

Curriculum Vitae

Mohammad Zaid Darabseh

languages: English, Arabic, Urdu

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Education:

PhD in Cardiorespiratory Physiotherapy

Thesis title “The Effects of Vaping and Smoking on Respiratory Function and Inflammation; Can they be Reversed by Aerobic Exercise and Vaping and Smoking Cessation?”.

Manchester Metropolitan University, Manchester, United Kingdom, September 2021

Master’s degree in Movement Sciences/Sport Sciences

Thesis title “The Effects of Pedometer-Based Intervention on Patients After Total Knee Replacement Surgeries”.

Yarmouk University, Irbid, Jordan, December 2016 – Very Good rank

Bachelor’s degree in Physiotherapy

Bachelors’ graduation project title “Chronic Cardiovascular Effects of Waterpipe Smoking”.

Jordan University of Science and Technology, Irbid, Jordan, August 2013 - Very Good rank

General secondary examination (Tawjihi), Scientific stream

Al- Turra secondary school for boys; Excellent rank

Experiences:

October 2023 until now:

- Faculty member for cardiorespiratory physiotherapy- Department of Physiotherapy, School of Rehabilitation Sciences, University of Jordan, Amman, Jordan.

September 2022 – September 2023:

- Co-founder of Physiotherapy department and an Assistant Professor of Physiotherapy- Department of Physiotherapy, faculty of Allied Medical Sciences, Al-Ahliyya Amman University, Amman, Jordan.
- Member of the university council at Al-Ahliyya Amman University.
- Part-time lecturer of cardiorespiratory physiotherapy, Department of Physiotherapy, School of Rehabilitation Sciences, University of Jordan, Amman, Jordan.

October 2021 to September 2022

- Assistant Professor of Physiotherapy- Department of Allied Medical Sciences, Aqaba University of Technology, Aqaba, Jordan.
- Assistant Dean of Scientific Research- Aqaba University of Technology, Aqaba, Jordan.
- Team member/ International Relations Office- Aqaba University of Technology, Aqaba, Jordan.
- Part-time Respiratory Therapy lecturer, Department of Allied Medical Sciences, Jordan University of Science and Technology, Irbid, Jordan.

Academic year 2020/2021:

- Part-time cardiorespiratory physiotherapy lecturer, School of Allied Health Professions, Keele University, Newcastle Under Lyme, United Kingdom

Academic year 2019/2020:

- Associate part-time cardiorespiratory physiotherapy lecturer and demonstrator, School of Physiotherapy, and Healthcare Sciences, Manchester Metropolitan University, Manchester, United Kingdom

September 2018 until August 2021:

- Part-time physiotherapist, in Partnership with National Health Services (NHS), United Kingdom.

August 2013-July 2018:

- Physiotherapist- German Medical Center for Teaching Physiotherapy and Rehabilitation- Jordan.

August 2013-October 2016:

- Part-time Research Assistant, Jordan University of Science and Technology.

Peer-reviewed publications:

- **Darabseh, M. Z.**, Aburub, A., & Fayed, E. E. (2023, January). The Role of Physiotherapists in Smoking Cessation Management: A Scoping Review. In *Healthcare* (Vol. 11, No. 3, p. 336). MDPI.
- **Darabseh, M.Z.**, Aburub, A. and Davies, S., 2023. The Effects of Virtual Reality Physiotherapy Interventions on Cardiopulmonary Function and Breathing Control in Cystic Fibrosis: A Systematic Review. *Games for Health Journal*, 12(1), pp.13-24.
- Khalil, H., Rehan, R., Al-Sharman, A., Aburub, A.S., **Darabseh, M.Z.**, Alomari, M.A., Aburub, A. and El-Salem, K., 2022. Exercise capacity in people with Parkinson's disease: which clinical characteristics are important?. *Physiotherapy Theory and Practice*, pp.1-9.
- Aburub, A., **Darabseh, M.Z.**, Alsharman, A., Hegazy, M.M. and Hunter, S.M., 2022. Nursing Mothers' Experiences of Musculoskeletal Pain Attributed to Poor Posture During Breastfeeding: A Mixed Methods Study. *Breastfeeding Medicine*, 17(11), pp.926-931. **(Joint first authorship)**.
- **Darabseh, M.Z.**, Selfe, J., Morse, C.I., Aburub, A. and Degens, H., 2022. Does aerobic exercise facilitate vaping and smoking cessation: a systematic review of randomized controlled trials with meta-analysis. *International journal of environmental research and public health*, 19(21), p.14034.
- Alomari, M. A., Alzoubi, K. H., Khabour, O. F., & **Darabseh, M. Z.** (2021). Sleeping habits during COVID-19 induced confinement: A study from Jordan. *Heliyon*, 7(12), e08545.
- **Darabseh, M. Z.**, Selfe, J., Morse, C. I., & Degens, H. (2021). Impact of vaping and smoking on maximum respiratory pressures and respiratory function. *International Journal of Adolescence and Youth*, 26(1), 421-431.
- Ocana, P. D., **Darabseh, M. Z.**, Ishihara, K., Aburub, A., Zambolin, F., Montgomery, G., ... & Bagley, L. (2021). Age-related declines in muscle and respiratory function are proportionate to declines in performance in Master Track Cyclists. *European journal of applied physiology*, 121(12), 3447-3457. **(Joint first authorship)**.
- **Darabseh, M. Z.**, Maden-Wilkinson, T. M., Welbourne, G., Wüst, R. C., Ahmed, N., Aushah, H., ... & Degens, H. (2021). Fourteen days of smoking cessation improves muscle fatigue resistance and reverses markers of systemic inflammation. *Scientific reports*, 11(1), 1-11.
- **Darabseh, M. Z.**, Selfe, J., Morse, C. I., & Degens, H. (2020). Is vaping better than smoking for cardiorespiratory and muscle function?. *Multidisciplinary Respiratory Medicine*, 15. <https://doi.org/10.4081/mrm.2020.674>

Published conferences' abstracts:

- **Darabseh, M. Z.**, Aburub, A. (2023). Make-up for Parkinson's: a randomized control trial. International Congress of Parkinson's Disease and Movement Disorders®, in Copenhagen, Denmark conference (Presenter)
- **Darabseh, M. Z.**, Aburub, A. (2022). The Role of Physiotherapists in Smoking Cessation Management: A Systematic Review. *Physiotherapy Research Society Conference 2022* (Presenter)

- **Darabseh, M. Z.**, Selfe, J., Morse, C. I., Aburub, A., & Degens, H. (2022). Does aerobic exercise facilitate smoking cessation: A systematic review of randomized controlled trials with meta-analysis. *Physiotherapy*, 114, e87-e88.
- **Darabseh, M.**, Rawashdeh, M., & Darwish, F. (2021). The effects of pedometer-based intervention on patients after total knee replacement surgeries. *Physiotherapy*, 113, e35-e36.
- **Darabseh, M. Z.**, Aburub, A., Davis, S. (2021). Does Virtual Reality Physiotherapy Interventions Change Cardiopulmonary Function and Breathing-Control in Cystic Fibrosis? A Systematic Review. *Physiotherapy Research Society Conference 2021* (Presenter)
- **Darabseh, M. Z. et al.**, (2021). Age-related decline in respiratory function and respiratory muscles strength in Master Track Cyclists. *European College of Sports Science (ECSS) Conference 2021*. (Presenter).
- **Darabseh, M. Z.**, Ocana, P.D., Proportionate age-related declines in muscle strength, respiratory function and performance in Master Track Cyclists. *Future Physiology 2021* (ePoster) presentation.
- **Darabseh, M. Z.**, Selfe, J., Morse, C. I., & Degens, H. (2021). Impact of Vaping and Smoking on Maximum Respiratory Pressures and Respiratory Function. *Physiotherapy Research Society Conference 2021* (Presenter)
- Alomari M., Khabour O., Alzoubi K., **Darabseh M. Z.**, "Sleeping Habits during COVID19 Induced Confinement", *Qatar University Annual Research Forum and Exhibition* (QUARFE 2020), Doha, 28 October 2020, DOI: <https://doi.org/10.29117/quarfe.2020.0293>

Research Activities, Awards and Supervision:

- Winner of the 2nd prize of the annual Postgraduate students paper competition, Manchester Metropolitan University (2021), United Kingdom.
- Associate supervisor for four MSc degree students for their research projects, School of Healthcare Science, Manchester Metropolitan University
- Associate supervisor for eight undergraduate students for their research projects, School of Healthcare Science, Manchester Metropolitan University

Committees:

- Member of Academic tutoring committee- Faculty of Allied Medical Sciences, Al-Ahliyya Amman University.
- Member of faculty of website and library committee- Faculty of Allied Medical Sciences, Al-Ahliyya Amman University.
- Member of faculty public safety committee- Faculty of Allied Medical Sciences, Al-Ahliyya Amman University.
- Member of the Aqaba University of Technology Scientific Research Council.

- Head of the Scientific Research Committee- Department of Allied Medical Sciences, Aqaba University of Technology
- Member of Aqaba University of Technology Recruitment and Hiring Physiotherapy staff committee.

Memberships:

- Health and Care Professions Council (HCPC- PH115982) - United Kingdom.
- European College of Sport Science (ECSS).
- The Physiological Society – United Kingdom.
- Professional Registration to Practice Physiotherapy in Jordan.
- Member of International Parkinson and Movement Disorders Society.

Attended conferences:

- Respiratory Show 2019 – Birmingham, United Kingdom
- Posture and Mobility group (PMG)– Telford, United Kingdom
- The Three minutes thesis talk competition (3MT) -Manchester Metropolitan University- Presenter
- The 4th Jordanian International Physiotherapy Conference – Presenter
- The 1st Conference of Jordan Universities in Rehabilitation Sciences – Presenter
- National Research and Creativity Conference – Al-Albait University- Presenter
- Singapore International Water Week –Young Water Leaders Summit – Singapore
- Youth Congress for traffic awareness – Jordan
- First Youth Conference for Students of Jordanian Universities – Jordan University of Science and Technology.

Research Skills:

- Pulmonary function testing (Spirometry).
- Respiratory muscle's function testing.
- Breath-by-Breath Gas Analysis.
- Cardiopulmonary Exercise Testing.
- Cardiac rehabilitation intervention.
- Vascular Functions Analysis (Blood Flow Mediated Dilation-Ultrasound).
- Muscle Function Testing.
- Muscle Fatigability Assessment.
- Muscle Cross Sectional Area Measurements and Analysis (MRI).

- Plethysmography.
- Statistical Analysis (SPSS).

Professional Workshops:

- Use of Modern Teaching Methods and Educational Technology in Teaching and Learning for Practicing Academic Profession, Centre of Consultations and Training, The University of Jordan (2021).
- COVID-19 Respiratory Therapy Update 2021. UK
- The Third Allied Health Rehabilitation Course for Parkinson's Disease, Dubai
- Fundamental of Pulmonary Rehabilitation – British Thoracic Society (BTS).
- Spirometry Workshop – conduction and interpretation. Respiratory show, United Kingdom
- Inhaler Technique Session. Respiratory show, United Kingdom.
- Manual handling practical workshop, Charles Bloer Training Ltd, United Kingdom.
- Mulligan International Course, A & B levels workshop
- Physiotherapy management of spinal cord injuries, The International Spinal Cord Society.
- First Aid workshop.
- Injection skills course.
- Low Back Pain assessment and management course.
- Social leaders' workshop.
- Communications skills and Public speaking trainer.

Voluntary Activities:

- Health and fitness outreach in Al Turra Schools – Jordan
- Supervision committee member - Prince El - Hassan Youth Award.
- Sabelat Prince El- Hassan Program (field studies, field surveys).