

**Assoc.Prof Muge Arslan**

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**Education:**

PhD: Department of Nutrition and Dietetics, Okan University, Istanbul, Turkey, (2017)

• Graduate (MSc): Department of Public Health, Marmara University, Istanbul, Turkey, (2014)

• Undergraduate: Department of Nutrition and Dietetics, Erciyes University, Kayseri, Turkey, (2006)

**Professional Experience:**

• **Head of the Department of Nutrition and Dietetics Associate Professor**, Uskudar University, Istanbul, Turkey, 2021-present

• Lecturer, at several universities in Istanbul, Turkey, 2015-2021

• Clinical Dietitian, Florence Nightingale Hospital, Istanbul, Turkey, 2007-2016

• Clinical Dietitian, American Hospital, Istanbul, Turkey, 2016-present

**Publications:**

**International publications (Manuscripts) :**

1. Nur Çengel, **Arslan Muge (2024)**. Relationship between menstruation period, nutrients intake and appetite with premenstrual syndrome. International Journal Of Human Science, 21 (2), 96-106., Doi: 10.14687/jhs.v21i2.6459

2. Ümmü Büşra Canberi, **Muge Arslan (2024)**. The Relationship of emotion regulation difficulties and hedonic hunger situations with food addiction: a study on health professionals. *International Journal Of Human Science*, 21 (2),174-185., Doi: 10.14687/jhs.v21i2.6456
3. Şahin Kubra., Sürücüoğlu, M. Seyit., **Arslan Müge. (2024)**. Pain's impact on eating patterns and inflammation: A case-control study. *Medicine*, 103(36), e39492. DOI: 10.1097/md.00000000000039492 (SCI-E)
4. **Arslan Muge**, Yılmaz Hacı Omer, Sariyer Tansu Esra, Arslan Nurgul (2024). Effect of dietary carbohydrate quality index on the severity of premenstrual Symptoms. *Health Care for Women International*. Doi:https://doi.org/10.1080/07399332.2024.2414939 (SCI)
5. **Arslan Muge**, Aydın Edanur (2023). The influence of the nutrients consumed by health workers during the period Of the COVID-19 pandemic on Hedonic Hunger. *Journal of the Pakistan Medical Association*, 73(4), 821-825., Doi: 10.47391/JPMA.6469
6. **Arslan Muge**, Yabancı Ayhan Nurcan, Colak Hatice, Sariyer Esra Tansu, Cevik Ekin (2023). Evaluation of the effect of Hedonic Hunger on nutrition change processes and its relationship with BMI: A Study on University Students. *Marmara University, Clinical and Experimental Health Sciences* 13(2), 234-242., Doi: 10.33808/clinexphealthsci.1178208
7. **Arslan Muge**, Yabancı Ayhan Nurcan, Colak Hatice, Sariyer Esra Tansu, Cevik Ekin (2023). The relationship of adherence to the Mediterranean Diet, dietary inflammatory index and nutrient intake in university students: A cross-sectional study. *İzmir Kâtip Çelebi University faculty of health sciences journal*, 8(2), 291-297.
8. Ozdemir Seyda, **Arslan Muge**. Orthorexia Nervosa and Physical Activity:Impact on Food Choices and Quality of Life in Healthcare Workers. *Clinical and Experimental Health Sciences*. Doi:10.33808/clinexphealthsci.1513049
9. **Arslan Muge**, Atmaca Letafet (2022). Investigation Of the impact of macro-micronutrient intakes of health workers on anxiety-inquietude during the Covid-19 pandemic process. *Gevher Nesibe Journal Of Medical & Health Sciences*, 7(20), 147-157., Doi: 10.5281/zenodo.7133610
10. **Arslan Muge**, Yabancı Ayhan Nurcan, Colak Hatice, Sariyer Esra Tansu, Cevik Ekin (2022). The effect of Chronotype on addictive eating behavior and BMI among university students: a cross-sectional study. *Nutrients*, 14(14)-2907., Doi: 10.3390/nu14142907
11. Hamurcu Pinar, **Arslan Muge** (2022). The relationship between mood, life satisfaction, and emotional appetite: a study on university students. *Gevher Nesibe Journal Of Medical & Health Sciences*, 7(17),119-130., Doi: 10.46648/gnj.367
12. **Arslan Muge**, Yabancı Ayhan Nurcan, Cevik Ekin, Sariyer Esra Tansu, Colak Hatice (2022). Effect of emotion regulation difficulty on eating attitudes and body mass index in university students: a cross-sectional study. *Journal of Men's Health*, 18, Doi: 10.31083/j.jomh1810199
13. **Arslan Muge**, Yabancı Ayhan Nurcan, Sariyer Esra Tansu, Colak Hatice, Cevik Ekin (2022). The effect of Bigorexia Nervosa on eating attitudes and physical activity: a study on university students. *International Journal of Clinical Practice*, 2022, Doi: 10.1155/2022/6325860

- 14. Ozupek Gokcen, Arslan Muge** (2021). Examination of the relationship between sustainable nutritional behaviors with nutritional knowledge level and body mass index. *Gevher Nesibe Journal Of Medical & Health Sciences*, 6(14), 68-79., Doi: 10.46648/gnj.266
- 15. Arslan Muge**, Aydemir Ishak (2021). Prevalence of Caffeine and Catechin consumption among university students with the effect of it's on depression and stress. *Psychiatry and Behavioral Sciences*, 11(3), 165-174., Doi: 10.5455/PBS.20210418021614
- 16. Arslan Muge**, Aydemir Ishak, Yabancı Ayhan Nurcan (2021). The relationship of depression and stress with Tryptophan consumption among university youth. *Bezmialem Science*, 10(4), 478-487., Doi: 10.14235/bas.galenos.2021.5883
- 17. Arslan Muge**, Aydemir Ishak, Yabancı Ayhan Nurcan (2021). Examining the level of depression among university students and evaluating its relationship with body mass index (BMI). *Clinical and Experimental Health Sciences*, 11(1), 175-181.,Doi: 10.33808/clinexphealthsci.789597
- 18. Arslan Muge**,Yabancı Ayhan Nurcan,Aydemir Ishak (2020). Evaluation of the relationship between Tryptophan consumption and obesity in university students. *Gevher Nesibe Journal Of Medical Health Science*, 5(8),1-7., Doi: 10.46648/gnj.69
- 19. Arslan Müge**,Aydemir Ishak (2020). The relationship between sleep quality and physical activity status of health personnel with their body mass index. *Türkiye Klinikleri Journal of Health Sciences*, 5(1), 1-10., Doi: 10.5336/healthsci.2019-66418
- 20. Arslan Muge** (2019). The relationship between healthcare professionals' mindful eating, eating attitudes, and body mass index. *Progress in Nutrition*, 21(4), 900-908., Doi: 10.23751/pn.v21i4.8574
- 21. Arslan Muge**,Garipoglu Gokçen,Bilek Heval Can (2019). Investigation of nutritional status of security officers working in shifts and correlation with obesity. *Progress in Nutrition*, 21(2), 276-284., Doi:10.23751/pn.v21i2.7544
- 22. Arslan Muge**,Aydemir Ishak (2019). Relationship between emotional appetite, eating attitudes, sleep quality, and body mass index in healthcare workers: a multi-center study. *Psychiatry And Clinical Psychopharmacology*, 29(3), 346-353., Doi: 10.1080/24750573.2019.1627694
- 23. Arslan Muge**,Tufekçi Alphan Muveddet Emel (2018). Assessment of obesity and circadian rhythm irregularities of disabled people. *Journal of Food and Nutrition Sciences*, 6(1), 18-23., Doi: 10.11648/j.jfns.20180601.13

#### **National publications (Manuscripts):**

- 1. Niran Comak, Muge Arslan** (2023) Evaluation of the effects of social appearance anxiety of adult individuals on food preference and its relationship with anthropometric measurements. *Karya J Health Sci*. 2023; 4(2): 110-115. doi: 10.52831/kjhs.1293108
- 2. Turalioglu Gulsah, Arslan Muge** (2023). The effect of social media use on attitudes towards functional foods and relationship with BMI. *Journal of Adnan Menderes University Health Sciences Faculty*. 2023; 7(3); 482-496.doi: 10.46237/amusbfd.1295446

3. Ozge Varlık, **Muge Arslan** (2023). Evaluation of X, Y, Z Generations' Nutritional Knowledge Levels, Prejudices Against Obesity and Their Food Choices. *Third Sector Social Economic Review*, 58(3), 1752-1772
4. **Arslan Muge**, Bilgin Bas Elif, Tuncer Funda (2022). The effect of macro-micro nutrients on Hedonic Hunger, Chronotype and Emotion Regularity Difficulty among desk workers. *Karya Journal of Health Science*, 3(3), 237-245., Doi: 10.52831/kjhs.1182918
5. Sacko Djiba, **Arslan Muge** (2022). Evaluation of nutritional consumption frequency of and investigation of the effect of nutritional knowledge levels on body mass index on university students: A sample of Istanbul Aydin University. *Turkish Journal of Diabetes and Obesity*, 6(2), 169-176., Doi:10.25048/tudod.1119104
6. Ozupek Gokcen, **Arslan Muge** (2021). Evaluation of the Relationship Between Popular Diet Practice, Nutrition Literacy, and Body Mass Index: A Study on Nutrition and Dietetics Students. *Turkish Journal of Diabetes and Obesity*, 5(3), 340-350., Doi: 10.25048/tudod.966511
7. Kochan Nida Zeynep, **Arslan Muge** (2021). An Evaluation Of The Effect Of Seasonal Changes On Emotional Appetite And Eating Attitude: A Sample Application On University Students. *Medical Journal of Western Black Sea*, 5(2), 210-217., Doi: 10.29058/mjwbs.859888
8. **Arslan Muge**, Aydemir Ishak (2020). The Relationship Between Religious Perceptions and Nutrition The Case of Istanbul Center. *Medical Journal of Western Black Sea*, 4(2), 91-99., Doi: 10.29058/mjwbs.2020.2.8
9. **Arslan Muge** (2020). Examination Of Body Perception And Eating Attitudes Of High School Students And Evaluation Of Their Relationship With BMI (Body Mass Index) Suleyman Demirel University Visionary Journal (26), 107-117., Doi: 10.21076/vizyoner.651699
10. **Arslan Muge**, Kalkan Indrani, Aydemir Ishak (2019). Assessment of Emotional Appetite Status of Adult Individuals with Type 1 Diabetes Using Carbohydrate Counting and its Relationship with Body Mass Index. *Turkish Journal of Diabetes and Obesity*, 3(3), 137-143., Doi: 10.25048/tjdo.2019.52
11. **Arslan Muge** (2019). Assessment of Carbohydrate Count Method Knowledge Levels and Insulin Types of Individuals with Type 1 DM. *Clinical and Experimental Health Sciences*, 9(4), 345-349., Doi: Assessment of Carbohydrate Count Method Knowledge Levels and Insulin Types of Individuals with Type 1 DM
12. Garipoglu Gokcen, **Arslan Muge**, Andaç Ozturk Serap (2019). Orthorexia Nervosa Tendencies of Female Students Studying in the Department of Nutrition and Dietetics Determination. *Journal of Istanbul Sabahattin Zaim University Institute of Science and Technology (JIZUIST)*, 1(3), 23-27.
13. **Arslan Muge** (2018). Analysis of eating habits and physical activity levels: A study on Marmara University faculty academicians. *Dicle Med J*(1), 59-69., Doi: 10.5798/dicletip.407246
14. **Arslan Muge** (2018). Correlation between metabolic syndrome disorder and circadian rhythm of physically disabled individuals. *The European Research Journal*, 4(3), 205-210.

### **International publications (Book) :**

1. Dietary approaches to Irritable Bowel Syndrome (IBS) (2019)., **Arslan Muge, Peter Lang**, Editor: Muge Arslan, publication number:1, page numbers 109, ISBN:978-3-631-78674-1, English (Scientific book) (Scopus index)
2. Nutrition; Seventh Edition by Paul Insel, Don Ross, Kimberley McMahon, Melissa **Bernstein, Jones&Bartlett Learning**, Translation Editor: **Muge Arslan**, publication number 7, page numbers 1036, ISBN: 978-625-6448-39-1, Nobel (2024) (Text book)

### **National publications (book& book chapter)**

1. Health Science in the 21st. Century: Periods and Dynamics, Chapter: Examining the Nutritional Supplement Usage and BMI Status of Healthcare Workers During the Covid-19 Pandemic. (2022) Atmaca Letafet, **Arslan Muge**, Ozgur Publish, Editor:Asuman Kucukoner, Basım sayısı:1, Sayfa Sayısı 184, ISBN:978-975-447-409-1, Turkish (Scientific book)
2. The Role of Functional Foods in Health (2021), **Editor: Muge Arslan**, Guven Plus Group Publish, publication number:1, page numbers 553, ISBN:978-605-7594-54-9, Turkish (Scientific book)
3. The Role of Functional Foods in Health (2021), Chapter: Indol; **Arslan Muge**, Ozupek Gokcen, Guven Plus Group Publish, publication number:1, page numbers 553, ISBN:978-605-7594-54-9, Turkish (Scientific book)
4. A Multidisciplinary View On Sports And Health Sciences (2020), Chapter: Sports, Health And Ergogenic Support: **Arslan Muge**, Guven Plus Group Publish, publication number:1, page numbers 605, ISBN: 978-605-7594-53-2, Turkish (Scientific book)

### **Presented at international scientific meetings and published in proceedings (proceedings) published papers**

1. Turalioglu Gulsah, **Arslan Muge** (2023). 9th International "Başkent" Congress On Medicine, Nursing, And Health Sciences, Examining The Relationship Between Body Mass Index And Social Media Use Of Adults Living In Erzurum Province. Page: 197-208. ISBN: 978-625-6879-02-7 (**full text**)
2. Niran Comak, **Arslan Muge** (2023). 9th International "Başkent" Congress On Medicine, Nursing, And Health Sciences, The Relationship Between Adults' Soial Appearance Anxiety And BMI. Page: 152-162. ISBN: 978-625-6879-02-7 (**full text**)
3. Aydın Edanur, Arslan Muge (2021). Examining The Relationship Between Conditions Of Emotional Appetite And BKI in Healthcare Workers. Page: 219-237. 1st International Health Service Sustainability Congress (**full text**)
4. Kochan Nida Zeynep, **Arslan Muge** (2020) The Effect Of Seasonal Change On BMI In University Students. Page: 65-78. 4th.International Congress on Nutrition, Obesity, and Community Health. E-ISBN: 978-605-7594-68-6 (**full text**)
5. **Arslan Muge** (2020) Evaluation Of Caffeine And Catechin Consumption And The relationship with BMI In university students. page:94-106. 4th.International Congress on Nutrition, Obesity, and Community Health. E-ISBN: 978-605-7594-68-6 (**full text**)

6. **Arslan Muge** (2019). Review on the Relationship between Microbiota and Obesity. Page: 183-187 4th Gevher Nesibe International Health Sciences Congress. ISBN – 978-625-7029-25-4 (**review**)
7. **Arslan Muge** (2018). Effect of Probiotic Nutrition on Episodic Memory Performance. International Conference on Nutritional Science and Food Technology.(Italy) (full text)

### **Speaker At The Congress And Conferences**

1. 12th National Healthy Life Congress (Istanbul/Turkey). Do Fermented Foods Work as Probiotics?: 2023 Update. (2023)
2. 13rd.National Congress of Clinical Enteral Parenteral Nutrition Association (KEPAN) Dysbiosis in the Intestine. (Antalya/Turkey) (2023)
3. Role of gluten in autoimmune diseases symposium (Istanbul) The role of gluten in autoimmune diseases and current approaches (2022)

### **Certificate**

- Certificate Of Animal Use In Experimental Research: Animal Experiments Local Ethics Committee (MED-HADYEEK) and Medical Research Center (MEDITAM) in Istanbul and qualified to receive category A certificate. (21.09.2023 – 02.10.2023) (2023)

### **Projects:**

- Scientific and Technological Research Council of Turkey (TUBITAK), 2023 “TUBITAK 1002-B (Project Coordinator): Food for Individuals with Celiac Disease in Meals Given to Earthquake Victims After the Earthquake in Kahramanmaraş Province and Food Aid Products Arriving at Food Distribution Points Creating a First Response Nutrition Kit Bag in Possible Earthquakes by Evaluating the Status of Meeting the Needs, Researcher: Hacı Ömer Yılmaz, Gökçen Özüpek, (National)

### **ERASMUS + Mobility Agreement Staff Mobility For Teaching**

2024 : Faculty of Science& Technology Jan Dlugosz University in Czestochowa (Polland)

### **Skills:**

- Strong teaching and presentation skills
- Expertise in clinical nutrition and dietetics
- Experience in research and publication
- Proficient in English and Turkish

**Professional Memberships:**

- Turkish Dietetic Association
- Clinical Enteral Parenteral Nutrition Association (KEPAN)