

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

# Nasser Mohammed Al-Daghri, PhD

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## Curriculum Vitae

*Professor in Biochemistry  
Former Dean, College of Science  
King Saud University*

Chair for Biomarkers of Chronic Diseases, College of Science, King Saud University, Riyadh, KSA, PO Box  
2455, Riyadh, 11451, Kingdom of Saudi Arabia

August 13, 2024

PART I  
(PERSONAL)

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**NAME:** NASSER MOHMMED N. AL DAGHRI

**NATIONALITY:** SAUDI

**SEX:** MALE

**ACADEMIC RANK:** PROFESSOR (2012 TO DATE)

**ACADEMIC QUALIFICATIONS:**

**BSc Biochemistry:** *Biochemistry Department*  
College of Science  
King Saud University  
Saudi Arabia, June 1986

**MSc General Biochemistry and Metabolic Medicine:**

Biochemistry Department  
College of Science  
King Saud University  
Saudi Arabia, 1992

**THESIS TITLE:** Studies on Insulin Receptors  
**SUPERVISOR:** OMAR SALEM AL ATTAS, Ph. D.  
Minute Specialization: Gestational Diabetes Mellitus

**PhD in Clinical Biochemistry**

Clinical Biochemistry Division in College  
of Medicine Birmingham University  
UK, 2003

**Thesis title:** Metabolic Basis of Coronary Artery Disease  
Supervisor: Prof. Sudhesh Kumar

## POSITIONS HELD

<b>Professor</b>	College of Science KSU, 2012-present
<b>Associate Professor</b>	College of Science KSU, 2008-2012
<b>Assistant Professor</b>	College of Science KSU, 2003-2008
<b>PhD candidate</b>	Birmingham University 1998-2003
<b>Lecturer in Biochemistry Department</b>	College of Science KSU 1995-1998
<b>Research Assistant</b>	College of Science KSU, 1986-1995
<b>Graduate Student, MSc</b>	College of Science KSU, 1989 - 1992
<b>Undergraduate Student, BSc</b>	College of Science KSU, 1989 - 1992

## ADMINISTRATIVE POSITIONS:

1. **VICE-RECTOR for Academic Affairs** (2025-present)
2. **DEAN, College of Science** (2015-2021)
3. **DIRECTOR**, Chair for Biomarkers of Chronic Diseases (2018-present)
4. **DIRECTOR**, *Prince Mutaib bin Abdullah Chair for Biomarkers of Osteoporosis* (2010-2018)
5. **DEPUTY-DIRECTOR**, *Biomarker Research Program*, KSU (2008-present)
6. **VICE-DEAN**, KSU Research Chairs (2013-2015)
7. **DEPUTY-DIRECTOR**, *Diabetes and Endocrinology Research Laboratory*, KSU (2005-2008)
8. **PMO MANAGER**, *Structure and Environmental of KSU Strategic Plan* (2010-present)
9. **EVENTS DIRECTOR**, 2010 4<sup>th</sup> *International Conference on Biomarkers in Chronic Diseases* (KSA)
10. **HEAD**, *Research Center of the College of Science* (2007-2008)
11. **HEAD**, *Research Center, University Diabetes Center, King Saud University* (2005-2007)
12. **MEMBER** of the Long-Standing *Committee for the Radiation Protection*, College of Science, KSU
13. **MEMBER**, *Saudi Charitable Association of Diabetes* (2008-present)
14. **VICE-PRESIDENT**, *Saudi Charitable Association of Diabetes* (2016-2020)
15. **ASSISTANT DIRECTOR**, *Attracting Unit of Distinguished University Staff* (AUDUS) (2009-present)
16. **CHAIRMAN** of the 1<sup>st</sup> *Fundamentals of Medical Statistics Course*, University of Diabetes Center, King Saud University, Riyadh, Kingdom of Saudi Arabia

## INTERNATIONAL ROLES

1. **Collaborateur de l'Université de Liège**, WHO Collaborating Centre for Public Health, Aspects of Musculoskeletal Health and Aging, Liège, Belgium (2017-present)
2. **Research Fellow**, Warwick Medical School, University of Warwick, UK (2013-2017)
3. **Member**, WHO Bone Health Expert Working Group (2023-2028)
4. **Member**, Committee of Scientific Advisors (CSA), International Osteoporosis Foundation (2018-present)
5. **Editorial Board Member**, Aging Clinical and Experimental Research (2020-present)

# SCIENTIFIC AND ACADEMIC WORKS

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## Summary of Citations (August 13, 2024)

Citation Database	Articles	H-Index	Citations
Google Scholar	618	74.0	20557
Scopus	420	57.0	12690
Web of Science	545	53.0	11399

## August 2024 (JCR2023/2024)

	Frequency	Percentage (%)	Impact Factor
Q1 Articles	189	42.9	6.9
Q2 Articles	141	32.0	3.0
Q3 Articles	40	9.1	2.4
Q4 Articles	30	6.8	0.9
ISI Papers with no IF	19	4.3	--
Non-ISI Papers	22	5.0	--
<b>TOTAL</b>	<b>441</b>	<b>100</b>	<b>4.6</b>

## Academic AWARDS

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### 2012

- 1<sup>st</sup> Prize, Dr. Mohammed Al-Khalifa Research Award, Bahrain

### 2013

1. King Saud University Excellence in Science Award for Scientific Publications
2. King Saud University Excellence in Science Award for Research Funding

### 2015

1. 1<sup>st</sup> Prize, Arab Medical Congress, Doha Qatar
2. Abdul Hameed Shoman Award for Arab Researchers (Medicine and Health Sciences)

### 2017

1. 1<sup>st</sup> Prize, American Association of Clinical Endocrinologists, Dubai, UAE

### 2018

1. Deanship of Scientific Research, KSU Certificate of Appreciation for outstanding publication

**2020-present**

1. Top 2% Scientists of the World (Stanford University)

**2021**

1. Ibn Sina Distinguished Service Award. Given by the Gulf Association of Endocrinology and Diabetes (Oct 9, 2021)
2. AD Scientific Index Rank 1 in University and Country (Medical Health Sciences: Biochemistry)

## Funded Projects

Name of Approved Research Projects Awarded	Funds Awarded in SAR
Effect of Vitamin D Supplementation on Diabetes Therapies	١,٠٣٧,٠٠٠
Survey of Thiamine Dependent Enzymes and Biochemical Dysfunction Status in Type 1 and Type 2 Diabetic Patients with and without Complications	٩٩٢,٨٠٠
Clinical and Metabolic Significance of Sagittal Abdominal Diameter among Saudi Youth: A Cross-Sectional Analysis	١,٣٢٦,٦٠٠
Defining the Molecular Mechanisms for Obesity-Associated Hypertension	1,118,100
Effect of Polycyclic Aromatic Hydrocarbons Exposure on Expression of Some Regulatory Genes in Asthma	1,158,200
Elucidating the Molecular Mechanisms In $1\alpha$ 25(OH) $_2$ Vitamin D $_3$ Mediated Attenuation of Type 2 Diabetes Risk: <i>In Vivo</i> and <i>In Vitro</i> Studies	1,760,400
Circulating Endotoxin as a Contributing Inflammatory Mediator in Osteoporosis Risk and its Association with Vitamin D Deficiency	1,572,800
A Dietary Interventional Study Moderating Fat Intake in Saudi Subjects with Metabolic Diseases	1, 729,000
A 26-week Randomized, Double Blind Placebo-controlled study to Explore the Effect of Probiotics on Endotoxin Levels in Patients with T2DM	1,678,715
Association of Polymorphisms in Genes of the PTH, RANKL and Calcium Metabolism pathways in Saudi Subjects with Osteoporosis	1,741,000
Premature Biological Aging in Saudi Adults with Type 2 Diabetes and the Influence of Endotoxinaemia	1,572,000
Prevalence of Vitamin D Deficiency in Pregnant Women and its Association with Gestational Diabetes Mellitus (GDM)	1,527,000
A Study on the Prevention of Diabetes Mellitus Type 2 through Lifestyle Modification in Saudis with Impaired Fasting Glucose	1,239,200
<b>TOTAL</b>	<b>18,452,815.00</b>

As of August 2024

Articles in the Highest Quartile (Q1) of the Journal Citation Indicator (JCI)			
No.	Title of the Published Article (with authors details/sequence)	Name of the Journal (issue, month & year of publication) <i>Web (online) link</i> of paper	JCR 2023/24 Impact Factor
1	Lara-Castor L, Micha R, Cudhea F, Miller V, Shi P, Zhang J, Sharib JR, Erndt-Marino J, Cash SB, Barquera S, Mozaffarian D; Global Dietary Database. <b>Intake of sugar sweetened beverages among children and adolescents in 185 countries between 1990 and 2018: population-based study.</b>	BMJ. 2024; 386: e079234. doi: 10.1136/bmj-2024-079234.	93.6
2	Alzaim M, Ansari MGA, Al-Masri AA, Khattak MNK, Alamro A, Alghamdi A, Alenad A, Alokail M, Al-Attas OS, Al-Zahrani AG, <b>Al-Daghri NM. Association of VDR gene variant rs2228570-FokI with gestational diabetes mellitus susceptibility in Arab women.</b>	Heliyon. 2024; 10(11): e32048. doi: 10.1016/j.heliyon.2024.e32048.	3.4
3	Calluy E, Beaudart C, Alokail MS, <b>Al-Daghri NM</b> , Bruyère O, Reginster JY, Cavalier E, Ladang A. <b>Confounding factors of the expression of mTBI biomarkers, S100B, GFAP and UCH-L1 in an aging population.</b>	Clin Chem Lab Med. 2024. doi: 10.1515/cclm-2024-0194.	3.8
4	Fuggle NR, Beaudart C, Bruyère O, Abrahamsen B, <b>Al-Daghri N</b> , Burlet N, Chandran M, Rosa MM, Cortet B, Demonceau C, Dere W, Halbout P, Hiligsmann M, Kanis JA, Kaufman JM, Kurth A, Lamy O, Laslop A, Maggi S, Matijevic R, McCloskey E, Mobasheri A, Prieto Yerro MC, Radermecker RP, Sabico S, Al-Saleh Y, Silverman S, Veronese N, Rizzoli R, Cooper C, Reginster JY, Harvey NC. <b>Evidence-Based Guideline for the management of osteoporosis in men.</b>	Nat Rev Rheumatol. 2024; 20(4):241-251. doi: 10.1038/s41584-024-01094-9.	29.4
5	Alahmadi MA, Almasoud KH, Aljahani AH, Alzaman NS, Al-Nozha OM, Alahmadi OM, Jalloun RA, Alfadhli EM, Alahmadi JM, Zuair AA, Alzahrani NS, Alahmadi AA, Alghamdi MA, Aldayel AA, Aljaloud SO, Alharbi OM, Al-Nuaim A, Alshqaq SS, Alsaedi BS, Alrashidi A, Alamri OA, Alshaikhi AS, Al-Thumali FJ, Alshdokhi KA, Awn AB, Jifri AA, Aljuhani O, Aljaloud KS, Al-Mudarra MF, Ansari MGA, <b>Al-Daghri NM. The prevalence of sedentary behavior among university students in Saudi Arabia.</b>	BMC Public Health. 2024; 24(1):605. doi: 10.1186/s12889-024-18107-7.	3.5

6	Amer OE, Sabico S, Khattak MNK, Alnaami AM, Saadawy GM, <b>Al-Daghri NM. Circulating Interleukins-33 and -37 and Their Associations with Metabolic Syndrome in Arab Adults.</b>	Int J Mol Sci. 2024; 25(2):699. doi: 10.3390/ijms25020699.	4.9

**Articles in the Middle High Position (Q2) of the Journal Citation Indicator (JCI)**

No.	Title of the Published Article (with authors details/sequence)	Name of the Journal (issue, month & year of publication) <i>Web (online) link of paper</i>	JCR 2023/24 Impact Factor
1	Wani K, Balvir K, <b>Al-Daghri NM</b> , Sabico S. Prevalence of The Metabolically Healthy Obese Phenotype in Saudi Arabian Settings.	Front Pub Health 2024; 12 <a href="https://www.frontiersin.org/journals/public-health/articles/10.3389/fpubh.2024.1371359/full">https://www.frontiersin.org/journals/public-health/articles/10.3389/fpubh.2024.1371359/full</a>	3.0
2	Veronese N, Briot K, Guañabens N, Albergaria BH, Alokail M, <b>Al-Daghri N</b> , Bemden AB, Bruyère O, Burret N, Cooper C, Curtis EM, Ebeling PR, Halbout P, Hesse E, Hiligsmann M, Camargos BM, Harvey NC, Perez AD, Radermecker RP, Reginster JY, Rizzoli R, Siggelkow H, Cortet B, Brandi ML. Recommendations for the optimal use of bone forming agents in osteoporosis	Aging Clin Exp Res. 2024 Aug 9;36(1):167. doi: 10.1007/s40520-024-02826-3.	3.5
3	Aldisi D, Sabico S, Almiman A, Al-Farraj A, Basaeed TA, Wani K, Hussain SD, Ansari MGA, McTernan PG, <b>Al-Daghri NM</b> . Is freeze-dried superfood kale supplementation healthier than common green peas? Outcomes of a cross-over trial.	Front Nutr. 2024 Jul 24; 11:1370677. doi: 10.3389/fnut.2024.1370677.	4.0
4	Farhan HA, Al-Ghannam FAA, Wani K, Khattak MNK, Alnaami AM, Alharbi MG, Alamro AA, Sabico S, <b>Al-Daghri NM</b> . Associations between Serum Iron Indices and Self-Assessed Multiple Intelligence Scores among Adolescents in Riyadh, Saudi Arabia.	Biomedicines. 2024 Jul 16; 12(7):1578. doi: 10.3390/biomedicines12071578.	3.9



5	<p><b>Al-Daghri NM</b>, Wani K, Khattak MNK, Alnaami AM, Al-Saleh Y, Sabico S. The single point insulin sensitivity estimator (SPISE) is associated with bone health in Arab adults.</p>	<p>Aging Clin Exp Res. 2024 Jun 21; 36(1):136. doi: 10.1007/s40520-024-02789-5.</p>	<p>3.5</p>
6	<p>Fuggle NR, Reginster JY, <b>Al-Daghri N</b>, Bruyere O, Burlet N, Campusano C, Cooper C, Perez AD, Halbout P, Ghi T, Kaufman JM, Kurt A, Matijevic R, Radermecker RP, Tuzun S, Veronese N, Rizzoli R, Harvey NC, Brandi ML, Brandi ML. Radiofrequency echographic multi spectrometry (REMS) in the diagnosis and management of osteoporosis: state of the art.</p>	<p>Aging Clin Exp Res. 2024 Jun 21; 36(1):135. doi: 10.1007/s40520-024-02784-w.</p>	<p>3.5</p>
7	<p>Veronese N, Ragusa FS, Sabico S, Dominguez LJ, Barbagallo M, Duque G, <b>Al-Daghri N</b>. Osteosarcopenia increases the risk of mortality: a systematic review and meta-analysis of prospective observational studies.</p>	<p>Aging Clin Exp Res. 2024 Jun 18; 36(1):132. doi: 10.1007/s40520-024-02785-9.</p>	<p>3.5</p>
8	<p>Yakout SM, Khattak MNK, <b>Al-Daghri NM</b>, Al-Masri AA, Elsaid MA. Associations of bone mineral density with sex hormone-binding globulin (SHBG) and testosterone in middle-aged Saudi men: a cross-sectional study.</p>	<p>Front Endocrinol (Lausanne). 2023 Nov 24; 14:1230279.</p>	<p>3.9</p>

**Articles in the Lowest Quartile (Q4) of the Journal Citation Indicator (JCI)**

<b>No.</b>	<b>Title of the Published Article (with authors details/sequence)</b>	<b>Name of the Journal (issue, month &amp; year of publication) <i>Web (online) link</i> of paper</b>	<b>JCR 2023/24 Impact Factor</b>
<b>1</b>	<b>Aldisi D, Sabico S, Al-Farraj A, Basaeed TA, Wani K, Hussain SD, Al-Daghri NM, McTernan P. <i>Acute Changes in Fatty Acid Binding Protein 2 (FABP2) and Cluster of Differentiation 14 (CD14) Post-Supplementation with Freeze-dried Kale versus Peas in Women with Obesity.</i></b>	J Biol Regul Homeost Agents 2024; 38(3): 2013-24.	0.8

**First: Research of PhD Students**

<b>No</b>	<b>Supervision Role</b>	<b>Research Title</b>
١	Co-Supervisor	Altered Plasma Adipocytokine and Inflammatory Biomarkers in Obese Hypertensive Saudi Adult Patients
٢	Co-Supervisor	Dietary risk factors for type 2 diabetes in Saudi Arabia
٣	Co-Supervisor	A dietary in tetrventional study moderating fat intake in Saudi subjects with metabolic disease
٤	Co-Supervisor	Compare 25 hydroxy vitamin D Levels in Osteoporosis and healthy Saudi Arabian Woman. It also seeks to investigate the relation between 25(OH)D and dietary intake, Vitamin d levels,serum calcium, and serum phosphorous
٥	Co-Supervisor	The development of a novel anthropometric tool for assessing overweight and obesity in Saudi adult population
٦	Co-Supervisor	Prevalence of Vitamin D Deficiency in Pregnant Women and its Association with Gestational Diabetes Mellitus (GDM)
٧	Co-Supervisor	A Study to Explore the Effects of Probiotics on Endotoxin Levels and Cardiometabolic Indices in Patients with Type 2 Diabetes Mellitus
٨	Co-Supervisor	Vitamin D receptor polymorphism and the risk of Gestational diabetes in Saudi pregnant women

٩	Co-Supervisor	Identification of Novel Education Models to Improve Health Outcomes in People with Pre-Diabetes
١٠	Co-Supervisor	The Genetic Control of Adipokine Levels
١١	Supervisor	Pathogenesis of Inflammasome Activation in Patients with Varying Levels of Glycemia
١٢	Co-Supervisor	Effect of Multi Strain Probiotics as an Anti Obesity among Overweight and Obese Saudi Adults
١٣	Co-Supervisor	Beverages and sugarsweetened beverages intake among Saudi high school students in Riyadh city and its association with physical activity obesity parameters and nutrition fact panel literacy
١٤	Supervisor	Understanding Betatrophins Cardiometabolic Role in Adolescents Evidence using a MultiMethod Approach
١٥	Supervisor	Effects of a 6-month Lifestyle Intervention Program in the DNA Methylation Markers of Biological Aging in Adults with
١٦	Co-Supervisor	Monitoring Interleukin-11 Levels as Promising Aging Indicator in Adolescents with Type 2 Diabetes Mellitus

**Second: Research of MSc Students**

<b>No</b>	<b>Supervision Role</b>	<b>Research Title</b>
١	Co-Supervisor	Role of Hepcidin in LPS-induced metabolic disorders

٢	Supervisor	Association of Select Micronutrients and Minerals with Serum 25(OH)D and 1,25(OH) <sub>2</sub> D in Saudi patients with Osteoporosis.
٣	Co-Supervisor	Differences in Circulating Serum Cystatin C Levels and its Associations with Metabolic Parameters among Pregnant Women with and Without Gestational Diabetes Mellitus
٤	Co-Supervisor	Identification of the mutations in ABCC8 gene responsible for the neonatal diabetes in Saudi population.
٥	Co-Supervisor	Impact of oral vitamin D supplementation on serum Carboxypeptidase N and nitric-oxide levels in Saudi patients.
٦	Co-Supervisor	Exposure to Persistent Organic Pollutants and Relation with Breast Cancer.
٧	Co-Supervisor	Monitoring hippo signaling pathway methylation genes in osteosarcoma cell lines
٨	Supervisor	Serum Zinc 2 glycoprotein Levels in Saudi Patients with or without Metabolic Syndrome and its Association with Proinflammatory Cytokines
٩	Supervisor	Clinical Significance of Serum NLRP3 Levels and Associated Cytokines in Saudi Patients with Metabolic Syndrome
١٠	Supervisor	Serum Tristetraprolin Levels in Saudi Patients with Or Without Metabolic Syndrome and Its Association with Insulin Resistance Index and Adiponectin

١١	Supervisor	Serum Asprosin levels and its association with other serological parameters in Saudi T2DM and Obese subjects
١٢	Supervisor	Oxidative stress biomarkers of neonates in Saudi population
١٣	Co-Supervisor	Prospective changes in lipocalin2 and adipocytokines among Saudi adults with varying degrees of obesity
١٤	Supervisor	Clinical significance of circulating levels of betatrophin in adolescent obesity insulin resistance and vitamin D status
١٥	Supervisor	Association between Circulating Levels of Iron and Self assessed Multiple Intelligence in Saudi Adolescents
١٦	Supervisor	The Effects of Kale and Peas Supplementation on Leptin Apelin and Lipopolysaccharide Binding Protein A Randomized Double Blind Study
١٧	Supervisor	Circulating Receptor Activator of Nuclear Factor kappa B Ligand at first Trimester in Saudi Women at Risk for Gestational Diabetes Mellitus