

EUROPEAN FORMAT
FOR THE CURRICULUM
VITAE



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WORK EXPERIENCE

From 10 July 2025 to date

- National Scientific Qualification for Full Professor of Food Science (MEDS-08/C) – Sector 06/D2

From 1 November 2025 to date

- Elected Chair-President of the Bachelor Degree in Dietetics – UNIMORE
- Delegate for Sport and Wellness of the Department of Biomedical, Metabolic and Neural Sciences – UNIMORE

From 1 November 2023 to date

- Associate Professor of Food Science – Sector 06/D2 – Department of Biomedical, Metabolic and Neural Sciences – UNIMORE
- Co-Director of the Center for the Study of Metabolism, Body Composition and Lifestyle (MBL) – Department of Biomedical, Metabolic and Neural Sciences – UNIMORE

From 1 October 2018 to 31 August 2023

- Full Professor in Clinical Nutrition at the Department of Nutrition and Dietetics – Faculty of Health Sciences – Beirut Arab University (BAU) – Lebanon

From 9 January 2019 to 31 August 2023

- Chair President of the BSc program in Dietetics at the Department of Nutrition and Dietetics – Faculty of Health Sciences – BAU – Lebanon
- Chair President of the MSc program in Nutritional Sciences at the Department of Nutrition and Dietetics – Faculty of Health Sciences – BAU – Lebanon
- Chief of the University Clinical Service of Dietetics and Nutrition for the treatment of obesity – at the Department of Nutrition and Dietetics – Faculty of Health Sciences – BAU – Lebanon (*Department Nutrition and Dietetics – Faculty of Health Sciences – BAU – Lebanon*) (EASO Accredited Centre (EASO COM 2018–2028))

2010 – 2018

- Full-time Clinical Consultant at the Department of Eating and Weight Disorders, Villa Garda Hospital, Garda, Italy.

EDUCATION

2005 – 2009

- Doctor of Medicine (MD) with Specialization in Food Science (UNIMORE – Italy). Title of Thesis: The effect of a home self-control scheme on glycemic control in non-insulin-treated type II diabetic patients – Main Supervisor: Prof. Vincenzo Rochira

2006

- National Examination Certificate in Medicine for the professional practice as Physician-Surgeon with the registration at The Order of Physicians and Dentists of Bologna (OMCeO Bologna) no. 15481 since 05/07/2006

1999 – 2005

- Bachelor of Medicine and Surgery, University of Bologna (UNIBO – Italy). Title of Thesis: Metabolic syndrome in patients with obesity awaiting treatment: Protective effect of physical activity – Main Supervisor: Prof. Giulio Marchesini Reggiani

TRAINING, TRAINING COURSES AND PERFECTION

2009 – 2010: Annual First certificate of Professional training in eating disorders and Obesity – Italian Association of Eating and Weight Disorders, Verona – Italy – Scientific Director of the course Dr Riccardo Dalle Grave

2010: The SCOPE Summer School – International Association for the Study of Obesity (IASO) – Held at the University of Cambridge (UK) – United Kingdom – Professor Philips James and Professor Nick Finan

2012: The SCOPE Summer School – International Association for the Study of Obesity (IASO) – Held at the University of Cambridge (UK) – United Kingdom – Professor Philips James and Professor Nick Finan

2015: Six-month online training course in enhanced cognitive behavioural therapy for eating disorders – The Centre for Research on Eating Disorders at Oxford (CREDO), followed by an on-site visit to the centre at the University of Oxford – UK – Professor Christopher Fairburn

2017: One-week onsite Practical training visit at the NHS accredited hospital for the treatment of eating disorders – Cotswold House – Warneford Hospital – Oxford – United Kingdom (UK)

**INFORMATION ON SCIENTIFIC,
EDUCATIONAL AND CLINICAL
ACTIVITIES**

Scientific activity:

Scientific Output

- Author of **145** publications "in extenso" in peer-review international journals cited in international journals all reviewed in SCOPUS.
- Co-author of two books (1 in English published by Springer) and 1 in Italian (published by Positive Press) both are on an original treatment based on cognitive behavioral therapy for obesity (CBT-OB)
- Index H (Google Scholar) =41; Total citations =6511
- Index H (Scopus) = 33; Total citations =3673

Research line and main fields of interest:

[Research activity in a qualified institute (Italy) – From 2010 to September 2018]: he carried out research activities in the field of obesity and eating disorders at the Department of Eating and Weight Disorders, Villa Garda Hospital, Garda, Italy. Research main fields of interest during this period:

Eating disorders: specifically, anorexia nervosa with original contributions on:

- The study of energy expenditure, physical exercise, and physical fitness before and after weight regain (Italian population)
- The study of body composition (lean, fat and bone mass) before and after weight regain (Italian population)
- The management of medical complications in anorexia nervosa in relation to underweight and after weight recovery (Italian population)
- Changes in sleep rhythm before and after weight regain (Italian population)
- Factors involved in the recovery of menstrual cycle (Italian population)
- Predictors of treatment outcome in the treatment of eating disorders, such as BMI levels, fat mass and their role in the risk of relapse (Italian population)
- The evaluation of effective treatment of anorexia nervosa with longitudinal observational study with enhanced cognitive behavioral therapy (CBT-E) (Italian population)
- The validation in Italian of several questionnaires for psychometric measurements in patients with eating disorder (Italian population)

Obesity instead original contributions:

- The longitudinal assessment of weight fluctuation in severe obesity (Italian population)
- The study of physical fitness and low muscle mass in severe obesity (Italian population)
- The evaluation of effectiveness obesity treatment through randomized controlled trials, and longitudinal observational based on lifestyle modification program for obesity (CBT-OB) (Italian population)

[Research activity in a qualified institute (Lebanon) – From 1 October 2018 to 31 August 2023 (Directorate and coordination)] coordinated the research activity in the field of obesity at the Department of Nutrition and Dietetics – Faculty of Health Sciences – BAU – Lebanon).

In particular, he dealt with the study of obesity with original contributions on:

- The study of body composition and adipose tissue distribution in obesity (Lebanese population)
- The longitudinal assessment of weight fluctuation in severe Obesity (Lebanese Population)
- Dysmetabolic complications in sarcopenic obesity in relation to reduced muscle mass (Lebanese population)
- The study of energy expenditure and physical activity in sarcopenic obesity (Lebanese population)
- The Impact of sarcopenic obesity on obesity treatment outcomes during lifestyle modification program based on the CBT-OB (Lebanese Population)
- The Validation of various equations for the estimation of fat mass and REE in obesity (Lebanese population)
- The validation in Arabic of the ORWELL97, a questionnaire for the evaluation of quality of life in patients with obesity (Lebanese population)
- The Implementation and assessment of effectiveness obesity treatment through longitudinal observational studies by based on lifestyle modification programs (CBT-OB) (Lebanese Population)
- The assessment of physical fitness in elderly with obesity (Lebanese population)

[Research activity in a qualified institute (Italy) – From September 2023 to date] directs and carries out research on individuals from general population, athletes as well as clinical group of patients obesity and eating disorders in the Center for the Study of Metabolism, Body Composition and Lifestyle (MBL) at Department of Biomedical Sciences, Metabolic and Neural Sciences – UNIMORE. Research main fields of interest during this period:

- The study of body composition and distribution of adipose tissue and muscle mass in obesity (Italian population)
- The identification and study of different phenotypes of obesity (sarcopenic obesity, osteosarcopenic obesity) (Italian population)
- Validation of new diagnostic criteria for obesity based on new thresholds of BMI in the general, sport and clinical population in Italy
- Validation of new diagnostic criteria of central obesity based on new thresholds of the waist-to-height ratio in the US general population (American population)
- The study of quality of life in patients with obesity (Egyptian population)
- The study on the association/relationship between some anthropometric, body composition and nutritional factors and sport performance in different disciplines (artistic gymnastics, volleyball) (Italian population)
- The study of body composition and control of the glycemic profile in patients with type 2 diabetes (Japanese population)
- The study of the risk of eating disorders in athletes at the national level (Italian and Lebanese populations)

National and international research projects of significant impact

Numerous research projects in collaboration with national and international groups, below are some projects:

Project 1 (2013–2014): Participated in an international research project in collaboration with the Department of Psychiatry, Warneford Hospital, University of Oxford, Oxford, UK then directed by Professor Christopher G. Fairburn (internationally renowned scholar in the field of eating disorders). The project had the primary objective of testing the efficacy and exploring the immediate and long-term effects of a novel inpatient cognitive behavioural therapy (CBT-E) program for adolescents and young adults with anorexia nervosa designed to produce lasting change. Project publication:

- Inpatient cognitive behavior therapy for adolescents with anorexia nervosa: immediate and longer-term effects. Dalle Grave R, Calugi S, El Ghoch M, Conti M, Fairburn CG. Front Psychiatry. 2014;5:14. DOI: 10.3389/fpsyt.2014.00014. PMID: 24575055. (<https://pubmed.ncbi.nlm.nih.gov/24575055/>)

Project 2 (2014–2015): Participated in a national multicentre research project (Verona, Milan, Bologna, Ferrara, Florence and Rome) QUOVADIS II STUDY GROUP with the aim of studying eating behaviours, psychosocial well-being, body image and personality traits in patients with obesity awaiting treatment. Publications related to the project:

- Personality attrition and weight loss in treatment seeking women with obesity. Dalle Grave R, Calugi S, Compare A, El Ghoch M, Petroni M. L, Colombari S, Minniti A, Marchesini G., Clin Obes. 2015. ; 5(5):266-72. doi: 10.1111/cob.12112. PMID: 26256916. (<https://pubmed.ncbi.nlm.nih.gov/26256916/>)
- Weight loss expectations and attrition in treatment seeking obese women. Dalle Grave R, Calugi S, Compare A, El Ghoch M, Petroni ML, Tomasi F, Mazzali G, Marchesini G. Obes Facts. 2015; 8(5):311-8. doi: 10.1159/000441366. PMID: 26444382. (<https://pubmed.ncbi.nlm.nih.gov/26444382/>)

Project 3 (2014–2017): Coordinated as principal investigator an international research project in collaboration with the Institute of Human Nutrition and Food Science, Christian-Albrechts University, Kiel, Germany then directed by Professor Manfred J. Müller (internationally renowned scholar for the study of body composition). The primary objective of the project was to explore changes in lean and fat masses, and their distribution before and after weight regain in patients with anorexia nervosa in a

longitudinal assessment. Project registration: ISRCTN73572502; ISRCTN168721194). Publications related to the project:

- El Ghoch M*, Milanese C, Calugi S, Müller MJ, Pourhassan M, Ruocco A, Dalle Grave R. Regional fat distribution in Adolescent and adult females with anorexia nervosa: a longitudinal study. Clin Nutr. 2015; 34(6):1224-32. doi: 10.1016/j.clnu.2014.12.012.PMID:25559944. (<https://pubmed.ncbi.nlm.nih.gov/25559944/>)
- El Ghoch M*, Pourhassan M, Milanese C, J Müller JM, Calugi S, Bazzani PV, Dalle Grave R. Changes in lean and skeletal muscle body mass in adult females with anorexia nervosa before and after weight restoration. Clin Nutr. 2017; 36(1):170-178.doi:10.1016/j.clnu.2015.10.006.PMID:26560758. (<https://pubmed.ncbi.nlm.nih.gov/26560758/>)

Project 4 (2014–2017): Participate in a national research project in collaboration with the University of Verona with the primary objective was the study of bone metabolism (nutritional status, Vitamin D, osteoporosis) before and after weight regain in anorexia nervosa in a longitudinal evaluation. Publications related to the project:

- 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. (<https://pubmed.ncbi.nlm.nih.gov/33745586/>)
- Bone metabolism in patients with anorexia nervosa and amenorrhea. Idolazzi L, El Ghoch M , Dalle Grave R, Bazzani PV, Calugi S , Fassio S, Caimmi C, Viapiana O, Bertoldo F , Braga V, Rossini M, Gatti D. Eat Weight Disord. 2018; 23(2):255-261.doi:10.1007/s40519-016-0337-x. PMID:27787773. (<https://pubmed.ncbi.nlm.nih.gov/27787773/>)
- Strong relationship between vitamin D status and bone mineral density in anorexia nervosa. Gatti D, El Ghoch M, Viapiana O, Ruocco A, Chignola E, Rossini M, Giollo A, Idolazzi L, Adami S, Dalle Grave R. Bone. 2015 Sep;78:212-5.doi:10.1016/j.bone.2015.05.014.PMID:25980743. (<https://pubmed.ncbi.nlm.nih.gov/25980743/>)
- The association between weight gain/restoration and bone mineral density in adolescents with anorexia nervosa: A systematic review. El Ghoch M*, Gatti D, Calugi S, Viapiana O, Bazzani, VP, Dalle Grave R. Nutrients. 2016; 8(12):769. doi:10.3390/nu8120769. PMID:27916839. (<https://pubmed.ncbi.nlm.nih.gov/27916839/>)

Project 5 (2015–2017): He participated in a national research project in collaboration with the National Research Council, the University of Campania Luigi Vanvitelli and the University of Salerno in Italy. The primary objective of the project was studying hedonic nutrition in patients with obesity, and with eating disorders (binge-eating and anorexia nervosa). Project registration: ISRCTN64683774. Publications related to the project:

- 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. (<https://pubmed.ncbi.nlm.nih.gov/29261146/>)
- Responses of peripheral endocannabinoids and endocannabinoid-related compounds to hedonic eating in obesity. Monteleone AM, Di Marzo V, Aveta T, Piscitelli F, Dalle Grave R, Volpe U, El Ghoch M, Calugi S, Monteleone P, Maj M. Eur J Nutr. 2016 55(4):1799-805. doi: 10.1007/s00394-016-1153-9. PMID: 26759262. (<https://pubmed.ncbi.nlm.nih.gov/26759262/>)
- Ghrelin response to hedonic eating in underweight and short-term weight restored patients with Anorexia Nervosa. Monteleone AM, Monteleone P, Dalle Grave R, El Ghoch M, Calugi S, Cimino M, Maj M. Psychiatry Res. 2016;235:55-60. doi: 10.1016/j.psychres.2015.12.001. PMID: 26674388. (<https://pubmed.ncbi.nlm.nih.gov/26674388/>)
- Deranged endocannabinoid responses to hedonic eating in underweight and recently weight-restored patients with anorexia nervosa. Monteleone AM, Di Marzo

V, Aveta T, Piscitelli F, Dalle Grave R, Scognamiglio P, El Ghoch M, Calugi S, Monteleone P, Maj M. Am J Clin Nutr. 2015; 101(2):262-9. doi: 10.3945/ajcn.114.096164.PMID:25646322.
(<https://pubmed.ncbi.nlm.nih.gov/25646322/>)

Project 6 (2018–2020): He participated in an international multicentre university research project: "HOLISTic Project", which had the primary objective of exploring the lifestyle (eating habits and physical activity) in more than 6000 university students of medical sciences living in different countries such as Italy, Croatia, Lebanon, Turkey, Greece, Spain, Poland, Hungary and Romania. Registration ClinicalTrials.gov: NCT04252924. Project publication:

- 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. How Healthy Are Health-Related Behaviors in University Students: The HOLISTic Study. Nutrients. 2021; 13(2):675.doi: 10.3390/nu13020675. PMID: 33669884.
(<https://pubmed.ncbi.nlm.nih.gov/33669884/>)

Project 7 (2018–2020): He coordinated as principal investigator an international research project in collaboration between the Italian Ultramarathon and Trail Association (<https://www.iutaitalia.it/>) and the Arab University of Beirut, Lebanon in the field of the study of body composition and dietary and nutritional practices in the Italian national ultramarathon runners (24-hour 100 km). Publications related to the project:

- Citarella R, Itani L, Intini V, Zucchinali G, Scevaroli S, Kreidieh D, Tannir H, El Masri D, El Ghoch M*. Nutritional Knowledge and Dietary Practice in Elite 24-Hour Ultramarathon Runners: A Brief Report. Sports (Basel)2019; 7(2):44. doi: 10.3390/sports7020044. PMID:30781520.
(<https://pubmed.ncbi.nlm.nih.gov/30781520/>)
- Citarella R, Itani L, Intini V, Zucchinali G, Scevaroli S, Tannir H, El Masri D, Kreidieh D, El Ghoch M*. Association between dietary practice, body composition, training volume and sport performance in 100-Km elite ultramarathon runners. Clin Nutr ESPEN. 2021; 42:239-243. doi: 10.1016/j.clnesp.2021.01.029. PMID: 33745586.
(<https://pubmed.ncbi.nlm.nih.gov/33745586/>)

Project 8 (2019–2021): Coordinated as co-principal investigator an international research project; Obesity Management Task Force (OMTF) of the European Association for the Study of Obesity (EASO) in the preparation, drafting and publication of the European Guidelines for the use of the very low-calorie ketogenic diet (VLCKD) as a nutritional approach for the management of obesity. PROSPERO registration: CRD42020205189. Project publication:

- Muscogiuri G§, El Ghoch M§, Colao A, Hassapidou M, Yumuk V, Busetto L; Obesity Management Task Force (OMTF) of the European Association for the Study of Obesity (EASO). European Guidelines for Obesity Management in Adults with a Very Low-Calorie Ketogenic Diet: A Systematic Review and Meta-Analysis. Obes Facts. 2021; 14(2):222-245. doi: 10.1159/000515381. PMID: 33882506.
(<https://pubmed.ncbi.nlm.nih.gov/33882506/>) §: Equal contribution.

Project 9 (2022–2024): He participated in an international research project in collaboration with the University of Rome Tor Vergata, Italy directed at the time by Professor Antonino De Lorenzo (internationally renowned scholar in the field of obesity and body composition) and the Beirut Arab University – Lebanon, in the field of obesity, sarcopenic and osteosarcopenic obesity with a focus on how to establish new BMI cut-off points for the diagnosis of obesity in the over 40 population. To investigate the potential differences/changes in body composition (fat and lean mass) in patients with overweight and obesity in different age groups and genders. Publications related to the project:

- De Lorenzo A, Itani L, El Ghoch M*, Gualtieri P, Frank G, Raffaelli G, Pellegrini M, Di Renzo L. Difference in Body Composition Patterns between Age Groups in Italian Individuals with Overweight and Obesity: When BMI Becomes a Misleading Tool in Nutritional Settings. Nutrients. 2024; 16(15):2415. doi: 10.3390/nu16152415. PMID: 39125296. (<https://pubmed.ncbi.nlm.nih.gov/39125296/>)
- De Lorenzo A, Itani L, El Ghoch M*, Frank G, De Santis GL, Gualtieri P, Di Renzo L. The Association between Sarcopenic Obesity and DXA-Derived Visceral Adipose

Tissue (VAT) in Adults. *Nutrients* 2024, 16, 1645. doi: [org/10.3390/nu16111645](https://doi.org/10.3390/nu16111645). PMID: 38892578. (<https://pubmed.ncbi.nlm.nih.gov/38892578/>)

- De Lorenzo A, Pellegrini M, Gualtieri P, Itani L, Frank G, El Ghoch M*, Di Renzo L. The Association between Obesity and Reduced Weight-Adjusted Bone Mineral Content in Older Adults: A New Paradigm That Contrasts with the Obesity Paradox. *Nutrients*. 2024; 16(3):352. doi: 10.3390/nu16030352. PMID: 38337637. (<https://pubmed.ncbi.nlm.nih.gov/38337637/>)
- De Lorenzo A, Itani L, Gualtieri P, Pellegrini M, El Ghoch M*, Di Renzo L. Association between Sarcopenia and Reduced Bone Mass: Is Osteosarcopenic Obesity a New Phenotype to Consider in Weight Management Settings? *Life (Basel)*. 2023; 14(1):21. doi: 10.3390/life14010021. PMID: 38276270. (<https://pubmed.ncbi.nlm.nih.gov/38276270/>)
- De Lorenzo A, Pellegrini M, Gualtieri P, Itani L, El Ghoch M*, Di Renzo L. The Risk of Sarcopenia among Adults with Normal-Weight Obesity in a Nutritional Management Setting. *Nutrients*. 2022; 14(24):5295. doi.org/10.3390/nu14245295. PMID: 36558454. (<https://pubmed.ncbi.nlm.nih.gov/36558454/>)
- Di Renzo L, Itani L, Gualtieri P, Pellegrini M, El Ghoch M*, De Lorenzo A. New BMI Cut-Off Points for Obesity in Middle-Aged and Older Adults in Clinical Nutrition Settings in Italy: A Cross-Sectional Study. *Nutrients*. 2022; 14(22):4848. doi.org/10.3390/nu14224848. PMID: 36432532. (<https://pubmed.ncbi.nlm.nih.gov/36432532/>)

Project 10 (2023–2024): participated under the umbrella of the Nutrition Working Group of the *European Association for the Study of Obesity (EASO)* characterized by international collaboration, in the preparation, drafting and publication of the European Position Statement on medical nutritional strategies for the management of individuals with overweight or obesity and cancer. This is an official document of EASO. Project publication:

- Muscogiuri G, Barrea L, Bettini S, El Ghoch M, Katsiki N, Tolvanen L, Verde L, Colao A, Busetto L, Yumuk V, Hassapidou M, On the behalf of EASO Nutrition Working Group. European Association for the Study of Obesity (EASO) Position Statement on Medical Nutrition Therapy for the Management of Individuals with Overweight or Obesity and Cancer. *Obes Facts*. 2024 [Online ahead of print]. (<https://pubmed.ncbi.nlm.nih.gov/39433024/>)

Project 11 (2024–2025): He coordinated as principal investigator a research project characterized by international collaboration, with the University of Verona, Italy and the Arab University of Beirut, Lebanon in the framework of the study of eating disorders/disorders in a large group of competitive athletes in different sports disciplines in two countries (Italy and Lebanon). Collaboration Agreement: Protocol no. 2024-III/14.4 (Attached). Project publication:

- Cavedon V, Kreidieh D, Milanese C, Itani L, Pellegrini M, Saadeddine D, Berri E, El Ghoch M*. The Prevalence of and Factors Associated with Disordered Eating Among Adult Athletes in Italy and Lebanon. *Nutrients*. 2025; 17(1):191. doi.org/10.3390/nu17010191. PMID: 39599624. (<https://pubmed.ncbi.nlm.nih.gov/39599624/>)

Project 12 (2024–2025): He coordinated as principal investigator a research project characterized by international collaboration with the BAU, Lebanon in the framework of the study of diagnostic criteria of central obesity based on the waist circumference-height ratio in different ethnic groups of the United States of America. Project publication:

- Itani L, El Ghoch M. Waist-to-Height Ratio Cut-Off Points for Central Obesity in Individuals with Overweight Across Different Ethnic Groups in NHANES 2011-2018. *Nutrients*. 2024 Nov 8; 16(22):3838. doi: 10.3390/nu16223838. PMID: 39599624; PMCID: PMC11597241. (<https://pubmed.ncbi.nlm.nih.gov/39599624/>)

Project 13 (2025–2026): He coordinated as principal investigator an international research project in collaboration with the University of Verona, Italy and the BAU, Lebanon in the framework of the study of diagnostic criteria of overweight and obesity in the general and sport populations. Collaboration Agreement: Protocol no. 2024-III/14.4 (Attached). Publications related to the project:

- Milanese C, Itani L, Cavedon V, El Ghoch M*. The WHO BMI System Misclassifies Weight Status in Adults from the General Population in North Italy: A DXA-Based Assessment Study (18-98 Years). *Nutrients*. 2025 Jun 29; 17(13):2162. doi: 10.3390/nu17132162. PMID: 40647267; PMCID: PMC12252079. (<https://pubmed.ncbi.nlm.nih.gov/40647267/>)
- Cavedon V, Kreidieh D, Milanese C, Itani L, Pellegrini M, Saadeddine D, Berri E, El Ghoch M. The Prevalence of and Factors Associated with Disordered Eating Among Adult Athletes in Italy and Lebanon. *Nutrients*. 2025 Jan 5; 17(1):191. doi: 10.3390/nu17010191. PMID: 39796625; PMCID: PMC11723392. (<https://pubmed.ncbi.nlm.nih.gov/39796625/>)

Project 14 (2025–2026): He coordinated as principal investigator an international research project with the BAU, Lebanon in the nutritional field of patients with sarcopenic obesity and living with HIV. Project publication:

- Greco C, Itani L, Milic J, Belli M, Gabriele S, Conti M, Valoriani F, Guaraldi G, Rochira V, El Ghoch M. Association Between Reduced Daily Protein Intake and Sarcopenic Obesity in Men Living with HIV: A New Screening Tool. *Nutrients*. 2025 Sep 24; 17(19):3042. doi: 10.3390/nu17193042. PMID: 41097120; PMCID: PMC12526003. (<https://pubmed.ncbi.nlm.nih.gov/41097120/>)

Project 15 (2024–2026): He participated as investigator in the EndoCompass project, jointly led by the European Society of Endocrinology (ESE) and the European Society for Paediatric Endocrinology (ESPE) and is considered a cutting-edge European collaborative initiative created to define and promote the strategic priorities of scientific research in the field of general and paediatric endocrinology particularly in patients with obesity and diabetes. Project publication:

- Mathieu C, Meireles M, Pagotto U, Wabitsch M, Banerjee I, Bartolomé A, Battelino T, Beck J, Chiarelli F, De Leon DD, Dovč K, El Ghoch M, Galderisi A, Gevers E, Gillard P, Haliloglu B, Hoermann H, Mankovsky B, Mertens J, Mohnike K, Oram R, Pasquini T, Pearson E, Pieber TR, Polovina S, Raskin J, Roeper M, Ruck L, Salomon Estebanez M, Tankova T, Thornton P, van Rossum EFC, Vukovic R, Worth C, Zachurzk A. EndoCompass project: research roadmap for diabetes, obesity, and metabolism. *Eur J Endocrinol*. 2025 Oct 17; 193(Supplement_2):II47-II71. doi: 10.1093/ejendo/lvaf065. PMID: 41104472. (<https://pubmed.ncbi.nlm.nih.gov/41104472/>)

Project 16 (2025–2026): Participated as an investigator in a research project in collaboration with Gunma Paz University and Saiseikai Maebashi Hospital in Japan on body composition and physical activity in patients with type 2 diabetes mellitus. Project publication:

- Kimura A, Onozawa S, Ogiwara T, El Ghoch M. Digital bioimpedance for physical activity detection in type-2 diabetes: quasi-experimental validation study. *JMIR Diabetes*. 2025 Dec 16; 10:E83768. doi: 10.2196/83768. PMID: 41401246; PMCID: PMC12707439. (<https://pubmed.ncbi.nlm.nih.gov/41401246/>)

Project 17 (2025–2026): He participated as an investigator in a research project in international collaboration with the Universitat Politècnica de Catalunya – UPC and the Centre de Recerca en Economia i Desenvolupament Agroalimentari UPC- IRTA – CREDA, in Barcelona, Spain. The project aimed to quantify the economic and health impact of obesity on hospital admissions in eight countries of the European Union (Belgium, the Netherlands, Germany, Luxembourg, Spain, Italy, Portugal and Denmark). Project publication:

- Mustapa MAC, Larvoe N, El Ghoch M, Kallas Z. Estimating the hospitalisation burden of obesity in Europe: evidence from the European health interview survey (EHIS) wave 3. *BMC Public Health*. 2026 Mar 10; 26(1):871. DOI: 10.1186/S12889-026-26705-W. PMID: 41808055; PMCID: PMC12980952. (<https://pubmed.ncbi.nlm.nih.gov/41808055/>)

Project 18 (2026–Ongoing): He currently coordinates as principal investigator the activity of a research group on a project in collaboration with the Modena Volley club. The goal is to identify predictors of baseline success (before the start of the competitive season) and better sports performance results during the championship. After approval by the ethics committee and recruitment, the study is currently in the data analysis phase

Project 19 (2026–Ongoing): Currently coordinates as principal investigator the activity of a research group characterized by international collaborations with the National Research Centre of Egypt, and the BAU, Lebanon in the field of obesity, specifically a project that has just started with the procedures for the ethics committee approval for the study of the quality of obesity. life and psychosocial well-being in patients with obesity living in Cairo district (Egypt)

Participation as a speaker at conferences and congresses

Speaker at numerous conferences and congresses recognized nationally and internationally to give readings, symposia and oral presentations in various countries: Belgium, Cyprus, France, Spain, Greece, Netherlands, Austria, Germany, Italy, Lebanon, Türkiye, United Arab Emirates, Egypt, Hungary, Macedonia and South Korea. Citing some of the most internationally renowned in the field of obesity and eating disorders:

- Invited Moderator by the Italian Society of Nutraceuticals, at the 16th SINUT National Annual Congress of the session entitled: "Nutraceuticals for heart health" held on 18–20 June 2026 in Bologna, Italy
- Invited Speaker by the "Economist Enterprise" at the "Economics of Obesity and Metabolic Health" Summit, of a presentation entitled: "Multimodal treatments to manage obesity in the long term" held on 10 June 2026 in Brussels, Belgium
- Invited Speaker at the "1st International Summer School in Principals of Body Composition, Metabolism and Exercise" organized by UNIMORE and UNIVR of a presentation entitled: Body Composition in Obesity: From Research to Clinical Practice, held on the 8–11 June 2026 in Modena and Verona, Italy
- Invited Speaker at the event "Giornate di nutrizione clinica dell'alto tavoliere III edizione – International Meeting" of a presentation entitled: Nutritional Interventions for type 2 Diabetes under the Umbrella of Behavioural Modification: Lessons from EndoCompass project held 21–23 May 2026 in San Severo (FG), Italy
- Invited Moderator at the event "Giornate di nutrizione clinica dell'alto tavoliere III edizione – International Meeting" of the lecture entitled "The Longevity Diet: What the World's Longest-Lived People Teach Us?" delivered by Prof. Evelyn Frias-Toral Associate Professor of Medicine and Clinical Research (Ecuador, USA), held on 21–23 May 2025 in San Severo (FG), Italy
- Invited Speaker at the event "Sarcopenia, Vitamina D e Chirurgia Ortopedica" of a presentation entitled: Supplementation and Integrated Nutritional Strategies: Clinical Evidence held May 16, 2026, in Bologna, Italy
- Invited Moderator by the European Association for the Study of Obesity (EASO), at the 33rd European Congress on Obesity ECO2026 of the session entitled: "How to Adopt Lifestyle intervention in Patients Using Incretin-Based OMM" held on 12–15 May 2026 in Istanbul, Italy
- Invited Speaker at the Advanced Training Course "Science of Longevity: Biology of Aging and Preventive Medicine" at the University of Bologna with a lecture entitled "Measurement of deficiencies and excesses" held on 18 April 2026 in Bologna, Italy
- Invited Speaker at the "2nd Regional Symposium on Obesity with International Participation" of a plenary lecture entitled: Sarcopenic Obesity in Weight management Settings held on March 27, 2026, in Skopje, Macedonia
- Invited Moderator at the 4th edition of the Permanent Academy of the session entitled "Diabetology & Obesity" held on March 20, 2026, in Bologna, Italy
- Invited Moderator at the event "Mister Bone: Focus on male osteoporosis and gender differences in mineral metabolism" of the session entitled: Therapy of male osteoporosis I: supplementation, held on 20-21 March 2026 in Modena, Italy
- Invited Speaker at the Seminar "Correct Lifestyle, Eating Disorders, Obesity and the Role of Sport" of a presentation entitled: Introduction to Eating Disorders and Obesity: data,

incidences, diagnostic criteria and risk factors in sport, held on 7 March 2026 in Reggio Emilia, Italy

- Invited Speaker by the European Coalition for People living with Obesity (ECPO) at the event "The Science of Obesity Training" with a presentation entitled: Obesity or Obesities: Phenotyping is a demand for better clinical management held 28-30 November 2026 in Budapest, Hungary
- Invited Speaker by the Italian Society of Endocrinology (SIE Club Nutrition, Hormones and Metabolism) at the KETO-SIE VLEKT School with a presentation entitled: Biochemical Diagnostics of Ketogenic Nutritional Therapy held on November 8, 2026, in Bologna, Italy
- Invited Speaker at the 4th edition of the Diabetes International Conference (Diabetes International Conference 2025) of a plenary lecture and a presentation entitled:
 - "Behavioural Lifestyle Modification for Obesity & Type 2 Diabetes";
 - "Obesity or Obesities: Phenotyping is a demand for a better clinical management"Held on 12 September 2025 in Cairo, Egypt
- Invited Speaker by the Egyptian Association of Endocrinology, Diabetes and Atherosclerosis (EAEDA), at the 30th Annual Congress with a presentation entitled: Association between sarcopenia & visceral adipose tissue (VAT) in adults with obesity, held on 3–5 September 2025 in Alexandria, Egypt
- Invited Speaker at the event "Giornate di nutrizione clinica dell'alto tavoliere II edizione – International Meeting" of in a plenary lecture entitled: Lifestyle modification in the management of obesity: achievements and challenges held on 22–24 May 2025 in San Severo (FG), Italy
- Invited Speaker by NUBEN SRL, the Regional Reference Centre of the Italian Society of Obesity (SIO), to Abruzzo Region Conference "Obesity the challenge in the territory" of a presentation entitled: "Obesity phenotypes: a necessity to improve clinical management" held on 26 October 2024 in Mosciano (TE), Italy
- Invited Speaker by the Italian Association of Dietetics and Clinical Nutrition (ADI Piedmont – Valle D'Aosta – Liguria Section), to the ADI WEBINAR "Amino acid and protein support in physical activity in the overweight and healthy patient", with a presentation entitled: "Energy expenditure and physical activity in obesity", held on 25 September 2024 remotely
- Invited Speaker by the European Association for the Study of Obesity (EASO) to the Obesity Masterclass, with a presentation entitled: "Nutrition for the Treatment of Sarcopenia" held on 16–18 September 2024 in Budapest, Hungary
- Invited Speaker by the Egyptian Association of Endocrinology, Diabetes and Atherosclerosis (EAEDA), to the 29th Annual Congress with a presentation entitled: "The limitations of the use of BMI in obesity across age and gender groups" held on 4–6 September 2024 in Alexandria, Egypt
- Invited Moderator by the Egyptian Association of Endocrinology, Diabetes and Atherosclerosis (EAEDA), to the 29th Annual Congress of the session entitled: "Joint Session: In Collaboration with ENEA & EASO" held on 4–6 September 2024 in Alexandria, Egypt
- Invited Speaker to the XX X-FILES refresher course in clinical and artificial nutrition, with a presentation entitled: "Energy Metabolism during Physical Exercise in Obesity" held on 13–14 June 2024 in Genoa, Italy
- Speaker at the 31st European Congress on Obesity ECO2024 organized by the European Association for the Study of Obesity (EASO), of an oral communication entitled: "A New Paradigm that Contrasts with the Obesity Paradox: A Negative Association Between Obesity and Bone Mineral Content in Older Adults" held on May 12–15, 2024 in Venice, Italy.
- Invited Moderator by the European Association for the Study of Obesity (EASO), to the 31st European Congress on Obesity ECO2024 of the session entitled: "Late Breaking Moderated

Discussion" held on 12–15 May 2024 in Venice, Italy

- Invited Speaker by the Order of Dieticians in Lebanon, to the International Symposium on Obesity: An Update of Evidence from Research to Practice, of 3 presentations with the following titles:
 - Session I: Introductory to the topic: "Low-Calorie Ketogenic Diet: Evidence from the European Guidelines. How, where, and when to use the VLCKD for obesity management in adults: A short communication"
 - Session II: Obesity and Body composition: "A crosstalk between muscle, bone and fat under the umbrella of obesity: Is there a need to phenotype obesity? The state of Art"
 - Session III: Linking Research to Clinical Practice: Discussion and the take-home message: "How to organize a research-oriented obesity management setting: Experience from the EASO-COM"

Held on April 19 in Beirut, Lebanon

- Invited Speaker by the Cyprus Dietetic & Nutrition Association, to the 12th Cyprus Dietetic & Nutrition Association Conference and Expo with International Participation: Excellence in Nutrition & Dietetic Research and Practice, with a presentation entitled: "Patient-centred communication in obesity management setting" held on 1–3 December 2023 in Nicosia, Cyprus
- Invited Speaker by the Middle Eastern Association of Nutrition and Obesity Medicine, to the 1st Annual International Congress 2023, held on 28–29 September 2023 in Alexandria – Egypt, with 2 presentations of the following titles:
 - Sarcopenic Obesity during weight management programmes: The ignored Phenotype
 - Very Low-Calorie Ketogenic Diet (VLCKD) for Obesity Management: Who, When and Why
- Speaker at the 30th European Congress on Obesity ECO2023 organized by the European Association for the Study of Obesity (EASO), of an oral communication entitled: "The impact of lifestyle modification program delivered before bariatric surgery in preventing long-term weight regain after surgery: A 5-year follow-up study", held on 17–20 May 2023 in Dublin, Ireland
- Invited Moderator by the European Association for the Study of Obesity (EASO), to the 30th European Congress on Obesity ECO2023 of the session entitled: "EASO/ESPEN Joint Session: Malnutrition in Obesity: Medical & Social aspects" held on 17–20 May 2023 in Dublin, Ireland
- Invited Speaker at the "1st Permanent Academy on Cardiometabolic Prevention in Clinical Practice", with a presentation entitled: Should Sarcopenic Obesity be routinely screened in Clinical Practice – How, When and Why?" held on April 14, 2023, in Bologna, Italy
- Invited Speaker by the National Association of Specialists in Food Science (ANSISA) to XXII ANSISA National Congress "Nutrition for Human and Planetary Care" with a presentation entitled: "Patient-Centred Communication" held on 10 – 11 March 2023 in Ancona, Italy
- Invited Speaker by the European Association for the Study of Obesity (EASO) to the ECN WINTER SCHOOL 2022 – HOT TOPICS IN OBESITY; with a presentation entitled: "Outpatient service for obesity management and clinical research"" held on 1–3 December 2022 in Seville, Spain
- Invited Speaker by the European Association for the Study of Obesity (EASO) to the EASO COMs SUMMIT 2022 with a presentation entitled: Impact of weight Cycling in Obesity" held on 28–29 September 2022 in Istanbul, Turkey
- Invited Speaker by the European Association for the Study of Obesity (EASO) to the EASO SUMMER SCHOOL: MASTERCLASS IN THE PREVENTION AND MANAGEMENT OF OBESITY; with a presentation entitled: "Clinical Case: Sarcopenic Obesity" held on 11–15 July 2022 in Annecy, France
- Invited Speaker by the Greek Association of Dietitians and Nutritionists, to the 1st International Conference of Nutritional Sciences and Dietetics (ICONSD 2022) with a presentation entitled: "The 5 keys for successful Management of Sarcopenic Obesity in Young Adults" held on 27–29 May 2022 in Thessaloniki, Greece

- Invited Moderator by the European Association for the Study of Obesity (EASO) to the 22nd Congress on Obesity and the International Federation for the Surgery of Obesity and metabolic disorders-European Chapter (ECOIFSO) of the session entitled: "Obesity management in specific patient groups", held on 04–07 May 2022 in Maastricht, Netherlands
- Invited Speaker to the Obesity Programs of nutrition, Education, Research and Assessment of the best treatment (OPERA 2022), with a presentation entitled: "Interaction between nutrition and the immune system" held on 26–28 April 2022 in Naples, Italy
- Invited Speaker by the European Association for the Study of Obesity (EASO), to the EASO COMs WEBINAR: Sarcopenic Obesity, with a presentation entitled: "Research Update: Latest Publications" held on 22 February 2022 remotely
- Invited Speaker by the European Association for the Study of Obesity (EASO), to the 28th European Congress on Obesity (ECO2021) with a presentation entitled: "Understanding Sarcopenic Obesity: The Ignored Phenotype?" held on 10–13 May 2021 remotely
- Invited Speaker by the European Association for the Study of Obesity (EASO) to the EASO COMs WEBINAR: Losing weight with a Very Low Calorie Ketogenic Diet (VLCKD): A tool for obesity management during the Covid-19 pandemic, with a presentation entitled: "VLCKD: a tool for improving sleep quality?" held on 13 November 2020 remotely
- Speaker at the 27th European and International Congress on Obesity (ECOICO 2020) organized by the European Association for the Study of Obesity (EASO), of an oral communication entitled: "Resting energy expenditure and daily steps in adults with sarcopenic obesity: Prospective observational study", held on 01–04 September 2023 remotely
- Invited Speaker by the International Diabetes Federation (International Diabetes Federation; IDF) at the IDF World Congress 2019, with a lecture entitled: "Effectiveness of weight management programmes in Arab countries" held on 02–06 December 2019 in Busan, South Korea
- Invited Speaker to the Lebanese Conference on transformative power of lifestyle medicine, with a presentation entitled: "The Practical Application of Cognitive Behavioural Therapy for Obesity in Clinical Practice" held on 11–12 October 2019 in Beirut, Lebanon
- Invited Speaker by the European Association for the Study of Obesity (EASO) to the EASO COMs SUMMIT 2019, with a presentation entitled: "COMs Case Study: sarcopenic obesity and health outcomes" held on 10–11 October 2019 in Gdansk, Poland
- Invited Speaker by the Dubai Health Authority (DHA) to the 4th Dubai International Nutrition Congress DINC: Driving innovation and excellence in Nutrition, with 2 presentations with the following titles:
 - Health-related Quality of Life in obesity: The ignored outcome in Arab population
 - Cognitive Behavioural Therapy for Obesity: Long-Term Lifestyle Modification Program and Its Implementation in Arab Countries

Held on 24–26 October 2018 in Dubai, United Arab Emirates (UAE)

- Invited Speaker by the Middle East Eating Disorders Association (MEDA) with a presentation entitled: "Introductory talk on CBT-OB: Latest Psychological Treatment for Obesity" held on October 20, 2018, in Beirut, Lebanon
- Speaker at the 25th European Congress on Obesity (ECO2018) organized by the European Association for the Study of Obesity (EASO), of an oral communication entitled: "Simple functional test for screening sarcopenia in female adults with obesity", held on 23–26 May 2018, in Vienna, Austria
- Invited Speaker by the Italian Association of Eating and Weight Disorders (AIDAP), to the AIDAP 2017 National Congress: Improving therapeutic intervention: The contribution of research to clinical practice, with a presentation entitled: "The physical and psychological

effects of weight regain in obesity", held on 27–28 October 2017 in Verona, Italy

- Invited Speaker by the Italian Association of Eating and Weight Disorders (AIDAP), to the AIDAP 2014 National Congress: Lifestyle modification in the management of obesity and diabetes: progress and future challenges, with a presentation entitled: "Intensive hospital rehabilitation in the management of severe obesity", held on 14 May 2014 in Desenzano del Garda (BS), Italy
- Invited Speaker by the Italian Association of Eating and Weight Disorders (AIDAP), to the AIDAP 2013 National Congress: CBT-E of eating disorders: Progress and future challenges, with a presentation entitled: "Treating medical complications", held on 17–18 May 2013 in Milan, Italy
- Invited Speaker by the Italian Association of Eating and Weight Disorders (AIDAP), to the AIDAP 2012 National Congress: Physical Exercise and Eating Disorders, with a presentation entitled: "Evaluation of energy expenditure in eating disorders: measured versus reported" held on 13–14 April 2012 in Verona, Italy

Member of the Editorial Board:

Permanent positions of Associate Editor of journals of recognized international prestige, with Impact Factor, which adopt peer review and are both Web of Science (WoS) and SCOPUS databases:

- 1) Associate Editor – Obesity Facts Karger Publishers (IF=4.1) (2025 – present)
- 2) Associate Editor – Frontiers in Endocrinology (IF=5.7) (2020 – present)
- 3) Associate Editor – Frontiers in Nutrition (IF=5.5) (2021– present)

Membership in scientific societies

- 1) Clinical Fellowship of the European Association for the Study on Obesity (EASO) (2020 to date)
- 2) Member of the scientific committee of the National Association of Specialists in Food Science (ANSISA), for the three-year period 2022 – 2025

Peer Reviewer for Scientific Journals

About 600 reviews registered on Web of Science (WoS) conducted for numerous nutrition and dietetic journals, such as Clinical Nutrition, Nutrients, Obesity Surgery, European Journal of Clinical Nutrition, European Eating Disorder Review, Eating and Weight Disorder and many others. For this reason, in 2019 he won the **Top 1% Peer Reviewer** award issued by Web of Science (Publons WoS)

Teaching activity:Academic Year 2025/2026 (UNIMORE)

DIET270_26 Other activities 3 year – Degree Course: Dietetics, Department of Biomedical, Metabolic and Neuroscience Sciences, UNIMORE

DIET270_29 Elective Course – Degree Course: Dietetics, Department of Biomedical, Metabolic and Neuroscience Sciences, UNIMORE

DIET270_13 Applied Dietetic Sciences – Degree Course: Dietetics, Department of Biomedical, Metabolic and Neuroscience Sciences, UNIMORE

FIS_270_26 Specialist Medicine and Physiotherapy – Degree Course: Physiotherapy, Department of Surgery, Medicine, Dentistry and Morphological Sciences with Transplantation, Oncology and Regenerative Medicine Interest, UNIMORE

INFMO27010 Nursing in the Medical Area – Degree Course: Nursing (MO), Department of Biomedical, Metabolic and Neuroscience Sciences, UNIMORE

TO_270_13 Specialist Medicine and Occupational Therapy – Degree Course: Occupational Therapy, Department of Maternal, Child and Adult Medical and Surgical Sciences, UNIMORE

Academic Year 2024/2025 (UNIMORE)

DIET270_26 Other activities 3 year – Degree Course: Dietetics, Department of Biomedical, Metabolic and Neuroscience Sciences, UNIMORE

DIET270_29 Elective Course – Degree Course: Dietetics, Department of Biomedical, Metabolic and Neuroscience Sciences, UNIMORE

DIET270_13 Applied Dietetic Sciences – Degree Course: Dietetics, Department of Biomedical, Metabolic and Neuroscience Sciences, UNIMORE

FIS_270_26 Specialist Medicine and Physiotherapy – Degree Course: Physiotherapy, Department of Surgery, Medicine, Dentistry and Morphological Sciences with Transplantation, Oncology and Regenerative Medicine Interest, UNIMORE

INFMO27010 Nursing in the Medical Area – Degree Course: Nursing (MO), Department of Biomedical, Metabolic and Neuroscience Sciences, UNIMORE

TO_270_13 Specialist Medicine and Occupational Therapy – Degree Course: Occupational Therapy, Department of Maternal, Child and Adult Medical and Surgical Sciences, UNIMORE

Academic Year (2018/2019) – (2019/2020) – (2020/2021) – (2021/2022) – (2022/2023) Beirut Arab University (BAU), Lebanon

From 1 January 2019 to 31 August 2023, he chaired the BSc program in Dietetics (101 credits) and the MSc program in Nutritional Sciences (36 credits) at the Department of Nutrition and Dietetics – Faculty of Health Sciences – BAU – Lebanon

Full Professor (from 1 October 2018 to 31 August 2023):

Teaching in the BSc program in Dietetics (from 1 October 2018 to 31 August 2023):

- [NUTR322] Assessment of nutritional status – Second year – First semester (3 credits)
- [NUTR320] Therapeutic nutrition I – Second year – Second semester (3 credits)
- [NUTR409] Therapeutic nutrition II – Third year – First semester (3 credits)
- [NUTR406] Research Project – Third Year – Second Semester (2 credits)

Teaching in the MSc program in Nutritional Sciences (from 1 October 2018 to 31 August 2023):

- [NUTR605] Advanced Clinical Nutrition – First year (3 credits)
- [NUTR607] Weight Management and Eating Disorders – Second Year (3 credits)

As a "Visiting Professor", teaching in BSc program in Dietetics
(from 1 October 2017 to 1 October 2018)

- [NUTR310] Nutrition in Life Span (Second Year – Second Semester) (3 credits)
- [NUTR410] Therapeutic Nutrition Practicum course (Second year – Second semester) (3 credits)

Activities as supervisor of degree theses

- Supervisor of several theses in the MSc program in Nutritional Sciences and a PhD on obesity

Assistance activity (clinical):

From 2010 to 2018 at the Department of Eating and Weight Disorders – Villa Garda Hospital – Garda (VR), Italy:

[Structured Doctor] – inpatient and day hospital unit for obesity and related metabolic complications

[Structured Doctor] – inpatient and day hospital unit for eating disorders and malnutrition complications

[Outpatient activity] (Approximately 500 visits per year). The outpatient activity involved a multidisciplinary approach integrating nutritional assessments and treatments based on cognitive-behavioral therapy for obesity (CBT-OB) and eating disorders (CBT-E)

From 1 October 2018 to 31 August 2023

[Clinical Chief] of the Dietetics and Clinical Nutrition Day Service for the treatment of obesity (Centre accredited by the European Association for the Study of Obesity (EASO 2018-2028). The outpatient activity is mainly managed by dietitians and involves a treatment approach based on cognitive-behavioral therapy for obesity (CBT-OB)

PUBLICATIONS

Original studies published in international peer-reviewed journals indexed:

- 1) Mustapa MAC, Larvoe N, El Ghoch M, Kallas Z. Estimating the hospitalisation burden of obesity in Europe: evidence from the European health interview survey (EHIS) wave 3. BMC Public Health. 2026 Mar 10; 26(1):871. DOI: 10.1186/S12889-026-26705-W. PMID: 41808055
- 2) Kimura A, Onozawa S, Ogiwara T, El Ghoch M. Digital Bioimpedance for Physical Activity Detection in Type-2 Diabetes: Quasi-Experimental Validation Study. JMIR Diabetes. 2025 Dec 16; 10:E83768. doi: 10.2196/83768. PMID: 41401246
- 3) Greco C, Itani L, Milic J, Belli M, Gabriele S, Conti M, Valoriani F, Guaraldi G, Rochira V, El Ghoch M*. Association Between Reduced Daily Protein Intake and Sarcopenic Obesity in Men Living with HIV: A New Screening Tool. Nutrients. 2025 Sep 24; 17(19):3042. doi: 10.3390/nu17193042. PMID: 41097120
- 4) Milanese C, Itani L, Cavedon V, El Ghoch M*. The WHO BMI System Misclassifies Weight Status in Adults from the General Population in North Italy: A DXA-Based Assessment Study (18–98 Years). Nutrients. 2025; 17(13):2162. doi.org/10.3390/nu17132162
- 5) Milanese C, Itani L, Cavedon V, Saadeddine D, Raggi S, Berri E, El Ghoch M*. Revising BMI Cut-Off Points for Overweight and Obesity in Male Athletes: An Analysis Based on Multivariable Model-Building. Nutrients. 2025; 17(5):908. doi.org/10.3390/nu17050908
- 6) Cavedon V, Kreidieh D, Milanese C, Itani L, Pellegrini M, Saadeddine D, Berri E, El Ghoch M*. The Prevalence of and Factors Associated with Disordered Eating Among Adult Athletes in Italy and Lebanon. Nutrients. 2025; 17(1):191. doi.org/10.3390/nu17010191. PMID: 39599624.
- 7) Itani L, El Ghoch M*. Waist-to-Height Ratio Cut-Off Points for Central Obesity in Individuals with Overweight Across Different Ethnic Groups in NHANES 2011–2018. Nutrients. 2024; 16(22):3838. doi: 10.3390/nu16223838.
- 8) 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.

- 9) 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, 1645. doi: org/10.3390/nu16111645.
- 10) 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: 10.3390/diseases12030054. PMID: 38534978.
- 11) 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: 10.3390/nu16030352. PMID: 38337637.
- 12) Association between 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. *Life (Basel)*. 2023; 14(1):21. doi: 10.3390/life14010021. PMID: 38276270.
- 13) 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.
- 14) 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.
- 15) 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.
- 16) Do Lifestyle Interventions before Gastric Bypass Prevent Weight Regain after Surgery? A Five-Year Longitudinal Study. Vaccaro S, Itani L, Scazzina F, Bonilaui S, Cartelli CM, El Ghoch M*, Pellegrini M. *Nutrients*. 2022;14(17):3609. doi.org/10.3390/nu14173609. PMID: 36079866.
- 17) 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.
- 18) 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.
- 19) 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. *Nutrients*. 2021; 13(2):675. doi: 10.3390/nu13020675. PMID: 33669884.
- 20) 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.
- 21) 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.
- 22) 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.
- 23) 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.
- 24) 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.
- 25) 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.
- 26) 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.
 - 27) 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.
 - 28) 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. Madeo 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.
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