



Dana El Masri

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Phone: (+39) 3274123269

Date of birth: 03/06/1990 **Nationality:** Lebanese

EDUCATION AND TRAINING

[01/02/2023 – 07/05/2026]

PhD in Psychology, Neuroscience and Data Science

Università degli Studi di Pavia <https://en.unipv.it/en>

City: Pavia | **Country:** Italy | **Field(s) of study:** Nutrition

Research focus: obesity, maternal lifestyle, clinical nutrition, lifestyle medicine

PhD research focused on early-life determinants of childhood obesity risk, with particular emphasis on maternal pre-pregnancy BMI, gestational weight gain, maternal lifestyle factors during pregnancy, and neonatal gut microbiota signatures at birth. The project investigates mechanisms involved in early metabolic programming and their implications for obesity prevention strategies across the life course. The PhD follows a publication-based format and integrates nutritional epidemiology, maternal-child health, and public health research

[30/11/2017 – 28/02/2021]

Master of Science in Nutrition

Beirut Arab University <https://www.bau.edu.lb/>

City: Beirut | **Country:** Lebanon

Completed a research thesis evaluating predictive equations for resting energy expenditure using body composition analysis in adults with obesity.

[16/07/2019 – 26/07/2019]

Master Students Exchange Program

OVERSEAS agreement between Beirut Arab University (Lebanon) and University of Pavia (Italy)

Address: Pavia, Italy, 27100, Pavia, Italy

Research and clinical training visit at University of Pavia through the OVERSEAS agreement with Beirut Arab University (July 2019), contributing to the "Sustainable Agrifood System Strategies (SASS)" project and participating in clinical nutrition outpatient activities and case discussions.

[22/10/2017 – 25/10/2017]

Training in the Cognitive Behaviour Therapy for the Treatment of Obesity and Overweight (CBT-OB) and eating disorders (CBT-E)

Department of Eating and Weight Disorders – Villa Garda Hospital <https://www.ghcspa.com/villagarda>

City: Verona | **Country:** Italy

[17/01/2017 – 25/01/2017]

Intensive Training on the Cognitive Behavioural Therapy for the Treatment of Obesity and Overweight

Department of Eating and Weight Disorders – Villa Garda Hospital <https://www.ghcspa.com/villagarda>

City: Verona | **Country:** Italy

[12/2013 – 06/2014]

Nutrition Internship

SAHEL GENERAL HOSPITAL

City: Beirut | **Country:** Lebanon

The training involved 3 rotations:

- 1- Food Service Management & Food Production
- 2- Community Nutrition
- 3- Clinical Nutrition

[08/2011 – 01/2014] **B.Sc. in Nutrition and Dietetics**

Beirut Arab University <https://www.bau.edu.lb/>

City: Beirut | **Country:** Lebanon

[31/07/2013 – 31/08/2013] **International Computer Driving License training course**

Beirut Arab University

City: Beirut | **Country:** Lebanon

ICDL certification including advanced Excel, databases, presentations, and data management tools.

WORK EXPERIENCE

University of Pavia / Tufts University

Lecturer and Guest Speaker

- Lectures on obesity, sarcopenic obesity, Mediterranean diet, healthy aging, eating disorders and lifestyle medicine.
- Delivered educational activities for undergraduate, postgraduate, and international students.
- Guest speaker at Tufts University on Mediterranean diet and longevity.

Beirut Arab University

Academic and Clinical Teaching Activities

- Training undergraduate and postgraduate students
- Anthropometric and body composition assessment
- Indirect calorimetry
- Clinical nutrition practical sessions
- Problem-based learning facilitation
- Student supervision

NETWORKS AND MEMBERSHIPS

[Current] **Specialist in the Cognitive Behavioral Therapy for Treating Overweight and Obesity**

Helpline Directory Member at MEEDA Lebanon - Dietitian

Specialist in the Cognitive Behavioral Therapy for Treating Overweight and Obesity and a member in the helpline directory at the Middle East Eating Disorders Association (MEEDA) in Lebanon.

[31/03/2016 – Current] **Lebanese Licensed Dietitian** Lebanese Government - Ministry of Health

Lebanese Licensed Dietitian by the Lebanese Government - Ministry of Health since April 1, 2016.

LANGUAGE SKILLS

Mother tongue(s): Arabic

Other language(s):

French

LISTENING B1 READING B1 WRITING B1

SPOKEN PRODUCTION B1 SPOKEN INTERACTION A1

English

LISTENING C1 READING C1 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

Italian

LISTENING B1 READING B1 WRITING B1

SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

PUBLICATIONS

- [2025] [**From Pregnancy to Breastfeeding: The Role of Maternal Exercise in Preventing Childhood Obesity**](#)

Calcaterra V, Cena H, Pirazzi A, Sottotetti F, Cordaro E, Cavallo C, Milanta C, **El Masri D**, Conti MV, Vandoni M, Zuccotti G. *Nutrients* (2025)

- [2025] [**Folic acid supplementation in European women of reproductive age and during pregnancy with excessive weight: a systematic review**](#)

Loperfido F, Sottotetti F, Bianco I, **El Masri D**, Maccarini B, Ferrara C, Limitone A, Cena H, De Giuseppe R. *Reproductive Health* (2025)

- [2025] [**Offspring's exposome: a narrative review on the influence of early-life factors on childhood obesity risk**](#)

Maccarini B, Loperfido F, Bianco I, Sottotetti F, **El Masri D**, Ferrara C, Verme F, Cangelosi E, Meriggi N, De Filippo C, Cena H, De Giuseppe R. *Frontiers in Nutrition* (2025)

- [2024] [**Associations of maternal lifestyle factors with inadequate pregnancy weight gain: findings from the baseline data of the LIMIT prospective cohort study**](#)

El Masri D, Alemayohu MA, Loperfido F, Bianco I, Ferrara C, Cerbo RM, Ghirardello S, Monti MC, Maccarini B, Sottotetti F, Civardi E, Garofoli F, Angelini M, Cena H, De Giuseppe R. *European Journal of Nutrition* (2024)

- [2024] [**The Influence of Maternal Lifestyle Factors on Human Breast Milk Microbial Composition: A Narrative Review**](#)

Bianco I, Ferrara C, Romano F, Loperfido F, Sottotetti F, **El Masri D**, Vincenti A, Cena H, De Giuseppe R. *Biomedicines* (2024)

- [2022] [**Can Intentional Weight Loss Ameliorate Sarcopenia in Individuals with Obesity? A Longitudinal Interventional Study**](#)

Tannir H, Itani L, Kreidieh D, **El Masri D**, El Ghoch M. *Clinical Practice* (2022)

- [2022] [**Approaching Sarcopenic Obesity in Young and Middle-Aged Female Adults in Weight Management Settings: A Narrative Review**](#)

Pellegrini M, Itani L, Rossi AP, Kreidieh D, **El Masri D**, Tannir H, El Ghoch M. *Healthcare* (2022)

- [2021] [**Association between dietary practice, body composition, training volume and sport performance in 100-Km elite ultramarathon runners**](#)

Citarella R, Itani L, Intini V, Zucchinalli G, Scevaroli S, Tannir H, **El Masri D**, Kreidieh D, El Ghoch M. *Clinical Nutrition ESPEN* (2021)

- [2021] [Association between Levels of Physical Activity, Sarcopenia, Type 2 Diabetes and the Quality of Life of Elderly People in Community Dwellings in Lebanon](#)
Saadeddine D, Itani L, Kreidieh D, **El Masri D**, Tannir H, El Ghoch M. Geriatrics (2021)
- [2021] [The Relationship between Sarcopenic Obesity, Weight-Loss and Maintenance Outcomes during Obesity Management: Are Additional Strategies Required?](#)
El Masri D, Itani L, Tannir H, Kreidieh D, El Ghoch M. Clinical Practice (2021)
- [2020] [Predictive Equations Based on Body Composition for Resting Energy Expenditure Estimation in Adults with Obesity](#)
El Masri D, Itani L, Kreydieh D, Tannir H, El Ghoch M. Current Diabetes Reviews (2020)
- [2020] [Understanding Sarcopenic Obesity in Terms of Definition and Health Consequences: A Clinical Review](#)
Nezameddin R, Itani L, Kreydieh D, **El Masri D**, Tannir H, El Ghoch M. Current Diabetes Reviews (2020)
- [2020] [Validation of predictive equations for resting energy expenditure in treatment-seeking adults with overweight and obesity: Measured versus estimated](#)
Itani L, Tannir H, Kreydieh D, **El Masri D**, El Ghoch M. Journal of Population Therapeutics and Clinical Pharmacology (2020)
- [2020] [Sarcopenic Obesity Predicts Early Attrition in Treatment-Seeking Patients with Obesity: A Longitudinal Pilot Study](#)
Kreydieh D, Itani L, Tannir H, **El Masri D**, El Ghoch M. Journal of Cardiovascular Development and Disease (2020)
- [2020] [Association Between Reduced Daily Steps and Sarcopenic Obesity in Treatment-Seeking Adults With Obesity](#)
Kreydieh D, Itani L, **El Masri D**, Tannir H, El Ghoch M. Frontiers in Endocrinology (2020)
- [2020] [The Impact of Sarcopenic Obesity on Health-Related Quality of Life in Treatment-Seeking Patients with Obesity](#)
Itani L, Kreydieh D, **El Masri D**, Tannir H, El Ghoch M. Current Diabetes Reviews (2020)
- [2020] [Association Between Sarcopenic Obesity and Metabolic Syndrome in Adults: A Systematic Review and Meta-Analysis](#)
Khadra D, Itani L, Chebaro Y, Obeid M, Jaber M, Ghanem R, Ayton A, Kreydieh D, **El Masri D**, Kimura A, Tannir H, El Ghoch M. Current Cardiology Reviews (2020)
- [2020] [How valuable is cardiopulmonary exercise testing in patients with severe obesity undergoing bariatric surgery?](#)
Itani L, **El Masri D**, Kreydieh D, Tannir H, El Ghoch M. Internal and Emergency Medicine (2020)
- [2020] [Lifetime Weight Cycling and Central Fat Distribution in Females With Obesity: A Brief Report](#)

Tannir H, Itani L, **El Masri D**, Kreydieh D, El Ghoch M. Diseases (2020)

[2020] [Revising BMI Cut-Off Points for Obesity in a Weight Management Setting in Lebanon](#)

Itani L, Kreydieh D, **El Masri D**, Tannir H, Chehade L, El Ghoch M. International Journal of Environmental Research and Public Health (2020)

[2020] [Relationship between multiple weight cycles and early weight loss in patients with obesity: a longitudinal study](#)

El Masri D, Itani L, Kreydieh D, Tannir H, El Ghoch M. Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity (2020)

[2020] [Development of an Easy-to-Use Prediction Equation for Body Fat Percentage Based on BMI in Overweight and Obese Lebanese Adults](#)

Itani L, Tannir H, **El Masri D**, Kreydieh D, El Ghoch M. Diagnostics (2020)

[2020] [Cross-validation of prediction equations for estimating the body fat percentage in adults with obesity](#)

Jaafar Z, Kreydieh D, Itani L, Tannir H, **El Masri D**, El Ghoch M. Clinical Nutrition ESPEN (2021)

[2020] [Fertility and Reproduction after Recovery from Anorexia Nervosa: A Systematic Review and Meta-Analysis of Long-Term Follow-Up Studies](#)

Chaer R, Nakouzi N, Itani L, Tannir H, Kreydieh D, **El Masri D**, El Ghoch M. Diseases (2020)

[2019] [Reduction of Resting Energy Expenditure and Sarcopenic Obesity in Adults with Overweight and Obesity: A Brief Report.](#)

Tannir H, Kreydieh D, Itani L, **El Masri D**, El Ghoch M. Current Diabetes Reviews (2020)

[2019] [Lifestyle Modification in Rheumatoid Arthritis: Dietary and Physical Activity Recommendations Based on Evidence.](#)

Chehade L, Jaafar Z, **El Masri D**, Zmerly H, Kreydieh D, Tannir H, Itani L, El Ghoch M. Current Rheumatology Reviews (2019)

[2019] [Nutritional Knowledge and Dietary Practice in Elite 24-Hour Ultramarathon Runners: A Brief Report.](#)

Citarella R, Itani L, Intini V, Zucchinali G, Scevaroli S, Kreydieh D, Tannir H, **El Masri D**, El Ghoch M. Sports (2019)

[2019] [Body Composition in Adolescents and Young Adults with Anorexia Nervosa: A Clinical Review.](#)

Tannir H, Itani L, Kreydieh D, **El Masri D**, Traboulsi S, El Ghoch M. Current Rheumatology Reviews (2019)

[2019] [Association between sarcopenic obesity and higher risk of type 2 diabetes in adults: A systematic review and meta-analysis](#)

Khadra D, Itani L, Tannir H, Kreydieh D, **El Masri D**, El Ghoch M. World Journal of Diabetes (2019)

- [2019] [Association Between Smoking Hookahs \(Shishas\) and Higher Risk of Obesity: A Systematic Review of Population-Based Studies.](#)
- Baalbaki R, Itani L, Kebbi L, Dehni R, Abbas N, Farsakouri R, Awad D, Tannir H, Kreydieh D, **El Masri D**, El Ghoch M. Journal of Cardiovascular Development and Disease (2019)
- [2019] [Is Body Fat Percentage a Good Predictor of Menstrual Recovery in Females with Anorexia Nervosa after Weight Restoration? A Systematic Review and Exploratory and Selective Meta-Analysis](#)
- Traboulsi S, Itani L, Tannir H, Kreydieh D, **El Masri D**, El Ghoch M. Journal of Population Therapeutics and Clinical Pharmacology (2019)
- [2018] [Validation of an Arabic Version of the Obesity-Related Wellbeing \(ORWELL 97\) Questionnaire in Adults with Obesity](#)
- Itani L, Calugi S, Kreydieh D, El Kassas G, **El Masri D**, Tannir H, Dalle Grave R, Harfoush A, El Ghoch M. Current Diabetes Reviews (2018)
- [2018] [The Association between Body Mass Index and Health-Related Quality of Life in Treatment-Seeking Arab Adults with Obesity](#)
- Itani L, Calugi S, Dalle Grave R, Kreydieh D, El Kassas G, **El Masri D**, Tannir H, Harfoush A, El Ghoch M. Medical Sciences (2018)
- [2018] [Association between Sarcopenic Obesity, Type 2 Diabetes, and Hypertension in Overweight and Obese Treatment-Seeking Adult Women](#)
- Kreydieh D, Itani L, **El Masri D**, Tannir H, Citarella R, El Ghoch M. Journal of Cardiovascular Development and Disease (2018)
- [2018] [Long-Term Weight-Loss Lifestyle Modification Programme in a Patient with Severe Lumbar Intervertebral Disc Degeneration and Obesity: A Case Report.](#)
- El Masri D**, Kreydieh D, Tannir H, Itani L, El Ghoch M. Reports (2018)
- [2018] [Reduced Lean Body Mass and Cardiometabolic Diseases in Adult Males with Overweight and Obesity: A Pilot Study.](#)
- Khazem S, Itani L, Kreydieh D, **El Masri D**, Tannir H, Citarella R, El Ghoch M. International Journal of Environmental Research and Public Health (2018)
- [2017] [Long-term Lifestyle-modification Programs for Overweight and Obesity Management in the Arab States: Systematic Review and Meta-analysis.](#)
- Kreydieh D, Itani L, El Kassas G, **El Masri D**, Calugi S, Dalle Grave R, El Ghoch M. Current Diabetes Reviews (2018)

CONFERENCES AND SEMINARS

- [16/04/2025 – 16/04/2025] **Obesity and Health: Multidisciplinary Approaches and New Therapeutic Perspectives**
- Pavia

Attended this seminar which explored cutting-edge developments in the understanding and treatment of obesity through an interdisciplinary lens. The sessions covered a range of topics, including epidemiology, nutritional interventions, pharmacotherapy, and the management of nutritional deficiencies and gastrointestinal disorders.

Link: <https://www.ansisa.it/obesity-and-health-multidisciplinary-approaches-and-new-therapeutic-perspectives/>

[29/03/2025 – 29/03/2025] **Milano Longevity Summit 2025** Milano

Attended one day of the the Milano Solongevity Summit. An international event that brings together scientists, physicians, researchers, and innovators to discuss the most advanced discoveries in the field of longevity and healthy aging. Its goal is to promote longer and higher-quality lives through a scientific, multidisciplinary, and accessible approach for all.

Link: <https://multimedica.it/news-highlights/milano-longevity-summit-2025/>

[12/05/2024 – 15/05/2024] **31st European Congress on Obesity** Venice, Italy

- I attended the 31st ECO 2024 Congress, actively engaging in discussions and networking throughout the event. There was various plenary sessions, workshops, and research communication sessions focused on obesity research, public health, and intervention strategies.
- **I delivered an oral presentation** titled "*Associations of maternal lifestyle factors with inadequate pregnancy weight gain: findings from the baseline data of the LIMIT prospective cohort study*" on May 13, 2024.
- The presentation sparked significant interest and a lively Q&A session, allowing for valuable feedback from peers and experts in the field.

Link: <https://eco2024.onlinecon.org/session/30>

[27/09/2022 – 30/09/2022] **EASO COMs SUMMIT and BEST OF ECO2022** ISTANBUL, TURKEY

This is an annual meeting of the European Association for the Study of obesity (EASO) Collaborating Centers on Obesity Management (COMs). These centers include academic, public, and private clinics where people suffering from obesity are managed by holistic teams of professionals. International experts were discussing their research results about the driving changes in the prevention, management, and treatment of obesity.

Learning objectives were as follow:

- Recognize that obesity is a chronic relapsing disease that has a multifactorial etiology and multiple health consequences
- Appreciate patient perspectives and the significant issues of stigma and weight bias
- Appreciate clinical evaluation techniques and be cognizant of the effectiveness of various interventions including dietary, physical activity, behavioral, pharmacological, and surgical approaches
- Be familiar with a variety of tools and methods that can assist and enhance the implementation of obesity management programmes.

[14/02/2019 – 14/02/2019] **Obesity Treatments and New Directions Workshop** Beirut Arab University - Beirut, Lebanon

Participated and completed a 6-hour workshop in Obesity Treatments and New Directions Workshop- Lessons from European guidelines, organized by the Center of Continuing and Professional Education - Beirut Arab University.

Professor Volkan Yumuk and Professor Luca Busetto from European Association for the Study of Obesity (EASO) focused the workshop on the most recent evidence based obesity management guidelines by highlighting important aspects of the European guidelines on treatment options for obesity management in adults.

[24/06/2018 – 24/06/2018] **Principles of Cognitive Behavior Treatment for Obesity (CBT-OB)** Beirut Arab University, Beirut, Lebanon

Attended and Presented a talk in the International Symposium on Obesity entitled “Principles of Cognitive Behavior Treatment for Obesity (CBT-OB)” under the Patronage of the President of Beirut Arab University Prof. Amr Galal El Adawi. It was organized by the Faculty of Health Sciences, Beirut Arab University in collaboration with Villa Garda Hospital, and professors from the University of Modena & Reggio Emilia, and the University of Pavia on the 25th of June 2018.

[26/10/2017 – 27/10/2017] **Improve Therapeutic Intervention: The Contribution of Research to Clinical Practice** St. Marco hotel – Verona, Italy

Attended the National Congress AIDAP 2017 entitled “Improve Therapeutic Intervention: The Contribution of Research to Clinical Practice” on 28 October 2017 in St. Marco hotel – Verona – Italy on October 27-28, 2017.

[26/10/2017 – 26/10/2017] **Cognitive-behavioural therapy for adults with eating disorders: Making CBT work in real life settings** Verona, Italy

Attended a workshop entitled “Cognitive-behavioural therapy for adults with eating disorders: Making CBT work in real life settings” on 27 October 2017-Verona- Italy.

[14/01/2014 – 16/01/2014] **HACCP Implementation Advanced Module** Beirut Arab University - Beirut, Lebanon

Attended a workshop on “HACCP Implementation Advanced Module” – January 2014 – organized by Beirut Arab University in application with the United Nations Industrial Development Organization (UNIDO).

[11/05/2025 – 14/05/2025] **32nd ECO 2025 Congress** Malaga - Spain

- I attended the 32nd ECO 2025 Congress, engaging in scientific discussions and networking with researchers and professionals. The congress featured plenary sessions, workshops, and research communication sessions focused on obesity, public health, and intervention approaches.
- I delivered an oral presentation titled “Maternal Weight and Delivery Mode Shape the Neonatal Gut Microbiota: Findings From the LIMIT Cohort Study at Delivery.”
- The presentation focused on the impact of pre-pregnancy BMI, gestational weight gain, and mode of delivery on neonatal gut microbiota composition at birth, highlighting the role of maternal factors in early microbial colonization and potential long-term health outcomes.

[16/11/2025 – 16/11/2025] **Public Engagement Session: "One Sea, Two Cultures! The Mediterranean Diet between Lebanon and Italy"** Milano – Porta Garibaldi - Italy

- I delivered a two-hour educational session, organized by ADLI organisation and under the patronage of the Lebanese Consulate in Milan, for a public Lebanese and Italian audience.
- The session explored the origins and health benefits of the Mediterranean Diet and its sustainable lifestyle principles, highlighting shared Lebanese and Italian cultural traditions and dishes, and offering practical, culturally relevant guidance on building a healthy Mediterranean plate.

Participation in the University of Pavia public engagement initiative “I Colori Raccontano Storie per Nutrire la Biodiversità”, an educational project combining nutrition, sustainability, biodiversity, and art to promote food literacy and healthy lifestyles among primary school children.

A handwritten signature in black ink, appearing to be 'M. L.', written over a horizontal line.

10/05/2026