



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 Muge. (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**, Deniz Funda Nur (2024). Investigating the associations between chronotype, physical activity, premenstrual syndrome, hunger, and food choice among Turkish women. *Psychology, Health & Medicine*. <https://doi.org/10.1080/13548506.2024.2439136> (SCI)
6. **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
7. **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
8. **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.
9. 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
10. **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
11. **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
12. 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
13. **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
14. **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

- 15. 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
- 16. 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
- 17. 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
- 18. 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
- 19. 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
- 20. Arslan Muge, 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
- 21. 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
- 22. 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
- 23. 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
- 24. 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. Yılmaz Helin, **Arslan Muge (2024).** Evaluation of Dietitians' Current and Future Perspectives of Professional Process: A Study on The Sample of Türkiye. *Gümüşhane University Journal of Health Science*, 13 (4), 1457-1465. Doi:

2. Duman Kübra Hatice, Arslan Muge (2024). The Relationship Between Macro-Micro Nutrients and Physical Activity and Premenstrual Syndrome. Journal of General Health Science 6(3), 528-546. <https://doi.org/10.51123/jgehes.2024.147>
3. 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
4. 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
5. 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
6. 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
7. 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
8. 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
9. 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
10. 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
11. 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

12. **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
13. **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: 10.33808/clinexphealthsci.630821
14. 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.
15. **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
16. **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, Basim 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-HADYEK) 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
- Society of Therapeutic Brain Mapping, Biological Psychiatry and Neurotechnology
- Clinical Enteral Parenteral Nutrition Association