



Dima Kreidieh

Nationality: Lebanese **Place of birth:** Lebanon **Phone number:** (+961) 70955388

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Work: Tariq El Jdideh, Beirut Arab University, Hariri Building, 6th floor, 0000 Beirut (Lebanon)

WORK EXPERIENCE

Beirut Arab University, Beirut, Lebanon – Beirut, Lebanon

City: Beirut | Country: Lebanon

Assistant Professor

[01/07/2021 – Current]

- Continue to teach undergraduate and postgraduate nutrition courses, including clinical, therapeutic, and applied nutrition topics with associated laboratory sessions
- Develop new course materials and update curricula to align with recent advances in nutrition science
- Supervise undergraduate and postgraduate research projects and theses
- Assist in academic advising for students
- Contribute to departmental committees, accreditation processes, and program development
- Engage in research and scholarly activities in clinical nutrition

Lebanese Order of Dietitians – Beirut, Lebanon

City: Beirut | Country: Lebanon

Chairman of the Lebanese Order of Dietitians finance committee

[17/06/2021 – Current]

- Elected as member and subsequently as chairman of the Finance Committee
- Oversee financial planning, budgeting, and resource allocation for the organization
- Ensure transparency, compliance, and effective management of financial operations
- Collaborate with board members to support strategic initiatives and organizational growth

Beirut Arab University – Beirut, Lebanon

City: Beirut | Country: Lebanon

Clinical dietitian and clinical supervisor at BAU Nutritional and Weight Management Clinic

[05/01/2013 – Current]

- Provide evidence-based nutrition counseling for patients with diabetes, hypertension, renal failure, and other conditions
- Develop and update dietary guidelines tailored to individual patient needs
- Supervise clinic operations and mentor nutrition interns/students in clinical practice
- Implement and deliver cognitive behavioral therapy for obesity (CBT-OB) (since 2016)

Beirut Arab University – Beirut, Lebanon

City: Beirut | Country: Lebanon

Lecturer

[11/09/2011 – 01/07/2021]

- Teach undergraduate courses including: Meal & Diet Planning, Therapeutic Nutrition Practicum, Inborn Errors, Healthcare Profession and Bioethics, Principles of Nutrition, Enteral & Parenteral Nutrition, Nutrition and Immunity, Nutrition and Non-Communicable Diseases, Sports Nutrition, and related laboratory sessions
- Deliver postgraduate courses in Advanced Clinical Nutrition (with lab) and Pediatric Nutrition

- Design course materials, practical labs, and assessments to support student learning outcomes
- Supervise and mentor undergraduate and postgraduate students in academic and research activities

Hariri Medical Center – Beirut, Lebanon

City: Beirut | Country: Lebanon

Clinical dietitian

[01/09/2007 – 01/09/2012]

- Assess patients' nutritional needs and develop individualized care plans
- Provide medical nutrition therapy for various health conditions, such as obesity, hypertension, diabetes, cardiovascular diseases, renal failure, etc.
- Monitor patient progress and adjust dietary recommendations accordingly
- Collaborate with healthcare teams to optimize patient outcomes
- Educate patients and families on diet and lifestyle modifications

Private clinic – Beirut, Lebanon

City: Beirut | Country: Lebanon

Clinical dietitian

[01/09/2005 – 12/08/2012]

- Assess patients' nutritional needs and develop individualized care plans
- Provide medical nutrition therapy for various health conditions, such as obesity, hypertension, diabetes, cardiovascular diseases, renal failure, etc.
- Monitor patient progress and adjust dietary recommendations accordingly

Goodies – Beirut, Lebanon

City: Beirut | Country: Lebanon

Food safety consultant

[01/09/2007 – 01/04/2010]

EDUCATION AND TRAINING

Doctor of Philosophy in Biochemistry

Beirut Arab University [10/01/2015 – 01/07/2021]

City: Beirut | Country: Lebanon

Certificate in Advanced Food Hygiene Management

Boecker [23/09/2009]

City: Beirut | Country: Lebanon

Master of Science in Human Nutrition

Faculty of Pharmacy, Saint Joseph University [15/09/2006 – 10/09/2008]

City: Beirut | Country: Lebanon

Bachelor of Science in Nutrition and Dietetics

Faculty of Pharmacy, Saint Joseph University [10/09/2002 – 02/07/2005]

City: Beirut | Country: Lebanon

INSTITUTIONAL RESPONSIBILITIES

[2025 – Current]

General secretary of the Faculty of Health Sciences

[2024 – Current]

Member of the Research Committee, Faculty of Health Sciences, BAU

[2013 – Current]

Clinical Supervisor at the BAU Clinic for Nutritional and Weight Management

[2023 – 2024]

Head of Library Committee at the Faculty of Health Sciences, BAU

[2022 – 2024]

General secretary of the Faculty of Health Sciences

[2017 – 2021]

Member of the Library Committee at the Faculty of Health Sciences, BAU

LANGUAGE SKILLS

Mother tongue(s): Arabic

Other language(s):

English

LISTENING C1 READING C2 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

French

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

TEACHING ACTIVITIES

Courses Taught: B.Sc. in Nutrition and Dietetics

- Meal & Diet Planning (Lecture & Lab)
- Principles of Nutrition
- Sports Nutrition
- Therapeutic Nutrition II Lab
- Nutrition & Non-Communicable Diseases
- Special Topics in Nutrition
- Healthcare Profession and Bioethics
- Therapeutic Nutrition Practicum
- Inter-Professional Education (IPE)

Courses Taught: M.Sc. in Nutrition

- Pediatric Clinical Nutrition
- Advanced Clinical Nutrition (Lecture & Lab)
- Weight Management and Eating Disorders

ACADEMIC SUPERVISION AND EVALUATION ROLES

[2025 – Current]

Main supervisor, M.Sc. Ms. Razan Ibrahim, Faculty of Health Sciences, BAU

[2024 – Current]

Main supervisor, M.Sc. Ms. Zeinab Chaalan, Faculty of Health Sciences, BAU

[2024 – Current]

Main supervisor, M.Sc. Ms. Najwa Anouti, Faculty of Health Sciences, BAU

[2023 – Current]

Main supervisor, M.Sc. Ms. Rawan Hachem, Faculty of Health Sciences, BAU

[2023 – Current]

Main supervisor, M.Sc. Ms. Chaden Abou Melhem, Faculty of Health Sciences, BAU

[2022 – 2024]

Main supervisor, M.Sc. Ms. Hiba Dheini, Faculty of Health Sciences, BAU

[2022 – 2024]

Main supervisor, M.Sc. Ms. Rim Sandid, Faculty of Health Sciences, BAU

[2024]

Examiner, M.Sc. Ms. Rihab Khaled, Faculty of Health Sciences, BAU

[2024]

Examiner, M.Sc. Ms. Hadeel Tarabay, Faculty of Health Sciences, BAU

[2024]

Examiner, M.Sc. Ms. Nour Kalash, Faculty of Health Sciences, BAU

[2024]

Examiner, M.Sc. Ms. Yousra Kouzi, Faculty of Health Sciences, BAU

[2024]

Examiner, M.Sc. Ms. Raseel Al Khatib, Faculty of Health Sciences, BAU

[2024]

Examiner, M.Sc. Ms. Lara Sibai, Faculty of Health Sciences, BAU

[2024]

Examiner, M.Sc. Ms. Farah Ayoubi, Faculty of Health Sciences, BAU

[2024]

Examiner, M.Sc. Ms. Fatima Habib, Faculty of Health Sciences, BAU

[2024]

Examiner, M.Sc. Ms. Nourhan Taha, Faculty of Health Sciences, BAU

[2023]

Internal examiner, M.Sc. Ms. Farah Ayoubi, Faculty of Health Sciences, BAU

[2023]

Internal examiner, M.Sc. Ms. Zeina El Kheir, Faculty of Health Sciences, BAU

[2023]

Internal examiner, M.Sc. Ms. Dima Khalil, Faculty of Health Sciences, BAU

[2022]

CONFERENCES AND SEMINARS

[06/09/2025] Beirut, Lebanon

'From Undernutrition to Obesity and Diabetes Management: A Comprehensive Approach in Dietetic Practice', Lebanese Order of Dietitians Annual Conference Role: Organizer and speaker
Delivered talk: *"Dietary and lifestyle modification program for weight loss based on Cognitive Behavioral Treatment for Overweight and Obesity as a novel approach in Lebanon."*

[28/04/2025] 6th of October City, Giza Governate, Egypt

1st international conference of the College of Health Sciences Technology, O6U, Egypt, entitled 'Role of Applied Health Sciences in Bridging the Gap in Integrated Health Services' Role: Speaker
Delivered talk: *"Lifestyle modification program for obesity and overweight: a novel approach in Lebanon."*

[14/06/2023] Beirut, Lebanon

International NASH Day, DiaLeb, AUB Role: Speaker
Lecture: *"Connecting the dots: the link between Obesity, Insulin Resistance and NASH."*

[11/03/2023] Beirut, Lebanon

Obesity Day Conference, Society of Endocrinologists in Lebanon Role: Speaker
Lecture: *"Lifestyle modification program for weight-loss based on CBT-OB: A Novel Approach in Lebanon."*

[19/04/2024] Beirut, Lebanon

International Symposium on Obesity: An Update of Evidence from Research to Practice, organized by FHS, BAU in collaboration with the Lebanese Order of Dietitians Role: Organizer and Speaker

[16/03/2023] Beirut, Lebanon

'Challenges in Pediatrics' Conference, St. Georges Hospital, Beirut, in collaboration with LOD Role: Attendees

[01/09/2020] Beirut, Lebanon

Conference: "The COVID-19 Pandemic on the Lebanese Setting: The Implication on Health & Wellbeing", Faculty of Health Sciences, BAU. Role: Attendee

[01/09/2019] Beirut, Lebanon

Seminar: "The Landscape of Biomedical Research in the Eastern Mediterranean Region (2004–2018)", BAU Beirut Campus. Role: Attendee

[01/09/2019] Warsaw, Poland

EASO COMs Summit 2019, Poland Role: Attendee

[01/04/2020] Beirut, Lebanon

"Obesity Day", Faculty of Health Sciences, BAU Role: Organizer

[23/05/2018 – 26/05/2018] Vienna, Austria

25th European Congress on Obesity (ECO) organized by EASO Role: Attendee

[20/04/2018 – 21/04/2018] Byblos, Lebanon

2nd Interprofessional Education Conference: 'Inter Professional Collaboration in Acute and Chronic Care', LAU Byblos Role: Attendee

[30/09/2017] Verona, Italy

National Congress entitled 'Improve therapeutic intervention: the contribution of research in clinical practice' Role: Attendee

[22/03/2017] Beirut, Lebanon

'Nutrition challenges from an inter-professional perspective' Conference, LAU Beirut Role: Attendee

[06/03/2017] Beirut, Lebanon

'Serum concentration of polychlorinated biphenyls in a Lebanese population' lecture, BAU Role: Attendee

[29/09/2016] Beirut, Lebanon

'Nutrition and Food: Ongoing Journey for Better Health' Conference, AUB Role: Attendee

[16/10/2016] Beirut, Lebanon

'Play it Healthy' Conference organized by Department of Medicine, BAU Role: Attendee

[05/11/2016] Beirut, Lebanon

NUMED Day Role: Attendee

[12/04/2016] Beirut, Lebanon

'Nutrition and Food Research' Conference, organized by School of Arts and Sciences, LAU Role: Attendee

[07/05/2015 – 09/05/2015] Beirut, Lebanon

47th Middle East Medical Assembly (MEMA), AUB Role: Attendee

[01/05/2012] Beirut, Lebanon

Dietary Management of Metabolic Syndrome Conference, AUB Role: Attendee

WORKSHOPS

[06/09/2025]

'Enhancing Dietetic Practice with Nutrition Focused Physical Exam (NFPE): A Skills-Based Training for Dietitians' Workshop

Role: Speaker/facilitator/organizer

Delivered hands-on training covering: muscle/fat assessment, fluid accumulation, micronutrient deficiencies, hand-grip strength, case-based clinical applications.

[21/02/2025]

Research Empowerment Workshop organized by Faculty of Health Sciences Research Committee, BAU

Role: Speaker

Delivered session: *"Hands-on Referencing (Mendeley) and APA Styling."* Covered reference management with Mendeley/Zotero, citation styles, bibliography generation.

[15/12/2023]

EEDA Autumn School on AI, University Hospital Bonn and BAU

Role: Speaker

Lecture: *"Artificial Intelligence and Nutrition."*

[15/11/2023]

UNFPA Workshop entitled 'Lifestyle considerations during Preconception, pregnancy, and post-partum for well-being and mental health'

Role: Participant

[01/02/2024]

Workshop: "Building Bridges: Exploring Community Engaged Learning", Quality Assurance Center (QAC), BAU.

Role: Attendee

[01/09/2016]

Training on CBT-OB Program for Weight Loss, Villa Garda Hospital, Italy

Role: Attendee/Trainee

[01/09/2017]

'Interprofessional Learning Experience' Workshop, BAU

Role: Attendee

[06/02/2017]

'Writing a Grant' Workshop organized by the Research Committee of Faculty of Health Sciences, BAU

Role: Attendee

[09/09/2016]

'Effective Literature Research Techniques Using BAU Resources' Workshop, BAU

Role: Attendee

[18/12/2016]

'Sports Nutrition Training' Workshop by CATALYST

Role: Attendee

[21/10/2016 – 22/10/2016]

'Designing Search Strategies for Systematic Reviews' Workshop, AUB

Role: Attendee

[2014]

'Interprofessional Learning Experience', BAU

Role: Participant

LECTURES & PUBLIC OUTREACH

[04/12/2024]

BAU Staff Lecture about Diabetes

Role: Primary Presenter

Lecture: *"Eat Smart: Preventing Diabetes with Balanced Nutrition."*

[01/10/2023]

Saint Mary Orthodox School (SMOC) Lecture

Role: Speaker

Lecture: *"Nutrition, Social Media and Healthy Eating Patterns."*

[13/10/2024]

Social Media Outreach Video

Role: Presenter

Topic: *"Nutritional and safety practices for the Lebanese community amid the crisis and war."*

[01/02/2019]

Participation in 'Cancer Awareness Village' organized by Health Ministry and Barbara Nassar

Role: Supervisor/Participant

Supervised nutrition students in their participation in the Cancer Awareness Village event organized under the patronage of the Health Ministry and Barbara Nassar, held at Forum De Beirut.

[30/11/2019]

University Poster Competition entitled 'Nutrition trends 2018: Nutrition trends should not be so trendy' organized by Haigazian University

Role: Supervisor/Participant

[25/10/2018]

2nd Nutrition and Food Technology Conference

Role: Moderator/Participant

Moderator during the session entitled 'Mediterranean Diet'.

[05/2016]

'Scientific Research, Publications & Plagiarism, Action Verbs & Paperless Quality' Lecture, BAU

Role: Attendee

[01/05/2016]

'Exam Blueprint & Student Assessment' Lecture

Role: Attendee

[03/03/2016]

'The Future of Virtual Patient Learning (VPL)' Lecture, organized by Faculty of Medicine, BAU

Role: Attendee

[04/01/2016]

'Be Aware Where To Publish' Lecture, BAU

Role: Attendee

[09/11/2015]

The Enhancement of Staff Members' Teaching Skills' lecture, BAU

Role: Attendee

[14/11/2015]

'All about BAU Institutional Review Board' Lecture, BAU

Role: Attendee

[2015]

'Transplantation and Organ Donation' lecture, BAU

Role: Attendee

[19/05/2014]

'Why Quality in Healthcare: Quality Definitions & Quality Management Principles', BAU

Role: Attendee

MEDIA ENGAGEMENTS

[04/03/2025]

Nidaa Al Maarifa Radiotalk (host: Jinan Atshan)

Role: Guest/Interviewee

Topic: *"Bariatric surgeries and fasting during Ramadan."*

[01/08/2023]

Sky Arabia News (with Dr. Omar Nakhal)

Role: Guest

Topic: *"Binge eating syndrome."*

[01/05/2023]

Nidaa Al Maarifa Radiotalk (with Dr. Sara Dabbagh)

Role: Guest

Topic: *"Obesity and its treatment in Arab speaking countries."*

PROFESSIONAL SERVICE & LEADERSHIP

[2024 – Current]

Re-elected Board Member & Chief Person of Finance Committee, Lebanese Order of Dietitians

Role: Examiner

Prepared written examination questions and examined students as a member of the oral examination committee.

[2021 – 2024]

Elected Board Member & Chief Person of Finance Committee, Lebanese Order of Dietitians

[2018]

Member, LIBNOR Committee for Infant Milk Standards

[2015]

Examiner for Nutrition Colloquium Exam in the Ministry of Higher Education

RESEARCH METRICS

Citations: 812 (Google Scholar

h-index: 16 (Google Scholar)

i10 index: 22 (Google Scholar)

PUBLICATIONS

[2025]

[The Prevalence of and Factors Associated with Disordered Eating Among Adult Athletes in Italy and Lebanon](#)

Authors: Cavedon, V., Kreidieh, D., Milanese, C., Itani, L., Pellegrini, M., Saadeddine, D., Berri, E., & el Ghoch, M. | Journal Name: Nutrients | Volume, Issue and Pages: 17, 1

[2025]

[Acceptability of veggie bread among Lebanese adults.](#)

Authors: Chanbour, A., Hassan, H. F., Kreidieh, D., Khazaal, S., Osaili, T., el Omari, K., & el Darra, N. | Journal Name: Frontiers in Public Health | Volume, Issue and Pages: 13

[2024]

[Association between Dietary Practice and Gait Speed in Community-Dwelling Older Adults with Overweight and Obesity: A Cross-Sectional Study](#)

Authors: Itani, L., Pellegrini, M., Saadeddine, D., Samouda, H., Kreidieh, D., Tannir, H., & el Ghoch, M. | Journal Name: Diseases | Volume, Issue and Pages: 12, 3, 54

[2023]

[Personalized Nutritional Strategies to Reduce Knee Osteoarthritis Severity and Ameliorate Sarcopenic Obesity Indices: A Practical Guide in an Orthopedic Setting.](#)

Authors: Zmerly, H., el Ghoch, M., Itani, L., Kreidieh, D., Yumuk, V., & Pellegrini, M. | Journal Name: Nutrients | Volume, Issue and Pages: 15, 14, 3085

[2023]

[Personalized Physical Activity Programs for the Management of Knee Osteoarthritis in Individuals with Obesity: A Patient-Centered Approach](#)

Authors: Zmerly, H., Milanese, C., el Ghoch, M., Itani, L., Tannir, H., Kreidieh, D., Yumuk, V., & Pellegrini, M. | Journal Name: Diseases | Volume, Issue and Pages: 11, 4, 182

[2022]

Approaching Sarcopenic Obesity in Young and Middle-Aged Female Adults in Weight Management Settings: A Narrative Review

Authors: Pellegrini, M., Itani, L., Rossi, A. P., Kreidieh, D., el Masri, D., Tannir, H., & el Ghoch, M. | Journal Name: Healthcare | Volume, Issue and Pages: 10, 10, 2042

[2022]

Can Intentional Weight Loss Ameliorate Sarcopenia in Individuals with Obesity? A Longitudinal Interventional Study

Authors: Tannir, H., Itani, L., Kreidieh, D., el Masri, D., & el Ghoch, M. | Journal Name: Clinics and Practice | Volume, Issue and Pages: 12, 1, 106-112

[2021]

How Healthy Are Health-Related Behaviors in University Students: The HOLISTic Study

Authors: Cena, H., Porri, D., de Giuseppe, R., Kalmpourtzidou, A., Salvatore, F. P., Ghoch, M. el, Itani, L., Kreidieh, D., Brytek-Matera, A., Pocol, C. B., Arteta, D. S. A., Utan, G., & Kolčič, I. | Journal Name: Nutrients | Volume, Issue and Pages: 13, 2, 675

[2021]

Association between dietary practice, body composition, training volume and sport performance in 100-Km elite ultramarathon runners

Authors: Citarella, R., Itani, L., Intini, V., Zucchinali, G., Scevaroli, S., Tannir, H., el Masri, D., Kreidieh, D., & el Ghoch, M. | Journal Name: Clinical Nutrition ESPEN | Volume, Issue and Pages: 42, 239-243

[2021]

Relationship between multiple weight cycles and early weight loss in patients with obesity: a longitudinal study

Authors: el Masri, D., Itani, L., Kreidieh, D., Tannir, H., & el Ghoch, M. | Journal Name: Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity | Volume, Issue and Pages: 26, 6, 2083-2087

[2021]

The Relationship between Sarcopenic Obesity, Weight-Loss and Maintenance Outcomes during Obesity Management: Are Additional Strategies Required?

Authors: el Masri, D., Itani, L., Tannir, H., Kreidieh, D., & el Ghoch, M. | Journal Name: Clinics and Practice | Volume, Issue and Pages: 11, 3, 525-531

[2021]

Cross-validation of prediction equations for estimating the body fat percentage in adults with obesity

Authors: Jaafar, Z. A., Kreidieh, D., Itani, L., Tannir, H., el Masri, D., & el Ghoch, M. | Journal Name: Clinical Nutrition ESPEN | Volume, Issue and Pages: 41, 346-350

[2021]

Exploring the effectiveness of a 1.5-Year weight management intervention for adults with obesity

Authors: Kreidieh, D., Fakhoury, R., & el Ghoch, M. | Journal Name: Clinical Nutrition ESPEN | Volume, Issue and Pages: 42, 215-220

[2021]

Association between Levels of Physical Activity, Sarcopenia, Type 2 Diabetes and the Quality of Life of Elderly People in Community Dwellings in Lebanon

Authors: Saadeddine, D., Itani, L., Kreidieh, D., el Masri, D., Tannir, H., & el Ghoch, M. | Journal Name: Geriatrics | Volume, Issue and Pages: 6, 1, 28

[2020]

Fertility and Reproduction after Recovery from Anorexia Nervosa: A Systematic Review and Meta-Analysis of Long-Term Follow-Up Studies

Authors: Chaer, R., Nakouzi, N., Itani, L., Tannir, H., Kreidieh, D., el Masri, D., & el Ghoch, M. | Journal Name: Diseases | Volume, Issue and Pages: 8, 4, 46

[2020]
[**Predictive Equations Based on Body Composition for Resting Energy Expenditure Estimation in Adults with Obesity**](#)

Authors: el Masri, D., Itani, L., Kreidieh, D., Tannir, H., & el Ghoch, M | Journal Name: Current Diabetes Reviews | Volume, Issue and Pages: 16, 4, 381-386

[2020]
[**How valuable is cardiopulmonary exercise testing in patients with severe obesity undergoing bariatric surgery?**](#)

Authors: Itani, L., el Masri, D., Kreidieh, D., Tannir, H., & el Ghoch, M. | Journal Name: Internal and Emergency Medicine | Volume, Issue and Pages: 15, 7, 1157-1159

[2020]
[**Revising BMI Cut-Off Points for Obesity in a Weight Management Setting in Lebanon**](#)

Authors: Itani, L., Kreidieh, D., el Masri, D., Tannir, H., Chehade, L., & el Ghoch, M. | Journal Name: International Journal of Environmental Research and Public Health | Volume, Issue and Pages: 17, 11, 3832

[2020]
[**The Impact of Sarcopenic Obesity on Health-Related Quality of Life of Treatment-Seeking Patients with Obesity**](#)

Authors: Itani, L., Kreidieh, D., el Masri, D., Tannir, H., & el Ghoch, M. | Journal Name: Current Diabetes Reviews | Volume, Issue and Pages: 16, 6, 635-640

[2020]
[**Development of an Easy-to-Use Prediction Equation for Body Fat Percentage Based on BMI in Overweight and Obese Lebanese Adults**](#)

Authors: Itani, L., Tannir, H., el Masri, D., Kreidieh, D., & el Ghoch, M. | Journal Name: Diagnostics | Volume, Issue and Pages: 10, 9, 728

[2020]
[**Validation of predictive equations for resting energy expenditure in treatment-seeking adults with overweight and obesity: Measured versus estimated**](#)

Authors: Itani, L., Tannir, H., Kreidieh, D., el Masri, D., & el Ghoch, M. | Journal Name: Journal of Population Therapeutics and Clinical Pharmacology | Volume, Issue and Pages: 27, 1, 32-47

[2020]
[**Association Between Sarcopenic Obesity and Metabolic Syndrome in Adults: A Systematic Review and Meta-Analysis**](#)

Authors: Khadra, D., Itani, L., Chebaro, Y., Obeid, M., Jaber, M., Ghanem, R., Ayton, A., Kreidieh, D., E. Masri, D., Kimura, A., Tannir, H., & el Ghoch, M. | Journal Name: Current Cardiology Reviews | Volume, Issue and Pages: 16, 2, 153-162

[2020]
[**Health-related Quality of Life in treatment-seeking Arab patients with obesity**](#)

Authors: Kreidieh, D., El Masri, D., Tannir, H., Itani, L., El Ghoch, M. | Journal Name: BAU Journal - Health and Wellbeing | Volume, Issue and Pages: 1, 3, 35

[2020]
[**Association Between Reduced Daily Steps and Sarcopenic Obesity in Treatment-Seeking Adults With Obesity**](#)

Authors: Kreidieh, D., Itani, L., el Masri, D., Tannir, H., & el Ghoch, M. | Journal Name: Frontiers in Endocrinology | Volume, Issue and Pages: 11

[2020]

Sarcopenic Obesity Predicts Early Attrition in Treatment-Seeking Patients with Obesity: A Longitudinal Pilot Study

Authors: Kreidieh, D., Itani, L., Tannir, H., el Masri, D., & el Ghoch, M. | Journal Name: Journal of Cardiovascular Development and Disease | Volume, Issue and Pages: 7, 1, 5

[2020]

Understanding Sarcopenic Obesity in Terms of Definition and Health Consequences: A Clinical Review

Authors: Nezameddin, R., Itani, L., Kreidieh, D., el Masri, D., Tannir, H., & el Ghoch, M. | Journal Name: Current Diabetes Reviews | Volume, Issue and Pages: 16, 9, 957-961

[2020]

Lifetime Weight Cycling and Central Fat Distribution in Females With Obesity: A Brief Report

Authors: Tannir, H., Itani, L., el Masri, D., Kreidieh, D., & el Ghoch, M. | Journal Name: Diseases | Volume, Issue and Pages: 8, 2, 8

[2020]

Body Composition in Adolescents and Young Adults with Anorexia Nervosa: A Clinical Review

Authors: Tannir, H., Itani, L., Kreidieh, D., el Masri, D., Traboulsi, S., & el Ghoch, M. | Journal Name: Current Rheumatology Reviews | Volume, Issue and Pages: 16, 2, 92-98

[2020]

Reduction of Resting Energy Expenditure and Sarcopenic Obesity in Adults with Overweight and Obesity: A Brief Report

Authors: Tannir, H., Kreidieh, D., Itani, L., el Masri, D., & el Ghoch, M. | Journal Name: Current Diabetes Reviews | Volume, Issue and Pages: 16, 4, 376-380

[2019]

Association Between Smoking Hookahs (Shishas) and Higher Risk of Obesity: A Systematic Review of Population-Based Studies

Authors: Baalbaki, R., Itani, L., el Kebbi, L., Dehni, R., Abbas, N., Farsakouri, R., Awad, D., Tannir, H., Kreidieh, D., el Masri, D., & el Ghoch, M. | Journal Name: Journal of Cardiovascular Development and Disease | Volume, Issue and Pages: 6, 2, 23

[2019]

Lifestyle Modification in Rheumatoid Arthritis: Dietary and Physical Activity Recommendations Based on Evidence

Authors: Chehade, L., Jaafar, Z. A., el Masri, D., Zmerly, H., Kreidieh, D., Tannir, H., Itani, L., & el Ghoch, M. | Journal Name: Current Rheumatology Reviews | Volume, Issue and Pages: 15, 3, 209-214

[2019]

Nutritional Knowledge and Dietary Practice in Elite 24-Hour Ultramarathon Runners: A Brief Report

Authors: Citarella, R., Itani, L., Intini, V., Zucchinali, G., Scevaroli, S., Kreidieh, D., Tannir, H., el Masri, D., & el Ghoch, M. | Journal Name: Sports | Volume, Issue and Pages: 7, 2, 44

[2019]

Validation of an Arabic Version of the Obesity-Related Wellbeing (ORWELL 97) Questionnaire in Adults with Obesity

Authors: Itani, L., Calugi, S., Kreidieh, D., el Kassas, G., el Masri, D., Tannir, H., Grave, R. D., Harfoush, A., & el Ghoch, M. | Journal Name: Current Diabetes Reviews | Volume, Issue and Pages: 15, 2, 127-132

[2019]

Association between sarcopenic obesity and higher risk of type 2 diabetes in adults: A systematic review and meta-analysis

Authors: Khadra, D., Itani, L., Tannir, H., Kreidieh, D., Masri, D. el, & Ghoch, M. el. | Journal Name: World Journal of Diabetes | Volume, Issue and Pages: 10, 5, 311-323

[2019]
[Is body fat percentage a good predictor of menstrual recovery in females with anorexia nervosa after weight restoration? A systematic review and exploratory and selective meta-analysis](#)

Authors: Traboulsi, S., Itani, L., Tannir, H., Kreidieh, D., el Masri, D., & el Ghoch, M. | Journal Name: Journal of Population Therapeutics and Clinical Pharmacology | Volume, Issue and Pages: 26, 2, 25-37

[2018]
[Long-Term Weight-Loss Lifestyle Modification Programme in a Patient with Severe Lumbar Intervertebral Disc Degeneration and Obesity: A Case Report](#)

Authors: el Masri, D., Kreidieh, D., Tannir, H., Itani, L., & el Ghoch, M. | Journal Name: Reports | Volume, Issue and Pages: 1, 3, 21

[2018]
[The Association between Body Mass Index and Health-Related Quality of Life in Treatment-Seeking Arab Adults with Obesity](#)

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