



<p><b>Rima H. Mashal,</b> <b>Ph.D.</b> Faculty of Agriculture Dept. Nutrition &amp; Food Tech. P.O.Box.13701 Amman-11942, Jordan Work: 009626-5355000 Ext.22406 0096279-5853769 (Cell) <a href="mailto:RIMA@JU.EDU.JO">RIMA@JU.EDU.JO</a></p>	
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**EDUCATION:**      **Ph.D.in Experimental Nutrition, 2000-2002.**  
***Summa Cum Laude (Highest Honors)***  
Graduate School, Department of Nutritional  
Sciences, Howard University, Washington DC.  
USA.

**M.Sc. in Experimental Nutrition 1998-2000.**  
***Summa Cum Laude (Highest Honors)***  
Graduate School, Department of Nutritional  
Sciences, Howard University, Washington DC.  
USA.

**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 Abdul Aziz 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:**

**Head of Department, September, 2023-present**

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

**Associate Professor, 2012-Present**

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

**Assistant Professor, 2003-2012**

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

**Research Assistant, Feb-Aug1992**

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
Chairperson for the “ Modern concepts in water management” at the <b>"The First Arab Forum on Water Scarcity and its Management in Arid and Semi-Arid Areas: Innovation for Sustainable Water Management"</b> , The University of Jordan, Amman, Jordan. February 7-8 <sup>th</sup> . 2024.
Participated in <b>“Foresight In Action for Jordan’s Food System Transformation Workshop”</b> , The University of Jordan, Amman, Jordan. December 13 <sup>th</sup> . 2023. Supported by IFAD and the Kingdom of the Netherlands.
A scientific committee member in <b>“Smart/Functional food conference III”</b> . Land Mark, Amman, Jordan. 8-10 July, 2023.
Participated in <b>“WEBINAR MEETING WITH IRAN: National Food Consumption Surveys (FCS): Towards a Regional FCS Network”</b> . <b>6-7 March, 2023</b> . Virtual Meeting.
Workshop on <b>"Quantitative data analysis using SPSS/basic"</b> . Deanship of Scientific Research, the University of Jordan. Thursday <b>11/11/2021</b> .
Participated in <b>“The Global Pandemic Corona virus and Nutrition Updates-Virtual Conference”</b> . The Jordanian Society for Food and Nutrition with partnership of Jordanian Agriculture Engineers Association. <b>17<sup>th</sup> of July, 2021</b> (Zoom).
Practical workshop entitled <b>“Career Guidance for Bachelor students”</b> , Department of Nutrition and Food Technology, Faculty of Agriculture. <b>18/12/2020(Online-Zoom)</b> .
Practical workshop entitled <b>“Academic Counseling for Bachelor students”</b> , Department of Nutrition and Food Technology, Faculty of Agriculture. <b>25/12/2020(Online-Zoom)</b> .
Participated in “National technical partnership meeting “Total dietary studies”, JFDA in collaboration with WHO and others; <b>10/2/ 2020. WHO - Jordan Country Office – Amman – Venue4, Jordan.</b>
<b>Invited Speaker</b> on “Trans Fatty Acids and its relation to obesity and chronic diseases in Jordan”, <b>Heritage &amp; Traditional Foods Conference II, 15-16April, 2020.</b>
Participated in obesity counseling in the <b>“Health Awareness day”</b> at Hamdi Mango Center for scientific Research, <b>21/11/2019;Amman, Jordan.</b>
Participated in obesity and nutrition counseling in the “Health Awareness day” at Universal Civilizations Academy, <b>29/9/2019;Amman, Jordan.</b>
<b>Invited Speaker</b> on“Trans Fatty Acids and its relation to cardiovascular diseases in Jordan”, <b>Heritage &amp; Traditional Foods Conference I, 15-16 January, 2019.</b> 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. <b>1<sup>st</sup>Euro-Mediterranean Conference For Environmental Integration: Environmental Health Sciences (Natural &amp; Social Impacts on Human Health) (ID901), 22-25 November, 2017,Sousse,Tunisia. Springer Nature.</b>
<b>Invited Speaker, Workshop on "Dietary Trans fatty acids and its impact on health", October 16<sup>th</sup>, 2016. The National Society for Consumer Protection, Amman, Jordan.</b>



<b>Invited Speaker, Seventh Graduate Studies Research Conference, 14<sup>th</sup> November 2015. Middle East University, Amman, Jordan.</b>
Seminar on “ <b>Health Implications of trans fat and Acrylamide intake</b> ” in The Healthy Day Event, held in The Universal Civilizations Academy- Amman, Jordan. <b>October 8<sup>th</sup>, 2015.</b>
Seminar on “ <b>Healthy Balanced Nutrition</b> ” for Orphans and Children of unknown Parentage in “The Training and rehabilitation Day”, held in Princess Taghrid Institute, Amman, Jordan. <b>August, 2013</b>
Invited Speaker, a Scientific Seminar on " <b>GI Disorders and Infantile Colic</b> " for Nurses, held in Intercontinental Hotel, Amman, Jordan. Supported by Nestlé Jordan Trading Company. <b>April 13<sup>th</sup>, 2013.</b>
Invited Speaker, a Scientific Seminar on " <b>GI Disorders and Infantile Colic</b> " for Nurses held in Irbid, Jordan. Supported by Nestlé Jordan Trading Company. <b>April 21<sup>st</sup>, 2013.</b>

Participated in a Workshop on “ <b>Goal and Self Empowering Session</b> ” ' <b>Goal Setting Break through Success</b> ' given by Mrs. Abeer Kabariti Bilbeisi, a <b>Health and Wellness Coach for Women</b> , held in Princess Taghrid Institute, Amman, Jordan. <b>August 28<sup>th</sup>, 2013.</b>
Invited speaker, “ <b>Updates in Nutritional Management of Diabetics and elderly Conference</b> ”. (Abstract). Faculty of Agriculture, University of Jordan, <b>23-24 November, 2011.</b>
The Second Graduate Studies Research Conference, Deanship of Academic Research, The University of Jordan, Jordan; 27-29 November, 2009.
Workshop on " <b>Vitamin B<sub>12</sub> Deficiency</b> " held in Jordan Environment Society/NutritionUnit. <b>June27-28, 2007.</b>
Workshop on <b>Recent Advances in Clinical Nutrition: Enteral and Parenteral Nutrition</b> for Nutritionists of the University of Jordan Hospital. <b>June19<sup>th</sup>, 2008.</b>
Teaching a course on " <b>Nutritional Assessment</b> " for Diploma students in Jordan Center for Endocrinology and Diabetes. <b>Summer session, 2005.</b>

**SUPERVISION OF GRADUATE STUDENTS:**

<b>Thesis/Dissertation</b>	<b>Student Name</b>
The Effect of Stress and Generalized Anxiety Disorder on Binge Eating Disorder Associated with Cortisol Response and their Relation to Social Media Use in a Sample of Jordanian Obese Adult Females.	Rahaf Al-Halabi 2021
Screening for the Presence of Acrylamide in Bread and the Evaluation of Dietary Acrylamide Exposure in Adults and the Study of the Relationship Between Acrylamide Exposure and Glycemic Control and Lipid Profile among a Group of Diabetic and Healthy Women in Amman Jordan.	Ahlam Abdullah 2021
Evaluation of the Relationship Between Dietary Advanced Glycation End Products and Carboxymethyl-lysine levels as a Biomarker for Obesity Related Leptin Hormonal Changes in a Sample of Female College Students at the University of Jordan	Rola Abu Dawood 2021



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 Sager 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 AlAsha 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 B <sub>6</sub> , vitamin B <sub>12</sub> , folate, homocysteine levels and oxidative stress in a selected sample of Jordanian body builders.	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 homocysteine 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 selected sample of older subjects with type 2 diabetes mellitus in Amman/Jordan.	Sara Obaid 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 Faculty Council, 2021/2022.

Member of Institutional Review Board Committee (IRB) at the University of Jordan 2021- present.

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.

#### PUBLICATIONS

Mebarkia El hadja M, Al-Abdullahal-Sawalha B and **R Mashal** (2024) Effect of Rosemary and Thyme Extracts on the Fatty Acid Profile, Lipid Oxidation, Quality and Some Fat Healthy Related Indices of Chicken Burger. African Journal of Food, Agriculture, Nutrition and Development (AJFAND). Volume 24: (1). <https://doi.org/10.18697/ajfand.126.24065>

Abdalla A, **Mashal R** and K Al-Ismail (2023) Acrylamide Variability and Content in Selected Local and Imported Foods in Jordan. African Journal of Food, Agriculture, Nutrition and Development (AJFAND). March, 2023. <https://doi.org/10.18697/ajfand.118.23085>





Zohra Kada Daili, Basem AL-Abdullah AL-Sawalha, **Rima Mashal** (2022) Variability of fat content and fatty acid composition of selected Jordanian fast foods and their impact on nutritional indices. *La Rivista Italianadelle Sostanze Grasse*. Vol. XCIX- OTTOBRE/DICEMBRE 2022.

Nawal A. Al- Sakarneh and **Rima H. Mashal**.(2021) Association between Zincand Homocysteine Status in Pregnant Women with Preeclampsia in Jordan. *Prev. Nutr. FoodSci*. 2021;26 (1):21-29.ISSN 2287-8602. <https://doi.org/10.3746/pnf.2021.26.1.21>

**Rima Hussein Mashal** (2021) Trans Fats: A Review of Their Sources,Consumption, Health Implications, International and National Policies and Regulation.*JordanJournalofAgriculturalSciences*, Volume17,No.3,Supplement, 2021.

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

Amenah Alhajri, **Rima Mashal**, and Salma Tukan. (2018) Studying the Effect ofdietary 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, Issue4; 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. 1<sup>st</sup> Euro-Mediterranean Conference For Environmental Integration: *EnvironmentalHealthSciences(Natural&SocialImpactsonHumanHealth)(ID901)*,22-25November,2017,Sousse,Tunisia.SpringerNature.

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.12Issue 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, 14<sup>th</sup>November.Middle EastUniversity, 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 ofNutrition*11 (5): 423-433, 2012 ISSN 1680-5194.



**R. Mashal**, K. Al-Ismaïl, 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 and **Rima Mashal** (2011) Negative body image perception and associated attitudes in females. *Body Image: Perceptions, Interpretations and Attitudes*. Chapter (15) Editor: Sophia B. Greene. Nova Science Publishers, Inc. ISBN 978-1-61761-992-2.

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 School girls 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 School girls 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 School girls in Amman, Jordan. (Poster). Nineteenth International Congress of Nutrition (ICN2009), 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. Postersession. Graduate Research Symposium 2001, Howard University, Washington DC.





## COURSE 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
- Clinical Nutrition (Graduate Level)
- Proteins in Nutrition (Graduate Level)
- Nutrition and Exercise (Graduate Level)
- Vitamins in Nutrition (Graduate Level)
- Proteins in Nutrition (Graduate Level)
- Nutritional Epidemiology (Graduate Level)
- Nutrition and Immunity (Graduate Level)
- Seminar in Nutrition
- 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:**

**71 citations and 600 reads:** Mousa T, Al-Domi H, Mashal R, Jibril M. Eating Disturbances among Adolescent School girls in Jordan. *Appetite*. 54.196-201, 2010.

**1,133 reads:** Tamara Mousa and **Rima Mashal** (2011) Negative body image perception and associated attitudes in females. *Body Image: Perceptions, Interpretations and Attitudes*. Chapter (15) Editor: Sophia B. Greene. Nova Science Publishers, Inc. ISBN 978-1-61761-992-2.

**80 citations and 880 reads:** Mousa T, **Mashal R**, Al-Domi H, Jibril M. Body Image Dissatisfaction among Adolescent School girls in Jordan. *Body Image: An International Journal of Research*. 7. 46-50, 2010.

**148 reads:** Amenah Alhajri, **Rima Mashal**, and SalmaTukan. (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):2319-4022Vol. 7,Issue4; 55-66.

**100 reads:** Mousa T, Al-Domi H, Mashal R. Eating Disturbances in Adolescent Girls: A Review. *Dirasat*. 36.109-121,2009.

**96 reads:** **Rima Hussein Mashal**(2021) Trans Fats: A Review of Their Sources, Consumption, Health Implications, International and National Policies and Regulation. **Jordan Journal of Agricultural Sciences, Volume 17, No. 3, Supplement, 2021.**