

PROF. DR. NORSHAM JULIANA BINTI NORDIN

PENSYARAH UNIVERSITI GRED KHAS C

CONTACT

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FACULTY
Fakulti Perubatan Dan Sains Kesihatan

SUPERVISION

PhD	4 COMPLETED	0 ONGOING
Master	2 COMPLETED	1 ONGOING

AREAS OF EXPERTISE

Human Physiology | Community Nutrition | Sleep Disorder

ACADEMIC QUALIFICATION

2015 **PhD** - Pemakanan

2007 **Master** - Sains Perubatan (Perubatan Da

2002 **Bachelor** - Sains Bioperubatan

RESEARCH

1. **ACCURACY, RELIABILITY, AND VALIDITY OF INBODY BIOELECTRICAL IMPEDANCE ANALYZER (BIA) FOR THE ASSESSMENT OF BODY COMPOSITION AT DIFFERENT TIME POINT OF THE DAY**
   2024 | GERAN PENYELIDIKAN INDUSTRI | ON GOING | MAIN RESEARCHER

2. **MODELLING OF PHYSIOLOGICAL VARIATION AND DEVELOPMENT OF A VALIDATED TOOL FOR DISRUPTIVE CIRCADIAN REGULATION AMONG HEALTHCARE SHIFT WORKERS**
   2024 | GERAN PENYELIDIKAN INDUSTRI | ON GOING | MAIN RESEARCHER

3. **CONCEPTUALISING THEORY ON SYNCHRONISATION BETWEEN THE CHRONOTYPE DIVERSITY, WORKING SCHEDULE, AND CIRCADIAN RHYTHM, WITH THE WORK-RELATED WELL-BEING AMONG WORKFORCE IN MALAYSIA.**
   2023 | GERAN KPT | ON GOING | MAIN RESEARCHER

4. **THE INCIDENCE OF POST-OPERATIVE COGNITIVE DYSFUNCTION IN HIGH RISK CARDIOTHORACIC SURGERY PATIENTS RECEIVING DEXMEDETOMIDINE AND ITS GENE EXPRESSION**
   2020 | GERAN PENYELIDIKAN AGENSI KERAJAAN | ON GOING | MAIN RESEARCHER

5. **INTERACTION OF PSYCHOSOCIAL WELL-BEING WITH PHYSICAL HEALTH OF B40 SHIFT WORKERS IN URBAN AREAS OF MALAYSIA**
   2019 | GERAN KPT | COMPLETED | MAIN RESEARCHER

RESEARCH

6. DEVELOPMENT OF HOME LELECTROCARDIOGRAM ASSESMENT REALIABLE TOOL (HEART) : A CLOUD BASED, WEARABLE, WIRELESS, SINGLE-LEAD ELECTROCARDIOGRAM

2019 | GERAN SEPADAN INDUSTRI | ON GOING | MAIN RESEARCHER

7. EXPLORING THE CULTURAL HERITAGE AND NUTRITIONAL VAKUES OF FOOD IN KAMPUNG BHARU FOOD TRAIL

2019 | GERAN PENYELIDIKAN INDUSTRI | COMPLETED | MAIN RESEARCHER

8. THE EFICACY OF HEALTH EDUCATION INTERVENTION PROGRAMME ON QUALITY OF LIFE ELDERLY WITH MILD COGNITIVE IMPAIRMENT (MCI) IN USIM'S KAMPUNG MIZAN

2017 | GERAN PENYELIDIKAN KOLABORASI RCRP USIM-UKM (TIDAK AKTIF) | COMPLETED | MAIN RESEARCHER

9. PHYSIOLOGICAL AND PHYSICAL FITNESS OF MALAYSIAN YOUTH (MALE) UNDERGOING ARCHERY TRAINING PROGRAMME.

2015 | GERAN KPT | COMPLETED | MAIN RESEARCHER

10. THE DIFFERENCE OF B-TYPE NATRIURETIC PEPTIDE (BNP) LEVEL AMONG PRIMARY HYPERTENSIVE PATIENTS WITH CO

2008 | GERAN PENYELIDIKAN FUNDAMENTAL | COMPLETED | MAIN RESEARCHER

PUBLICATION

1. ELUCIDATING THE CHRONONUTRITION PATTERNS AND SLEEP QUALITY AMONG SUBFERTILE PATIENTS WITH DIFFERENT VITAMIN D LEVELS

SCIENTIFIC REPORTS

2025 | JOURNAL | INDEXED BY SCOPUS AND ERA | MAIN AUTHOR

2. CHRONONUTRITION BEHAVIOUR AND ITS ASSOCIATION WITH BODY WEIGHT AMONG COLLEGE STUDENTS IN MALAYSIA

SOMS INTERNATIONAL CONFERENCE ON OBESITY AND METABOLISM

2025 | PROCEEDING | NON-INDEX | MAIN AUTHOR

3. DIAGNOSTIC ACCURACY AND METHODOLOGICAL VALIDATION OF THE INBODY 970S MULTI-FREQUENCY BIOELECTRICAL IMPEDANCE ANALYSIS DEVICE WITH DUAL-ENERGY X-RAY ABSORPTIOMETRY IN ASSESSING BODY COMPOSITION AMONG HEALTHY MALAYSIAN ADULTS

40TH NUTRITION SOCIETY OF MALAYSIA CONFERENCE

2025 | PROCEEDING | NON-INDEX | MAIN AUTHOR

4. EVIDENCE FROM CLINICAL TRIALS ON SYNTHETIC PROTEASE INHIBITORS IN ORAL, HEAD, AND NECK CANCER

PATHOPHYSIOLOGICAL ASPECTS OF PROTEASES IN CANCER

2025 | CHAPTER IN BOOK | MAIN AUTHOR

5. DIET AND NUTRITION IN DISEASE PREVENTION AND MAINTENANCE OF HEALTHY LIFESTYLE

ENVIRONMENTAL TOXICANTS AND LIFESTYLE DISEASES

2025 | CHAPTER IN BOOK | MAIN AUTHOR

PUBLICATION

6. THE ROLE OF PRECONCEPTION VITAMIN D INTAKE IN PREVENTING GESTATIONAL DIABETES MELLITUS (GDM): A SYSTEMATIC REVIEW AND META-ANALYSIS

14TH INTERNATIONAL CONGRESS OF DIABETES AND METABOLISM (ICDM 2024)

2024 PROCEEDING NON-INDEX MAIN AUTHOR

7. CHRONONUTRITION BEHAVIOR DURING THE COVID-19 PANDEMIC AND ITS RELATIONSHIP WITH BODY WEIGHT AMONG COLLEGE STUDENTS

FRONTIERS IN NUTRITION

2023 JOURNAL WOS MAIN AUTHOR

8. KNOWLEDGE, ATTITUDE AND PRACTICE, AND ASSOCIATED FACTORS TOWARDS DIABETES MELLITUS AMONG ADULTS IN RURAL MALAYSIA

THE 11" SEOUL INTERNATIONAL CONGRESS OF ENDOCRINOLOGY AND METABOLIST IN CONJUNCTION WITH THE 42 ANNUAL SCIENTIFIC MEETING OF KOREAN ENDOCRINE SOCIETY

2023 PROCEEDING NON-INDEX MAIN AUTHOR

9. SHEDDING LIGHT ON FERTILITY: VITAMIN D SUPPLEMENTATION'S IMPACT ON REPRODUCTIVE HORMONES - A SYSTEMATIC REVIEW

USIM 9TH NATIONAL HEALTH SEMINAR 2023

2023 PROCEEDING NON-INDEX MAIN AUTHOR

10. SIMPLE COORDINATION AND COGNITIVE STIMULATION ACTIVITIES FOR COGNITIVE FUNCTION ASSESSMENTS USING FUNCTIONAL NEAR-INFRARED SPECTROSCOPY

SAINS MALAYSIANA

2022 JOURNAL ISI AND SCOPUS MAIN AUTHOR

11. NATURAL PRODUCTS IN MITIGATION OF BISPHENOL A TOXICITY: FUTURE THERAPEUTIC USE

MOLECULES

2022 JOURNAL ERA MAIN AUTHOR

12. KNOWLEDGE, ATTITUDE, AND PRACTICES OF NON-COMMUNICABLE DISEASES: COMPARISON BETWEEN ORANG ASLI AND MALAY FROM RURAL AREA IN NEGERI SEMBILAN, MALAYSIA: A COMPARATIVE STUDY

MALAYSIAN JOURNAL OF PUBLIC HEALTH MEDICINE

2020 JOURNAL SCOPUS MAIN AUTHOR

13. CONSEQUENCES OF CIRCADIAN DISRUPTION IN SHIFT WORKERS ON CHRONONUTRITION AND THEIR PSYCHOSOCIAL WELL-BEING

INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH

2020 JOURNAL ERA MAIN AUTHOR

14. PHILANTHOTOXIN-343 ATTENUATES RETINAL AND OPTIC NERVE INJURY, AND PROTECTS VISUAL FUNCTION IN RATS WITH N-METHYL-D-ASPARTATE-INDUCED EXCITOTOXICITY

PLOS ONE

2020 JOURNAL SCOPUS MAIN AUTHOR

PUBLICATION

15. KNOWLEDGE, ATTITUDE AND PRACTICES OF SUGAR-SWEETENED BEVERAGES: A CROSS-SECTIONAL STUDY AMONG ADOLESCENTS IN SELANGOR, MALAYSIA

NUTRIENTS

2020 JOURNAL ISI AND SCOPUS MAIN AUTHOR

16. CHANGES OF PERCEIVED SELF ESTEEM DIMENSION USING ARCHERY AS A WEEKLY EXERCISE REGIME IN SEDENTARY YOUTH

EUROPEAN JOURNAL OF MOLECULAR & CLINICAL MEDICINE

2020 JOURNAL SCOPUS MAIN AUTHOR

17. ASSOCIATION OF MICRO RNA AND POSTOPERATIVE COGNITIVE DYSFUNCTION: A REVIEW

MINI-REVIEWS IN MEDICINAL CHEMISTRY

2020 JOURNAL ERA MAIN AUTHOR

18. SINGING IMPROVES OXYGEN SATURATION IN SIMULATED HIGH-ALTITUDE ENVIRONMENT

JOURNAL OF VOICE

2020 JOURNAL ERA MAIN AUTHOR

19. INFLUENCE OF ISOMETRIC CONTRACTION DURING ARCHERY TRAINING AND DETRAINING ON THE MUSCLES AND HAND GRIP STRENGTH IN SEDENTARY YOUTH: A RANDOMIZED CONTROLLED TRIAL

8TH INTERNATIONAL CONFERENCE ON SPORT SCIENCES RESEARCH AND TECHNOLOGY SUPPORT (ICSPORTS 2020),

2020 PROCEEDING NON-INDEX MAIN AUTHOR

20. MUSCLE STRENGTH IN MALE YOUTH THAT PLAY ARCHERY DURING LEISURE TIME ACTIVITY

ENHANCING HEALTH AND SPORTS PERFORMANCE BY DESIGN

2020 CHAPTER IN BOOK MAIN AUTHOR

21. COMPARISON OF HEART RATE VARIABILITY AMONG MALAY MALE YOUNG ADULT WITH DIFFERENT BMI AND LEVEL OF ADIPOSITY

INTERNATIONAL MEDICAL JOURNAL MALAYSIA

2019 JOURNAL SCOPUS MAIN AUTHOR

22. THE KNOWLEDGE, ATTITUDE AND CONFIDENCE ON FIRST AID RESPONSE AMONG CHILDCARE PROVIDERS FOLLOWING FAT4CP TRAINING IN NEGERI SEMBILAN, MALAYSIA

INTERNATIONAL JOURNAL OF RESEARCH IN PHARMACEUTICAL SCIENCES

2019 JOURNAL SCOPUS MAIN AUTHOR

23. ARCHERY INTERVENTION PROGRAMME IMPROVES MUSCLE STRENGTH AND HEART RATE VARIABILITY OF SEDENTARY YOUTH

34TH SCIENTIFIC CONFERENCE, NUTRITION SOCIETY OF MALAYSIA

2019 PROCEEDING NON-INDEX MAIN AUTHOR

24. VALIDATION OF FAT4CP FIRST AID MODULE AND ASSESSMENT TOOL: EVALUATING MODULE ACCEPTANCE AND THE KNOWLEDGE, ATTITUDE AND CONFIDENCE (KAC) ON FIRST AID RESPONSE AMONG CHILDCARE PROVIDERS.

INTERNATIONAL JOURNAL FOR RESEARCH IN PHARMACEUTICAL SCIENCES.

2018 JOURNAL SCOPUS MAIN AUTHOR

PUBLICATION

25. DEVELOPMENT & VALIDATION OF THE FAT4CP© ASSESSMENT TOOL: ASSESSING KNOWLEDGE, ATTITUDE AND CONFIDENCE (KAC) AMONGST CHILDCARE PROVIDERS IN FIRST AID.

CHINESE UNIVERSITY MEDICAL EDUCATION CONFERENCE 2018

2018 PROCEEDING NON-INDEX MAIN AUTHOR

26. VALIDATION OF FAT4CP © QUESTIONNAIRE TO ASSESS KNOWLEDGE, ATTITUDE & CONFIDENCE OF CHILDCARE PROVIDERS IN FIRST AID

2ND INTERNATIONAL CONFERENCE ON MEDICAL SCIENCE TECHNOLOGY (ICMST 2018)

2018 PROCEEDING NON-INDEX MAIN AUTHOR

27. BAROREFLEX FUNCTION IN MALAY MALE YOUTH WITH DIFFERENT BMI AND LEVEL OF ADIPOSITY

2ND INTERNATIONAL CONFERENCE ON MEDICAL SCIENCE TECHNOLOGY (ICMST 2018)

2018 PROCEEDING NON-INDEX MAIN AUTHOR

28. A CASE-CONTROL STUDY ON MUSCLE STRENGTH OF MALE YOUTH WITH ARCHERY TRAINING.

32ND 2018 MSPP CONFERENCE

2018 PROCEEDING NON-INDEX MAIN AUTHOR

29. ?HER SHAPE? INTERVENTION PROGRAMME FOR OBESE WOMEN WITH HIGH BREAST ADIPOSITY.

ASIA PACIFIC JOURNAL OF CLINICAL NUTRITION

2017 JOURNAL WOS MAIN AUTHOR

30. RELIABLE MONITORING OF OXYGEN SATURATION VIA PULSE OXIMETRY: WHICH SITE TO CHOOSE?

RELIABLE MONITORING OF OXYGEN SATURATION VIA PULSE OXIMETRY: WHICH SITE TO CHOOSE?

2017 JOURNAL WOS MAIN AUTHOR

31. RECOMMENDED PHYSICAL ACTIVITY AND INTENSITY LEVELS TO REDUCE EXCESS OF BODY FAT AMONGST MALAY FEMALE UNIVERSITY STUDENTS IN MALAYSIA

JOURNAL OF FUNDAMENTAL AND APPLIED SCIENCES

2017 JOURNAL WOS MAIN AUTHOR

32. RELIABLE MONITORING OF OXYGEN SATURATION VIA PULSE OXIMETRY: WHICH SITE TO CHOOSE?

11TH EUROPEAN CONGRESS OF EMERGENCY MEDICINE 2017 (EUSEM 2017)

2017 PROCEEDING NON-INDEX MAIN AUTHOR

33. MENCAPAI BERAT BADAN IDAMAN: TEKNIK KEKUATAN MINDA

2017 BOOK MAIN AUTHOR

34. TREND OF PHYSICAL ACTIVITY, DIETARY INTAKE AND BODY COMPOSITION AMONG WOMEN WITH HIGH BREAST ADIPOSITY

MERIT RESEARCH JOURNAL OF MEDICINE AND MEDICAL SCIENCES

2015 JOURNAL WOS MAIN AUTHOR

35. THE HER SHAPE PROGRAMME: POTENTIAL INTERVENTION FOR OBESE WOMEN WITH HIGH BREAST ADIPOSITY

INTERNATIONAL CONFERENCE OF MEDICAL HEALTH

2015 PROCEEDING NON-INDEX MAIN AUTHOR

PUBLICATION

36. VALIDATION OF ELECTRICAL IMPEDANCE TOMOGRAPHY QUALITATIVE AND QUANTITATIVE VALUES.

ANN ONCOL .

2014 JOURNAL WOS MAIN AUTHOR

37. VALIDATION OF ELECTRICAL IMPEDANCE TOMOGRAPHY QUALITATIVE AND QUANTITATIVE VALUES AND COMPARISON OF THE NUMERIC PAIN DISTRESS SCORE AGAINST MAMMOGRAPHY

ASIAN PACIFIC JOURNAL OF CANCER PREVENTION

2014 JOURNAL WOS MAIN AUTHOR

38. PLASMA BNP LEVEL AS MARKER FOR EARLY DETECTION OF HEART FAILURE IN PRIMARY HYPERTENSIVE PATIENTS

MALAYSIAN JOURNAL OF MEDICINE AND HEALTH SCIENCES

2011 JOURNAL WOS MAIN AUTHOR

39. CORRELATION OF NSE AND S100B WITH NEUROCOGNITIVE FUNCTION ASSESSMENT OF POST CABG PATIENTS RECEIVING DEXMEDITOMIDINE SEDATION : A PILOT STUDY

ASIA PACIFIC CONGRESS OF CARDIOLOGY

2011 PROCEEDING NON-INDEX MAIN AUTHOR

40. CORRELATION OF NSE AND S100B WITH NEUROCOGNITIVE FUNCTION ASSESSMENT OF POST CABG PATIENTS RECEIVING DEXMEDITOMIDINE SEDATION : A PILOT STUDY

IJN RESEARCH DAY

2011 PROCEEDING NON-INDEX MAIN AUTHOR

41. CORRELATION OF NSE AND S100? WITH NEUROCOGNITIVE FUNCTION ASSESSMENT POST CABGSURGERY

3RD IJN RESEARCH DAY

2011 PROCEEDING NON-INDEX MAIN AUTHOR

42. ASSOCIATIONS BETWEEN PRIMARY HYPERTENSION AND GENES IN THE RENIN ANGIOTENSION SYSTEM : A PROSPECTIVE TWO-CENTER STUDY IN UNIVERSITY KEBANGSAAN MALAYSIA MEDICAL CENTER AND INTERNATIONAL MEDICAL UNIVERSITY CARDIOLOGY CLINIC.

MALAYSIAN JOURNAL OF MEDICINE AND HEALTH SCIENCES

2010 JOURNAL WOS MAIN AUTHOR

43. THE BIOCHEMISTRY PROFILES OF DEXMEDITOMIDINE FOLLOWING CARDIAC SURGERY

MALAYSIAN PHARMACOLOGY AND PHYSIOLOGY CONFERENCE

2010 PROCEEDING NON-INDEX MAIN AUTHOR

44. CORRELATION OF PLASMA B-TYPE NATRIURETIC PEPTIDE LEVEL WITH EJECTION FRACTION IN PRIMARY HYPERTENSIVE PATIENTS

PHYSIOLOGY 2009

2009 PROCEEDING NON-INDEX MAIN AUTHOR

45. THE HAEMODYNAMIC PROFILES OF DEXMEDETOMIDINE IN PAEDIATRIC PATIENTS FOLLOWING CARDIAC SURGERY

23RD MSPP SCIENTIFIC MEETING

2009 PROCEEDING NON-INDEX MAIN AUTHOR

PUBLICATION

46. THE RESPIRATORY PROFILES OF DEXMEDITOMIDINE IN PAEDIATRIC PATIENTS FOLLOWING CARDIAC SURGERY.

PHYSIOLOGY 2009

2009 PROCEEDING NON-INDEX MAIN AUTHOR

47. RENIN ANGIOTENSIN CANDIDATE GENES AS A PREDICTOR MARKER FOR CARDIOVASCULAR COMPLICATIONS IN PRIMARY HYPERTENSION PATIENTS.

10TH SYMPOSIUM OF MALAYSIAN SOCIETY OF APPLIED BIOLOGY.

2008 PROCEEDING NON-INDEX MAIN AUTHOR

48. THE IMPORTANCE OF RENIN ANGIOTENSIN GENE POLYMORPHISM IN DETERMINING THE RISK OF PRIMARY HYPERTENSION.

INTERNATIONAL CONFERENCE OF SCIENCE AND TECHNOLOGY

2008 PROCEEDING NON-INDEX MAIN AUTHOR

49. BNP PLASMA LEVEL AS A NOBEL MARKER FOR EARLY DETECTION OF CVS COMPLICATIONS IN PRIMARY HYPERTENSION PATIENTS

10TH MALAYSIAN APPLIED BIOLOGY SYMPOSIUM

2008 PROCEEDING NON-INDEX MAIN AUTHOR

CONSULTATION

1. COMMERCIALIZATION OF PORTABLE VITAL SIGN BLOOD ANALYSIS DEVICE (FLOBO)

OSA TECHNOLOGY SB

2021 NATIONAL

2. SHARIAH COUNCIL MEMBER

MADCAT WORLD SDN BHD

2017 NATIONAL

3. PERUNDING KEPADA PERSATUAN TASKA NEGERI SEMBILAN

TORAY KNOWLEDGE TRANSFER GRANT

2017 NATIONAL

4. DEXMEDITOMIDINE: NEUROCOGNITIVE EFFECT FOR POST CABG PATIENT

IJN

2011 UNIVERSITY

5. DEXMEDITOMIDINE : CARDIOVASCULAR EFFECT POST CABG

IJN

2011 UNIVERSITY

AWARDS/RECOGNITION

1. HIGHEST IMPACT JOURNAL PUBLICATION (ORIGINAL RESEARCH ARTICLE)

2025 UNIVERSITY

2. BEST RESEARCHER AWARD

2025 UNIVERSITY

3. TOP 10% WITH HIGHEST CITATIONS

2025 UNIVERSITY

4. TOP 10% WITH HIGH H-INDEX

2025 UNIVERSITY

5. ADVISORY / EDITOR / EDITORIAL

MALAYSIAN SOCIETY OF PHARMACOLOGY AND PHYSIOLOGY

2025 NATIONAL