

Senior Lecturer in Public Health. Amudha Poobalan
Personal Professor
Other Applied Health Sciences
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Qualifications

PhD, PhD in Public Health - Obesity in Young Adults
Award Date: 21 Nov 2011

Masters Degree, Masters in Public Health
Award Date: 23 Nov 2000

Doctoral Degree, MBBS, Christian Medical College, Vellore, India
Award Date: 21 Feb 1991

... → Feb 2022 Principal Fellow of The Higher Education Academy, PFHEA

Feb 2018 → ... Senior Fellow of The Higher Education Academy, SFHEA

Nov 2015 → ... Fellow of Health Education Academy, FHEA

Employment

Personal Chair

Personal Professor
Other Applied Health Sciences
Life Sciences & Medicine
1 Aug 2022 → present

External Examiner for MSc Masters programmes

University of Dundee
Dundee, United Kingdom
1 Jan 2022 → 31 Dec 2025

External Examiner for MPH

University of Glasgow
Glasgow, United Kingdom
1 Sep 2017 → 31 Aug 2022

Research outputs

The role of Hospital-Based Cancer Registries (HBCRs) as information systems in the delivery of evidence-based integrated cancer care: a scoping review

Tripathi, S., MacLennan, S., Poobalan, A., Omar, M. I. & Guntupalli, A., 27 May 2023, (E-pub ahead of print) In: Health System.

Race and sex disparities in acute outcomes of patients with acute ischemic stroke and diabetes mellitus. A national inpatient sample study.

Thuemmler, R. J., Pana, T., Mohamed, M. O., Poobalan, A., Mamas, M. A. & Myint, P. K., 1 Jun 2023, In: Clinical Neurology and Neurosurgery. 229, 9 p., 107747.

The Impact of Minimum Unit Pricing on Traumatic Brain injury in Scotland: A Retrospective Cohort Study of Routine National Data

Bashir, M. T., Bhatt, P., Poobalan, A., Khan, I., Cooper, J. & Poobalan, A., 14 Mar 2023, (E-pub ahead of print) In: British Journal of Neurosurgery.

Distribution of energy intake across the day and weight loss: a systematic review and meta-analysis

Young, I., Poobalan, A., Steinbeck, K., O'Connor, H. & Parker, H., Mar 2023, In: *Obesity Reviews*. 24, 3, 14 p., e13537.

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Yu, J., Balaji, B., Tinajero, M., Jarvis, S., Khan, T., Vasudevan, S., Ranawana, V., Poobalan, A., Bhupathiraju, S., Sun, Q., Willett, W. C., Hu, F. B., Jenkins, D. J.A., Mohan, V. & Malik, V. S., 27 Sep 2022, In: *BMJ Open*. 12, 9, 60 p., e065426.

Developing research skills with weekly online seminars over the summer

Gregory, J., Cunningham, C., MacLeod, A., Kiezebrink, K., Martin, K., Morgan, H., Myint, P. K., Parson, S., Poobalan, A., Speirs, V. & Turner, S., 29 Jul 2022, (Accepted/In press) In: *Acta Physiologica*.

Preparation, Relationship and Reflection: Lessons for International Medical Electives

Stone, S., Moore, J., Tweed, S. & Poobalan, A., Jun 2022, In: *Journal of the Royal College of Physicians of Edinburgh*. 52, 2, p. 95-99 5 p.

Biomarkers for assessing acute kidney injury for people who are being considered for admission to critical care: a systematic review and cost-effectiveness analysis

Brazzelli, M., Aucott, L., Aceves Martins, M., Robertson, C., Jacobsen, E., Imamura, M., Poobalan, A., Manson, P., Scotland, G., Kaye, C., Sawhney, S. & Boyers, D., 1 Jan 2022, In: *Health Technology Assessment*. 26, 7, p. 1-286 286 p.

Step 1 - Needs Assessment

Cleland, J. A., Poobalan, A. & Durning, S. J., 1 Jan 2022, *Survey Methods for Medical and Health Professions Education*. Phillips, A. W., Durning, S. J. & Artino, A. R. (eds.). Philadelphia: Elsevier, p. 5-17 13 p.

Writing up the literature review

Poobalan, A., Hundley, V., Simkhada, B., Kurmi, O. & Regmi, P., 2022, *Academic writing and publishing in Health and Social Sciences*. Wasti, S., van Teijlingen, E., Simkhada, P. & Hundley, V. (eds.). 1st ed. Nepal: Himal books, p. 68-77 10 p.

Cost-effectiveness and value of information analysis of NephroCheck and NGAL tests compared to standard care for the diagnosis of acute kidney injury

Jacobsen, E., Sawhney, S., Brazzelli, M., Aucott, L., Scotland, G., Aceves Martins, M., Robertson, C., Imamura, M., Poobalan, A., Manson, P., Kaye, C. & Boyers, D., 1 Dec 2021, In: *BMC Nephrology*. 22, 10 p., 399.

Effective interventions in road traffic accidents among the young and novice drivers of low and middle-income countries: A scoping review

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Kounidas, G., Kastora, S. L., Barnott, E., Black, L., Robinson-Burke, T., Gould, A., Morgan, D., Urquhart, G., Poobalan, A. & Jack, A., 30 Nov 2021, In: *Journal of Gynecology Obstetrics and Human Reproduction*. 50, 9, 6 p., 102173.

Knowledge, anxiety levels and attitudes of infertile couples towards COVID-19 and its impact on self-funded fertility treatment: a cross-sectional questionnaire survey

Kamath, M. S., Joseph, T., Karuppusami, R., Chinta, P., Pal, A., Nallamilli, S. R., Sarkar, S., Poobalan, A. & Kunjummen, A. T., 22 Oct 2021, In: *Human Reproduction Open*. 2021, 4, 9 p., hoab039.

Considering medical education research: Selection into medical school

Cleland, J., Oommen, V. & Poobalan, A., 5 Jul 2021, In: *Curr Med Issues*. 19, 3, p. 194-196 3 p.

Meritocratic and fair? The discourse of UK and Australia's widening participation policies

Coyle, M., Sandover, S., Poobalan, A., Bullen, J. & Cleland, J., Jul 2021, In: *Medical Education*. 55, 7, p. 825-839 15 p.

Frontline community health care workers' intervention for diabetes management in resource limited settings: a qualitative study on perspectives of key stakeholders

Poobalan, A., Whiteley, E., Balsubramanya, B., Philip, S., Jebaraj, P., Balaji, BV., John, O., Thomas, N., Abraham, P. & Isaac, R., 18 Jun 2021, In: *Journal of Global Health Reports*. 8 p., e2021046.

Acting as External Examiners in the UK: Going Beyond Quality Assurance

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PhD supervision in Public Health

Regmi, P. R., Poobalan, A., Simkhada, P. & van Teijlingen, E., 26 Mar 2021, In: *Health Prospect: Journal of Public Health*. 20, 1, p. 1-4 4 p.

Increasing Engagement for Breast Cancer Screening and Treatment: The "ICANTREAT" Community of Expertise Initiative

Kathrikolly, T. R., Nair, S., Poobalan, A., Shetty, R. S., Tripathy, S. & MacLennan, S. J., 23 Dec 2020, In: *Asian Pacific Journal of Cancer Prevention*. 21, 12, p. 3655-3659 5 p.

Task shifting to frontline community health workers for improved Diabetes care in low-resource settings in India: A phase II Non-randomized controlled clinical trial

Balasubramanya, B., Isaac, R., Philip, S., Prashanth, H. R., Abraham, P., Poobalan, A., Thomas, N., Jeyaseelan, L., Mammen, J., Devarasetty, P. & John, O., 16 Nov 2020, In: *Journal of Global Health Reports*. 4, 9 p., e2020097.

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Hijazi, K., Lawes, T., Okoliegbe, I., Gupta, E., Wilson, B., El-Sakka, N., Nebot, C., Okpo, E., Osman, M., Niu, C., Imoesi, P., Poobalan, A., Gould, I. & Brazzelli, M., 10 Sep 2020, (Accepted/In press)

Socio-Cultural Coaching to enhance Careers and Employability: Supporting Success.

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Sink or swim? Consideration for international medical elective projects at the University of Aberdeen

Stone, S., Tweed, S., Lyall, E., Moore, J. & Poobalan, A., 5 Jul 2019.

The ARCHITECT and Alinity urine NGAL assays, urine NephroCheck test, and urine and plasma NGAL tests to help assess the risk of acute kidney injury in people who are being considered for admission to critical care

Brazzelli, M., Aucott, L., Aceves Martins, M., Robertson, C., Jacobsen, E., Imamura, M., Poobalan, A., Manson, P., Scotland, G., Kaye, C., Sawhney, S. & Boyers, D., 2019, National Institute for Health and Care Excellence (NICE). 376 p.

To see ourselves as others see us: A study of self- assessments in Year 1 Medical students

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Transitioning postgraduate students: Enhanced student support through socio-cultural coaching

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Berry, E., Aucott, L. & Poobalan, A., Dec 2018, In: Journal of Public Health. 26, 6, p. 687-696 10 p.

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Guidelines Development Group, External Review Group & WHO Steering Group, 20 Aug 2018, New Delhi: World Health Organization . 106 p.

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Poobalan, A. & Cleland, J., 2017.

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Obesity among young adults in developing countries: a systematic overview

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Views of medical students: what, when and how do they want statistics taught?

Fielding, S., Poobalan, A., Prescott, GJ., Marais, D. & Aucott, L., Nov 2015, In: Scottish Medical Journal. 60, 4, p. 164-169 6 p.

Does quality of care differ when HIV patients are treated by non-specialist and specialist HIV healthcare providers in developed countries? A Systematic narrative review

Sokhom, B., Okpo, E., Tonna, I. & Poobalan, A., 28 Aug 2015, In: World Journal of AIDS. 5, 3, p. 161-174 14 p.

Effects of probiotics on child growth: a systematic review

Onubi, O. J., Poobalan, A. S., Dineen, B., Marais, D. & McNeill, G., 2 May 2015, In: The Journal of Health, Population and Nutrition. 34, 15 p., 8.

Are the urban poor at higher risk for cardiovascular disease in newly industrialised and transitional India?

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Is 'Participatory Action Research' an ideal way to facilitate healthy lifestyle in young adults in transition?

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The emerging health problems of non-communicable diseases

Poobalan, A. S., Simkhada, P., Kirkpatrick, P. & Vijay, GC., 2015, *The Dynamics of health in Nepal*. Wasti, SP., Simkhada, P. & van Teijlingen, E. (eds.). 1 ed. Kathmandu, Nepal: Himal, Vol. 1. p. 142-168 26 p.

Diet behaviour among young people in transition to adulthood (18–25 year olds): a mixed method study

Poobalan, A. S., Aucott, L. S., Clarke, A. & Smith, W. C. S., 28 Aug 2014, In: *Health Psychology and Behavioral Medicine*. 2, 1, p. 909-928 20 p.

Does Metformin combined with Clomiphene Citrate improve fertility related outcomes in Clomiphene resistant women with PCOS: a systematic review

Gill, S., Gemmel, A., Collieran, R., Zanuri, N. B., O'Brian, H. & Poobalan, A., Jun 2014, In: *Middle East Fertility Society Journal*. 19, 2, p. 81-88 8 p.

Mental well-being related to lifestyle and risky behaviours in 18-25 year olds: Evidence from Northeast Scotland

Aucott, L. S., Poobalan, A. S., McCallum, M. & Smith, W., 2014, In: *International journal of Public Health Research*. 4, 1, p. 431-440 10 p.

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Poobalan, A. S., Aucott, L. S., Clarke, A. & Smith, W. C. S., 10 Aug 2012, In: *BMC Public Health*. 12, 10 p., 640.

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Gillett, M., Royle, P., Snaith, A., Scotland, G., Poobalan, A., Imamura, M., Black, C., Boroujerdi, M., Jick, S., Wyness, L., McNamee, P., Brennan, A. & Waugh, N., Aug 2012, In: *Health Technology Assessment*. 16, 33, p. 1-235 235 p.

Prevention of Obesity: Exploration of Lifestyle in 18-25 olds

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Knowledge, attitude, and prevalence of overweight and obesity among civil servants in Nepal

Simkhada, P., Poobalan, A., Simkhada, P. P., Raja, A. & Aucott, L., Jul 2011, In: *Asia-Pacific Journal of Public Health*. 23, 4, p. 507-517 11 p.

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Poobalan, A. S., Aucott, L. S., Precious, E., Crombie, I. K. & Smith, W. C. S., Aug 2010, In: *Obesity Reviews*. 11, 8, p. 580-592 13 p.

Analysis of the UK recommendations on obesity based on a proposed implementation framework

Poobalan, A. S., Aucott, L. S., Ahmed, S. & Smith, W. C. S., 15 Jan 2010, In: *BMC Public Health*. 10, 7 p., 17.

Factors associated with Teenage pregnancy in South Asia

Acharya, D., Bhattarai, R., Poobalan, A., van Teijlingen, E. & Chapman, G., 2010, In: *Health Science Journal*. 4, 1, p. 3-14 12 p.

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Poobalan, A., Aucott, L., McHardy, S., van Teijlingen, E., Araujo-Soares, V., Douglas, F. & Smith, C., 2010.

Weight loss interventions in young people (18 to 25 year olds): a systematic review

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Obesity as an independent risk factor for elective and emergency caesarean delivery in nulliparous women systematic review and meta-analysis of cohort studies

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Smith, C. W., McHardy, S., Poobalan, A. & Aucott, L., 2009.

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Lifestyle in young adults (18-25 year olds): A questionnaire survey from North East of Scotland.

Poobalan, A., Aucott, L., McHardy, S., van Teijlingen, E., Araujo-Soares, V., Douglas, F. & Cairns Smith, W., 2009.

Prevalence of Obesity in South Asians living in the UK.

Nandigam, R., Aucott, L., Raja, E. A. & Poobalan, A., 2009.

Updated systematic review of school based sexual health interventions for STI/HIV in sub-Saharan Africa.

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Validation of self-reported body mass index based in 11-18 year olds and a group of 18-25 University students - results from North East Scotland.

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Sex and relationships education in Scottish secondary schools (2006-2007)

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Chronic pain and quality of life following open inguinal hernia repair

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Poobalan, A., Bruce, J., Chambers, W. A., Smith, W. C., King, P. M. & Krukowski, Z. H., 2000.

Chronic pain and quality of life following inguinal hernia repair.

Poobalan, A., Bruce, J., King, P. M., Krukowski, Z. & Cairns Smith, W., 2000.

Activities

Hot topic symposium on Academic Freedom and its impact on teaching and Learning

Amudha Poobalan (Chair), Abhilasha Singh (Speaker), Sarwat Nauman (Speaker) & Anand Agrawal (Speaker)
8 Sep 2022 → 11 Sep 2022

KIMS research skills workshop

Amudha Poobalan (Speaker)
22 May 2022 → 24 May 2022

Higher education Teaching and Learning Conference - 2022

Amudha Poobalan (Organiser)
Feb 2022 → Sep 2022

AdvanceHE (External organisation)

Amudha Poobalan (Member)
2022 → ...

Organising committee member for Faculty of Public Health Conference, Scotland

Amudha Poobalan (Attendee)
16 Jul 2021 → 13 May 2022

The impact of Minimum Unit Pricing on Traumatic Brain injury in Scotland: A Retrospective Cohort Study of Routinely Collected National Data.

M Talha Bashir (Speaker), Manimekalai Thiruvethiyur (Author), Pragnesh Bhatt (Author) & Amudha Poobalan (Author)
15 Apr 2021 → 16 Apr 2021

Critical appraisal of literature to assess evidence

Amudha Poobalan (Speaker), Silvia Gratz (Organiser) & Janet Kyle (Speaker)
14 Dec 2020 → 15 Dec 2020

Cancer...buckle with fear or increase awareness!

Amudha Poobalan (Speaker)
14 Sep 2019

Higher Education Teaching and Learning Association (External organisation)

Amudha Poobalan (Member)

2019 → 2024

External Examiners Network (External organisation)

Amudha Poobalan (Member)

2017

Master of Public Health (MPH) Directors Network (External organisation)

Amudha Poobalan (Member)

2016 → ...

Projects

ICANTREAT: Increasing participation in cancer screening and treatment in Nepal

Tripathee, S., MacLennan, S., Poobalan, A. & Guntupalli, A.

1/02/21 → 31/07/21

Selection into medicine in resource constrained settings: the predictive validity of a social-responsibility focused selection approach

Poobalan, A., Kynn, M. & Jack, A.

1/02/21 → 31/07/21