



Colette Kabrita-Bou Serhal

Associate Professor

O: S 244

T: 09.218950, Ext. 2086

E: ckabrita@ndu.edu.lb

Biography

Chairperson, Dept. Sciences, FNAS, NDU – Louaize, Lebanon, October 2010 - August 2019.

Associate Professor, Physiology, Developmental Neurobiology, and Circadian Rhythms, Dept. Sciences, FNAS, NDU-Louaize, Lebanon (since October 1999).

Visiting researcher, Division of Sleep and Circadian Rhythm Disorders, Harvard Medical School, Boston, USA, November 2010 and August 2019.

Education:

Ph.D. in Biology (Circadian Rhythms), Northeastern University, Boston MA, USA, 1998.

M.Sc. in Physiology (Nephrology & Hypertension), AUB, Lebanon, 1992.

B.Sc. in Biology, AUB, Lebanon, 1989.

Research domain: Physiology and Circadian Rhythms (including sleep-oriented research).

Peer-reviewed Journals

- Azzi, A., Fayyad-Kazan, M., Kabrita, C.S. Characterization of circulating leptin-receptor levels following acute sleep restriction: A pilot study on healthy adult females, *Physiology & Behavior* (2024), doi: <https://doi.org/10.1016/j.physbeh.2024.114543>.
- Kabrita, C.S., Al Bitar, S., Ghanem, E., The temporal expression pattern of classical MHC class I in sleep-restricted mice: Generalizations and broader implications, *Brain, Behavior, & Immunity - Health* (2024), doi: <https://doi.org/10.1016/j.bbih.2024.100751>.
- Ghanem E, Al Bitar S, Dib R, Kabrita CS*. Sleep restriction alters the temporal expression of major histocompatibility complex class II molecules in murine lymphoid tissues. *Behavioural Brain Research*. 2019; 362:152-159.
- Kabrita CS, Hajjar-Muca TA. Sex-specific sleep patterns among university students in Lebanon: impact on depression and academic performance. *Nat. Sci. Sleep*. 2016;8:189-196.
- Kabrita CS, Hajjar-Muca TA, Duffy JF. Predictors of poor sleep quality among Lebanese university students: association between evening typology, lifestyle behaviors, and sleep habits. *Nat. Sci. Sleep*. 2014;6:11-18.
- Kabrita CS, Hajjar-Muca T. Gender Differences in Sleep Quality Among university Student in Lebanon: Potential Influencing Factors and Implications on Academic Status. *Sleep*. 2012;35:A347 (Abstr.).
- Kabrita, CS, Davis, FC. Development of the mouse suprachiasmatic nucleus : determination of time of cell origin and spatial arrangements within the nucleus. *Brain Res*. 2008;1195:20-27.
- Birbari AE, Kabrita CS. Pathogenesis of Renal and Cardiac Changes in Diabetes Mellitus. *Hypertension*. 1993;21:548 (Abstr).

Peer-reviewed Conference Proceedings

- C.S. Kabrita and F.C. Davis. Determination of the site of origin and settling patterns of suprachiasmatic nucleus (SCN) precursors in the anterior hypothalamus of mouse (C57BL/6) embryo. 130.1. 2010 Neuroscience Meeting Planner. San Diego, CA; Society for Neuroscience, 2010 (Abstr).
- Colette Kabrita-Bou Serhal and Theresa Hajjar-Muca. Assessment of Sleep Habits of Students at Two Catholic Universities in Lebanon. Proceedings of the 17th International Scientific Conference, 2010; Abstr pp. 105-106.
- Brokars, J., Kabrita, C.S. and Davis, F.C. Independent Expression of Wild-Type and Tau Mutant SCN Transplanted Together. 1998 Neuroscience Meeting Planner. Washington DC, (Abstr).
- C.S Kabrita and F.C. Davis. Development of the Mouse (Mus musculus, C57BL/6 Suprachiasmatic Nucleus (SCN): Determination of the Time of Origin of Cells Using Bromodeoxyuridine Immunocytochemistry. 1997 Neuroscience Meeting Planner. New Orleans, LA, 1997 (Abstr).

Special Seminars (Scientific Staff Meetings)

- Azzi, E and Kabrita, CS*. "Acute Sleep Restriction Alters the Temporal Expression of Circulating Soluble Leptin Receptor in Adult Females." A lecture presented at the Division of Sleep and Circadian Rhythm Disorders, Harvard Medical School (Brigham and Women's Hospital), Woods Hole Conference Room, Boston, MA, August 1, 2019.
- Kabrita, CS*, and Hajjar-Muca, T. "Assessment of Sleep Habits Among Lebanese University Students: Implications for Academic Performance." A lecture presented at the Division of Sleep Medicine, Harvard Medical School (Brigham's and Women's Hospital), Woods Hole Conference Room, Boston, MA, November 12, 2010.

Grants and Scientific Inter-institutional Collaboration

- LCNRS grant (primary investigator on a scientific research study entitled "Assessment of Sleep Habits among Lebanese University Students: Implications on Academic Performance", 1999).
- Collaborative research (study entitled "Impact of circadian misalignment and inadequate sleep duration on cardiovascular health in older adults: what can we learn from night shift workers?") with the Division of Sleep and Circadian Rhythm Disorders, Harvard Medical School, Boston, MA, USA).
- Prospective collaborative study with the order of Malta on cancer and cardiovascular complications in Lebanon.

Administrative Positions

Chairperson, Department of Sciences; academic years 2010-2011 until 2018-2019.

Membership in International Scientific Societies

- Society for Neuroscience
- American Sleep Research Society
- Syndicate of Private University Professors in Lebanon