

## CURRICULUM VITAE



<b>A. BUTIR-BUTIR PERIBADI</b> <i>(Personal Details)</i>			
Nama Penuh <i>(Full Name)</i>	Norliza Ahmad		Gelaran <i>(Title)</i> : Dr
No. MyKad / No. Pasport <i>(Mykad No. / Passport No.)</i>	Warganegara <i>(Citizenship)</i> Malaysia	Bangsa <i>(Race)</i> Malay	Jantina <i>(Gender)</i> Female
Jawatan <i>(Designation)</i>	Senior Medical Lecturer	Tarikh Lahir <i>(Date of Birth)</i>	

Alamat Semasa <i>(Current Address)</i>	Jabatan/Fakulti <i>(Department/Faculty)</i>	E-mel dan URL <i>(E-mail Address and URL)</i>
Tel:	Community Health Department, Faculty of Medicine and Health Sciences Universiti Putra Malaysia 43400 UPM Serdang, Selangor.  Tel: 03 - 89472424 Fax: 03 - 89450151	E-mail: lizaahmad@upm.edu.my  URL:  H/P:

<b>B. KELAYAKAN AKADEMIK</b> <i>(Academic Qualification)</i>			
Nama Sijil / Kelayakan <i>(Certificate / Qualification obtained)</i>	Nama Sekolah Institusi <i>(Name of School / Institution)</i>	Tahun <i>(Year obtained)</i>	Bidang pengkhususan <i>(Area of Specialization)</i>
PhD	Universiti Putra Malaysia	2017	Community Health
MPH	National University of Malaysia	2002	Family Health
MD	University Science Malaysia	1992	Medicine

<b>C. KEMAHIRAN BAHASA</b> <i>(Language Proficiency)</i>					
Bahasa / Language	Lemah <i>Poor (1)</i>	Sederhana <i>Moderate (2)</i>	Baik <i>Good (3)</i>	Amat Baik <i>Very good (4)</i>	Cemerlang <i>Excellent (5)</i>
English				√	
Bahasa Melayu				√	
Chinese					
Lain-lain <i>(other)</i> :					

<b>D. PENGALAMAN SAINTIFIK DAN PENGKHUSUSAN</b> <i>(Scientific experience and Specialisation)</i>				
<i>Organization</i>	<i>Position</i>	<i>Start Date</i>	<i>End Date</i>	<i>Expertise</i>

<b>E. PEKERJAAN</b> <i>(Employment)</i>				
<i>Majikan / Employer</i>	<i>Jawatan / Designation</i>	<i>Jabatan / Department</i>	<i>Tarikh lantikan / Start Date</i>	<i>Tarikh tamat / Date Ended</i>
Universiti Putra Malaysia	Medical Lecturer	Community Health Department	2012	present
National Population and Family Development Board	Director of Division	Human Reproduction Division	2004	2012
National Population and Family Development Board	Public Health Specialist	Human Reproduction Division	2003	2004
Ministry of Health	Public Health Specialist	Family Health Development Division	2002	2003
Ministry of Health	MPH training	The National University of Malaysia	1998	2002
Ministry of Health	Medical Officer of Health	District Health Office, Kota Kinabalu, Sabah	1998	2000
Ministry of Health	Medical and Health Officer	Health Center, Labuan	1995	1998
Ministry of Health	O & G, Medical Officer	Labuan Hospital	1993	1995
Ministry of Health	O & G, Medical Officer	Queen Elizabeth Hospital, Sabah	1993	1993
Ministry of Health	House Officer	Ipoh General Hospital	1992	1993

<b>F. ANUGERAH DAN HADIAH</b> <i>(Honours and Awards)</i>				
<i>Name of awards</i>	<i>Title</i>	<i>Award Authority</i>	<i>Award Type</i>	<i>Year</i>
<i>Academic Awards</i>	Hideyasu Aoyama Award (Award for best MPH student)	The National University of Malaysia	National	2002
<i>Non-Academic Awards</i>	Award for Excellent Service	Universiti Putra Malaysia	National	2019
	Award for Excellent Service	Ministry of Women, Family and Community Development	National	2010
	Appreciation for Excellent Service	National Population and Family Development	National	2008
	Perhargaan Prestasi Cemerlang	National Population and Family Development	National	2007

	Award for Excellent Service	Ministry of Women , Family and Community Development	National	2005
	Award for Excellent Service	Ministry of Health	National	1998
<i>Awards of Merit</i>	<i>Invention, Inovation dan Design Exposition 20018 - Silver Award</i>	<i>Universiti Teknologi MARA</i>	<i>National</i>	2018
	<i>International Stem Olympiad ISTEMO 2019 – Silver Award</i>	<i>Stem Olympiad Malaysia</i>	<i>International</i>	2019
	<i>International Putra InnoCreative in Teaching and Learning 2020- Gold medal</i>	<i>Universiti Putra Malaysia</i>	<i>International</i>	2020
	<i>International Putra InnoCreative in Teaching and Learning 2021- Gold medal</i>	<i>Universiti Putra Malaysia</i>	<i>International</i>	2021
	<i>International Putra InnoCreative in Teaching and Learning 2022- Gold medal</i>	<i>Universiti Putra Malaysia</i>	<i>International</i>	2022

**G. SENARAI PENERBITAN (Sila masukan nama pengarang, tajuk, nama jurnal, jilid, muka surat dan tahun diterbitkan)** *(List of publications – author (s), title, journal, volume, page and year published)*

<i>Journal</i>	<ol style="list-style-type: none"> <li>1. Diana Raj, <b>Norliza Ahmad*</b>, Norafiah Zulkefli, Lim Poh Ying. (2023). Stop and Play Digital Health Education Intervention for Reducing Excessive Screen Time Among Preschoolers From Low Socioeconomic Families: Cluster Randomized Controlled Trial. <i>Journal of Medical Internet Research</i>. 25 (e40955).</li> <li>2. Norain Mansor. <b>Norliza Ahmad*</b>, Norafiah Zulkefli. (2023). Intrinsic and Extrinsic Factors Associated with Sexting Behavior among Young People: A Systematic Review. <i>Malaysian Journal of Public Health Medicine</i>. Vol 23 No 1 (2023) <a href="https://doi.org/10.37268/mjphm/vol.23/no.1/art.1485">https://doi.org/10.37268/mjphm/vol.23/no.1/art.1485</a></li> <li>3. Ruth Charles Shapu, Suriani Ismail*, Lim Poh Ying, <b>Norliza Ahmad</b>, Hussaini Garba and Ibrahim. (2023). Abubakar Impact of Health Education Intervention on Nutritional Status Among Adolescent Girls in Government Secondary Schools Maiduguri: A Randomised Control Trial. <i>Current Women's Health Reviews</i>. 19(4).</li> <li>4. Nuurain Amirah Mohd Razi, Halimatus Sakdiah Minhat*, Norafiah Zulkefli, <b>Norliza Ahmad</b>, (2023). A Systematic Review on Caregiver's Burden Among Caregivers of Dementia Patients in Malaysia. <i>Malaysian Journal of Medicine and Health Sciences</i>. 19(1).</li> </ol>
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5. Diana Raj, **Norliza Ahmad\***, Norafiah Zulkefli, Zalilah Mohd Shariff. (2022). Determinants of Excessive Screen Time among Children Under Five Years Old in Selangor, Malaysia: A Cross-sectional Study. *International Journal of Environmental Research and Public Health*. 19 (3560). <https://doi.org/10.3390/ijerph19063560>
6. Zaahirah Mohammad, **Norliza Ahmad\***, Anisah Baharom. (2022). Effects of Theory-Based Educational Intervention and WhatsApp Follow-Up on Pap Smear Uptake (PSU Intervention) among Post-Natal Women, Malaysia: Randomized Controlled Trial. *JMIR Mhealth Uhealth*. 10(6):e32089. DOI: 10.2196/32089
7. Farahana Mohamad Pilus, **Norliza Ahmad\***, Nor Afiah Mohd Zulkefli. (2022). Effect of Face-to-Face and WhatsApp Communication of Theory-Based Health Education Intervention on Breastfeeding Self-Efficacy (SeBF Intervention): Cluster Randomized Controlled Field Trial. *JMIR Mhealth Uhealth*. Accepted.
8. Dina Nurfarahin Mashudi, **Norliza Ahmad\***, Salmiah Mohd Said. (2022). Level of dengue preventive practices and associated factors in a Malaysian residential area during the COVID-19 pandemic: A cross-sectional study. *PlosOne*. <https://doi.org/10.1371/journal.pone.0267899>
9. Shemu Lilibert Piritmwa, **Norliza Ahmad\***, Lim Poh Ying. (2022). Determinants of the use of family planning methods among rural women in Plateau state, Nigeria. *African Journal of Reproductive Health*. Accepted.
10. Zul Aizat Mohamad Faisal, Halimatus Sakdiah Minhat\*, Nor Afiah Mohd Zulkefli, **Norliza Ahmad**. (2022). Biopsychosocial approach to understanding determinants of depression among men who have sex with men living with HIV: A systematic review. *Plos One*. <https://doi.org/10.1371/journal.pone.0264636>.
11. Osman Abubakar Fiidow, Halimatus Sakdiah Minhat\*, Nor Afiah Mohd Zulkefli, Norliza Ahmad. (2022). A systematic review on risk factors for khat chewing among adolescents in the African continent and Arabian Peninsula. *Plos One*. 17(2):e0263372. doi: 10.1371/journal.pone.0263372. eCollection 2022.
12. Ruth Charles Shapu, Suriani Ismail\*, Lim Poh Ying, **Norliza Ahmad**, Hussaini Garba and Ibrahim Abubakar Njodi. (2020). Effectiveness of Triple Benefit Health Education Intervention on Knowledge, Attitude and Food Security towards Malnutrition among Adolescent Girls in Borno State, Nigeria. *Foods*. 11(1), 130; <https://doi.org/10.3390/foods11010130>.
13. Elliza Mansor, **Norliza Ahmad\***, Nor Afiah Mohd Zulkefli and Zalilah M.S. (2021). Predictors of Parental Barriers to Reduce Excessive Child Screen Time Among Parents of Under-Five Children in Selangor, Malaysia: Cross-sectional Study. *Journal of Medical Internet Research*; 23(4).

14. Abu Bakar Nasiru, Nor Afiah Mohd Zulkefli\*, **Norliza Ahmad** and Salmiah Md Said. (2021). Factors Influencing Childhood Immunization Uptake in Africa: A Systematic Review. *BMC Public Health*. 21(1475): 1-20.
15. Sankar Debnath, Zaid, **Norliza A.**, Nazrul Islam, Hayati K.S\*. (2021). Determinants of the Psychological States of Mothers of Children With Cerebral Palsy: A Cross-sectional Study in Bangladesh. *Malaysian Journal of Medicine and Health Sciences*. 17(4).
16. Ruth Charles Shapu, Suriani Ismail, **Norliza Ahmad**, Lim Poh Ying\* and Ibrahim Abubakar Njodi. (2020). Effectiveness of Health Education Intervention on Water Sanitation and Hygiene Practice among Adolescent Girls in Maiduguri Metropolitan Council, Borno State, Nigeria: A Cluster Randomised Control Trial. *Water*. 13(987).
17. Norain Mansor, **Norliza Ahmad\*** and Hejar Abdul Rahman. (2020). Determinants of knowledge on sexually transmitted infections among students in public higher education institutions in Melaka state, Malaysia. *Plos One*. <https://doi.org/10.1371/journal.pone.0240842>
18. Ruth Charles Shapu, Suriani Ismail, **Norliza Ahmad\***, Lim Poh Ying and Ibrahim Abubakar Njodi. (2020). Systematic Review: Effect of Health Education Intervention on Improving Knowledge, Attitudes and Practices of Adolescents on Malnutrition. *Nutrients Journal*. 12(8):2426. doi: 10.3390/nu12082426.
19. **Norliza Ahmad\***, Zalilah M.S., Firdaus M, & Lye M.S. (2020). Effect of Family-Based REDUCE Intervention Program on Children Eating Behavior and Dietary Intake: Randomized Controlled Field Trial. *Nutrients Journal*. 12(10), 3065; <https://doi.org/10.3390/nu12103065>.
20. Ruth Charles Shapu, Suriani Ismail, **Norliza Ahmad**, Lim Poh Ying\* and Ibrahim Abubakar Njodi. (2020). Effectiveness of Health Education Intervention on Water Sanitation and Hygiene Practice among Adolescent Girls in Maiduguri Metropolitan Council, Borno State, Nigeria: A Cluster Randomised Control Trial. *Water*.13(987):1-14.
21. Ruth Charles Shapu, Suriani Ismail, **Norliza Ahmad**, Lim Poh Ying\* and Ibrahim Abubakar Njodi. (2020). Food Security and Hygiene Practice among Adolescent Girls in Maiduguri Metropolitan Council, Borno State, Nigeria. *Foods*. 9(9), 1265; <https://doi.org/10.3390/foods9091265>.
22. Ruth Charles Shapu, Suriani Ismail\*, **Norliza Ahmad**, Lim Poh Ying and Ibrahim Abubakar Njodi. (2020). Knowledge, Attitude, And Practice Of Adolescent Girls Towards Reducing Malnutrition In Maiduguri Metropolitan Council, Borno State, Nigeria: Cross-Sectional Study. *Nutrients Journal*. 12, 1681; doi:10.3390/nu12061681.

23. Hayati K.S.\* , Nor Afiah Mohd Zulkefli, **Norliza Ahmad**. (2020). Prevalence of intimate partner violence in Malaysia and its associated factors:A systematic review. BMC Public Health.
24. Nor Afiah Mohd Zulkefli\*, Minhat HS, Nazatul Yusrina MS and **Norliza Ahmad**. Predictors of Physical Inactivity among Antenatal Women: A Systematic Review. Malaysian Journal of Medicine and Health Sciences. 16(4): 317-324
25. **Norliza Ahmad\***, Muhammad Afiq M.Z., Nur Azilah A., Boon H.K & Minhat, H.S. (2019). Prevalence and Factors Associated with Sugar-Sweetened Beverage Intake among Undergraduate Students in a Public University in Malaysia. Pakistan Journal of Nutrition. Doi: 10.3923/pjn.2018.
26. Farahana Mohamad Pilus, **Norliza Ahmad\***, Nor Afiah Mohd Zulkefli. 2019. Predictors of Exclusive Breastfeeding Among Mothers Attending Rural Health Clinics In Hulu Langat District. Malaysian Journal of Medicine & Health Sciences.15(SP3):15-21
27. **Norliza Ahmad\***., Muhammad Afiq M.Z., Nur Azilah A., Boon H.K & Minhat, H.S. (2019). Prevalence and Factors Associated with Sugar-Sweetened Beverage Intake among Undergraduate Students in a Public University in Malaysia. Pakistan Journal of Nutrition. Doi: 10.3923/pjn.2018.
28. Liyanatul Najwa Zakaria, Halimatus Sakdiah Minhat, Nor Afiah Mohd Zulkefli, Anisah Baharom, **Norliza Ahmad**. (2019). Factors Contributing Towards Malnutrition Among Under Five Indigenous Children: A Systematic Review. Indian Journal of Science & Technology.12(7).
29. Omar Mardiana, Mohd Zulkefli Nor Afiah & **Norliza Ahmad**. (2019). Role of sociodemographic, obstetric history and planning of pregnancy in predicting short interpregnancy interval among antenatal mothers in Klang, Selangor. Med J Malaysia. 74(2):151-159.
30. Azreena Che Abdullah, Nor Afiah Mohd Zulkefli, Halimatus Sakdiah Minhat, Anisah Baharom & **Norliza Ahmad**. (2019). Sensitivity and Specificity of Screening Tools for postpartum depression: A systematic Review. Malaysian Journal of Public Health Medicine. 19(2):160-169.
31. Wan Iffah Afiqah Ramzaa, Mogana Sugumar, **Norliza Ahmad**, Poh Ying Lim. (2019). Factors Associated with Knowledge and Attitude of Breastfeeding among Staff of Faculty of Medicine and Health Sciences, Universiti Putra Malaysia. Mal J Med Health Sci 15(SP3):
32. Aeshah Hamdan Almutairi, Shamsul Bahri Md Tamrin, Rahmita Wirza, **Norliza Ahmad**. (2019). Systematic Review on Knowledge and Awareness of Breast Cancer and Risk Factors Among Young Women. Advances in Bioscience and Clinical Medicine, 7(1):41-47.

	<p>33. Fatimah Ahmad Fauzi, Nor Afiah Mohd Zulkefli, Halimatus Sakdiah Minhat and <b>Norliza Ahmad</b>. (2019). Psychosocial Predictors Of Adolescent Aggression. <i>Pertanika J. Sci. &amp; Technol.</i> 27 (4): 1485 – 1508.</p> <p>34. Halimatus Sakdiah Minhat, Nor Afiah Mohd Zulkefli, <b>Norliza Ahmad</b> &amp; Puganeswary A/P Thangarajah. A Review on the Factors Influencing the Attendance of Postpartum Diabetes Screening for Mothers with Gestational Diabetes Mellitus. <i>Mal J Med Health Sci</i> 15(SP3):</p> <p>35. <b>Norliza Ahmad*</b>, Zalilah M.S., Firdaus M, &amp; Lye M.S. (2018). Family-based intervention using face-to-face sessions and social media to improve Malay primary school children's adiposity: a randomized controlled field trial of the Malaysian REDUCE programme. <i>Nutrition Journal</i>, 17:74. <a href="https://doi.org/10.1186/s12937-018-0379-1">https://doi.org/10.1186/s12937-018-0379-1</a></p> <p>36. Nor Afiah Mohd Zulkefli, Halimatus Sakdiah Minhat and <b>Norliza Ahmad</b>. (2018). Predictors Of Physical Activity Among Antenatal Women: A Systematic Review. <i>Pertanika Journal of Science and Technology</i>.</p> <p>37. Gunenthira R., Minhat H.S., Nor Afiah M.Z., Anisah B. &amp; <b>Norliza A.</b> (2018). A systematic review on complementary approach for depression among adult prison inmates. <i>Malaysian Journal of Public Health Medicine</i>, 18(2): 20-27.</p> <p>38. <b>Norliza A*</b>, Lye M.S., Zalilah M.S. &amp; Firdaus M. (2016). Harnessing social media in family-based intervention for childhood obesity: study protocol for randomized controlled field trial of REDUCE programme. <i>International Journal of Public Health and Clinical Sciences</i>, 3 (5), 95-109.</p> <p>39. <b>Norliza, A*</b>, Nor Afiah, M.Z., Anisah, B., Minhat, H.S., Firdaus, M., Zalilah, M.S., &amp; Lye, M.S. (2014). A systematic review of Internet-based family intervention for childhood obesity. <i>World Journal of Medical Sciences</i>, 11 (1), 144-152. doi: 10.5829/idosi.wjms.2014.11.1.8481.</p>
<i>Books/Monographs</i>	Jalanan Kasih. Panduan Rawatan Subfertility. 2010. ISBN 978-983-2205-70-8. 33 pages.
<i>Chapter in book</i>	Adolescent Reproductive Health Status in Health Status of Youth In Malaysia. 2012. ISBN 978-967-0399-15-7. 40 pages.
<i>Proceedings</i>	<p>1. <b>Norliza A.</b>, Lye M.S., Zalilah M.S. &amp; Firdaus M.(2018). Are parents confident in encouraging their children to practice healthy lifestyle? <i>Malaysian Journal of Public Health Medicine</i>. (Supplement 2). 2018. ISSN: 1675-0306.</p> <p>2. <b>Norliza A.</b>, Lye M.S., Zalilah M.S. &amp; Firdaus M. (2018). Using social media to educate parents with obese children. <i>Malaysian Journal of Public Health Medicine</i>. (Supplement 2). 2018. ISSN: 1675-0306.</p> <p>3. <b>Norliza A.</b> Lye M.S., Zalilah M.S. &amp; Firdaus M. Using social media with face-to-face session in family-based intervention for improving adiposity in Malay school</p>

	children, Malaysia: randomized controlled field trial at the 49th Asia-Pacific Academic Consortium for Public Health, Yonsei University, Korea
<i>Other publications</i>	<p>1) Manual Jurulatih Program Pendidikan Kesihatan Reproduksi &amp; Sosial. 2012. ISSN 1985-6172. 184 pages.</p> <p>2) Kajian Pendapat Kontraseptif Kecemasan Kesedaran dan Penggunaannya. 2012. ISBN 978-983-2205-77-7. 45 pages.</p> <p>3) Garispanduan Pelaksanaan Program Vaksinasi HPV Untuk Wanita. 2012. 96 pages.</p> <p>4) Garispanduan Pelaksanaan Program Subsidi Ujian Mamogram. 2012. ISBN 978-993-2205-81-4. 54 pages.</p> <p>5) Garispanduan Pelaksanaan Program Subsidi Ujian Mamogram Untuk Pusat Mamogram Swasta. ISBN 978-983-2205-82-1. 22 pages.</p> <p>6) Garispanduan Penyertaan Pertubuhan Bukan Kerajaan Dalam Program Subsidi Ujian Saringan Mamogram. 2012. ISBN 978-983-2205-83-8. 20 pages.</p> <p>7) Modul Kesejahteraan Hidup. 2011. ISBN 978-983-2205-74-6. 176 pages.</p> <p>viii) Buku Kerja Modul Kesejahteraan Hidup. 2011. ISBN 978-983-2205-75-3. 92 pages.</p> <p>8) Modul Cakna Diri Edisi Remaja (I'm In Control Module). 2010. ISBN 978-983-2205-71-5. 181 pages.</p> <p>9) Kajian Faktor-faktor Penghalang Wanita Berkahwin Menjalani Ujian Pap Smear. 2010. ISBN 978-983-2205-73-9. 59 pages.</p> <p>10) Study on Public Awareness and Knowledge Regarding Infertility. 2014. National Population and Family Development Board.</p> <p>11) Status of family planning in Malaysia. 2010. Family Planning in Asia and the Pacific Addressing the Challenges. UNFPA - ICOMP Regional Consultation.</p>
<i>Computer software</i>	e-mamogram. Expert input in the development of a software for the implementation of subsidized mammogram programme for NPFDB. 2007.

<b>H. PROJEK PENYELIDIKAN TERDAHULU</b> <i>(Past Research Project)</i>					
<i>Project No.</i>	<i>Project Title</i>	<i>Role</i>	<i>Year</i>	<i>Source of fund</i>	<i>Status</i>
6302011-14001	Effect of Health Education Intervention in Preventing Internet Addiction among Undergraduate Students, UPM – Fakulti Perubatan dan Sains Kesihatan	Main researcher	2022-2025	GP-F/JKK UPM	On going
GP-IPS/2022/9722600	Relative risk of determinants of adverse pregnancy outcomes among pregnant mothers attending government health clinics, peninsular malaysia	Main researcher	2022-2024	GP-IPS UPM	On going
LPPKN/BPKK/GP/2021/6-02	Effect of sexting intervention module (SIM) using prototype willingness model on intention and willingness to sext among undergraduate students	Main researcher	2022	NPFDB RM30,000	Completed
GP-IPM/2018/9640700	Predictors for high screen time among under five children in Klang Valley, Selangor.	Main researcher	2018-2019	GP-IPM RM38,600	Completed
GP-IPS/2018/9616400	Factors associated with exclusive breastfeeding status among mothers	Main researcher	2018-2019	GP-IPS 23,100	Completed

	attending rural health clinics in Hulu Langat District				
GP/IPS	Factors associated with overweight and obesity among undergraduate students residing in Universiti Putra Malaysia	Main researcher	2018-2029	GP-IPS 20,000	Completed
GP-IPS/2013/9398400	Double-Blind Randomized Controlled Field Trial Using Social Media in a Family-Based Intervention for Overweight and Obese Malay Children, Bangi, Selangor.	Main researcher	2014-2016	GP-IPS RM15,000	completed
	Risk and Protective Factors Affecting Adolescent Sexual and Reproductive Health in Malaysia	Co-researcher	2010-2012	RMK-9 RM499,986.70	completed
	Opinion Poll: Emergency Contraceptive, Awareness and Usage	Co-researcher	2010-2011	NPFDB RM10,000	completed
	Health Status of Youth in Malaysia	Co-researcher	2010-2011	RM 112,000 (NPFDB: RM52,000 MOH: RM60,000 )	completed
	Pre- and Post-test on Reproductive Health and Social Education Module for National Service Trainees	Co-researcher	2011-2012	NPFDB RM36,200	completed

Scopus ID: 57203285442

Google scholar: Norliza Ahmad