



Assoc.Prof Muge Arslan

Address: Uskudar University Np Health Campus, Saray,Ahmet Tevfik İleri Cd.No:5,34768 Umraniye/İstanbul

phone: +90 216400 22 22

Email: muge.arslan@uskudar.edu.tr

h-index: 7

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:
3. **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
4. **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
5. **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.
6. **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
7. **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
8. Hamurcu Pınar, **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
9. **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
10. **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
11. 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
12. **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
13. **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

14. **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
15. **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
16. **Arslan Müge**, Aydemir Ishak (2020). The relationship between sleep quality and physical activity status of health personnel with their body mass index. *Turkiye Klinikleri Journal of Health Sciences*, 5(1), 1-10., Doi: 10.5336/healthsci.2019-66418
17. **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
18. **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
19. **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
12. **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 food choices of X, Y, Z generations, and investigation of their relationship with body mass index. *Journal of Health Sciences Arel University*, 7(2), 46-57
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 Gokçen, **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)
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) (Scientific 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 Gokçen, 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)

Patent

- Pre-Earthquake Preparedness And Post-Earthquake First Response Nutrition Kit For The Celiac Victims (EPATS) (applied) (2023)

ERASMUS + Mobility Agreement Staff Mobility For Teaching

10.06.2024- 14.06.2024 : Faculty of Science& Technology Jan Dlugosz University in Czestochowa

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)