

## ACADEMIC PROFILE

## PARTICULARS

**Current position:** Senior Lecturer  
Jeffrey Cheah School of Medicine & Health Sciences,  
Monash University Malaysia.

## EDUCATION

Master of Applied Statistics	University Malaya	2018 – present
Graduate Certificate in Higher Education	Monash University	2012 – 2015
Doctor of Philosophy (Public Health)	Monash University	2008 – 2012
Master of Science (Clinical Nutrition)	Universiti Putra Malaysia	2003 – 2006
Bachelor of Science (Nutrition & Community Health)	Universiti Putra Malaysia	2000 – 2003

## MONASH TEACHING COMMITMENT

PROGRAM	TEACHING COMMITMENT
<b>Bachelor of Medical Science &amp; Doctor of Medicine</b>	<ul style="list-style-type: none"> <li>• Population Health</li> <li>• Young Scholar Program supervision</li> </ul>
<b>Bachelor of Medical Science (Hons)</b>	<ul style="list-style-type: none"> <li>• Research Methodology &amp; Systematic Review</li> <li>• Statistics 1.0 (Basics)</li> <li>• Statistics 2.0 (Intermediate)</li> </ul>
<b>Bachelor of Pharmacy (Hons)</b>	<ul style="list-style-type: none"> <li>• Community Engagement Elective</li> </ul>
<b>Graduate Research (PhD)</b>	<ul style="list-style-type: none"> <li>• Basic Statistics for Biomedical Science</li> <li>• Intermediate Statistics for Biomedical Science</li> <li>• Advance Statistics for Biomedical Science</li> </ul>

## INTERESTS

## Fields of special interest:

- Nutrition (clinical & community)
- Health promotion
- Biostatistics

## Research interest:

- Prevention and management of non-communicable diseases
- Health education
- Health behaviour change

## PROFESSIONAL AFFILIATION

Nutrition Society of Malaysia (life member)	2003 – present
Malaysian Dietary Guidelines for Vegetarians (Technical Working Committee)	2016 - present

## RESEARCH IMPACT

<b>Recent Publication:</b>	<p>Tan VPK, Ngim CF, Lee EZ, <b>Ramadas A</b>, Pong LY, Ng JI, Hassan SS, Ng XY &amp; Dhanoa A (2018). The Association between Obesity and Dengue Virus (DENV) Infection in Hospitalised Patients. <i>PLOS One</i>. 13(7):e02200698 – <b>IF 2.81, Q1</b></p> <p>Dominic NA, Thirunavuk Arasoo VJ, Botross NP, Riad A, Biding C &amp; <b>Ramadas A</b> (2018). Changes in Health-related Quality of Life and Psychosocial Well-being of Breast Cancer Survivors: Findings from a Group-based Intervention Program in Malaysia. <i>Asian Journal of Cancer Prevention (in press)</i>. – <b>IF 2.52, Q2</b></p> <p>Shyam S, <b>Ramadas A</b> &amp; Chang SK (2018). Isomaltulose: Recent Evidence for Clinical Application and a Focus on Its Prebiotic Potential. <i>Journal of Functional Foods</i>. 48: 173-8. – <b>IF 3.47, Q1</b></p> <p><b>Ramadas A</b>, Chan CKY, Oldenburg B, Zanariah H &amp; Quek KF (2018). Randomized-controlled Trial of a Web-based Dietary Intervention for Patients with Type 2 Diabetes: Changes in Health Cognitions and Glycaemic control. <i>BMC Public Health</i>. – <b>IF 2.42, Q1</b></p>
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- Balaravi B, Chin MQ, Karppaya H, Chai WJ & **Ramadas A** (2017). Knowledge and Attitude Related to Nutritional Supplements and Risk of Doping among National Elite Athletes in Malaysia. *Malaysian Journal of Nutrition*. 23(3): 409-423 – **Scopus**
- Ngim CF, Lai NM, Hong J, Tan SL, **Ramadas A**, Muthukumarasamy P & Thong MK (2017). Growth Hormone Therapy for People with Thalassaemia (Review). *Cochrane Database of Systematic Reviews*. 9:CD012284. doi: 10.1002/14651858.CD012284.pub2. – **IF 6.103, Q1**
- Ng QX, Choe YX, Karppaya H, Chai WJ & **Ramadas A** (2017). Rapid Weight Loss Practices among Elite National Combat Sports Athletes in Malaysia. *Malaysian Journal of Nutrition*. 23(2): 199-209 – **Scopus**
- Dhanoa A, Rajasekaram G, Hassan SS, **Ramadas A**, Adnan NAA, Lau CF & Ngim CF (2017). Risk Factors and Clinical Outcome of Profound Thrombocytopenia in Adult Patients with DENV Infections. *Platelets*. 28(7):724-727. doi: <http://dx.doi.org/10.1080/09537104.2017.1293802> – **IF 3.213, Q2**
- Ramadas A** & Quek KF (2016). Potential of Mobile Applications in Prevention and Management of Cardio-metabolic Diseases. *Public Health Open Journal*. 1(4):71-80. doi: <http://dx.doi.org/10.17140/PHOJ-1-114>
- Ngim CF, Lai NM, Hong J, Tan SL, **Ramadas A**, Muthukumarasamy P & Thong MK (2016). Growth hormone therapy for people with thalassaemia (Protocol). *Cochrane Database of Systematic Reviews*. 7:CD012284. doi: 10.1002/14651858.CD012284 – **IF 6.103, Q1**
- Ramadas A**, Qureshi AM, Dominic NA, Botross NP, Riad A, Arasoo VJT, & Elangovan S (2015). Socio-Demography and Medical History as Predictors of Health-Related Quality of Life of Breast Cancer Survivors. *Asian Pacific Journal of Cancer Prevention*. 16(4):1479-1485. doi: 10.7314/APJCP.2015.16.4.1479 – **IF 2.514, Q3**.
- Ramadas A**, Chan CKY, Oldenburg B, Zanariah H & Quek KF (2015). A Web-Based Dietary Intervention for People with Type 2 Diabetes: Development, Implementation, and Evaluation. *International Journal of Behavioral Medicine*. 22(3):365-73. doi: 10.1007/s12529-014-9445-z – **IF 2.126, Q2**.
- Atan R, Virzi GM, Peck L, **Ramadas A**, Brocca A, Eastwood G, S Sood, Ronco C, Bellomo R, Goehl H & Storr M (2014). High Cut-off Hemofiltration versus Standard Hemofiltration: a Pilot Assessment of Effects on Indices of Apoptosis. *Blood Purification*. 37:296–303. doi: 10.1159/000363220 – **IF 1.284, Q3**.
- Ahmad B, **Ramadas A**, Quek KF & Zain AZ (2014). A Pilot Study: The Development of a Culturally Tailored Malaysian Diabetes Education Module (MY-DEMO) based on the Health Belief Model. *BMC Endocrine Disorders*. 14(1): 31. doi: 10.1186/1472-6823-14-31 – **IF 1.710, Q4**.

**Book chapter:**

- Shyam S & **Ramadas A** (2018). Treatments with Low Glycaemic Index Diets in Gestational Diabetes. In: *Nutrition and Diet in Maternal Diabetes*. SpringerLink. Pp: 237-251.

**Refereed conference proceeding (full paper)**

- Ramadas A** (2016). Vegetables and Cardiometabolic Health: An Update of Recent Evidence. Southeast Asian Vegetable Symposium 2016 (pp. 51-62). Malaysian Agricultural Research and Development Institute (MARDI), Malaysia.
- Qureshi A, **Ramadas A**, Dominic NA, Botross NP, Riad A, Arasoo VJT, & Elangovan S (2015). Psychosocial Factors and Quality of Life of Breast Cancer Survivors. In Michigan State University (Ed.), *Today's Universities: Combining Rigour with Relevance - 3<sup>rd</sup> Dubai International Conference in Higher Education* (pp. 305-328). Boca Raton, Florida: BrownWalker Press.

**Research funding:**

- Prevalence of Hypertension in Malaysian Adolescents and Its Related Lifestyle Factors. Seed Grant, Tropical Medicine & Biology Multidisciplinary Platform, Monash University Malaysia. RM5,000 (2018)
- Nutrition and lifestyle behaviours in cardiometabolic syndrome: development of a community-specific peer-support programme. Fundamental Research Grant Scheme, Ministry of Education. RM110,000 (2013-2016).

## GRADUATE RESEARCH AND HONOURS SUPERVISION

STATUS	NAME	LEVEL	ROLE	PROJECT TITLE
GRADUATED	Dr Lee Mei Yun	Hons	Co-SV	Complications of thalassemia among Malaysian adults with thalassemia disease: A single cross-sectional study.
	Dr Serric Willeam Peter	Hons	Co-SV	Association between vitamin D status, and the risk of developing multiple sclerosis and neuromyelitis optica spectrum disorders in Malaysia.
	Dr Hardesh Singh Dhillon	Hons	Main SV	Impact of diabetes complications and severity, medication adherence and psychosocial well-being on quality of life of people with type 2 diabetes mellitus.
	Dr Ivan Adam Rasheed	Hons	Main SV	Impact of social networking sites on eating behaviour, body image and self-esteem of young adults in Malaysia.
ON-GOING	Dr Saleem Perwaiz Iqbal	PhD	Main SV	Nutritional and lifestyle behaviours influencing Metabolic syndrome among adults residing in Johor, Malaysia.
	Mr Muhammad Daniel Mahadzir	PhD	Main SV	Nutrition and lifestyle behaviour peer support for Malaysian adults with metabolic syndrome (PERSUADE): A randomised controlled trial.

## PROFESSIONAL AWARDS & DISTINCTIONS

Early Educator Forum (Third Prize Winner)	Monash University	Grant awarded to best presenters of educational innovation at Transforming Education through Trailblazing Innovations (TETI) 2017 for project <i>"Gamification: A tool for Formative Assessment in Medical Education"</i> .	Feb 2017
Travel Grant (International Congress on Obesity 2014)	Nutrition Society of Malaysia	Granted to early career researchers (ECR) who are also active members of the Nutrition Society of Malaysia. The recipients were presenting first authors of impactful oral or poster presentations at the Congress.	March 2014
Greatest Career Progress	ASCEND Research Network	Awarded to best trainee of ASCEND Research Network with distinguished career development from 2011 to 2013, as reviewed by colleagues, peers and seniors.	Dec 2013
Travel Grant (Palm International Nutra-Cosmeceutical Conference (PINC) & Dietary Palm Oil in Human Nutrition (NUTRICON))	Malaysian Palm Oil Council	Granted to active members of the Nutrition Society of Malaysia to enrich their knowledge with latest evidence in human nutrition.	May 2013
Young Investigator Award	National Diabetes Institute	Awarded at the national level Diabetes Asia Conference for the presentation entitled "The effectiveness of a tailored web-based dietary education programme for patients with type 2 diabetes mellitus". Only three excellent oral presentations by ECR are awarded each year.	Oct 2012

## MEDIA PRESENCE

Caring for Life, NST	8 <sup>th</sup> April 2013
<a href="#">BMedSc (Hons) graduates win awards at international conferences</a>	14 <sup>th</sup> Dec 2017