

CURRICULUM VITA

Tamara Y. Mousa

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Education

<u>Dates</u>	<u>Degree</u>	<u>Institution</u>	<u>Major</u>
May 2017	PhD	The University of Texas at Austin	Nutritional Sciences
February 2009	MSc	The University of Jordan	Nutrition and Food Technology
June 2005	BSc	The University of Jordan	Nutrition and Food Technology
June 2001	Elementary and High School	Sisters of Nazareth School	Tawjihi - Scientific branch

Research and Professional Experience

The University of Jordan, Amman

Department of Nutrition and Food Technology
Assistant Professor of Nutrition, 9/9/18-Present

The University of Texas at Austin, Texas

Department of Nutritional Sciences
Teaching Assistant of Nutritional Sciences, 17/1/12-20/12/16

The University of Jordan, Amman

Department of Nutrition and Food Technology
Research Assistant with Dr. Rima Mashal, 1/7/09-30/4/11

The University of Jordan, Amman

Department of Nutrition and Food Technology
Teaching Assistant of Nutritional Sciences, 7/2/06-20/1/07

Professional and Public Service

EDITORIAL BOARD: International Journal of Food and Nutritional Disorders
Journal of Nutrition and Food Science Forecast

REVIEWER: Abstracts of the **Annual Nutrition Science Meeting** 2021 Live
Online (June 7-10)
Social Sciences & Humanities Open
Ecology of Food and Nutrition
Journal of Nutrition and Health Sciences (Annex Publishers)
Abstracts of the **Food and Nutrition** program for the APHA's 2019
Annual Meeting and Expo (Nov. 2 - Nov. 6)
Journal of the American College of Nutrition
Journal of Human Nutrition and Dietetics
Journal of Human Ecology
Body Image: An International Journal of Research
Eating and Weight Disorders
Human Ecology: An Interdisciplinary Journal
Health Education and Behavior
Public Health Reports
Journal of Obesity and Overweight
Oman Medical Journal

MEMBER OF: *Social Media Outreach - NEBS Executive Committee*, Dec 2020.
American Society of Nutrition. April, 2016
Nutrition Graduate Student Association (*NGSA*) officer, August 2015
- May 2016.
Obesity Society, Sep 2012.

Portfolio in Applied Statistical Modeling: Factor Structure of scores on an Arabic
Version of the Eating Attitude Test. Spring
2014. Research Advisor: Susan N. Beretvas

Youth Health Promotion Clinic: January - December, 2019

A health promotion program to educate the students of the University of Jordan about nutrition, physical activity, obesity and chronic diseases, anemia, and reproductive health.

OTHER: Assisted in writing a grant for the National Institute of Health (*NIH*).

Supervision of undergraduate students who assisted in conducting the doctoral research by recruiting subjects, and collecting as well as entering data into *Food Processor*, *FoodWorks*, *ChooseMyPlate*, *Excel* and *SPSS* programs.

VOLUNTEER WORK: Lectures about nutrition awareness at a public school and community union in Amman, Sep 2018 - Dec 2019.

Assistant at the Sustainable Food Center. Mar - May 2015.

Sorting food donations at Capital Area Food Bank of Texas, Sept - Nov 2014.

Certificates

Information Advice and Guidance, January 2019

Training of Trainers, January 2019

Structural Equation Modeling, May 2014

Power Analysis, May 2012

Awards and Honorary Societies

The University of Jordan Award for Publishing, 2010.

The Tyrrell E. Flawn Graduate Scholarship in Nutrition for 2014-2015 for academic achievement. The University of Texas at Austin.

Dr. John B. Longenecker Graduate Fellowship for 2015-2016 for academic achievement. The University of Texas at Austin.

Nominated for the *Emerging Leader in Nutrition Science Poster Competition* at the Experimental Biology Conference 2016 in San Diego, Ca.

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.

Research Interests

Nutritional status; diet quality; food rescue nutrition; food security; health status of the low-income and adolescents; eating attitudes and behaviors; eating disorders; social media and eating behaviors.

Current Project

Food Security, Psychological Wellbeing, and Nutrition Knowledge among University Students.

Publications and Contributions

Articles in Process

Home Environment, Socio-cultural Characteristics, and Nutrition Knowledge of Users of a Soup Kitchen and Food Pantry. *Jordan Journal of Agricultural Sciences*. In review.

Articles in Refereed Journals

Food Security, Food Waste, and Food Rescue and Redistribution in the Arab World: A Systematic Review. *Jordan Journal of Agricultural Sciences*. Accepted

Mousa T. Food Security, Food Waste, and Food Donation and Redistribution in Jordan. *Austin Journal of Nutrition and Food Sciences*. 8, 1145-1149, 2020

Mousa T, Mousa O. Nicotinic Acid Deficiency (Pellagra). StatPearls Publishing LLC, May 2020.

Mousa T, Freeland-Graves J. Food Security of Food Recipients of a Food Pantry and Soup Kitchen. *Public Health Nutrition*. 22. 1451-1460, 2019.

Mousa T, Freeland-Graves J. Impact of Food Pantry Donations on Diet of a Low-income Population. *International Journal of Food Sciences and Nutrition*. 70. 78-87, 2019.

Mousa T, Freeland-Graves J. Diet Quality of Clients of a Soup Kitchen. *International Journal of Advanced Nutritional and Health Science*. 6. 266-277, 2018.

Mousa T, Freeland-Graves J. Organizations of Redistribution and Rescue. *Public Health*. 152. 117-122, 2017.

Mousa T, Freeland-Graves J. Motivations for Volunteers in Food Rescue Nutrition. *Public Health*. 149. 113-119, 2017.

Mousa T, Beretvas S. Factor Structure of an Arabic Version of the Eating Attitude Test. *J Hum Nutr Food Sc*. 4. 1084-1092, 2016.

Freeland-Graves J, Mousa T, and Kim S. International Variability in Diet and Requirements of Manganese: Causes and Consequences. *J Trace Elem Med Biol.* 38. 24-32, 2016.

Freeland-Graves J, Lee J, Mousa T, Elizondo J. Patients at Risk for Trace Element Deficiencies: Bariatric Surgery. *J Trace Elem Med Biol.* 28. 495-503, 2014.

Mashal R, Al-Ismael K, Al-Domi H, Al-Mousa T. Variability in trans Fatty Acid Content of Selected Local and Imported Foods in Jordan. *La Rivista Italiana Delle Sostanze Grasse.* 89. 193-200, 2013.

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

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.

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

Abstracts

Freeland-Graves J, Mousa T. Nutrient Status of Clients of a Soup Kitchen. *FASEB J.* April 2017. 31:791.23.

Mousa T, Freeland-Graves J. Food Security: Motivations of Volunteers in Food Rescue Nutrition. *FASEB J.* April 2016. 30:899.5.

Book (Monograph)

Mousa T, Mashal R, Al-Domi H. *Eating and body image disturbances among adolescent girls in Jordan.* Lambert Academic Publishing, Saarbrücken, Germany. 1-100, 2011.

Book Chapters

Mousa T. Food Rescue in Developed Countries, In: *Encyclopedia of Food Security and Sustainability*; Ferranti P and Berry E, Anderson J (Eds); Elsevier, London; vol. 1; 521-529. 2019.

Freeland-Graves J, Mousa T, Sanjeevi N. Nutritional Requirements for Manganese, In: *Manganese in Health and Disease*; Aschner M and Costa L (Eds); Royal Society of Chemistry Publishing, London; 34-75. 2015.

Mousa T. Risk Factors of Eating Disorders in Females, In: *Eating Disorders: Causes, Diagnosis and Treatments*; Shapiro C (Eds); Nova Science Publishing, NY; 141-154. 2012.

Mousa T, Mashal R. Negative Body Image Perception and Associated Attitudes in Females, In: *Body Image: Perceptions, Interpretations and Attitudes*; Greene S (Eds); Nova Science Publishing, NY; 255-262. 2011.

Conference Presentations

Mousa T. The Relationship between Eating Habits and Food Security in Jordan (العادات الغذائية وتأثيرها على الأمن الغذائي في الأردن). *The Arabic Conference for Traditional Foods* (المؤتمر العربي للأغذية التراثية والتقليدية). 15-16 January, 2019. Amman, Jordan.

Freeland-Graves J, Mousa T, Kim S. International Variability in Diet and Requirements of Manganese: Causes and Consequences. *10th International Society for Trace Element Research in Humans (ISTERH)*, 18-22 October, 2015. Dubrovnik, Croatia.

Freeland-Graves J, Lee J, Mousa T, Elizondo J. Patients at Risk for Trace Element Deficiencies: Bariatric Surgery. *10th International Society for Trace Element Research in Humans (ISTERH)*, 18-22 November, 2013. Tokyo, Japan.

Mousa T, Al-Domi H, Mashal R. *Eating and body image disturbances among adolescent schoolgirls in Jordan*. (Abstract). *2nd Graduate Studies Research Conference*, 27-29 October, 2009. Amman, Jordan.

Conference Posters

Freeland-Graves J, Mousa T, Nutrient Status of Clients of a Soup Kitchen. *Experimental Biology Conference*, 21-25 April, 2017. Boston, USA

Mousa T, Freeland-Graves J, *Food Security: Motivations of Volunteers in Food Rescue Nutrition*. *Experimental Biology Conference*, 2-6 April, 2016. San Diego, USA.

Mousa T, Al-Domi H, Mashal R, *Eating Attitude and Behavior Disturbances of Selected Adolescent Schoolgirls in Amman, Jordan*. *19th International Congress of Nutrition (2009)*, 4-9 October, 2009. Bangkok, Thailand.

Conference Attendance

Obesity 2012, *30th Annual Scientific Meeting*, San Antonio, Texas, 20-24 September, 2012.

Training/Internship

Applied Nutrition. Marriott Hotel and Specialty Hospital, Amman, Jordan. Feb - Mar, 2005.

Food Analysis & Quality Control. Nabil Factory for Food Products and Jordan Food and Drug Administration, Ministry of Health, Amman, Jordan. April - May, 2005.

Skills

Social Skills:

I am a leader and team-worker. I also have very good communication skills as I can communicate with people of different age groups and from diverse socio-cultural and professional backgrounds.

Languages:

Fluent in Arabic and English.

Good in French and Spanish.

Fair in Italian.

Computer and Software Skills:

Online teaching using Microsoft Teams.

Microsoft Office (Word, Excel and PowerPoint).

SPSS, SAS, STATA and *Power Analysis* statistical software.

ESHA Food Processor, FoodWorks, and ChooseMyPlate programs.

Statistical analyses including; regression models, structural equation modeling, factor analysis, reliability and validity measurements.