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EDUCATION:

Ph.D. in Experimental Nutrition, 2000- 2002.

Graduate School, Department of Nutritional Sciences
Howard University, Washington DC. USA.
Cumulative G.P.A. 3.95/4.00.

M.Sc. in Experimental Nutrition 1998- 2000.

Graduate School, Department of Nutritional Sciences
Howard University, Washington DC. USA.
Cumulative G.P.A. 3.95/4.00.

**B.Sc. in Clinical Nutrition,
1986- 1991.**

College of Applied Medical Science
King Saud University, Riyadh, Saudi Arabia.

Internship in Clinical Nutrition, 1991-1992

Riyadh, Saudi Arabia at:

- King Fahad National Guard Hospital
- King AbdulAziz University Hospital
- King Khalid University Hospital (KKUH)

Worked as a dietitian intern. Dietary planning, assessment, and medical nutrition therapy. Educating patients and their families to the proper food portions and diet restrictions.



**RELATED
EXPERIENCE:**

Associate Professor, 2012-Present

Department of Nutrition and Food Technology
Faculty of Agriculture
University of Jordan, Amman, Jordan.

Assistant Professor, 2003-2012

Department of Nutrition and Food Technology
Faculty of Agriculture
University of Jordan, Amman, Jordan.

Research Assistant, Feb-Aug 1992

Worked with Mr. Mansour M. AL-Shwaish (Nutrition Director, King Abdul Aziz University Hospital) in the making and completion of his thesis for his Master's degree regarding the Evaluation of Dietary Management of Diabetics attending King Khalid University Hospital (KKUH) outpatient clinic.

Research assistant, 1990-1991

Riyadh, Saudi Arabia.

Worked with Dr. Ibrahim A. Bani (Assistant Professor/ Clinical Nutrition) in a research entitled "Nutritional Assessment of Hospitalized Patients", King Khalid University Hospital, Riyadh, Saudi Arabia.



WORKSHOPS AND CONFERENCES

Activity
Practical workshop entitled “ Career Guidance for Bachelor students ”, Department of Nutrition and Food Technology, Faculty of Agriculture. 18/12/2020 (Online-Zoom).
Practical workshop entitled “ Academic Counseling for Bachelor students ”, Department of Nutrition and Food Technology, Faculty of Agriculture. 25/12/2020 (Online-Zoom).
Participated in “National technical partnership meeting “Total dietary studies”, JFDA in collaboration with WHO and others; 10/2/ 2020. WHO - Jordan Country Office – Amman – Venue 4, Jordan.
Invited Speaker on “Trans Fatty Acids and its relation to obesity and chronic diseases in Jordan”, Heritage & Traditional Foods Conference II, 15-16 April, 2020.
Participated in obesity counseling in the “ Health Awareness day ” at Hamdi Mango Center for scientific Research, 21/11/2019; Amman, Jordan.
Participated in obesity and nutrition counseling in the “Health Awareness day” at Universal Civilizations Academy, 29/9/2019; Amman, Jordan.
Invited Speaker on “Trans Fatty Acids and its relation to cardiovascular diseases in Jordan”, Heritage & Traditional Foods Conference I, 15-16 January, 2019. Al Hussein Cultural Center, Amman, Jordan.
Research Conference Paper: Assessment of knowledge and behaviors regarding trans fatty acids among students at the University of Jordan. 1st Euro-Mediterranean Conference For Environmental Integration: Environmental Health Sciences (Natural & Social Impacts on Human Health) (ID901), 22-25 November, 2017, Sousse, Tunisia. Springer Nature.
Invited Speaker, Workshop on " Dietary Trans fatty acids and its impact on health", October 16th , 2016. The National Society for Consumer Protection, Amman, Jordan.
Invited Speaker, Seventh Graduate Studies Research Conference, 14th November 2015. Middle East University, Amman, Jordan.
Seminar on “ Health Implications of trans fat and Acrylamide intake ” in The Healthy Day Event, held in The Universal Civilizations Academy- Amman, Jordan. October 8th, 2015.
Seminar on “ Healthy Balanced Nutrition ” for Orphans and Children of unknown Parentage in “The Training and rehabilitation Day”, held in Princess Taghrid Institute, Amman, Jordan. August , 2013
Invited Speaker, a Scientific Seminar on " GI Disorders and Infantile Colic " for Nurses, held in Intercontinental Hotel, Amman, Jordan. Supported by Nestlé Jordan Trading Company. April 13th, 2013.
Invited Speaker, a Scientific Seminar on " GI Disorders and Infantile Colic " for Nurses held in Irbid, Jordan. Supported by Nestlé Jordan Trading Company. April 21st, 2013.



Participated in a Workshop on “Goal and Self Empowering Session” ' Goal Setting Breakthrough Success ' given by Mrs. Abeer Kabariti Bilbeisi, a Health and Wellness Coach for Women, held in Princess Taghrid Institute, Amman, Jordan. August 28th, 2013.
Invited speaker, “Updates in Nutritional Management of Diabetics and elderly Conference” . (Abstract). Faculty of Agriculture, University of Jordan, 23-24 November, 2011.
The Second Graduate Studies Research Conference, Deanship of Academic Research, The University of Jordan, Jordan; 27-29 November, 2009.
Workshop on "Vitamin B₁₂ Deficiency" held in Jordan Environment Society/Nutrition Unit. June 27-28, 2007.
Workshop on Recent Advances in Clinical Nutrition: Enteral and Parenteral Nutrition for Nutritionists of the University of Jordan Hospital. June 19th, 2008.
Teaching a course on "Nutritional Assessment" for Diploma students in Jordan Center for Endocrinology and Diabetes. Summer session, 2005.

SUPERVISION OF GRADUATE STUDENTS:

Thesis/Dissertation	Student Name
Study on the Physiochemical, Microbiological and Health Quality of some Jordanian Fast Foods	Zahra Daily 2021
The effect of intermittent fasting diet as an alternative to calorie-restricted diet on dopamine and serotonin levels and weight management in individuals with obesity and co-morbid binge eating disorder and food addiction.	Zainab Zueter 2020
Eating Disorders in a group of Young Females with Type 1 Diabetes Mellitus aged 10-24 Years in Amman, Jordan.	Bisan Saqer 2020
Evaluation of Healthy Eating Index and Insulin like Growth Factor -1 Level as Predictors of Polycystic Ovary Syndrome in a Selected Sample of Jordanian Women.	Sara Doghmosh 2020
Evaluation of binge eating disorder and stress as predictors of weight status and insulin resistance in a selected sample of female students at Jordan University in Amman, Jordan.	Nashwa Mallouk 2019
Evaluating the association between dietary intakes of energy, nutrients, antioxidants and obesity in a sample of young adult college students at the University of Jordan, Amman.	Alaa Al Asha 2019



Studying the Effect of Dietary Advanced Glycation End Products on Type II Diabetes and Related Complications Risk	Amenah Alhajri 2018
Associations among high protein intake, vitamin B6, vitamin B12, folate, homocysteine levels and oxidative stress in a selected sample of Jordanian bodybuilders.	Nadine Amarah 2017
Assessment of knowledge and behaviors regarding trans fatty acids among students at The University of Jordan.	Abdul-hakeem Rahmi 2016
Evaluation of zinc and homocystiene status in pregnant women and their associations with preeclampsia in Jordan.	Nawal Al Sakarneh 2015
Associations among Serum and Dietary Intake of Trans Fatty Acids, Insulin Resistance and Adiposity in a Selected Sample of Jordanian School Children in Al-Karak, Jordan.	Tasneem Al-Jarajra 2015
Evaluation of Dietary Acrylamide Intake and its Association with Complete Blood Count and Oxidative Stress among a Group of Jordanian School Children Aged 6-10 Years in Amman.	Ahlam Abdullah 2015
Evaluation of Vitamin D status and the risk of obesity among a group of non-pregnant Jordanian women of reproductive age.	Aseel Dowaik 2015
A study of the associations among eating behavior attitudes and behavioral disturbances, vitamin D status, immunity (serum Interleukin-6 levels), and skeletal muscle strength in a selected adolescent female soccer players in Amman.	Mohamed Omar 2014
The relationship between neuropeptide Y, food intake and quality of life, and its role in risk of anorexia-cachexia syndrome in a selected sample of cancer patients in Amman.	Isra Al-Sfarif 2014
The influence of body fat mass, lifestyle, and stress on free testosterone concentration in a group of Jordanian females early diagnosed with polycystic ovaries syndrome .	Kinda Habib 2013
Evaluation of the associations among the nutritional status of some B vitamins, cognitive function, homocysteine levels and metformin use in a	Sara Obaid



selected sample of older subjects with type 2 diabetes mellitus in Amman/Jordan.	2015
The evaluation of the nutritional status of omega-3 and omega-6 fatty acids, certain proinflammatory biomarkers, and cognitive function in a selected group of institutionalized older people in Amman/Jordan.	Serin Al-Saleh 2014

Member of Scientific Advisory Committees:

Member of the “Total dietary studies” (TDS) Advisory Committee, JFDA.

Member of the General Assembly Committee at the University of Jordan 2019/2020.

Human Nutrition and Dietetics Training Program Director at the University of Jordan.

Member of scientific and organizing committee of Heritage & Traditional Foods Conference II, Amman, Jordan.

Member of the accreditation of postgraduate nutrition programs committee, Higher Education Accreditation Commission (HEAC), Amman, Jordan.

Member of the Technical Committee for Dietary Supplements, Jordanian Food and Drug Administration (JFDA).

Member of Jordan Obesity and Metabolomics Study Group (JOMSG), Hamdi Mango Center for Scientific Research (HMCSR), The University of Jordan, Amman, Jordan.

RESEARCH INTEREST

Much of my work was focused in the field of Clinical Nutrition, and more specifically Homocysteine and B-Vitamins Status and their associations with cardiovascular diseases, Diabetes and cognitive function. Other interests lie in different subjects in Clinical Nutrition, as well as Nutritional Epidemiology and Nutrition and Exercise. Part of my work has been in identifying the prevalence and risk factors of eating and body image disturbances among adolescent girls and athletes in Jordan. I am currently working on analyzing Trans fatty acids and Acrylamide contents of locally produced foods in Jordan and exploring the association of their dietary and serum levels to chronic diseases among children and adults.



PUBLICATIONS

Nawal A. Al- Sakarneh and **Rima H. Mashal**. (2021) Association between Zinc and Homocysteine Status in Pregnant Women with Preeclampsia in Jordan. *Prev. Nutr. Food Sci.* 2021; 26 (1):21-29. ISSN 2287-8602

Ayed Amr, **Rima Mashal** and Bashayer Al-Enezi. (2020) Assessment of celiac disease knowledge among Kuwaiti nutritionists. *International Journal of Celiac Disease.* 2020, 8 (4), 136-142. DOI: 10.12691/ijcd-8-4-6

Amenah Alhajri, **Rima Mashal**, and Salma Tukan. (2018) Studying the Effect of dietary advanced glycation end products on type II diabetes and related complications risk *International Journal of Applied and Natural Sciences (IJANS)* ISSN(P): 2319-4014; ISSN(E): 2319-4022 Vol. 7, Issue 4; 55-66.

Madi Tawfiq Abed Elwaly Al-Jag, Abdelhakeem Rahmi Abu Arrah, **Rima Mashal** (2017) Assessment of knowledge and behaviors regarding trans fatty acids among students at the University of Jordan. 1st Euro-Mediterranean Conference For Environmental Integration: Environmental Health Sciences (Natural & Social Impacts on Human Health) (ID901), 22-25 November, 2017, Sousse, Tunisia. Springer Nature.

Karam S. Majdalani, Hayder A. Al-Domi, **Rima H. Mashal**. (2016) The Association between Certain Proinflammatory Biomarkers and Body Composition in a Group of Overweight Students at the University of Jordan. *Jordan Journal of Agricultural Sciences*, Vol.12 Issue 4, pp.1241-1254.

Rima H. Mashal and Kinda Habib (2015) The influence of body fat mass on free testosterone concentration in a group of Jordanian females early diagnosed with polycystic ovaries syndrome . Seventh Graduate Studies Research Conference, 14th November. Middle East University, Amman, Jordan.

Rima H. Mashal. (2013) Hyperhomocysteinemia, Lifestyle Factors and Cognitive Impairment in Healthy Older Subjects in Jordan. *Pakistan Journal of Nutrition*, 12 (1): 71-79.

Rima H. Mashal, Ayman Oudeh, Khalid M. Al-Ismail, Khaled A. Abu-Hammour and Hayder A. Al-Domi. (2012) Association of Dietary Intake of Trans Fatty Acids and Coronary Heart Disease Risk in Jordanian Subjects. *Pakistan Journal of Nutrition* 11 (5): 423-433, 2012 ISSN 1680-5194.

R. Mashal, K. Al-Ismail, H. Al-Domi, T. Al-Mousa. (2012). Variability in Trans Fatty Acid Content of Selected Local and Imported Foods in Jordan. *La Rivista Italiana Delle Sostanze Grasse*. September 2012, pages 193-200.



Rima H. Mashal. (2011) Homocysteine, B Vitamins, Lifestyle and Cognitive Function in the Elderly (Abstract). “Updates in Nutritional Management of Diabetics and elderly Conference”. Faculty of Agriculture, University of Jordan.

Hayder Al-Domi, Hiba Al-Rawajfeh, Fatima Aboyoucif, Safa Yaghi1, **Rima Mashal**, Jumana Fakhoury (2011). Determining and Addressing Food Plate Waste in a Group of Students at the University of Jordan. *Pakistan Journal of Nutrition* 10 (9): 871-878.

Tamara Mousa, **Rima Mashal**, Hayder Al-Domi (2011). Eating and body image disturbances among adolescent girls in Jordan. Risk factors of eating and body image disturbances. LAP LAMBERT Academic Publishing; Germany. ISBN: 978-3-8443-1387-1.

Mousa, T.Y., Al-Domi, A. H. and **Mashal, R.H.**, Jibril, M. A. (2009). Eating Disturbances among Adolescent Schoolgirls in Jordan. *Appetite*. Vol 54 (1): 196-201, 2010. doi:10.1016/j.appet.2009.10.008. 2009.

Mousa, T. Y, **Mashal, R. H.**, Al-Domi, H. A., Jibril, M. A. (2009). Body Image Disturbances among Adolescent Schoolgirls in Jordan. *Body Image*. Vol 7(1): 46-50, 2010. doi:10.1016/j.bodyim.2009.10.002. 2009

Mousa T Y., Al-Domi H. A. and **Mashal, R. H.** Eating Disturbances among Adolescents: A review. *Dirasat, Agricultural Sciences*. Vol 36(2): 109-121, 2009.

Mousa, T., Al-Domi, H. and **Mashal, R.** (2009). Eating and Body Image Disturbances among Adolescent Schoolgirls in Jordan. (Abstract). Second Graduate Studies Research Conference, 27-29 October. Amman, Jordan.

Mousa, T., Al-Domi, H. and **Mashal, R.** (2009). Eating Attitude and Behavior Disturbances of Selected Adolescent Schoolgirls in Amman, Jordan. (Poster). Nineteenth International Congress of Nutrition (ICN 2009), 4-9 October. Bangkok, Thailand.

Rima Mashal and Ayman Odeh. Plasma Homocysteine Levels and Coronary Heart Disease Risk in Jordanian Subjects. *JRMS* June 2004; 11(1): 7-16.

Rima Mashal. Plasma Homocysteine and Coronary Heart Disease in Jordan. Poster session. Graduate Research Symposium 2001, Howard University, Washington DC.

COURSES TAUGHT

- Scientific Research Methodology (Undergraduate & Graduate Level)
- Assessment of Nutritional Status (Undergraduate & Graduate Level)
- Introduction to Dietetics
- Diet Therapy I



- Diet Therapy II
- Nutrition and Diseases of Affluence
- Applied Nutrition for Nursing
- Nutrition for Athletes
- Nutrition and Exercise (Graduate Level)
- Vitamins in Nutrition (Graduate Level)
- Nutritional Epidemiology (Graduate Level)
- Nutrition and Immunity (Graduate Level)
- Seminar in Nutrition
- Field Training in Dietetics
- Training in Therapeutic Nutrition

COMPUTER SKILLS:

Microsoft Office (Word, Excel and PowerPoint)
Food Processor Nutrition Analysis Software (*esha*)
SPSS Graduate Statistical Package.

AWARDS & HONORARY SOCIETIES:

Recipient of Academic honors award “*Summa Cum Laude*” for Graduate Seniors. June 2002. **Howard University, Washington, D.C.**

Recipient of **Highest Academic Achievement Award** for Graduate Program in Nutritional Sciences, May 10, 2001. **Howard University, Washington, D.C.**

Who is Publishing in My Domain (WiPiMD) and Research Gate:

30 citations and 600 reads: Mousa T, Al-Domi H, Mashal R, Jibril M. Eating Disturbances among Adolescent Schoolgirls in Jordan. *Appetite*. 54. 196-201, 2010.



40 citations and 400 reads: Mousa T, Mashal R, Al-Domi H, Jibril M. Body Image Dissatisfaction among Adolescent Schoolgirls in Jordan. *Body Image: An International Journal of Research*. 7. 46-50, 2010.

100 reads: Mousa T, Al-Domi H, Mashal R. Eating Disturbances in Adolescent Girls: A Review. *Dirasat*. 36. 109-121, 2009.