

CURRICULUM VITA**Tamara Y. Mousa****March, 2023**

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Education

Dates	Degree	Institution	Major
May 2017	PhD	The University of Texas at Austin	Nutritional Sciences
Feb 2009	MSc	The University of Jordan	Nutrition & Food Technology
June 2005	BSc	The University of Jordan	Nutrition & Food Technology
June 2001	Elementary & High School	Sisters of Nazareth School	Tawjihi - Scientific

Research and Professional Experience**The University of Jordan, Amman***Department of Nutrition and Food Technology*

Lecturer of Nutrition, 9/9/18-30/10/2021

Assistant Professor of Nutrition, 1/11/2021-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*MINISTRY OF HEALTH:* Member of Supreme National Committee for Nutrition
(June 2022)*EDITOR-IN-CHIEF:* *Frontiers in Sustainable Food Systems* - May 2022 till present*EDITORIAL BOARD:* Journal of Nutrition and Food Science Forecast*REVIEWER:* Abstracts of the **Annual Nutrition Science Meeting 2024** Live
Online (June 29-July 2)

Abstracts of the **Annual Nutrition Science Meeting** 2022 Live Online (June 14-16)
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: Jordanian Dietetic Association, Sep 2022
Jordanian Food and Nutrition Association, Jan 2022
Social Media Outreach - NEBS Executive Committee, Dec 2020
American Society of Nutrition, April 2016
Nutrition Graduate Student Association (NGSA) officer, Aug 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.

Research assistant at the Department of Nutrition and Food Technology, the University of Jordan with Dr. Rima Mashal: The research investigated the association between trans fatty acids and coronary heart diseases among Jordanians. July 2009 - April 2011

OTHER: Directing a session in the First Nutrition Professional Conference on September 24, 2022 in Amman that was sponsored by the Jordanian Food and Nutrition Association.

Assisted in writing a grant for the National Institute of Health (*NIH*) in summer 2014.

Supervision of undergraduate students who assisted in conducting the doctoral research by recruiting subjects, collecting, and entering data into *Food Processor, FoodWorks, ChooseMyPlate, Excel* and *SPSS* programs - September 2015 - May 2016.

VOLUNTEER WORK: Lectures about nutrition awareness at a public schools, the University of Jordan, and community union in Amman, Sep 2018 - Now

Assistant at the Sustainable Food Center, Mar - May 2015

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

Training and Certificates

Program of developing the capabilities of faculty members that was performed by the University of Jordan Accreditation and Quality Assurance Center, 4-6 Oct 2022

Training of faculty members to deal with the evaluation committees of the International Accreditation Corporation ABET, 27 September 2022

How to find the right collaborators and funding opportunities? A collaboration between *Elsevier* and the *University of Jordan*, 25 Sep 22

Quality Management System (ISO 39001), January 2022

Preparation for a Good Exam, August 2021

Open Educational Resources, October 2021

MCQ Test Item Analysis, March 2021

Information Advice and Guidance, January 2019

Training of Trainers, January 2019

Structural Equation Modeling, May 2014

Power Analysis, May 2012

Undergraduate training/internship:

Applied Nutrition at Marriott Hotel & Specialty Hospital, Amman. Feb - Mar, 2005.

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

Awards and Honorary Societies

The 1st Jordanian Professional Conference. Chair of a session entitled '*Food Security in Jordan: Challenges and Sustainability*'. 24 September 2022. Amman, Jordan

PULSE Research Competition - 'Food Waste, Food Rescue, and Food Security in Jordan' that was presented at the US - Jordanian University Cooperation Network (UCN) Conference on 24-25 July 2022

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, USA

Research Interests

Nutritional status; diet quality; food rescue nutrition; food security; food systems; food waste and loss; public health nutrition; health disparities; health status of the low-income; eating attitudes and behaviors of adolescents and college students; eating disorders; social media, body image dissatisfaction, and eating behaviors.

Current Project

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

Publications and Contributions

Articles in Refereed Journals

Mousa T, Dardas L. Nutrition knowledge, food security, and other risk factors in a sample of college students in Jordan: A cross-sectional design. *Cogent Food and Agriculture*. 9 (2): 2265109. 2023

Mousa T, Remley D, Lane G. Editorial: Food systems, food insecurity, and racial and ethnic health disparities. *Front. Sustain. Food Syst., Sec. Nutrition and Sustainable Diets*. 7: 1-3. 2023

Mousa T, Freeland-Graves J. Home Environment, Socio-cultural Characteristics, and Nutrition Knowledge of Users of a Soup Kitchen and Food Pantry. *Jordan Journal of Agricultural Sciences*. 18: 183-197, 2022

Mousa T. Food Security, Food Waste, and Food Rescue and Redistribution in the Arab World: A Systematic Review. *Jordan Journal of Agricultural Sciences*. 18: 99-134, 2022

Mousa T. أسباب فعلية أو مفتعلة التي تؤدي إلى الأزمات الغذائية. *المجلة العربية* , 550, 14-15, 2022.

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. Food Insecurity and Associated Risk Factors during the Covid-19 Pandemic in Jordan that was presented at the *4th Annual Scientific Day: Nutrition in the Prevention and Treatment of Diseases* on November 19th, 2022 with the Jordanian Dietitian Association.

Mousa T. Food Waste, Food Rescue, and Food Security in Jordan that was presented at the *US - Jordanian University Cooperation Network (UCN) Conference* on 24-25 July 2022. The University of Jordan, Amman.

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

Attending the as part of the National Micronutrient and Nutrition Survey – 2019 – done by the Supreme National Committee for Nutrition – The Ministry of Health, Amman, Jordan

Obesity 2012, 30th Annual Scientific Meeting, San Antonio, Texas, 20-24 Sep 2012

Skills

Social Skills:

Leader

Team-worker

Empathetic educator

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