



PROF MARWAN EL GHOCH

1. GENERAL INFORMATION

- DATE OF BIRTH: SEPTEMBER 1ST 1979
- NATIONALITY: ITALIAN
- ADDRESS: UNIMORE UNIVERSITY CAMPUS – VIA GIUSEPPE CAMPI 287, 41125 MODENA – ITALY
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2. CURRENT POSITION & METRICS

- ASSOCIATE PROFESSOR OF FOOD AND DIETETIC SCIENCES – DEPARTMENT OF BIOMEDICAL, METABOLIC AND NEURAL SCIENCES – UNIVERSITY OF MODENA AND REGGIO EMILIA (UNIMORE) – ITALY.
- DIRECTOR OF THE MBL CENTRE FOR THE STUDY OF METABOLISM, BODY COMPOSITION AND LIFESTYLE – DEPARTMENT OF BIOMEDICAL, METABOLIC AND NEURAL SCIENCES – UNIVERSITY OF MODENA AND REGGIO EMILIA (UNIMORE) – ITALY.
- REGULARLY REGISTERED AT THE ORDER OF SURGEONS AND DENTISTS OF BOLOGNA - ITALY No. REG. 15481 (SINCE 2006).
- 139 ARTICLES; GOOGLE SCHOLAR CITATION: 5541; H-INDEX (GOOGLE SCHOLAR)= 38 SCOPUS CITATIONS: 3173; H-INDEX (SCOPUS)=32

3. HIGHER EDUCATION

- DEGREE IN MEDICINE AND SURGERY - UNIVERSITY OF BOLOGNA, ITALY WITH 104/110 (1999 – 2005) – THESIS TITLE: METABOLIC SYNDROME IN SEEKING-TREATMENT PATIENT WITH OBESITY: PROTECTIVE EFFECT OF PHYSICAL ACTIVITY.
- DIPLOMA OF SPECIALIZATION IN FOOD SCIENCES (ADDRESS CLINICAL NUTRITION) UNIVERSITY OF MODENA AND REGGIO EMILIA,

ITALY WITH 110/110L (2005 – 2009) – THESIS TITLE: EFFECT OF A STANDARD SCHEMA OF SELF-MONITORING BLOOD GLUCOSE IN PATIENTS WITH POORLY CONTROLLED, NON-INSULIN-TREATED TYPE 2 DIABETES MELLITUS.

4. PUBLICATIONS

Regular articles in international Peer-review journals

1. The WHO BMI System Misclassifies Weight Status in Adults from the General Population in North Italy: A DXA-Based Assessment Study (18–98 Years). Milanese C, Itani L, Cavedon V, El Ghoch M*. *Nutrients*. 2025; 17(13):2162. doi.org/10.3390/nu17132162.
2. Revising BMI Cut-Off Points for Overweight and Obesity in Male Athletes: An Analysis Based on Multivariable Model-Building. Milanese C, Itani L, Cavedon V, Saadeddine D, Raggi S, Berri E, El Ghoch M*. *Nutrients*. 2025; 17(5):908. doi.org/10.3390/nu17050908. PMID: 40077778
3. The Prevalence of and Factors Associated with Disordered Eating Among Adult Athletes in Italy and Lebanon. Cavedon V, Kreidieh D, Milanese C, Itani L, Pellegrini M, Saadeddine D, Berri E, El Ghoch M*. *Nutrients*. 2025; 17(1):191. doi.org/10.3390/nu17010191. PMID: 39796625
4. Waist-to-Height Ratio Cut-Off Points for Central Obesity in Individuals with Overweight Across Different Ethnic Groups in NHANES 2011–2018. Itani L, El Ghoch M*. *Nutrients*. 2024;16(22):3838. doi: 10.3390/nu16223838. PMID: 39599624
5. Difference in Body Composition Patterns between Age Groups in Italian Individuals with Overweight and Obesity: When BMI Becomes a Misleading Tool in Nutritional Settings. De Lorenzo A, Itani L, El Ghoch M*, Gualtieri P, Frank G, Raffaelli G, Pellegrini M, Di Renzo L. *Nutrients*. 2024;16(15):2415. doi: 10.3390/nu16152415. PMID: 39125296.
6. The Association between Sarcopenic Obesity and DXA-Derived Visceral Adipose Tissue (VAT) in Adults. De Lorenzo A, Itani L, El Ghoch M*, Frank G, De Santis GL, Gualtieri P, Di Renzo L. *Nutrients*. 2024; 16(11):1645. doi.org/10.3390/nu16111645. PMID: 38892578.
7. Association between Dietary Practice and Gait Speed in Community-Dwelling Older Adults with Overweight and Obesity: A Cross-Sectional Study. Itani L, Pellegrini M, Saadeddine D, Samouda H, Kreidieh D, Tannir H, El Ghoch M*. *Diseases*. 2024; 12(3):54. doi.org/10.3390/diseases12030054. PMID: 38534978.
8. The Association between Obesity and Reduced Weight-Adjusted Bone Mineral Content in Older Adults: A New Paradigm That Contrasts with the Obesity Paradox. De Lorenzo A, Pellegrini M, Gualtieri P, Itani L, Frank G, El Ghoch M*, Di Renzo L. *Nutrients*. 2024; 16(3):352. doi.org/10.3390/nu16030352. PMID: 38337637.
9. Sarcopenia and Reduced Bone Mass: Is Osteosarcopenic Obesity a New Phenotype to Consider in Weight Management Settings? De Lorenzo A, Itani L, Gualtieri P, Pellegrini M, El Ghoch M*, Di Renzo L. *Association between Life*. 2024; 14(1):21. doi.org/10.3390/life14010021.
10. Abdominal Fat Characteristics and Mortality in Rectal Cancer: A Retrospective Study. Pellegrini M, Besutti G, Ottone M, Canovi S, Bonelli E, Venturelli F, Fari R, Damato A, Bonelli C, Pinto C, Ligabue G, Pattacini P, Giorgi Rossi P, El Ghoch M. *Nutrients*. 2023; 15(2):374. doi.org/10.3390/nu15020374. PMID: 36678245.
11. The Risk of Sarcopenia among Adults with Normal-Weight Obesity in a Nutritional Management Setting. De Lorenzo A, Pellegrini M, Gualtieri P, Itani L, El Ghoch M*, Di Renzo L. *Nutrients*. 2022; 14(24):5295. doi.org/10.3390/nu14245295. PMID: 36558454.
12. New BMI Cut-Off Points for Obesity in Middle-Aged and Older Adults in Clinical Nutrition Settings in Italy: A Cross-Sectional Study. Di Renzo L, Itani L, Gualtieri P, Pellegrini M, El Ghoch M*, De Lorenzo A. *Nutrients*. 2022; 14(22):4848. doi.org/10.3390/nu14224848. PMID: 36432532.
13. Do Lifestyle Interventions before Gastric Bypass Prevent Weight Regain after Surgery? A Five-Year Longitudinal Study. Vaccaro S, Itani L, Scazzina F,

- Bonilauri S, Cartelli CM, El Ghoch M*, Pellegrini M. *Nutrients*. 2022; 14(17):3609. doi.org/10.3390/nu14173609. PMID: 36079866.
14. Can Intentional Weight Loss Ameliorate Sarcopenia in Individuals with Obesity? A Longitudinal Interventional Study. Tannir H, Itani L, Kreidieh D, El Masri D, El Ghoch M*. *Clinics and Practice*. 2022; 12(1):106-112. doi.org: 10.3390/clinpract12010014. PMID: 35200265.
 15. Relationship between multiple weight cycles and early weight loss in patients with obesity: a longitudinal study. El Masri D, Itani L, Kreidieh D, Tannir H, El Ghoch M*. *Eat Weight Disord*. 2021; 26: 2083–2087. doi.org/10.1007/s40519-020-00989-2. PMID: 32816206.
 16. How Healthy Are Health-Related Behaviors in University Students: The HOLISTic Study. Cena H, Porri D, De Giuseppe R, Kalmpourtzidou A, Salvatore FP, El Ghoch M, Itani L, Kreidieh D, Brytek-Matera A, Pocol CB, Arteta Arteta DS, Utan G, Kolčić I. Cena H, et al. *Nutrients*. 2021; 13(2):675. doi: 10.3390/nu13020675. PMID: 33669884.
 17. The Relationship between Sarcopenic Obesity, Weight-Loss and Maintenance Outcomes during Obesity Management: Are Additional Strategies Required? El Masri D, Itani L, Tannir H, Kreidieh D, El Ghoch M*. *Clin Pract*. 2021; 11(3):525-531. doi: 10.3390/clinpract11030069. PMID: 34449572.
 18. Strength and Performance Tests for Screening Reduced Muscle Mass in Elderly Lebanese Males with Obesity in Community Dwellings. Saadeddine D, Itani L, Rossi AP, Pellegrini M, El Ghoch M*. *Diseases*. 2021;9(1):23. doi: 10.3390/diseases9010023. PMID: 33804733.
 19. Association between Levels of Physical Activity, Sarcopenia, Type 2 Diabetes and the Quality of Life of Elderly People in Community Dwellings in Lebanon. Saadeddine D, Itani L, Kreidieh D, El Masri D, Tannir H, El Ghoch, M*. *Geriatrics (Basel)*. 2021;6(1):28. doi: 10.3390/geriatrics6010028. PMID: 33803509.
 20. Association between dietary practice, body composition, training volume and sport performance in 100-Km elite ultramarathon runners. Citarella R, Itani L, Intini V, Zucchinali G, Scevaroli S, Tannir H, El Masri D, Kreidieh D, El Ghoch M*. *Clin Nutr ESPEN*. 2021; 42:239-243. doi: 10.1016/j.clnesp.2021.01.029. PMID: 33745586.
 21. Exploring the effectiveness of a 1.5-Year weight management intervention for adults with obesity. Kreidieh D, Fakhoury R, El Ghoch M*. *Clin Nutr ESPEN*. 2021;42:215-220. doi: 10.1016/j.clnesp.2021.01.036. PMID: 33745581.
 22. The Mini Sarcopenia Risk Assessment (MSRA) Questionnaire score as a predictor of skeletal muscle mass loss. Rossi AP, Urbani S, Gattazzo S, Nori N, Fantin F, Zoico E, Mazzali G, Muollo V, El Ghoch M, Zamboni M. *Aging Clin Exp Res*. 2021;33(9):2593-2597. doi: 10.1007/s40520-020-01763-1. PMID: 33389711.
 23. Cross-validation of prediction equations for estimating the body fat percentage in adults with obesity. Jaafar ZA, Kreidieh D, Itani L, Tannir H, El Masri D, El Ghoch M*. *Clin Nutr ESPEN*. 2021;41:346-350. doi: 10.1016/j.clnesp.2020.11.003. PMID: 33487288.
 24. Development of an Easy-to-Use Prediction Equation for Body Fat Percentage Based on BMI in Overweight and Obese Lebanese Adults. Itani L, Tannir H, El Masri D, Kreidieh D, El Ghoch M*. *Diagnostics (Basel)*.2020; 10(9):728. doi: 10.3390/diagnostics10090728. PMID: 32967261.
 25. Effect of a standard schema of self-monitoring blood glucose in patients with poorly controlled, non-insulin-treated type 2 diabetes mellitus: A controlled longitudinal study. Madoo B, Diazi C, Granata ARM, El Ghoch M, Greco C, Romano S, Scaltriti S, Rochira V. *J Popul Ther Clin Pharmacol*. 2020;27(S Pt 2):e1-e11. doi: 10.15586/jptcp.v27iSP2.680. PMID: 32757545.
 26. Revising BMI Cut-Off Points for Obesity in a Weight Management Setting in Lebanon. Itani L, Kreidieh D, El Masri D, Tannir H, Chehade L, El Ghoch M*. *Int. J. Environ. Res. Public Health* 2020; 17(11):3832. doi: 10.3390/ijerph17113832. PMID: 32481660.
 27. Lifetime Weight Cycling and Central Fat Distribution in Females With Obesity: A Brief Report. Tannir H, Itani L, El Masri D, Kreidieh D, El Ghoch M*. *Diseases*. 2020 Mar 26;8(2):8. doi: 10.3390/diseases8020008. PMID: 32225062.
 28. Association between reduced daily steps and sarcopenic obesity in treatment-seeking adults with obesity. Kreidieh D, Itani L, El Masri D, Tannir H, El Ghoch M*. *Front Endocrinol (Lausanne)*. 2020; 11: 22. doi: 10.3389/fendo.2020.00022. PMID: 32082259.

29. The Impact of Sarcopenic Obesity on Health-Related Quality of Life in Treatment-Seeking Patients with Obesity. Itani L, Kreidieh D, El Masri D, Tannir H, El Ghoch M*. *Curr Diabetes Rev.* 2020;16(6):635-640. doi: 10.2174/1573399816666200211102057. PMID: 32072914.
30. Sarcopenic Obesity Predicts Early Attrition in Treatment-Seeking Patients with Obesity: A Longitudinal Pilot Study. Kreidieh D, Itani L, Tannir H, El Masri D, El Ghoch M*. *J Cardiovasc Dev Dis.* 2020;7(1):5. doi: 10.3390/jcdd7010005. PMID: 32012690.
31. Validation of predictive equations for resting energy expenditure in treatment-seeking adults with overweight and obesity: Measured versus estimated. Itani L, Tannir H, Kreidieh D, El Masri D, El Ghoch M*. *J Popul Ther Clin Pharmacol.* 2020 Jan 18;27(1):e32-e47. doi: 10.15586/jptcp.v27i1.653. PMID: 31971355.
32. Predictive Equations based on Body Composition for Resting Energy Expenditure estimation in adults with obesity. El Masri D, Itani L, Kreidieh D, Tannir H, El Ghoch M*. *Curr Diabetes Rev.* 2020;16(4):381-386. doi: 10.2174/1573399815666191030085915. PMID: 31663845.
33. Reduction of Resting Energy Expenditure and Sarcopenic Obesity in Adults with Overweight and Obesity: A Brief Report. Tannir H, Kreidieh D, Itani L, El Masri D, El Ghoch M*. *Curr Diabetes Rev.* 2020;16(4):376-380. doi: 10.2174/1573399815666191030092138. PMID: 31663844.
34. Nutritional Knowledge and Dietary Practice in Elite 24-Hour Ultramarathon Runners: A Brief Report. Citarella R, Itani L, Intini V, Zucchinali G, Scevaroli S, Kreidieh D, Tannir H, El Masri D, El Ghoch M*. *Sports (Basel)*2019; 7(2):44. doi: 10.3390/sports7020044. PMID: 30781520.
35. Reduced lean body mass and cardiometabolic diseases in adult males with overweight and obesity: a pilot study. Khazem S, Itani L, Kreidieh D, El Masri D, Tannir H, Citarella R, El Ghoch M*. *Int J Environ Res Public Health* 2018; 15(12): 2754. doi: 10.3390/ijerph15122754. PMID: 30563167.
36. Association between sarcopenic obesity, type 2 diabetes and hypertension in treatment-seeking adult females with overweight and obesity. Kreidieh D, Itani L, El Masri D, Tannir H, Citarella R, El Ghoch M*. *J. Cardiovasc. Dev. Dis.* 2018; 5(4):51. doi: 10.3390/jcdd5040051. PMID: 30347794.
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38. Personalized group cognitive behavioural therapy for obesity: A longitudinal study in a real-world clinical setting. Dalle Grave R, Calugi S, Bosco G, Valerio L, Valenti C, El Ghoch M, Zini D. *Eating and Weight Disorders.* 2020;25(2):337-346. doi: 10.1007/s40519-018-0593-z. PMID: 30306498.
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42. Starvation symptoms in patients with anorexia nervosa: a longitudinal study. Calugi S, Chignola E, El Ghoch M, Dalle Grave R. *Eat Disord.* 2018;26(6):523-537. doi: 10.1080/10640266.2018.1471921. PMID: 29737942.
43. Preoccupation with shape or weight, fear of weight gain, feeling fat and treatment outcomes in patients with anorexia nervosa: A longitudinal study. Calugi S, El Ghoch M, Conti M, Dalle Grave R. *Behav Res Ther.* 2018;105:63-68. doi: 10.1016/j.brat.2018.04.001. PMID: 29689516.
44. The Association between Body Mass Index and Health-Related Quality of Life in Treatment-Seeking Arab Adults with Obesity. Itani L, Calugi S, Dalle Grave R, Kreidieh D, El Kassas G, El Masri D, Tannir H, Harfoush A, El Ghoch M*. *Med Sci (Basel).* 2018 Mar 13;6(1). doi: 10.3390/medsci6010025. PMID: 29534025.
45. Validation of an Arabic Version of the Obesity-Related Wellbeing (ORWELL 97)

- Questionnaire in Adults with Obesity. Itani L, Calugi S, Kreidieh D, El Kassas G, El Masri D, Tannir H, Dalle Grave R, Harfoush A, El Ghoch M*. *Curr Diabetes Rev.* 2019;15(2):127-132. doi: 10.2174/157339981466618011111934. PMID: 29332589.
46. The Clinical Impairment Assessment Questionnaire: validation in Italian patients with eating disorders. Calugi S, Sartirana M, Milanese C, El Ghoch M, Riolfi F, Dalle Grave R. *Eat Weight Disord.* 2018;23(5):685-694.. doi: 10.1007/s40519-018-0477-2. PMID: 29368290.
 47. Peripheral Endocannabinoid Responses to Hedonic Eating in Binge Eating Disorder. Monteleone AM, Piscitelli F, Dalle Grave R, El Ghoch M, Di Marzo V, Maj M, Monteleone P. *Nutrients.* 2017;9(12):1377. doi: 10.3390/nu9121377. PMID: 29261146.
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 51. Vitamin D levels strongly influence bone mineral density and bone turnover markers during weight gain in female patients with anorexia nervosa. Giollo, A., Caimmi, C., Fassio, A., Bertoldo, F., Dalle Grave R, El Ghoch M, Calugi S, Bazzani PV, Viapiana O, Rossini M, Gatti D. *Int J Eat Disord.* 2017;50(9):1041-1049. doi: 10.1002/eat.22731. PMID: 28593655.
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 54. Intensive enhanced cognitive behavioural therapy for severe and enduring anorexia nervosa: A longitudinal outcome study. Calugi S, El Ghoch M, Dalle Grave R. *Behav Res Ther.* 2017; 89:41-48. doi: 10.1016/j.brat.2016.11.006. PMID: 27863331.
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 60. The Eating Disorder Examination Questionnaire: Reliability and Validity of the Italian Version. Calugi S, Milanese C, Sartirana M, El Ghoch M, Sartori F, Geccherle E, Coppini A, Franchini C, Dalle Grave R. *Eat Weight Disord.* 2017;22(3):509-514. doi: 10.1007/s40519-016-0276-6. PMID: 27039107.
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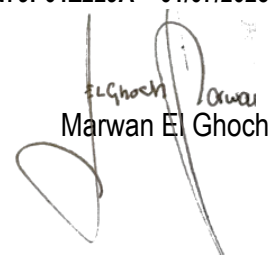
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LGHMWN79P01Z229A - 01/07/2025


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