



Dima Kreidieh

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

✉ **Email:** d.kraydeyeh@bau.edu.lb ☎ **Phone:** (+961) 70955388

Place of birth: Lebanon **Nationality:** Lebanese

WORK EXPERIENCE

Beirut Arab University, Beirut, Lebanon

City: Beirut | **Country:** Lebanon

[01/07/2021 – Current] **Assistant Professor**

- 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

City: Beirut | **Country:** Lebanon

[17/06/2021 – Current] **Board Member and Head of the Lebanese Order of Dietitians Finance Committee**

- 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

City: Beirut | **Country:** Lebanon

[05/01/2013 – Current] **Clinical Dietitian and Clinical Supervisor at BAU Nutritional and Weight Management Clinic**

- 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

City: Beirut | **Country:** Lebanon

[11/09/2011 – 01/07/2021] **Lecturer**

- 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

City: Beirut | **Country:** Lebanon

[01/09/2007 – 01/09/2012]

Clinical Dietitian

- 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

City: Beirut | **Country:** Lebanon

[01/09/2005 – 12/08/2012]

Clinical Dietitian

- 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

City: Beirut | **Country:** Lebanon

[01/09/2007 – 01/04/2010]

Food Safety Consultant

EDUCATION AND TRAINING

[10/01/2015 – 01/07/2021]

Doctor of Philosophy in Biochemistry

Beirut Arab University

City: Beirut | **Country:** Lebanon

[23/09/2009]

Certificate in Advanced Food Hygiene Management

Boecker

City: Beirut | **Country:** Lebanon

[15/09/2006 – 10/09/2008]

Master of Science in Human Nutrition

Faculty of Pharmacy, Saint Joseph University

City: Beirut | **Country:** Lebanon

[10/09/2002 – 02/07/2005]

Bachelor of Science in Nutrition and Dietetics

Faculty of Pharmacy, Saint Joseph University

City: Beirut | **Country:** Lebanon

INSTITUTIONAL RESPONSIBILITIES

[2013 – Current]

Clinical Supervisor at the BAU Clinic for Nutritional and Weight Management

[01/09/2025 – Current]	General secretary of the Faculty of Health Sciences
[01/09/2025 – 01/06/2026]	Member of Quality Committee, Faculty of Health Sciences, BAU
[01/09/2024 – 01/06/2025]	Member of Research Committee, Faculty of Health Sciences, BAU
[01/09/2023 – 01/06/2024]	Head of Library Committee, Faculty of Health Sciences, BAU
[01/09/2022 – 01/06/2024]	General Secretary of the Faculty of Health Sciences
[01/09/2019 – 01/06/2022]	Member of Student Activities Committee, Faculty of Health Sciences, BAU
[01/09/2017 – 01/06/2019]	Member of Library Committee, 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
<i>Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user</i>

TEACHING ACTIVITIES

Courses Taught: B.Sc. in Nutrition and Dietetics
<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • Pediatric Clinical Nutrition • Advanced Clinical Nutrition (Lecture & Lab) • Weight Management and Eating Disorders

ACADEMIC SUPERVISION AND EVALUATION ROLES

[01/02/2026 – Current]	Main supervisor, M.Sc. Ms. Marwa Jomaa, Faculty of Health Sciences, BAU
[01/01/2026 – Current]	Main supervisor, M.Sc. Ms. Zeinab Chaalan, Faculty of Health Sciences, BAU
[01/01/2024 – 01/01/2026]	Main supervisor, M.Sc. Ms. Najwa Anouti, Faculty of Health Sciences, BAU
[01/01/2023 – Current]	Main supervisor, M.Sc. Ms. Rawan Hachem, Faculty of Health Sciences, BAU
[01/01/2023 – Current]	Main supervisor, M.Sc. Ms. Chaden Abou Melhem, Faculty of Health Sciences, BAU

[01/01/2022 – 01/01/2024] **Main supervisor, M.Sc. Ms. Hiba Dheini, Faculty of Health Sciences, BAU**

[01/01/2022 – 01/01/2024] **Main supervisor, M.Sc. Ms. Rim Sandid, Faculty of Health Sciences, BAU**

CONFERENCES AND SEMINARS

[24/06/2026] **"Semaglutide 2.4 mg: A Transformative STEP in Weight Management" Scientific Meeting**

Phoenicia Intercontinental Hotel, Beirut

Role: Attendee

[06/09/2025] **'From Undernutrition to Obesity and Diabetes Management: A Comprehensive Approach in Dietetic Practice', Lebanese Order of Dietitians Annual Conference**

Beirut, Lebanon

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."*

[15/01/2025] **Nourish to Flourish Lebanon: A National Initiative for Adolescent Health and Well-Being Conference**

Beirut, Lebanon

Role: Attendee

[19/04/2024] **International Symposium on Obesity: An Update of Evidence from Research to Practice, organized by FHS, BAU in collaboration with the Lebanese Order of Dietitians**

Beirut, Lebanon

Role: Organizer and Speaker

[14/06/2023] **International NASH Day, DiaLeb, AUB** Beirut, Lebanon

Role: Speaker

Lecture: *"Connecting the dots: the link between Obesity, Insulin Resistance and NASH."*

[16/03/2023] **'Challenges in Pediatrics' Conference, St. Georges Hospital, Beirut, in collaboration with LOD**

Beirut, Lebanon

Role: Attendees

[11/03/2023] **Obesity Day Conference, Society of Endocrinologists in Lebanon** Beirut, Lebanon

Role: Speaker

Lecture: *"Lifestyle modification program for weight-loss based on CBT-OB: A Novel Approach in Lebanon."*

[01/09/2020] **Conference: "The COVID-19 Pandemic on the Lebanese Setting: The Implication on Health & Wellbeing", Faculty of Health Sciences, BAU.**

Beirut, Lebanon

Role: Attendee

[01/04/2020] **"Obesity Day", Faculty of Health Sciences, BAU** Beirut, Lebanon

Role: Organizer

- [01/09/2019] **Seminar: "The Landscape of Biomedical Research in the Eastern Mediterranean Region (2004–2018)", BAU Beirut Campus.**
Beirut, Lebanon
Role: Attendee
- [01/09/2019] **EASO COMs Summit 2019, Poland** Warsaw, Poland
Role: Attendee
- [23/05/2018 – 26/05/2018] **25th European Congress on Obesity (ECO) organized by EASO** Vienna, Austria
Role: Attendee
- [20/04/2018 – 21/04/2018] **2nd Interprofessional Education Conference: 'Inter Professional Collaboration in Acute and Chronic Care', LAU Byblos**
Byblos, Lebanon
Role: Attendee
- [30/09/2017] **National Congress entitled 'Improve therapeutic intervention: the contribution of research in clinical practice'**
Verona, Italy
Role: Attendee
- [22/03/2017] **'Nutrition challenges from an inter-professional perspective' Conference, LAU Beirut**
Beirut, Lebanon
Role: Attendee
- [06/03/2017] **'Serum concentration of polychlorinated biphenyls in a Lebanese population' lecture, BAU**
Beirut, Lebanon
Role: Attendee
- [29/09/2016] **'Nutrition and Food: Ongoing Journey for Better Health' Conference, AUB** Beirut, Lebanon
Role: Attendee
- [16/10/2016] **'Play it Healthy' Conference organized by Department of Medicine, BAU** Beirut, Lebanon
Role: Attendee
- [05/11/2016] **NUMED Day** Beirut, Lebanon
Role: Attendee
- [12/04/2016] **'Nutrition and Food Research' Conference, organized by School of Arts and Sciences, LAU**
Beirut, Lebanon
Role: Attendee
- [07/05/2015 – 09/05/2015] **47th Middle East Medical Assembly (MEMA), AUB** Beirut, Lebanon
Role: Attendee
- [01/05/2012] **Dietary Management of Metabolic Syndrome Conference, AUB** Beirut, Lebanon

Role: Attendee

WORKSHOPS

- [24/10/2025] **"Integrating a Multidisciplinary Team in Adapting CBT-OB for Intensive Levels of Care" Talk at the Frontiers in Healthcare from Technology to Patient Care Conference organized by BAU FHS in collaboration with New Mazloun Hospital**
Role: Speaker
- [06/09/2025] **'Enhancing Dietetic Practice with Nutrition Focused Physical Exam (NFPE): A Skills-Based Training for Dietitians' Workshop organized by LOD**
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 OUT-REACH

[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

[02/06/2026] **Doctor Online, Radio Lebanon FM 98.5-98.0 (host: Ikram Saab)**

Role: Guest

Topic: Secrets of healthy eating, weight loss, and common dietary mistakes

[22/01/2026] **Sabahkom Ward Radio Program, Radio Liban broadcast**

Role: Interviewee

Topic: New changes in the food pyramid

[05/11/2025] **Sabah Al Yawm Show (host: Lorca Sbeity), Al-Jadeed TV**

Role: Guest

Topic: Daycare best practices for infants and young children

[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**

[2021 – 2024] **Elected Board Member & Chief Person of Finance Committee, Lebanese Order of Dietitians**

[01/01/2014 – Current] **Examiner for Nutrition Colloquium Exam in the Ministry of Higher Education**

Role: Examiner

Prepared written examination questions and examined students as a member of the oral examination committee, for the years 2014, 2015, 2024, 2025, and 2026.

PUBLICATIONS

- [2026] [Vitamin D status and Helicobacter pylori infection: clinical associations and lipid pathway differences in an exploratory metabolomics sub-study](#)
Authors: Said El Shamieh, Mai Abdel Jabbar, Rajaa Fakhoury, Ahmad Aljada, Najwa Anouti, Dima Kreidieh, Dalia Hassan, Mohamad Ali Hijazi, Hana M. A. Fakhoury | **Journal Name:** Frontiers in Nutrition | **Volume, Issue and Pages:** 13, 1812874 | **Publisher:** Frontiers
- [2026] [Assessment of knowledge, attitude, and practices towards the usage of antidiabetic drugs for weight loss among Lebanese population](#)
Authors: Dima Kreidieh, Rouba Ballout, Rana Abutaima, Samer A. Kharroubi & Fatima A. Saleh | **Journal Name:** BMC Public Health | **Volume, Issue and Pages:** 26, 1658 | **Publisher:** BMC
- [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
- [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
- [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., & Kolčić, 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](#)
Authors: Itani, L., Calugi, S., Dalle Grave, R., Kreidieh, D., el Kassas, G., el Masri, D., Tannir, H., Harfoush, A., & el Ghoch, M. | **Journal Name:** Medical Sciences | **Volume, Issue and Pages:** 6, 1, 25
- [2018] [Reduced Lean Body Mass and Cardiometabolic Diseases in Adult Males with Overweight and Obesity: A Pilot Study](#)
Authors: Khazem, S., Itani, L., Kreidieh, D., el Masri, D., Tannir, H., Citarella, R., & el Ghoch, M. | **Journal Name:** International Journal of Environmental Research and Public Health | **Volume, Issue and Pages:** 15, 12, 2754
- [2018] [Long-term Lifestyle-modification Programs for Overweight and Obesity Management in the Arab States: Systematic Review and Meta-analysis](#)
Authors: Kreidieh, D., Itani, L., el Kassas, G., el Masri, D., Calugi, S., Grave, R. D., & el Ghoch, M. | **Journal Name:** Current Diabetes Reviews | **Volume, Issue and Pages:** 14, 6, 550-558
- [2018] [Association between Sarcopenic Obesity, Type 2 Diabetes, and Hypertension in Overweight and Obese Treatment-Seeking Adult Women](#)
Authors: Kreidieh, D., Itani, L., el Masri, D., Tannir, H., Citarella, R., & el Ghoch, M. | **Journal Name:** Journal of Cardiovascular Development and Disease | **Volume, Issue and Pages:** 5, 4, 51

RESEARCH METRICS

Citations: 940 (Google Scholar)

h-index: 17 (Google Scholar)

