



CURRICULUM VITAE

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PERSONAL INFORMATION	
Name	Roxana Dev Omar Dev
Title	Dr
Position	Senior Lecturer
Department	Department of Sports Studies
Qualification	PhD (Health & Exercise Psychology); Universiti Putra Malaysia, Malaysia MPE (Exercise Science & Nutrition); Univ. of Nebraska-Lincoln, USA BSc. (Actuarial Science & Dance); Univ. of Nebraska-Lincoln, USA
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BIODATA	
<p>Dr Roxana Dev Omar Dev was born in Georgetown, Penang, Malaysia. She obtained her primary school education at Batu Road Girls' School, Kuala Lumpur, before continuing her secondary education at St. Mary's Girls' School in Kuala Lumpur. She pursued her first degree in Actuarial Science and Dance at the University of Nebraska-Lincoln, Nebraska, USA. She later obtained her Masters (Master of Physical Education) at the same university in the field of Exercise Physiology and Nutrition. Dr Roxana completed her Doctoral degree from Universiti Putra Malaysia in Health Psychology in 2018. Her involvement in the educational profession starts in 1997 as a lecturer at the Faculty of Educational Studies, UPM. She teaches nutrition, health and fitness classes. Her field of interest is health psychology, nutrition, health, fitness and sustainable living. She is also a certified American Council on Exercise (ACE) personal trainer and Aerobics and Fitness Association of America (AFAA) group aerobics instructor. She is an environmental activist who promotes sustainable living. She had published and presented many papers in various conferences worldwide during her career as a lecturer at UPM.</p>	
RESEARCH AREA	
<p>Health behavior; nutrition; mental health; emotional intelligence and health; spiritual intelligence and health; ecobrick and eco-waste management; littering attitude and environmental health</p>	
PUBLICATIONS	
<p>Journals</p> <p>Li, X.T., Soh, K.G. and Omar Dev, R.D. (2023). Effect of latin dance on physical and mental health: A systematic review. <i>BMC Public Health</i>, 23, https://doi.org/10.1186/s12889-023-16221-6</p> <p>Piores, V.F., Dev Omar Dev, R. Muhammad, M.M., Nasnoor Juzaily, M. N., and Binti Puan Mohd Kari, D.N. (2023). Current trends and issues involving screen time and physical activity engagement among school students: A thematic review. <i>Teoria ta Mettodika Fizicnogo Vihovanna</i>, 23(3), 447-457. https://doi.org/10.17309/tmfv.2023.3.18</p> <p>Wang, C., Roxana Dev, O. D., Soh, K.G., Nasnoor Juzaily, M. N., and Wang, Y. S. (2023). Blended learning in physical education: A systematic review. <i>Frontiers in Public Health</i>, 11, 1073423. https://doi.org/10.3389/fpubh.2023.1073423</p>	

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- Yuan, Y., Ji, X., Yang, X., Wang, C., Samsudin, S., **Omar Dev, R.D.** (2022). The effect of persistence of physical exercise on the positive psychological emotions of primary school students under the STEAM education concept. *Int. J. Environ. Res. Public Health*. 19, 11451. <https://doi.org/10.3390/ijerph191811451>.
- Hosseinzadeh Ghasemabad, K., Tengku Fadilah, T.K., **Roxana Dev, O.D.**, Nekooei, P., Majlesi, S., Alemi, B., and Nekouei, P. (2022). The role of high-, moderate-, and low-intensity training in enhancing functional mobility and muscle strength of aged female: A randomized controlled trial. *Pertanika J. Soc. Sci. & Hum.*, 30 (1), 57 – 78.
- Bai, X., Soh, K.G., **Omar Dev, R.D.**, Talib, O., Xiao, W. and Cai, H. (2022). Effect of brisk walking on health-related physical fitness balance and life satisfaction among the elderly: A systematic review. *Front. Public Health*, 9. doi: 10.3389/fpubh.2021.829367
- Bai, X., Soh, K.G., **Omar Dev, R.D.**, Talib, O., Xiao, W., Soh, K.L., Ong, S.L., Zhao, C., Galeru, O. and Casaru, C. (2022). Aerobic exercise combination intervention to improve physical performance among the elderly: A systematic review. *Front. Physiol.* 12. 2311 doi: 10.3389/fphys.2021.798068
- Marwan Taha, A.R., **Roxana Dev, O.D.**, Tengku Fadilah, T.K., Ahmad Nasrulloh, Seyedali, A. (2021). Influence of perceived value and innovation on the propensity to use sports tourism websites among university students: The moderating effects of age and education. *Asian Journal of University Education*, 17(4), 478-489.
- Jia, Z., Abdullah, B. B., **Dev, R. D. O.** & Samsudin, S B. (2021). Influence of football basic technical training on youth soccer players in Shanxi province, China. *Cypriot Journal of Educational Science*, 16(2), 777-788.
- Cochrane, T., Tengku Fadilah, T.K., Davey, R., & **Roxana Dev, O.D.** (2021). Effect of exercise and weight loss in polycystic ovarian syndrome among obese women. *Pertanika Journal of Social Science and Humanities*, 29(S1), 119-134.
- Lohrasbipeydeh, E., Soh, K.G., **Roxana Dev, O.D.**, Ong, S.L., Siswantoyo, & Jaka, S. (2021). Balance comparison between Iranian elderly with and without knee range of motion limitations. *Pertanika Journal of Social Science and Humanities*, 29(S1), 375 – 393.
- Hon, J.S., Ang, X.W., Soh, K.G., **Roxana Dev, O.D.**, Soh, K.L., Ong, S.L. (2021). The effectiveness of using command and guided discovery teaching styles with mobile phone in teaching fore-arm pass skill and enjoyment among primary school students. *Journal of Cardiovascular Disease Research*, 12(2), 272-281.
- Roxana Dev, O. D.**, Siti Yusra, Y., Tengku Fadilah, T. K., Kim Geok, Soh, Siswantoyo. (2020). Relationship between imagery use and imagery ability towards team cohesion among MASUM athletes. *International Journal of Academic Research in Business and Social Science*, 508-526.
- Zhao Jia, Dandan T., Borhanuddin, A., **Roxana, O.D.**, Mohd Rozilee Wazir, N.W. (2020). Exploring university students' perceptions on online physical education class as participants: A qualitative case study. *Korea Observer*, 51(3), 510-522.

- Roxana Dev, O.D.**, Tengku Fadilah T.K., Soh, K.G., Maria Chong, A., Ahmad Fauzi, M.A., & Ismi, A.I. (2019). Influence of psychosocial factors on health behaviours among undergraduates in Malaysia. *International Journal of Academic Research in Business and Social Science*, 1382-1401.
- Aman, M., Abu Bakar Razali, Yusof, A., **Omar Dev, R.D.** (2019). Women in sport leadership positions in Malaysia: Issues and challenges. *International Journal of Academic Research in Business and Social Science*, 1506-1519.
- Roxana Dev, O.D.**, Tengku Fadilah T.K., Soh, K.G., Maria Chong, A., Ahmad Fauzi, M.A., & Ismi, A.I. (2018). Factors influencing health behaviours among Malaysian university students in a Malaysian public university. *Malaysian Journal of Youth Studies*, 18, 167-192.
- Roxana Dev, O.D.**, Tengku Fadilah T.K., Soh, K.G., Maria Chong, A., Ahmad Fauzi, M.A., & Ismi, A.I. (2018). Spiritual intelligence on health behaviours among Malaysian university students in a Malaysian public university: The mediating role of self-efficacy. *Movement, Health & Exercise Journal*, 7(2), 53-64.
- Roxana Dev, O.D.**, Tengku Fadilah T.K., Soh, K.G., Maria Chong, A., Ahmad Fauzi, M.A., & Ismi, A.I. (2018). Emotional intelligence, spiritual intelligence, self-efficacy and health behaviours: Implications for quality health. *International Journal of Academic Research in Business and Social Science*, 8(7), 794-809.
- Roxana Dev, O.D.**, & Amir Rifaat, A.R. (2016). Influence of emotional intelligence as a mediator between physical activity and mental health distress among Malaysian university students. *International E-Journal of Advances in Social Sciences*, 2(5), 492-500.
- Roxana Dev, O.D.**, & Henry, E. (2016). Effects of body mass index (BMI), eating attitude and physical activity on bone health among undergraduate students in Malaysia. *International E-Journal of Advances in Social Sciences*, 2(5), 591-597.
- Roxana Dev, O.D.**, Ismi, A.I., Maria Chong, A., & Soh, K.G. (2014). Emotional intelligence as an underlying psychological mechanism on physical activity among Malaysian adolescents. *Middle-East Journal of Scientific Research (Innovation Challenges in Multidisciplinary Research & Practice)*, 19, 166-171.
- Roxana Dev, O.D.**, Mohd Sofian, O.F., Ismi, A.I., Maria Chong, A., & Soh, K.G. (2012). Emotional intelligence as a potential underlying mechanism for physical activity among Malaysian adults. *American Journal of Health Sciences (AJHS)*, 3(3), 211-222.
- Roxana Dev, O.D.**, Suhaila. M., Bahaman, A.S. & Zarida, H. (2009). Comparison on cognitive effects of *Centella Asiatica* in healthy middle age female and male volunteers. *European Journal of Scientific Research*, 31(4), 553-565.
- Roxana Dev, O.D.**, Permal, V. & Mohd. Sofian, O. F. (2009). Rural urban differences in body image perception body mass index and dieting behavior among Malay adolescent Malaysian schoolgirls. *European Journal of Scientific Research*, 34(1), 69-82.
- Mohd. Sofian, O. F., Marjohan, J., Aminuddin, Y., Zarina, M., **Roxana Dev, O.D.** (2009). College students' perception on physical education classes during their high school days. *European Journal of Scientific Research*, 7(4), 69-78.

Books & Chapters in a Book

- Roxana Dev, O.D.**, Fathiyah, M.F., Siti Rehani, C.H. (2020). *Garis panduan sukan mengikut perspektif Islam*. Penerbit Fakulti Pengajian Pendidikan, Universiti Putra Malaysia.
- Mohd. Samsudin, D., Marjohan, J., **Roxana Dev, O.D.**, Rozita, A.L. & Mohd. Sofian, O.F. (2010). *Perasaan negatif dalam permainan*. Penerbit Universiti Kampus Bandar Universiti Teknikal Malaysia, Melaka.
- Mohd. Sofian, O.F., Lokman, Y., & **Roxana Dev, O.D.** (2009). *Kaedah mengajar pendidikan jasmani-dril hoki*. Karisma Publications Sdn. Bhd.
- Roxana Dev, O. D.**, Permal, V, Soh, K.G. & Mohd. Sofian, O.F. (2009). *Perbandingan persepsi imej badan dan indeks jisim badan (BMI) antara remaja perempuan Melayu di bandar dan luar bandar di Gombak*. Penerbit Universiti Putra Malaysia.
- Soh, K.G, Soh, K.L, **Roxana Dev, O.D**, Borhannudin, A, Noorzaliza, O. (2009). *Somatotaip pemain bola jaring MSSM 2006 berdasarkan posisi pemain*. Penerbit Universiti Putra Malaysia.

Proceedings

- Roxana Dev, O.D.** & Nur Shafazliyan, M.A. (2018). Stress and mental health between athletes and non-athletes at Universiti Putra Malaysia. *Proceedings of 2018 International Conference of 5th Movement, Health and Exercise & 4th ASEAN Council of Physical Education and Sports*. Serdang: Faculty of Educational Studies, Universiti Putra Malaysia.
- Amir Luqman, M.I. & **Roxana Dev, O.D.** (2018). Kecerdasan spiritual dan tingkah laku kesihatan dalam kalangan pelajar di sekolah sekitar Serdang. *Proceedings of 2018 International Conference of 5th Movement, Health and Exercise & 4th ASEAN Council of Physical Education and Sports*. Serdang: Faculty of Educational Studies, Universiti Putra Malaysia.
- Nurfazliana, M. & **Roxana Dev, O.D.** (2018). Kesan amalan gaya hidup terhadap kepadatan tulang dalam kalangan pelajar UPM. *Proceedings of 2018 International Conference of 5th Movement, Health and Exercise & 4th ASEAN Council of Physical Education and Sports*. Serdang: Faculty of Educational Studies, Universiti Putra Malaysia.
- Muhammad Hafis, A. & **Roxana Dev, O.D.** (2018). Hubungkait aktiviti fizikal dengan kesejahteraan mental dalam kalangan pelajar UPM. *Proceedings of 2018 International Conference of 5th Movement, Health and Exercise & 4th ASEAN Council of Physical Education and Sports*. Serdang: Faculty of Educational Studies, Universiti Putra Malaysia.
- Siti Yusra, Y. & **Roxana Dev, O.D.** (2018). Masum athletes' perception on team cohesion, imagery use and imagery ability based on team sport. *Proceedings of 2018 International Conference of 5th Movement, Health and Exercise & 4th ASEAN Council of Physical Education and Sports*. Serdang: Faculty of Educational Studies, Universiti Putra Malaysia.
- Hanis, M.K. & **Roxana Dev, O.D.** (2018). The development of Health Behaviour Questionnaire for undergraduate students in Malaysia: A pilot study. *Proceedings of 2018 International Conference of 5th Movement, Health and Exercise & 4th ASEAN Council of Physical Education and Sports*. Serdang: Faculty of Educational Studies, Universiti Putra Malaysia.

- Roxana Dev, O.D.,** Tengku Fadilah T.K., Soh, K.G., Maria Chong, A., Ahmad Fauzi, M.A., & Ismi, A.I. (2017). Emotional intelligence on health behaviours among Malaysian university students in a Malaysian public university: The mediating role of self-efficacy. In Razali, A.R., Mohd Ayub, A.F., & Shahril, S.R (Eds), *Empowering Education Through Translational Research and Practices: Proceedings of the 4th International Conference on Educational Research and Practice 2017* (pp. 507-513). Serdang: Faculty of Educational Studies, Universiti Putra Malaysia.
- Roxana Dev, O.D.,** Siti Aminah, J. (2010). Effects of different breakfast composition on cognitive performance among Malaysian high school students. *Proceedings of 2010 International College teaching & Learning Conferences*. Clute Institue: Las Vegas, U.S.A.
- Roxana Dev, O.D.,** Siti Aminah, J. (2010). Effects of breakfast composition on cognitive performance in high school children. *Proceedings of 25th Scientific NSM Conference 2010*. Kuala Lumpur.
- Roxana Dev, O.D.,** Azilla, J., Tengku Fadilah, T.K.& Saidon, A. (2010). Simptom kecelaruan pemakanan dalam kalangan perempuan berbilang kaum di universiti awam Selangor. *Prosiding Seminar Penyelidikan dan Pembangunan Sumber Manusia 2010*. Serdang: Fakulti Pengajian Pendidikan, Universiti Putra Malaysia.
- Roxana Dev, O. D.,** Suhaila, M., Bahaman, A.S & Zarida, H. (2004). Effects of *Centella Asiatica* and *Nigella Sativa* on cognitive abilities. *Proceedings of National Conference on Population Ageing in the Developing World: Bridging Research, Policy and Practice*. United Nations Population Fund, & Institute of Gerontology (UPM).

SPONSORED PROJECTS

No.	Title	Role (Main/Co-researcher)	Sponsor/Grant and Amount (RM)	Period (year)	Status (Completed/Ongoing)
1.	<i>Health Behaviour, Mental Health And Suicidal Ideation Among Malaysian And Indonesian Public High Scholl Children During Covid-19 Pandemic Movement Control Order",</i>	Main researcher	RM20,000	2021-2023	Ongoing
2.	<i>Senaman sensori berlitar untuk murid-murid bermasalah pembelajaran di Program Pendidikan Khas Integrasi Sekolah Kebangsaan Serdang</i>	Research member	RM 140,000	2018-2020	Completed
3.	<i>Faktor yang Mempengaruhi Kecerdasan Emosi Sukan Dalam</i>	Research member	RM 32,200	2018-2020	Completed

	<i>Kalangan Atlet Paralimpik</i>				
4.	A model for understanding the effects of e-intelligence, s-intelligence, social support on self-efficacy and health behavior	Main researcher	FRGS/ RM 52,000	2016-2018	Completed
5.	<i>Kajian Keberkesanan Program Patrol Denggi di Sekolah</i>	Research member	MOE/ RM 52,000	2016-2017	Completed
6.	<i>Kajian kesan susu PSIM terhadap pertumbuhan dan kecergasan fizikal murid sekolah</i>	Research member	MOE & Milk Consortium/ RM 380,000	2013-2015	Completed
7.	Anthropometry, body image perceptions, dietary practices, and physical activity among female IPTA students in Selangor	Main researcher	MOHE/ RM 23,000	2013-2015	Completed
8.	Stress among women in UPM: marital status, children at home, physical activity, EQ and SQ on neurohormone output.	Main researcher	RUGS/RM 63,000	2007-2010	Completed
9.	Effects of Centella asiatica, Nigella sativa, Apium graveolens and fish oil on cognitive performance and blood lipid profile among middle age adults.	Main researcher	RUGS/ RM 15,000	2002-2003	Completed

TEACHING EXPERIENCE

- Anatomy and Physiology
- Community & Environmental Health
- Community Health and Wellbeing
- Educational Research
- Exercise Physiology
- Gymnastics

- Health Management
- Mental Health
- Nutrition and Health
- Sports and Exercise Psychology
- Sports Nutrition
- Statistics

FIELD OF EXPERTIES

- Cognitive Health
- Health & Exercise Psychology (Health Behaviour)
- Health & Fitness
- Nutrition and Health
- Mental Health
- Sports and Exercise Nutrition
- Sports in Islam
- Sustainable Living

CONSULTATION

- Majlis Amanah Rakyat (MARA), Ministry of Youth and Sports, Ministry of Education, Selangor Islamic Religious Department (Jabatan Agama Islam Selangor), Sri Ayesha Islamic School, Schools in Putrajaya
- Physical Education and Health text-book assessor and chairman of panelist
- Reference expert on mental & cognitive health
- Reference expert on health behaviour
- Reference expert on health & fitness
- Reference expert on sustainable living (ecobrick)
- Reference expert on sports in Islam
- Reference expert on wellbeing

PROFESSIONAL EXTENSIONS

- ASEAN Council in Physical Education & Sports (ACPES) Board Council Member
- Kuala Lumpur Fit Association; Vice President 2
- University Guest Lecturer (Universitas Negeri Yogyakarta, Indonesia; 2020-2021-2022)
- University Ambassador for Malaysian Youth Upcycle Challenge 2021 (MOSTI)
- World Clean Up Day Leader 2020
- Earth Day Leader 2021

AWARDS AND RECOGNITION

- Gold Medal (PICTL 2021)- Putra InnoCreative Carnival in Teaching and Learning Ecobrick Tool-Book: Using easy manual to promote sustainable living skills in plastic waste management
- Gold Medal (PICTL 2020)- Putra InnoCreative Carnival in Teaching and Learning Ecobrick Challenge @ UPM 2020: Using incentives to promote sustainable living skills in plastic waste management
- Silver medal (MEDC 2020): Use of incentives in promoting ecobrick activity among university students
- Best Paper Award (Clute Institute 2012, Las Vegas, USA): Effects of Different Breakfast Composition on Cognitive Performance among Malaysian High School Students
- Silver medal (RMC, UPM, 2009): Natural Memory Booster
- Bronze medal (RMC, UPM, 2005): Effects of Centella Asiatica in cognitive performance and biochemical parameters on middle age adults
- Bronze medal (RMC, UPM, 2005): Herbal product for cognitive enhancement
- Service Excellence Award (UPM): 2003, 2005, 2009, 2016, 2018, 2020