



FACULTY FULL NAME: Dr Rabia Latif

POSITION: Professor

#### Personal Data

Nationality | Pakistani

Marital status: Married

Date of Birth | Feb 08, 1977

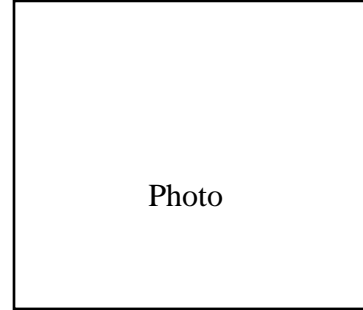
Department | Physiology

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#### Researcher Identification

##### Scopus (Link):

<https://www.scopus.com/authid/detail.uri?origin=resultslist&authorId=36792734800&zone=>

##### Google Scholar (Link):

<https://scholar.google.com/citations?hl=en&user=q1uSncQAAAAJ>

**Web of Science Research ID: AAD-9024-2021**

##### Web of Science (Link):

<https://www.webofscience.com/wos/author/record/35859989>

##### Others (Link):

ORCID ID: <https://orcid.org/0000-0001-6489-5809>

#### Language Proficiency

Language	Read	Write	Speak
Arabic	√	√	x
English	√	√	√
Urdu	√	√	√



### Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
August 2010	Ph.D. in Medical Sciences (Physiology)	National University of Sciences and Technology	Islamabad, Pakistan
2008	MPhil in Medical Sciences (Physiology)	National University of Sciences and Technology	Islamabad, Pakistan
2001	M.B.B.S.	Punjab University	Lahore, Pakistan

### PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

PhD	Effects of Amlodipine on Pituitary Gonadotropins and Testosterone secretion in Purified Leydig cells
Master	Effects of Amlodipine on Serum Testosterone and Testicular histology in rats

### Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work		Date	
Professor	Saudi Arabia	Department of Physiology, College of Medicine, Imam Abdulrahman Bin Faisal University, Saudi Arabia	9 March 2021	Present
Associate Professor	Saudi Arabia	Department of Physiology, College of Medicine, Imam Abdulrahman Bin Faisal University, Saudi Arabia	23 Dec 2015	8 March 2021
Assistant Professor	Saudi Arabia	Department of Physiology, College of Medicine, Imam Abdulrahman Bin Faisal University, Saudi Arabia	26 Oct 2011	22 Dec 2015
Assistant Professor	Pakistan	Department of Physiology, Army Medical College, National University of Sciences and Technology, Pakistan	6 Dec 2010	24 Oct 2011
Assistant Professor	Pakistan	Department of Physiology, Islamic International Medical College, Riphah International University, Pakistan	24 Jan 2009	Dec 6, 2010
Postgraduate Trainee	Pakistan	Department of Physiology, Army Medical College, Pakistan	Feb 2005	Jan 2009
Demonstrator	Pakistan	Physiology, Shifa College of Medicine, Islamabad, Pakistan	Jan 2003	Feb 2005



## Scientific Achievements

### Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
1.	Rabia Latif, Ahmed A. Alsunni	A comparison of the assessments used in campus-based years at the College of Medicine, Imam Abdulrahman Bin Faisal University, Saudi Arabia	Postgraduate Medical Journal. 2023;qgad005. doi:10.1093/postmj/qgad005
2.	Al Asoom L, Alassaf MA, AlSulaiman NS, Boumarah DN, Almubireek AM, Alkaltham GK, Alhawaj HA, Alkhamis T, Rafique N, Alsunni A, <b>Latif R</b> , Alsaif S, Almohazey D, AbdulAzeez S, Borgio JF.	The Effectiveness of Nigella sativa and Ginger as Appetite Suppressants: An Experimental Study on Healthy Wistar Rats.	Vasc Health Risk Manag. 2023 Jan 10;19:1-11. doi: 10.2147/VHRM.S396295. PMID: 36647392.
3.	Al-Mshari A, AlSheikh MH, <b>Latif R</b> , Mumtaz S, Albaker W, Al-Hariri M.	Impact of smoking intensities on sleep quality in young Saudi males: a comparative study.	J Med Life. 2022 Nov;15(11):1392-1396. doi: 10.25122/jml-2022-0216..
4.	Ghadeer Fouad AlJuwaie, <b>Rabia Latif</b> , Mona Hmoud Alsheikh, Ahmed Alsunni and Shahanas Chathoth	Additive effects of zamzam water in reducing fasting blood glucose and LDL-Cholesterol in rats fed on a ketogenic diet.	Arab Gulf Journal of Scientific Research. 2022. Ahead of print. doi: 10.1108/AGJSR-04-2022-0018
5.	Khan J, Al Asoom L, Al Sunni A, Rafique N, <b>Latif R</b> , Alabdali M, Alhariri A, Aloqaily M, AbdulAzeez S, Jahan S, Banawas S, Borgio JF.	Whole-Exome Sequencing Reveals Migraine-Associated Novel Functional Variants in Arab Ancestry Females: A Pilot Study.	Brain Sci. 2022 Oct 24;12(11):1429. doi: 10.3390/brainsci12111429. PMID: 36358356; PMCID: PMC9688800.
6.	Reem Alshamrani, Fatimah Altheeb, Haya Almasaoud, Asmaa Alghamdi, <b>Rabia Latif</b> ,	The Effect of Various Patterns of Personal Listening Devices on Hearing Among University Students in Saudi Arabia	ACTA INFORM MED. 2022; 30(3): 225-229



	Nazish Rafique, Amal AlShaikh Sulaiman		
7.	Salem AM , Yar T , Al Eid M, Almahfoudh H, Alsaffar M , Al Ibrahim A, Almadan A, Alaidarous S, Almulhim R, Rafique N , <b>Latif R</b> et al.	Post-Acute Effect of SARS-CoV-2 Infection on the Cardiac Autonomic Function	Int J Gen Med. 2022;15 Pages 7593—7603
8.	Rafique N , Alkaltham GKI, Almulhim LAA, Al-Asoom LI , AlSunni AA , <b>Latif R</b> et al.	Association Between Time Spent on Electronic Devices and Body Mass Index in Young Adults	J Multidiscip Healthc. 2022;15;2169—2176
9.	<b>Rabia Latif</b> , Nazish Rafique, Lubna Al Asoom et al.	Factors affecting Health Care Professionals' adherence to COVID-19 Precautionary Measures	J Multidiscip Healthc. 2022;15:2121-2128.
10.	Ahmed A Alsunni, <b>Rabia Latif</b>	Internet gaming disorder and its correlates among university students, Saudi Arabia	J Fam Community Med. 2022;29:217-22.
11.	Ayad Mohammed Salem, <b>Rabia Latif</b> , Nazish Rafique, et al.,	Variations of Ghrelin and Obestatin Hormones During the Menstrual Cycle of Women of Different BMIs	International Journal of Women's Health. 2022; 14: 1297-1305
12.	Arwa Al-Mshari, Mona Hmoud AlSheikh, <b>Rabia Latif</b> , Sadaf Mumtaz, Waleed Albaker, Mohammed Al-Hariri	Association of Sleep, Body Weight and Physical Exercise with Plasma BDNF Levels in Healthy Male Saudi Smokers	Int J Gen Med. 2022; 6603-6610
13.	Lubna Al Asoom, Johra Khan, Ahmad Al Sunni, Nazish Rafique, <b>Rabia Latif</b> , Majed Alabdali, Sayed AbdulAzeez, J Francis Borgio	A Pilot Mitochondrial Genome-Wide Association on Migraine Among Saudi Arabians	Int J Gen Med. 2022; 15: 6249-6258
14.	Nazish Rafique, Fatimah Al Tufaif, Wala Alhammali, Reem	The Psychological Impact of COVID-19 on Residents of Saudi Arabia	Psychology Research and Behavior Management. 2022; 15: 1221-1234



	Alalwan, Alzahraa Aljaroudi, Fatimah AlFaraj, <b>Rabia Latif</b> , et al.,		
15.	Aamna Latif, <b>Rabia Latif</b> , Uzma Ishaq, Sara Ali Zaidi, Nimra Anwar, Jahanzeb Malik	Association of age, gender, and platelet indices with blood cultures and isolated bacteria in sepsis.	Pakistan Journal of Pathology. 2022; 33(1): 14-19.
16.	<b>Rabia Latif</b> , Sara Alali, Rasha AlNujaidi, Leyan Alotaibi, Nada Alghamdi, Maha Alblaies	Covid 19: Risk Stratification of Health Care Workers in the Eastern Province of Saudi Arabia and their Knowledge, Attitude and Fears.	Cureus. 2021 Nov 17;13(11):e19652. doi: 10.7759/cureus.19652. eCollection 2021 Nov.
17.	Johra Khan, Lubna Al Asoom, Ahmad Al Sunni, Nazish Rafique, <b>Rabia Latif</b> , Seham Al Saif, Noor B Almandil, Dana Almohazey, Sayed AbdulAzeez, J Francis Borgio	Genetics, Pathophysiology, Diagnosis, Treatment, Management and Prevention of Migraine	Biomed Pharmacother. 2021 Jul;139:111557. doi: 10.1016/j.biopha.2021.111557.
18.	Ayad Mohammed Salem, Noor Al Khathlan, Abdulelah Fawzi Alharbi, Turki Alghamdi, Saleh AlDuilej, Mohammed Alghamdi, Majed Alfudhaili, Ahmed Alsunni, Talay Yar, <b>Rabia Latif</b> , Nazish Rafique, Lubna Al Asoom, Hussein Sabit	The Long Term Impact of COVID-19 Pneumonia on the Pulmonary Function of Survivors	Int J Gen Med. 2021 Jul 9;14:3271-3280. doi: 10.2147/IJGM.S319436. eCollection 2021.
19.	Lubna Al Asoom, Modhi Alajmi, Reem Alsudairi, Abeer AlShamlan, Amal Almomaten, Asma Alqarni, Manal Alshammari, Nazish	Association between sex hormones and Migraine in young Saudi females	Saudi Med J. 2021 Jul;42(7):793-797. doi: 10.15537/smj.2021.42.7.20210110.



	Rafique, <b>Rabia Latif</b> , Ahmed A Alsunni, Dana Almohazey, Hind S Alsuwat, Sayed Abdul Azeez, Francis J Borgio		
20.	Farrukh Majeed, <b>Rabia Latif</b> , Aamna Latif, Rehma BiBi	Sleep patterns and their association with blood pressure and heart rate variability parameters in young Saudi females	Sultan Qaboos University Medical Journal DOI: <a href="https://doi.org/10.18295/squmj.4.2021.014">https://doi.org/10.18295/squmj.4.2021.014</a>
21.	<b>Latif R</b> , Rafique N, Al Asoom L, et al.	Diagnostic Accuracy of Serum Calcitonin Gene-Related Peptide and Apolipoprotein E in Migraine: A Preliminary Study.	<i>Int J Gen Med.</i> 2021;14:851-856. Published 2021 Mar 12. doi:10.2147/IJGM.S303350
22.	Ahmed A Alsunni, <b>Rabia Latif</b>	Higher emotional investment in social media is related to anxiety and depression in university students	Journal of Taibah University Medical Sciences Volume 16, Issue 2, April 2021, Pages 247-252
23.	Al-Mshari AAS, AlSheikh MH, <b>Latif R</b> , Mumtaz S.	The effect of smoking on cognition as measured by Cambridge Neuropsychological Test Automated Battery (CATNAB) and brain-derived neurotrophic factor plasma levels.	<i>Saudi Med J.</i> 2020 Dec;41(12):1308-1314. doi: 10.15537/smj.2020.12.25513.
24.	Rafique N, Al-Asoom LI, <b>Latif R</b> , Alsunni AA, Salem AM, Alkhalifa ZH, Almaharfi RM, Alramadan RS, Aldajani ZF, Alghadeer FAT, Albaghli LA.	Prevalence of Migraine and its Relationship with Psychological Stress and Sleep Quality in Female University Students in Saudi Arabia.	<i>J Pain Res.</i> 2020 Oct 5;13:2423-2430. doi: 10.2147/JPR.S270847.
25.	<b>Rabia Latif</b> , Farrukh Majeed, Ahmed Al Sunni, Rahmah Mohammed K ALamrie, Shaykhah Nasser AlNaimi	Acute effects of Zamzam water on blood pressure and heart rate variability	<i>Pak J Med Sci.</i> 2020 May-Jun;36(4):755-760. doi: 10.12669/pjms.36.4.1755.



26.	<b>Rabia Latif</b> , Sadaf Mumtaz, Mona Hmoud Al Sheikh, Shahanas Chathoth, Shaykhah Nasser AlNaimi	Effects of Turmeric on Cardiovascular Risk Factors, Mental Health, and Serum Homocysteine in Overweight, Obese Females	Altern Ther Health Med. 2020 Feb 21:AT6135. Epub ahead of print. PMID: 32088675.
27.	<b>Latif R.</b> , Rafique N	Prevalence and Risk Factors of Prediabetes in Young Saudi Females in a University Setting	Ethiopian Journal of Health Sciences. 2020; 30(6):929-940
28.	Ahmed Al Sunni, <b>Rabia Latif</b>	Determining the effectiveness of a cell phone-based student response system	Journal of Taibah University Medical Sciences. 2020; 15(1); 59-65.
29.	<b>Rabia Latif</b> , Farrukh Majeed	Association between chocolate consumption frequency and heart rate variability indices	Explore (NY). 2020. 16(6):372-375. doi: 10.1016/j.explore.2019.12.009.
30.	Ghadeer Fouad AlJuwaie, <b>Rabia Latif</b> , Mona H. AlSheikh, Ahmed Al Sunni, Shahanas Chathoth	Effects of Zamzam water on glycemic status, lipid profile, redox homeostasis, and body composition in rats	Journal of Taibah University Medical Sciences. 2020; 15(1); 14-18.
31.	Nazish Rafique, Lubna I.Al-Asoom, <b>Rabia Latif</b> , Ahmed Al Sunni, Samina Wasi	Comparing levels of psychological stress and its inducing factors among medical students	<b>Journal of Taibah University Medical Sciences. 2019; 14 (6): 488-494</b>
32.	Ayad Salem, <b>Rabia Latif</b> , Nazish Rafique.	Comparison of adiponectin levels during the menstrual cycle between normal weight and overweight/obese young females.	<u>Physiological Research</u> . 2019; 68 (6); 939-945.
33.	Marwah M. Almkhaita, Lubna I. Al Asoom, Nazish Rafique, <b>Rabia Latif</b> , Anas M. Alduhishy,	Validity of maximal oxygen consumption prediction equations in young Saudi females	Saudi Medical Journal. 2019; 40 (8): 790-796 doi: 10.15537/smj.2019.8.24332
34.	<b>Latif R.</b> , Rafique N.	Association of anthropometric measurements with oxidant-antioxidant status among young Saudi females	Physiological Research 2018; 67(5): 787-793 <a href="https://www.scopus.com/sourceid/24002">https://www.scopus.com/sourceid/24002</a>
35.	<b>Latif R.</b> , Mumtaz S, Mumtaz R, Hussain A.	A comparison of debate and role play in enhancing critical thinking and communication skills of medical students during problem based learning	Biochemistry and Molecular Biology Education. 2018; 46 (4): 336-342.
36.	<b>Latif R.</b>	Maternal and fetal effects of chocolate consumption during pregnancy: a systematic review	The Journal of maternal-fetal & neonatal medicine. 2019; 32 (17):2915-2927.



37.	<u>Latif R.</u> and Lubna Ibrahim AlAsoom	Vasoreactivity of thoracic aorta in Nigella Sativa supplemented and/or exercise trained rats.	Artery Research (published by Elsevier). (2018) 21, 38-42 <a href="https://www.scopus.com/sourceid/6400153108">https://www.scopus.com/sourceid/6400153108</a>
38.	Nazish Rafique, Ayad Salem, <u>Rabia Latif</u> , Mona AlShaikh,	Serum Leptin level across different phases of menstrual cycle in normal weight and overweight / obese females	Gynecological Endocrinology 2018; 34 (7): 601-604
39.	Sadaf Mumtaz, <u>Rabia Latif</u>	Learning through debate during problem-based learning: an active learning strategy	Advances in Physiology Education 41(3): 390–394, 2017
40.	<u>Latif R.</u> , Nazish Rafique, Ayad Salem, Mona AlShaikh, Shahanz Chathoth	Correlation between circulatory Kisspeptin and Adipokines in normal and over-weight Saudi females during menstrual cycle	Biological Rhythm Research. 2018; 49:2, 169-174 <a href="https://www.scopus.com/sourceid/13264">https://www.scopus.com/sourceid/13264</a>
41.	<u>Rabia Latif</u> , Ahmed A Alsunni.	Effects of Chocolate intake on oxidative stress/oxidant-antioxidant balance in medical students: A controlled clinical trial.	Saudi Journal of Medicine and Medical Sciences. 2016;4 (3): 178-182.
42.	<u>Rabia Latif</u> , Ahmed Badar.	Role of various potassium channels in caffeine-induced aortic relaxation in rats.	Saudi Journal of Medicine and Medical Sciences 2016;4:197-201.
43.	Nazish Rafique, <u>Rabia Latif</u>	Serum Kisspeptin levels in normal and overweight Saudi females and its relation with anthropometric indices	<u>Annals of Saudi Medicine</u> . 2015 Mar-Apr;35(2):157-60
44.	<u>Latif R.</u> , Nazish Rafique.	Serum Kisspeptin levels across different phases of menstrual cycle and its correlation with serum estradiol.	The Netherlands Journal of Medicine. 2015; 73(4): 175-178.
45.	Noura S. Al-Mulhim, <u>Rabia Latif</u> , Lubna I. Al-Asoom, Ahmed A. Al-Sunni, Tharwat G. Eldin	Effect of Vitamin D supplementation on Insulin Resistance in Vitamin D-Deficient Obese Saudi Females; Randomized Controlled Trial	Journal of King Abdulaziz University-Medical Sciences. 2015; 22(1): 25-31
46.	<u>Noura Saad Al-Mulhim</u> , <u>Tharwat Gamal Eldin</u> , <u>Rabia Latif</u> , <u>Lubna Ibrahim Al-Asoom</u> , <u>Ahmed Al-Sunni</u>	Effects of vitamin D supplementation on anthropometric indices in vitamin D-deficient obese Saudi females; a randomized controlled trial	Saudi journal for Health Sciences. 2015; 4(2): 83-87.
47.	<u>Latif R.</u>	<b>Medical and biomedical research productivity from Saudi Arabia (2008– 2012).</b>	Journal of Family and Community Medicine. ( <i>Official journal of the Saudi Society of Family and Community Medicine</i> ) 2015; 22(1): 25-30
48.	Ahmed Al Sunni, <u>Latif R.</u>	Effects of chocolate intake on Perceived Stress; a Controlled Clinical Study	International journal for Health Sciences ( <i>Official Journal of Qassim University</i> ) 2014; 8(4): 393-401.





49.	<b>Latif R.</b>	Flavonoids as novel neuroprotective Nutraceuticals (Review article)	Saudi Journal for Health Sciences. 2015; 4(1): 1-4 (Official Journal of University of Taif)
50.	<b>Latif R.</b>	<b>Impact of Case Based Lectures on students' performance in Vascular Physiology Module.</b>	Advances in Physiology Education. 2014; 38(3):268-272.
51.	Ahmed Al Sunni, <b>Latif R.</b>	Perceived stress among medical students in preclinical years: A Saudi Arabian Perspective.	Saudi Journal for Health Sciences 2014; 3(3): 155-9 (Official Journal of University of Taif)
52.	Nazish Rafique, <b>Latif R.</b>	Serum leptin levels in type 2 diabetic Pakistani subjects and its correlation with fasting blood sugar.	Saudi Journal for Health Sciences 2014; 3(1): 29-31 (Official Journal of University of Taif)
53.	<b>Latif R.</b>	Knowledge and attitude of Saudi female students towards breast cancer: a cross sectional study.	Journal of Taibah University Medical Sciences. 2014; 9(4): 328-334.
54.	<b>*Latif R</b>	Effects of amlodipine administration and withdrawal on rat pituitary gonadotropins	Bratislava Medical Journal 2014; 115 (10): 632-634.
55.	Lodhi GM, <b>Latif R.</b> , Hussain MM, Naveed AK, Aslam M.	Effect of ascorbic acid and alpha tocopherol supplementation on acute restraint stress induced changes in testosterone, corticosterone and nor epinephrine levels in male Sprague Dawley rats.	Journal of Ayub Medical College Abbottabad. 2014; 26(1):7-11.
56.	<b>Latif R.</b>	Health benefits of Cocoa. (Review Article)	Current Opinion in Clinical Nutrition & Metabolic Care 2013, 16 (6):669–674.
57.	<b>Latif R.</b>	Chocolate/cocoa and human health: a review. (Review Article)	The Netherlands Journal of Medicine. 2013; 71 (2): 63-8.
58.	Hameed W, Yousuf I, <b>Latif R.</b> , Aalam M.	Effect of Visfatin on testicular steroidogenesis in purified Leydig cells.	J Ayub Med Coll Abbottabad 2012;24(3-4).62-64. (Official Journal of Ayub Medical College, Pakistan)
59.	<b>*Latif R.</b> , Lodhi GM, Hameed W, Aslam M.	Steroidogenesis in Amlodipine treated purified Leydig cells.	Toxicology and Applied Pharmacology 2012; 258 (1): 26-31.
60.	Lodhi GM Hameed W, Ahmad T, <b>Latif R.</b> , Aslam M.	Effect of ascorbic acid and alpha tocopherol supplementation on basal testosterone cortisol ratio in male Sprague dawley rats.	Pakistan Journal of Physiology 2011; 7(2): 7-10. (Official journal of Pakistan Physiological Society, indexed in WHO EMRO Index Medicus, Index Copernicus)
61.	Afzal N., <b>Latif R.</b> , and Munir T	Attitude of Pakistani doctors towards euthanasia and assisted suicide.	Pak Armed Forces Med J 2010; 60(1): 9-12. (Official journal of Army Medical Corps Pakistan)
62.	<b>**Latif R.</b> , Aslam M., Hussain M. et al	Effects of Amlodipine besylate on spermatogenesis in Sprague Dawley rats.	Pak Armed Forces Med J 2009; 59(3): 275-9.



63.	<b>**Latif R.</b> , Aslam M., Mehmood T.	Spermatogenesis following discontinuation of calcium channel blocker amlodipine in rats.	J Ayub Med Coll Abbottabad 2009; 21(1): 25-7.
64.	<b>*Latif R.</b> , Lodhi GM, Aslam M.	Effects of amlodipine on serum testosterone, testicular weight and gonado-somatic index in rats.	J Ayub Med Coll Abbottabad 2008; 20(4): 8-10.

\*Publications from PhD Thesis

\*\*Publications from MPhil Thesis.

### Refereed Scientific Research Papers Accepted for Publication

#	Name of Investigator(s)	Research Title	Journal	Acceptance Date

### Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date
1.	<b>Latif R.</b> and Aslam M.	Is effect of amlodipine on spermatogenesis reversible?	3 <sup>rd</sup> national symposium Recent trends in Endocrinology and Reproductive Sciences, held at the University of Lahore, Lahore on May 15-16, 2010.
2.	<b>Latif R.</b>	Serum testosterone and gonado-somatic index in amlodipine exposed Sprague Dawley rats.	3 <sup>rd</sup> national symposium Recent trends in Endocrinology and Reproductive Sciences, held at the University of Lahore, Lahore on May 15-16, 2010
3.	<b>Latif R.</b> , Aslam M., Hussain M.M., Butt I.F	Effects of Amlodipine on testicular histology in rats.	1 <sup>st</sup> International South Asian Conference of Physiological Societies In conjunction with 11 <sup>th</sup> Biennial Conference of Pakistan Physiological Society, held at Shifa College of Medicine, Islamabad on Nov 10-12, 2008.

### Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date
1.	Ahmed Sunni, <b>Rabia Latif</b> (non-funded)	Validity of various assessment modes and assessment tools used in preclinical years.	2022



2.	<b>Rabia Latif</b> , Nazish Rafique, 6th Year Medical Students (non-funded)	Earphone associated hearing function among University students in Imam Abdulrahman Bin Faisal University	2021
3.	Ahmed Sunni, <b>Rabia Latif</b> (non-funded)	Internet gaming disorder and its association with sleep quality, Anxiety, Depression, and Self-esteem among university students	2020
4.	<b>Rabia Latif</b> , 6th Year Medical Students (non-funded)	Apolipoprotein E levels in Saudi females suffering from migraine and its correlation with Calcitonin Gene Related Peptide	2020
5.	Ahmed Sunni, <b>Rabia Latif</b> University of Dammam (Non-funded)	Social Media Use and its association with sleep quality, Anxiety, Depression, and Self-esteem among university students	2019.
6.	Ahmed Sunni, <b>Rabia Latif</b> University of Dammam (Non-funded)	Using Socratic through Smartphones in Physiology Lectures	2018
7.	<b>Rabia Latif</b> , Farrukh Majeed, University of Dammam (Non-funded)	Acute effects of Zamzam water drinking on Blood pressure & Heart rate variability	2018
8.	<b>Rabia Latif</b> , Mona Al Sheikh University of Dammam (Funded)	Effect of Turmeric on blood pressure, body weight and serum homocysteine levels in overweight and obese Saudi females	2017
9.	Sadaf Mumtaz, <b>Rabia Latif</b> University of Dammam (Non-funded)	Role of Debate and Role plays in Problem Based Learning.	2016
10.	<b>Rabia Latif</b> , Nazish Rafique University of Dammam (funded)	A comparative study of oxidant/antioxidant status in overweight/obese and normal weight females	2015
11.	Nazish Rafique and <b>Latif R</b> University of Dammam (funded)	Identification of High health risk students based on their blood sugars, Lipid profile anthropometric measurements and Cardiorespiratory fitness	2014
12.	Eyad Salem, Nazish Rafique and <b>Latif R</b> University of Dammam (funded)	Serum adipocytokines during various phases of menstrual cycle in females	2014
13.	Ahmed Al Sunni, <b>Latif R</b>	Effects of Chocolate supplementation on exam-related mental stress among medical studnts	2013



	University of Dammam (funded)		
14.	<u>Latif R</u> and A.Badar University of Dammam (funded)	Effects of Caffeine on rat aortic ring (supported by university of Dammam)	2013
15.	Nazish Rafique and <u>Latif R</u> University of Dammam (funded)	Serum Kisspeptin and Estradiol levels in various phases of menstrual cycle in normal and overweight females (supported by university of Dammam)	2013
16.	Aslam M and <u>Latif R</u> Higher Education Commission, Pakistan) (funded)	Effects of Amlodipine on Spermatogenesis and Leydig cell steroidogenesis	2009

### Current Researches

#	Research Title	Name of Investigator(s)
1.	Relationship of hearing function tests with sickle cell anemia	<u>Rabia Latif</u> , Nazish Rafique, Maiadah, Noura, 6 <sup>th</sup> year students
2.	Learning in Post-Corona Period: Evidence and Perspectives	<u>Rabia Latif</u> , Ahmed Alsunni
3.	Menstrual changes after Covid-19 vaccination; A cross-sectional study in the eastern province	<u>Rabia Latif</u> , Year 5 students

### Contribution to Scientific Conferences and Symposia(Attended and presented)

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1.			

### Contribution to Scientific Conferences and Symposia(Attended )

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1.	Assessments of the Course Learning Outcomes	Online, College of Clinical Pharmacy, Sep 29, 2020	Attendee
2.	Taking your physical event virtual	Online, College of Clinical Pharmacy, August 27, 2020	Attendee
3.	Alternative and effective assessment methods	Deanship of academic development, IAU 12th March 2019	Attendee
4.	Knowledge café to learn the concepts of Knowledge sharing	Female campus, IAU, KSA 14th Feb 2019.	Attendee



5.	Course specification and Course report	Deanship of academic accreditation, 20th Jan 2019.	Attendee
6.	Faculty Development Program Writing MCQs and EMQs and item analysis Interpretation	Auditorium A, Building 11, IAU Campus, KSA 27th March 2018	Attendee
7.	Workshop on Accreditation	Auditorium B, Building 500, KFUH, Imam Abdulrahman Bin Faisal University, 26th Dec 2016	Attendee
8.	Research funding	Imam Abdulrahman Bin Faisal University, 21st Dec 2016	Attendee
9.	World Day for safety and health at work Symposium "Stress at workplace: A collective Challenge"	University of Dammam, 17th April,2016	Attendee
10.	Professional Development Workshop on problem-Based Learning and Assessment	University of Dammam collaboration with Monash University. 28-30 April 2014 (20 training hours).	Attended
11.	Clinical Significance of Large -scale Genomic Studies in Cardiomyopathy and Transplantation	University of Dammam, Kingdom of Saudi Arabia, 3rd Feb,2014	Attendee
12.	Intensive Training Program (Developing Core Competencies In Teaching And Learning In Higher Education	Deanship of University Development University Of Dammam, 24-25 December2013 & 31 December 2013-1 January 2014.	Attended
13.	New medical curriculum of Monash University (24 Training Hr)	6-9/October 2013, University of Dammam	Attended
14.	Course Portfolio Seminar	25/9/2013, College of Medicine University of Dammam	Attended
15.	Before Starting Clinical Research On Humans In KSA	University of Dammam 22/April 2013 G	Attended
16.	Effective interaction with the students	University of Dammam, Kingdom of Saudi Arabia 25 March,2013	Attendee
17.	Instruction Design	University of Dammam (19-20/March 2013 G)	Attended
18.	Teaching Skills in the 21st Century.	NIE International Singapore and Deanship of Education and Development University of Dammam (18-19/February 2013).	Attended
19.	Educational Research	University of Dammam (18-19/December 2012 G)	Attended



20.	Strategies For Improving Research Outcomes	University of Dammam (15-17/September 2012 G)	Attended
21.	Assessment	University of Dammam (7-8/May2012 G)	Attended
22.	Leadership in Medical Education	University of Dammam (2012)	Attended
23.	Improve Your Islamic English	E Dialogue Center, Dammam (2011 G)	Attended
24.	Principles Of Curriculum Development	University Of Dammam (2011 G)	Attended
25.	Induced Pluripotent Stem Cells and Future Therapy	University of Dammam (2011 G)	Attended

### Membership of Scientific and Professional Societies and Organizations

- **Pakistan Physiological Society, Pakistan**
- **South Asian Association of Physiologists (SAAP)**

### Teaching Activities

#### Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
	Physiology (Medicine)	MED 201	10
	Physiology (Medicine)	MED 301	12 Lectures
	Physiology 2 for Clinical Pharmacy	PHYL 210	8 Lectures
	Physiology II	PHYL 222	9 Lectures
	Anatomy & Physiology (Nursing)	ANPS 211	12 Lectures
	Physiology (Dental)	PHYL 214	16 Lectures
	Physiology (Applied Medical Sciences; PT & RC)	PHYL 214	6 Lectures
	Human Physiology & Anatomy (Clinical Nutrition)	PSAN 211-NUTL	3 Lectures
	Physiology (Public Health)	PHYL 212	4 Lectures

#### Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1.	Critical appraisal-Basic	PHYL 853	Instructor/Incharge
2.	Critical appraisal-Advanced	PHYL 854	Instructor/Incharge
3.	Mammalian Physiology Laboratory	PHYL 812	Instructor
4.	Selected Topic (Antioxidants and Oxidative Stress)	PHYL 831	Instructor
5.	Selected Topic (Body Composition)	PHYL 833	Instructor



6.	Seminars in Physiology (Pulmonary Rehabilitation in General and its scope in KSA)	826 A	Instructor
7.	Seminars in Physiology (Impact of dietary antioxidants on exercise performance)	826 B	Instructor
8.	Seminars in Physiology (Impact of dietary antioxidants on obesity)	826 D	Instructor

### Course Coordination

#	Course Title and Code	Coordination	Co-coordination	Undergrad.	Postgrad.	From	To
1.	Critical appraisal-Basic (PHYL 853)	✓			✓	Sep 2016	Till date
2.	Critical appraisal-Advanced (PHYL 854)	✓			✓	Sep 2016	Till date
3.	Physiology 1 for Clinical Pharmacy (PHYL 204)	✓		✓		Sep 2013	Till date
4.	Physiology 2 for Clinical Pharmacy (PHYL 210)	✓		✓		Feb 2013	Till date
5.	Human Physiology and Anatomy Course for Clinical Nutrition (PSAN 211-NUFL)	✓		✓		Sep 2019	Till date
6.	Physiology for Clinical Laboratory Sciences (PHYL 212 MLTL)	✓		✓		Sep 2019	Till date
7.	Dental-PHY-214	✓		✓		Sep 2012	June 2014

### Guest/Invited Lectures for Undergraduate Students

#	Activity/Course Title and Code	Subject	College and University or Program	Date

### Student Academic Supervision and Mentoring

#	Level	Number of Students	From	To
	Year 6 students Research group (Medicine)	6	2022	2022



Year 6 students Research group (Medicine)	6	2021	2021
Year 6 students Research group (Medicine)	6	2020	2020

### Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date
1.	PhD in Physiology	Supervisor of: "Effects of Matcha Tea on body composition, oxidative stress, and Maximal Exercise Capacity among overweight/obese females; a randomized controlled trial" by Miss Zainab	IAU	Ongoing
2.	Master in Physiology	Supervisor of: "Effects of zamzam water on glycemic status, lipid profile, antioxidant and body composition in a high fat diet-fed rat model" by Dr Ghadeer	IAU	1440
3.	Master in Physiology	Co-supervisor of "Association of Chronic Cigarette Smoking with Cognition and Plasma Level of Brain-Derived Neurotrophic Factor (BDNF) in Young Saudi Males" by Dr Arwa	IAU	1440
4.	Master in Physiology	Co-supervisor of "Effect of Vitamin D supplementation on glucose homeostasis in Vitamin D deficient Saudi Obese Female Students" by Dr Noura	IAU	1435





## Ongoing Research Supervision

#	Degree Type	Title	Institution	Date
1.	PhD in Physiology	Supervisor of: "Effects of Matcha Tea on body composition, oxidative stress, and Maximal Exercise Capacity among overweight/obese females; a randomized controlled trial" by Miss Zainab	IAU	Ongoing

Administrative Responsibilities, Committee and Community Service **(Beginning with the most recent)**

### Administrative Responsibilities

#	From	To	Position	Organization

### Committee Membership

#	From	To	Position	Organization
	Sep 2023	Till date	Member of the Second Standard Accreditation Committee in department of Physiology	College of Medicine, IAU
1.	September 2016	Till date	Member of the Physiology Department Postgraduate Committee	College of Medicine, IAU
2.	Dec 2010	Oct 2011	Member	Programme Committee for Graduate Studies (PCGS), Army Medical College, Rawalpindi, Pakistan
3.	Mar 2010	Dec 2010	Incharge	"Faculty Development Project Committee" of Riphah Academy of Research and Education (RARE), Islamic International Medical College, Rawalpindi, Pakistan

### Scientific Consultations



#	From	To	Institute	Full-time or Part-time

**Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)**

1	Microsoft word, Excel and power point			
2	Statistical package for the social sciences (SPSS)			
3	People soft, Blackboard			
4	Blood Centrifugation and running the ELISA(Enzyme link immunosorbant essay) kits.			

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Last Update

4 May 2023