide and respiratory symptoms in young adult passive smokers: A pilot study comparing waterpipe to cigarette. *International Journal of Occupational Medicine and Environmental Health*, 27(4), 571–582. <https://doi.org/10.2478/s13382-014-0246-z>

PUBLISHED ABSTRACT

Zeidan R. K., Bou Kansour N., Abboud C., Al Hajje A., Rachidi S., Zein S., Bawab W., Salameh P., & Awada S. Gastro-esophageal reflux disease in Lebanese adults: effects on quality of life and correlates. *Journal of Population Therapeutics and Clinical Pharmacology*. 2013 Sep 12; 20(3):289-290.

COMMUNICATIONS

POSTERS

1. **Zeidan R.K.**, Farah R., Salameh P., & Pathak A. (2015, April). Prevalence of coronary heart disease and its risk factors in Lebanon. *Journées des Doctorants*. Toulouse, France.
2. **Zeidan R.K.**, Bou Kansour N., Abboud C., Al Hajje A., Rachidi S., Zein S., Bawab W., Salameh P., & Awada S. (2013, September). Gastro-esophageal reflux disease in Lebanese adults: effects on quality of life and correlates. *Annual conference of the "Regroupement Québécois de Recherche sur l'Usage des Médicaments" : "Les médicaments et la santé publique"*. Montréal, Canada.

ORAL COMMUNICATIONS

1. Cherfane M., Blacher J., Asmar R., Chahine M., **Zeidan R. K.**, Farah R., & Salameh P. (2018, September 2 – 6). Nonpharmacological determinants of hypertension: a nationwide cross-sectional study in Lebanon. *The 78th International pharmaceutical federation (FIP) world congress of pharmacy and pharmaceutical sciences*. Glasgow, United Kingdom.
2. **Zeidan R. K.** (2017, November 18). Lebanese Community Pharmacists' Involvement and Interest in Research. *The 25th Annual Congress of the Lebanese Order of Pharmacists*. Beirut, Lebanon.
3. Farah R., **Zeidan R. K.**, Asmar R., Chahine R., Salameh P., Hosseini H. (2015, June). Prevalence of Stroke Symptoms Among Stroke-Free Residents: National Data from Lebanon. *First congress of the European academy of Neurology*. Berlin, Germany.
4. **Zeidan R. K.**, Farah R., Salameh P., Pathak A. (2014, December). Prevalence of coronary heart disease and its risk factors in Lebanon. *Research Day*. Beirut, Lebanon.
5. Farah R., **Zeidan R. K.**, Chahine R., Salameh P., Hosseini H. (2014, March). Prevalence of stroke and associated risk factors in Mount Lebanon. *20th Annual Lebanese Association for Advancement of Science (LAAS)*. Beirut, Lebanon.

THESIS

Supervisor in : PHD projects: 1 - MASTERS projects: 14
 Jury member in 27 Master Thesis presentations

REFERENCES available upon request