
Curriculum Vitae

Dr. Manal M. H. Badrasawi
An-Najah National University
Nutrition and Food Technology, Faculty of Agriculture and Vet medicine
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Personal Information

Date/Place of **Birth**: 13-3 1977 (Nablus **City- Palestine**)

Marital status: Married

Country: Palestine

Native Language: Arabic

Education

2022- present: Associate Professor- An-Najah National University

2018-present: Assistant Professor- Faculty of Agriculture- An- Najah National university

2016 - 2018 : Assistant professor- Faculty of Applied Sciences- PPU

2012-2016: PhD in Clinical Nutrition, University Kebangsaan Malaysia.

2010 -2012: Master degree in Clinical nutrition, University Kebangsaan Malaysia, Malaysia.

1995- 2000: Bachelor degree in pharmacy, An-Najah National University- Palestine.

1994: General Secondary Certificate in the science Stream.

Publications

1. Janina Susann Lenz¹, Nathan Tintle², Felix Kerlikowsky¹, Manal Badrasawi³, Rana Zahdeh⁴, Radwan Qasrawi^{5,6}, Andreas Hahn¹ and Jan Philipp Schuchardt^{1*} Assessment of the vitamin D status and its determinants in young healthy students from Palestine, Cambridge core, Journal of Nutritional Science (2023), vol. 12, e38, page 1 of 9
 2. Wafa, O. A., Salman, M., Alwafa, R. A., **Badrasawi, M.**, & Altamimi, M. (2023). The Relationship between Health-related quality of life and body mass index among Palestinian Dietetic Center Clients. *Palestinian Medical and Pharmaceutical Journal (Pal. Med. Pharm. J.)*, 8(3)
 3. Al Tell, M., Natour, N., Alshawish, E., & **Badrasawi, M.** (2023). The relationship between nutrition literacy and nutrition information seeking attitudes and healthy eating patterns among a group of Palestinians. *BMC Public Health*, 23(1), 1-8.
 4. **Badrasawi, M.**, Hamdan, M., Vanoh, D., Zidan, S., ALsaied, T., & Muhtaseb, T. B. (2022). Predictors of fear of falling among community-dwelling older adults: Cross-sectional study from Palestine. *PLoS one*, 17(11), e0276967.
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5. **Badrasawi, M.**, Altamimi, M., Zidan, S., Illner, A. K., & Aleksandrova, K. Development and validation of a photographic food atlas of Middle Eastern Mediterranean diet: towards improved understanding of traditional healthy and sustainable diets. *Frontiers in Nutrition*, 9, 3297.
 6. Hamdan, M., **Badrasawi, M.**, Zidan, S., Thawabteh, R., Mohtaseb, R., & Arqoub, K. A. (2023). Night eating syndrome is associated with mental health issues among palestinian undergraduate students-cross sectional study. *Journal of Eating Disorders*, 11(1), 1-11.
 7. Hattab, S., **Badrasawi, M.**, Anabtawi, O., & Zidan, S. (2022). Development and validation of a smartphone image-based app for dietary intake assessment among Palestinian undergraduates. *Scientific Reports*, 12(1), 15467.
 8. Fekih-Romdhane, F., Jahrami, H., Stambouli, M., Alhuwailah, A., Helmy, M., Shuwiekh, H. A. M., **Badrasawi M.** Heour, M. (2022). Cross-cultural comparison of mental illness stigma and help-seeking attitudes: a multinational population-based study from 16 Arab countries and 10,036 individuals. *Social Psychiatry and Psychiatric Epidemiology*, 1-16.
 9. Ahmad Hanani, **Manal Badrasawi** , Souzan Zidan and Marah Hunjul, , Effect of cognitive behavioral therapy program on mental health status among medical student in Palestine during COVID pandemic, *BMC psychology*, 2022. IF: 3.2
 10. **Manal Badrasawi**, Mohammad Altamimi& Siren Saabneh. Eating behaviours changes during COVID-19 lockdown due to gender and residential disparities amongst university students, *An - Najah Univ. J. Res. (N. Sc.) Vol. 36(1)*, 2022.
 11. Mohammad Altamimi, **Manal Badrasawi**, Bayan Khaled Use, Knowledge and Perception About Ketogenic Diet Amongst University Students from Medical and Health Sciences Faculties. *Iraq Med J | Vol. 5, No. 1, Winter 2021: 6–13*
 12. Monia Kittana , **Manal Badrasawi**, May Hamdan , Kifaya Abu Sharkh, Nabeela Shabaneh, Determinants of total body weight loss among Palestinian adults post bariatric surgery, *Topics in Clinical Nutrition*, 2022 (IF:0.6)
 13. Hamdan, M. H., **Badrasawi**, M. M., & Alwafa, R. W. A. (2021). Nutrition and functional status among Palestinian cancer patients receiving chemotherapy. *Journal of Taibah University Medical Sciences*.
 14. Hamdan, M., **Badrasawi**, M., Zidan, S., Sayarah, A., Zahra, L. A., Dana, S., & Almasry, T. (2021). Risk factors associated with hospitalization owing to COVID-19: a cross-sectional study in Palestine. *Journal of International Medical Research*, 49(12), 03000605211064405.(IF:1.6)
 15. Souzan Zidan , **Manal Badrasawi** , & Monjed Samuh, Nutrition knowledge and practices among Palestinian athletes, *Palestinian Medical and Pharmaceutical Journal (PMPJ)*. 2021; 6(2).
 16. May Hamdan, Souzan Zidan, **Manal Badrasawi**, Hammam Shweikeh, Reem Al-Masri, Rana Al-Khateeb, Palestinian Nurses' knowledge, attitudes, and practices regarding enteral nutrition: Cross-sectional study, *Applied Nursing research* , 2022(IF: 2.2)
 17. Nihal Natour, Mariam Al-Tell, **Manal Badrasawi** & Arwa Abo Al Rob, Factors associated with method of delivery in Nablus Region in West Bank, *Journal of Human Health Research* 2020.
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18. Nihal Natour; **Manal Badrasawi** ; Monjed H Samuh ; Raed Khodour, Relationship Between Adherence to Mediterranean Diet with, Nutritional and Physical Fitness Status Among Young Athletes from Football Sports Academy- Palestine, *Annals of Epidemiology & Public Health*
 19. **Manal Badrasawi**, Ola Anabtawi, Yaqout Zain, Breakfast characteristics, perception, and reasons of skipping among 8th and 9th grade students at governmental schools, Jenin governance, West Bank, *BMC Nutrition*, 2021
 20. **Manal Badrasawi**, Nihal Natour , Alaa Jaradat, Factors associated with history of fall among older people in Southern West Bank, *Journal of Gerontology and Geriatric*. 2021
 21. Reem Abu Alwafa, **Manal Badrasawi**, Raheeq Haj Hamad, Prevalence of Premenstrual Syndrome and its Association with psychosocial and Lifestyle variables, cross-sectional study from Palestine, *BMC Women Health*,2021 (IF: 1.5)
 22. **Manal Badrasawi**, Souzan Zidan, Israa Sharif, Juliana Qaisiyha, Sanabel Ewaida, Tala Jaradat, Yasmeen Samamra. Prevalence and Correlates of Malnutrition among Hemodialysis patients at Hebron Governmental Hospital, Palestine: Cross-sectional study, *BMC nephrology*, 2021 (IF: 1.4)
 23. **Manal M Badrasawi**, Souzan J Zidan, Nihal Natour , Israa sharif , Shad Atrash, Ghada abueid, Saeda Al-Jounde. Binge eating symptoms are associated with the severity of premenstrual symptoms among university students, cross sectional study from Palestine, *BMC Journal Eating disorder*,2021 , (IF: 2.8)
 24. Hamdan, May, **Manal Badrasawi**, and Souzan Zidan. "Factors Associated with Adherence to the Mediterranean Diet among Palestinian High School females' students in Hebron city: Cross-sectional study." *Iraq Medical Journal* 4.3 (2020).
 25. **Badrasawi**, M., Hamdan, M., & Al Tamimi, M. Quality of life and adherence to mediterranean diet among type 2 diabetes mellitus patients of a primary health care clinic in Hebron city, Palestine. *Mediterranean Journal of Nutrition and Metabolism*, 1-10.
 26. **Badrasawi M.** Qaisieh M, Anabtawi O, Nutrition Knowledge and Dietary Practices among Secondary School Students in Hebron- Cross sectional study, *Palestine medical and pharmaceutical journal*, 2021
 27. **Badrasawi M**, Ziedan S, Jaradat A, Prevalence and correlates of depressive symptoms among community dwelling elderly people in west bank region-Palestine: cross-sectional study, *Eastern Mediterranean Journal of health*, March 2021 (IF: 0.8)
 28. **Badrasawi M**, Samuh M, Khallaf M. Abu Qamar M, Successful aging among community-dwelling Palestinian older adults: Prevalence and association with sociodemographic characteristics, health and nutritional status, Hebron Aging Study, *Indian Journal of Public Health*, 2020
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29. Altamimi M, Zidan S, **Badrasawi M**, Effect of Tree Nuts Consumption on Serum Lipid Profile in Hyperlipidemic Individuals: A Systematic Review, *Nutrition and Metabolic Insights* 13, 1178638820926521.
 30. **Manal M. H. Badrasawi** , Nour H. Hijjeh, Rana S. Amer, Reema M. Allan, and Mohammed A. Al-Tamim, Nutrition Awareness and Oral Health among Dental Patients in Palestine: A Cross-Sectional Study, *International Journal of Dentistry* ArticleID3472753. 2020
 31. Souzan Zidan , **Manal Badrasawi** , Bayan Nimer , Kawther Abu Sabha , Rawan Taninieh & Safa Rasheed, Knowledge of haemodialysis patients about Nutrition: a cross-sectional study from Palestine, *Palestinian Medical and Pharmaceutical Journal (PMPJ)*. 2020; 5(2): 65-74
 32. **Badrasawi M**, Al- Adhami A, Doufesh A, Malnutrition is associated with poor quality of life among cancer patients receiving chemotherapy at Al-Husain hospital- Palestine, *Eastern Mediterranean Journal of health*, May 2021 (IF:0.8)
 33. **Badrasawi**, M., Badrasawi, K., Hamdan, M., & Irshaid, A. A. (2019). Malnutrition and its association with functional, cognitive and psychological status among Palestinian older adults in long-term care houses. *Educational Gerontology*, 45(12), 708-718. (IF:0 1.07)
 34. Hanisah Rosli, Suzana Shahar, **Manal Badrasawi**, Devinder Kaur Ajit Singh & Noor Ibrahim Mohamed Sakian, Identification of older adults with Sarcopenia: Comparison of two methods. *Malaysian Journal of health Sciences*, 15(2): 2017
 35. **Badrasawi M**, Suzana S., Zahara AM., NorFadilah R. Devinder KAS (2017). Frailty risk factors among multi-ethnic Malaysian elderly. *International Journal of gerontology*. 11(3), 2017- ISI Q3
 36. **Badrasawi M**, Suzana S., Zahara AM., NorFadilah R., & Devinder KAS (2016). Efficacy of L-carnitine supplementation on frailty status and its biomarkers, physical function, cognitive function and nutritional status among prefrail older adults: A double blind, randomized, placebo controlled clinical trial. *Clinical Intervention in aging*– November 2016; 11: 1675–1686- ISI –Q2
 37. **Badrasawi M**, Suzana S., Zahara AM., NorFadilah R. Devinder KAS (2016). Nutritional status, cognitive and physical function according to frailty status among Malaysian older adults. *Malaysian journal of nutrition*. Dec. Mal J Nutr 22(3): 351 -361, 2016, scopus
 38. **Badrasawi M**, Suzana S, Zahara AM, Nor Fadilah R, Devinder KAS. L-carnitines Plasma Level, Inflammatory Status, Anabolic Hormone and Vitamin D Plasma Level According to Frailty Status Among Malaysian older adults, Under peer review – Malaysian Journal of Nutrition
 39. Suzana Shahar, Ainor Farahin Aziz, Siti Nur Arina Ismail, Hanis Mastura Yahya, Normah Che Din, Zahara Abdul Manaf, & **Manal M Badrasawi** (2015). The effect of polygonum minus extract on cognitive and psychosocial parameters according to mood status among middle-aged women: A randomized, double-blind, placebo-controlled study. *Clinical Intervention in Aging*, 10, 1505–1520. ISI Journal
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40. D.K.A. Singh, S.G.K. Pillai, **M. Badrasawi**, S.T. Tan, C.C. Tai, & S. Shahar, (2015). Reference values of physical performance tests among older adults with physiological high and low falls risk. *Physiotherapy*, 101, Supplement 1, e1400–e1401. [ISI-Q2 journal](#)
 41. **Badrasawi Manal**, S. Suzana, & D.K.A. Singh (2015). Nutrition intervention in frailty. Review of the clinical intervention study. *The Journal of Frailty & Aging*, 4:2.
 42. Haj Hamad M, Aref M, **Badrasawi M.** (2014). Atypical, Delayed Presentation of Asymptomatic Celiac Disease; Case Report and Review of Literature. *Brunei Darussalam Journal of Health*; 5 (1): 88-93
 43. **Manal Badrasawi**, Suzana Shahar, & Ismail Sagap (2014). Nutritional management of enterocutaneous fistula: a retrospective study at a Malaysian university medical center. *Journal of Multidisciplinary Health Care*, 7, 365—370. [Scopus index Journal](#)
 44. Huiloo Won, Suzana Shahar, **Manal Badrasawi**, NormahChe Din, Devinder Kaur Ajit Singh, Zahara Manaf, Tan Sin Thien, & Clin Epidemiol (2014). Relationship between physical performance measure with cognitive performance among community dwelling older adults; *Clinical Epidemiology*, 6: 343–350. [ISI Journal](#)
 45. **Badrasawi M.**, Shahar S., Manaf Z., & Haron H. (2013). Effect of *talbinah* food consumption on depression symptoms among institutionalized elderly people in long term care facilities: Randomized controlled clinical trial. *Journal of Clinical Intervention in Aging*, 8, 279-285. [ISI Q1 Journal](#)
 46. S Suzana SK Norshafarinab, **M. Badrasawi**, MS Noor Ibrahimc, AM Zaharaa, Y Zaitund , & J Leonarde (2013). Effectiveness of exercise and protein supplementation intervention on body composition, functional fitness and oxidative stress among elderly Malays with Sarcopenia. *Clinical Interventions in Aging*, 8, 1365–1375. [ISI Q1 Journal](#)

Book Chapters

1. White book on frailty International association of geriatric and gerontology (2016)

Research Experience and activities

- Principle investigator in Nutrition and health research group- Palestine
 - Principle investigator in Hebron Aging Study, Cross sectional study to determine the prevalence and risk of successful aging in Hebron. Data collection stage
 - Principle investigator: Validation and Development of Palestinian Food Atlas- Funded Project
 - Principle Investigator in Pal-Age Project, Funded Project 2018
 - Co-researcher in Mix-Womp, Project,, micronutrients deficiency among Palestinian women at childbearing age, Funded project -2020
 - Conducted a randomized controlled double blinded placebo controlled clinical trial among Malaysian elderly people with frailty, 2013-2016
 - Participated in Multi-country ILSI review on aging (Asia and Latin American countries)- 2015
 - Participated in health national survey among Malaysian elderly – LRGS- TUA projek- 2013
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Work Experience

2018- present: Assistant Prof. at Al-Najah University

2016- 2018: Assistant Prof at PPU- Hebron- Palestine

2013-2015: Graduate Research Assistant, UKM

2002-2009: Responsible pharmacist at Oula.Alqiblatin pharmacy, Nablus, Palestine.

2000- 2001: Assistant pharmacist at Siam pharmacy, Ramallah, Palestine.

Teaching and Supervision Experience

Undergraduate courses

Medical Nutrition – medical students

Public Health and epidemiology –

Human anatomy and physiology for Health Sciences

Microbiology for Health Sciences

Diet Therapy 1 and 2

Sport nutrition

Biostatistics for health sciences –

Medical Nutrition Therapy

Functional Food

Selected topic in nutrition

Nutritional status assessment

Food metabolism- 2017

Nutrition through life cycle – 2017

Master courses

Advanced Diet Therapy

Applied Nutrition and dietetics

Advanced nutrition physiology and metabolism

Experiment design and data analysis

Supervision Experience

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- 1- **Master thesis:**, knOwledge, attitude and practice regarding dietary fiber intake among Palestinian adolescents in the west bank, 2020, Graduated
 - 2- **Master thesis Supervision**, Changes in QOL after joining weight management program , 2021, graduated
 - 3- **Master thesis**, Development and validation of a smart-phone app to estimate diet intake for university students. Writing process,
 - 4- **Master thesis, Development and validation of sodium intake screener for Palestinian population**
 - 5- **PhD thesis, (Co supervisor- USM- Malaysia) Effect of low glycemin index food in improving the PCOS among Jordanian women**

Conferences, Seminars , Colloquiums

1. Nutrition Management in Enterocutaneous Fistula, current evidence, research findings and gaps of knowledge, المؤتمر الدولي الخامس لجمعية الجراحين الفلسطينيين Surgery in Palestine in the era of sub-specialty 2019
 2. Overweight and Obesity among Secondary School Adolescence in Hebron City- Palestine: Prevalence and Risk Factors
Manal Badrasawi , Bayan Nimer, Rawan Tannenih ,Safaa'Rasheed, Aseel Zalloum, Shahd Abu Markhyah, Hadeel Karaki, Israa' rajabi, Asmaa' Abu Rajab & Israa' karaka
Malaysian Dietetic Association , MDA- 23- 2017/7
 3. The Relationship between Nutritional Status and Psychosocial Factors among Palestinian Adolescents: A Cross Sectional Study
Manal Badrasawi, Zaheera khdour , Razan Allahalyah, Alaa Jaradat , Abd Alrahim mhareeq & Ahmad Rawashdeh
Malaysian Dietetic Association- MDA 23- 2017/7
 4. Nutrition Knowledge and Dietary Practices among Secondary School Students in Hebron City- Palestine: A Cross- Sectional Study
Manal Badrasawi , Da'ad Mahdi , Kawther Abu Sabha , Rana Amro , Nour Hijjeh , Reema Allan , Farah Al Khateeb
Malaysian Dietetic Association- MDA 23- 2017/7
 5. Nutritional Status and Dietary Habits among Undergraduate Students at the Palestine Polytechnic University in Hebron City
May Hamadan, **Manal Badrasawi** , Aseel Doufish Gadeer Abu Sneineh , Haya Amereh, Ihsan Awawdeh, Iman Maswadeh, May Abu Maizer , & Rawand Takrory
Malaysian Dietetic Association- MDA 23- 2017/7
 6. Binge Eating Disorder Prevalence and Its Relationship with Selected Variables among Female
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Manal Badrasawi, Shorouq Albakri, Alaa Maharmeh , Areej Ashour ,Aseel Aladhame

Malaysian Dietetic Association- MDA 23- 2017/7

7. Assessment of Knowledge and Practices Regarding Maternal Nutrition among Pregnant Women Visiting Gynecological Clinics at Hebron City- Palestine

Manal Badrasawi , Renad Al Rajabi Raneen Ghanem Raghad Abu Rmaileh Banan Salaymeh Dina Mujahed Iman Abu khalaf Hadeel Al-Jabarin & Omymah Abuawad

Malaysian Dietetic Association- MDA 23, 2017/7

8. **Manal Badrasawi**, Suzana Shahar & Ismail Sagap, Serum albumin level and body mass index are significant predictors of better clinical out come in the conservative management of Enterocutaneous Fistula Patients, 5 years' experience in UKM medical centre, retrospective study.

MDA- AODA- 2016 – oral presentation.

9. **Manal Badrasawi**, Suzana Shahar, Zahara Abd Manaf, Devinder Kaur, Nor fadilah Rajab. The association between vitamin D status and Frailty syndrome among Malaysian elderly- Malaysian Dietetic Association- 2015

Oral presentation

10. **Manal Badrasawi**, Suzana Shahar, Zahara Abd Manaf, Devinder Kaur, Nor fadilah Rajab Relationship between Cognitive Domains and Frailty Status in

Community Dwelling Malaysian Elderly in Klang Valley- I Sehat Symposium- 2015

Poster presentation

11. **Manal Badrasawi**, Suzana Shahar, Zahara Abd Manaf, Devinder Kaur. Dietary inadequacy is a predictor of frailty among Community Dwelling Malaysian elderly- Asian Pacific Conference of Clinical Nutrition -2015

Poster presentation

12. **Manal Badrasawi**, Suzana Shahar, Zahara Abd Manaf, Devinder Kaur. The association between frailty syndrome and obesity among Malaysian elderly in the state of Selangor. A poster presentation in International Congress of Obesity ICO 2014.

Poster presentation

13. **Manal Badrasawi**, Suzana Shahar, Zahara Abd Manaf, Devinder Kaur. The relationship between physical activity and physical and cognitive performance among Malaysian elderly people at the state of Selangor. Pre Congress Satellite Meeting; Physical Activity in Life Span, Malaysia -2014

Poster presentation

14. **Manal Badrasawi**, Suzana Shahar, Zahara Abd Manaf, Devinder Kaur. Nutritional status, body composition and cognitive function of frail and prefrail Malaysian older adults -2014, Malaysian Dietetic Association- 2014

Poster presentation

15. **Badrasawi M.**, Shahar S., Manaf Z., Haron H. Effect of talbinah food consumption on depression dymptoms among institutionalized elderly people in long term care facilities. Randomized Controlled clinical trial. Malaysian Geriatric Assocaition- 2013

Poster presentation

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16. Suzana Shahar, **Manal Badrasawi**, Devinder Kaur Ajit Singh, Normah Che Din, Rosdinom Razali. Relationship between cognitive domains, agility, physical performance, and balance in Malaysian elderly in Kuala Lumpur. National Elderly Symposium. 2013

Workshops attended

1. Data management – SPSS
2. Advanced statistics-SPSS- General linear model
3. Advanced statistics- SPSS- Correlations and regressions
4. Writing Systematic review- Cochrane data base
5. Intellectual properties- UKM
6. Update in Sarcopenia Seminar
7. Taking care of elderly with dementia
8. Short aging course: Empowering Independency among older adults in the community
9. Good laboratory practice
10. Update in Vitamin D seminar
11. Three days' workshop, how to write Q1 paper?
12. How to write successful proposal for fundamental research grant
13. Using Endnote by Microsoft office program
14. How to increase your paper citation and H-index
15. Enteral nutrition- Clinical experience workshop
16. Singapore- UKM joint conference of Health Sciences
17. Nutritional Epidemiology Workshop
18. Scientific Update of Umami taste, Physiological and Nutritional in Human Health

Especial skills

1. Statistics (SPSS applications)
2. Human resource trainers in Malaysian creative academy
3. Computer programs and Internet
4. Team work administration
5. Social relationships
6. Endnote and Mendely software of references management

Awards and distinctions:

1. 2010: Dean Award for outstanding academic achievement (UKM)
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2. 2012-213: National University Research Fellowship Award (Zamalah scholarship)
 3. 2013-216: Malaysian International Scholarship (MIS) for PhD study.

Funded Project:

Pal-Age Project, 42, 000 euro, Pal- Ger research fund

Food Atlas Project, 6000 US, Palestinian American Research Collaboration.

Referees

1. Prof. Krasimira Aleksandrova, Deputy Head of Department Epidemiological Methods and Etiological Research, Leibniz Institute for Prevention Research and Epidemiology - BIPS, aleksandrova@leibniz-bips.de.
 2. Associate Prof. Dr. Naser Hamad, Faculty of Communication Engineering, AAUJ
 3. Prof. Dr. Suzana Shahar, Faculty of health Sciences, National University of Malaysia, suzana.shahar@ukm.edu.my
 4. Prof. Dr. Ismail Sagap, Head of Nutritional support team, UKM medical centre
drisagap@yahoo.com
 5. Asso. Prof. Dr. Norfadilah Rajab, Biomedical Sciences, National University of Malaysia.
nfadilah@medic.ukm.my
 6. Asso. Prof. Dr. Devinder Kaur, Rehabilitation Centre, National University of Malaysia
devinderkas@gmail.com
 7. Prof. Dr. Norlida Abu Qasem, Faculty of Nursing - Um Alqura University
 8. Prof. Dr. Ismail Noor, Taylor University- Malaysia ismailnoor49@gmail.com
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