
Curriculum Vitae

Dr. Manal M. H. Badrasawi
An-Najah National University

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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

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. Manal Badrasawi, May Hamdan, Kamal Badrasawi, Alm Irshaid
Malnutrition; prevalence, risk factors and correlates among Palestinian elderly in long term care facilities, Cross sectional.
Under press BMC Public Health Journal
 2. Badrasawi Manal, Abu Snouber Laith, Badrasawi Kamal, Al.Tamimi Mohammed, Prevalence, Risk Factors And Psychosocial Status Of Obese And Overweight Adolescents In Hebron City, Palestine, Under press, IJNPND
 3. Manal Badrasawi , Suzana Shahar,Nor Fadilah Rajab, Devinder Kaur Ajit Singh,, Blood Inflammatory Markers, Anabolic Hormone, Vit D And L-Carnitine Status According To Frailty Status Among Older Adults, Under Press , Journal Science Malaysiana

Badrasawi, M. M., Shraim, N. Y., & Al-Atrash, M. H. (2018). Knowledge of Physical Education Students about Nutrition: A Cross-Sectional Study from Palestine. *International Journal of Nutrition, Pharmacology, Neurological Diseases*, 8(4), 101..
 4. 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
 5. **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
 6. **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
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7. **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
 8. **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
 9. 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
 10. 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
 11. **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.
 12. 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
 13. **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
 14. 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 Jornal
 15. **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
 16. 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 (In progress)

Research Experience and activities

- Principle investigator in PAL-GER research fund, Successful aging in Palestine, prevalence and correlates.
 - Principle investigator in Nutrition and health research group- Palestine
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- 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: Obesity, physical activity and psychological factors among undergraduate students in the southern universities in Palestine, Cross sectional study. Data collection stage.
 - Principle investigator: Nutritional status, dietary habits, sport nutrition awareness among Palestinian athletes. Cross sectional study
 - Conduct a nutrition survey to determine the obesity prevalence and risk factors among Palestinian teenagers at Secondary schools in Hebron. South of Palestine 2017.
 - Conduct a cross sectional study to determine the level of awareness about maternal nutrition among pregnant ladies in Hebron. 2017
 - Conduct a local Palestinian Nutrition Survey about Eating Disorder in University female students at PPU – Hebron- 2016/2017
 - 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
 - Conducted clinical trials for the master research program (effect of Talbinah food consumption on depression among elderly people in long term care facilities- randomized controlled clinical trial), 2011-2012
 - Participated in assessment of nutritional knowledge and dietary behaviour among second year medical students in UKM University, 2010
 - Participated in a survey: Street Food Consumption and its Health and Nutritional Implications in Middle East Countries (Palestine and Iran), 2012
 - Participated in Exploring stress level in UKM biomedical undergraduate student, 2012.

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 Experience

Undergraduate courses

Principle of Nutrition (2018)

Human Nutrition (2019)

Sport Nutrition (2017)

Public Health and epidemiology – 2017

Human anatomy and physiology for Health Sciences – 2016 and 2017

Biostatistics for health sciences – 2017

Medical Nutrition Therapy – 2017

Functional Food- 2017

Selected topic in nutrition -2017

Nutritional status assessment -2017

Food metabolism- 2017

Nutrition through life cycle – 2017

Master courses

Advanced Diet Therapy (2018)

Applied Nutrition and Dietetic (2018)

Physiology and Metabolism (2019)

Conferences, Seminars , Colloquiums

1. 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

2. The Relationship between Nutritional Status and Psychosocial Factors among Palestinian Adolescents: A Cross Sectional Study

Manal Badrasawi, Zaheera khmour , Razan Allahalyah, Alaa Jaradat , Abd Alrahim mhareeq & Ahmad Rawashdeh

Malaysian Dietetic Association- MDA 23- 2017/7

3. 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

4. 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

5. Binge Eating Disorder Prevalence and Its Relationship with Selected Variables among Female Undergraduate Students at the Palestine Polytechnic University in Hebron City

Manal Badrasawi, Shorouq Albakri, Alaa Maharmeh , Areej Ashour ,Aseel Aladhame

Malaysian Dietetic Association- MDA 23- 2017/7

6. 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 & Oymah Abuawad

Malaysian Dietetic Association- MDA 23, 2017/7

7. **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.

8. **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

9. **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

10. **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

11. **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

12. **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
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13. **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
 14. **Badrasawi M.**, Shahar S., Manaf Z., Haron H. Effect of talbinah food consumption on depression symptoms among institutionalized elderly people in long term care facilities. Randomized Controlled clinical trial. Malaysian Geriatric Association- 2013
Poster presentation
 15. 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)
 2. 2012-213: National University Research Fellowship Award(Zamalah scholarship)
 3. 2013-216: Malaysian International Scholarship (MIS) for PhD study.
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Referees

1. Associate Prof. Dr. Naser Hamad, Faculty of Communication Engineering, AAUJ
 2. Prof. Dr. Suzana Shahar, Faculty of health Sciences, National University of Malaysia, suzana.shahar@ukm.edu.my
 3. Prof. Dr. Ismail Sagap, Head of Nutritional support team, UKM medical centre
drisagap@yahoo.com
 4. Asso. Prof. Dr. Norfadilah Rajab, Biomedical Sciences, National University of Malaysia.
nfadilah@medic.ukm.my
 5. Asso. Prof. Dr. Devinder Kaur, Rehabilitation Centre, National University of Malaysia
devinderkas@gmail.com
 6. Prof. Dr. Norlida Abu Qasem, Faculty of Nursing - Um Alqura University
 7. Prof. Dr. Ismail Noor, Taylor University- Malaysia ismailnoor49@gmail.com
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