



ASSOC. PROF. DR. ARYATI AHMAD

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QUALIFICATIONS AND ACADEMIC BACKGROUND

PhD (Nutritional Sciences)

University of Surrey, United Kingdom

Funded by: Malaysian Ministry of Higher Education

Sep 2009 – Feb 2013

Bachelor in Dietetics (Hons)

National University of Malaysia

Funded by: Public Service Department, Malaysia

Sep 2003 – Jul 2007

RESEARCH INTEREST

Dietetics, obesity, cardiovascular nutrition, metabolic health, and non-communicable diseases.

TEACHING AND RESEARCH EXPERIENCE

Postdoctoral Academic Visitor

Nuffield Department of Primary Care Health Sciences, University of Oxford

Jan 2021 – Mar 2022

Associate Professor

Faculty of Health Sciences, Universiti Sultan Zainal Abidin

Nov 2019 – present

Senior Lecturer

Faculty of Health Sciences, Universiti Sultan Zainal Abidin

Mar 2013 – Oct 2019

Academic Fellow

Faculty of Medicine & Health Sciences, Universiti Sultan Zainal Abidin

Jan 2009 – Feb 2013

Clinical Dietitian

Faculty of Allied Health Sciences, National University of Malaysia

Jan 2008 – Dec 2008

Catering Dietitian BESTA Food Service Sdn. Bhd.	Sep 2007 – Dec 2007
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Research Assistant Institute of Paediatrics, Hospital Kuala Lumpur	Jul 2007 – Aug 2007
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ACADEMIC CITIZENSHIP EXPERIENCE

Director Centralised Laboratory Management Centre, Universiti Sultan Zainal Abidin	June 2024 – Present
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Deputy Dean (Research & Development) Faculty of Health Sciences, Universiti Sultan Zainal Abidin	May 2022 – May 2024
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Director Centre for Research Excellence and Incubation Management, Universiti Sultan Zainal Abidin	Jan 2020 – Dec 2020
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Deputy Director (Research & Publication) Centre for Research Excellence and Incubation Management, Universiti Sultan Zainal Abidin	Feb 2017 – Dec 2019
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Deputy Director Institute for Community [Health] Development, Universiti Sultan Zainal Abidin	Jul 2016 – Jan 2017
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Head of School of Nutrition & Dietetics Faculty of Health Sciences, Universiti Sultan Zainal Abidin	Apr 2013 – Apr 2016
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PROFESSIONAL ASSOCIATIONS

Member of Malaysian Association for the Study of Obesity	Since 2018
Member of Malaysian Dietitians' Association	Since 2014

TRAININGS, COURSES, AND SEMINARS ATTENDED

- High Impact Leadership Program – Brunel University of London – 22-26 September 2025
- South East Asian Nutrition Leadership Program – Jakarta – 12-15 August 2025
- Professional Certificate for Higher Education Learning and Management – AKEPT – June-September 2024
- Integrity Talk: *Palsu vs Ori* - Februari 2024
- Diversity in research - networking and learning event - Oxford and Oxford Health Biomedical Research Centres' Diversity and Research Group, and other PPI contributors and researchers – 22 March 2022
- Essential Guide to Grant Applications (EGGA) 2022 Masterclass – NIHR Research Design Service South Central – 15-17 February 2022
- Clinical Trial Units PRISMS-Standard Operating Procedures (SOPs) – University of Oxford, January 2021 – December 2021
- Good Clinical Practice Training – University of Oxford – 21 January 2021
- Webinar Hari Integriti UniSZA 2020, Webinar - 29 November 2020
- Webinar on Science Communication: Bridging The Gap from Knowledge to Behavior - October 2020

- Scientific Conference on Obesity, Hotel Istana, Kuala Lumpur - 16 October 2019
- Science Symposium on Smart Eating, Sheraton Imperial Kuala Lumpur, Malaysia - April 2019
- Workshop on the Development of Dietetic Programme towards An Industrial Revolution 4.0 – Universiti Sultan Zainal Abidin & Malaysian Dietitians' Association – 8 February 2018
- East Coast Regional Seminar on Geriatric Nutrition – Universiti Sultan Zainal Abidin – 28 September 2017
- Seminar Nasional Tantangan Tenaga Kesehatan Dalam Mencapai SDGs – Universitas Teuku Umar – 7 – 9 August 2017
- Bariatric Diet Workshop 2017 - the Ultimate Diet Approach, 22 – 23 May 2017, Kompleks Pengurusan Hospital Tuanku Ja'afar, Seremban
- Workshop on Science, Technology & Innovation International Funding Application (APEC & ASEAN) – Malaysian Ministry of Science, Technology and Innovation – 13 – 14 March 2017
- Citation and Publication Right Seminar – Universiti Sultan Zainal Abidin – 12 March 2017
- Internal MyRA Audit UMT – Universiti Malaysia Terengganu – 7 March 2017
- Index and Book Blurb Workshop – Universiti Sultan Zainal Abidin – 14 November 2016
- UniSZA Community Programme “We Care We Share” – Universiti Sultan Zainal Abidin – 28 – 29 October 2016
- Malaysian Academic Association Congress – Malaysian Ministry of Higher Education 19 – 20 September 2016
- Good Clinical Practice Workshop – Clinical Research Center (MOH) – 19-21 July 2016
- MyBFF Scientific Day Obesity Intervention: Behaviour Change – Institute for Public Health (MOH) – 17 July 2016
- Student Supervision (Level 1) – Malaysian Ministry of Higher Education – 16 – 18 November 2015
- Citation, Journal Impact Factor, H-Index: Their Meaning and Impact on Researchers and Institutions – Universiti Sultan Zainal Abidin – 14 – 15 September 2015
- High Impact Journal Publication National Conference – Malaysian Ministry of Higher Education & Universiti Pendidikan Sultan Idris – 2 – 4 September 2015
- Clinical Dietetic Updates: Dietary Management in Liver Diseases Workshop – Hospital Selayang – 25 – 26 August 2015
- Seminar Clinical Dietetic Updates in Cardiovascular Disease & Hypertension – Malaysian Ministry of Health – 17 – 18 August 2015
- National Dietetics Harmonisation Workshop – Universiti Sultan Zainal Abidin – 5 – 6 August 2015
- Postgraduate Supervision Workshop – Universiti Sultan Zainal Abidin – 22 – 23 December 2014
- Subjective Global Assessment (SGA) and Patient-Generated Subjective Global Assessment (PG-SGA) Workshop – Universiti Sultan Zainal Abidin – 20 November 2014
- Nutrition Care Process (NCP) Workshop – National University Malaysia – 18 – 19 June 2014
- National Level Train the Trainers Workshop for Dietetics Programme – International Medical University Malaysia – 15 May 2014
- Manuscript Revising, Editing and Submitting Workshop – Universiti Sultan Zainal Abidin – 30 April 2014
- OBE and Examinations Questions Workshop – Universiti Sultan Zainal Abidin – 27 November 2013
- Active Learning Workshop – Universiti Sultan Zainal Abidin – 8 – 9 May 2013
- Medical Statistic Workshop – Universiti Sultan Zainal Abidin – 20 – 21 April 2013
- Faculty of Health and Medical sciences 2nd Cardiovascular Symposium – University of Surrey – 2 – 3 September 2010
- Essential Good Clinical Practice – Brookwood International Academy of Healthcare Research – 16 June 2010
- MSc course in Nutritional Medicine – Module 8 Lipids and Essential Fatty Acids- University of Surrey – 11 – 13 November 2009
- Training for Trainer, National University of Malaysia on 24 April 2008
- Dietetic Training in Dietetic Department, University Malaya Medical Centre on 13 – 15 February 2008

PERSONAL ACHIEVEMENTS AND CAREER HIGHLIGHTS

Appointed as Director, Festival of Ideas Putrajaya – UniSZA (FOI@PUTRAJAYA) 2025

Appointed as Director, Festival of Ideas Terengganu – UniSZA (FOI@TERENGGANU) 2025

Appointed as Director, 2nd International Cardiovascular & Metabolic Health Conference (COMET) 2024

Won University Publication Award (Science & Technology) 2023

Appointed as Director, International Cardiovascular & Metabolic Health Conference (COMET) 2023

Appointed as Review Panel, Malaysian Dietary Guideline for Children & Adolescents (MDG) 2021

Selected as Jury, World Conference and Innovation in Early Childhood Education (WCIECE) 2021

Selected as Review Panel, Malaysian Dietary Guideline (MDG 2020)

Invited as Expert Panel, Malaysian Breakfast Program 2019

Involved as Secretariat, Research & Innovation Week (MPI) 2018

Secretariat, The International Conference and Exposition on Inventions by Institutions of Higher Learning (PECIPTA) 2017

Awarded Highest Royalty Award for Book 'Quick Reference To Dietetic Practice' 2019

Won Rising Star Award, ICOMES & AOCO 2019 in Seoul, South Korea

Won Travel Award in 12th Asian Congress of Nutrition 2015 in Yokohama, Japan

RESEARCH OUTPUTS/ACHIEVEMENTS

Research Grants - *Principal Investigator*

- Suriniaga: Program Usahawan Sihat Komuniti B40 Ibu Tunggal, Government Grant (2025), **[Grant Value: RM66,450] – Ongoing**
- Education and Diary with Reporting and Intelligent dialysis System (EDRIS), Industry Grant (2024), **[Grant Value: RM118,100] – Ongoing**
- Impact of Health Behaviours on Disease Outcomes, University Grant for Postdoctoral Fellowship (2023), **[Grant Value: RM119,677] – Completed**
- Development and Effectiveness of Healthy Layouts and Price Promotions for Health Foods and Consumer's Purchasing and Dietary Behaviour in Supermarkets, University Grant (2023), **[Grant Value: RM24,000] – Completed**
- Healthy Heart Assessment and Intervention Project 2023: Eat and Live Smart for Healthy Heart (My-Heart Project), Industry Grant (2023), **Grant Value: RM28,030 – Completed**
- Developing an early Health Intervention Framework to Combat Obesity in Malaysia, FRGS, Government (2022), **Grant Value: RM89,500 – Ongoing**
- Prediction of Coronary Heart Disease (CHD) Risk Using Dietary Risk Calculator: The Malaysian Diet and CHD Study (MyDiet-CHD Study), University (2017), **Grant Value: RM60,000 – Completed**

- Effects of three weight reducing diets on obesity, Dana Pembudayaan Penyelidikan RAGS, Government (National) (2014), **Grant Value: RM75,000 – Completed**
- Childhood Obesity in Terengganu: Determination of Prevalence, Risk Factors And Consequences Using A Health Status Surveillance, Monitoring And Decision System, FRGS, Government (National) (2013), **Grant Value: RM126,000 – Completed**

Publications - Journal Articles

- Roslim, N. A., **Ahmad, A.***, Mansor, M., Aung, M., Hamzah, F., & Lua, P. L. (2025). Mind over plate: the hypnotic influence on dietary intake. *Jurnal Gizi & Pangan*, 20(Supp.1):43-52. Supp.1.43-52.
- Zamani, N. N. F., Mohd Habir, M. W., Mohd Noor, S. M., Roslim, N. A., **Ahmad, A.*** (2025). Association between sociodemographic and health behaviours with body weight status among adults with healthy weight and overweight/obesity in Terengganu. *Jurnal Gizi & Pangan*, 20(Supp.1): 117-126.
- Johari, M. H. Q., Dzakhsari, M. I. H., Roslim, N. A., Mohd Noor, S. M., Rahim, M., **Ahmad, A.*** (2025). Association between physical activity level and body weight status, body composition and cardiovascular health among adult population in Terengganu. *Jurnal Gizi & Pangan*, 20(Supp.1): 63-70.
- Roslim, N. A., Mohd Noor, S. M., Ismail, I., **Ahmad, A.*** (2024). Relationship between sociodemographic characteristics, body composition and health behaviours with body weight status among adults in Terengganu. *Malaysian Journal of Medicine and Health Sciences*, 20(SUPP10), 47-53.
- Roslim, N. A., **Ahmad, A.**, Mansor, M., Aung, M., Hamzah, F., & Lua, P. L. (2024). Can hypnosis enhance the mental health and quality of life in individuals with excess weight problems? *Malaysian Journal of Medicine and Health Sciences*, 20(SUPP10), 69-76.
- Roslim, N. A., Che Wan Mansor, W. A. N., Che Taha, C. S., Ismail, K. F., **Ahmad, A.**, Harith, S. (2024). Blood pressure and its association with sedentary behaviour, stress level and dietary intake among adults with hypertension. *Malaysian Journal of Medicine and Health Sciences*, 20(SUPP10), 54-62.
- Mohd Noor, S. M., Roslim, N. A., Ismail, I., **Ahmad, A.** (2024). Dietary patterns associated with overweight/obesity in adults across the world: a systematic review of cross-sectional study. *Malaysian Journal of Medicine and Health Sciences*, 20(SUPP10), 219-233.
- Zulaily, N., **Ahmad, A.**, & Shahril, M. R. (2024). Associated Factors of Physical Activity Among 12 Years Old School Adolescents in Terengganu, Malaysia. *Malaysian Journal of Medicine and Health Sciences*, 20(SUPP10), 39–46.
- Zulaily, N., **Ahmad, A.**, Shahril, M. R., & Kamarudin, M. K. A. (2024). Mapping Overweight and Obesity Patterns among School Adolescents in Terengganu, Malaysia. *Malaysian Journal of Medicine and Health Sciences*, 20(SUPP10), 63–68.
- Roslim, N.A., Md. Azizan, N.H., Mohd Noor, S.M., Piernas-Sanchez, C., **Ahmad, A.** (2024). A Dietary Pattern High In Sugar, Sodium, and Saturated Fat Was Negatively Associated With Academic Performance in Malay Adolescents. *Malaysian Journal of Medical and Health Sciences*. 20(3): 75-82.
- Al-Ashwaiyat, N.M., **Ahmad, A.*** & Al-Jamal, H.N. (2023) Effect of Diet-Induced Weight Loss on Iron Status and Its Markers Among Young Women with Overweight/obesity and Iron Deficiency Anemia: A Randomized Controlled Trial. *Frontiers in Nutrition*; 1-10
- Roslim, N.A., **Ahmad, A.**, Mansor, M., Aung, M.M.T., Hamzah, F. & Lua P.L. (2023) A Qualitative Exploration of Weight Loss Experiences Through Hypnotherapy (2023), *International Journal of Clinical and Experimental Hypnosis*; 235-249
- Ismail, K.F., Martine, S.E., **Ahmad, A.**, Harith, S. & Lua, P.L. (2023) Association of Sociodemographic, and Feeding Characteristics with Quality of Life Among Caregivers of Disabled Children in Terengganu, Malaysia, *Malaysian Journal of Public Health Medicine*; 23:1:207-217

- Hajizadeh, A., Heath, L., **Ahmad, A.**, Kebbe, M., Jebb, S.A., Averyard, P. & Hughes, G. (2023) Clinician Resistance to Broaching The Topic of Weight in Primary Care: Digging Deeper into Weight Management Using Strong Structuration Theory. *Social Science and Medicine*; 329: 1-10
- Alagal, R.I., Alfari, N.A., Altamimi, J.Z., Alshwaiyat, N.M., **Ahmad, A.**, Alzaheb, R.A. & Alkehayez, N.M. (2022) Differences in overweight and obesity prevalence among young men from twelve Middle Eastern and Asian countries living in Saudi Arabia. *Healthcare*, 10(4).
- Altamimi, J.Z., Alshwaiyat, N.M., Alfari, N.A., **Ahmad, A.** & Alagal, R.I. (2022). Differences in Overweight and Obesity Prevalence in Middle-Aged Men from Twelve Middle Eastern and Asian Countries Living in Saudi Arabia. *Inter J Gen Med*; 15: 3333-3343
- **Ahmad, A.***, Piernas, C., Little, M. & Jebb, S. (2022). Trend in weight loss attempts among children in England. *Archives of Diseases in Childhood*; 107: 896-901.
- **Ahmad, A.***, Shahril, M.R., Wan-Arfah, N., Mohd Abu Bakar, W.A., Piernas, C. & Lua, P.L. (2022). Changes in health-related lifestyles and food insecurity and its association with quality of life during COVID-19 lockdown in Malaysia. *BMC Public Health*; 22:1150.
- Roslim, N.A., **Ahmad, A.**, Mansor, M., Aung, M.M.T., Hamzah, F., Shahril, M.R. & Lua, P.L. (2022). Does hypnosis result in greater weight loss compared to conventional approach? *American Journal of Clinical Hypnosis*, 64(3).
- Abu Bakar, N.A.F., **Ahmad, A.***, Wan Musa, W.Z., Shahril, M.R., Wan-Arfah, N., Abdul Majid, H., Piernas, C., Ramli, A.W. & Naing, N.N. (2022) Association Between a Dietary Pattern High in Saturated Fatty Acids, Dietary Energy Density, and Sodium with Coronary Heart Disease. *Scientific Reports*; 12: 1-10
- Wan Musa, W.Z., **Ahmad, A.***, Abu Bakar, N.A.F., Wan-Arfah, N., Ramli, A.W. & Naing, N.N. Predictors of Coronary Heart Disease (CHD) Among Malaysian Adults: Findings from Mydiet-CHD Study. *Malaysian Journal of Medicine and Health Science*; 18(6):259-269
- Wan Musa, W.Z., Abu Bakar, N.A.F., **Ahmad, A.***, & Naing, N.N. (2022). Association Between Fatty Acids and Coronary Heart Disease: a Scoping Review, *Medical Journal of Malaysia*, Vol 77 p. 71 – 81.
- Lua, P.L., Roslim, N.A., **Ahmad, A.**, Mansor, M., Aung, M.M.T & Hamzah, F. (2022) Utilization and Perception of Complementary and Alternative Therapies (Cats) Among Secondary School Students in Kuala Terengganu, *Malaysian Journal of Public Health Medicine*; 22:1:79 - 85
- Roslim, N.A., **Ahmad, A.**, Aung, M.M.T., Hamzah, F., Hassan, H. & Lua, P.L. (2021). Hypnotherapy for overweight and obese patients: A narrative review. *Journal of Integrative Medicine*, 19(1), 1-5.
- Alshwaiyat, N.M., **Ahmad, A.**, Wan Hassan, W.M.R. & Al-Jamal, H.A.N. (2021). Association between obesity and iron deficiency (Review). *Experimental and Therapeutic Medicine*, 22(5).
- Shahril, M.R., Zakarai, N.S., Appanah, G., Nurnazahiah, A., Jan Mohamed, H.J., **Ahmad, A.**, Lua, P.L. & Fenech M. (2021). ‘Energy-dense, high-SFA and low-fiber’ dietary pattern lowered adiponectin but not leptin concentration of breast cancer survivors. *Nutrients*, 13(10).
- Lua, P.L., Roslim, N.A., **Ahmad, A.**, Mansor, M., Aung, M.M.T. & Hamzah, F. (2021). Complementary and alternative therapies for weight loss: A narrative review. *Journal of Evidence-Based Integrative Medicine*, 13.
- Roslim, N.A., **Ahmad, A.**, Mansor, M., Aung, M.M.T., Hamzah, F. & Lua, P.L. (2021). The Feasibility and Acceptability of Hypnotherapy Among Overweight and Obese Individuals in a Malaysia's Public University(2021), *Journal of Complementary and Integrative Medicine*; 561 – 568
- Alshwaiyat, N.M., **Ahmad, A.**, Wan Hassan, W.M.R. & Al-Jamal, H.A.N. (2021) Association Between Obesity and Iron Deficiency (Review). *Experimental and Therapeutic Medicine*, p. 1-10, ISSN: 1792-0981 [Indexed by: WoS Q3 - Co-Author]
- Lua, P.L., Roslim, N.A., **Ahmad, A.**, Mansor, M., Aung, M.M.T. & Hamzah, F. (2021) Utilisation and Perception of Complementary and Alternative Therapies (Cats) Among Obese and Overweight Individuals in a Malaysian Public University, *IJUM Medical Journal Malaysia*; 20:2:151 – 159
- **Ahmad, A.***, Zulaily, N., Shahril, M.R., Wafa, S.W., Mohd Amin, R., Piernas, C. & Ahmed, A. (2021). Obesity determinants among Malaysian 12-year-old school adolescents: findings from the HAT study. *BMC Pediatrics*, 21(418).

- Shahril, M.R., Zakarai, N.S., Appannah, G., Ali, N., Jan Mohamed, H.J., **Ahmad, A.**, Lua, P.L. & Fenech, M. (2021) Energy-Dense, High-Sfa and Low-Fibe Dietary Pattern Lowered Adiponectin but Not Leptin Concentration of Breast Cancer Survivors. *Nutrients*; 13(10): 1-10
- Abdul Halim, N.H., Azman, N.A.F., Mohammed Sabri, N.N.B., **Ahmad, A.**, Harith, S., Wan Taib, W.R. & Ismail, K.F. (2021) Prevalence of Child's Behavioural Feeding Problems, Body Mass Index and Mental Health Issues Among Parents and Children with Autism in Malaysia. *Asian Journal of Medicine and Biomedicine*; 5(S1): 39-46
- Ali, N., Shahril, M.R., Zakarai, N.S., **Ahmad, A.**, Suhaina, S. & Lua, P.L. (2020). Relationship of objectively measured physical activity and sedentary behaviour with health-related quality of life among breast cancer survivors. *BMC Health and Quality of Life Outcomes*, 18(222).
- Zulaily, N., **Ahmad, A.***, Shahril, M.R. & Ahmed, A. (2020). Parental perception of child's body weight status and its association with socio-demographic factors among Malay children in primary schools in Kuala Terengganu, Malaysia. *Maj J Nutr*, 26(2), 173-187
- Abdullah, M.I., **Ahmad, A.***, Syed Saadun Tarek Wafa, S.W.W., Abdul Latif, A.Z., Mohd Yusoff, N.A., Jasmiad, M.K., Udin, N. & Abdul Karim, K. (2020). Determination of calorie and protein intake among acute and sub-acute traumatic brain injury patients. *Chinese Journal of Traumatology*, 23(5), 290-294
- Abdullah, M.I., **Ahmad, A.***, Yusoff, N.A.M., Syed Saadun Tarek Wafa, S.W.W., Abdul Latif, A.Z., \, Jasmiad, M.K., Udin, N. & Abdul Karim, K. (2020). Effect of calorie on cognitive function among traumatic brain injury (tbi) patients: a pilot study. *Research Journal of Pharmacy and Technology*, 13(10): 4545-4549
- Zakaria, Z., Wong, S.Y., Alias, N., Mohd Noor, S.N., Zakaria, A.J., Mustapha, Z., Hussin, N., Wan Taib, W.R., **Ahmad. A.**, Mohd Yusoff, N.A. (2020). Physicochemical composition, microbiological quality and consumers' acceptability of raw and pasteurized locally produced goat milk. *Malaysian Journal of Fundamental and Applied Sciences*, 16(4).
- **Ahmad, A.***, Isherwood, C., Umpleby, M. & Griffin, B. (2020). Effects of high and low sugar diets on cardiovascular disease risk factors. *Annals of Nutrition and Metabolism*, 66 (Supplement), S18-S24.
- Zulaily, N., **Ahmad, A.***, Shahril, M.R., Syed Abdullah E.F.H. & Ahmed, A. (2019). Reliability of anthropometric measurements conducted in national physical fitness standard (SEGAK) assessments among school-aged adolescents in Terengganu, Malaysia. *Malaysian Journal of Public Health Medicine*, 19 (2), 141-148.
- Ying, C.Y., Harith, S., **Ahmad, A.** & Mukhali, H.B. (2019). Factors associated with post-stroke nutritional status in stroke survivors under rehabilitation. *Indian Journal of Public Health Research and Development*, 10 (4), 752-758.
- **Ahmad, A.***, Zulaily, N., Shahril, M.R., Abdullah, E.F.H.S., & Ahmed, A. (2018). Association Between Socioeconomic Status and Obesity Among 12-year-old Malaysian Adolescents. *PLOS One*, pp. 1-2.
- Shamsuddin, A. A., **Ahmad, A.***, & Taib, W. R. W. (2018). Haplotype Analysis of Leptin Gene Polymorphisms in Obesity Among Malays in Terengganu, Malaysia Population (2018). *Medical Journal of Malaysia*, pp. 281-285.
- Chin, Y., Sakinah, H., **Aryati, A.**, & Hassan, B. (2018). Prevalence, Risk Factors and Secondary Prevention of Stroke Recurrence in Eight Countries from South, East and Southeast Asia: A Scoping Review. *Medical Journal of Malaysia*, pp. 90-99.
- Khairuddin, N.N.M., Asang, G.S., **Ahmad, A.**, Taib, W.R.W., & Alias, N. (2018). Evaluation of Antioxidant, Antimicrobial Activity and Phytochemical Content of Garcinia prainiana-An Endangered Plant, *Research Journal of Pharmacy and Technology*, 11(9), 3752-3758.
- Yusoff, N., Ganeson, S., Ismail, K., Juahir, H., Shahril, M., Lin, L., **Ahmad. A.**, Wafa, SW., Harith, Sakinah, Rajikan, R. (2018). Physical Activity Level Among Undergraduate Students in Terengganu, Malaysia Using Pedometer, *Journal of Fundamental and Applied Sciences*, pp. 512-522.
- Abdul Manaf, N.U., **Ahmad, A.*** & Mohd Yusoff, N.A. (2018) A Systematic Review on Long Term Effects of Weight Loss Diet on Body Weight and Lipid Profile: Findings from Randomized Controlled Trials. *Universal Journal of Public Health*, 6(2): 40-48.

- Umpleby, A.M.A, Shojaee-Moradie, F.A, Fielding, B.A, Li, X.A, Marino, A.A, Alsini, N.A, Isherwood, C.A, Jackson, N.A, **Ahmad, A**, Stolinski, M.A, Lovegrove, J.A.C, Johnsen, S.A, Mendis, A.S.J.R.A, Wright, J.A, Wilinska, M.E.D, Hovorka, R.D, Bell, J.D.E, Louise Thomas, E.Ef, Frost, G.S.G, Griffin, B.A (2017). Impact of Liver Fat on The Differential Partitioning of Hepatic Triacylglycerol into VLDL Subclasses on High and Low Sugar Diets (2017). *Clinical Science*, pp. 2561-2573.
- **Ahmad, A.***, Zulaily, N., Manan, N.S.A., Shahril, M.R., Tarek, S.W.W.S.S., Amin, R. M. & Ahmed, A. (2017). Body Weight Status of School Adolescents in Terengganu, Malaysia: A Population Baseline Study (2017). *BMC Public Health*, pp. 1-12.
- Mohd Zainuddin, L.R., Zakarai, N.S., Mohd Yusoff, N.A., **Ahmad, A.**, Sulaiman, S. & Shahril, M.R. (2017). Dietary Intake Among Breast Cancer Survivors in East Coast of Peninsular Malaysia (2017). *Malaysian Journal of Public Health Medicine*, pp. 59-65.
- Zulaily, N., **Ahmad, A.***, Manan, N.S.A., Amin, R.M., Shahril, M.R., Tarek, S.W.W.S.S., . . . Ahmed, A. (2017). Sociodemographic Determinants of Obesity Among 12 Years Old School Adolescents in Kuala Terengganu and Besut Districts, Malaysia. *Malaysian Journal of Public Health Medicine*, pp. 11-19.
- Harith, S., Xin, K. W., **Ahmad, A.**, Yusoff, N. A. M., & Razak, S. A. (2017). Relationship of Socio-demographic Characteristics, Nutritional Status, And Red Meat Intake to Blood Cholesterol Level Among Staff in Universiti Sains Malaysia. *Malaysian Journal of Public Health Medicine*, pp. 1-10.
- Salihah, N., Lua, P.L., **Ahmad, A.** & Shahril, M.R. (2017). "Candi™": A Malaysian-tailored Dietary Smartphone App for Cancer Patients and Survivors. *Malaysian Journal of Public Health Medicine*, pp. 32-40.
- Zulaily, N., **Ahmad, A.***, Manan, N.S.A., Amin, R.M., Shahril, M.R., Syed, S.W.W., . . . Ahmed, A. (2017). Influence of School Location Within Districts of Terengganu on Body Weight Status Among School Adolescents. *International Journal of Academic Research in Business and Social Sciences*, pp. 1166-1173.
- Taib, W.R.W., Yusoff, N.A.M., Hussin, T.M.A.R., & **Ahmad, A.*** (2017). Issues in Vaccine Hesitancy in Malaysia: A Countering Approach (2017). *J. of Biomed. & Clin. Sci.*, pp. 42-46.
- Shamsuddin, A.A., **Ahmad, A.** & Wan Taib, W.R. (2017). Suggestive Evidence of Predisposing Haplotype of Leptin Gene in Obesity Among Malays in Terengganu, Malaysia Population (2017). *Research Journal of Pharmacy and Technology*, pp. 48-49.
- Chin, Y.Y., Sakinah, H. & **Aryati A.** (2017). Characteristics of Stroke Survivors in Rehabilitation Health Organization, Kuala Nerus, Terengganu: A Retrospective Study. *Research Journal of Pharmacy and Technology*, pp. 21-22.
- Shahril, M.R., **Ahmad, A.**, Zainuddin, L.R., Ismail, K.F., & Aung, M.M.T. (2016). Association Between Physical Activity and Health-related Quality of Life in Children: A Cross-sectional Study. *Health and Quality of Life Outcomes*, pp. 71-72.
- Abdullah, F.S., Manan, N. S.A., **Ahmad, A.**, Wafa, S.W., Shahril, M.R., Zulaily, N., Ahmed,A. (2016). Hems: Automated Online System for Segak Analysis and Reporting. *International Journal of Software Engineering and Its Applications*, pp. 89-104.
- Abdullah, R., Ahmed, A., Lua, L.P., **Ahmad, A.**, Ibrahim, A., Ramle, N.H., & Rasat, M.S.M. (2014). Illness Perception and Healing Practices Among The Batek Tribe in Kuala Koh, Kelantan, Malaysia. *Advances in Environmental Biology*, pp. 2432-2439.

*Corresponding author

Publications - Books

- Nurul Afieda Roslim, Wee Bee Suan, Mohd Razif Shahril, **Aryati Ahmad** & Lua Pei Lin. Complementary and Alternative Therapies for Obesity and Overweight Problems. UniSZA Press – **Co-author**
- Sakinah Harith, **Aryati Ahmad**, Mokhairi Makhtar & Syadiah Nor Wan Shamsuddin. *Hala Tuju Pembangunan Program Dietetik Ke arah Revolusi Industri 4.0* (2020). Fakulti Sains Kesihatan UniSZA, ISBN: 9789672231431 – **Co-author**
- **Aryati Ahmad**, Noor Aini Mohd Yusoff, Karimah Fakhriah Ismail & Nurain Fatinah Abu Bakar. Quick Reference to Dietetic Practice (2018), UniSZA Press, ISBN: 9789670899862 – **First-author**

- Sakinah Harith, **Aryati Ahmad**, Karimah Fakhriah Ismail & Noor Aini Mohd Yusoff. Clinical Dietetics Handbook and Formulary (2017), ISBN: 978-967-13705-9-9 – **Co-author**

Publications - Chapter in Book

- Mohd Ibrahim Abdullah & Aryati Ahmad (2022). Calorie and Protein Intakes in Traumatic Brain Injury Patients, Diet and Nutrition in Neurological Disorders, 1st Ed., ISBN: 9780323898348. Elsevier Inc. – **Corresponding Author**
- Fadzli Syed Abdullah, Nor Saidah Abd Manan, **Aryati Ahmad**, Sharifah Wajihah Wafa, Mohd Razif Shahril, Nurzaime Zulaily, Rahmah Mohd Amin & Amran Ahmed (2016). Data Mining Techniques for Classification of Childhood Obesity Among Year 6 School Children, Recent Advances on Soft Computing and Data Mining, Springer International Publishing, pp. 465-474, ISBN: 978-3-319-51279-2 – **Co-author**

Conferences Attended

- UK Conference for Obesity 2024 – Oxford – 24 – 25 August 2024 – **Poster Presentation**
- 10th ICOPH 2024 – Bangkok – 15 – 16 August 2024 – **Poster Presentation**
- MASO Scientific Conference 2023 (4 – 5 September 2023) – **Oral Presentation**
- Asia-Oceania Conference on Obesity, Hong Kong - August 2023 – **Poster Presentation**
- Asia-Oceania Conference on Obesity 2023 (4 – 6 August 2023) – **Poster Presentation**
- ICOMES & AOCO 2019 (29 – 31 August 2019) – **Rising Star Award & Oral Presentation**
- 13th Asian Congress of Nutrition (4 – 7 August 2019) – **Oral Presentation**
- 25th Malaysian Dietitians' Association National Conference 2019 (23 – 24 June 2019) – **Invited Speaker**
- National Seminar, Acheh (7 – 9 August 2017) – **Oral Presentation**
- Nutrition Society Summer Meeting, London (10 – 12 July 2017) – **Oral Presentation**
- 7th International Symposium of Wellness, Healthy Lifestyle & Nutrition, Yogyakarta (3 & 4 November 2016) – **Oral Presentation**
- MDA-AODA, Double Tree by Hilton Hotel, Kuala Lumpur (26 – 28 May 2016) – **Poster Presentation**
- 6th International Symposium of Wellness, Healthy Lifestyle & Nutrition, Kelantan (25 – 27 November 2015) – **Scientific Committee**
- 12th Asian Congress of Nutrition, Yokohama, Japan (14 – 18 May 2015) – **Poster Presentation & Travel Grant Award**
- 21st Malaysia Dietitians' Association National Conference, Kuala Lumpur (11 – 12 June 2015) – **Scientific Committee**
- 20th Malaysia Dietitians' Association National Conference, Kuala Lumpur (20 – 21 June 2014) – **Poster Presentation**
- 7th Asia-Oceania Conference of Obesity, Bandung, Indonesia (31 October – 2 November 2013) – **Oral Presentation**
- 19th Malaysia Dietitians' Association Scientific Conference & Annual General Meeting, Kuala Lumpur (21 – 23 June 2013) – **Poster Presentation**
- Nutrition Society Summer Meeting, Belfast, United Kingdom (16 – 19 July 2012) – **Oral Presentation**
- 10th Meeting of the International Society for the Study of Fatty Acids and Lipids, Vancouver, Canada (26 – 30 May 2012) – **Poster Presentation**
- Nutrition Society Winter Meeting, London, United Kingdom (6 – 7 December 2011) – **Oral Presentation**
- Nutrition Society Summer Meeting, Reading, United Kingdom (4 – 6 July 2011) – **Participant**
- MDA (Malaysian Dietetics' Association) Conference "Enhancing Competency in Dietary Management of Pediatrics" (24 – 25 June 2008) – **Poster Presentation**
- Continuous Dietetic Conference, (MDA), Kuala Lumpur (15 March 2008) – **Participant**

Awards

- Silver Medal MPI 2020 (2020), Malaysian Obesity Bank Towards Developing Holistic Anti Obese Nation-Wide Strategy, Minggu Penyelidikan dan Inovasi – **Co-researcher**
- Gold Medal MPI 2020 (2020), Manual Kehidupan Siswa Sejahtera, Minggu Penyelidikan dan Inovasi 2020 – **Co-researcher**
- Gold Medal, ITEX 2019, Superb Dairy Fertilizer (SDF) – **Co-researcher**
- Gold Medal, MPI 2018, WeDiet, Research & Innovation Week 2018 – **Co-researcher**
- Bronze Medal ITEX 2018, WeDiet: An Application for Diet Related Diseases and Weight Loss Coach, ITEX 2018 – **Co-researcher**
- Special Award PECIPTA 2017, “Candi”: A Malaysian-tailored Dietary Smartphone App for Cancer Patients and Survivors, PECIPTA 2017 – **Co-researcher**
- Gold Medal PECIPTA 2017, “Candi”: A Malaysian-tailored Dietary Smartphone App for Cancer Patients and Survivors, PECIPTA 2017 – **Co-researcher**
- Gold IUCEL 2017, “Candi”: A Malaysian Tailored Dietary Smartphone App for Cancer Patients and Survivors, IUCEL 2017 – **Co-researcher**

Intellectual Property

- EDRIS, Copyright - **Owner**
- 200-items My-Diet FFQ Database, Copyright - **Owner**
- Wediet: An Application for Diet Related Disease and Weight Loss Coach (2018), Copyright - **Co-owner**
- Candi: A Malaysian-toilered Dietary Smartphone App for Cancer Patients and Survivors (2017), Copyright - **Co-owner**

Postgraduate Supervisions - *Main Supervision*

- [MASTER] Murni Asyiqin Md Azman, Malaysia, Health – **Ongoing**
- [PhD] Nurul Umirah Binti Abdul Manaf, Malaysia, Health – **Ongoing**
- [MASTER] Siti Maisarah Mohd Noor, Malaysia, Health – **Ongoing**
- [MASTER] Zou Huiqi, China, Health – **Ongoing**
- [PhD] Karimah Fakhriah Bt. Ismail, Malaysia, Health – **Completed**
- [PhD] Naseem Alshwaiyat, Jordan, Health – **Completed**
- [PhD] Mohd Ibrahim Bin Abdullah, Malaysia, Health – **Completed**
- [MASTER] Nur Ain Fatinah Binti Abu Bakar, Malaysia, Health – **Completed**
- [MASTER] Wan Zulaika Binti Wan Musa, Malaysia, Health – **Completed**
- [MASTER] Nurul Umirah Binti Abdul Manaf, Malaysia, Health – **Completed**
- [MASTER] Nurzaime Bt Zulaily, Malaysia, Health – **Completed** (Best Master Thesis 2018 – Nutrition Society of Malaysia)

Postgraduate Supervisions - *Co Supervision*

- [PhD] Nurul Afieda Roslim, Malaysia, Health – **Completed**
- [MASTER] Chin Yi Ying, Malaysia, Health – **Completed**
- [MASTER] Mays Jamal, Iraq, Health – **Completed**
- [MASTER] Rasyidah Binti Ghazalli, Malaysia, Health – **Completed**
- [MASTER] Amiratul Athirah Binti Shamsuddin, Malaysia, Health - **Completed**

REFEREES

Available upon request