



Doris Jaalouk

Associate Professor

O:HA315

T:09.218950, Ext. 2852

E:djaalouk@ndu.edu.lb

Biography

Shortly after completion of her PhD in Cell biology from Université de Sherbrooke, Canada, in 1997, Dr. Jaalouk joined the Department of Sciences at the Faculty of Natural & Applied Sciences at NDU in 1998. She taught multiple undergraduate biology courses for majors including cell biology and human physiology, besides her appointment as chairperson of the department during 2001-2004. Subsequent to earning a Master of Public Health, emphasis-health education and behavior, in 2009, she became affiliated with the Department of Nursing & Health Sciences, and was appointed as department chairperson during 2009-2014. She has been teaching several courses in health sciences including health awareness, contemporary health issues, and introduction to public health. Her areas of research interest include nutrition and mental health, child nutrition and health and development, non-communicable chronic diseases particularly cardiovascular diseases.

Peer-reviewed Journals

Regional

- Itani, L., Jaalouk, D., Fayyad, J., Garcia, J.T., Chidiac, F., & Karam, E. (2017). Mental Health Outcomes for War Exposed Children and Adolescents in the Arab World. *The Arab Journal of Psychiatry*, 28 (1), 1-25. doi: 10.12816/0036878. <http://platform.almanhal.com/Reader/Article/101688>.
- Itani, L., Jaalouk, D., Fayyad, J., Garcia, J.T., Chidiac, F., & Karam, E. (2017). Mental Health Outcomes for War Exposed Children and Adolescents in the Arab World. *The Arab Journal of Psychiatry*, 28 (1), 1-25. doi: 10.12816/0036878. <http://platform.almanhal.com/Reader/Article/101688>.
- Itani, L., Jaalouk, D., Fayyad, J., Toress Garcia, J., Chidiac, F., & Karam, E. (2015). Exposure to War-Related Traumata among Arab Children and Adolescents: A Review. *The Arab Journal of Psychiatry*, 26(2), 107-128; <https://doi.org/10.12816/0014478>.

International

- Jaalouk, D., Boumosleh, J., & Fatayri, M. (2018). Vitamin D Levels and Depressive Symptoms' Severity Among University Employees in Lebanon. *Global Journal of Health Science*, 10 (6). <https://doi.org/10.5539/gjhs.v10n6p21>
- Jaalouk, D., Matar Boumosleh, J., Helou, L., Abou Jaoude, M. (2018). Dietary patterns, their covariates, and associations with severity of depressive symptoms among university students in Lebanon: a cross-sectional study. *European Journal of Nutrition*. <https://doi.org/10.1007/s00394-018-1614-4>.
- Jaalouk, D., & Boumosleh, J. (2018). Is smartphone addiction associated with a younger age at first use in university students? *Global Journal of Health Science*, 10 (2). <https://doi.org/10.5539/gjhs.v10n2p134>.
- Boumosleh, J., & Jaalouk, D. (2018). Smartphone addiction among university students and its relationship with academic performance. *Global Journal of Health Science*, 10 (1). <https://doi.org/10.5539/gjhs.v10n1p48>.
- Matar Boumosleh, J. & Jaalouk, D. (2017). Depression, anxiety, and smartphone addiction in university students- A cross sectional study. *PLoS One*. <https://doi.org/10.1371/journal.pone.0182239>.

- Jaalouk, D., Abou Jaoude, M., Farhat, AG. (2016). Breastfeeding and behavioral, cognitive, and body weight among private schoolchildren aged 7-10 years in Lebanon: A cross-sectional study. *Breastfeeding Medicine*, 11(2): A-3-A-75. doi:10.1089/bfm.2016.289.99.abstracts.
- Farhat, A.G., Jaalouk, D., & Francis, S. (2016). Adherence to the Mediterranean Diet in a Lebanese Sample. *Nutrition and Food Science*, 46 (2), 272 – 281.
- Farhat, A.G., Jaalouk, D., Moukarzel, S., & Ayoub, J. (2016). Consumption of trans fatty acid and omega 6 to omega 3 ratio in Lebanese adults. *Nutrition and Food Science*, 46 (1), 120-129.
- Jaalouk, D., Okasha, A., Salamoun, M., & Karam, E. (2012). Mental Health Research in the Arab World. *Social Psychiatry & Psychiatric Epidemiology*, 47(11), 1727-1731.
- Bkaily G., Jaalouk D., Sader S., Shbaklo H., Pothier P., Jacques D., D'Orleans-Juste P., Cragoe Jr. E., and Ratna B. (1998). Taurine indirectly increases [Ca]_i by inducing Ca₂₊ influx through the Na⁺-Ca₂₊ exchanger. *Molecular and Cellular Biochemistry*, 188, 187- 197.
- Bkaily G., Naik R., Jaalouk D., Jacques D., Economos D., D'Orleans-Juste P., and Pierre Pothier. (1998). Endothelin-1 and insulin activate the steady- state voltage dependent R-type Ca₂₊ channel in aortic smooth muscle cells via a pertussis toxin and cholera toxin sensitive G-protein. *Molecular and Cellular Biochemistry*, 183, 39- 47.
- Bkaily G., Pothier P., D'Orleans-Juste P., Simaan M., Jacques D., Jaalouk D., Belzile F., Hassan G., Boutin C., Haddad G., and Witold Neugebauer. (1997). The use of confocal microscopy in the investigation of cell structure and function in the heart, vascular endothelium and smooth muscle cells. *Molecular and Cellular Biochemistry*, 172, 171-194.
- Bkaily G., Jaalouk D., Haddad G., Gros-Louis N., Simaan M., Naik R., and Pierre Pothier. (1997). Modulation of cytosolic and nuclear Ca₂₊ and Na⁺ transport by taurine in heart cells. *Molecular and Cellular Biochemistry*, 170, 1-8.
- Bkaily G., Jaalouk D., Jacques D., Economos D., Hassan G., Simaan M., Regoli D., and Pierre Pothier. (1997). Bradykinin activates R-, T-, and L-type Ca₂₊ channels and induces a sustained increase of nuclear Ca₂₊ in aortic vascular smooth muscle cells. *Canadian Journal of Physiology and Pharmacology*, 75, 652- 660.
- Bkaily G., Haddad G., Jaalouk D., Gros-Louis N., Taoudi Benchekroun M., Naik R., Pothier P., D'Orleans-Juste P., Bui M., Wang S., and Nicholas Sperelakis. (1996). Modulation of Ca₂₊ and Na⁺ transport by taurine in heart and vascular smooth muscle. *Advances in Experimental Medicine and Biology*, 403, 263-273.
- Bkaily G., Gros-Louis N., Naik R., Jaalouk D., and Pierre Pothier. (1996). Implication of the nucleus in excitation contraction coupling of heart cells. *Molecular and Cellular Biochemistry*, 154, 113-121.

Peer-reviewed Conference Proceedings

Local

- M Fatayri, J Boumosleh, M Abou Jaoude, D Jaalouk. (2017). Relationship between Serum 25-hydroxyvitamin D level and Depressive Symptoms' Severity among a Convenient Sample of Lebanese Adults: A Cross-Sectional Study. Poster presentation at the 23rd International Scientific Conference of the Lebanese Association for the Advancement of Science (LAAS), Lebanon.
- M Fatayri, J Boumosleh, M Abou Jaoude, D Jaalouk. (2017). Relationship between Serum 25-hydroxyvitamin D level and Depressive Symptoms' Severity among a Convenient Sample of Lebanese Adults: A Cross-Sectional Study. Poster presentation at the 23rd International Scientific Conference of the Lebanese Association for the Advancement of Science (LAAS), Lebanon.
- D Jaalouk, M Abou Jaoude, AG Farhat. (2016). Dietary intake in private school children aged 7-10 years in Lebanon: Part 1- Energy and macronutrients intakes. Oral Presentation at the 22nd International Scientific Conference of the Lebanese Association for the Advancement of Science (LAAS), Lebanon.
- D Jaalouk, M Abou Jaoude, AG Farhat. (2016). Breastfeeding and behavioral, cognitive, and body weight among private schoolchildren aged 7-10 years in Lebanon: A cross-sectional study. Oral Presentation at the 22nd International Scientific Conference of the Lebanese Association for the Advancement of Science (LAAS), Lebanon.
- L Helou, J Boumosleh, M Abou Jaoude, D Jaalouk. (2016). Severity of depressive Symptoms among University Students and its association with dietary, lifestyle factors and stressful life events: A Cross-Sectional Study. Poster presentation at the 22nd International Scientific Conference of the Lebanese Association for the Advancement of Science (LAAS), Lebanon.
- L Helou, J Boumosleh, M Abou Jaoude, D Jaalouk. (2016). Severity of depressive symptoms among university students and its association with dietary, lifestyle factors and stressful life events: A Cross-Sectional Study. Oral Presentation at the Nutrition and Food Research Conference, Lebanese American University (LAU), Lebanon.
- El Said, J Boumosleh, D Jaalouk, M Abou Jaoude, & J El Hayek. (2016). Prevalence of Hypertension among University Students and Its Association with Anthropometric Measurements and Lifestyle Factors: A Cross-Sectional Study. Oral Presentation at the Nutrition and Food Research Conference, Lebanese American University (LAU), Lebanon.
- Boumosleh, J., & Jaalouk, D. (2015). Smartphone Addiction Among University Students in Lebanon. Oral presentation at the 21st International Scientific Conference of the Lebanese Association for the Advancement of Science (LAAS), Lebanon.

- Jaalouk, D., Abou Abdo, S., Jabre, R., Khoury, S., & Farhat, A. (2011). Prevalence of hypertension and associated lifestyle factors among adolescent school children in Lebanon. International Conference on Research Trends in Food Safety & Security. Lebanese American University, Lebanon.
- Jaalouk, D., Dagher, S., Kabrita, S., Arrouk, V., & Farhat, A. (2011). Impact of a basic nutrition course on nutritional knowledge and dietary behavior of undergraduate university students. National Conference on Health in Universities. Lebanese University, Lebanon.

International

- D Jaalouk & J Boumosleh. (2018). Beverage intake and its covariates among private university students in Lebanon. Oral Presentation at the 15th International Conference on Clinical Nutrition, Vienna, Austria.
- D Jaalouk, J Boumosleh. (2017). Associations of Dietary Patterns with Severity of Depressive Symptoms among University Students in Lebanon: A Cross- Sectional Study. Poster Presentation at the 1st International Conference of the International Society of Nutritional Psychiatry Research (ISNPR), Bethesda, USA.
- Chammas, R., Boumosleh, J., Jaalouk, D., Bou Mitri, C., & Aoun, A. (2017). Eating disorders among university students in a Middle Eastern urban setting: who is at risk? Poster presentation at the 39th European Society for Clinical Nutrition and Metabolism (ESPEN) Congress. Clinical Nutrition, 36 (supplement 1), S113-S114. [http://dx.doi.org/10.1016/S0261-5614\(17\)30467-3](http://dx.doi.org/10.1016/S0261-5614(17)30467-3).
- D Jaalouk, M Abou Jaoude, AG Farhat. (2016). Breastfeeding and behavioral, cognitive, and body weight among private schoolchildren aged 7-10 years in Lebanon: A cross-sectional study. Poster presentation at the 18th International Society for Research in Human Milk and Lactation (ISRHML) Conference, South Africa. Breastfeeding Medicine, 11(2): A-3-A-75. <https://doi.org/10.1089/bfm.2016.28999.abstracts>.
- E Karam, M Salamoun, D Jaalouk, O Shabb, & D Moussaoui. (2012). An overview of psychiatric disorders in the Arab world: Prevalence, determinants, and state of care. Oral Presentation at the 140th American Public Health Association (APHA) Annual Meeting, California, USA.

Chapters in Books

International

- Karam, E., Salamoun, M., Jaalouk, D., Shabb, O., & Moussaoui, D. (2012). An Overview of Mental Disorders. In S. Jabbour, R. Giacaman, M. Khawaja, I. Nuwayhid, & R. Yamout, Public Health in the Arab World (pp. 178-190). New York: Cambridge University Press.

Specialized Reports

Regional

- Dabaghi, L., Mack, A., & Jaalouk, D. (2008). A Case Study on establishing and building capacities for VCT centers for HIV/AIDS in Lebanon. National AIDS Control Program, Ministry of Public Health, Lebanon.
- Dabaghi, L., Mack, A., & Jaalouk, D. (2008). Helem- A case study of the first legal, above-ground LGBT organization in the MENA region. National AIDS Control Program, Ministry of Public Health, Lebanon .