

# **Lina Begdache, PhD, RDN, CDN, CNS-S, FAND**

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## **EDUCATION**

- 2008            Ph.D. Binghamton University, Binghamton, New York  
(Focus: Differentiation and apoptosis in neuronal cells- Neuroscience)
- 1998            M.S. University at Buffalo, Buffalo, New York  
(Focus: Lipogenesis in adipose cells- Obesity research)

## **LICENSURE / CERTIFICATIONS**

- 2017            Certified Dietitian-Nutritionist (CDN)
- 2014            Registered Dietitian-Nutritionist (RDN)
- 2013            Certified Nutrition Specialist- Scholar (CNS-S)

## **PROFESSIONAL EXPERIENCE**

### **Academic Appointments**

- 2022- present    Associate Professor, Health and Wellness Studies, Decker College of Nursing and Health Sciences, SUNY Binghamton University
- 2016-2022        Assistant Professor, Health and Wellness Studies, Decker College of Nursing and Health Sciences, SUNY Binghamton University
- 2013-2016        Research Assistant Professor, Health and Wellness Studies, Decker School of Nursing-SUNY Binghamton University
- 2009-2013        Adjunct Lecturer- Part-time- Health and Wellness Studies, Decker School of Nursing-SUNY Binghamton University
- 2012-2016        Visiting Research Associate- Biomedical Anthropology- SUNY Binghamton University
- 2009-2016        Adjunct Lecturer- Biological Sciences, SUNY Binghamton University
- 2003-2007        Teaching Assistant- Biological Sciences-- SUNY Binghamton University
- 1996-1998        Teaching Assistant- Nutritional Sciences- SUNY University at Buffalo

## HONORS / AWARDS

2024	Recognition by the Services For Students with Disabilities
2022	Career Champion- Fleishman Center, Binghamton University
2019	Best Professor-voted by Binghamton University seniors' class
2018	Fellow of the Academy of Nutrition and Dietetics (FAND)
2018	Career Champion- Fleishman Center, Binghamton University
2018	Outstanding Reviewer- Journal of Nutrition Education and Behavior
2018	Certificate of Appreciation- NYS Academy of Nutrition and Dietetics
2017	Excellence Award- NYS Academy of Nutrition and Dietetics
2015	Engaged Faculty Fellow for Teaching Excellence
2014	Outstanding Dietetic Student- NY State Dietetic Association
2014	Recognition Award- Academy of Nutrition and Dietetics
2008	The National Scholars Honor Society-Magna Cum Laude
2008	Graduate Research Day Award- Binghamton University
2006	Graduate Student Excellence in Teaching Award- Binghamton University
2006-07	Ask the Scientist Recognition Award- Binghamton University
1996-97	Annette Rachman Scholarship Award –University at Buffalo

## PUBLICATIONS

**Begdache, L.**, Aslan Çin, N. N., & Jadavji, N. M. (2025). Editorial: Nutrition and neurobehaviors. *Frontiers in Nutrition*, Special Issue: Nutrition and Neurobehaviors. In Press

**Begdache L.**, Al-Amery A., Nagorny K., Chowdhury U., Rosenberg L., Ertem Z. (2025). Food Insecurity and Gender Differences in Mental Distress, Stress Mindset, Resilience. *Health Science Reports*. doi: [10.1002/hsr2.70787](https://doi.org/10.1002/hsr2.70787)

Nagorny K., Abrams C., **Begdache L.**, (2025). Course-Based Undergraduate Research Experience in a Nutrition Science Course Improves Cognitive and Professional Skills. *Innovations in Education and Teaching International*. In Print

**Begdache, L.**; Radwan, H.; Abu Qiyas, S.; Abbas, N.; Naja, F. (2024). Validity and Reliability of the Transcultural Arabic Adaptation of the Food-Mood Questionnaire Among College Students. *International Journal of Environmental Research and Public Health* 21, no. 11: 1509. <https://doi.org/10.3390/ijerph21111509>

Patrissy, C., Kvirikashvili, R., Sajnani, S., Raymond, A., Bonventre, S., & **Begdache, L.** (2024). Associations between illicit drug use, academic performance and self-esteem among college students. *Physiology*, 39(S1), 953. <https://doi.org/10.1152/physiol.2024.39.S1.953>

Chowdhury U, Bubis S, Nagorny K, Welch M, Rosenberg L, **Begdache L.** (2024). Effects of Mediterranean and Western dietary patterns on perceived stress and mental distress. *Nutrition and Health*. doi:[10.1177/02601060241263375](https://doi.org/10.1177/02601060241263375)

Lee, S., Lahoda, K., Myers, N. D., Horowitz, A., Chiu, K., **Begdache, L.**, & Einav, E. (2024). Physical activity self-efficacy online intervention to promote physical activity in adults with

obesity: Protocol for a feasibility study. *Pilot and Feasibility Studies*. 10, 40.  
<https://doi.org/10.1186/s40814-024-01468-6>

Scott N, Dwyer E, Patrissy C, Bonventre S, **Begdache, L.** (2024). Association between ADHD Medication, Cannabis, and Nicotine Use, Mental Distress, and Other Psychoactive Substances. *International Journal of Psychological and Behavioral Sciences*. 18(1).  
<https://publications.waset.org/10013487/association-between-adhd-medication-cannabis-and-nicotine-use-mental-distress-and-other-psychoactive-substances>

**Begdache, L.**, Ahmed, E.; Malik, S.; Karakaya, (2023). M.F. Dental Anxiety and Its Association with Dietary Intake and Food Groups: A Cross-Sectional Study. *Dent. J*, 11, 240.  
<https://doi.org/10.3390/dj11100240>

**Begdache L.**, Marhaba R. (2023). Bioactive Compounds for Customized Brain Health: What Are We, and Where Should We Be Heading? *International Journal of Environmental Research and Public Health* 20 (15), 6518. <https://doi.org/10.3390/ijerph20156518>

Kvirikashvili, R. & **Begdache, L.** (2023). The impact of alcohol and ADHD medication use on GPA, mental distress, and perceived stress among college students. *International Journal on Social and Education Sciences*, 5(4), 911-928. <https://doi.org/10.46328/ijonses.596>

**Begdache L.**, Sadeghzadeh S, Pearlmutter P, Derosé G, Krishnamurthy P, Koh A. (2022) Dietary Factors, Time of the Week, Physical Fitness and Saliva Cortisol: Their Modulatory Effect on Mental Distress and Mood. *International Journal of Environmental Research and Public Health* 19 (12), 7001. <https://doi.org/10.3390/ijerph19127001>.

**Begdache L.**, Danesharasteh A., Ertem Z. (2022) The Impact of the Different Stages of COVID-19, Time of the Week and Exercise Frequency on Mental Distress in Men and Women. *Nutrients* 14 (13), 2572. DOI: 10.3390/nu14132572

Aslan N.N., Şeref B., Özfer Özcelik ., Atav S., **Begdache L.** (2021) Validity and Reliability of Turkish Version of The Food-Mood Questionnaire (FMQ) For University Students. *Public Health Nutrition*  
<https://pubmed.ncbi.nlm.nih.gov/34736547/>

Cregin D., Koltun R., Malik S., Umeozor D., **Begdache L.** (2021). The Adderall Epidemic: A Proposed Cyclic Relationship between ADHD Medication Use, Academic Performance, and Mental Distress. *Impulse*. I-11.  
<https://impulse.appstate.edu/sites/impulse.appstate.edu/files/Cregin%20et%20al%202021.pdf>

**Begdache L.**, Chen MH, McKenna CE, Witt DF. (2021). Dynamic associations between daily alternate healthy eating index, exercise, sleep, seasonal change and mental distress among young and mature men and women. *J. Affect. Dis. Rep.* 5, 100157.  
<https://doi.org/10.1016/j.jadr.2021.100157>.

**Begdache L.**, Kianmehr H, Najjar H, Witt DF, Sabounchi NS. (2021). A Differential Threshold of Breakfast, Caffeine and Food Groups May Be Impacting Mental Wellbeing in Young Adults: The Mediation Effect of Exercise. *Front. Nutr.* 8:676604

<https://doi.org/10.3389/fnut.2021.676604>

**Begdache L.,** Patrissy C.M. (2021). Customization of Diet May Promote Exercise and Improve Mental Wellbeing in Mature Adults: The Role of Exercise as a Mediator. *J. Pers. Med.* 11(5), 435; <https://doi.org/10.3390/jpm11050435>

**Begdache L.,** Sadeghzadeh S, Derose G, Abrams C. (2021). Diet, Exercise, Lifestyle, and Mental Distress among Young and Mature Men and Women: A Repeated Cross-Sectional Study. *Nutrients* 13(1), 24. <https://doi.org/10.3390/nu13010024>

Sivakumar J, Ahmed S, **Begdache L.,** Jain S, Won D. (2020) Prediction of Mental Illness in Heart Disease Patients: Association of Comorbidities, Dietary Supplements, and Antibiotics as Risk Factors. *Journal of Personalized Medicine* 10(4):214 <https://doi.org/10.3390/jpm10040214>

Pearlmutter P, DeRose G, Samson C, Linehan N, Cen Y, **Begdache L.,** Koh A. (2020). Sweat and saliva cortisol response to stress and nutrition factors. *Scientific Reports* 10(1):19050. <https://doi.org/10.1038/s41598-020-75871-3>

Ricci A, Genussa LA, Kristoferson E, **Begdache L.** (2020). The Adderall Epidemic: Linking Illicit Adderall Use to Mental Distress on College Campuses. *Alpenglow* 6(1). <https://orb.binghamton.edu/alpenglowjournal/vol6/iss1/3>

**Begdache L.,** Kianmehr H, Sabounchi N, Marszalek A, Dolma N. (2020) Common and differential associations between levels of alcohol drinking, gender-specific neurobehaviors and mental distress in college students. *Trends in neuroscience and education* 19:100129 <https://doi.org/10.1016/j.tine.2020.100129>

**Begdache, L.,** Marhaba, R., & Chaar, M. (2019). Validity and reliability of Food–Mood Questionnaire (FMQ). *Nutrition and Health* 1–12. <https://doi.org/10.1177/0260106019870073>

Ahmed S and **Begdache L** (2019). Potential Triggers of Mental Distress in Cardiovascular Disease Patients- *Alpenglow.* 5(1). <https://orb.binghamton.edu/cgi/viewcontent.cgi?article=1087&context=alpenglowjournal>

**Begdache L.,** Kianmehr H., Sabounchi N., Marszlek A., Dolma N. (2019). Principal Component Regression of Academic Performance, Substance Use and Sleep Quality in Relation to Risk of Anxiety and Depression in Young Adults. *Trends in Neuroscience and Education.* 15, 29-37 <https://doi.org/10.1016/j.tine.2019.03.002>

**Begdache L.,** Sabounchi N., Chaar M., Marhaba J., Kianmehr H. (2018) Principal Component Analysis Identifies Differential Gender-Specific Dietary Patterns that may be Linked to Mental Distress in Human Adults-*Nutritional Neuroscience*-1-44 <http://doi.org/10.1080/1028415X.2018.1500198>

**Begdache, L.** (2018). Cognitive Decline and Mental Distress: A Potential Mismatch between the Contemporary Diet and the Evolved Brain. *Anthropol Ethnol Open Acc J, 1*(1), 1–9. <https://medwinpublishers.com/AEOAJ/AEOAJ16000105.pdf>

Kianmehr H., Sabounchi N., **Begdache L.** (2018). The Role of Big Data Analytics in Developing System Dynamic Models. White paper. International Conference of the System Dynamics Society in Reykjavík, Iceland. (White paper)  
[doi: 10.20944/preprints201811.0074.v1](https://doi.org/10.20944/preprints201811.0074.v1)

**Begdache L.**, Marhaba J. (2018). The Serotonergic System in Diet, Obesity and Mental Health. *Glob J Endocrinol Metab* .1(5).  
[http://doi.org/ 10.31031/GJEM.2018.01.000521](http://doi.org/10.31031/GJEM.2018.01.000521)

**Begdache L.**, Marhaba R. (2018). Is it Time to Revisit Vitamin B12 for Mental Health and Cognitive Functions in Elderly? *Mod Appl Bioequiv Availab.*; 3(3): 555614.  
<https://juniperpublishers.com/mabb/pdf/MABB.MS.ID.555614.pdf>

**Begdache L.**, Kianmehr H., Heaney C. (2018). College Education on Dietary Supplements May Promote a Responsible Use in Young Adults. *Journal of Dietary Supplements*. 1-14  
<https://doi.org/10.1080/19390211.2018.1482983>

**Begdache L.**, Chaar M., Kianmehr H., and Sabounchi N. (2017). A Cross-Sectional Study to Examine the Effect of Dietary Factors and Exercise Assessment on Mental Distress in Younger versus Older Adults. *Nutritional Neuroscience-* page 1-11  
<https://doi.org/10.1080/1028415X.2017.1411875>

Birtan A, Vlad C, Bank L, **Begdache L.** (2017) A Study of Comorbidities and Nutritional Supplements Strongly Associated with Inflammatory Bowel Disease. *Alpenglow*. Issue 3.  
<https://orb.binghamton.edu/cgi/viewcontent.cgi?article=1049&context=alpenglowjournal>

Awad A.B., **Begdache L.** and Fink C.S. (2000). Effect of sterols and fatty acids on growth and triglyceride accumulation in 3T3-L1 cells. *The Journal of Nutritional Biochemistry*. 11(3):153-156.

## Book and Book Chapter

**Begdache, L.**, Jadavji, N. M., & Aslan Çin, N. N. (Eds.). (2025). *Nutrition and neurobehaviors*. Frontiers Media SA. <https://doi.org/10.3389/978-2-8325-6540-7>

**Begdache, L.**, Danesharasteh, A. and Ertem, Z. (2025), "The Impact of Dietary Factors and Sleep on Mental Distress of Men and Women During Different Stages of COVID-19". Chatterji, M., Bhattacharya, R.C. and Chakrabarty, S.P. (Ed.) COVID-19 and Public Policy (Contributions to Conflict Management, Peace Economics and Development, Vol. 33), Emerald Publishing Limited,UK, pp. 133-158. <https://doi.org/10.1108/S1572-832320240000033010>

**Begdache L.** (2015). *Nutrition in Health and Pathophysiology of Disease-* First edition Cognella-ISBN 978-1-60927-558-7.

## Columns

**Begdache L.** 2025. Vitamin deficiency may be why you're so tired – a nutritional neuroscientist explains how to kickstart your energy by getting essential nutrients in a well-rounded diet, along with more sleep and exercise.

<https://theconversation.com/vitamin-deficiency-may-be-why-youre-so-tired-a-nutritional-neuroscientist-explains-how-to-kickstart-your-energy-by-getting-essential-nutrients-in-a-well-rounded-diet-along-with-more-sleep-and-exercise-241745>

**Begdache L.** 2023. Too-sweet summer: Nutrition expert offers tips to cut back on sugar this season. <https://www.newswise.com/articles/too-sweet-summer-nutrition-expert-offers-tips-to-cut-back-on-sugar-this-season>

**Begdache L.** 2022. Shorter days affect the mood of millions of Americans – a nutritional neuroscientist offers tips on how to avoid the winter blues. <https://theconversation.com/shorter-days-affect-the-mood-of-millions-of-americans-a-nutritional-neuroscientist-offers-tips-on-how-to-avoid-the-winter-blues-194417>

**Begdache L.** 2022. How does excess sugar affect the developing brain throughout childhood and adolescence? A neuroscientist who studies nutrition explains <https://theconversation.com/how-does-excess-sugar-affect-the-developing-brain-throughout-childhood-and-adolescence-a-neuroscientist-who-studies-nutrition-explains-173214>.

**Begdache L.** 2021. Should teens taking ADHD, anxiety and depression drugs consume energy drinks and coffee? *The Conversation*. <https://theconversation.com/should-teens-taking-adhd-anxiety-and-depression-drugs-consume-energy-drinks-and-coffee-166864>.

**Begdache L.** 2021. Unwanted weight gain or weight loss during the pandemic? Blame your stress hormones. *The Conversation*. <https://theconversation.com/unwanted-weight-gain-or-weight-loss-during-the-pandemic-blame-your-stress-hormones-157852>.

**Begdache L.** 2016-The hefty price of 'study drug' misuse on college campuses. *The Conversation*. <https://theconversation.com/the-hefty-price-of-study-drug-misuse-on-college-campuses-59340>. Updated 2016

### **Published Abstracts/ National and International Conferences (Selected)**

Castillo G, Valerius A, Nagorny K, Livshits S, Bubis S, Chowdhury U, Ifraimov E and **Begdache L** (2024). The Role of Food Insecurity and Dietary Factors on Intensity of Physical Activity. *Physiology* <https://doi.org/10.1152/physiol.2024.39.S1.1268>

Bonventre S, Taufman K, Polis J, Lin J, Patrissy C, **Begdache L** (2024). Associations between Illicit ADHD Medication Use and Aspects of Mental Distress Among College Students. *Drugs of Abuse: Addiction, Sensitization and Tolerance* <https://doi.org/10.1152/physiol.2024.39.S1.1396>

Nagorny K, Livshits S, Bubis S, Chowdhury U, Castillo G, Valerius A, Ifraimov E, and **Begdache L** (2024). Food Insecurity Impacts Diet Quality, Health-Promoting Activities, and Perceived Stress. *Nutrition Physiology* <https://doi.org/10.1152/physiol.2024.39.S1.504>

Patrissy C, Kvirikashvili R, Sajnani S, Raymond A, Bonventre S, **Begdache L** (2024). Associations between Illicit Drug Use, Academic Performance and Self Esteem Among College Students. *Drugs of Abuse: Addiction, Sensitization and Tolerance . Physiology: Drugs of Abuse: Addiction, Sensitization and Tolerance.* <https://doi.org/10.1152/physiol.2024.39.S1.953>

Ifraimov E, Chowdhury U, Nagorny K , Livshits S, Valerius A, Castillo G, Bubis S and **Begdache L**. (2024) Effects of Food Insecurity and Dietary Factors on Sleep Quality and Perceived Stress. *Nutrition Physiology* <https://doi.org/10.1152/physiol.2024.39.S1.1260>

Dwyer E, Taufman K., Sanjnani S, **Begdache L.** , Scott N. (2023). Correlations Between Nicotine Usage, Mental Wellbeing, and Other Psychoactive Substances Among College Students. [https://orb.binghamton.edu/research\\_days\\_posters\\_2023/140/](https://orb.binghamton.edu/research_days_posters_2023/140/)

Welch M., Rosenberg L., Nagorny K., Chowdhury U., Bubis B., **Begdache L.** (2023). The Impact of Skipping Meals due to Food Insecurity on Mental Distress and Perceived Stress. *Physiology* . <https://doi.org/10.1152/physiol.2023.38.S1.5729675>

Bubis S., Chowdhury U., Nagorny K., Rosenberg L., Welch M., Chowdhury U. **Begdache L.** (2023). Effects of Food Insecurity on Nutrition, Stress, and Resilience. *Physiology* <https://doi.org/10.1152/physiol.2023.38.S1.5730130>

Rosenberg L, **Begdache L**, Bubis S , Castillo G , Chowdhury U , Ifraimov E , Livshits S, Nagorny K , Valerius A , Welch M (2023) Effects of Food Insecurity on Academic Motivation Amongst Undergraduate University Students *Current Development in Nutrition.* DOI:<https://doi.org/10.1016/j.cdnut.2023.100391>

Lee, N Quazi, O Stala, A Vidrin, D Marinaccio, C Patrissy, M Qureshi, **Begdache L.**(vol 36, pg S1, 2022). The Association between Diet, Exercise, and Neurobehaviors. *FASEB* <https://doi.org/10.1096/fasebj.2022.36.S1.R5529>

Kumarasivam T., Moser L., Dempsey G., Colabelli M., Rosenberg L, Welch M, **Begdache L.** (2022). The Association between High Intake of Omega-3 Fat Food, Perceived Stress and Mental Distress Levels. *FASEB* <https://doi.org/10.1096/fasebj.2022.36.S1.R4220>

Humza K., Umeozor D., Zubin J., Horowitz J., Yuvanavattana N., Scott N., Hinkley C., **Begdache L.** (2022). The Association Between Quality of Diet, Frequency of Caffeine Consumption, Mental Distress, and Illicit ADHD Drug Use. *FASEB* <https://doi.org/10.1096/fasebj.2022.36.S1.R4391>

Ahmed E., Malik S., **Begdache L.** (2022). Correlation between Consumption of Fast-food, Sugary Food, and High Caffeine Intake with Dental-Related Anxieties. *FASEB* <https://doi.org/10.1096/fasebj.2022.36.S1.R1946>

Rosenberg L, Welch M, Dempsey G., Colabelli M., Kumarasivam T., Moser L., **Begdache L.** (2022). Effects of Caffeine, Exercise, and Breakfast on Mental Distress and Perceived Stress. FASEB, <https://doi.org/10.1096/fasebj.2022.36.S1.R4283>

Lee S, Quazi N, Vidrin A, Marinaccio D, Patrissy C, Qureshi M, Williams S, Stala O, **Begdache L.** (2022). The Association Between Diet, Exercise and Neurobehaviors. Experimental Biology

Koltun R., Cregin D., Malik S., Umeozor D., **Begdache L.** (2021). The Adderall Epidemic: A proposed Cyclic Relationship between ADHD Medication Use, Academic Performance, and Mental Distress. Association of Psychological Sciences Conference.

Najjar H., Abrams C., **Begdache L.** (2021). The Impact of a Course Based Undergraduate Research Experience (CURE) on Self-Confidence, Thinking, and Interpersonal Skills of Students Enrolled in a Nutritional Science Course. International Conference on Humanities, Social and Education Sciences.

**Begdache L.**, Sadeghzadeh S., Najjar H. (2021). Impact of Educational Level on Changes in Dietary and Lifestyle Factors in Relation to Mental Distress Pre-And During COVID-19 Pandemic. *Curr Dev Nutr.* doi: [10.1093/cdn/nzab029\\_009](https://doi.org/10.1093/cdn/nzab029_009)

**Begdache L.**, Kianmehr H., Pamper A., Zeeni N., El Khoury E. (2021). Weight-Loss Supplement Use as a Potential Trigger for Mood Changes Among College Students. *Curr Dev Nutr.* doi: [10.1093/cdn/nzab047\\_003](https://doi.org/10.1093/cdn/nzab047_003)

McKenna C., Dempsey G., Colabelli M., **Begdache L.** (2021). Association between Dietary Patterns and Perceived Stress. *Curr Dev Nutr.* doi: [10.1093/cdn/nzab038\\_042](https://doi.org/10.1093/cdn/nzab038_042)

**Begdache L.** (2020). Anxiety and Depression: The Dimensions in Developing Prophylactic and Therapeutic Approaches. *Syracuse University Libraries Conference*

DeRose G, **Begdache L.** (2020). The Effect of Dietary Patterns on Mental Distress in Males and Females: Results from a Large Cross-Sectional Study Among an International Sample. *Curr Dev Nutr.* [https://doi.org/10.1093/cdn/nzaa057\\_018](https://doi.org/10.1093/cdn/nzaa057_018)

Ricci A., Genussa LA., Kristoferson E., **Begdache L.** (2020). The Adderall Epidemic: Linking Illicit Adderall Use to Mental Distress on College Campuses. *Association of Psychological Sciences Conference*

Tu E, Koh A, **Begdache L.** (2020) Colorimetric analysis of cortisol in human samples *IEEE-RAPID conference.*

Tu E, **Begdache L.**, Won D, Koh A. (2019) Sweat cortisol response to stress, macronutrient consumption and birth control. *IEEE Research and Applications of Photonics in Defense Conference.* DOI: [10.1109/RAPID.2019.8864374](https://doi.org/10.1109/RAPID.2019.8864374)

Alvi A, Bajwa M, Won D, Friedman J, Bank L, and **Begdache L.** (2018). A Study of the Severity and Onset of Symptoms in Patients with Inflammatory Bowel Disease in Relation to Various Comorbidities. *American College of Gastroenterology.* DOI: [10.1038/ajg.2018.327](https://doi.org/10.1038/ajg.2018.327)



Alvi A, Bajwa M, Won D, Friedman J, Bank L, and **Begdache L.** (2018) Machine Learning Framework for the Prediction of Severity and Mental Stress in Inflammatory Bowel Disease. *American College of Gastroenterology*.

Kianmehr H., Sabounchi N., **Begdache L.** (2018) The Role of Big Data in System Dynamics Modeling- *INFORMS Conference*.

**Begdache L.**, Kianmehr H., Sabounchi N. (2018) The Role of Big Data Analytics in Developing System Dynamics Modeling- *International Conference of the System Dynamics Society*.

Kianmehr H., Sabounchi N., Chaar M., **Begdache L.** (2018) A Causal Modeling Approach for the Study of Association Among Food Intake, Exercise, And Mental Distress. *NERCCS*.

Hilburger E.W., Conte E., **Begdache L.** and Tammariello S.P. (2004) Expression of Nox 1 and Nox 4 during neuronal apoptosis. Poster. *Society for Free Radical Biology and Medicine Annual Meeting*.

### **Posters presented at national/local conferences (selected)**

Patrissy C, Kvirikashvili R, Sajnani, Raymond A, Bonventre S, **Begdache L.** (2024) Associations between Illicit Drug Use, Academic Performance and Self Esteem Among College Students. American Physiology Summit, Long Beach, California

Bonventre S, Taufman K, Polis J, Lin L, Patrissy C, **Begdache L.** (2024). Associations between Illicit ADHD Medication Use and Aspects of Mental Distress Among College Students-American Physiology Summit, Long Beach, California

Rosenberg L, **Begdache L.** (2023) Effects of Food Insecurity on Academic Motivation Amongst Undergraduate University Students- Nutrition 2023-Boston, MA

Chowdhury U, Iffraimov E, , Nagorny K , Livshits S, Valerius A, Castillo G, Bubis S and **Begdache L.** (2024) Effects of Food Insecurity and Dietary Factors on Sleep Quality and Perceived Stress. Binghamton Biomedical Research Conference

Wasilenko K., Nagorny K., Livshits S., Valerius A., Iffraimov E., Bubis S., Castillo G., Chowdhury U., & **Begdache L.** (2024). Food Insecurity is Associated with Increased Perceived Stress & Decreased Participation in Health Promoting Activities. Research Days Binghamton University.

Crivelli D., Nagorny K., Livshits S., Valerius A., Iffraimov E., Bubis S., Castillo G., Chowdhury U., & **Begdache L.** (2024).The Impact of Food Insecurity and Diet on Intensity of Physical Activity. Research Days Binghamton University.

Ahmed E., Malik S., **Begdache L.** (2022) Correlation between Consumption of Fast-food, Sugary Food, and High Caffeine Intake with Dental-Related Anxieties, Experimental Biology, Philadelphia, PA

Lee S, Quazi N, Vidrin A, Marinaccio D, Patrissy C, Qureshi M, Williams S, Stala O, **Begdache L.** (2022). The Association Between Diet, Exercise and Neurobehaviors. Experimental Biology, Philadelphia, PA

Khan H., Koltun R., McCann S, Umeozor D., **Begdache L.** (2021). The Connection between Illicit ADHD Medication Use and Caffeine Consumption- Research Days Binghamton University.

Malik S., Scott N., Yuvanavattana N., Zubin J., **Begdache L.** (2021). Correlation Between ADHD Medication Use and Frequency of Exercise- Research Days Binghamton University.

Colabelli M, Kumarasivam T, Molzon R, McKenna C, Dempsey G, Pritsker A, Moser L, and **Begdache L.** (2021). The Relationship between Eating Breakfast and Mental Distress and Perceived Stress in Adult- Research Days Binghamton University

Cregin D., Hinkley C., Horowitz J., **Begdache L.** (2021). Investigating the Correlations between ADHD Medication Use and Diet Patterns. Research Days at Binghamton University

Kumarasivam T, Molzon R, McKenna C, Dempsey G, Pritsker A, Moser L, Colabelli M, and **Begdache L.** (2021). The Relationship Between Components of the Vegetarian Diet and Perceived Stress and Mental Distress. Research Days at Binghamton University

Vidrin A., Stala O., Lee S., Quazi N., **Begdache L.** (2021). The Integrated Effects of Diet on Neurobehaviors and Mental Wellbeing. Research Days at Binghamton University

Patentreger A, Ricci A, Severa A, Flores J, Genussa LA, Kristoferson E, **Begdache L.** (2019). An Inclusive Study of Adderall Use on College Campuses. Psi chi Research fair

Marhaba R and **Begdache, L.** (2018). Assessment of Mediation Effects of Exercise and Breakfast Eating between Females and Males Mood. 11<sup>th</sup> Annual Binghamton Biomedical Research Conference.

Franze C, Gaitour V, Stone A, Liu J, Farragher-Gnadt C, and **Begdache L** (2018). Associations Between Sleep, Diet, and Mental Health in College Students-CURE Project. Plenary presentation 11<sup>th</sup> Annual Binghamton Biomedical Research Conference

**Begdache L.,** Chaar M., Kianmehr H., and Sabounchi N.A (2018). Causal Modeling Approach for the Study of Association Among Food Intake, Exercise, And Mental Distress. NERCCS.

Birtan A, Vlad C, Bank L, **Begdache L.** (2017). A Study of Comorbidities and Nutritional Supplements Strongly Associated with Inflammatory Bowel Disease. Gastroenterology Teaching Day-United Health Services

Marszalek A. and **Begdache L.** (2017). Sleep Patterns, Mood, and Academic Performance in Relation to Stimulant Use. 10<sup>th</sup> Annual Binghamton Biomedical Research Conference

Heaney C. and **Begdache L.** (2017). Dietary Supplement Knowledge and Usage among College Students. 10<sup>th</sup>Annual Binghamton Biomedical Research Conference

Pamper A. and **Begdache L.** (2017). Weight loss pill use and association with mood in college students. Research days

D'souza S and **Begdache L.** (2017). Differential Nutritional Knowledge and Stress Response in Division I Female versus Male Athletes. Research Days

Sadeghi S, Stowell Sara E., Ralph M. Garruto, **Begdache L.** (2016) Examination of GSTP1 Single Nucleotide Polymorphism in Guamanian ALS/PDC. 9<sup>th</sup>Annual Binghamton Biomedical Research Conference

**Begdache L.**, Rappa. (2016). Assessment of nutrition knowledge of collegiate Division I athletes I. A. 9<sup>th</sup>Annual Binghamton Biomedical Research Conference.

**Begdache L.**, Singh J., Webster R., Marhaba J., Hila A. (2016). A Low Glycemic Index Diet Reduces Many of Gastroesophageal Reflux Disease Symptom Severity. 9<sup>th</sup>Annual Binghamton Biomedical Research Conference. **Selected for Plenary Session Presentation**

**Begdache L.**, Rappa A, Marhaba J. 2016. Differential Dietary Attitudes in Division I Female versus Male Athletes. 9<sup>th</sup>Annual Binghamton Biomedical Research Conference

Li C, Hrehor L, **Begdache L.** 2016. Analysis of External Factors in Relation to Obesity Prevalence within Broome County. Weight Management and Diabetes Education Teaching Day Conference.

**Begdache L.**, Singh J., Webster R., Marhaba J., Hila A. 2016. A Low Glycemic Index Diet May Improve Mood in Individuals with GERD. 9<sup>th</sup>Annual Binghamton Biomedical Research Conference.

**Begdache L.**, Singh J., Webster R., Marhaba J., Hila A. 2015. A Low Glycemic Index Diet May Decrease Symptom Severity of Gastroesophageal Reflux Disease. 8<sup>th</sup>Annual Binghamton Biomedical Research Conference.

**Begdache L.**, Chaar M., Marhaba J., James G. 2015. Development of a Validated and a Reliable Tool to Test Mental Distress in Relation to Dietary Patterns. 8<sup>th</sup>Annual Binghamton Biomedical Research Conference.

**Begdache L.**, Chaar M., Huang R. 2015. The Effect of Dietary Pattern and Demographics on Perceived Mental Distress. 8<sup>th</sup>Annual Binghamton Biomedical Research Conference.

**Begdache L.** and Goldberg D. 2015. Assessment of Flipped Classroom Style versus Traditional in Class Formats in a Nutrition Course. Research Days- Binghamton University.

Rappa A. and **Begdache L.** 2015 Nutritional Knowledge concerning Wellness and Academic Class in Division I Athletes at Binghamton University. 8th Annual Binghamton Biomedical Research Conference.

Mostafa E., Yacoub A., Tastle W., Bank L., **Begdache L.** 2015. A Study of Comorbidities Strongly Associated with Celiac Disease Using a Novel Artificial Neural Network. 8th Annual Binghamton Biomedical Research Conference.

**Begdache L.**, Marhaba J, Ahearn M., Garruto R. 2015. Strong Association between RFC1 G80A polymorphism and ALS as reflected in Auto CM analysis. 8th Annual Binghamton Biomedical Research Conference.

**Begdache L.**, Chaar M., Tastle W. 2014. Association between dietary patterns and stress in Binghamton University and Ithaca College students. 7th Annual Binghamton Biomedical Research Conference.

Yasmin P. and **Begdache L.** 2014. The effectiveness of nutritional education and aid on pregnant women in Bangladesh. Research Days-Binghamton University

**Begdache L.**, Patel K., Sorber H., Mahjabeen S., Marhaba J., Hila A. 2014. A Low Glycemic Index Diet May Improve Mood in Students with Gastroesophageal Disease. 7<sup>th</sup> Annual Binghamton Biomedical Research Conference.

**Begdache L.**, Lewis J., Marhaba J., Garruto RM. 2014. Polymorphisms in one-carbon metabolism may be linked to Guam ALS. 7<sup>th</sup> Annual Binghamton Biomedical Research Conference.

**Begdache L.** and Tammariello S.P. 2008 NADPH oxidase in PC12 cell differentiation and apoptosis. Binghamton University- Graduate Research Day.

**Begdache L.** and Tammariello S.P. 2008. Effect of angiotensin II on NADPH oxidase subunit expression in neuronal differentiation and apoptosis. Binghamton University Biological Sciences Department Annual Symposium.

**Begdache L.** and Tammariello S.P. 2006. Expression of Nox1 and Nox4 in neuronal differentiation and apoptosis- Abstract. 1<sup>st</sup> Annual Binghamton Biomedical Research Conference- Biomedical Problems of the 21<sup>st</sup> Century.

**Begdache L.** and Tammariello S.P. 2006. Nox expression and distribution in neuronal differentiation and apoptosis. Binghamton University Biological Sciences Department Annual Symposium.

Lively L., **Begdache L.** and Tammariello S.P. 2005. The role of NADPH oxidase in apoptosis of PC12 cells- Poster. Binghamton University.

**Begdache L.** and Tammariello S.P. 2005. NADPH oxidase and homologs: Implications in neuronal apoptosis. Binghamton University Biological Sciences Department Annual Symposium.

## Conference Presentations

- 2025 **Begdache L.** *Personalized Nutrition for Perimenopausal Brain Health: Integrating Molecular Insights and Behavioral Data to Advance Precision Care.* American Nutrition Association
- 2024 **Begdache L.** *Addiction and diet.* Let Us Dream Conference- Panelist, Keynote Speaker.
- 2023 **Begdache L.** *Covid-19, Impact of Diet Quality and Sleep on Mental Distress: A Comparative Study Between Men and Women.* International Conference on Disaster Management: Global Pandemic and Its Impact.
- 2022 **Begdache L.** *Customization of diet and lifestyle: paving the path toward personalized mental health therapy?* Invited Speaker. American Nutrition Association, San Diego, CA
- 2022 **Begdache L.** *COVID-19, Exercise Frequency and Mental Distress.* Center for Collective Dynamics of Complex Systems.
- 2021 **Begdache L.** *Dietary patterns and the neurobiology of perceived stress.* Touro College of Osteopathic Medicine (Touro COM)- Middletown, NY
- 2020 **Begdache L.** *Anxiety and Depression: The Dimensions in Developing Prophylactic and Therapeutic Approaches-* Upstate New York Science Librarians Conference
- 2019 **Begdache L.** *You, Your food and Your Mood-* Healthy Campus Summit- Binghamton University
- 2019 **Begdache L.** *Healthy Relationships: How to impact your community.* Center for Civic Engagement -Invited Conference Moderator, Binghamton University
- 2019 **Begdache L.** *A customized diet for a better mood?* Retiree Services and Records- Binghamton University
- 2019 **Begdache L.** *The Crosstalk between Diet and Brain-* Invited Speaker at the American University of Beirut, Lebanon
- 2019 **Begdache L.** (October). *The Interplay between diet and mental health-* Invited Speaker at United Health Services; Gastroenterology Teaching Day
- 2017 **Begdache L.** *Diet and brain health in aging-* Invited Speaker at Employee Assistance Program. Binghamton University
- 2019 **Begdache L.** *The science of fasting and brain health-* Invited Speaker at Interfaith Event-Girls Scout. Broome County
- 2016 **Begdache L.** . *ABCs of academic success: The role of diet-* Healthy Invited Speaker at Campus Summit. Binghamton University
- 2016 **Begdache L.** *Nutrition Trends-* Invited Speaker at United Health Services -Weight Management Teaching Day

2015 **Begdache L.** *Global Dietary Pattern and Mental Distress*- Invited Session Moderator at Global Health Conference. Binghamton University

2015 **Begdache L.** . *Diverticular disease: Looking beyond the fiber.* Speech Invited Speaker at United Health Services, Gastroenterology Teaching Day

2015 **Begdache L.** *The neurobiology of addiction*- Invited Speaker at Offices of Alcohol and Other Drugs Programs and Services

2014 **Begdache L.** *Coping with Diabetes*- Invited Speaker at Broome County-Office for Aging

2014 **Begdache L.** *Transgenerational effect of maternal diet.* Invited Speaker at Decker School of Nursing-Binghamton University

2013 **Begdache L.** *The Art and Science of the Mediterranean Diet*-- Invited Speaker at Southern Tier Dietetic Association-Broome County

2013 **Begdache L.** *The emerging field of Nutrigenomics*- Invited Speaker at Decker School of Nursing

2013 **Begdache L.** Binghamton University. *The American diet and chronic disease*- Invited Speaker at Employee Assistance Program-Binghamton University

2013 **Begdache L.** *The 3 brain imprints of college life: Alcohol, Adderall, and Nicotine*- Invited Speaker at Eating Awareness Committee-Binghamton University

2013 **Begdache L.** *The science of nutrition and lifestyle in healthy aging*- Invited Speaker at Lyceum

2013 **Begdache L.** *The ABC of personalized sports nutrition*- Invited Speaker at Triple-cities Running Club-Broome County

## RESEARCH ACTIVITIES

### Federal Research Support

SEMI-Nano-Biomaterials Consortium/ U.S. Air Force Research Laboratory (AFRL). Koh A, Won D and **Begdache L.** 2019. "Epifluidics for Stress Monitoring". Total Project Cost of \$387,911 (Cost Share: \$193,958).

### Foundation Research Support

NY State Academy of Nutrition and Dietetics. **Begdache L.** 2017. "Purchase of research-related equipment". Total award \$ 500

NYS Health Foundation. **Begdache L.** 2017. Travel Grant. Conference attended: Food and Nutrition Conference and Expo, Chicago. Total Award \$ 2,000.

Academy of Nutrition and Dietetics Foundation-Herbert D. and Nylda Gemple. Research Nutrition and neurodegeneration. **Begdache L.** 2015. “Association between genetic variation on the one-carbon metabolism enzymes and ALS”. Total Award \$ 5,000

Small Scale Systems Integration and Packaging (S3IP) Center- Center for Excellence. **Begdache L.** 2016. “Polymorphisms in Folate-metabolism and ALS”. Total award \$ 2,500.

Regional Economic Development Council. **Begdache L.** 2016. “Development of Personalized Dietary and Lifestyle predictor tool for tele-health”. Total award \$ 10,000.

### **Intramural Funding**

Community Engagement Faculty Research. **Begdache L.,** 2024. Community-Engaged Research \$4,000.

Community Engagement Faculty Research. Lee S., Chiu K., **Begdache L.,** Horowitz A., Lahoda K., Einav E. 2023. Community-engaged research through the Physical Activity Self-efficacy (PAS) intervention program and adult obesity management. \$3,000.

Transdisciplinary Area of Excellence Seed Grants. Lee S., Chiu K., **Begdache L.,** Horowitz A., Lahoda K., Einav E. 2023. Developing and Testing a Health-Enhancing Physical Activity Online Intervention for Adults with Obesity \$17,850.

Decker College of Nursing and Health Sciences. **Begdache L.,** Ertem Z. 2023. Associations between Food Security, Mental Distress and Neurobehaviors. Total Award \$ 2,000.

Kresge Center for Nursing Research. **Begdache L.,** Ertem Z. 2021 The Dynamic Associations between Dietary Factors, Exercise, Sleep and Mental Distress concerning Time of the Week. Total Award \$ 2,000.

CoCo ORC Collaborative project ideas on complex systems research- **Begdache L.,** Ertem Z. 2021. Dynamic Associations between Dietary and Exercise Patterns with Mental Distress Based on Gender, Age Group, and Day of the Week During Pre- vs SARS-CoV-2 Pandemic. Total award \$ 3,000.

Kresge Center for Nursing Research. **Begdache L.** 2021. The Impact of Individual Food Groups and Dietary Practices on the Mental Wellbeing of Mature Men and Women: The Mediation Effect of Exercise. Total award \$ 1,100.

Sustainable Community Transdisciplinary Areas of Excellence. **Begdache L.** 2021. The Impact of Diet Quality and Fitness on Cortisol Levels, Perceived Stress and Mental Distress. Total award \$ 2,000.

Big Data Transdisciplinary Areas of Excellence. **Begdache L.** Sabounchi N. 2017. Development of a prototype Intelligent Mental Disease Prediction System based on dietary pattern analysis: a pilot study. Total award \$ 3,000

Individual Developmental Funds. **Begdache L.** 2012 Stress-induced eating patterns and gastroesophageal reflux disease (GERD) risk in college students Binghamton University. Total award \$ 5,000

Eckler Mini grant. **Begdache L** and Garruto R. 2013. Epigenetic Modifications in Guam ALS.  
Total award \$ 2,000

### **Educational Funding Support**

Center for Learning and Teaching-Binghamton University. **Begdache L**. 2016.  
“Teaching Online Certification Program Grant”. Total award \$ 2,000

Service-learning for nutrition education program- Binghamton University. **Begdache L**. 2015.”  
Engaged Fellow”. Total award \$ 1,000

### **Grant Submitted but not Awarded**

- 2021 NSF-SRS. Planning a regenerative food system for the Southern Tier of New York.
- 2019 Air Force Office of Scientific Research (AFOSR)
- 2019 Impact of Opioid Exposure on Impulsivity and Prefrontal Cortical Function-SUNY Germination Space
- 2018 NIH R21-Personalized Dietary Recommendations for Mood Optimization
- 2018 NSF Sweat Wearable for Health and Stress Monitoring
- 2018 Samsung GRO Sweat Wearable and Economic Appliance and Technology for Health and Stress Monitoring
- 2018 Canadian Institute for Advanced Research -Azrieli Global Scholar
- 2018 ICG -Development of Intelligent Mental Disease Prediction System (IMDPS) based on a longitudinal dietary pattern analysis-
- 2017 NCAA-Dietary and Lifestyle modifications to support mental wellbeing in Division I Athletes
- 2017 YIGPRO-Effects of Mediterranean diet and exercise on gut microbiota richness and diversity
- 2016- Establishing a role for intestinal microbiota in GERD symptom severity.

### **Conferences/Workshops attended (Selected)**

- 2025 Let Us Dream Conference-Moderator of Food as Medicine panel
- 2025 Virtual Symposium on Perimenopause - American Nutrition Association
- 2024 Let Us Dream Conference-Panelist
- 2022 Personalized Nutrition- American Nutrition Association
- 2021 NIH Office of Dietary Supplements (ODS)- 25th Anniversary Scientific Symposium
- 2021 Food and Nutrition Conference and Expo-Academy on Nutrition and Dietetics
- 2021 Personalized Nutrition-American Nutrition Association
- 2021 IBM Data Analysis and Artificial Intelligence
- 2020 The National Science Foundation’s Innovation Corps (I-Corps) program
- 2020 Center for Learning and Teaching: Debate Across Curriculum to Teach Online
- 2019 SUNY Germination Space on Opioid Research- By invitation
- 2018 Strength Summit-NCBA-By invitation
- 2018 Health and Wellness Conference- United Health Services



- 2017 Food & Nutrition Conference & Expo- Academy on Nutrition and Dietetics
- 2017 New York State Academy of Nutrition and Dietetics Leadership Conference
- 2017 Digestive Disease Week
- 2017 Southern Tier Academy of Nutrition and Dietetics
- 2016 National Institute of Health- Practicum on Dietary supplements
- 2017-19 Health and Wellness Teaching Days- United Health Services
- 2013-15 Annual Weight Management Teaching Day– United Health Services,
- 2014 Nutrition-Focused Physical Assessment-Southern Tier Dietetic Association
- 2015 Motivational and Treatment Modalities for Weight Management- United Health Services

## **ACADEMIC TALKS PRESENTED**

### ***Binghamton University*** (Selected)

- 2024-2025 Nutrition for the Aging Brain
- 2022 Food Insecurity and Brain Function
- 2017 Feeding a Hungry World
- 2015-16 Alcohol and substance abuse effects on mental health
- 2015 Adderall and health effects
- 2013 You are what your parents ate
- 2013 Epigenetics and Nutrigenomics in Individualized Medicine
- 2012 The Bitter Truth of High-Fructose Corn Syrup
- 2011-12 The physiology of stress and nutritional implications
- 2012 What's in our diet making us fatter, sicker, and addicted to food?
- 2010 The health effects of the yo-yo dieting

## **PODCASTS (SELECTED)**

- Kennedy Saves the World- Smell Ya' Later (Food and Body Odor)
- KPI Institute- Diet and Brain Development
- The Broadcast Retirement Network- Caffeine and Health
- 5 Min for Me- Diet and Stress
- [The conversation-Excess sugar affects the developing brain](#)
- Leadwire-COVID-19 and Mental Distress
- Cognitive Behavior Institute
- [Academic Minutes -Customized Diets and Lifestyle Factors May Optimize Mental Wellbeing](#)
- [Health Investment-Health Diet Based on Age and Gender](#)

## **FEATURED (selected)**

- 2025 [Medical News Today](#)
- 2025 [Martha Stewart Living](#)
- 2025 BBC
- 2025 Sirius XM

2024 [Broadcast Retirement Network](#)  
2024 [Time](#)  
2024 [New York Times](#)  
2024 [Gloucestershire, UK](#)  
2024 [Parenting Science Labs, Australia,](#)  
2024 [MSN](#)  
2024 [Medical Xpress](#)  
2024 [Neuroscience News](#)  
2024 [Newsweek](#)  
2024 [Healthline](#)  
2024 [Times](#)  
2024 [Baltimore Sun](#)  
2024. [NY times](#)  
2024 [U.S News](#)  
2024 [Real Simple](#)  
2024 [Discover Magazine](#)  
2024 [Yahoo](#)  
2024 [Women's Health](#)  
2024 [Parade](#)  
2023 [GQ Fitness](#)  
2023 [Newswise](#)  
2023 [U.S News](#)  
2023 Weekend Mornings on 980 CKNW-Vancouver, Canada  
2023 [News Wise](#)  
2022 Leadwire  
2022 Medical Research  
2022 [The Academic Minute](#)  
2021 Fox News 40  
2021 [Newswise on YouTube](#)  
2021 [Medical Research](#)  
2021 [Healthspan](#)  
2021 Health News Digest  
2021 [Neuroscience News](#)  
2021 [Medical News Today](#)  
2021 MSN Lifestyle  
2020 [Consumer Affairs](#)  
2020 Inside Higher Ed  
2020 Medical Express  
2020 WBNG  
2019 Science Daily  
2019 Medical Research  
2019 [Association of Public and Land-Grant Universities](#)  
2018 Natural Health News (UK)  
2018 The Week Magazine  
2018 World Health  
2018 [Independent \(UK\)](#)  
2018 Neuroscience News  
2018 Food and Behavior Research

2018	<a href="#">Women's Brain Health Initiative</a>
2017	Innovita Research
2017	Fox 40
2017	Newsweek
2017	<a href="#">The Guardian</a>
2017	Yahoo Health
2017	<a href="#">Newsweek</a>
2017	WBNF radio
2017	<a href="#">Medical News</a>

## PROFESSIONAL ACTIVITIES AND SERVICE

### Editorial Services

2024-2025 Guest Editor- Special issue: Nutrition, Lifestyle and Neurobehaviors-Behavioral Sciences (ISSN 2076-328X).

2023-2024 Guest Editor- Special issue: Nutrition and Neurobehaviors- Frontiers in Nutrition Nutrition, Psychology and Brain Health (ISSN 2296-861X)

2022-2023 Guest Editor- Special issue: Diet Lifestyle Factors and Mental Health International Journal of Environmental Research and Public Health (ISSN 1660-4601).

### Binghamton University

2025	HWS search committee- Assistant Professor
2025	Vice Provost for Enrollment Management Search Committee
2024	Chair- HWS search committee- Assistant Professor
2024	Chair- HWS search committee- Adjunct Lecturer
2024-27	SUNY University Faculty Senate-Alternate
2023-2024	Committee on Committee
2023	Division of Occupational Therapy search committee member
2023-25	Faculty Senate
2023	Library Search Committee Member
2022	Chair- HWS search committee
2021	Chair- HWS search committee
2018-22	Sustainable Communities TAE Steering Committee
2009- present	Curriculum Committee department
2019	HWS Search Committee
2019	Chair- DSON Ad hoc Academic Honesty Committee-
2018-2020	Faculty Senate
2019-2020	The Middle States Commission on Higher Education IV
2018-1920	Evaluation Coordination Committee
2017-2018	CIW Faculty Fellow
2017	Dean of Students Leadership Awards Selection Committee

2016-2020	Parent Leadership Council
2016-2017	Road Map Renewal
2016-2017	Open Repository at Binghamton
2016-2018	Intercollegiate Athletics Board
2016-2017	Healthy Practices Research Group
2012-2013	Fraternity/Sorority Health Assessment Coalition
2011-2012	ITURP-Interdisciplinary Tobacco Use Research Program
2009-present	Curriculum committee- HWS department
2008-2016	Eating Disorder Awareness

### **Professional Organizations with Office Positions (Selected)**

2009-2020	Health and Wellness Teaching Day- United Health Services- Planning member
2018-2019	Poster session Chair- NYSAND-Annual Meeting and Expo
2018-2019	Immediate-Past President- Southern Tier Academy of Nutrition and Dietetics
2017-2018	President-Southern Tier Academy of Nutrition and Dietetics
2016-2017	President-Elect- Southern Tier Academy of Nutrition and Dietetics
2017-2018	Member-Board for Certified Nutrition Specialist Exam Development Council
2017-2018	Nominating Chair- NYS Academy of Nutrition and Dietetics
2015-2016	Webmaster-Southern Tier Academy of Nutrition and Dietetics
2014-2015	Public Relations Chair –Southern Academy of Nutrition and Dietetics
2013	Planning Chair-36 <sup>th</sup> Gastroenterology Teaching Day Chair- United Health Services
2012-2013	The BC Walk- Broome County, Planning member
2009- 2012	“We Can” Stay Healthy-United Health Services, Planning member

### **Grant, Abstract, and Poster Review Activities**

2018-2020	Binghamton Student Life Fund-Chair
2019	Research days- Poster reviewer
2017	Academy of Nutrition and Dietetics- Grant reviewer
2016- 2018	Academy of Nutrition and Dietetics- Abstracts reviewer for FNCE conferences

### **Reviewer for the Scientific Journals, Books, and other Entities (Date refers to first review)**

2024	UK Research and Innovation
2024	Frontiers in Nutrition
2024	Binghamton University Undergraduate Journal
2022	Nutrients
2021	Journal of the International Society of Sports Nutrition
2021	BMC-Family Health
2021	Behavioral Science
2020	International Journal of Environmental Research and Public Health
2020	Journal of Integrative Neuroscience
2020	Sensors
2020	Journal of Nutrition

2019 Journal of American College Health  
2019 Substance abuse: Research and treatment  
2019 Psychological Medicine  
2018 Avicenna Journal of Medicine  
2018 Digital Health  
2017 Journal of Nutrition Education and Behavior  
2017 Current Developments in Nutrition  
2017 American Journal of Public Health  
2015 W.H. Freeman  
2015 Preventing Chronic Disease (CDC Journal)  
2014 Journal of Nutrition  
2014 Hindawi Publishing Company

**Dissertation committee member**

2024 Busra Buyuk-Watson School of Engineering-Department of Biomedical Engineering- Proteomic Analysis of PDAC Organoids Cultured Under Different Nutrient Supply Conditions- Outside Examiner

2024 Mohammed Asiri-Watson School of Engineering-Department of Systems Science and Industrial Engineering-Developing an Agile Data Analytics Framework to Optimize Healthcare Process Performance in Infectious Disease Propagation-Outside Examiner

2024 Anseh Danesharsteh- Watson School of Engineering- Department of Systems Science and Industrial Engineering- Machine Learning Applications in Public Health Management During Healthcare Crises- Committee Member

2023 Amera Al-Amery-Watson School of Engineering- Department of Systems Science and Industrial Engineering- Enhancing Control of Infectious Disease Spread Using Machine Learning and Surveillance Systems- Committee Member

2023 Bridget Kennedy- Predicting Intrinsic Motivation Levels Based on Dietary Habits Through the Use of Machine Learning- Committee member

2020 Paul Pearlmuter- Biomedical Engineering- Sweat and Saliva Cortisol Response to Stress and Nutrition Factors - Committee member

2019 Ethan Tu- Department of Biomedical Engineering- Colorimetric Determination of Ethanol and Cortisol in Human Biofluids- Committee member

2019 Hamed Kianmehr- Watson School of Engineering- Integrating system dynamics modeling and big data analytics as a new approach to deal with health system issues--Committee member

- 2018 Anastacia Kudinova-Psychology Department--Association between the magnitude of the immune response and Recurrent Major Depression Disorder in humans and depression-like behavior in animals- Outside Examiner
- 2015 Christen Waddell-Decker School of Nursing-Binghamton University- Identifying and Addressing Nutrition Education Needs for Patients with Hypertension in Primary Care- Committee member.

### **International/National External Reviewer**

- 2025 Jordan University of Science and Technology- Dissertation External Reviewer
- 2024 Rutgers University- School of Health Professions- External tenure promotion reviewer

### **Mentorship of Students in Research and Educational Outreach Projects**

- 2018- present BSMART- Binghamton-Student Managed Adderall Research Team-
- 2019- present BMINDS-Mentors for the Interdisciplinary Nutrition and Distress Study-
- 2020-2022 DIEMO (Diet, Exercise and Motivation)
- 2005 Research Mentor, Bridges to Baccalaureate Summer Program
- 2004-08 Research Mentor for Undergraduate Students

### **Teaching activities**

#### **Binghamton University**

*Department of Health and Wellness studies (2009-present)*

- 2016- present Course coordinator and instructor  
HWS 332 Nutrition  
HWS 410 Pathophysiology of Nutrition-Related Diseases

*Decker school of nursing*

- Summer 2010 NURS 325- Nutrition through a lifespan  
2013-2015 NURS 568 Human Nutrition and Metabolism

*Department of Biological Sciences*

- 2011-2015 BIOL 301/501 Molecular Genetics  
2009-10 BIOL 311 Principles of Cell Biology  
Summer 2005 BIOL 118 Introduction to Cell and Molecular Biology

#### **University at Buffalo**

*Department of Nutrition Sciences*

1997-98      NTR 108- Human Nutrition- Teaching Assistant

### **Teaching Techniques and Certifications**

Course-based Undergraduate Research Experience  
Flipped classroom  
Online teaching- Teaching Online Certification  
Service Learning- Engaged Faculty Fellow  
Hybrid teaching

### **Courses Developed**

2017    UNIV 103 Nutrition for all performances  
2013    NURS 568 Nutrition and Human Metabolism  
2011    HWS 410 Pathophysiology of Nutrition-Related Diseases

### **Professional memberships**

American Psychological Association  
Academy of Nutrition and Dietetics  
NY State Academy of Nutrition and Dietetics  
Southern Tier Academy of Nutrition and Dietetics  
American Society for Nutrition  
Nestle Nutrition Institute  
Board for Certification of Nutrition Specialists  
NY Academy of Science

### **Media Outlet**

#### **“Ask the Scientist” published in Pressconnects.com, part of USA Today (selected)**

2019    How does our brain generate thoughts?  
2017    Is there new research on PKU?  
2016    What causes cancer?  
2016    Why doesn't your face get goosebumps like your arms do?  
2015    Why does my heart rate go up when I run?  
2015    Why are we made of water?  
2015    Why do we breathe oxygen?  
2014    Why do we age?  
2014    Does coffee affect growth?  
2012    Does eating cold food burn more calories?  
2012    Why do we sweat?  
2011    Do we have a red or a blue blood?  
2011    Does acid burn stomach cells?  
2010    How do cells work in your body?  
2010    Dark chocolate is good for you-- but in moderation  
2009    Brain tumors are created by abnormal cells multiplying

- 2009 Boost your defense against viruses with sleep and a healthy diet
- 2009 Our bodies can become “unglued” without Vitamin C
- 2007 How does our stomach know when to rumble?
- 2006 Does the coldness of winter decrease the metabolism?
- 2006 Why do people get fat by not eating too much but by eating all day?

**Nutrition articles for M.E.C Foundation newsletter**

- 2010 The health benefits of the Mediterranean diet
- 2005 Mediterranean Cuisine: A new concept of a healthy diet
- 2003 Ready, get set, lose the weight

**Health Articles written for Gannett News Service**

- 2008 Childhood obesity
- 2007 New Year resolution: How to achieve weight loss
- 2007 Food for mood
- 2007 Free radicals and health
- 2007 Nutrients and beautiful skin for moms
- 2007 Health hazards of barbecued meat
- 2007 Tips for a healthier summer
- 2006 Menopause doesn't have to give you a tubby tummy

**Health and Wellness Unlimited**

- 2012 A New Year resolution: A new you- tips for weight loss

**Relevant Additional Professional Experience**

- 2006-19 Ask the scientist Columnist-Press and Sun Bulletin
- 2005-08 Health Columnist- Gannett News Service
- 2003-07 Newsletter editor,-MECF Inc.,