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College of Applied Medical Sciences,
Majmaah University, Al Majmaah, Riyadh, Kingdom of Saudi Arabia
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ACADEMIC DETAIL

Year	Degree	University	Place
2015	PhD (Physiology);	Jamia Millia Islamia,	New Delhi
2007	Master of Science;	University of Delhi,	New Delhi
2005	Bachelor of Science;	Jamia Millia Islamia,	New Delhi

CURRENT TITLES

Assistant Professor, College of Applied Medical Sciences, Majmaah University, Kingdom of Saudi Arabia
 Member Editorial Board, Nature and Science of Sleep
 Member Editorial Board, BMC Sleep Science and Practice
 Member advisory Board, Sleep and Hypnosis
 Review Editor, Frontiers in Neurology
 Review Editor, Frontiers in Psychiatry
 Member Editorial Board, Sleep and Vigilance

TEACHING AND RESEARCH EXPERIENCES:**7 YEARS (Post-PhD 5 years)**

Human Physiology, Biostatistics, Human development, Anatomy, Pathology, Pathophysiology, Pharmacology, and Research methodology for Applied Health Science courses

List of present and/or previous positions in reverse chronological order

Name & Address of Employer	Position or Rank	From	To	Academic Responsibilities
Majmaah University, Kingdom of Saudi Arabia	Assistant Professor	2018	current	Human Physiology, Biostatistics, Human development, Anatomy, Pathology, Pathophysiology, Patho-pharmacology, and Research methodology for Applied Health Science courses
Mizan-Tepi University, Ethiopia	Assistant Professor (Human Physiology)	2015	2017	Human Physiology for Health Science courses i.e. Pharmacy, Public health, Nursing & Midwifery
Centre for Physiotherapy & Rehabilitation Sciences, JMI, India	Assistant Professor (Guest) Human Physiology	2014	2015	Physiology, Exercise physiology course for Physiotherapy; assisting Dissertation research work of post-graduate students
IGNOU Centre at Institute of Home Economics, India	Contract teacher/tutor for Applied Physiology	2011	2012	Applied Human Physiology to post-graduate students of Nutrition and Dietetics
ICMR and CPRS, India	Junior Research	10/2008	05/2009	Research work

	Fellow			
CPRS, JMI, India	Research assistant: practical demonstration in Physiology	07/2007	10/2008	Assistance in research work; practical demonstration

RESEARCH INTEREST

Epidemiology, Physiology of inflammation and sleep, psychometrics of clinical inventories, sleep and cognition

ONGOING PROJECTS

1. Apnea and daytime sleepiness and their determinants in young adults.
2. Sleep disturbances and its psychological correlates: A multi-country (Ethiopia, India, Jordan, & Saudi Arabia).
3. Sleep disturbances, cognition and financial burden in chronic addiction.
4. Sleep disturbances and relationship with stress, anxiety and sleep hygiene in young adults.
5. Prevalence of sleep disorders and its predictors in hypertension.
6. Prevalence of sleep disorders and its predictors in diabetes mellitus.
7. Association between migraine and sleep disturbances (apnea and daytime sleepiness) in young adults.
Sleep disorders in diabetes, hypertension and rheumatic arthritis.
8. Sleep disorders in autistic children and their siblings.

PUBLICATIONS:

TOTAL CITATIONS: 571

1. **Manzar MD**, Salahuddin M, et al. Insomnia may mediate the relationship between stress and anxiety: A cross-sectional study in university students. *Nature and Science of Sleep* (In Press).
2. Bayu BB, **Manzar MD**, et al. Diabetes Mellitus, Metabolic Syndrome, and Physical Activity among Ethiopians: A Systematic Review. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews* (In Press).
3. Naeem A, El-boraie H, Abou-Elsaad T, khater M, **Manzar MD**, et al. Can sleep profiles predict autistic traits in siblings of children with autism spectrum disorder. *Sleep Science* (In Press).
4. Salahuddin M, **Manzar MD**, Hassen HY, Unissa A, Abdul Hameed U, Spence DW, Pandi-Perumal SR. Prevalence and Predictors of Neurocognitive Impairment in Ethiopian Population Living with HIV. *HIV AIDS (Auckl)*. 2020;12:559-572. <https://doi.org/10.2147/HIV.S260831>
5. Mamun MA, Hossain MS, Kamruzzaman M, Khalil MI, Sikder MT, **Manzar MD**, Griffiths MD. Prevalence of Poor Sleep Quality and Its Determinants Among Bangladeshi Students: A Pilot Study. *Sleep and Vigilance*. 2020 Sep 28:1-9.
6. **Manzar MD**. Mizan Sleep Quality and Sleep Hygiene Index (MiSQuaSHI): A psychometric investigation. *Sleep Science* (In Press).
7. Anwer S, **Manzar MD**, Alghadir AH, Salahuddin M, Hameed UA. Psychometric Analysis of the Perceived Stress Scale Among Healthy University Students. *Neuropsychiatric Disease and Treatment*. 2020;16:2389-96.
8. Mamun MA, Bhuiyan AKMI, and **Manzar MD**. The first COVID-19 infanticide-suicide case: Financial crisis and fear of COVID-19 infection are the causative factors. *Asian Journal of Psychiatry*. 2020:102365.
9. Zaki, nevin; Siddiq, Mohammad; Qasim, Mohammad; Aranas, Brenda; Hakamy, Ali; ruwais, Nabil; Alanezi, Hussain; Alsaudi, Dib; AlShahrani, Raad Bin Saeed; Al-Thomali, Abdullah bin Ali; **Manzar, Md. Dilshad**; BaHammam, Ahmed S, Alkaaba, abdulaziz; Pandi-Perumal, Seithikurippu R. Stress and Psychological Consequences of COVID-19 on Health-Care Workers. *Journal of Nature and Science of Medicine*. 2020;3(4):299.
10. **Manzar MD** et al. Insomnia Symptoms and Their Association with Anxiety and Poor Sleep Hygiene Practices Among Ethiopian University Students. *Nature and Science of Sleep*. 2020;12:575-82.
11. Kamal M, Zaki N, **Manzar MD**. An Egyptian study of sleep disorders and its correlates in end-stage renal disease patients receiving hemodialysis. *Sleep and Vigilance*. <https://doi.org/10.1007/s41782-020-00095-4>
12. Wali S, I-Mughales J, Alhejaili F, **Manzar MD** et al. The Utility of Proinflammatory Markers in Patients with Obstructive Sleep Apnea. *Sleep and Breath*. <https://doi.org/10.1007/s11325-020-02149-3>

13. Legesse M, Ali JH, ***Manzar MD*** et al. Level of physical activity during the third trimester of pregnancy and its association with birthweight at term in South Ethiopia: A prospective cohort study. PlosOne. <https://doi.org/10.1371/journal.pone.0236136>
14. ***Manzar MD*** et al. Lockdowns for community containment of COVID-19: Present challenges in the absence of interim guidelines. Journal of Nature and Science of Medicine. 2020;3(4):318.
15. Unaise UA, Al-Jarrah MD, ***Manzar MD***, et al. Psychometric properties of the Leeds Sleep Evaluation Questionnaire in Jordanian university students. Saudi Med J. 2020 Jul;41(7):746-752.
16. Albougami A, ***Manzar MD*** et al. Metamemory and metaconcentration scale (MMMS) for health professionals: a psychometric investigation among nurses. PJMHS. 2020; 14 (1): 530-536.
17. ***Manzar MD*** et al. Mizan Khat Use Disorder Index (MizKUDI): tool development and validation in habitual khat users. PJMHS; 14 (1): 477-482.
18. Alghadir A, ***Manzar MD***, Anwer S, et al. Psychometric properties of the Generalized Anxiety Disorder-7 Scale in Saudi university students. Neuropsychiatric Disease and Treatment. 2020; 16: 1427—1432.
19. Sirajudeen MS, ***Manzar MD***, et al. Psychometric properties of the Athens Insomnia Scale in occupational computer users. Healthcare (Basel). 2020; 8(2).
20. ***Manzar MD***, Salahuddin MF, et al. Psychometric properties of a brief metacognition questionnaire in substance use problem. Int J Ment Health Addiction (2020). <https://doi.org/10.1007/s11469-020-00256-6>
21. ***Manzar MD***, Hameed UA, et al. Psychometric properties of the Migraine screen questionnaire: a categorical data method. Health Qual Life Outcomes. 2020; 18(1):113.
22. ***Manzar MD***, Hameed UA et al. Obstructive Sleep Apnea screening in young people: Psychometric validation of a shortened version of STOP-BN questionnaire using categorical data methods. Annals of Thoracic Medicine. 2020;15(4):215.
23. Wali S, Mustafa M, ***Manzar MD***, Bawazir Y, et al. Prevalence of Obstructive Sleep Apnea in Patients with Rheumatoid Arthritis. J Clin Sleep Med. 2020; 16(2):259-265.
24. ***Manzar MD***, Salahuddin MF, Sano M et al. How We Do Harm: Do copyrighted scales benefit research in the developing world? Front Public Health. 2019; 7:377.
25. Anwer S, Alghadir A, ***Manzar MD*** et al. Psychometric analysis of sleep hygiene index and correlation with stress and anxiety scores among Saudi university students. Nat Sci Sleep. 2019; 11:325-332.
26. ***Manzar MD***, Bayu BB, Noohu MM et al. Prevalence of poor sleep quality among Ethiopians: a systematic review and meta-analysis. Sleep and Breathing. <https://link.springer.com/article/10.1007/s11325-019-01871-x>
27. Chattu VK, Kumary S, Spence DW, ***Manzar MD*** et al. Do disparities in sleep duration among racial and ethnic minorities contribute to differences in disease prevalence? J Racial Ethn Health Disparities. 2019; 6(6):1053-1061.
28. Alamri MS, Waked IS, Amin FM, Al-quliti KW, ***Manzar MD***. Effectiveness of an early mobility protocol for stroke patients in Intensive Care Unit. Neurosciences 2019; 24 (2): 81-88.
29. Albougami A, ***Manzar MD***. Insomnia severity index: A psychometric investigation among Saudi nurses. Sleep Breath. 2019; 23(3):987-996.
30. ***Manzar MD***, Salahuddin MF, Alamri M, et al. Psychometric properties of the Epworth sleepiness scale in Ethiopian university students. Health Qual Life Outcomes. 2019; 17(1):30.
31. Ghrouz AK, Noohu MM, ***Manzar MD*** et al. Physical Activity and Sleep Quality in Relation to Mental Health among College Students. Sleep Breath. 2019; 23(2):627-634.
32. Almeneessier AS, BaHammam AA, Olaish AH, Pandi-Perumal SR, ***Manzar MD***, BaHammam AS. The Effects of Diurnal Intermittent Fasting on Daytime Sleepiness as reflected by the EEG Absolute Power. J Clin Neurophysiol. 2019; 36(3):213-219.
33. Chattu VK, ***Manzar MD***, Kumary S et al. The Global Problem of Insufficient Sleep and Its Serious Public Health Implications. Healthcare 2019, 7(1).
34. ***Manzar MD***, Salahuddin MF, Peter S, et al. Psychometric properties of the Perceived Stress Scale in Ethiopian university students. BMC Public Health 2019;41.
35. ***Manzar MD***, Albougami A, Salahuddin MF et al. The Mizan Meta-memory and meta-concentration Scale for students (MMSS): A test of its psychometric validity in a sample of university students. BMC Psychology 2018; 6:59.
36. ***Manzar MD***, Alamri M, Salahuddin MF, et al. Psychometric properties of Severity of dependence for Khat (SDS-Khat) in polysubstance users. BMC Psychiatry BMC Psychiatry 2018; 18:343.

37. **Manzar MD**, Salahuddin MF, Khan TA, et al. Psychometric properties of the Insomnia severity index in Ethiopian adults with substance use problems. *J Ethn Subst Abuse*. 2020; 19(2):238-252.
38. **Manzar MD**, Salahuddin MF, Tesfaye TM, et al. Validation of the adapted Leeds Sleep Evaluation Questionnaire in Ethiopian university students. *Health and Quality of Life Outcomes*. 2018; 16(1):49.
39. **Manzar MD**, Bahammam AS, Hameed UA, et al. Dimensionality of the Pittsburgh Sleep Quality Index: a systematic review. *Health and Quality of Life Outcome* 2018; 16(1):89.
40. **Manzar MD**, Salahuddin MF, Tesfaye TM, et al. Poor sleep in concurrent users of alcohol, khat and tobacco smoking in community-dwelling Ethiopian adults. *Annals of Thoracic Medicine* 2018; 13(4):220-225.
41. **Manzar MD**, Salahuddin MF, Tesfaye TM, et al. Sleep correlates of substance use in community-dwelling Ethiopian adults. *Sleep Breath*. 2017; 21(4):1005-1011.
42. Salahuddin MF, Tesfaye T, Kumalo A, Pandi-Perumal SR, Bahammam AS, **Manzar MD**. Validation of the Pittsburgh Sleep Quality Index in community dwelling Ethiopian adults. *Health and Quality of Life Outcome*. 2017; 15(1):58.
43. **Manzar MD**, Salahuddin MF, Sony P, et al. *Sleep disturbances and memory impairment among pregnant women consuming chat: An under-recognized problem*. *Ann Thorac Med*. 2017; 12(4): 247–251.
44. **Manzar MD**, Sony P, Salahuddin MF, et al. *Electrolyte imbalance and sleep problems during anti-retroviral therapy: An under-recognized problem*. *Sleep Sci*. 2017;10(2):64-67.
45. **Manzar MD**, Zannat W, Hussain ME, et al. *Dimensionality of the Pittsburgh Sleep Quality Index in collegiate young adults*. Springerplus. 2016; 5(1): 1550.
46. **Manzar MD**, Zannat W, Moiz JA, et al. *Factor scoring models of the Pittsburgh Sleep Quality Index: a comparative confirmatory factor analysis*. *Biol Rhythm Res*. 2016;47(6):851-64.
47. Hussain ME, Sarwar AHMG, Alam MS, Noohu MM, Zannat W, Pandi-Perumal SR, Bahammam AS, **Manzar MD**. *Polysomnographic correlates of inflammatory complement components in young healthy males*. *Sleep Sci*. 2016;9(2):123-7.
48. **Manzar MD**, Muntafa MR, Zannat W, et al. *Spontaneous K-complex density during slow wave sleep*. *PlosOne*.11 (3), e0150929.
49. **Manzar MD**, Muntafa MR, Zannat W, et al. *Association between sleep quality and inflammatory complement components in collegiate males*. *Sleep and Breath* 20.2 (2016): 867-872.
50. Kaur M, Chauhan A, **Manzar MD**, Rajput MM. *Maternal anemia and neonatal outcome: a prospective study on urban pregnant women*. *J Clin Diagn Res*. 9 (12), QC04-QC08.
51. **Manzar MD**, Moiz JA, Zannat W, et al. *Validity of the Pittsburgh Sleep Quality index in Indian university students*. *Oman Med J*. 2015; 30(3):193-202.
52. **Manzar MD**, Zannat W, Hussain ME. *Sleep and physiological systems: a functional perspective*. *Biol Rhythm Res*. 2015; 46(2): 195-206.
53. **Manzar MD**, Zannat W, Kaur M, Hussain ME. *Sleep in university students across years of university education and gender influences*. *Int J Adolesc Med Health*.2015;27(3):341-348.
54. **Manzar MD**, Hussain ME. *Sleep–Immune System Interaction: Advantages and Challenges of Human Sleep Loss Model*. *Front Neurol*. 2012; 3(2): 1-3.
55. Hameed UA, **Manzar D**, Raza S, et al. *Resistance Training Leads to Clinically Meaningful Improvements in Control of Glycemia and Muscular Strength in Untrained Middle-aged Patients with type 2 Diabetes Mellitus*. *N Am J Med Sci*. 2012; 4(8): 336–343.
56. **Manzar MD**, Sethi M, Hussain ME. *Humidity and sleep: a review on thermal aspect*. *Biol Rhythm Res*. 2012; 43(4):439-457.
57. **Manzar MD**, Hameed UA, Hussain ME. *Total sleep deprivation study in delayed sleep-phase syndrome*. *Indian J Med Sci*. 2011; 65(4):168-171.
58. **Manzar D**, Hussain ME. *Leptin rhythmicity and its relationship with other rhythm markers*. *Biol Rhythm Res*. 2011; 42(2):163-180.

Publications in other periodicals

1. **Manzar MD** and Hussain ME. Lack of awareness and apathy to sleep health issues. *Indian Journal of Science Communication*. 13(1):7-10, 2014.

2. **Manzar MD**, Hameed UA, Sethi M, Hussain ME. Heart rate variability in delayed sleep phase syndrome. IJABMS. 2013;15B (21):30-33.
3. Mohammad NS, Geneto M, Abateneh DD, Salahuddin M, **Manzar MD**, Rao UMV. Antibacterial and phytochemical study of Acanthus Illicifolius L stem extracts. World J Pharm Res. 2017; 6(3): 1629-4.
4. Mohammad NS, Geneto M, Abateneh DD, Salahuddin M, **Manzar MD**, Rao UMV. Extraction of secondary metabolites from roots of Acanthus Illicifolius L and screening for antioxidant and antibacterial activity. Int J Pharm Sci Invent. 2017; 6(2):31-36.

Conference Abstract/Presentation (Oral and/orPoster)

1. Wali S, J Al-Mughales, Alhejaili F, **Manzar MD**, Fahad Alsallum, H Almojaddidi, D Gozal. The Effect of Continuous Positive Airway Pressure on the Levels of the Proinflammatory Markers in Patients with Obstructive Sleep Apnea. Sleep 43(Supplement_1): A259-A260.
2. Wali S, Mustafa M, **Manzar MD**, Bawazir Y et al. Prevalence of obstructive sleep apnea in patients with rheumatoid arthritis. Sleep Medicine 64: S408.
3. **Manzar MD**, Rajput MM, Zannat W, Hameed UA, Hussain ME. Habitual Short Sleep Duration and Inflammatory Complement Components. Young Scientists Colloquium, Asian Sleep Research society (8th Congress), Trivandrum, India, 22-24/09/2014.
4. Veqar Z, Hussain ME, **Manzar MD**. Psychometric Properties of Pittsburgh Sleep Quality Index (PSQI) in University Population of Poor Sleepers in India. National symposium on "Neurosciences and its Future Prospects" (NFP-2014), Interdisciplinary Brain Research Centre, Faculty of Medicine, Aligarh Muslim University, 15/02/2014.
5. Hameed UA, Noohu MM, Moiz JA, **Manzar MD**, Hussain ME. Optimal exercise frequency for glycemic control in type 2 diabetes. Physical Activity conference, Doha, Qatar, 03-04/02/2014.
6. **Manzar MD**, Hameed UA, Hussain ME. Effect of sleep acclimatization on cardiovascular parameters. Cardiovascular Research convergence, AIIMS, New Delhi, 17-18/02/2012.
7. **Manzar MD**, Hameed UA, Sharma K, Hussain ME. A pilot epidemiological study on the association between depression and sleep problems in old age home inhabitants. International Congress on Gerontology and Geriatric Medicine 2012, AIIMS, New Delhi, 25-29/02/2012.
8. Hameed UA, **Manzar MD**, Hussain ME. Resistance exercise training in the treatment of hypertension associated with type 2 diabetes mellitus in Asian Indians. Cardiovascular Research convergence, AIIMS, New Delhi, 17-18/02/2012.

ResearchGate Profile: http://www.researchgate.net/profile/Dilshad_Manzar/

TECHNICAL EXPERIENCE

Physiology

Polysomnographic sleep study and non-invasive electrophysiology (EEG, ECG, EMG, EOG) and their analysis, FFT analysis of ECG and EEG, physiological data acquisition system of ADInstruments, maltron body mass composition analyzer

Immunological Techniques

Antigen-Antibody Interaction, ELISA

Instrumentation

UV-Visible, Infra-Red Spectroscopy

Computer Aptitude

Physiology software: Polysomnograph like RMSIndia, EDF+, ADInstruments

Statistical analysis software: (SPSS, medcalc, online tool VassarStats)

ACHIEVEMENTS/ NATIONAL FELLOWSHIPS

1. Budur Krishna Murthy Award, Indian society for Sleep Research, 28/08/2014
2. Senior Research Fellowship, ICMR, 2011
3. Junior Research Fellowship, ICMR, 2007
4. National Eligibility Test, CSIR, 2007
5. Catch Them Young Award, jointly given by ACBR, IGIB and CSIR, 2005-2006

WORKSHOPS/CONFERENCES/INVITED LECTURE

1. Young Scientist Colloquium Speaker, Asian Sleep Research society (8th Congress), 22-24/09/2014, Trivandrum, India.
2. National symposium, Neurological disorders and Neurological rehabilitation, CPRS, JMI, New Delhi, 21/03/2013.
3. National symposium, Recent advances in Physiotherapy and Biomedical Sciences, CPRS, JMI, New Delhi, 21-22/03/2012.
4. International Congress, Gerontology and Geriatric Medicine, AIIMS, New Delhi, 25-29/02/2012.
5. Cardiovascular Research convergence, AIIMS, New Delhi, 17-18/02/2012.
6. Next Generation tools in Exercise physiology & cardiovascular Research, CPRS, JMI, New Delhi, 15/09/2011.
7. Emerging trends in sports medicine CPRS, JMI, New Delhi, 17/09/2010.
8. National symposium, Healthy Ageing, CPRS, JMI, New Delhi, 31/03/2010.
9. Guest speaker, Youth Enrichment Services, 'YES I can be a Bio technologist' at 90.4 FM, Radio Jamia, 27/03/2009.
10. Rheumatology Update, AIIMS, New Delhi, 22/02/2009.
11. National symposium, Recent trends in sports health, Centre CPRS, JMI, New Delhi, 03/2009.

PERSONAL DETAIL

Father's Name: Late. Md. M. H Manzar

Date of Birth: 14/02/1983

Marital Status: Married

Wife's name: Wassilatul Zannat

Religion: Islam

Nationality: Indian

Gender: Male

Language Known: Arabic (reading), Bhojpuri(spoken), English, Hindi, Maithili(spoken), Urdu (spoken & reading)

Hobbies: Cricket, socio-cultural landscapes, etc.

Literature: English fiction, Islamic jurisprudence; philosophy etc.

REFEREES

1. Prof. Ahmed S BaHammam

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2. Prof. Mohammad Mahfuzul Haque

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I hereby declare that information provided in the curriculum vitae is correct to the best of my knowledge and belief.

Md. Dilshad Manzar

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