

## Curriculum Vitae (Dr. Hani Hamad)



### Personal Data:

Name : Hani Jameel Mohammad Hamad  
Date and Place of Birth: 4<sup>th</sup> November, 1976 / Jordan.  
Nationality : Jordanian.  
Status: : Married (Three kids)  
Address : Irbid, Jordan.  
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:

**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.

**Publications:**

1. Mona M. Hashim, Afrah A. Sulaiman, Eman E. Al Sharafi, Kawthar A. Agha, Liqaa A. Alaa, Ne'ma M. Awad, **Hani J. Hamad**, Haitham A Jahrami, "Mo'ez Al-Islam" E. Faris (2020). College students' knowledge, beliefs, and attitudes regarding the role of dietary and lifestyle behaviors in cancer prevention: Across-sectional study from Sharjah/UAE. (Draft, submitted to *The North African Journal of Food and Nutrition Research*)
2. Dua'a F. Al-Maghaireh, **Hani J. Hamad**, Mariam M. Al-Kawafha, Wasfy J. Hamad (2020). Effects of Nursing Interventions on Awareness of Obese School Children and their Parents about Obesity. (submitted to, *Malaysian Journal of Nutrition*).
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. "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*)
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'a Fayiz Al-Maghaireh (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 Chlorpyrifos 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. Takruri (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. Takruri 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:**

- 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**)
- 24-26/06/2014The 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**).
- 24-25/03/2011Nutrition Society of Malaysia (NSM)-26thScientific Conference. Held at CrownePlazaMutiara 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. (Attendant)
- 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. (Attendant)
- 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. (Attendant)

- 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. (Attendant)
- 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. (Attendant)
- 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. (Attendant)
- 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. (Attendant)
- 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. (Attendant)
- 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. (Attendant)
- 3-24/08/2008 Training course "**Nutrition Analysis and Fitness software**" Held at the Agricultural Engineers Association, Amman, Jordan. (Attendant)
- 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)
- 2003 Seminar "**Importance of Wheat Flour Fortification with Iron**". Organized by Ministry of Health, Division of Nutrition, Amman, Jordan. (Attendant, Representative of Agricultural Engineers Association)
- 2001 Seminar "**Nutrition of Pregnant and Lactating Women**". Organized by/and held at the Agricultural Engineers Association, Amman, Jordan. (Participant)
- 15/08/2000 Training course "**Principles and Awareness of Hazard Analysis and Critical Control Point (HACCP) system**". Organized by/and held at the Agricultural Engineers Association, Amman, Jordan. (Participant)
- 22-23/11/1999 Training course "**ISO 9000**", organized by the Agricultural Engineers Association in Co-operation with SGS International Certification Services Co. Held at the Agricultural Engineers Association, Amman, Jordan. (Participant)
- 1998 Seminar "**Nutritionist proficiency in Jordanian Hospitals: Present and Future**". Organized by Jordan University of Science and Technology Student Association and held at Jordan University of Science and Technology, Irbid, Jordan. (Organizer)

---



---

### **Extra Training / Education:**

- 09-10/07/2011 Workshop "**Webpage Development using AppServ (including Apache, MySQL, PHP and phpMyAdmin) and Joomla templates**". Organized by The University of Putra

African Muslim Students' Forum (UPM-AFRIM), Malaysia. Held at Faculty of Engineering, UPM, Malaysia. (Participant)

11/03/2011 Seminar "**Research Proposal Writing for Social Sciences Seminar**". Organized by School of Graduate Studies, University of Putra, Malaysia (UPM), Malaysia. Held at Faculty of Medicine and Health Sciences, UPM, Malaysia. (Participant)

27-28/02/2010 Workshop "**The VIVA Workshop**". Organized by School of Graduate Studies, University of Putra, Malaysia (UPM), Malaysia. Held at Faculty of Modern Languages and Communication, UPM, Malaysia. (Participant)

29/10/2005 Workshop "**Publishing for Postgraduates**". Organized by/and held at School of Graduate Studies, University of Putra, Malaysia (UPM), Malaysia. (Participant)

29/10/2005 Workshop "**Writing Good Thesis**". Organized by School of Graduate Studies, University of Putra, Malaysia (UPM), Malaysia. Held at Faculty of Medicine and Health Sciences, UPM, Malaysia. (Participant)

14/10-15/11/2000 Comprehensive training course "**Computer skills (Windows, MS. Word, MS. PowerPoint, MS. Excel and Internet)**". Organized by/and held at the Specialized Scientific Academy, Irbid, Jordan. (Participant)

---

---

### **Languages:**

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

---

---

### **Research interests:**

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

### **Membership:**

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

---

---

### **Hobbies:**

- Reading books in psychology, human resource management, literature, and Islamics.
- Martial arts sport.

---

---

### **References:**

Upon request