

# CURRICULUM VITAE



## Nurul Husna Mohd Shukri

<b>A. BUTIR-BUTIR PERIBADI</b> ( <i>Personal Details</i> )		
Nama Penuh ( <i>Full Name</i> )	Nurul Husna Mohd Shukri	Gelaran ( <i>Title</i> ): Dr
Jabatan/Fakulti ( <i>Department/Faculty</i> )	Contact details	
Department of Nutrition and Dietetics, Faculty of Medicine and Health Sciences, 43400 Serdang, Universiti Putra Malaysia	Email: n_husna@upm.edu.my  Tel: 03-8609 2963 Fax: 03-8942 6769	
Kepakaran ( <i>expertise</i> )		
Pemakanan Ibu & Anak, Laktasi/Penyusuan, Pemakanan & Tumbesaran Bayi <i>Maternal &amp; Child Nutrition, Lactation, Infant Nutrition &amp; Growth</i>		

<b>B. KELAYAKAN AKADEMIK</b> ( <i>Academic Qualification</i> )			
Kelayakan & kelulusan ( <i>Qualification &amp; achievement</i> )	Nama Sekolah Institusi ( <i>Name of School / Institution</i> )	Tahun ( <i>Year obtained</i> )	Bidang pengkhususan ( <i>Area of Specialization</i> )
Doctor of Philosophy	University College London, UK	2016	Infant Nutrition
Master of Science (Hons) - Second upper class	Massey University, New Zealand	2011	Human Nutrition
BSc (Hons) – First Class	Universiti Malaysia Sabah	2007	Food Science & Nutrition

<b>C. KEMAHIRAN BAHASA</b> ( <i>Language Proficiency</i> )					
Bahasa / <i>Language</i>	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					/
Bahasa Jepun		/			
Bahasa Arab		/			

<b>D. PENGALAMAN SAINTIFIK DAN PENGKHUSUSAN</b> <i>(Scientific experience and Specialisation)</i>			
<i>Organization</i>	<i>Start Date</i>	<i>End Date</i>	<i>Position</i>
• International Society for Research in Human Milk and Lactation (ISRHML)	2015	present	member
• ISRHML Trainee Interest Group (TIG)	2015	present	member
• The Nutrition Society UK-international	2015	2017	member
• Nutrition Society of Malaysia	2007	present	member
• Malaysian Breastfeeding Peer Counselor	2014	2016	member
• Nutrition Society of New Zealand	2008	2011	member
• ESPGHAN Trainee Membership	2016	present	member

<b>F. ANUGERAH DAN HADIAH</b> <i>(Honours and Awards)</i>				
<i>Awards</i>	<i>Title</i>	<i>Award Authority</i>	<i>Award Type / value</i>	<i>Year</i>
<i>Academic Awards</i>	Young Researcher Award – Oral Presentation (Winner)	South East Asia Public Health Nutrition Conference	International (500 USD)	2017
	ESPGHAN Young Investigator Award	The European Society for Paediatric Gastroenterology Hepatology and Nutrition	International (500 Euro)	2016
	ISRHML Trainee Travel Awards 2016	International Soc for Research in Human Milk & Lactation	International (1000 USD)	2016
	UCL Institute of Child Health Travel Award Grant 2016	University College London	International (500 GBP)	2016
	UCL Poster Competition: Highly commended	UCL Institute of Child Health	University (UCL)	2015 & 2016
	Academic Training Scheme Scholarship for PhD study	Ministry of Higher Education Malaysia	National (Malaysia)	2012 - 2016
	Best 5-Minute Thesis Award (1 <sup>st</sup> place)	Fac. Of Medicine & Health Sciences, UPM	University (UPM)	2012
	Academic Training Scheme Scholarship for MSc study	Ministry of Higher Education Malaysia	National (Malaysia)	2008 - 2010
	Chancellor's Gold Medal Awards	Universiti Malaysia Sabah	University	2007
	University Book Award	Universiti Malaysia Sabah	University	2007
	Promising Student Award and Academic Excellent Award	Universiti Malaysia Sabah	University	2004/05 and 2006/07
	Study scholarship	PTPTN	National	2007
<i>Non-Academic</i>	London Basketball League (runner-up)	London Tower Hamlets	London	2014-2015
	Basketball Championship (Gold and silver)	Universiti Malaysia Sabah	University	2004/05 and 2006/07

**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)**

<p>Journal</p>	<ul style="list-style-type: none"> <li>• <b>Shukri, N. H.</b>, Wells, J., Mukhtar, F., Lee, M. S., &amp; Fewtrell, M. (2016). Abstract: Mother-infant signalling during breastfeeding: results of a randomised trial investigating the effects of relaxation therapy in breastfeeding mothers on maternal stress and infant growth &amp; behaviour. <i>Breastfeeding Medicine</i>, 11(2), A16.</li> <li>• <b>Shukri, N. H.</b>, Wells, J., Mukhtar, F., Lee, M. S., &amp; Fewtrell, M. (2015). Abstract: Mother-infant signalling during breastfeeding: A randomised trial investigating the effects of a relaxation intervention in breastfeeding mothers on breast milk production, breast milk cortisol and infant behaviour and growth. <i>Maternal &amp; Child Nutrition</i>, 11, 1-127.</li> <li>• <b>Shukri N.H.</b>, Fewtrell M., Wells J., Mukhtar F., &amp; Lee, M.S. (2015). Mother-Infant signalling during breastfeeding: An ongoing investigation of physiological and psychological factors during breastfeeding to study causal relationship of maternal psychological state on breast milk production, cortisol levels, infant behaviour &amp; growth. <i>Malaysian Journal of Nutrition</i>, 21(Supp), S47-S48 (Abstract).</li> <li>• <b>Shukri, NH.</b>, Coad, J., Weber, J., Jin, Y., &amp; Brough, L. (2014). Iodine and selenium intake in a sample of women of childbearing age in Palmerston North, New Zealand after mandatory fortification of bread with iodised salt. <i>Food and Nutrition Sciences</i>, Vol. 5 No. 4, 2014, pp. 382-389.</li> <li>• Brough L, Jin Y, <b>Shukri NH</b>, Wharemate ZR, Weber JL, &amp; Coad J. (2015) Iodine intake and status during pregnancy &amp; lactation before and after government initiatives to improve iodine status, in Palmerston North, New Zealand. <i>Maternal and Child Nutrition</i>; 11 (4) : 646-655.</li> </ul>
<p>Proceedings / Oral presentations / Speaker</p>	<ul style="list-style-type: none"> <li>• <b>Nurul Husna MS</b>, Mokhtar F, Huang MSL, Wells J &amp; Fewtrell M. A randomised trial to test the effectiveness of breastfeeding relaxation therapy on maternal stress, breast milk composition and infant outcomes. 1<sup>st</sup> South-East Asia Public Health Nutrition Conference, 14-17 May 2017, Kuala Lumpur.</li> <li>• <b>Nurul Husna MS</b>, Infant and Child Appetite &amp; Temperament (Invited speaker), Growth, Development &amp; Tolerance Summit, IMFeD, 5-7 May, Penang.</li> <li>• <b>Nurul Husna MS</b>, Mokhtar F, Huang MSL, Wells J &amp; Fewtrell M. Effects of breastfeeding relaxation therapy on breast milk composition in a randomised trial. 4th International Conference on Nutrition &amp; Growth, 2-4 March 2017 Amsterdam.</li> <li>• <b>Nurul Husna MS</b>, Mokhtar F, Huang MSL, Wells J &amp; Fewtrell M. A randomised trial to test the effectiveness of maternal relaxation therapy during breastfeeding: effects on infant behavior. 49th Annual Congress of ESPGHAN, 25-28 May 2016, Greece.</li> <li>• <b>Nurul Husna MS</b>, Mokhtar F, Huang MSL, Wells J &amp; Fewtrell M. A randomised trial to test parent-offspring conflict theory during the lactation period by manipulating maternal psychological state using relaxation therapy. 3<sup>rd</sup> International Conference on Nutrition &amp; Growth, 17-19, 2016 March, Vienna, Austria.</li> <li>• <b>Nurul Husna MS</b>, Mokhtar F, Huang MSL, Wells J &amp; Fewtrell M. Mother-infant signalling during breastfeeding: Results of a randomised trial investigating the effects of relaxation therapy in breastfeeding mothers on maternal stress and infant growth and behaviour. International Society for Research in Human Milk and Lactation (ISRHML), 3-7 March 2016, Cape Town, S.Africa.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Nurul Husna MS</b>, Fewtrell M &amp; Wells J. Mother-infant signalling during breastfeeding: A randomised trial investigating the effects of a relaxation intervention in breastfeeding mothers on breast milk production, breast milk cortisol and infant behaviour &amp; growth, PhD Upgrade Seminar, Institute of Child Health UCL, 6 November 2013, London, UK.</li> <li>• <b>Nurul Husna MS</b>, Fewtrell M &amp; Wells J. Mother-Infant Signalling During Breastfeeding: Associations between Breast Milk Composition, Hormone Levels in Breast Milk and Infant Feeding Behaviour and Temperament: Background. ESPGHAN Summer School on Nutrition, 20 June-5 July 2013, Prague.</li> </ul>
<p><i>Poster presentations</i></p>	<ul style="list-style-type: none"> <li>• <b>Nurul Husna MS</b>, Wells J &amp; Fewtrell M. Infant appetite and temperament as predictors of infant growth, 1<sup>st</sup> South-East Asia Public Health Nutrition Conference, 14-17 May 2017, Kuala Lumpur.</li> <li>• <b>Nurul Husna MS</b>, Fewtrell M &amp; Wells J. Infant appetite and temperament as predictors of infant growth, 4th International Conference on Nutrition &amp; Growth, 2-4 March 2017 Amsterdam.</li> <li>• <b>Nurul Husna MS</b>, Mokhtar F, Huang MSL, Wells J &amp; Fewtrell M. Knowledge and perception of breastfeeding among primiparous healthy pregnant women in Klang-Valley, Malaysia. International Society for Research in Human Milk and Lactation (ISRHML), 3-7 March 2016, Cape Town, South Africa.</li> <li>• <b>Nurul Husna MS</b>, Wells J &amp; Fewtrell M. The association of the psychological state of breastfeeding mothers with infant appetite and growth. 3<sup>rd</sup> International Conference on Nutrition &amp; Growth, 17-19, 2016 March, Vienna, Austria.</li> <li>• <b>Nurul Husna MS</b>, Mokhtar F, Huang MSL, Wells J &amp; Fewtrell M. Mother-infant signalling during breastfeeding: An investigation of physiological and psychological factors during breastfeeding, including an ongoing randomised trial investigating the effects of a relaxation intervention in breastfeeding mothers on breast milk production, breast milk cortisol and infant behaviour &amp; growth. Nutrition &amp; Nurture in Infancy &amp; Childhood Conference, 10-12 June 2015, Lake District, UK.</li> <li>• <b>Nurul Husna MS</b>, Mokhtar F, Huang MSL, Wells J &amp; Fewtrell M. An ongoing investigation of physiological and psychological factors during breastfeeding to study causal relationship of maternal psychological state on breast milk production, cortisol levels, infant behaviour &amp; growth. Asia Pacific Conference on Clinical Nutrition (APCCN) 2015, 26-29<sup>th</sup> January 2015, Kuala Lumpur, Malaysia.</li> <li>• <b>Nurul Husna MS</b>, Mokhtar F, Huang MSL, Wells J &amp; Fewtrell M. Maternal perceptions of a Malay version of a breastfeeding relaxation therapy recording: A Pilot Study. Poster presented at 20<sup>th</sup> Malaysian Dietitians Association Scientific Conference 2014, 20-21 June 2014, KL, Malaysia.</li> <li>• <b>Nurul Husna MS</b> and Brough L (2012). Mandatory iodine fortification in bread: is it enough to eliminate iodine deficiency in New Zealand? Poster presented at 27<sup>th</sup> Scientific Conference of Nutrition Society of Malaysia, 24-25<sup>th</sup> May 2012, Kuala Lumpur, Malaysia.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Nurul Husna MS</b> and Brough L (2011). Dietary iodine intake and iodine nutritional knowledge of women of childbearing-age in Palmerston North, New Zealand. Poster presented at Malaysian Dietitians Association Conference &amp; 17<sup>th</sup> AGM; Bridging Gaps in Nutrition Care for the Community, 20<sup>th</sup>-22<sup>nd</sup> July 2011, Kuching, Malaysia.</li> <li>• <b>Nurul Husna MS</b> and Brough L (2011). Iodine status of women of childbearing-age in Palmerston North, NZ after mandatory fortification of bread with iodised salt. Poster presented at 26<sup>th</sup> Scientific Conference of Nutrition Society of Malaysia, 24-25<sup>th</sup> March 2011, KL, Malaysia.</li> <li>• <b>Nurul Husna MS</b> and Ramlah, R (2008). Breakfast habit among adolescent in Kulim, Kedah. Poster presented at 23<sup>rd</sup> Scientific Conference &amp; AGM Nutrition Society of Malaysia, 25-26 March 2008, Kuala Lumpur, Malaysia.</li> </ul>
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<b>H. PROJEK PENYELIDIKAN TERDAHULU</b> (Past Research Project)					
<i>Project No.</i>	<i>Project Title</i>	<i>Role</i>	<i>Year</i>	<i>Source of fund</i>	<i>Status</i>
PhD research project  NMMR ID: 16720 ClinicalTrials ID: NCT01971216	Mother-infant signalling during breastfeeding and infant growth: an investigation of physiological, psychological and anthropological aspects of infant feeding	Researcher (graduate student)	2014-2016	Ministry of Higher Education Malaysia & UCL	Completed
MSc research project	Iodine and selenium status and intake, and iodine nutritional knowledge of women of childbearing-age in Palmerston North, New Zealand.	Researcher (graduate student)	2010-2011	Massey University, NZ	Completed
<b>I. RUJUKAN</b> (REFERENCES)					
<i>NAMA (name)</i>	<i>Jawatan (position)</i>	<i>Alamat (contact address)</i>			
1. Professor Dr. Mary Fewtrell	<ul style="list-style-type: none"> <li>- Professor of Pediatrics</li> <li>- Honorary Consultant Paediatrician</li> <li>• Primary supervisor PhD</li> </ul>	Childhood Nutrition Research Centre, 30 Guilford Street, London WC1N 1EH, UK.  Email: m.fewtrell@ucl.ac.uk			
2. Prof Madya Dr. Norhaizan Mohd Esa	Deputy Dean of Health Sciences, Faculty of Medicine & Health Sciences, UPM.	Department of Nutrition & Dietetics, Faculty of Medicine & Health Sciences, UPM, Serdang, Selangor.  Email: nhaizan@upm.edu.my			