

## Curriculum Vitae (Dr. Hani Hamad)



### Personal Data:

Name : Hani Jameel Mohammad Hamad  
Nationality : Jordanian.  
Status: : Married (Three kids)  
E-mail : hanihamad14@yahoo.com; diet\_4\_all@yahoo.com

---

### Academic Qualifications

- A) Degree : Doctor of Philosophy (PhD)**  
Field : **Community Nutrition**  
Year : 2011  
Name and Place of Institution: **Department of Nutrition and Dietetics**, Faculty of Medicine and Health Sciences, University of Putra, Malaysia (UPM), 43400, Serdang, Selangor, **Malaysia**  
Thesis title : "Household food insecurity, metabolic syndrome in women and nutritional status of children among urban Indians in Puchong, Selangor".
- B) Degree : Master of Science (M.Sc.)**  
Field : **Nutrition and Food Science / Nutritional Science**  
Year : 2003  
Name and Place of Institution: **Department of Nutrition and Food Science / Faculty of Agriculture**, University of Jordan, **Jordan**  
Thesis title : The effect of soaking and fermentation of wheat bran on blood lipids in Sprague-Dawley rats.
- C) Degree : Bachelor of Science (B.Sc.)**  
Field : **Agricultural Sciences / Nutrition and Food Technology**  
Year : 1998  
Name and Place of Institution: **Department of Nutrition and Food Technology**, Faculty of Agriculture, Jordan University of Science and Technology (J.U.S.T), **Jordan**
- 

### Professional Experience:

- July/2020 -till now : Associate Professor** at Department of Food Science and Nutrition / Faculty of Agriculture, Jerash University, Jerash, Jordan
- October/2012 – 2020: **Assistant Professor** at Department of Food Science and Nutrition / Faculty of Agriculture, Jerash University, Jerash, Jordan
- Feb/2012–June/2012: **Part-time Lecturer** at Department of Food Technology, TOLEDO University College, Al-Balqa Applied University Irbid, Jordan.
- Apr/2005 – Feb/2007: **Research Assistant** at Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, University of Putra, Malaysia, Malaysia.
- Dec/2003 -- Apr/2004: **Nutritionist**: six-month training as program organized by the Nutrition and Health Education Clinic and Department of Nutrition /Islamic Hospital, Amman, Jordan.
- Sep/2001--Sep/2002: **Graduate Research Assistant** at Department of Nutrition and Food Technology, Faculty of Agriculture, University of Jordan.
- Mar/1999 -- Dec/1999: **Production engineer and quality control manager** at Mafraq Food Industries Company (MAFICO), in training program organized by Agriculture Engineers Association (Jordan)
- 

### Taught courses:

1. Principles of Nutritional Science
2. Fundamentals of Food and Nutritional Science
3. Human Nutrition
4. Nutritional Status Assessment
5. Nutrition Education and Extension
6. Diet Therapy (1)
7. Diet Therapy (2)
8. Clinical Nutrition
9. Meal Planning
10. Field Training (Practical/Nutrition- 6 Credits)
11. Special Topics in Food and Nutrition
12. Nutrition Through Life cycle
13. Community Nutrition
14. Food in our Life
15. Introduction to Food Technology
16. Food Quality

### **Publications:**

1. “Mo’ez Al-Islam” Faris, **Hani J.Hamad**, Alaa Rabah, Maryam Kazi, Mariam Jahfar, Reem Alsardi, Samihah Ishaque, Haitham Jahrami, Reyad Rashid Obaid. (2020). Body Image Dissatisfaction, Food Addiction, and Depression are Associated with Body Fatness among University Students: Findings of a Cross-Sectional Study. (**Accepted**, **Asian Journal of Clinical Nutrition**)
2. **Hani J.Hamad** (2021). Trans Fatty Acids, Vitamin E and Cardiovascular Diseases: A Mini Review. ***Bulletin of Environment, Pharmacology and Life Sciences***, Volume 10 [11]
3. Ashraf O. Khashroom ,Shamaail A. Saewan , Saher S. George , **Hani J. Hamad** (2020). Environmental Pollution and its Effect on Quality of the Bottled and Non-bottled Drinking Water. ***Arab Journal for Food and Nutrition***, August; Vol.20;No.47.
4. Shamaail A. Saewan, Saher S. George, Ashraf O. Khashroom & **Hani J. Hamad** (2020). The Impact of Environmental Pollution and Industrial Processes on the Microbial Content and Residual Elements in Dried Fruits. ***Anbar Journal of Agricultural Sciences***, 18(2): 263–271.
5. Dua’a F. Al-Maghaireh, Mariam Mofleh Kawafha , Niven R. Basyouni , Ahmad Mahmoud Saleh & **Hani J. Hamad** (2020). Non-pharmacological coping skills for Labor: A comparative study. ***International Medical Journal***, 25(01)
6. Ahmad A. Obeidat, **Hani J. Hamad**, Bara'ah Mehdawi, Maysam Al-Sayyad, Seba Alaqqad, Raghad Al-Ajloni, Mustafa Shanaah and Ashraf M. Al-Khamaiseh (2019). Alarming High Prevalence of Overweight and Obesity among Adults in Jerash University: A Cross-Sectional study. ***Bull. Env. Pharmacol. Life Sci.***, 8(10):109-117
7. Mona S. Hashim , Asma A. Obaideen, Haitham A. Jahrami , Hadia Radwan , **Hani J. Hamad**, Alaa A. Owais, Lubna G. Alardah, Samir Qiblawi, Nabeel Al-Yateem and “Mo’ez Al-Islam” E. Faris(2019). Premenstrual Syndrome Is Associated with Dietary and Lifestyle Behaviors among University Students: A Cross-Sectional Study from Sharjah, UAE. ***Nutrients***, 11: 1939.
8. Ahmad A. Obeidat ,**Hani J. Hamad**, Shamaail A. Saewan , Ashraf O. Khashroom and Omar K Al-Boqai (2019). Iron Bioavailability, Deficiency and its Consequences in Infants and Children: State of the Art. ***Bull. Env. Pharmacol. Life Sci.*** 8(8):129-138.
9. **Hani J. Hamad** and Dua'aFayiz Al-Magaireh (2019). Validation of the Arabic Version of the Mini-Depression, Anxiety and Sleep Disturbance Questionnaires in Jordan. ***International Journal of Novel Research in Healthcare and Nursing***, 6(2): 808-817.
10. Ashraf O. Khashroom ,Shamaail A. Saewan , Saher S. George , **Hani J. Hamad**(2019) . Chemical and Microbial Environmental Contaminants in Fruits and Vegetables and their Effects on Health: A Mini

Review. (*IOSR Journal of Environmental Science, Toxicology and Food Technology (IOSR-JESTFT)* 13(4):70-76.

11. Maher M. Al-Dabbas , Asma A. Shaderma, Tawfiq M. Al-Antary, Hadeel A. Ghazzawi and **Hani J. Hamad**(2018). Effect of Ozonation on Cypermethrin and Chloropyrifos Pesticides Residues Degradation in Tomato Fruits. *Fresenius Environmental Bulletin*, 27(10):6628-6633.
12. Ahmad A. Gharaibeh, **Hani J. Hamad**, Basil H. Amarneh and Nizar. Alrabadi. (2017). Obesity and Related Factors among Jerash University Population. *Journal of Health, Medicine and Nursing*, Vol.35; 106-111.
13. **Hani J. Hamad** (2017). Prevalence of Obesity and Perceptions of Body Weight among University Students: Evidence from Jordan. *Journal of Health, Medicine and Nursing*, Vol.34; 37-39.
14. **Hani J. Hamad** (2017). Meeting Dietary Food Groups Serving's Requirements of Food Guide Pyramid among Jordanian University Students. *Journal of Medicine, Physiology and Biophysics*, Vol.29; 1-4.
15. **Hani J. Hamad** (2017).Dietary and Lifestyle Behaviors of the University Students Living Away from Their Home: A Cross-Sectional Study. *Research on Humanities and Social Sciences*, Vol.7, No.2; 28-32.
16. **Hani J. Hamad**, Diana Theeb Abu-Hassouneh, Mohammed O. Ibrahim and "Mo'ez Al-Islam" E. Faris. (2016). Prevalence of Obesity among Jordanian School-aged Adolescents in Greater Amman. *Journal of Health, Medicine and Nursing*, Vol.33; 91-96.
17. Maher Al-Dabbas, Mohammed Saleh, **Hani J. Hamad** and Waseem Hamadeh. (2016). Chlorophyll color retention in green pepper preserved in natural lemon juice. *Journal of Food Processing and Preservation*, Vol. 27, No. 10; 6628-6633. Wiley Periodicals, Inc.
18. **Hani J. Hamad**, Ahmad A. Gharaibeh, Motasem Al-Masad, Ahmad Q. Al-Momani ,Wasfy Hamad and Ashraf Khashroum (2016) Comparison Between the Effects of Different Sources of Dietary Fiber on Blood Lipid Profile in Rats. *Journal of Biology, Agriculture and Healthcare*, Vol.6, No.12;70-77.
19. Wasfy J. Hamad and **Hani J. Hamad**(2016). Metabolic syndrome (MS): definition, classification and potential associated factors. *International Journal of Health Sciences & Research (IJHSR)*, Vol.6, No.6;360-369.
20. **Hani J. Hamad**, Ashraf Khashroum and Bassam Aldeseit (2016). Nutritional and Health Outcomes of Household Food Insecurity (HFIS). *Journal of Biology, Agriculture and Healthcare*, Vol.6, No.4;147-157.
21. **Hani J. Hamad** and Ashraf Khashroum (2016). Household Food Insecurity (HFIS): Definitions, Measurements, Socio-Demographic and Economic Aspects. *Journal of Natural Sciences Research*, Vol.6, No.2;63-75.
22. Mohammed O. Ibrahim, Mousa N. Ahmad, **Hani J. Hamad** and Wasfy J. Hamad (2016). Effect of Birhi Variety of Date Palm Fruits, (*Phoenix dactylifera L.*) at the Tamr Stage on Serum Glucose Levels in Streptozotocin-Induced Diabetic Rats. *Journal of Agricultural Science*, Vol. 8, No. 1; 110-118.
23. **Hani J. Hamad**, Mysaa Ata, Wasfy J. Hamad and Hamed R. Tahruri (2015). Effect of Soaking and Fermentation of Wheat Bran on Weight Gain, Accumulative Food Intake and Food Efficiency Ratio in Rats. *Journal of Agricultural Science*, Vol. 7, No. 11; 200-207.
24. Mysaa Ata and **Hani J. Hamad** (2015). Relationship between Birth Weight and Body Growth of Awassi Lambs during Early Weaning. *Journal of Biology, Agriculture and Healthcare*, Vol.5, No.24; 95-99.
25. Wasfy J. Hamad, **Hani J. Hamad** and Mohammed O. Ibrahim (2015). "Alzheimer disease & genetics: A mini review". *International Journal of Current Research*, Vol.7, No.11; 23067-23073.
26. Hamed R. Tahruri and **Hani J. Hamad** (2005). The effect of different processing treatments of wheat bran on serum lipids and lipoproteins in Sprague-Dawley rat. *Arab Journal for Food and Nutrition*, 6(12), 6-16.

### **Editorial Board membership:**

- Global Journal of Public Health Medicine (GJPHM)
  - <https://www.gjphm.org/index.php/gjphm/about/editorialTeam>

### **Reviewing research papers:**

- Malaysian Journal of Nutrition, 2015
- Malaysian Journal of Nutrition, 2017
- JORDAN JOURNAL OF AGRICULTURAL SCIENCES, 2020

### **Conferences:**

- July 13-14, 2020 "Nutrition Research Virtual 2020" organized by International Nutrition Research Conference (Nutrition 2020) ; theme 'Highlighting Recent Advances and Techniques in Nutrition Research.' (Speaker)
- 25-28/11/2020 The Ninth International Medical Conference of the Jordanian Medical Association, Irbid, Jordan. "Trans Fatty Acids and Cardiovascular Diseases" (Speaker)
- 28-30/04/2019 Conference on Food Security and Sustainable Agriculture within Climate Change" Held at Faculty of Agriculture, Jerash University, Jerash, Jordan. (Speaker).
- 10-12/04/2019 "The First International Conference on Modern Nanotechnology and its Applications" Held at Jordan University of science and Technology (JUST), Jordan. (Jerash University representative).
- 24-26/04/2019 The Eighth International Medical Conference of the Jordanian Medical Association, Irbid, Jordan. "Effect of the Residual Microbial and Chemical Environmental Pollutants in Vegetables and Fruits on Health" (Speaker)
- 03/07/2018 "The Third International Conference on the Ethics of Scientific Research in Jordan" Held at Jordan University of science and Technology (JUST), Jordan. (Jerash University representative).
- 02/2018 "A workshop to draft the national food strategy to achieve "zero hunger" within the 2030 United Nations development goals" organized by The Jordanian Higher Committee for Sustainable Strategy Towards "Zero Hunger", Amman ,Jordan (Jerash University Committee).
- 22-24/03/2017 The Sixth International Medical Conference of the Jordanian Medical Association, Irbid, Jordan. Assessment of Healthy Dietary Behaviors of School Children and Adolescents in Rural Areas: A Nutritional Survey (Speaker)
- 24-26/06/2014 The first Agricultural Scientific Conference of the Faculty of Agriculture "Agricultural production in the Arab world between reality and ambition". Held at Faculty of Agriculture, Jerash University, Jerash, Jordan. (Speaker).
- 16-17/11/2011 Functional Foods Conference: Nutritional and Health Implications. Held at Faculty of Medicine and Health Sciences, University of Putra, Malaysia (UPM), Malaysia.(Poster Presentation).
- 24-25/03/2011 Nutrition Society of Malaysia (NSM)-26th Scientific Conference. Held at Crowne Plaza Mutiara Hotel, Kuala Lumpur, Malaysia.(Participant)
- 
- 

### **Workshops /Seminars/Training courses attended:**

- 19/10/2011 Seminar "**Recent Advances in Maternal and Child Nutrition Seminar**". Organized by Department of Nutrition and Dietetics, University of Putra, Malaysia (UPM) and Mead-Johnson Nutrition. Held at Faculty of Medicine and Health Sciences, UPM, Malaysia.

- 9-10/08/2011 Workshop “**Exploring Advanced Statistics Using SPSS**”. Organized by School of Graduate Studies, University of Putra, Malaysia (UPM), Malaysia. Held at Faculty of Veterinary Medicine, UPM, Malaysia.
- 9-10/08/2011 Workshop “**Intermediate Statistical Analysis Using SPSS**”. Organized by School of Graduate Studies, University of Putra, Malaysia (UPM), Malaysia. Held at Faculty of Veterinary Medicine, UPM, Malaysia.
- 11–12/07/2011 Workshop "Issues in Postgraduate Research (with emphasis on **SPSS in Biological Sciences): Basic**" Organized by School of Graduate Studies, University of Putra, Malaysia (UPM), Malaysia. Held at Faculty of Veterinary Medicine, UPM, Malaysia.
- 27–28/07/2011 Workshop "Issues in Postgraduate Research (with emphasis on **SPSS in Biological Sciences): Intermediate** " Organized by School of Graduate Studies, University of Putra, Malaysia (UPM), Malaysia. Held at Faculty of Veterinary Medicine, UPM, Malaysia.
- 19/07/2011 Seminar “**Research Methods for Community Studies, Social and Health Sciences Seminar**”. Organized by School of Graduate Studies, University of Putra, Malaysia (UPM), Malaysia. Held at Faculty of Medicine and Health Sciences, UPM, Malaysia.
- 6-7/07/2011 Workshop“**Technique and Skill Improvement in Using the ‘Integrated’ SAS and Excel Packages in Data Handling, Statistical Analysis, and the Analysis Output and Presentation workshop**”. Organized by School of Graduate Studies, University of Putra, Malaysia (UPM), Malaysia. Held at Faculty of Medicine and Health Sciences, UPM, Malaysia.
- 8-10/12/2010 Workshop “**SPSS for Biological Sciences Workshop**”. Organized by School of Graduate Studies, University of Putra, Malaysia (UPM), Malaysia. Held at Faculty of Medicine and Health Sciences, UPM, Malaysia.
- 10/11/2009 Seminar “**Updates on Child Nutrition and Health**”. Organized by University of Putra, Malaysia (UPM) and Mead-Johnson Nutrition. Held at Faculty of Medicine and Health Sciences, UPM, Malaysia.
- 18-19/04/2006 Workshop “**Statistical Analysis Using SPSS**”. Organized by **SPSS BI (Malaysia) SDN. BHD Company**. Held at University of Putra, Malaysia (UPM), Malaysia. (**Coordinator**)
- 25 /03/2006 Workshop “**SPSS Data Entering and Analysis**”. Organized by University of Putra International Student Association (UPMISA). Held at University of Putra, Malaysia (UPM), Malaysia (**Coordinator**)

---



---

### **Languages:**

<u>Language</u>	<u>Reading</u>	<u>Writing</u>	<u>Conversation</u>
Arabic (Native)	Excellent	Excellent	Excellent
English	Excellent	Excellent	Excellent

---



---

### **Research interests:**

- Obesity and cardiovascular diseases
- Community Nutrition/ Household Food security
- Environment and its effects on health
- Food processing and health
- Health benefits of dietary fibers

### **Membership:**

- Agricultural Engineers Association, Jordan, since 27/7/1998.
- Nutrition Society of Malaysia (NSM), Malaysia since 1/1/2005

---



---

### **References:** Upon request