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Research and professional profile: [google scholar](#), [research gate](#), [LinkedIn](#), [ORCID](#), [Scopus](#)

**ACADEMIC DETAIL**

Year	Degree	University	Place
2015	PhD (Health Science-Physiology)	Jamia Millia Islamia	New Delhi
2007	Master of Science (Biomedical Science)	University of Delhi	New Delhi
2005	Bachelor of Science (Biotechnology)	Jamia Millia Islamia	New Delhi

CURRENT TITLES

Associate Professor	College of Applied Medical Sciences, Majmaah University, Kingdom of Saudi Arabia
Member Editorial Board	Nature and Science of Sleep , Sleep and Vigilance , BMC Sleep Science and Practice
Review Editor	Frontiers in Neurology , Frontiers in Psychiatry
Member advisory Board	Sleep and Hypnosis

RESEARCH INTEREST

Epidemiology, Health and behavior outcome, Sleep, Psychometrics, Electrophysiology

ONGOING PROJECTS

1. Sleep reactivity, stress, and resilience among health care workers
2. Insomnia, chronotype disorders, and chronotype misalignments with duty schedules in nurses and their association with attitudes to patient care
3. Apnea and daytime sleepiness and their determinants in young adults.
4. Sleep disturbances, cognition and financial burden in chronic addiction.
5. Sleep disorders and its relationship with depression, stress, anxiety and sleep hygiene in young adults.
6. Migraine and sleep disturbances (apnea and daytime sleepiness) in young adults.

PUBLICATIONS:

TOTAL CITATIONS: 1907; H-INDEX: 21; I-10 INDEX: 40

1. **Manzar MD**, Kashoo FZ, Hassen HY, Albougami A, Noohu MM, Salahuddin M, Shah SA, Mir SA, Pandi-Perumal SR, Bahammam AS. Metacognition mediates the association between drug dependence and sleep disturbances: Cross-sectional findings among khat-chewing polysubstance users. *Int J Ment Health Addict*. <https://link.springer.com/article/10.1007/s11469-022-00924-9>
2. **Manzar MD**, Albougami A, Hassen HY, et al. Psychometric validation of the Athens Insomnia Scale among nurses: A robust approach using both classical theory and Rating Scale Model parameters. *Nat Sci Sleep*. 2022; 14:725.
3. **Manzar MD**, Algadhir A, Khan M, et al. Poor sleep in community-dwelling polysubstance users: Association with khat dependence, metacognition, socio-demographic factors. *Front Psychiatry*. 2022; 13:792460.
4. Mir SA, Noor MA, **Manzar MD**, Alshehri B, Alaidarous M, Dukhyil AAB, Banawas S, Madkhali YA, Jahan S, Kashoo F, Iqbal D, Zia Q. Rheumatoid Arthritis: Prevalence, clinical characteristics, and diagnostic validity of a prediction score in patients of Orthopedic clinics in Madinah Region of Saudi Arabia. *PeerJ*. 2022; 10:e14362.
5. Burman D, Ramanujam K, **Manzar MD**, Chattu VK, Spence DW, Zaki NFW, Jahrami H, Pandi-Perumal SR. Sleep and Autism Spectrum Disorder: A Comprehensive Review of Diagnosis, Markers, Interventions, and Treatments. *Sleep Vigil*. <https://doi.org/10.1007/s41782-022-00222-3>

6. Sirajudeen MS, Alzhrani M, Alanazi A, Alqahtani M, Waly M, **Manzar MD**, Hegazy FA, Mohd Jamali MN, Reddy RS, Kakaraparthi VN, Unnikrishnan R. Prevalence of Upper Limb Musculoskeletal Disorders and Their Association with Smartphone Addiction and Smartphone Usage among University Students in the Kingdom of Saudi Arabia during the COVID-19 Pandemic—A Cross-Sectional Study. *Healthcare (Basel)*. 2022; 10(12), p2373.
7. Hussien FM, Mohammed A, Dewau R, Amsalu ET, Limenh MA, Berhe NM, Assefa N, Sisay BG, **Manzar MD**, Hassen HY. Survival pattern of colorectal cancer in sub-Saharan Africa: A systematic Review and Meta-Analysis. *Cancer Epidemiol*. 2022; 81:102276.
8. Kashoo FZ, Al-Baradie RS, Alzahrani M, Alanazi A, **Manzar MD**, Gugnani A, Sidiq M, Shaphe MA, Sirajudeen MS, Ahmad M, Althumayri B. Effect of Transcranial Direct Current Stimulation Augmented with Motor Imagery and Upper-Limb Functional Training for Upper-Limb Stroke Rehabilitation: A Prospective Randomized Controlled Trial. *International Journal of Environmental Research and Public Health*. 2022; 19(22): 15199.
9. Sirajudeen MS, Waly M, **Manzar MD**, Alqahtani M, Alzhrani M, Alanazi A, Unnikrishnan R, Muthusamy H, Saibannavar R, Alrubaia W. Physical activity questionnaire for older children (PAQ-C): Arabic translation, cross-cultural adaptation, and psychometric validation in school-aged children in Saudi Arabia. *PeerJ*. 2022; 10:e13237.
10. Pandi-Perumal SR, Zaki NFW, Qasim M, Morsy NE, **Manzar MD**, et.al. Neuropsychiatric Consequences of COVID-19 Pandemic: A Synthetic Review from a Global Perspective. *Alpha Psychiatry*. 2022; 23: 144-154.
11. Alshumrani R, & **Manzar MD**, Wali SO. Sleep quality and mental health in coronavirus disease 2019 patients and general population during the pandemic. *Ann Thorac Med*. 2022;17(1):21.
12. Mamun MA, Alimoradi Z, Gozal D, **Manzar MD**, Broström A, Lin CY, Huang RY, Pakpour AH. Validating Insomnia Severity Index (ISI) in a Bangladeshi population: using classical test theory and Rasch analysis. *International journal of environmental research and public health*. 2022;19(1):225.
13. Al-Jasser R, Alolyet L, Alsuhaibani DS, Albalawi S, **Manzar MD**, Albougami A. Perception of E-Resources on the Learning Process among Students in the College of Health Sciences in King Saud University, Saudi Arabia, during the (COVID-19) Outbreak. *Healthcare (Basel)*. 2022; 10(1): 40.
14. Ghosh H, Rai S, **Manzar MD**, Pandi-Perumal SR, Brown GM, Reiter RJ, Cardinali DP. Differential expression and interaction of melatonin (MT1/ MT2) and thyroid (TR α / Dio2) receptor with ER α improves ovarian functions in letrozole induced PCOS rats. *Life Sciences*. 2022; 295:120086.
15. **Manzar MD**, Jahrami H, BaHammam AS. Structural validity of the Insomnia Severity Index: a systematic review and meta-analysis. *Sleep Med Rev*. 2021; 60: 101531.
16. Moonajilin MS, Kamal AI, Mamun F, Safiq MB, Hosen I, **Manzar MD** and Mamun MA. Substance use behavior and its lifestyle-related risk factors in Bangladeshi high school-going adolescents: an exploratory study. *PloS one*. 2021; 16(7):e0254926.
17. Zafar J, Malik NI, Atta M, Makhdoom IF, Ullah I, **Manzar MD**. Loneliness may mediate the relationship between depression and the quality of life among elderly with mild cognitive impairment. *Psychogeriatrics*. 2021 ;21(5):805-12.
18. Wali SO, **Manzar MD**, Abdelaziz MM, Alshomrani R, Aljehaili F, Al-Mughales J, Almoudi W, Gozal D. Putative associations between inflammatory biomarkers, obesity, and obstructive sleep apnea. *Ann Thorac Med*. 2021;16(4):329.
19. Hassen HY, Aerts N, Demarest S, **Manzar MD**, Abrams S, Bastiaens H. Validation of the Dutch-Flemish translated ABCD questionnaire to measure cardiovascular diseases knowledge and risk perception among adults. *Sci Rep*. 2021;11(1):1-0.
20. **Manzar MD** et al. Anxiety symptoms are associated with higher psychological stress, poor sleep, and inadequate sleep hygiene in collegiate young adults—a cross-sectional study. *Front Psychiatry*. 2021; 12:677136.
21. Pandi-Perumal SR, Vaccarino SR, Chattu VK, Zaki NF, BaHammam AS, **Manzar MD**, Maestroni GJ, Suchecki D, Moscovitch A, Zizi F, Jean-Louis G. ‘Distant socializing,’ not ‘social distancing’ as a public health strategy for COVID-19. *Pathog Glob Health*. 2021; 115(6):357-64.
22. Salahuddin MF, **Manzar MD**, et al. The global shortage of essential drugs during the COVID-19 pandemic: evidence based on aggregated media and social media reports. *Journal of Nature and Science of Medicine*. 2022; 5(1):23.
23. **Manzar MD**, Salahuddin MF, et al. Psychometric properties of the Generalized Anxiety Disorder-7 Scale in Ethiopian university students. *Bull Menninger Clin*. 2021; 85(4):405-27.
24. Ghrouz AK, Noohu MM, **Manzar MD**, et al. Short-term insomnia symptoms are associated with level and not type of physical activity in a sample of Indian college students. *J Prev Med Hyg*. 2021 ;62(2):E447.

25. **Manzar MD**, Albougami A, Usman N, Mamun MA. Suicide among adolescents and youths during the COVID-19 pandemic lockdowns: A press media reports-based exploratory study. *J Child Adolesc Psychiatr Nurs.* 2021;34(2):139-46.
26. Sikkandar MY, Begum SS, Alkathiry AA, Alotaibi MSN, **Manzar MD**, Aboamer MA. Segmentation of human knee osteoarthritis images using unsupervised local center of mass computation technique. *J Ambient Intell Humaniz Comput.* 2021; 15:1-3.
27. Sikkandar MY, Begum SS, Alkathiry AA, Alotaibi MS, **Manzar MD**. Automatic Detection and Classification of Human Knee Osteoarthritis Using Convolutional Neural Networks. *Comput Mater Contin.* 2022;70(3):4279-91.
28. **Manzar MD**, Alghadir AH, Anwer S, Alqahtani M, Salahuddin M, Addo HA, Jifar WW, Alasmee NA. Psychometric Properties of the General Anxiety Disorders-7 Scale Using Categorical Data Methods: A Study in a Sample of University Attending Ethiopian Young Adults. *Neuropsychiatr Dis Treat.* 2021; 17: 893—903.
29. Al-Mughales J, Wali S, **Manzar MD**, Alhejaili F, Gozal D. Pro-Inflammatory Markers in Patients with Obstructive Sleep Apnea and the Effect of Continuous Positive Airway Pressure Therapy. *Sleep Sci.* 2022;15(Spec 1):20.
30. Salahuddin M, **Manzar MD**, Pandi-Perumal SR, BaHammam AS. Emerging challenges in COVID-19 with substance use disorders. *Addict Disord Their Treat.* 2021;20(4):444-53.
31. **Manzar D**. Insomnia and Related Complaints: Association with chronic disease, mild-severe levels of anxiety and poor sleep hygiene in Ethiopian collegiate young adults. *Pakistan Journal of Medical and Health Sciences.* 2020; 14 (4): 1769-74.
32. **Manzar MD**, Salahuddin M, et al. Insomnia may mediate the relationship between stress and anxiety: A cross-sectional study in university students. *Nat Sci Sleep.* 2021; 13:31.
33. Bayu BB, **Manzar MD**, et al. Diabetes Mellitus, Metabolic Syndrome, and Physical Activity among Ethiopians: A Systematic Review. *Diabetes Metab Syndr.* 2021; 15 (1): 257-265
34. Naeem A, El-boraie H, Abou-Elsaad T, khater M, **Manzar MD**, et al. Can sleep profiles predict autistic traits in siblings of children with autism spectrum disorder. *Sleep Sci.* 2021; 14(3):214.
35. Co-author as part of the Local Burden of Disease Anaemia Collaborators. Anemia prevalence in women of reproductive age in low- and middle-income countries between 2000 and 2018. *Nat Med.* 2021; 27(10): 1761–1782.
36. Co-author as part of the Local Burden of Disease HIV Collaborators. Mapping subnational HIV mortality in six Latin American countries with incomplete vital registration systems. *Bmc Medicine.* 2021; 19:1-25.
37. Salahuddin M, **Manzar MD**, Hassen HY, Unissa A, Abdul Hameed U, Spence DW, Pandi-Perumal SR. Prevalence and Predictors of Neurocognitive Impairment in Ethiopian Population Living with HIV. *HIV/AIDS: research and palliative care.* 2020: 559-72.
38. Mamun MA, Hossain MS, Kamruzzaman M, Khalil MI, Sikder MT, **Manzar MD**, Griffiths MD. Prevalence of Poor Sleep Quality and Its Determinants Among Bangladeshi Students: A Pilot Study. *Sleep Sci.* 2020;4(2):185-93.
39. **Manzar MD**. Mizan Sleep Quality and Sleep Hygiene Index (MiSQuaSHI): A psychometric investigation. *Sleep Sci.* 2021; 14(2):119.
40. Anwer S, **Manzar MD**, Alghadir AH, Salahuddin M, Hameed UA. Psychometric Analysis of the Perceived Stress Scale Among Healthy University Students. *Neuropsychiatr Dis Treat.* 2020; 16:2389-96.
41. Mamun MA, Bhuiyan AKMI, and **Manzar MD**. The first COVID-19 infanticide-suicide case: Financial crisis and fear of COVID-19 infection are the causative factors. *Asian J Psychiatr.* 2020; 54:102365.
42. Zaki NFW, Sidiq M, Qasim M, Aranas B, Hakamy A, Ruwais NA, Alanezi H, Saudi DAAA, Alshahrani RBS, Al-Thomali ABA, **Manzar MD**, BaHammam AS, Al-Kaabba AF, Pandi-Perumal SR. Stress and Psychological Consequences of COVID-19 on Health-Care Workers. *Journal of Nature and Science of Medicine.* 2020;3(4):299.
43. **Manzar MD** et al. Insomnia Symptoms and Their Association with Anxiety and Poor Sleep Hygiene Practices Among Ethiopian University Students. *Nat Sci Sleep.* 2020; 12: 575–582.
44. Kamal M, Zaki N, **Manzar MD**. An Egyptian study of sleep disorders and its correlates in end-stage renal disease patients receiving hemodialysis. *Sleep Sci.* 2020; 4(2):213-20.
45. Wali S, I-Mughales J, Alhejaili F, **Manzar MD** et al. The Utility of Proinflammatory Markers in Patients with Obstructive Sleep Apnea. *Sleep and Breath.* 2021; 25(2):545-53.
46. Legesse M, Ali JH, **Manzar MD** et al. Level of physical activity during the third trimester of pregnancy and its association with birthweight at term in South Ethiopia: A prospective cohort study. *PLoS one.* 2020; 15(7):e0236136.

47. **Manzar MD** et al. Lockdowns for community containment of COVID-19: Challenges and the absence of an interim guideline. *Journal of Nature and Science of Medicine*. 2020; 3(4):318.
48. Unaise UA, Al-Jarrah MD, **Manzar MD**, et al. Psychometric properties of the Leeds Sleep Evaluation Questionnaire in Jordanian university students. *Saudi Med J*. 2020;41(7):746-752.
49. Albougami A, **Manzar MD** et al. Metamemory and metaconcentration scale (MMMS) for health professionals: a psychometric investigation among nurses. *Pakistan Journal of Medical and Health Sciences*. 2020; 14(1): 530-36.
50. **Manzar MD** et al. Mizan Khat Use Disorder Index (MizKUDI): tool development and validation in habitual khat users. *Pakistan Journal of Medical and Health Sciences*. 2020; 14 (1): 477-482.
51. Alghadir A, **Manzar MD**, Anwer S, et al. Psychometric properties of the Generalized Anxiety Disorder-7 Scale in Saudi university students. *Neuropsychiatr Dis Treat*. 2020; 16:1427-32.
52. Sirajudeen MS, **Manzar MD**, et al. Psychometric properties of the Athens Insomnia Scale in occupational computer users. *Healthcare (Basel)*. 2020; 8(2). 89.
53. **Manzar MD**, Salahuddin MF, et al. Psychometric properties of a brief metacognition questionnaire in substance use problem. *Int J Ment Health Addiction*. 2021; 19(5):1690-704.
54. **Manzar MD**, Hameed UA, et al. Psychometric properties of the Migraine screen questionnaire: a categorical data method. *Health Qual Life Outcomes*. 2020; 18(1):1-9.
55. **Manzar MD**, Hameed UA et al. Obstructive Sleep Apnea screening in young people: Psychometric validation of a shortened version of STOP-BN questionnaire using categorical data methods. *Ann Thorac Med*. 2020 ;15(4):215.
56. Wali S, Mustafa M, **Manzar MD**, Bawazir Y, et al. Prevalence of Obstructive Sleep Apnea in Patients with Rheumatoid Arthritis. *J Clin Sleep Med*. 2020; 16(2):259-65.
57. **Manzar MD**, Salahuddin MF, Sano M et al. How We Do Harm: Do copyrighted scales benefit research in the developing world? *Front Public Health*. 2019; 7:377.
58. Anwer S, Alghadir A, **Manzar MD** et al. Psychometric analysis of sleep hygiene index and correlation with stress and anxiety scores among Saudi university students. *Nat Sci Sleep*. 2019; 11:325-332.
59. **Manzar MD**, Bayu BB, Noohu MM et al. Prevalence of poor sleep quality among Ethiopians: a systematic review and meta-analysis. *Sleep and Breath*. 2019; 1-8.
60. Chattu VK, Kumary S, Spence DW, **Manzar MD** et al. Do disparities in sleep duration among racial and ethnic minorities contribute to differences in disease prevalence? *J Racial Ethn Health Disparities*. 2019; 6(6):1053-1061.
61. Alamri MS, Waked IS, Amin FM, Al-quliti KW, **Manzar MD**. Effectiveness of an early mobility protocol for stroke patients in Intensive Care Unit. *Neurosciences (Riyadh)*. 2019; 24 (2): 81-88.
62. Albougami A, **Manzar MD**. Insomnia severity index: A psychometric investigation among Saudi nurses. *Sleep Breath*. 2019; 23(3):987-996.
63. **Manzar MD**, Salahuddin MF, Alamri M et al. Psychometric properties of the Epworth sleepiness scale in Ethiopian university students. *Health Qual Life Outcomes*. 2019; 17(1):30.
64. Ghrouz AK, Noohu MM, **Manzar MD** et al. Physical Activity and Sleep Quality in Relation to Mental Health among College Students. *Sleep Breath*. 2019; 23(2):627-634.
65. Almeneessier AS, BaHammam AA, Olaish AH, Pandi-Perumal SR, **Manzar MD**, BaHammam AS. The Effects of Diurnal Intermittent Fasting on Daytime Sleepiness as reflected by the EEG Absolute Power. *J Clin Neurophysiol*. 2019; 36(3):213-219.
66. Chattu VK, **Manzar MD**, Kumary S et al. The Global Problem of Insufficient Sleep and Its Serious Public Health Implications. *Healthcare (Basel)*. 2019; 7(1):1.
67. **Manzar MD**, Salahuddin MF, Peter S et al. Psychometric properties of the Perceived Stress Scale in Ethiopian university students. *BMC Public Health*. 2019; 19(1):1-8.
68. **Manzar MD**, Albougami A, Salahuddin MF et al. The Mizan Meta-memory and meta-concentration Scale for students (MMSS): A test of its psychometric validity in a sample of university students. *BMC Psychol*. 2018; 59(6).
69. **Manzar MD**, Alamri M, Salahuddin MF et al. Psychometric properties of Severity of dependence for Khat (SDS-Khat) in polysubstance users. *BMC Psychiatry*. 2018; 18:343.
70. **Manzar MD**, Salahuddin MF, Khan TA, et al. Psychometric properties of the Insomnia severity index in Ethiopian adults with substance use problems. *J Ethn Subst Abuse*. 2020; 19(2):238-252.
71. **Manzar MD**, Salahuddin MF, Tesfaye TM, et al. Validation of the adapted Leeds Sleep Evaluation Questionnaire in Ethiopian university students. *Health Qual Life Outcomes*. 2018; 16(1):49.

72. **Manzar MD**, Bahammam AS, Hameed UA, et al. Dimensionality of the Pittsburgh Sleep Quality Index: a systematic review. *Health Qual Life Outcomes*. 2018; 16(1):89.
73. **Manzar MD**, Salahuddin MF, Tesfaye TM, et al. Poor sleep in concurrent users of alcohol, khat and tobacco smoking in community-dwelling Ethiopian adults. *Ann Thorac Med*. 2018; 13(4):220-225.
74. **Manzar MD**, Salahuddin MF, Tesfaye TM, et al. Sleep correlates of substance use in community-dwelling Ethiopian adults. *Sleep Breath*. 2017; 21(4):1005-11.
75. Salahuddin MF, Tesfaye T, Kumalo A, Pandi-Perumal SR, Bahammam AS, **Manzar MD**. Validation of the Pittsburgh Sleep Quality Index in community dwelling Ethiopian adults. *Health Qual Life Outcomes*. 2017; 15(1):58.
76. **Manzar MD**, Salahuddin MF, Sony P, et al. Sleep disturbances and memory impairment among pregnant women consuming chat: An under-recognized problem. *Ann Thorac Med*. 2017; 12(4): 247–251.
77. **Manzar MD**, Sony P, Salahuddin MF, et al. Electrolyte imbalance and sleep problems during anti-retroviral therapy: An under-recognized problem. *Sleep Sci*. 2017;10(2):64-67.
78. **Manzar MD**, Zannat W, Hussain ME, et al. Dimensionality of the Pittsburgh Sleep Quality Index in collegiate young adults. *Springerplus*. 2016; 5(1): 1550.
79. **Manzar MD**, Zannat W, Moiz JA, et al. Factor scoring models of the Pittsburgh Sleep Quality Index: a comparative confirmatory factor analysis. *Biol Rhythm Res*. 2016; 47(6):851-64.
80. Hussain ME, Sarwar AHMG, Alam MS, Noohu MM, Zannat W, Pandi-Perumal SR, Bahammam AS, **Manzar MD**. Polysomnographic correlates of inflammatory complement components in young healthy males. *Sleep Sci*. 2016; 9(2):123-27.
81. **Manzar MD**, Muntafa MR, Zannat W, et al. Spontaneous K-complex density during slow wave sleep. *PlosOne*. 2016; 11(3): e0150929.
82. **Manzar MD**, Muntafa MR, Zannat W, et al. Association between sleep quality and inflammatory complement components in collegiate males. *Sleep and Breath*. 2016; 20(2):867-72.
83. Kaur M, Chauhan A, **Manzar MD**, Rajput MM. Maternal anemia and neonatal outcome: a prospective study on urban pregnant women. *J Clin Diagn Res*. 2015; 9(12): QC04–QC08.
84. **Manzar MD**, Moiz JA, Zannat W, et al. Validity of the Pittsburgh Sleep Quality index in Indian university students. *Oman Med J*. 2015; 30(3): 193–202.
85. **Manzar MD**, Zannat W, Hussain ME. Sleep and physiological systems: a functional perspective. *Biol Rhythm Res*. 2015; 46(2): 195-206.
86. **Manzar MD**, Zannat W, Kaur M, Hussain ME. Sleep in university students across years of university education and gender influences. *Int J Adolesc Med Health*. 2015; 27(3):341-48.
87. **Manzar MD**, Hussain ME. Sleep–Immune System Interaction: Advantages and Challenges of Human Sleep Loss Model. *Front Neurol*. 2012; 3(2): 1-3.
88. Hameed UA, **Manzar D**, Raza S, et al. Resistance Training Leads to Clinically Meaningful Improvements in Control of Glycemia and Muscular Strength in Untrained Middle-aged Patients with type 2 Diabetes Mellitus. *N Am J Med Sci*. 2012; 4(8): 336–343.
89. **Manzar MD**, Sethi M, Hussain ME. Humidity and sleep: a review on thermal aspect. *Biol Rhythm Res*. 2012; 43(4):439-57.
90. **Manzar MD**, Hameed UA, Hussain ME. Total sleep deprivation study in delayed sleep-phase syndrome. *Indian J Med Sci*. 2011; 65(4):168-171.
91. **Manzar D**, Hussain ME. Leptin rhythmicity and its relationship with other rhythm markers. *Biol Rhythm Res*. 2011; 42(2):163-80.

Publications in other periodicals:

92. **Manzar MD** and Hussain ME. Lack of awareness and apathy to sleep health issues. *Indian Journal of Science Communication*. 2014; 13(1):7-10.
93. **Manzar MD**, Hameed UA, Sethi M, Hussain ME. Heart rate variability in delayed sleep phase syndrome. *IJABMS*. 2013; 15B(21):30-33.
94. Mohammad NS, Geneto M, Abateneh DD, Salahuddin M, **Manzar MD**, Rao UMV. Antibacterial and phytochemical study of *Acanthus ilicifolius* L stem extracts. *World J Pharm Res*. 2017; 6(3):1629-34.

95. Mohammad NS, Geneto M, Abateneh DD, Salahuddin M, **Manzar MD**, Rao UMV. Extraction of secondary metabolites from roots of *Acanthus Illicifolius* L and screening for antioxidant and antibacterial activity. *Int J Pharm Sci Invent*. 2017; 6(2):31-36.

Presentations (Oral and Poster):

1. Wali S, Al-Mughales J, Alhejaili F, **Manzar MD**, Alsallum F, Almojaddidi H, Gozal D. 0680 The Effect of Continuous Positive Airway Pressure on the Levels of the Proinflammatory Markers in Patients with Obstructive Sleep Apnea. *Sleep*. 2020; 43(S-1):A259-60.
2. Wali S, Mustafa M, **Manzar MD**, Bawazir Y et al. Prevalence of obstructive sleep apnea in patients with rheumatoid arthritis. *Sleep Medicine*. 2019; 64: S408.
3. **Manzar MD**, Rajput MM, Zannat W, Hameed UA, Hussain ME. Habitual Short Sleep Duration and Inflammatory Complement Components. Young Scientists Colloquium, Asian Sleep Research society (8th Congress), Trivandrum, India, 22-24/09/2014.
4. Veqar Z, Hussain ME, **Manzar MD**. Psychometric Properties of Pittsburgh Sleep Quality Index (PSQI) in University Population of Poor Sleepers in India. National symposium on "Neurosciences and its Future Prospects" (NFP-2014), Interdisciplinary Brain Research Centre, Faculty of Medicine, Aligarh Muslim University, 15/02/2014.
5. Hameed UA, Noohu MM, Moiz JA, **Manzar MD**, Hussain ME. Optimal exercise frequency for glycemic control in type 2 diabetes. Physical Activity conference, Doha, Qatar, 03-04/02/2014.
6. **Manzar MD**, Hameed UA, Hussain ME. Effect of sleep acclimatization on cardiovascular parameters. Cardiovascular Research convergence, All India Institute of Medical Sciences, New Delhi, 17-18/02/2012.
7. **Manzar MD**, Hameed UA, Sharma K, Hussain ME. A pilot epidemiological study on the association between depression and sleep problems in old age home inhabitants. International Congress on Gerontology and Geriatric Medicine 2012, All India Institute of Medical Sciences, New Delhi, 25-29/02/2012.
8. Hameed UA, **Manzar MD**, Hussain ME. Resistance exercise training in the treatment of hypertension associated with type 2 diabetes mellitus in Asian Indians. Cardiovascular Research convergence, All India Institute of Medical Sciences, New Delhi, 17-18/02/2012.

ResearchGate Profile: http://www.researchgate.net/profile/Dilshad_Manzar/

MASTER THESIS SUPERVISION

1. Adel Abdulkhaliq H Alhindi; thesis title: A cross-sectional study to assess the calculation method and shortage of nurses in Saudi Arabia
2. Mansor Abdulrahman Abuhussain; thesis title: Nurse managers' competency towards anticipated turnover of staff nurses at Madinah City, Saudi Arabia
3. Abdulrahman Saeed Almutiri; Assessment of Factors that Promote Nurses' Job Satisfaction in King Khalid General Hospital, Hafar Al-Batin, Saudi Arabia
4. Abdullah Ghazi Al-Hamidi Al-Toom Al-Otaibi; Work environment and its relationship with job satisfaction among nurses in Riyadh region, Saudi Arabia

TEACHING AND RESEARCH EXPERIENCE:

9 YEARS

Name & Address of Employer	Position or Rank	From	To	Academic Responsibilities
Majmaah University, Saudi Arabia	Associate Professor	01-12-2021	current	Human Anatomy and Physiology, Biostatistics, and Research methodology for Applied Health Science courses
Majmaah University, Saudi Arabia	Assistant Professor	2018	30-11-2021	Same as above
Mizan-Tepi University, Ethiopia	Assistant Professor	2015	2017	Human Physiology for Health Science courses i.e., Pharmacy, Public health, Nursing & Midwifery
Centre for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, India	Assistant Professor (Guest)	2014	2015	Instruction of Physiology, and mentoring research work of post-graduate students

Indian Council of Medical Research and Center for Physiotherapy and Rehabilitation Sciences, India	Junior Research Fellow	10/2008	05/2009	Research work
Center for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, India	Research Assistant	07/2007	9/2008	Assistance in research work; practical demonstration

TECHNICAL EXPERIENCE

Statistical analysis software: SPSS, JASP, JAMOVI, Factor, etc.

Physiology software: Polysomnograph like RMSIndia, EDF+, ADinstruments

Physiology: Polysomnographic sleep study and non-invasive electrophysiology (EEG, ECG, EMG, EOG) and their analysis, FFT analysis of ECG and EEG, physiological data acquisition system of ADinstruments, maltron body mass composition analyzer

Immunological Techniques and Instrumentation: Antigen-Antibody Interaction, ELISA, UV-Visible, Infra-Red Spectroscopy

ACHIEVEMENTS/ NATIONAL FELLOWSHIPS

1. Distinguished Researcher Award, Deanship of Scientific Research, Majmaah University, 2020, Saudi Arabia.
2. Budur Krishna Murthy Award, Indian Society for Sleep Research (8th Congress), 22-24/09/2014
3. Junior Research Fellowship, Indian Council of Medical Research, India, 2007
4. National Eligibility Test, Council of Scientific and Industrial Research, India, 2007
5. Graduate Aptitude Test in Engineering (GATE), conducted by Indian Institute of Technology, Kharagpur on behalf of Ministry of Human Resource and Development, India, 2006.
6. Catch Them Young Award jointly given by Dr. B R Ambedkar Center for Biomedical Engineering and Research, Institute of Genomics and Integrative Biology and Council of Scientific and Industrial Research, 2005-2006

GRANTS

Title of research project, Funding Program, and project number	Awarding agency	Applicant's role
Disease: screening, screening tools and their validity, prevalence of diseases and their associated conditions: Research Group Project (RGP-2019-40)	Deanship of Scientific Research, Majmaah University	Principal investigator
Prevalence of insomnia, chronotype disorders, and chronotype misalignments with duty schedules in nurses and their association with attitudes to patient care: Institutional Funding Program (IFP-2020-47)	Deanship of Scientific Research, Majmaah University	Principal investigator
Advanced Automatic Segmentation Technique Using Local Center of Mass for Classification of Human Knee Osteoarthritis Stages: Institutional Funding Program (IFP-2020-42)	Deanship of Scientific Research, Majmaah University	Co- investigator

WORKSHOPS/CONFERENCES/INVITED LECTURE

1. Invited lecture on the topic "Systematic Review and Meta-analysis ", Scientific Research Unit, College of Applied Medical Sciences, Majmaah University on 01/12/2019.
2. Invited lecture on the topic "Psychometric analysis", Faculty development program, Training Unit, Vice Deanship for Quality and Development, College of Applied Medical Sciences, Majmaah University, Al Majmaah, Kingdom of Saudi Arabia on 10/11/2019.
3. Invited lecture on "Psychometric analysis: A tenable dimension for research" during a conference on "Dimensions for Research and Education in Health Sciences", College of Health Sciences, Mizan-Tepi University, Mizan-Aman, Ethiopia on 26/04/2016.
4. Guest Speaker, Young Scientist Colloquium, Asian Sleep Research society (8th Congress), Trivandrum, India on 22-24/09/2014.
5. National symposium on Neurological disorders and Neurological rehabilitation, Center for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi, 21/03/2013.

6. National symposium, Recent advances in Physiotherapy and Biomedical Sciences, Center for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi, 21-22/03/2012.
7. International Congress, Gerontology and Geriatric Medicine, All India Institute of Medical Sciences, New Delhi, 25-29/02/2012.
8. Cardiovascular Research convergence, All India Institute of Medical Sciences, New Delhi, 17-18/02/2012.
9. Next Generation tools in Exercise physiology & cardiovascular Research, Center for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi, 15/09/2011.
10. Emerging trends in sports medicine, Center for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi, 17/09/2010.
11. National symposium, Healthy Ageing, Center for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi, 31/03/2010.
12. Guest speaker, Youth Enrichment Services, 'YES I can be a Bio technologist' at 90.4 FM, Radio Jamia, 27/03/2009.
13. National symposium, Recent trends in sports health, Center for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi, 03/2009.