

BIOGRAPHICAL**Place/Date of Birth:** Kuwait/March 31, 1976.**Nationality:** Jordanian.**Marital status:** Married, four daughters, one son.**Work Address:** Department of Clinical Nutrition and Dietetics, College of Health Sciences, University of Sharjah, UAE. Office: +97165057514E-mail: mfaris@sharjah.ac.ae , moezfaris@hotmail.com**Professional and academic research websites:**<https://scholar.google.ae/citations?user=Dy1GW-YAAAAAJ&hl=en><https://www.scopus.com/authid/detail.uri?authorId=57218603193><https://www.scival.com/overview/summary?uri=Customer/401003/Researcher/7841403><https://orcid.org/my-orcid?orcid=0000-0002-7970-2616><https://loop.frontiersin.org/people/500481/overview><https://www.researchgate.net/profile/Moezalislam-Faris><https://www.linkedin.com/in/moezalislam-faris-67a72428/>[http://www.webofscience.com/wos/author/record/\[M-9682-2017\]](http://www.webofscience.com/wos/author/record/[M-9682-2017]) (ResearcherID)<https://sciprofiles.com/profile/MoezAllIslam>**ACADEMIC QUALIFICATIONS****Third University Degree: Ph.D. Nutrition and Food Technology/Human Nutrition.****2004-2008** Department of Nutrition and Food Technology, Faculty of Graduate Studies, University of Jordan, with a rating of 3.50 out of 4.0 (*Very Good*).**Second University Degree: M.Sc. Nutrition and Food Technology/Human Nutrition,****1998-2000** Department of Nutrition and Food Technology, Faculty of Graduate Studies, University of Jordan, with a rating of 3.70 out of 4.0 (*Excellent*).**First University Degree: B.Sc. in Nutrition and Food Technology,** Department of Nutrition**1994-1998** and Food Technology, Faculty of Agriculture, University of Jordan, with a rating of 3.11 out of 4.0 (*Very good*).**1994 Jordanian General Secondary School Education Certificate/Scientific stream,** with an 86.9% average.**Professional Degrees:****6/2014-6/2015** *Global Clinical Scholar Research Training (GCSRT) Program Certificate,* Harvard Medical School, USA.**6/2015** Member of Harvard Medical School Alumni.**3/2019** Diploma in Nutritional Genomics, Online Courses, NutriGenomics Institute, Spain.**PROFESSIONAL EXPERIENCE****18th Jan. 2024** **Professor,** Department of Clinical Nutrition and Dietetics, College of Health Sciences, University of Sharjah, UAE.**10th Jan. 2018** **Associate Professor,** Department of Clinical Nutrition and Dietetics, College of Health Sciences, University of Sharjah, UAE.**1 Sep 2014 To Dec. 2017** **Assistant Professor,** Department of Clinical Nutrition and Dietetics, College of Health Sciences, University of Sharjah, UAE.**1 Sep 2011** **Assistant Professor,** Department of Clinical Nutrition, College of Applied Medical Sciences, University of Hail, Hail, Saudi Arabia.**1 Sep 2014** **Part-Time Lecturer,** Department of Clinical Pharmacy and Biopharmaceutics, Faculty of Pharmacy, The University of Jordan, Amman, Jordan.

- 1/5/2009- **Assistant Professor**, Department of Nutrition, Faculty of Pharmacy and Medical Sciences, Petra University, Amman, Jordan.
- 30 Aug. 2011
- 15/7-15/9/2009 **Part-time Lecturer and Internship Supervisor for Nutrition Students**, Department of Nutrition, Faculty of Medical Sciences, Applied Sciences University, Amman, Jordan.
- 1/9/2002 **Full-time Lecturer**, Department of Nutrition, Faculty of Pharmacy and Medical Sciences, Petra University, Amman, Jordan.
- 30/4/2009
- 1/4-1/9/2002 **Food Safety Officer**, Department of Food Safety, Environment Authority, Aqaba Special Economic Zone Authority (ASEZA), Aqaba, Jordan.
- 20/10/2001 to **Quality Control Manager** at Hamada Restaurants Co. Responsibilities included applying and monitoring Hazard Analysis and Critical Control Point (HACCP) system and ISO 9002.
- 17/1/2002
- 1/4-1/10/2001 **Research Assistant** at the Department of Nutrition and Food Technology, Faculty of Agriculture, University of Jordan. The research titled “*Study of the Nutritional Status in the North Jordanian Badya*”.
- 15/12/2000 **Training** at the Nutrition and Health Education Clinic /Islamic Hospital in Amman.
- 15/2/2001
- 2-23/11/2000 **Training** at the Department of Nutrition/ Islamic Hospital in Amman.
- 7/1999-2/2000 **Graduate assistant** at the Department of Nutrition and Food Technology, Faculty of Agriculture, University of Jordan.
- 10/1998-8/1999 **Research assistant** at the Department of Nutrition and Food Technology, The University of Jordan. The research entitled:” Nutritional status of zinc and selenium in a sample of Jordanian children with chronic diarrhea.“
- 7-8/1997 **Training** at the Jordan Company for Dairy Production/Zarqa.

RESEARCH, CREATIVE, AND INTELLECTUAL ACTIVITIES (updated to October 17, 2023):

Citation indices	All	Since 2018
Citations	4526	4167
h-index	33	32
i10-index	62	59



- **Peer-Reviewed Articles: 139** (2 editorials, 31 mini-, narrative reviews, systematic reviews, meta-analyses, and guidelines; 106 original research articles)
- **Refereed Books/Chapters authored: 14** (4 Books, 10 Chapters)
- **Books Edited: 1**
- <https://drive.google.com/file/d/17fBb1euwdGJj6Fx8ck18gWfIPVL9FGR/view?usp=sharing>
- **Lead Guest Editor for Three Special Topics in *Frontiers in Nutrition* (Q1, Impact Factor=6.6):**
- *The Model of Ramadan Diurnal Intermittent Fasting: Unraveling the Health Implications.*
- **Volume I:** <https://www.frontiersin.org/research-topics/20900/the-model-of-ramadan-diurnal-intermittent-fasting-unraveling-the-health-implications---volume-i>
- **Volume II:** <https://www.frontiersin.org/research-topics/37835/the-model-of-ramadan-diurnal-intermittent-fasting-unraveling-the-health-implications---volume-ii>
- **Volume III:** <https://www.frontiersin.org/research-topics/55525/the-model-of-ramadan-diurnal-intermittent-fasting-unraveling-the-health-implications---volume-3>
- **Lead Guest Editor for a Special Topic in *Medicina* (Q2, Impact Factor=2.95):**
- *Intermittent Fasting: Depicting anti-aging, and chronic disease-preventing and ameliorating effects*
- https://www.mdpi.com/journal/medicina/special_issues/4KE5621AX7
- **World's Top 2% Most-cited Scientists by Stanford University Ranking 2023 (Scopus)/Nutrition and Food.**
- **Lead Editor, *Health and Medical Aspects of Ramadan Intermittent Fasting*, Springer, USA, 2024.**
- **Co-Editor, *Contemporary Islamic Perspectives in Public Health*, Cambridge University Press, UK, 2024.**

Peer-Reviewed Original Research, Editorial, and Review Articles:

1. Mona Hashim; Hadia Radwan; Leila Cheikh Ismail; **Faris ME**; Maysm N Mohamad; Sheima T. Saleh; Bisan Sweid; Raghad Naser; Rahaf Hijaz; Rania Altaher; Eman Rashed; Eman Turki; Mahra Al Kitbi (2024) Determinants for Mediterranean diet adherence beyond the boundaries: A cross-sectional study from Sharjah the United Arab Emirates. *Journal of Translational Medicine (Accepted, in the Press)*. (**Impact Factor** April, 2024=**7.4**, **SCOPUS**, **Q1**, **H-Index=132**).
2. Global Burden of Disease Network (2024) Burden of disease scenarios for 204 countries and territories, 2022–2050: a forecasting analysis for the Global Burden of Disease Study. *The Lancet* (**Impact Factor=202.7**, **SCOPUS**, **Q1**, **HI=855**). (*In the Press*)
3. Global Burden of Disease Network (2024) Global burden and strength of evidence for 88 risk factors in 204 countries and 811 subnational locations, 1990–2021: a systematic analysis for the Global Burden of Disease Study 2021. *The Lancet* (**Impact Factor=202.7**, **SCOPUS**, **Q1**, **HI=855**). (*In the Press*)
4. Kalsekar AS, Abdelrahim DN, Faris ME (2024) Effect of calorie restriction intermittent fasting on glucose homeostasis, lipid profile, inflammatory, and hormonal markers in patients with polycystic ovary syndrome: a systematic review. *Frontiers in Nutrition* (**Impact Factor** March, 2024=**5.0**, **SCOPUS**, **Q1**, **H-Index=61**).
5. Global Burden of Disease Network (2024) Global age-sex-specific mortality, life expectancy, and population estimates in 204 countries and territories and 811 subnational locations, 1950–2021, and the impact of the COVID-19 pandemic. *The Lancet* (**Impact Factor=202.7**, **SCOPUS**, **Q1**, **HI=855**). (*In the Press*)
6. Global Burden of Disease Network (2024) Global incidence, prevalence, years lived with disability (YLDs), disability-adjusted life-years (DALYs), and healthy life expectancy (HALE) for 371 diseases and injuries in 204 countries and territories and 811 subnational locations, 1990–2021: A systematic analysis for the Burden of Disease Study 2021. *The Lancet* (**Impact Factor=202.7**, **SCOPUS**, **Q1**, **HI=855**) (*In the Press*)
7. Kennedy L, Safi S, Osaili TM, ...**Faris ME**, et al. The attitudes and practices of United Arab Emirates consumers towards food waste: A nationwide cross-sectional study. *F1000Research* 2024, 12:911. (**Impact Factor = 0.9**, **SCOPUS**, **Q1**, **HI=88**).
8. Global Burden of Disease Network (2024) Global burden of 288 causes of death and life expectancy decomposition in 204 countries and territories and 811 subnational locations, 1990–2021: A systematic analysis for the Global Burden of Disease Study 2021. *The Lancet* (**Impact Factor=202.7**, **SCOPUS**, **Q1**, **HI=855**) (*In the Press*)
9. Farah Naja...**Faris ME**...et al (2024) Beyond Pillbox: A national cross-sectional study on the attituded, practices, and knowledge of community pharmacists regarding complementary and alternative medicine. *BMC Complementary Medicine and Therapies* (**Impact Factor=3.9**, **SCOPUS**, **Q1**, **H-Index=105**) (*In the Press*)
10. Falak Zeb, Huma Naqeeb, Tareq Osaili, **Faris ME**, Leila Cheikh Ismail, Reyad Shakir Obaid, Farah Najah, Hadia Radwan, Haydar Hasan, Mona Hashim, Sharifa AlBlooshi, Iftikhar Alam (2024) Molecular Crosstalk Between Polyphenols and Gut Microbiota in Cancer Prevention. *Nutrition Research* (**Impact Factor=4.5**, **SCOPUS**, **Q2**, **HI=104**)(*In the Press*).
11. Refat Ahmad Alkurd, Lana Mahrous, Falak Zeb, Moien AB Khan, Hamid Alhaj, Husam Mohammad Khraiwesh, **Faris ME** (2024) Effect of calorie restriction and intermittent fasting regimens on Brain-Derived Neurotrophic Factor (BDNF) levels and cognitive function in humans: A systematic review. *Medicina* (**Impact Factor=2.9**, **SCOPUS**, **Q2**, **HI=52**)(*In the Press*).
12. GBD 2019 Asia and All Cancers Collaborators (2024) Temporal patterns of cancer burden in Asia, 1990–2019: a systematic examination for the Global Burden of Disease 2019 study. *The Lancet Regional Health - Southeast Asia*. <https://doi.org/10.1016/j.lansea.2023.100333>
13. Moien AB Khan, Sajjad Ahmed Khan, Kalaivani Annadurai, Waseem N. Ahmed, Yakub Sayyad, Sohrab Amiri, **Faris ME** (2024) Determinants of body weight changes during Ramadan fasting in India amid COVID-19: A cross-sectional study. *Medicine* (**Impact Factor=1.6**, **SCOPUS**, **Q2**, **HI=163**)(*In the Press*)
14. Husam Khraiwesh, Dana Abdelrahim, Eiman Mustafa, **Faris ME** (2024) Knowledge, awareness, and practices toward colorectal cancer and its dietary and lifestyle-related risk factors among Jordanian

- university students: A cross-sectional study. *Journal of Cancer Epidemiology* (**Impact Factor= 1.8, SCOPUS, Q2, HI=26**)(*In the Press*)
15. Global Burden of Disease (GBD)(....**Faris ME**...et al.) (2024). Global fertility in 204 countries and territories, 1950-2021 with forecasts to 2100: a comprehensive demographic analysis for the Global Burden of Disease Study 2021. *The Lancet* (**Impact Factor= 202.7, SCOPUS, Q1, HI=855**) (*In the Press*)
 16. Mensah, G, Fuster, V, Murray, C.**Faris ME**..., ..et al. (2023) Global Burden of Cardiovascular Diseases and Risks Collaborators)(2023) Global Burden of Cardiovascular Diseases and Risks, 1990-2022. *Journal of the American College of Cardiology*. (25):2350–2473. <https://doi.org/10.1016/j.jacc.2023.11.007> (**Impact Factor=24, SCOPUS, Q1, H-Index=472**)
 17. Fatimah I. Tsiga-Ahmed, Sahabi K. Sulaiman, Muhammad S. Musa, Aminu Hussein, Saidu I. Ahmad, Rabiu I. Jalo, **Faris ME**, Ahmed S. BaHamman, Syed F. Javaid, Moien A. B. Khan (2023) Changes in Sleep, Physical Activity, and Health Behaviors among Nigerian Fasting Adults in Ramadan during the COVID-19 Pandemic. *Journal of Education and Health Promotion* (**Impact Factor=1.4, SCOPUS, Q2, H-Index=17**). (*In the Press*)
 18. Mariam Muayyad, Salah Abusnana, Bashair M. Mussa, Radwa Helal, Dana N. Abdelrahim, Naguib Hassan Abdelreheim, Elham Al Amiri, Mays Daboul, Zainab Al-Abadla, Nader Lessan, **Faris ME** (2023) Adherence to the Mediterranean diet and sleep quality are intercorrelated with flash glucose monitoring (FGM)-measured glycemia among children with type 1 diabetes. *Journal of Education and Health Promotion* (**Impact Factor=1.4, SCOPUS, Q2, H-Index=17**) (*In the Press*)
 19. Razan A, **Faris ME**, Dana Abdelrahim, Ashokan A, (2023) Association of sociodemographic, anthropometric and sleep quality factors with accelerometer-measured sitting and physical activity time among Emirati working women during the COVID-19 pandemic: A cross-sectional study. *Women's Health* (**Impact Factor=4.4, SCOPUS, Q1, H-Index=47**) (*In the Press*)
 20. Leila Cheikh Ismail, Mona Hashim, Tareq M. Osaili, **Faris ME**, Farah Naja, Hadia Radwan, Fayeza Hasan, Sheima T. Saleh, Radhiya Al Rajaby, Rameez Al Daour, Lily Stojanovska, Ayesha Al Dhaheri, Hayder Hasan, Reyad S. Obaid (2023) Exploring Sustainable Food Choices among Adults in the United Arab Emirates: A cross-sectional study. *Frontiers in Sustainable Food Systems* (**Impact Factor=5.2, SCOPUS, Q1, H-Index=41**)
 21. **Faris ME**, Eman Rashid Saif, Eman Ali Turki, Dana Abdelrahim, Salma Abu-Qiyas, Katia Abi Shihab, Falak Zeb, Haydar Hasan, Mona S. Hashim, Hadia M. Radwan, Farah Naja, Leila Cheikh Ismail, Tareq M. Osaili, Hanin Kassem, Radhiya Al Rajaby, Khaled Obaideen, Reyad Shaker Obaid (2023) Caffeine intake and its association with nutrition, sleep, and physical activity among schoolchildren in the United Arab Emirates: A national cross-sectional study. *European Journal of Nutrition* (**Impact Factor=5.0, SCOPUS, Q1, H-Index=112**)
 22. TareqOsaili, Fayeza Hasan, Dinesh Dhanasekaran, Azeema Arasudeen, Leila CheikhIsmail, Hayder Hassan, Mona Hashim, **Faris ME**, Hadia Radwan, Farah Naja, Ioannis Savvaidis, Reyad Obaid, and Richard Holley (2023) Preservative effect of pomegranate-based marination with β -resorcylic acid and cinnamaldehyde on the microbial quality of chicken liver. *Poultry Science* (**Impact Factor=4.4, SCOPUS, Q1, H-Index=162**)
 23. Narmin Khaled, Dana Abdelrahim, Nivine Hanach, Refat AlKurd, Moien Khan, Lana Mahrous, Hadia Radwan, Farah Naja, Mohamed Ibrahim Madkour, Khaled Obaideen, Husam Khraiweh, **Faris ME** (2023) Effect of Camel Milk on Lipid Profile among Patients with Diabetes: A Systematic Review, Meta-Analysis, and Meta-Regression of Randomized Controlled Trials. *BMC Complementary Medicine and Therapies* (**Impact Factor=3.9, SCOPUS, Q1, H-Index=105**)
 24. Katia AbuShihab, Khaled Obaideen, Mohamad Alameddine, Refat Alkurd, Husam Khraiweh, Yara Mohammad, Dana Abdelrahim, Mohamed Madkour, **Faris ME** (2023) Reflection on Ramadan Fasting Research Related to Sustainable Development Goal 3 (Good Health and Well-Being): A Bibliometric Analysis. *Journal of Religion and Health* (**Impact Factor=2.8, SCOPUS, Q1, H-Index=52**) (**Top 1%**).
 25. Mohamed Ibrahim Madkour, Md Torikul Islam, Trevor S Tippetts, Kamrul H Chowdhury, Lisa A Lesniewski, Scott A Summers, Falak Zeb, Dana N Abdelrahim, Refat AlKurd, Husam M. Khraiweh, Katia H Abu Shihab, Asma AlBakri, Khaled Obaideen, **Faris ME** (2023) Ramadan intermittent fasting is associated with ameliorated inflammatory markers and improved plasma sphingolipids/ceramides in subjects with obesity: Lipidomics analysis. *Scientific Reports/Nature*, (**Impact Factor=4.6, SCOPUS, Q1, H-Index=282**).

26. **Faris ME.** Fakir Al Gharaibeh, MD Rezaul Islam, Dana Abdelrahim, Eman Rashid Saif, Eman Ali Turki, Mahra Khalfan Al-Kitbi, Salma Abu-Qiyas, Falak Zeb, Haydar Hasan, Mona S. Hashim, Tareq M. Osaili, Hadia M. Radwan, Leila Cheikh Ismail, Farah Naja, Fatima Zohra Bettayeb, Reyad Shaker Obaid (2023) Caffeinated energy drink consumption among Emirati adolescents is associated with a cluster of poor physical and mental health, and unhealthy dietary and lifestyle behaviors: A cross-sectional study. *Frontiers in Public Health* (**Impact Factor=5.2, SCOPUS, Q1, H-Index=80**).
27. Yasser Khalil Bustanji, Jalal Taneera, Ahmad Abuhelwa, Waseem Riad El-Huneidi, Eman Farouk Mahmoud Abu-Gharbieh, Karim El-Zu'bi, Mohammad Ali Yousef Alqudah, Ahmed Yusuf Alhusban, Mohammad Harb Semreen, Islam Hamad, **Faris ME** (2023) Exploring the Global Landscape of Self-Medication Among Students: Trends, Risks, and Recommendations for Safe and Responsible Practices, *Pharmacy Practice* (**Impact Factor=0.41, SCOPUS, Q2, H-Index=33**). (In the Press)
28. Dana N. Abdelrahim, Salah Eddine El Herrag, Khaled M. Boumediene, Hadia Radwan, Farah Naja, Refat Alkurd, Moien AB Khan, Falak Zeb, Katia H. Abu Shihab, Lana Mahrous, Khaled Obaideen, Faiza Kalam, Frank Granata IV, Mohamed Madkour, **Faris ME** (2023) Changes in energy and macronutrient intakes during Ramadan fasting: A systematic review, meta-analysis, and meta-regression. *Nutrition Reviews/Oxford University Press* (**Impact Factor=7.6, SCOPUS, Q1, H-Index=167**).
29. Falak Zeb, Sumbal Ali, Shumaila Bakht, Atta Ullah, Iftkhar Alam, Ali Madi Almajwal, Tareq Osaili, Reyad Obaid, **Faris ME**, Leila Cheikh Ismail, Farah Naja, Hadia Radwan, Hayder Hasan, Sharef Shareif Hashim, Sharifa Alblooshi and Bismillah Sehar. (2023) An Innovative State-of-the-Art Health-Storytelling Technique for Better Management of Type 2 Diabetes. *Frontiers in Nutrition* (**Impact Factor=6.6, SCOPUS, Q1, H-Index=44**).
30. Katia Hazim Abu Shihab, Elizabeth Dodge, Nada Benajiba, Enmanuel Chavarria, Basil Abul-Enein, **Faris ME** (2023) Effectiveness of school-based nutrition interventions promoted in the League of Arab States: A systematic review. *Health Promotion International/Oxford University Press*, 38, Issue 4 (**Impact Factor=3.0, SCOPUS, Q1, HI=94**).
31. **Faris ME.**, Laher, I., Khaled, M. B., Mindikoglu, A. L., & Zouhal, H. (2023). The Model of Ramadan Diurnal Intermittent Fasting: Unraveling the Health Implications-volume II. *Frontiers in Nutrition*, Volume 10-2023. doi:10.3389/fnut.2023.1247771. *Frontiers in Nutrition* (**Impact Factor=6.6, SCOPUS, Q1, H-Index=44**).
32. Global Burden of Disease (GBD) 2021 Diabetes Collaborators (....**Faris MA, 800 authors**)(2023) Global, regional, and national burden of diabetes from 1990 to 2021, with projections of prevalence to 2050: a systematic analysis for the Global Burden of Disease Study 2021. *The Lancet* (**Impact Factor= 202.7, SCOPUS, Q1, HI=855**)
33. Nada A. AlZunaidy, Abdulrahman S. Al-Khalifa, Maha H. Alhussain, Mohammed A. Mohammed, Hani A. Alfheaid, Sami A. Althwab and **Faris ME** (2023) The effect of Ramadan intermittent fasting on food intake, anthropometric indices, and metabolic markers among premenopausal and postmenopausal women: A cross-sectional study. *Medicina* (**SCOPUS, Q2, H-Index=52**).
34. Yasser Bustanji, Jalal Taneera, Mohammad H. Semreen, Eman Abu-Gharbieh, Waseem El-Huneidi, **Faris ME**, Karem H. Alzoubi, Nelson C. Soares, Basil Albustanji, Ahmad Y. Abuhelwa, Rund Abu-Zurayk, Mohammad A.Y. Alqudah, Hatim S. AlKhatib. (2023) Gold Nanoparticles and Breast Cancer: A Bibliometric Analysis of the Current State of Research and Future Directions. *OpenNano* (**SCOPUS, Q1, H-Index=15, CiteScore=21.9**).
35. Dana Abdelrahim, R Rachida, AM Krami, A Nadia, **Faris ME** (2023) Sex as a biological determinant in the anthropometric, biochemical, and dietary changes during Ramadan fasting in healthy people: A systematic review of observational studies. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*. (**SCOPUS, Q1, H-Index=56, Impact Factor=10**)
36. Narmin K. Abdulla, Reyad R. Obaid, Mariam N. Qureshi; Amna A. Asraiti; Maryam A. Janahi; Salma J. Abu Qiyas; **Faris ME**, (2023). Relationship between hedonic hunger and subjectively assessed sleep quality and perceived stress among university students: A cross-sectional study. *Heliyon* (**Impact Factor=3.776, SCOPUS, Q1, HI=46**).
37. Sahabi Kabir Sulaiman, Fatimah Isma'il Tsiga-Ahmed, Teresa Arora, **Faris ME**, Muhammad Sale Musa, Yesir Adeyemi Kareem, Farouq Muhammad Dayyab, Aminu Hussein, Shehu Sale, Syed Fahad Javaid, Moien AB Khan. (2023) Perceived changes in the mental well-being among Nigerians due to Ramadan

- Intermittent Fasting during the COVID-19 pandemic. *Brain and Behavior* (**Impact factor=3.405, SCOPUS, Q2, H-Index=45**).
38. Yasser Bustanji, Katia H. Abu Shihab, Waseem El-Huneidi, Mohammad H. Semreen, Eman Abu-Gharbieh, Karem H. Alzoubi, Nelson C. Soares, Mohammad A.Y. Alqudah, Ahmad Y. Abuhelwa, Eman Y. Abu-Rish, Hana Bajes, Khaled Obaideen, Islam Hamad, **Faris ME**. (2023) Analysis and Mapping of Global Scientific Research on Human Monkeypox Over the Last 20 Years. *Veterinary World* (**CiteScore=3, SCOPUS, Q2, H-Index=35**).
39. Md. Abdul Alim Al-Bari, Yuko Ito, Paul Thomes, Manoj B. Menon, Marina Garcia-Macia, Raouf Fadel, Alfreda Stadlin, Nick Peake, **Faris ME**, Nabil Eid, Daniel Kliensky (2023) Emerging Mechanistic Insights of Selective Autophagy in Hepatic Diseases. *Frontiers in Pharmacology* (**Impact Factor=5.99, SCOPUS, Q1, H-Index=104**).
40. Tareq M. Osaili¹, Dinesh Kumar Dhanasekaran, Falak Zeb, **Faris ME**, Farah Naja, Hadia M. Radwan, Leila Cheikh Ismail, Haydar Hasan, Mona S. Hashim, and Reyad Shaker Obaid (2023) A status review on health-promoting properties and global regulation of essential oils. *Molecules*, (**Impact Factor=4.93, SCOPUS, Q1, H-Index=171**).
41. Moien AB Khan, Ahmed S. BaHammam,.....**Faris ME** (30 authors, main, corresponding author). Examination of sleep-in relation to dietary and lifestyle behaviors during Ramadan: A multi-national study using Structural Equation Modeling among 24,500 adults. *Frontiers in Nutrition* (**Impact Factor=6.6, SCOPUS, Q1, H-Index=44**).
42. Osaili, T.M., Al-Nabulsi, A.A., Hasan, F., Dhanasekaran, D.K., Hussain, A.Z., Ismail, L.C., Naja, F., Radwan, H., **Faris ME**, Olaimat, A.N. and Ayyash, M., (2023) Effect of eugenol, vanillin, and β -resorcylic acid on foodborne pathogen survival in marinated camel meat. *Journal of Food Protection*, p.100038. (**Impact Factor= 2.745, SCOPUS, Q2, HI=144**).
43. Hayder Hasan, Katia Abu Shihab, Zohreh Mohammad, Hafsa Jahan, Ayla Coussa, and **Faris ME** (2023) Associations of Smartphone Addiction, Chronotype, Sleep Quality, and Risk of Eating Disorders among University Students: A Cross-Sectional Study from Sharjah/United Arab Emirates. *Heliyon* (**Impact Factor= 3.776, SCOPUS, Q1, HI=46**).
44. Falak Zeb, Tareq Osaili, Reyad Shakir Obaid, Farah Najah, Hadia Radwan, Leila Cheikh Ismail, Hayder Hasan, Mona Hashim, Iftikhar Alam, Bismillah Sehar, and **Faris ME** (2022) Gut Microbiota and Time-Restricted Feeding/Eating: A Targeted Biomarker and Approach in Precision Nutrition. *Nutrients*. (**Impact Factor= 6.7, SCOPUS, Q1, HI=143**).
45. Hala K Elmajnoun, **Faris ME**, Dana N. Abdelrahim, Parvez I. Haris, Abu-Bakr Abu-Median (2022) Effects of Ramadan Fasting on glycemic control among patients with Type 2 Diabetes: Systematic Review and Meta-Analysis of Observational Studies. *Diabetes Therapy* (**Impact Factor=5.0580, SCOPUS, Q2, H-Index=38**).
46. Mohamed Ibrahim Madkour, Alexander Dyason Giddey, Nelson da Cruz Soares, Mohammed Semreen, Rabih Halwani, Yasser Bustanji, Falak Zeb, and **Faris ME** (2022) Ramadan diurnal intermittent fasting is associated with significant plasma metabolomic changes in subjects with overweight and obesity A prospective cohort study. *Frontiers in Nutrition* (**Impact Factor=6.6, SCOPUS, Q1, H-Index=44**).
47. Said Yousef, Manny Papadimitropoulos, **Faris ME**, Hayder A Hasan, Alomgir Hossain, Ian Colman, Douglas Manuel, and George A Wells (2022) Melanin levels in relation to vitamin D among first-generation immigrants from different ethnic groups and origins: A comparative national Canadian cross-sectional study. *Frontiers in Medicine, Dermatology* (**Impact Factor=5.1, SCOPUS, Q1, H-Index=54**).
48. Said Yousef, Lamia Hayawi, Douglas Manuel, Ian Colman, Manny Papadimitropoulos, Alomgir Hossain, **Faris ME**, and George A. Well (2022). Assessment of the quality and content of clinical practice guidelines (CPGs) for vitamin D and immigrants using the AGREE-II instrument: a protocol for systematic review. *Systematic Reviews* (2022) 11:245. (**Impact Factor = 4.9, SCOPUS, Q1, H-Index=68**).
49. Sahabi Kabir Sulaiman, Fatimah Isma'il Tsiga-Ahmed, **Faris ME**, Muhammad Saleh Musa, Udoyen Abasi-okot Akpan, Abdullahi Muhammad Umar, Salisu Maiwada Abubakar, Kholoud Allaham, Taif Alyammahi, Munther A Abdbuljalil, Syed Fahad Javaid and Moien AB Khan. (2022) Nigerian Muslim's perceptions of changes in diet, weight, and health status during Ramadan: A nationwide cross-sectional study. *International Journal of Environmental Research and Public Health* (**Impact Factor = 4.6, SCOPUS, Q1, H-Index=138**).

50. Faris ME., Laher, I., Khaled, M. B., Mindikoglu, A. L., & Zouhal, H. (2022). The model of Ramadan diurnal intermittent fasting: Unraveling the health implications-volume I. *Frontiers in nutrition*, 9. <https://doi.org/10.3389/fnut.2022.971610>
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126. **Faris, ME**, Takruri H.R., and Issa A.Y. (2013). Role of lentils (*Lens culinaris* L.) in human health and nutrition: a review. *Mediterranean Journal of Nutrition and Metabolism*, 6: 3-16. (**SCOPUS, PubMed**).
127. **Faris, ME**, Hussein, R.N., Al-Kurd RA, Fararjeh M.A., Bustanji YK, and Mohammad, MK (2012). Impact of Ramadan intermittent fasting on oxidative stress measured by urinary 15-F_{2t}-isoprostane. *Journal of Nutrition and Metabolism*. DOI:10.1155/2012/802924. (**SCOPUS, PubMed**).
128. **Faris, ME**, Kacimi, S.T., Fararjeh M.A., Al-Kurd RA, Khalil M, Al-Bustanji YK., and Salem M.L. (2012). Intermittent fasting during Ramadan attenuates proinflammatory cytokines and reduces circulating levels of leukocytes. *Nutrition Research*, 32: 947-955. (**SCOPUS, PubMed, ISI, Impact Factor: 2.707**).
129. Fararjeh MA, Al-Jamal A, **Faris, ME**, Al-Kurd RA, Khalil M, and Al-Bustanji YK. (2012). Effect of intermittent fasting on lipid profile and hematological parameters in healthy volunteers in Jordan. *Universal Research Journal of Medicine and Dentistry*, 1 (1): 5-9.
130. Al-Khateeb HS and **Faris ME** (2012). A Critical Study of the Prophetic Hadith: "People in a house without dates are in a state of hunger." *Harran Üniversitesi-lahiyat Fakültesi Dergisi*, Yıl: 17, Sayı 27, Ocak–Haziran,p:241-256.
131. Al-Khateeb HS and **Faris ME** (2012). A Critical Study of the Prophetic Hadith: "A group of Israeli people was lost...". *Harran Üniversitesi-lahiyat Fakültesi Dergisi*, Yıl: 17, Sayı 27, Ocak–Haziran, p:193-208.
132. Shomaf, M.S., Takruri, H.R., and **Faris ME**(2011). Lentils (*Lens culinaris*, L.) attenuate colonic lesions and neoplasms in Fischer 344 rats. *Jordan Medical Journal*, 45 (3): 231-239. (**SCOPUS, PubMed**).
133. Al-Domy, H.A., **Faris ME**, and Habib S.M. (2011). The dietetic practice of nutritionists in Jordanian hospitals: an ethnographic study. *The Arab Journal for Food and Nutrition*, 27:44-64.
134. Al-Kurd, R.A., and **Faris ME** (2011). Nutritional and health quality of a group of popular weight-reducing diets in Jordan. *Pakistan Journal of Nutrition*, 10 (9): 814-822 (**SCOPUS, ISI, PubMed**).
135. Takruri, H.R., Al-Kurd, R.A., and **Faris ME** (2011). Trends of energy and macronutrient intake by Jordanians. *Journal of the Saudi Society of Food and Nutrition*, 6 (2): 40-54.
136. Al-Kurd, R.A., Takruri, H.R., and **Faris ME** (2010). Estimated intakes of iron, zinc, and selenium of Jordanians as obtained from data of Jordanian household expenditures and income survey (JHEIS) 2006. *Pakistan Journal of Nutrition* 9 (6): 600-604 (**SCOPUS, ISI, PubMed**).
137. **Faris ME**, Takruri, H.R., Shomaf, M.S., and Bustanji, Y.K. (2009). Chemopreventive effect Of lentils (*Lens culinaris*, L.) and soybeans (*Glycine max*) against azoxymethane-induced aberrant crypt foci. *Nutrition Research*, 29: 355–362 (**SCOPUS, PubMed, ISI, Impact Factor: 2.704**).
138. **Faris ME** and Takruri, H.R. (2003), Study of the effect of using different levels of tahini On the protein digestibility-corrected amino acid score (PDCAAS) of chickpea dip. *Journal of the Science of Food and Agriculture*, 83(1), 7-12. (**ISI, SCOPUS, Impact Factor: 2.463**).

139. Takruri, H.R. and **Faris ME** (2003), Study of the effect of using different levels of tahini on the protein quality of chickpea dip. *The Arab Journal for Food and Nutrition*, 4(8),37-48. Bahrain. (Arabic).

Published Scientific Book/Chapters

140. Maha H. Alhussain, **Faris ME**, and Ahmed S. BaHamam (2023) Sleep, Physical Activity, and Dietary Patterns During COVID-19 Pandemic. In: A. BaHamam et al. (eds.), *COVID-19 and Sleep: A Global Outlook*, Progress in Sleep Research, Springer.
141. Nader Lessan, Faris ME, Samir Assaad-Khalil, and Tomader Ali (2021). What happens to the body? Physiology of fasting during Ramadan. In: *Diabetes and Ramadan: Practical Guidelines*, Hassanein M (Ed.), International Diabetes Federation and the DAR International Alliance. Brussels, Belgium: International Diabetes Federation, 2021.
142. Manal Badrasawi, May Hamdan, and **Faris ME** (2021) A tour of the world of diabetes and carbohydrate counting. (In Arabic). <https://payhip.com/b/UoWSr>
143. **Faris ME** and Ghazzawi H. (2020) Health-improving and disease-preventing potential of camel milk against chronic diseases and autism. In: *Handbook of Research on Health and Environmental Benefits of Camel Products*. IGI-Global, USA.
144. Agrawal RP, Agrawal R, **Faris ME**, Ghazzawi H. (2020) Potential Anti-Diabetic Effect of Camel Milk. In: *Handbook of Research on Health and Environmental Benefits of Camel Products*. IGI-Global, USA.
145. **Faris ME**, Mohammad MG, Soliman S (2020). Lentils (*Lens culinaris*, L.): a candidate chemopreventive and anti-tumor functional food. In: *Functional Foods in Cancer Prevention and Therapy*", Edited by Kabir Y., Elsevier, Netherland.
146. Hiba B and **Faris ME** (2017) Oral Cancer and Nutrition: From etiology to Prevention. In: *Human Oral Cancer: Risk Factors & Prevention Strategies*, Ala-Eddin Moustafa (Ed.). Springer, USA.
147. **Faris ME and** Attlee, A. (2018) Lentils (*Lens culinaris*, L.): A Novel Functional Food. In: *Food Science and Nutrition: Breakthroughs in Research and Practice*, PP: 361-391, IGI Global Publisher, USA. ISBN13: 9781522552079.
148. **Faris ME** (2016) *Nutrition and Cancer: Advances in the Role of Food in Cancer Etiology, Prevention, and Management*. Refereed book, published by the Deanship of Scientific Research and Graduate Studies, University of Sharjah, Sharjah, UAE. (Arabic).
149. **Faris ME** (2015). *Foods of the Holy Quran: A Modern Nutritional Perspective*. Refereed book, published by Deanship of Scientific Research and Graduate Studies, Center of Scientific Publishing and Translation, University of Hail, Hail, KSA. (Arabic)
150. **Faris ME**, Takruri HR, Shomaf M. (2010). *Chemopreventive Effect of Lentils against Colorectal Cancer". A Monograph. Lambert Academic Publishers (LAP), International Publisher, Germany.* (Doctoral Dissertation).
151. One among twenty-three authors participated in authoring the edited book titled "*Rasael An-Nour*." Al-Fursan Publishers, Amman, Jordan. (Fourteen letters authored). (Arabic)
152. Authoring two chapters (single author) in the "*Arabic Encyclopedia of Food and Nutrition*", published by the "Arabic Center for Nutrition/Bahrain Center for Research and Studies. Manama, Bahrain. Editor: Dr. Abdul Rahman Musaiger. Chapter titles: (Arabic)
-*Food in the Holy Quran*, pp: 654-691.
-*Biochemical and Physiological Changes during Ramadan Fasting*", pp: 694-724.

Conference Proceedings Published in Peer-Reviewed Journals:

153. Walid A. Zgallai, Teye Brown , , Entesar Z. Dalah , Abdulmunhem K. Obaideen, **Faris ME**. (2020). Automation of the Assessment of Subcutaneous Adipose Tissue and Visceral Adipose Tissue in Human Abdominal Area Employing Deep Learning. 2021 IEEE Western New York Image and Signal Processing Workshop (WNYISPW).
154. Walid A. Zgallai, Teye Brown , , Entesar Z. Dalah , Abdulmunhem K. Obaideen, **Faris ME**. (2020) Automated Assessment Implementation of Subcutaneous Adipose & Visceral Adipose Tissues in Human Abdominal Area. 2021 International Conference on e-Health and Bioengineering (EHB).
155. Mohamed Madkour, Rasha Hassan, Najla Sherif, Samir Awadallah, Ahmed Serafi, Haitham Jahrami, **Faris ME**. (2020) Modulation of Anti-Oxidant, Anti-Inflammatory, and Metabolism-Controlling Genes Expressions

- by Ramadan Intermittent Fasting: A Prospective Observational Study. *Current Developments in Nutrition* 4. Supplement 2, 1265-1265. (Oxford Academic Publisher)(PubMed, SCOPUS, ISI).
156. **Faris ME**, Obaideen A, Makrouf M, Dalah E, Jahrami H, Radwan H, Hassan H. (2017) Intermittent prolonged fasting modulates cardiometabolic risk factors and body composition, including visceral fat tissue in healthy obese subjects. 5th Annual Congress of the European Society for Translational Medicine (EUSTM-2017), 20-22 October 2017, Berlin, Germany. *New Horizons in Translational Medicine*, 4 (1-4): 48-98. (PubMed, SCOPUS, ISI, Q3, H-Index=5).
157. **Faris ME** Hashim MS, Obaideen AA, Jahrami HA, Radwan H, Hamad HJ, Owais AA. (2015) Premenstrual Syndrome among College Students is Associated with Variable Dietary and Lifestyle Habits: A Cross-Sectional Study from Sharjah/UAE. *Journal of Nutrition and Intermediary Metabolism*, 8, 121-122 (SCOPUS, PubMed, ISI, Q2, H-Index=7)
158. **Faris ME** (2010). Role of Functional Foods in the Prophylaxis and Management of Obesity. *Proceedings of The Third Arab Meeting on Obesity and Physical Activity*, Arab Center for Nutrition, Manama/Bahrain, 19-21, June.
159. Al-Kurd, A., and **Faris, M.A.I.E.** (2010). Assessment of a Group of Popular Weight-Reducing Diets in Jordan and Evaluation of Their Adherence to Health and Nutritional Guidelines. *Proceedings of The Third Arab Meeting on Obesity and Physical Activity*, Arab Center for Nutrition, Manama/Bahrain, 19-21, June.
160. **Faris, M.E** (2006). Bioenergetics of Ramadan Fasting and the Rationale of Prohibition of Continued Fasting. Proceedings of The 8th Global Conference of the International Commission on Scientific Signs in the Qur'an and Sunna" affiliated to the Muslim World League. 25-28, Nov.

Conference Abstracts:

161. Exploring the health implications of Ramadan diurnal intermittent fasting. The 5th Dubai International Nutrition Congress, 24-26 Oct. 2019, Dubai, UAE.
162. Nutrition Myths and Facts. *Sehati* 7th Regional Conference, 27-28 Nov. 2018, Supreme Council of Family Affairs, Sharjah Government.
163. Dietary chemoprevention against cancer. *Sehati* 7th Regional Conference, 27-28 Nov. 2018, Supreme Council of Family Affairs, Sharjah Government.
164. Intermittent Prolonged Fasting Modulates Cardiometabolic Risk Factors and Body Composition Including Visceral Fat at Tissue In Healthy Subjects. *Fifth Annual European Conference on Clinical and Translational Sciences*, Berlin/Germany, 20th -22nd Oct. 2017.
165. Time-Restricted Feeding during Ramadan Intermittent Fasting Reduces Visceral Fat and Modulates Adipocytokines in Obese Subjects. *Dubai Nutrition Conference, 2017*.
166. Knowledge, Beliefs, and Attitudes of College Students toward the Role Dietary and Lifestyle Behaviors In Cancer Prevention: A Cross-sectional Study Form Sharjah/UAE. *Dubai Nutrition Conference, 2017*.
167. Faris ME. Alarming high levels of energy drink consumption among secondary and middle school children: a cross-sectional study from Hail, KSA. Fourth Annual Arab Pediatric Medical Congress, 2-4 March 2017.
168. **Faris ME** et al. Premenstrual Syndrome among College Students is Associated with Variable Dietary and Lifestyle Habits: A Cross-Sectional Study from Sharjah/UAE. Nutrition Society of Australia Annual Scientific Meeting 2016 (NSA), Melbourne, 29/Nov.-2/Dec., 2016.
169. **Faris ME**. Energy drink consumption by college students and its impact on sleep quality: a cross-sectional study. *Dubai Nutrition Conference 2016*. 17-19 November 2016, Dubai, UAE.
170. **Faris ME**. Dangers of energy drinks on schoolchildren. *Second Al-Qassimi Hospital Nutrition Forum*, 22 Oct. 2016, Sharjah, UAE.
171. **Faris ME**. Updates in the dietary chemoprevention against cancer. Jordan Society for Clinical Dieticians, Al-Shmeisany Hospital, 23 August 2016, Amman, Jordan.
172. **Faris ME**. Recent advances in dietary chemoprevention against cancer. *International First Dubai Nutrition Conference 2015*, 19-21 November 2015. Dubai, UAE.
173. **Faris ME**. Dietary chemoprevention against colorectal cancer. *First Al-Qassimi Hospital Nutrition Forum*, 1st Oct. 201, Sharjah, UAE.
174. **Faris, ME**. The International Scientific Conference on Nutraceuticals and Functional Foods "Food and Function 2009", Žilina, Slovakia. Title: Chemopreventive Effect of Lentils against Colorectal Cancer.
175. **Faris, ME** (2011) The 1st Annual Meeting of the Middle-Eastern Association of Cancer Research (MEACR, 2011). Tanta University, Egypt. Title: Intermittent prolonged fasting during Ramadan attenuates proinflammatory cytokines and immune cells in healthy subjects.

176. **Faris ME** (2012). Health and Nutritional Aspects of Child Fasting during Ramadan. *Proceedings of The Second Gulf Conference on Child and Adolescent Nutrition*. Sharjah, UAE.
177. **Faris ME** (2012). Kefir Fermented Milk Product: between Health Benefits and Islamic *Fiqh Shubuhah*. *Proceedings of The First International Conference on Halal Food Control*, Riyadh, KSA.

Conference Posters:

178. *Madkour, Mohamed, et al. Modulation of Anti-Oxidant, Anti-Inflammatory, and Metabolism-Controlling Genes Expressions by Ramadan Intermittent Fasting: A Prospective Observational Study*. Nutrition 2020 Live Conference, American Nutrition Society, USA.
179. *Anti-tumor effect of extracts of lentils (Lens culinaris L) fractions against human breast cancer cell line MCF-7*. Poster Competition for the College of Health Sciences (2018)
180. *Knowledge, attitudes, and practices of college students regarding the use of dietary supplements among UOS college students*, 4th Dubai International Nutrition Conference (2018).
181. *Anti-tumor effect of extracts of lentils (Lens culinaris L) fractions against human breast cancer cell line MCF-7*. 12th Dubai International Food Safety Conference (2018).
182. *Knowledge, beliefs, and attitudes of UOS students with regard to the role of food and nutrition in cancer prevention*, Poster Competition for the College of Health Sciences (2017).
183. *Assessing the nutritional value using the health criteria of foods provided by vending machines at the University of Sharjah*. Poster Competition for the College of Health Sciences (2015).
184. **Faris, M.E, et al.** (2016) Premenstrual Syndrome among College Students is Associated with Variable Dietary and Lifestyle Habits: A Cross-Sectional Study. The 40th Annual Meeting of the Nutrition Society of Australia, Melbourne, 29-Nov.,-2-Dec., 2016.
185. **Faris ME**, Obaid, R.S., Heba K., Leen F. (2016) Dietary Chemoprevention against Cancer. Solutions for Better Life International Conference, Sharjah, UAE, 21-25 Feb. 2016
186. Obaid, R.S, **Faris ME**, Alardah L., Obaideen, A, Owais A., Jouda, B. (2015) Food Safety in Hospital Catering Systems. Dubai Food Safety International Conference, Dubai/UAE.

Research Grants (as PI and Co-PI):

187. PI: Research grant, Deanship of Scientific Research and Graduate Studies, University of Sharjah, UAE. (2023). Total of 80,000 AED. Title: Effect of four-week, dawn-to-sunset intermittent fasting on physiological and molecular markers of aging in healthy, non-obese middle-aged and pre-elderly adults (30-64 years): A controlled, prospective cohort".
188. Co-PI, Office of the Associate Professor for Research and Sponsored Projects-UAE University (2023). Total of 500,000 AED, "Effects of frequent diurnal intermittent fasting (IF) on selected biomarkers and quality of life in breast cancer survivors: A prospective follow-up study in the United Arab Emirates.
189. Co-PI: Kabiru Goje, College of Sharia and Islamic Studies, Competitive Research Project entitled: *Prevention of Diseases from the Perspective of The Holy Qur'an and Prophetic Sunnah, and Study of the Beliefs, Attitudes, and Practices Toward with the Use of Healthy Foods and Medical Remedies Mentioned in the Holy Qur'an and the Prophetic Sunnah among a Group of Adult Muslims*, the total sum of 31,000 AED, 1st October 2022-31st Aug 2023.
190. PI: Research grant, Deanship of Scientific Research and Graduate Studies, University of Sharjah, UAE. (2022). Total of 120,000 AED, Effects of Ramadan intermittent fasting on patients with gingivitis and periodontitis: A prospective cohort study using inflammatory, microbiomic, and metabolomics markers.
191. Co-PI: Osaili T, **Faris ME, et al.** Deanship of Scientific Research and Graduate Studies, University of Sharjah, UAE (2019). Total: 79,000 AED. Competitive research grant: *The synergic effect of the yogurt-based marinade with plant essential oils on spoilage and foodborne pathogens on camel milk during storage*.
192. Co-PI: Reddy K, **Faris ME, et al.** Deanship of Scientific Research and Graduate Studies, University of Sharjah, UAE (2019). Total: 80,000 AED. Competitive research grant: *Physical activity promotion using culturally adopted compendium of activities on cardiometabolic risk factors in sedentary Arab population*.
193. Co-PI: Radwan H, **Faris ME et al.** (2018). Examining breastfeeding self-efficacy, infant feeding method, and perinatal mental health among women in the UAE: A cohort study. Targeted grant, 148,000 AED.
194. Co-PI; Zgallai W, Brown J, Obaideen A, Dalah E, and **Faris ME**. *Developing an Automated Algorithm to Assess Human Abdominal Fat on T1 and T2 Magnetic Resonance Imaging (MRI)*. Higher Colleges of Technology, Dubai, UAE (2018) Total amount: 147,400 AED.

195. Co-PI: Bataineh M, **Faris ME**, et al. Deanship of Scientific Research and Graduate Studies, University of Sharjah, UAE (2018). Total: 80,000 AED. Collaborative research grant: “*Study of Epigenetic Mechanisms during Intermittent Fasting in Adults with Obesity.*”
196. PI: Research grant, Deanship of Scientific Research and Graduate Studies, University of Sharjah, UAE. (2016). Total of 200,000 AED. “*Mitochondrial and Metabolic Gene Profiling of Ramadan Intermittent Fasting in Metabolic Syndrome Patients.*”
197. PI: Research grant, Deanship of Scientific Research and Graduate Studies, University of Sharjah, UAE. (2016) Total of 80,000 AED. “*Study of the Effect of Ramadan Intermittent Fasting on Oxidative Stress, Body Adiposity, and Metabolic Markers as Affected by SIRT3 Gene Expression in Metabolic Syndrome Patients*”.
198. PI: Research grant, TANITA, Tokyo/Japan (12/10/2015), 1,000,000 JY, 30,000 AED). “*Effect of Ramadan Intermittent Fasting on Visceral Adiposity, Metabolic and Inflammatory Markers in Obese Subjects.*”
199. PI: Research Seed Grant Number (22/2/2015), Deanship of Scientific Research and Graduate Studies, University of Sharjah, UAE. Seed research grant, 20,000 AED. “*Study the Molecular Changes Associated with the Dietary Chemoprevention of Camel Milk (Camelus dromedarius) against Azoxymethane-Induced Colorectal Cancer in Fischer 344 Rat Model*”.
200. PI: Research Grant Number (4/4/2009). Faculty of Graduate Studies and Scientific Research, Petra University. 35,000 AED. “*Study of the Immunomodulatory and Pro-Inflammatory Responses for Prolonged Intermittent Fasting during Ramadan.*”
201. Co-PI: Wael Hassan and **Faris ME**. Deanship of Scientific Research and Graduate Studies, University of Sharjah, UAE (2015). Total: 138,000 AED. Collaborative research grant: “*Analysis of the Pathways to Colorectal Carcinogenesis and Metastasis by Bisphenol-A.*”
202. Co-PI: Ayyash M (PI), Kamal-Eddin A, Abushelaibi A, Obaid RS, **Faris ME**, and Al-Nabulsi A. UAE University. Starting Research Grant (2015). *Metabolomics approach to studying camel Milk products, Yogurt, and Cheese.* UAEU, 500,000 AED, 24 months.

Awards, Honors, and Scholarships:

1. Incentive Academic Award, University of Sharjah/ Research Domain, for the academic year 2020/2021.
2. The second position in the Poster Competition for the College of Health Sciences (2018). Title: *Anti-tumor effect of extracts of lentils (Lens culinaris L) fractions against human breast cancer cell line MCF7.*
3. The second position in the poster competition, 4th Dubai International Nutrition Conference (2018). Title: *Knowledge, attitudes, and practices of college students regarding the use of dietary supplements among UOS college students.*
4. Third position in the poster competition, 12th Dubai International Food Safety Conference (2018). Title: *Anti-tumor effect of extracts of lentils (Lens culinaris L) fractions against human breast cancer cell line MCF7.*
5. First position in the Poster Competition for the College of Health Sciences (2017). Title: *Knowledge, beliefs, and attitudes of UOS students concerning the role of food and nutrition in cancer prevention.*
6. First position in the Poster Competition for the College of Health Sciences (2015). Title: *Assessing the nutritional value using the health criteria of foods provided by vending machines at the University of Sharjah.*
7. Best authored Book “*Nutrition and Cancer.*” Agricultural Engineers Association Award for Scientific Research, Authoring, and Agricultural Education. Sixth Circle, 2017, Amman, Jordan.
8. Dubai-Harvard Foundation Scholarship for Harvard Medical School Global Clinical Scholars Research Training (GCSRT) Program, 2014.
9. National Award for Excellent Student /Ph.D. Level". Organized by the Ministry of Higher Education and Scientific Research, Jordan, 2010.
10. "Honor of Excellence in Scientific Research for Graduate Dissertations/Scientific Colleges." Awarded by "Faculty of Graduate Studies, University of Jordan."
11. Nominated for the "Young Scientist Award," the International Scientific Conference on Nutraceuticals and Functional Foods, "Food and Function 2009," Žilina, Slovakia.

Academic Courses Taught (In English):

Courses: Advanced Nutrition and Human Metabolic Disorders (Master course), Introduction to Nutrition, Advanced Human Nutrition, and Metabolism (Bachelor level), Metabolic and Genetic Nutritional Disorders, Pharmaceutical Nutrition (for Pharmacy Students), Medical Nutrition Therapy (1&2), Community Nutrition,

Selected Topics in Nutrition and Dietetics (including Functional Foods, Nutrition and Osteoporosis, Nutrition and Cancer, Metabolic Syndrome, Metabolic Disorders and Eating Disorders), Principles of Nutrition and Food Sciences, Introduction to Nutrition, Human Nutrition (1), Nutritional Assessment, Nutrition Information Systems, Food and Drugs, Nutritional Biochemistry, Nutrition and Economy, Nutrition and Food Habits and Social Concepts, Human Biology, Vocational Health and Safety, Enteral and Parenteral Nutrition, Health Awareness and Nutrition (Arabic and English), Diet Planning (1 & 2), Food Service Management, Clinical Practicum (1&2), Nutrition Research Project, Clinical Practicum.

Practical Laboratories: Lab. of Biology (101& 102, 103), Practical Therapeutic Nutrition Lab. (1&2), Food Analysis Lab., Nutritional Assessment Lab., Food Preparation Lab., Nutrient Estimation Lab., Health Awareness and Nutrition, Advanced Human Metabolism and Nutrition.

Coordinator for Academic Courses/Research Projects/Training Programs:

- Training Program in Clinical Nutrition. Ministry of Health and Promotions (MOHAP), January to February 2022 (20 CDP/ 24 Training Hours), executed by the Department of Clinical Nutrition and Dietetics, College of Health Sciences, University of Sharjah, UAE.
- Module of Dietary and Lifestyle Changes, Master Program in Diabetes, College of Medicine, University of Sharjah/UAE, since 2018.
- Nutritional Biochemistry, Medical Nutrition Therapy 1 & 2, Food and Drugs, Metabolic and Genetic Nutritional Disorders, Diet Planning 1 & 2.

ACADEMIC/ADMINISTRATIVE EXPERIENCE:

University of Sharjah

- Chair of the Discipline Committee, College of Health Sciences, 2022-2024.
- Member of the College Council, College of Health Sciences, 2022-2024.
- Member of Examination Committee, College of Health Sciences, UOS, 2021/2022.
- Member of Discipline Committee, College of Health Sciences, UOS, 2020/2021.
- Member of the Central Grievance Committee, UOS, 2020/2021.
- Coordinator of Research KPI Committee, Strategic Planning, College of Health Sciences, 2019-2020.
- Member of the Research Outreach Committee, at the University of Sharjah since 2019.
- Elected member of the University of Sharjah Academic Advisory Council, 2017/2018.
- Member of the Department Council, Department of Clinical Nutrition and Dietetics, College of Health Sciences, University of Sharjah, UAE, since 2014.
- Member and Rapporteur of the College Council, College of Health Sciences, University of Sharjah, during 2016-2018.
- Member of the University Committee for Faculty Affairs, University of Sharjah, during 2019/2020
- Member of the University Committee for Student Affairs and Control of Smoking, University of Sharjah, from 2015 to 2016.
- Member of the University Committee for Faculty Affairs, University of Sharjah, during 2018-2019.
- Member and Rapporteur of the Committee for Research and Conferences, College of Health Sciences, the University of Sharjah from 2015 to 2018.
- Member of the Study Plan and Accreditation Committee, College of Health Sciences, University of Sharjah, from 2017 to 2018.
- Member of the Research Ethics Committee for Medical Colleges, University of Sharjah, 2015.
- Member of the *ad hoc* Committee for Faculty and Clinical Tutor Recruitment, Department of Clinical Nutrition and Dietetics, College of Health Sciences, the University of Sharjah from 2015 to 2018.
- Member of the *ad hoc* Committee for Student Poster Competition, College of Health Sciences, the University of Sharjah during 2015-2016.
- Member of the *ad hoc* Committee for Animal Unit Establishment/Medical Colleges, the University of Sharjah, during 2015-2016.
- Coordinator for the Lifestyle Changes Module, Diabetes Master Program, College of Medicine, 2018 (Master program to be launched on 2020/2120).

University of Hail, Hail, KSA (2011-2014)

- **Member and Rapporteur of Department Council**, Department of Clinical Nutrition, College of Applied Medical Sciences, University of Hail, Hail, Saudi Arabia.
- **Member of Quality Control and Accreditation Committee**, College of Applied Medical Sciences, University of Hail, Hail, Saudi Arabia, 2012-2014.
- **Member of the ad hoc Committee for Research Proposals**, College of Applied Medical Sciences, University of Hail, Hail, Saudi Arabia, 2013/2014.

Petra University, Amman, Jordan (2002-2011)

- **Member and Rapporteur of Department Council**, Department of Nutrition, Faculty of Pharmacy and Medical Sciences, Petra University, Amman, Jordan.

Membership of Editorial Board of Journals/Judgment Panel/Scientific Committees/Advisory Boards :

- Founder of the Conference, and Chair of the Scientific Committee, *Sharjah First International Conference on Fasting*, University of Sharjah, 28-29 February 2024.

<https://www.sharjah.ac.ae/en/Media/Conferences/1FR/Pages/default.aspx>

- **Associate Editor** in Nutrition and Metabolism, *Frontiers in Nutrition* (Q1, Impact Factor=6.6).

- **Guest Associate Editor** in Clinical Nutrition, *Frontiers in Nutrition* (Q1, Impact Factor=6.6).

- **Review Editor** in Public Health Nutrition, *Frontiers in Public Health* (Q1, Impact Factor=6.5).

- Lead Special Topic Editor, *Frontiers in Nutrition* (Q1, Impact Factor=6.6):

- The Model of Ramadan Diurnal Intermittent Fasting: Unraveling the Health Implications - Volume I.

- **Volume I:** <https://www.frontiersin.org/research-topics/20900/the-model-of-ramadan-diurnal-intermittent-fasting-unraveling-the-health-implications---volume-i>

- **Volume II:** <https://www.frontiersin.org/research-topics/37835/the-model-of-ramadan-diurnal-intermittent-fasting-unraveling-the-health-implications---volume-ii>

- **Published E-Book for the Special Topic, Volume I:**

- [file:///C:/Users/101267/Downloads/9782889767861%20\(1\).PDF](file:///C:/Users/101267/Downloads/9782889767861%20(1).PDF)

- **The handling editor for the following published works in Frontiers in Nutrition:**

-1. <https://www.frontiersin.org/articles/10.3389/fnut.2021.718936/full>

-2. <https://www.frontiersin.org/articles/10.3389/fnut.2022.811433/full>

-3. <https://www.frontiersin.org/articles/10.3389/fnut.2022.829307/full>

-4. <https://www.frontiersin.org/articles/10.3389/fnut.2022.834258/full>

-5. <https://www.frontiersin.org/articles/10.3389/fnut.2022.884305/full>

-6. <https://www.frontiersin.org/articles/10.3389/fnut.2022.922544/full>

-7. <https://www.frontiersin.org/articles/10.3389/fnut.2022.924097/full>

-8. <https://www.frontiersin.org/articles/10.3389/fnut.2022.948655/full>

-9. <https://www.frontiersin.org/articles/10.3389/fnut.2023.1082217/full>

-10. <https://www.frontiersin.org/articles/10.3389/fnut.2023.1232979/full>

-11. <https://www.frontiersin.org/articles/10.3389/fmicb.2023.1203205/full>

-12. <https://www.frontiersin.org/articles/10.3389/fnut.2024.1298281/full>

- Editorial Team member, the Tunisian Journal of Sports Science and Medicine.
- Member of the judgment commission of the Research, Authorship, and Agricultural Education, organized by the Agricultural Engineers Association of Jordan, Amman/Jordan, 2020.
- A judge in the 6th UAE Undergraduate Research Competition, Abu-Dhabi University, April, 30/ 2018.
- Member of the PITS-Pinali International Conference on Biotechnological Innovations in Food and Healthcare, 27-28 Jan 2019, Dubai/UAE.
- Member of the International Technica Committee of the 3rd International Conference on Nutrition and Food Technology, 14-16 Nov. 2018, Kuala Lumpur, Malaysia.
- Advisory editor of the *Canadian Journal of Clinical Nutrition*, Global Science Heritage Publisher, Canada. (PubMed)
- Associate editor of the *Advances in Obesity, Weight Management, and Control*. MedCrave Publisher, USA. (Google Scholar)

- Associate editor of the *Asian Journal of Clinical Nutrition*. Science Alert Publisher. (SCOPUS, SCImago, Google Scholar).
- Associate editor of *The North African Journal of Food and Nutrition Research* (Scopus, Google Scholar, Index Copernicus).
- Associate editor of *The Tunisian Journal of Sport Sciences and Medicine* (Google Scholar, Index Copernicus).

Hosting Doctoral and Post-doctoral research fellows during research visits:

1. Bentaleb, Maroua, Ph.D. student, Nutrition and Feeding Institute, University of Mentouri, Constantine, Algeria, January-February 2024.
2. Nora, Chaaban, Ph.D. student, Dep. of Food Science, Aarhus University, Denmark, February, April 2024.
3. Dr Razinah Sharif, Universiti Kebangsaan Malaysia, Associate Professor, Nutritional Genomics, Dec 2024/Jan 2025 (3-4 weeks).

Supervision/external examination on postgraduate students/research projects:

- Main supervisor, M.Sc. Student, Diabetes Management Master Program, College of Medicine, University of Sharjah. Student Name: Mariam Muayyad:” Relationship between sleep quality, adherence to the Mediterranean diet, and objectively measured physical activity with glycemic control among children with type 1 diabetes: A cross-sectional study”.
- Co-supervisor on Ph.D. student “Rand Abu-Farhah” Department of Nutrition, College of Medicine and Health Sciences, UAE University Project title: “*Effects of frequent diurnal intermittent fasting (IF) on selected biomarkers and quality of life in breast cancer survivors: A prospective follow-up study in the United Arab Emirates*”.
- Co-supervisor on Ph.D. student “Mohammad Ibrahim Madkour,” Department of Biochemistry, College of Science, Ein-Sham University, Cairo, Egypt. Project title: “*The role of haptoglobin polymorphism in gene expression of CD163 receptors in obesity*”.
- External adjudicator for M.Sc. Thesis from UAE University, UAE, October 2023.
- External adjudicator for Ph.D. Thesis from Andhra University, Visakhapatnam, India. June 2018.
- Main supervisor, Master in Applied Nutrition, College of Health Sciences, University of Sharjah. Student name: Noor AbuDheir, title: Impacts of voluntarily practiced intermittent fasting during Ramadan on non-metastatic cancer patients under chemotherapy: A prospective cohort study.
- Main supervisor, Master in Applied Nutrition, College of Health Sciences, University of Sharjah. Student name: Anam Shakeil, title: *Effect of observing Ramadan intermittent fasting on hormonal, metabolic, anthropometric, genetic, and epigenetic changes among patients with PCOS.*
- Main supervisor, M.Sc. Student, Diabetes Management Master Program, College of Medicine, University of Sharjah. Student Name: Raghda Adi, title: *Differences in metabolic, anthropometric, and hormonal characteristics based on vitamin D levels among patients with PCOS: A case-control study.*
- Main supervisor, M.Sc. Student, Diabetes Management Master Program, College of Medicine, University of Sharjah. Student Name: Woroud Chaker, title: *Differences in gene expression and DNA-methylation for a set of regulatory genes among patients with PCOS based on vitamin D levels: A case-control study.*

Supervision of undergraduate student research projects:

1. Effect of Ramadan intermittent fasting on mental and neurocognitive health.
2. Smartphone Addiction, Chronotype, and Eating Disorders (Published)
3. Sleep Quality and Stress as Related to Hedonic Hunger: A Cross-Sectional Study among University Students (Under review)
4. The adherence to Mediterranean diet and relation to sleep quality and chronotype among the university students: a cross-sectional study (published)
5. Assessing the nutritional value using the health criteria of foods provided by vending machines at the University of Sharjah (published)
6. Prevalence of childhood obesity and associated lifestyle and dietary factors among middle school students in Sharjah city.

7. Energy drink consumption affects sleep quality among college students in Sharjah/UAE: a cross-sectional study. (Published)
8. Premenstrual syndrome is associated with variable dietary and lifestyle factors among college students: a cross-sectional study from Sharjah/UAE. (Published)
9. Assessment of nutritional knowledge among civil defense personnel in Dubai.
10. Differences in dietary habits, lifestyle behaviors, and body composition variables between freshmen and senior college students in the UAE.
11. Knowledge, beliefs, and attitudes of UOS students concerning the role of food and nutrition in cancer prevention.
8. Association between regular consumption of vending foods and obesity/overweight among students of UOS.
9. Relationship between body image satisfaction, food addiction, depression, and body fatness among UOS students.
10. Knowledge, attitudes, and practices regarding the use of dietary supplements among UOS college students.
11. Knowledge, beliefs, and practices of female university students toward the role of dietary and lifestyle behaviors in breast cancer
12. Anti-tumor effect of lentils (*Lens culinaris, L.*) using human breast cancer cell line CMF-7.
13. Assessing oxidative stress and inflammation and their relation to dietary and lifestyle behaviors using salivary markers in healthy adults: a cross-sectional study.
14. Knowledge, attitudes, and behaviors of UOS college students toward the role of dietary and lifestyle practices in colon cancer. (Published)
15. Knowledge, attitudes, and behaviors of health care professionals in UAE toward sodium intake.
16. Relationship between sleep quality and dietary inflammatory index among UOS college students. (Published).
17. Premenstrual syndrome and its relation to a dietary inflammatory index (DII) among college students in the University of Sharjah: A cross-sectional study
18. Chrononutrition and its relation to obesity among university students: A cross-sectional study.

Editing and Reviewing Books

1. **Faris ME** (Lead Editor), Osama Hamdy, Ahmed BaHammam Mohammed Hassanein, and Hamdi Chtourou. *Health and Medical Aspects of Ramadan Intermittent Fasting*, e-Book Springer, USA, 2024.
2. Basil Aboul-Enein, **Faris ME**, Ghoolam Hussein Rasool, husseinrassool, Josh Bernstein, Nada Benajiba (Editors). The book: "*Contemporary Islamic Perspectives in Public Health Through Prophetic Guidance and the Holy Quran*", Cambridge University Press, 2024.
3. Reviewing the scientific book titled: "*How to Strengthen the Immune System: Ways to enhance immunity to natural food and lifestyle.*" March 2016. Taibah University, KSA
4. Reviewing and editing The "*Comprehensive Dictionary of Terms of Nutrition and Food Sciences*" by Dr. Hamed Takruri, Dr. Mohammad Humeid, Dr. Salma Tukan, Department of Nutrition, University of Jordan, First edition, 2003, Dar Al-Shorok for Publishing and Distribution, Amman, Jordan.
5. Reviewing and editing the textbook "*Selected Case Studies in Clinical Nutrition*" by Dr. Hamed Takruri, Dr. Reema Tayyem, 2nd edition, 2008. Dar Al-Manahej for Publishing and Distribution, Amman, Jordan.
6. Scientific and Linguistic reviewing for the Encyclopedia of "*My Food*," authored by Hani Al-Mazeedi, Kuwait Institute for Scientific Research (KISR), 2012.

International refereed journals: I have refereed several papers for:

The Lancet Healthy Longevity (Impact factor=13.1), Scientific Reports/Nature (Impact factor=4.576), International Journal of Obesity/Nature (Impact Factor= 5.487), Nutrition Reviews (Impact Factor=7.6), Nutrients (Impact Factor=5.717), PLOSOne (Impact Factor=3.240), Frontiers Neurology (Impact factor=4.003), Frontiers in Nutrition (Impact factor=6.576), Applied Physiology, Nutrition, and Metabolism (Impact factor=3.4), Food and Chemical Toxicology (Impact Factor= 2.895), Diabetes Research and Clinical Practice (Impact Factor=8), International Journal of Clinical Practice (Impact Factor=2.503), Saudi Journal of Biological Sciences (Impact Factor=4.219), Diabetes/Metabolism Research and Reviews (Impact factor=8.0), Experimental Biology and Medicine (Impact Factor= 2.226), European Journal of Cancer Care (Impact Factor= 1.564), Redox Report (Impact factor: 1.522), The Journal of Biomedical Research and Therapy (Impact Factor=1.306), Journal of Medicinal Plants Research (Impact Factor= 0.879), Nutrition & Dietetics (Impact Factor= 1.084), ACS Omega

(Impact factor=4.132), Nutrition, Metabolism and Cardiovascular Diseases (Impact factor=4.2), BMC Endocrine Disorders (Impact factor= 2.275), BMC Neurology (Impact factor= 2.72), International Journal of Environmental Research and Public Health (Impact factor: 2.468), Food and Function (Impact Factor=3.241), Journal of Sleep Research (Impact factor=3.981), The Journal of Primary Prevention (Impact Factor= 1.722), Heliyon/Cell Press (Impact Factor=1.650), Health Science Reports (Impact factor=1.71), EClinicalMedicine/The Lancet (Impact Factor=3.49), Journal of Epidemiology and Global Health (Impact factor=7.3), Clinical Cancer Investigation Journal (Impact Factor =0.1), PLOS Global Health, BMC Public Health (Impact Factor = 4.135), BMJ Open (Impact Factor=3.49), Food Science and Nutrition (Impact Factor= 3.553), Nutrition and Food Science (Impact Factor=0.37), Advances in Biomedical and Health Sciences, Nutritional Neuroscience (Impact Factor=4.062), Nutrition and Health (Impact Factor=0.455), Malaysian Journal of Nutrition (Impact Factor=0.24), Online International Journal of Food Science (Impact Factor=0.562), Journal of Herbs, Spices, and Medicinal Plants (Impact Factor=0.256); International Journal of Medicine and Medical Sciences (Impact Factor=3.642), International Journal of Child Health and Nutrition, Canadian Journal of Clinical Nutrition, Jordan Journal of Biological Sciences, BMC Research Notes, Clock and Sleep (Impact Factor=3.1), Sultan Qaboos University Medical Journal, Nutrition Bulletin, North African Journal of Food and Nutrition Research, Dubai Diabetes and Endocrinology Journal, Hebron University Journal, Arab Gulf Journal of Scientific Research (Impact factor=0.12), Clinical Nutrition ESPEN (Impact factor=3.0), Archives of Public Health (Impact factor=3.4).

Grant, Book, Academic Promotion Files Reviewer for Scientific Institutes:

- Qatar University, Qatar.
- Qatar University Press, Qatar.
- College of Medicine, University of Qatar (Qatar).
- College of Medicine, Sultan Qaboos University (Oman).
- College of Medicine, Arabian Gulf University (Bahrain).
- Deanship of Research, Taibah University, KSA.
- Taiba University, Saudi Arabia
- Umm-AlQura University, Saudi Arabia
- Raif University, Saudi Arabia.
- External reviewers, Sultan Qaboos University, the proposed date for reviewing the MSc and PhD of Food Science and Nutrition programs offered by the (College of Agricultural and Marine Sciences)(Fall/2023).

Community Services (Public Lectures and Articles)

- Intermittent fasting: When to Eat, not Only What and How Much, organized by Jordan Society of Food and Nutrition, 14th Jan 2023. (Virtual).
- “Your Health Is Our Concern”, organized by the Deanship of Student Affairs, University of Sharjah, 10/4/2022.
- Systematic reviews and meta-analysis: What, Why, and How? Organized by the Medical Education Center, University of Sharjah, 25th Nov. 2021.
- “Your Kids Like Caffeine!” Workshop organized by Sharjah Supreme Council for Family Affairs, Sharjah, UAE. 6/1/2022.
- Sohbaty* Program for Health Promotion, Health Promotion Department, SCFA/Sharjah. “Chronic Diseases: A Nutritional Perspective”.
- Fasting and the Pandemic Coronavirus. Organized by the Agricultural Engineers Association of Jordan, Amman, 24/4/2020. <https://www.facebook.com/watch/?v=224573792202935>
- Health Effect of Fasting amid the Pandemic COVID-19 Pandemic. UOS Alumni, 20/5/2020.
- A judge in the Jordanian Agricultural Engineers Award for Research, Authoring, and Agricultural Education, 4/8/2020.
- Article: Salim, Labib and Faris, ME. *Fasting and Immunity against Infection amid the COVID-19*. Arab Scientific Community Organization. <https://arsco.org/article-detail-1610-8-0>
- Fasting and immunity against infection: What does the science say? <https://www.facebook.com/moezalislam/posts/10159562956108852>
- Role of dietary and lifestyle behaviors in breast cancer: An opportunity for prevention. Organized by the Health Promotion Department /SCFA, Sharjah, 20/7/2020. https://www.youtube.com/watch?v=drdNCdww9rc&ab_channel=SharjahHealth1

- Student Society, Al-Balqa University/Amman, Jordan, Role of fasting in immunity against coronavirus infection. <https://www.facebook.com/catalyst.bau/videos/673114206849498>
- Moroccan Pharmacist Society, Fasting and immunity against infection amid COVID-19. 26/4/2020.
- Free webinar on intermittent fasting and immunity amid COVID-19.
- Media Interview. The UAE National Newspaper. Ramadan: New research sheds light on fasting and weight loss. https://www.thenationalnews.com/uae/health/ramadan-new-research-sheds-light-on-fasting-and-weight-loss-1.1001310?fbclid=IwAR0ga_DEA6hwy14_3v78a4T0NkWaKuFqUrVhp9aBlk06Cc1GBpt2No1iqgE
- Media Interview. Asahi Newspaper, Japan (The second-largest newspaper in the world, the First newspaper in Japan). “Muhammad's teaching, is it actually scientific? The world pays attention to the fasting effect”.
https://www.asahi.com/articles/ASP314D47P2LUHBI03L.html?iref=pc_photo_gallery_bottom&fbclid=IwAR0auhFGs_zblmTPEr0bgq7QN4RfbQFOLdvf2rYqNbRq1ErZ8alBay7y3fs
- Healthy balanced nutrition during Ramadan fasting:
<https://www.facebook.com/moezalislam/posts/10160877272163852>
- Updates in olive oil and Health, Organized by the Scientific Miracles in the Holy Quran and Prophetic Sunnah, Amman, Jordan, 20/2/2021.
https://www.facebook.com/watch/live/?ref=watch_permalink&v=432722424644831
<https://www.facebook.com/ijazquranjo/posts/3252637494836407>
- Dietary prevention against cancer. Organized by Friends Of Cancer Patients, Health Promotion Department, SCFA/Sharjah, 15/2/2021.
https://www.youtube.com/watch?v=jmL4zRbEQF4&t=91s&ab_channel=FriendsOfCancerPatients
<https://www.facebook.com/photo/?fbid=10160689711173852&set=a.10150358184413852>
- Secrets of Olive in cancer prevention, Health Promotion Department, SCFA, Sharjah. 1/2/2021.
https://www.youtube.com/watch?v=7B-ENsU0fxw&ab_channel=SharjahHealth1
<https://www.facebook.com/moezalislam/posts/10160644639548852>
- Olive Oil as Functional Food, And Its Relation in Treating Chronic Diseases, Organized by the Pink Caravan, Breast cancer Prevention Program, 10/1/2021.
https://www.youtube.com/watch?v=NpragJbe5I4&ab_channel=ThePinkCaravan
- Intermittent Fasting and its impact on immunity in light of the COVID-19 pandemic (Arabic). Organized by the Pink Caravan, Breast Cancer Prevention Program, 23/12/2020.
https://www.youtube.com/watch?v=HDQ6ceeHVjc&ab_channel=ThePinkCaravan
- Workshop on Intermittent Fasting and immunity amid the Covid19: Organized By TATHQEEF Health Treatment Services, 17/5/2020. <https://tathqeef.ae/activities/event/intermittent-fasting-and-immunity-amid-covid-19>
- Role of dietary and lifestyle behaviors in breast cancer: An opportunity for prevention Jordan Dietetic Association, 1/8/2018. <https://www.facebook.com/watch/JordanianDietitiansAssociation/>
- Nutritional facts about the: Vitamin PreMix is used in the bakery industry.
<https://www.facebook.com/moezalislam/posts/10157435541623852>
- Ramadan fasting: a scientific perspective. <https://www.sharjah24.ae/ar/articles/1442/04/20/article-4219>
- Workshop on “Olive oil and a functional food: Nutritional value and functional properties. Organized by Smart Food, Amman, Jordan. 3/12/2020. <https://learn.thegatehmc.com/courses/%D8%B2%D9%8A%D8%AA%D9%88%D9%86-%D8%A7%D9%84%D8%BA%D8%B0%D8%A7%D8%A1-%D8%A7%D9%84%D9%88%D8%B8%D9%8A%D9%81%D9%8A-%D9%88%D8%A7%D9%84%D8%B5%D8%AD%D9%8A/?fbclid=IwAR2G729qjbu-X4g1QaWitQaqhFcSkwTFXAx3BeYYMhXWBQqmOls2Lr2EY>

Session moderator in scientific conferences:

- International Growth and Development Moderator Conference, 14-16 March 2018, Dubai/UAE.
- 4th Dubai International Nutrition Conference, 24-26 Oct. 2018, Dubai/UAE.
- 6th Dubai International Nutrition Conference, 24-26 Oct. 2020, Dubai/UAE.
- 17th International Jordanian Oncology Conference, 7-9 Nov 2019, Amman/Jordan.

Invited speaker in scientific conferences/Workshops:

University of Sharjah, College of Health Sciences, Department of Clinical Nutrition and Dietetics

1. DaR (Diabetes and Ramadan) International Alliance Conference (MENA region) (2024). *Effect of Fasting on Lipid Profile and Cardiometabolic Markers in Patients with Diabetes*, Duab, 12-13 January 2024.
2. Healthy Aging and Precision Medicine Symposium (2023), “*Cross-talk on the Interplay between Caloric Restriction, Intermittent Fasting, and Healthy Aging*”, 13-14 November 2023, Khalifa University, Abu Dhabi, UAE.
3. Diabetes Day, Emirate Health Services, November 14, 2023. Effect of camel milk on glucose and lipid metabolism in patients with diabetes.
4. 2nd Conference of the Middle Eastern Alliance of Enteral and Parenteral Nutrition (MEAPEN), Amman, 20-21 May 2023. Two presentations were delivered: *Nutritional Genomics: The Gateway to Personalized Nutrition* and *Intermittent Fasting for Cancer Patients? Does it Work? Is it Safe?*
5. 29th Dubai International Pharmaceuticals and Technologies Conference and Exhibitions, 10-12 January 2023. Title: *Chemopreventive, Insulin-Sensitizing, and Cardioprotective Effects of Camel Milk: New Insights*.
6. *Sehati* 9th Conference, 11th-16th Nov., 2022. Department of Health Education, Supreme Council of Family Affairs, Sharjah, UAE. Assessment of total caffeine intake in relation to physical and mental health among schoolchildren in the UAE: A national, cross-sectional study
7. Promotion of the camel milk value chain: Technology transfer and public-private partnership (PPP), Zarzis, Tunisia, 1st-3rd June 2022. Effect of Camel Milk on Glucose Homeostasis in Patients with Diabetes: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.
8. Diabetes Awareness Day, 9th Nov. 2022, the University of Sharjah, Medical Colleges. “*Insulin-Sensitizing and Hypoglycemic Effect of Camel Milk in Patients with Diabetes: New Insights*”
9. Middle Eastern Society of Parenteral and Enteral Nutrition Congress. 13-15 May 2022. Dubai, UAE *Gut Microbiome Matters: Role of Prebiotics, Probiotics, Symbiotics in Critically Ill Patients*.
10. Excellence in Oncology Care, 21-23 October 2021. Dubai, UAE: *Role of Dietary and Lifestyle Habits in Breast Cancer: An Opportunity for Prevention*.
11. Excellence in Oncology Care, 21-23 October 2022. Dubai, UAE Gut Microbiota, *Diet and Cancer Prevention*.
12. Emirate Clinical Nutrition Association Conference, 28-29 May 2022, Dubai, UAE. “*Prevalence of Energy Drink Consumption and Their Health Effects on Children and Adults: Studies from Saudi Arabia and UAE*” and “*Gut Microbiome Matters: Effect of Prebiotics, Probiotics, and Symbiotics in Critically Ill Patients*”.
13. Oman Conference. *Exploring Health Impacts of Ramadan Intermittent Fasting*. 1st International Conference on Nutrition, Dietetics, and Food Science Held Virtually by the College of Agricultural & Marine Sciences, Sultan Qaboos University, Oman on 13-15 December 2021.
14. 10th International Breast Cancer Prevention Event: From Genes to Nutrition, Lifestyle, and Communities Institut de Cancérologie de L'Ouest Nantes, France 28 – 29 October 2021. Breast cancer and Nutrition in the UAE.
15. The Global Pandemic Coronavirus and Nutrition Updates – Virtual Conference, Organized by the Agricultural Engineers Association of Amman, The Ministry of Health, and the Jordanian Society of Food and Nutrition. Title: “*Intermittent Fasting and Immunity Amid the COVID-19*”, August 28, 221.
16. International Growth & Development Conference (virtual IGDC 2021). Healthy Ageing: Pediatric to Geriatric. Title: “*Intermittent Fasting, Caloric Restriction, and Healthy Aging: What the Science Says?* (16-19 March 2021).
17. International Conference on Biotechnological Innovations in Food and Health Care (BIFHC, 2019). *Intermittent Diurnal Fasting During Ramadan Ameliorates Antioxidant Genes and Modifies Metabolism-Controlling Genes Expressions in Adults with Obesity*, January 27-28, 2019, Dubai, UAE.
18. Virtual First International Halal Conference, “*Can intermittent fasting during Ramadan impact the body's immunity against infection?*” Istanbul, 6th to 18th April 2020.
19. E-seminar and round-table E-Discussion, 34th International Health Care “*Lessons from Frontline-From the COVID-19 Pandemic*, Inspiration Economy Society, Bahrain, 8/5/2020.
20. The 2nd International Virtual Conference of the Saudi Society for Clinical Nutrition (SSCN) “*Intermittent fasting and Immunity amid the COVID-19 Pandemic*”, Riyadh, 25th-27th October 2020.
21. The 5th Dubai International Nutrition Conference, “*A Time to Fast*”. *Exploring Health Implications of*

- Diurnal Intermittent Fasting: Ramadan Fasting Model*", Dubai 24-26 October 2019.
22. The 6th Dubai International Nutrition Conference, "*Role of Intermittent Fasting in Human Immunity Amid the COVID-19 Pandemic*", Dubai 22-24 October 2020.
 23. The 3rd Virtual International Conference on Food, Nutrition, and Health, "*Role of Intermittent Fasting in Human Immunity Amid the COVID-19 Pandemic*", Malaysia/ Kuala Lumpur, 25-26 November 2020.
 24. AOCO-MASO 2021 Organized by the Malaysian Association for the Study of Obesity (MASO) under the auspices of Asia-Oceania Associations for the Study of Obesity (AOASO), "The Effectiveness of Intermittent Fasting in Body Weight Management and its Clinical Applications", Kuala Lumpur, Malaysia, 6-8 April 2021.
 25. Role of dietary and lifestyle behaviors in breast cancer: An opportunity for prevention. The 17th International Jordanian Oncology Conference, Amman/Jordan, 7-9 Nov 2019.
 26. Updates in Nutrition and Cancer Etiology and Prevention. 17th International Jordanian Oncology Conference, Amman/Jordan, 7-9 Nov 2019.
 27. Metabolic impacts of Ramadan intermittent fasting on healthy people: results of systematic reviews and meta-analyses. DAR-Ramadan and Diabetes International Alliance Conference, Emirates Diabetes Association, Dubai, UAE, 24-25 Jan 2020.
 28. Impact of Ramadan intermittent fasting on visceral adiposity and serum adipocytokines among overweight/obese people. DAR-Ramadan and Diabetes International Alliance Conference, Emirates Diabetes Association, Dubai, UAE, 8-9 Feb. 2019.
 29. Impact of energy drink consumption on sleep quality among college students. Energy Drinks Seminar, Organized by Health Promotion, Tawam Hospital, Al-Ain, Abu Dhabi, 16 Oct. 2019.

Membership of scientific organizations and committees (4 committees):

1. International Advisory Committee member for the International Conference on Biotechnological Innovations in Food and Health Care, January 27-28, 2019, Dubai, UAE.
2. College of Health Sciences Committee for Research and Conferences, 2015-2018.
3. Founding member of Ramadan Research Society, 2020. <https://ramadansoc.org/>

Scientific or Other Awards or Prizes Received by the Applicant:

1. UOS Annual Faculty Incentive Award/Scientific Research, University of Sharjah, 2021/2022.
2. Best authored Book "*Nutrition and Cancer.*" Agricultural Engineers Association Award for Scientific Research, Authoring, and Agricultural Education. Sixth Circle, 2018, Amman, Jordan.

Published Cultural Articles for Publics (Arabic):

1. Faris, M.A.I.E. (2017). Nutritional Value and Health Benefits of Tomato. Magazine of Al-Muzarea Al-Arabi, Vol.48, Jordan.
2. Faris, M.A.I.E. (2017). Banana: Role in Human Nutrition. Magazine of Al-Muzarea Al-Arabi, Vol.47, Jordan.
3. Faris, M.A.I.E. (2016). Honey: The Remedy Food. Magazine of Al-Muzarea Al-Arabi, Vol.46, Jordan.
4. Faris, M.A.I.E. (2016). Naturally Colored Foods: A Prodigy and A Health Sign. Magazine of Al-Muzarea Al-Arabi, Vol.45, Jordan.
5. Faris, M.A.I.E. (2014). Palm Dates: The Mine of Benefits. Magazine of Al-Muzarea Al-Arabi, Vol.44, Jordan.
6. Faris, M.A.I.E. (2014). Strawberry: the fruit of health and beauty. Magazine of Al-Muzarea Al-Arabi, Vol.43, Jordan.
7. Faris, M.A.I.E. (2013). Grapes: The fruit of Paradise. Magazine of Al-Muzarea Al-Arabi, Vol.42, Jordan).
5. Faris, M.A.I.E. (2013). Nabag (*Zizyphus spina-christi*): Fruits and Thorns. Magazine of Al-Muzarea Al-Arabi, Vol.41, Jordan).
6. Faris, M.A.I.E. (2012). Ginger: Pungent spice and effective drug. Magazine of Al-Muzarea Al-Arabi, Vol.40, Jordan).
7. Faris, M.A.I.E. (2012). Figs (*Ficus Garcia*): The Distinguished Summer Fruit. Magazine of Al-Muzarea Al-Arabi, Vol.39, Jordan).
8. Faris, M.A.I.E. (2012). Fenugreek (*Trigonella foenum-graecum*): The new old plant. Magazine of Al-Muzarea Al-Arabi, Vol.38, Jordan).

9. Faris, M.A.I.E. (2011). Nutmeg (*Myristica fragans*): Benefits and hazards. Magazine of Al-Muzarea Al-Arabi, Vol.37, Jordan).
10. Faris, M.A.I.E. (2011). Among the Rationals for Alcohol Prohibition in the Holy Quran. <http://quran-m.com/container2.php?fun=artview&id=1137>
11. Faris, M.A.I.E. (2011). The Scientific Miracles in the Prophetic Hadeeth "A house without Dates its Residents are Hungry". <http://www.quran-m.com/container2.php?fun=artview&id=1215>
12. Faris, M.A.I.E. (2011). Camel Milk: Between the Heritage and Scientific Research. Magazine of Al-Muzarea Al-Arabi ,Vol.35, Jordan.
13. Faris, M.A.I.E. (2011). Ramadan Fasting: Prospects in Scientific Research. Al-Furqan Magazine, 114, 2011. <http://www.hoffaz.org/alforqan/details.php?id=768>
14. Faris, M.A.I.E. (2010). Kefir Milk Product: Nutritional Value and Religious Cautions. Magazine of Al-Muzarea Al-Arabi, Vol.35, Jordan).
15. Faris, M.A.I.E. (2010). Role of Potatoes (*Solanum tuberosum*) in Human Health and Nutrition. Magazine of Al-Muzarea Al-Arabi, Vol.34, Jordan).
16. Faris, M.A.I.E. (2009). Lentils (*Lens culinaris*, L.): Regular food and irregular benefits. Magazine of Al-Muzarea Al-Arabi ,Vol.33, Jordan).
17. Faris, M.A.I.E. (2008). Pomegranate (*Punica granatum* L.): Food and a Remedy. Magazine of Al-Muhandis Az- Ziraie ,Vol.85).
18. Faris, M.A.I.E. (2008). Olive Oil: Nutritional Value and Health Implications. Nutrition and Health, Ministry of Health, Kingdom of Saudi Arabia, Vol.56).
19. Faris, M.A.I.E. (2007). Biochemical and Physiological Changes during Ramadan Fasting. Magazine of Al- Muhandis Az-Ziraie, Vol. 84, Jordan).
20. Faris, M.A.I.E. (2007). Yogurt: Reservoir of Nutrients and Beneficial Bacteria. Nutrition and Health, Vol.52, Ministry of Health, Kingdom of Saudi Arabia).
21. Faris, M.A.I.E. (2007). Molokhia (*Corchorus olitorius*): between People and Science. Magazine of Al-Muzarea Al-Arabi, Vol.29, Jordan).
22. Faris, M.A.I.E. (2006). The Role of Fruits and Vegetables in the Prevention of Cancer. Nutrition and Health, Vol.51, Ministry of Health, Kingdom of Saudi Arabia).
23. Faris, M.A.I.E. (2006). Functional Foods: Definition, Sources, and Importance. Magazine of Al-Muhandis Az-Ziraie, Vol.82, Jordan).
24. Faris, M.A.I.E. (2006). Nutritional Value and Health Implications of Black Seeds (*Nigella sativa*). Magazine of Al-Muzarea Al-Arabi, Vol.27, Jordan).
25. Faris, M.A.I.E. (2005). Nutritional Facts about Chickpea Dip. Magazine of Al-Muzarea Al-Arabi, Vol.25, Jordan).
26. Faris, M.A.I.E. (2005). Food and Nutrition Signs in The Holy Quran and Prophetic Sunnah. Magazine of Al-Muhandis Az-Ziraie ,Vol.79, Jordan).
27. Faris, M.A.I.E. (2004). Food from a Quranic point of view. <http://www.bawaba.khayma.com>
28. Faris, M.A.I.E. (2002). **Food and Nutrition in Islam.** (Articles are available through Internet websites: www.khayma.com/tagthia/food and www.acnut.com /articles on food and nutrition

ORAL PRESENTATIONS IN CONFERENCES, SEMINARS, AND TRAINING COURSES

Training Courses:

1. I have presented, as a single trainer, more than 20 training courses in” *Diet Planning and Food Analysis Using Nutrition Software ESHA, 2001*”, and in 3 training courses in **Food Processor SQL, 2010** Organized by Continuous Training Center (CTC), Association of Agricultural Engineers, Amman, Jordan.
2. 16 April 2012. *Diet Planning for Diabetes and Renal Diseases*. Title of presentation: *Nutrition Therapy for Kidney Patients*. King Khalid Hospital, Hail Region, KSA.
3. 13-16 May 2012. *Child Nutrition and Nutritional Assessment*. Title: “*Benefits of Breastfeeding and Harms of Bottle Feeding*,” and “*Complementary Feeding for Infants*.” General Directory of Nutrition, Ministry of Health, KSA.

Conferences and Scientific Meetings:

4. 7-9 Nov 2019. Role of dietary and lifestyle behaviors in breast cancer: An opportunity for prevention. 17th International Jordanian Oncology Conference, Amman/Jordan.
5. 7-9 Nov 2019. Updates in Nutrition and Cancer Etiology and Prevention. 17th International Jordanian Oncology Conference, Amman/Jordan.
6. 24-25 Jan 2020. Metabolic impacts of Ramadan intermittent fasting on healthy people: results of systematic reviews and meta-analyses. DAR-Ramadan and Diabetes International Alliance Conference, Emirates Diabetes Association, Dubai, UAE.
7. 8-9 Feb. 2019. Impact of Ramadan intermittent fasting on visceral adiposity and serum adipocytokines among overweight/obese people. DAR-Ramadan and Diabetes International Alliance Conference, Emirates Diabetes Association, Dubai, UAE.
8. 16 Oct. 2019. Impact of energy drink consumption on sleep quality among college students. Organized by Health Promotion, Tawam Hospital, Al-Ain, Abu-Dhabi.
9. 31 Oct. 2017. *Role of dietary and lifestyle behaviors in breast cancer: An opportunity for prevention*. Breast Cancer Awareness 2017, Department of Medical Diagnostic Imaging, College of Health Sciences, University of Sharjah.
10. 2nd Nov. 2017. *Recent updates in the dietary chemoprevention against cancer*. AL-Dhaid Hospital, Sharjah.
11. 15th June 2015. Nutritional Therapy for ICU Patients, *Workshop on Critical Care for Patients*, Sharjah Kuwait Hospital, Sharjah, UAE.
12. 26th March 2015. New Trends in Nutrition Care Process (NCP): Nutrition Diagnosis, *Workshop in Nutrition Care for Patients*, Al-Baraha Hospital, Dubai, UAE.
13. 18-22, Feb. 2014. **The 4th Arab Conference on Obesity and Physical Activity**. *Role of Obesity in Human Carcinogenesis*. Kuwait, (Invited Speaker).
14. 21,22 April 2013. **Al-Qassim Conference on Nutrition Therapy and Education**. Title: Recent Advances in the Dietary Chemoprevention against Cancer. Al-Qassim, KSA. (Invited Speaker).
15. 23-25 April 2012. **The 2nd Gulf Conference on Child and Adolescent Nutrition**. Sharjah, UAE. Title; Health and Nutritional Aspects of Child Fasting during Ramadan. (Invited Speaker).
16. 16-18 Jan 2012. **The 1st International Conference on Halal Food Control, Riyad, KSA**. Kefir Fermented Milk Product: Between Health Benefits and Islamic *Fiqh Shubuhah*.
17. 27-29 Dec 2011. **The 1st Annual Meeting of the Middle-Eastern Association for Cancer Research**, Tanta University, Egypt. Title: Ramadan Intermittent Fasting Attenuates Proinflammatory Cytokines and Immune Cells in Healthy Subjects.
18. 5-7 April 2011. **"The 4th Arab Conference on Nutrition"**. Title: The Traditional Functional Foods in our Region: Lentils as a Model. The University of Jordan, Amman, Jordan. (Invited Speaker)
19. 8-10 Feb. 2011 **" The 1st International Conference on Olive Tree in Palestine: Prospects and Challenges"**. Title: Olive Oil as a Functional Food: Updates in Nutritional Value and Health Benefits. Palestine Technical University, Kadoory, Palestine.
20. 28-29 April 2010. **"The Jordanian Conference on Nutrition,"** held by the Department of Nutrition, Petra University/Jordan and Arab Center for Nutrition/Bahrain. Title: "Role of Bioactive Phytochemicals in Chemoprevention against Colorectal Cancer: Opportunities in the Jordanian Diet." (Invited Speaker)
21. 19-21, Jan. 2010. The **3rd Arab Meeting on Obesity and Physical Activity"**, held by the Arab Center for Nutrition. Title: " Role of Functional Foods in the Prophylaxis and Management of Obesity (Invited Speaker).
22. 27-29 Oct. 2009. **The 2nd Graduate Studies Research Conference (GSRC)"**, held by the University of Jordan. Title: " Chemopreventive Effect of Raw and Cooked Lentils against Colon Cancer.
23. 9-11 June 2009 **"International Scientific Conference on Nutraceuticals and Functional Foods,"** Held in Žilina, Slovakia. Title: " Nutraceutical Effect of Lentils (*Lens culinaris*, L.) in Fischer 344 Rats with Azoxymethane-Induced Colorectal Cancer".
24. 17-19 Feb. 2007. **The 1st International Conference in Prophetic Medicine"**, Abha Private Hospital, Abha, Kingdom of Saudi Arabia. Title: "Biochemical and Physiological Changes during Ramadan Fasting". (Invited Speaker)
25. 25-28 Nov. 2006. **The 8th Global Conference of the International Commission on Scientific Signs in the Quran and Sunna"** affiliated with the Muslim World League. Title: "Bioenergetics of Ramadan Fasting and the Rationale of Prohibition of Continued Fasting".
26. 11-12 July 2001. **The 1st Jordanian Conference for Food and Nutrition"**, University of Jordan, Department of Nutrition and Food Technology. Title: "Study of Effect of Using Different Levels of

- Tahini on the Protein Digestibility-Corrected Amino Acid Score (PDCAAS) of Chickpea Dip".
27. 24-26 April 2001. **The 4th Agricultural Scientific Conference**", Jarash Private University/Jordan. Title:" Study of the Effect of Using Different Levels of Tahinah on the Protein Quality of Chickpea Dip."

Workshops:

28. 24-29/7/2010 "**Scientific Camp for Female Nutritionists.**" Held by cooperation between Petra University and the Arab Center for Nutrition, Petra University, Amman, Jordan. Title of workshop: "**The Application of Computer Software in Nutrition.**"
- 29.30/5/2009 "**Nutritional Management in Hospitals: Between the Theory and the Practice,**" organized by the Association of Agricultural Engineers, and Department of Nutrition, Prince Basma Educational Hospital, Irbid, Jordan. Title of presentation: "**Role of Nutrition in Cancer Prevention.**"
30. 11/7/2008 "**Milk and Human Nutrition,**" organized by the Association of Agricultural Engineers, Amman, Jordan. Title of presentation: "**The Scientific Sign in the Milk Ayah.**"
31. 21/7/2007 "**Food and Cancer,**" organized by the Association of Agricultural Engineers, Amman, Jordan. Title of presentation: "**The Role of Fruits and Vegetables in Cancer Prevention.**"
32. 1/6/2005 "**Ramadan Fasting and Health,**" organized by the Association of Agricultural Engineers, Amman, Jordan. Title of presentation: "**Biochemical and Physiological Changes during Ramadan Fasting.**"

Scientific seminars and public lectures:

24. April 1998 Biochemical Changes during the Fasting of Ramadan.
25. January 1999, Vitamin E and selenium interactions.
26. February 1999 Microbial Examination of Protein Quality for Foods.
27. June 1999 Selenium and Vitamin E Interaction.
28. July 1999 Hyperlipidemia and Diabetes Mellitus.
29. January 2000 Protein Requirements and Physical Activity.
30. December 2004 Postharvest Physiology of Citrus Fruits.
31. April 2005 Anticarcinogenic Effect of Common Edible Herbs in Jordan.
32. April 2005 Olive Oil as a Functional Food: Role in Cancer and Diabetes.
33. August 2005 Application of Good Manufacturing Practices (GMP) in Frying
34. September 2005 Isolation and Identification of Lipases from *Saccharomyces service*
35. August 2005 Application of Hazard Analysis and Critical Control Point (HACCP) System in Juice Production in Jordan.
36. May 2005 Fad Diets Used in Weight Management and Their Health Implications
37. April 2006 Proteolytic Enzymes in Human Digestive System

In addition to dozens of lectures delivered for the public in schools, clubs, societies, and worship sites.

INNOVATIONS AND PARTICIPATION IN THE ACADEMIC FIELD:

- Suggesting a campus Training Program for Clinical Nutrition Students, University of Sharjah, to compensate for the shortage of clinical and community-based settings for an internship. The program included: ESHA nutrition software training, Plan Foods Classification, and Carbohydrates Exchange Count.
- Suggesting a full description for a general university course entitled: "Nutrition in Our Life," including course description, course outline, objectives, and references. The course has been adopted and is taught now.
- Participation in establishing the Nutritional Assessment Laboratory for the Nutritional Assessment course at Petra University, Amman, Jordan.
- Assisting in the establishment of the Food Preparation Laboratory for Food Preparation course in Petra University, Amman, Jordan.
- Assisting in the establishment of the Food Analysis Laboratory for Food Analysis course in Petra University, Amman, Jordan.

Mass media documented interviews:

1. Al-Jazeera Channel: www.youtube.com (برنامج الملف - النظام الغذائي في رمضان)
2. Jordan Television: www.youtube.com (معز الاسلام)

CONFERENCES, WORKSHOPS, AND TRAINING COURSES ATTENDED:

1. Workshop on “*Strategic Planning and Leadership in Higher Education*,” Institute of Leadership in Higher Education, University of Sharjah, 20-22 Feb. 2018.
2. Training course on “*Flip-Class Techniques in Academic Teaching*,” Institute of Leadership in Higher Education, University of Sharjah, March 26-28 March 2018.
3. Training course on “*Distinguished Academic Professor*,” Institute of Leadership in Higher Education, University of Sharjah, 13-15 Feb. 2018.
4. Workshop on “*Vitamin D: Importance, Deficiency, and Supplementation*.” Organized by: Prince Me’tab Chair for Osteoporosis Biomarkers Al-Riyadh, Saudi Arabia, 22-23 Feb. 2013,
5. Workshop on “*OVID SP Platform Basics*.” Wolters Kluwer/OVID and TechKnowledge, 27 June 2011.
6. Workshop on “*Building Electronic Questionnaires*.” Dean of Academic Development, University of Hail, KSA. 14 Nov. 2012
7. Seminar on “*Using Digital Scientific Databases of SDL*,” organized by Saudi Digital Library (SDL), Hail University, Hail, Saudi Arabia, 10-11 Dec. 2011.
8. Workshop on “*The Halal Industry and its Services*,” held by Kuwait Institute for Scientific Research (KISR) and Ministry of Islamic Affairs. Holiday Inn, Al Salmiya, Kuwait. 24-26, Jan. 2011.
9. “**Nutrition, Disabilities, and Mental Health.**” Amman Arabian University for Graduate Studies (AAUGS). Organized by WHO and AAUGS. **12-13/10/2010**
10. **7-10/3/ 2010 “Advances in Cancer Research: From the Laboratory to the Clinic,”** The American Association for Cancer Research (AACR), held at the King Hussain Bin Talal Convention Center, Dead Sea, Jordan.
11. **20-1-2010 "Nutrition and Physical Activity Workshop for Adults in Arab Countries."** Organized by: Arabic Center for Nutrition, Manama, Kingdom of Bahrain.
12. **19-1-2010 "Planning for Physical Activity in Obesity Cases."** Training course presented by: Prof. Hazza Al-Hazza. Organized by: Arabic Center for Nutrition, Manama, Kingdom of Bahrain.
13. **6-10-2009 "Blackboard and Virtual Learning Environment (VLE),"** Center for Developing Academic Skills, Petra University.
14. **10-17/8/2008 "SPSS Statistical Analysis Program."** Internet and Computer Club, Deanship of Student Affairs, University of Jordan.
15. **10-12/11/2007 "Scientific Writing in Health Sciences and Nutrition."** Arabic Center for Nutrition. Bahrain Center for Research and Studies. Manama, Bahrain. Speaker: Dr. Abdul Rahman Musaiger.
16. **20-21/8/2007 "New Trends in Human Nutrition."** Jordan Environment Society. Speaker: Dr. Abdul Rahman Musaiger, Bahrain. Held in Royal Scientific Society, Amman.
17. **25-27/7/2002 "Neuro-Linguistic Programming (NLP),"** organized by Management Solutions for Training and Consultations, Amman, Jordan. Speaker: Dr. Najeeb Al-Refaei/Kuwait.
18. **9/3/2002 “Wild Plants and Herbs: Nutritional and Medical Use,”** organized by the Agricultural Engineers Association. Speaker: Prof. Hamed Takriru, Jordan.
19. **20/11/2001 "Preparation Course for the TOEFL Exam,"** held at the Modern Language Center -6/1/2002 (MLC), Amman. Speaker: Mr. Hussein Mneizel.
20. **28/4/2001 “Nutrition of Pregnant and Lactating Woman,”** organized by the Agricultural Engineers Association. Speaker: Prof. Naji Abu-Rmeileh/Jordan.
21. **15/1/2001 “Child and Infant Nutrition,”** organized by the Agricultural Engineers Association. Speaker: Prof. Naji Abu-Rmeileh/Jordan.
22. **14/10-15/11/2000 “Comprehensive Training Course in Computer Skills,"** organized by the Agricultural Engineers Association and included Windows, Word, PowerPoint, Excel, and the Internet.
23. **28/10/2000 “Enteral Nutrition Therapy (ENT),”** organized by the Agricultural Engineers Association. Speaker: Prof. Naji Abu-Rmeileh/Jordan.
24. **26-30/6/1999 “Principles of Health and Nutrition Extension and Education,** organized by the Arabic Nutrition Society (ANS) and the Department of Nutrition and Food Technology, University of Jordan. Speaker: Dr. Abdul Rahman Musaiger.

LANGUAGE SKILLS:

Languages:	<u>Reading</u>	<u>Writing</u>	<u>Conversation</u>
Arabic	Excellent	Excellent	Excellent
English	Excellent	Excellent	Fair (TOEFL: 230 on C.B.T. on P.P.T, Jan.2002)

(Arabic Language Proficiency Certificate, Language Center, The University of Jordan, Sept. 2002.)

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS AND COMMITTEES:

1. Founder and Coordinator of Research Group on *Healthy Aging, Longevity and Sustainability*, Research Institute of Medical and Health Sciences, University of Sharjah, August 2023.
2. Founder and Chair of the Scientific Committee, Sharjah First International Conference on Fasting, Sharjah 28-29 February 2024.
3. Member of the British Nutrition Society.
4. Member of the American Nutrition Society.
5. Member of the Canadian Nutrition Society.
6. Member of the International Society of Antioxidants for Nutrition and Health.
7. International scientific committee member of the Third International Nutrition and Food Engineering Conference, Nov. 14-16, 2018, Kuala Lumpur/Malaysia.
8. International Advisory Committee member for the International Conference on Biotechnological Innovations in Food and Health Care, January 27-28, 2019, Dubai, UAE.
9. European Society of Translational Medicine, since 2017.
10. Asian Council of Science Editors, since 2016.
11. Environment and Cancer Research Group, since 2015.
12. Nutrition and Food Research Group, since 2015.
13. CHS Committee for Research and Conferences, 2015-2018.
14. International Scientific Committee/The First International Conference on Applied Medical Sciences, organized by the Faculty of Applied Medical Sciences and Deanship of Scientific Research, Al-Azhar University/Palestine, to be held from 18-19 November 2017.
15. Member of the Scientific, Preparatory, and Organizing Committees of the 4th Arab Conference on Nutrition, Jordan, 2011.
16. Member of the Higher Committee of School Feeding Program, Ministry of Health, Jordan, 2011.
17. Member of the Committee of Registration of Health Professions, Ministry of Health, Jordan, 2011.
18. Member of the Executive Committee of the Middle-Eastern Association for Cancer Research (MEACR, Aleppo), 2010.
19. Member of the Organizing Committee of the Jordan Conference on Nutrition, 2010, Petra University.
20. Member of Dean Board for Agricultural Consultations and Training Company (ACT), Jordan.
21. Member of the Jordan Society of Food and Nutrition, Amman, Jordan.
22. Member of the Executive Committee of the Arabization of Applied Sciences, Complex of Professional Associations, Amman, Jordan.
23. Member of the Agricultural Engineers Association/Jordan, since 8/1998.
24. Member of administration staff for "Division of Nutrition and Hospitals" at the Agricultural Engineers Association/Jordan.
25. Member of the Editorial Board of the Magazine of Al-Muhandis Az-Ziraie, the Official Magazine of the Agricultural Engineers Association, Jordan.
26. Member of the Scientific and Technical Committee of the Agricultural Engineers Association/Jordan
27. Accredited Trainer at the Continuous Training Center (CTC), Agricultural Engineers Association/Jordan Jordan Society of Scientific Research, since 25/March 2008.

INTERESTS AND ACTIVITIES:

- Reading books in sciences, literature, and Islamics.
- Writing articles in nutrition and literature.
- Searching on the Internet for scientific and cultural sites.

PROSPECTIVE FIELDS OF STUDY INTERESTS:

- Chemopreventive effect of foods. Religious aspects of food (Halal foods).
- Functional Foods and Nutraceuticals.
- Nutrigenomics and nutrigenetics for nutrition-related diseases, particularly in the field of Nutritional oncology.

- The anticarcinogenic effect of edible plant herbs in Jordan and the Mediterranean Countries.
- The role of olive oil in cancer prevention and alleviation of glucose intolerance and insulin resistance.
- The phytochemicals of common plant foods and their health implications.

REFERENCES:

- Prof. Dr. Reyad Shaker Obaid, Chair of the Department of Clinical Nutrition and Dietetics, College of Health Sciences, University of Sharjah, Sharjah, UAE. E-mail: robaid@sharjah.ac.ae, Phone: +971-6505-7554.
- Prof. Dr. Murad A. Al-Huly, Former Chair of the Department of Clinical Nutrition, University of Hail, Saudi Arabia. E-mail: murad1975@yahoo.com, murad@hu.edu.jo, Phone: +962-788-185-565.
- Dr. Reafat A. Al-Kurd, Chair of the Department of Nutrition, Petra University, Faculty of Pharmacy and Medical Sciences, Amman, Jordan. E-mail: ralkurd@uop.edu.jo, Phone: +962-6-5799555/Ext 8400.