



Europass Curriculum Vitae



Personal information

First name(s) / Surname(s) **Rosy Mitri**
Telephone(s) Mobile: +961-03214660
E-mail r.metri@bau.edu.lb
Nationality Lebanese
Date of birth July 29, 1987; Kafarakka - Lebanon
Gender Female

Work experience

Dates	November 2025- present
Occupation or position held	Associate Prof. of Nutrition and Dietetics
Name and address of employer	Beirut Arab University, Faculty of Health Sciences (Tripoli), Lebanon
Type of business or sector	University Teaching and Research Sector
Dates	September 2017 – October 2025
Occupation or position held	Assistant Prof. of Nutrition and Dietetics
Name and address of employer	Beirut Arab University, Faculty of Health Sciences (Tripoli), Lebanon.
Type of business or sector	University Teaching and Research Sector
Dates	September 2016 - May 2017
Occupation or position held	Part timer lecturer of Nutrition and Dietetics
Name and address of employer	Beirut Arab University, Faculty of Health Sciences, Tripoli, Lebanon.
Type of business or sector	University Teaching and Research Sector
Dates	October 2015- June 2017
Occupation or position held	Part time lecturer of Nutrition and Dietetics
Name and address of employer	Lebanese International University, Tripoli, Lebanon
Type of business or sector	University Teaching and Research Sector

Dates August 2015-October 2015
Occupation or position held Hygiene promotion assistant
Name and address of employer Save the children
Type of business or sector Non-Governmental Organization

Dates July 2014- June 2015
Occupation or position held Community Nutrition Promoter
Name and address of employer Relief International, Tripoli, Lebanon
Type of business or sector Non-Governmental Organization

Dates Sept. 2011- Feb. 2014
Occupation or position held Part time lecturer of Nutrition and Dietetics
Name and address of employer Notre Dame University, Tripoli, Lebanon
Type of business or sector University Teaching and Research Sector

Dates Sept. 2011- March 2014
Occupation or position held Part time lecturer of Nutrition courses for nurses students
Name and address of employer Nursing Institute, Lebanese Red Cross, Tripoli, Lebanon
Type of business or sector Non-Governmental Organization

Education

Dates 05/7/2017
Title of qualification awarded Ph.D. in Nutritional Sciences
Name and type of organisation Saint- Joseph University, Beirut, Lebanon
PhD thesis Title Déterminants de l'état nutritionnel des personnes âgées dans le Grand Beyrouth

Dates 01/7/2011
Title of qualification awarded Masters in Human Nutrition
Name and type of organisation Saint-Joseph University, Beirut, Lebanon

Dates 12/8/ 2008
Title of qualification awarded Bachelor in Nutrition and Dietetics
Name and type of organisation Notre Dame University, North Lebanon

Personal skills and competences

Mother tongue(s) Arabic

Other language(s)
Self-assessment

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
English	Excellent		Excellent		Excellent		Excellent		Excellent
French	Excellent		Excellent		Very good		Very good		Very good

Computer skills and competences

Windows 9,10. Excel, Word, Access, Spss, Nutritionist Pro, Endnote

Publications

- Mitri R**, El-Ali Z. Dietary knowledge and practices among patients with diabetes in North Lebanon: the role of dietary counselling. *Journal of Nutritional Science*. 2025 Jan;14:e39.
- Mitri R**, Ziade F, Khalife S. Emotional Eating and Mental Health Among Lebanese University Students During COVID-19 Outbreak. *Journal of Nutrition and Metabolism*;2025(1):8858430.
- Mina, S., Khoder, G., & **Mitri, R**. Helicobacter pylori Infection and Its Association with Mediterranean Diet Adherence in Lebanese Children and Adolescents: A Cross-sectional Study. *Archives of Pediatric Infectious Diseases*. 2025 January; 13(1) e146931
- Mitri, R. N.**, El-Ali, Z., & Dankar, M. (2024). Emotional eating and mental health of nurses working in Lebanese hospitals during the double crisis. *Journal of Nutritional Science*, 13, e56.
- El-Ali Z, Hebert JR, Wirth MD, **Mitri R**. Association between the Dietary Inflammatory Index and Sleep Quality among Lebanese University Students. *Sleep Science*. 2024 May 10.
- Mitri R**, Khalife S, Ziade F. Determinants of health-related quality of life among adolescents: The role of the Mediterranean diet. *Revue d'Épidémiologie et de Santé Publique*. 2023 Oct 1;71(5):102148.
- Moubayed S, Ghazzawi J, **Mitri R**, Khalife S. Recent Data Characterizing the Prevalence and Resistance Patterns of FimH-producing Uropathogenic Escherichia coli Isolated from Patients with Urinary Tract Infections in North Lebanon. *Arch Clin Infect Dis*. 2023 Oct 18;18(4):e135782.
- Khalife S, Moubayed S, **Mitri R**, Geitani R, El Safadi D. Seroprevalence and risk assessment of Toxoplasma gondii infection in sheep and goats in North and Beqaa governorates of Lebanon. *Veterinary World*. 2022 Sep 1;15(9).
- El- Kadi S, **Mitri R**, Factors associated with sleep quality and duration among Beirut Arab University students. *BAU Journal-health and wellbeing*.2022; 5(1)
- Mitri RN**, Boulos C, Ziade F. Mediterranean diet adherence amongst adolescents in North Lebanon: The role of skipping meals, meals with the family, physical activity and physical well-being. *British Journal of Nutrition*. 2022 Oct;128(7):1349-56.

International Conference Proceedings

Mitri R, Ziade F. Adherence to Mediterranean Diet Among Adolescents Attending Public Schools In North Lebanon. BAU Journal-Health and Wellbeing. 2021;3(2):1-8.

Mitri R, Fakhoury Sayegh N, Boulos C. Factors associated with oral health-related quality of life among Lebanese community-dwelling elderly. Gerodontology. 2020 Jun;37(2): 200-7.

Mitri R, Ziade F. Health-related quality of life among adolescents attending private schools in North Lebanon. BAU Journal-health and wellbeing. 2019;1(2):8-14.

Boulos, C., Adib, S.M., **Mitri, R.** and Salameh, P. Nutritional Status of the Elderly in an Arab Country in Social Transition: the Case of Lebanon. Handbook of Famine, Starvation, and Nutrient Deprivation.2017; 1-18.

Mitri R, Boulos C, Adib SM. Aging gracefully in Greater Beirut: are there any gender-based differences? Eur J Public Health. 2017 Jun 1;27(3):575-581.

Mitri R, Boulos C, Adib SM. Determinants of the nutritional status of older adults in urban Lebanon. Geriatr Gerontol Int. 2017 Mar;17(3):424-432.

Mitri R, Mina S, Khoder G. (2025) *Helicobacter pylori* Infection and Its Association with Mediterranean Diet Adherence in Lebanese Children and Adolescents: A Cross-sectional Study. 9TH INTERNATIONAL VIRTUAL CONFERENCE ON FOOD SCIENCE & NUTRITION. Virtual conference.

Mitri, R, Ziade F. (2019) Adherence to the Mediterranean diet among adolescents attending private schools in North Lebanon. 1st International Conference on Food, Nutrition Security and Sustainable Agriculture (FNSSA). Cairo, Egypt.

Mitri, R. Boulos, C. Adib, S. (2015) Déterminants de l'état nutritionnel des personnes âgées dans le Grand Beyrouth. 21st LAAS International Conference. Beirut, Lebanon.

Conferences and Workshops participation

Participation in the workshop entitled “Elderly care for non-healthcare professionals” held at BAU on March 9, 2024 through a session entitled “Basic Dietary Plans for the Elderly”.

Speaker in the conference “viruses of the century” held at BAU on February 20, 2020 through a presentation entitled “Nutrition & infectious disease”.

Participation in the workshop entitled “School nurse toward a successful childhood” held at BAU on March 29th, 2019 through a session entitled “Food safety & balanced diet from infancy to adolescence”.

Speaker in the conference “Femme Francophones et Santé « mieux savoir, mieux vivre » at Chamber of Commerce, Industry & Agriculture- Tripoli on March 10th, 2018 through a presentation entitled “Une alimentation saine, une vie active et un poids santé”.

Speaker in the “World diabetes day” held at BAU on November 26th, 2018 through a presentation entitled “Nutritional therapy of diabetes mellitus”.