

Maral Misserian
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EDUCATION

Applied Clinical Research (ACR) - PhD

University of Texas Southwestern Medical Center, Dallas, TX
2021 - 2024

Master of Clinical Nutrition (MCN)

University of Texas Southwestern Medical Center, Dallas, TX
2018 - 2020

B.Sc. in Computer Science

Beirut University College (BUC) – Beirut
1984 - 1988

CNP in Holistic Nutrition – First Class Honors

Holistic Nutrition Practitioner- Institute of Holistic Nutrition (IHN) - Toronto, ON
2012 - 2013

Fitness and Lifestyle Management Program (FLMP) - Honors

George Brown College - Toronto, ON
2003 - 2006

CERTIFICATIONS

Certificate in Obesity Training in Pediatrics and Adults

Commission on Dietetic Registration

October 7, 2022 – October 7, 2027

Registered Dietitian (RDN)

February 2022- February 2026

Academy of Nutrition and Dietetics

Heart Saver (CPR and AED)

November 2023 – November 2025

American Heart Association

CNP

Certified Nutritional Practitioner

DIETETIC INTERNSHIP

January 2018 to May 2020

The internship consisted of a variety of clinical and community nutrition experiences, including Medical Nutrition Therapy (MNT), community nutrition education, and food service experience.

MNT (Clements University Hospital) – 16 weeks

- Provided MNT and follow-up to patients with a variety of nutrition needs such as diabetes, renal disease, heart disease, neurological diseases, oncology, as well as ICU patients.

MNT (Weight Wellness Program at UT Southwestern) – 2 weeks

- Observed and provided MNT to overweight and obese patients visiting the clinic for weight loss purposes. Treatment included weight loss medication and behavioral support.

MNT (Children's Hospital) – 2 weeks

- Observed and provided MNT to neonates and infants with heart disease.
- Provided MNT at the children's clinic, including eating disorders, diabetics, children with tube feeding, renal disease, and other current diseases.

Community rotation - AIDS Resource Center (2 weeks)

- Prepared food safety documents for the pantry at the Aids Resource Center.
- Aided in cooking and food preparation and provided nutrition counselling to the visitors of the center.

Food service rotation– Clements University Hospital – 4 weeks

- Aided in cooking and food preparation and performed safety audits.
- Prepared hospital menu based on the lead dietitian's advice.
- Discussed budgeting and meal planning with the food service manager and participated in human resource operations.

EMPLOYMENT**Assistant Professor – (January 2025 – Current)**

UT Southwestern School of Health Professions

Master of Clinical Nutrition

Responsibilities

- Supervise student rotations
- Develop class content
- Teach a variety of classes
- Conduct research

Registered Dietitian – PRN (December 2023 – June 2024)

Medical City Arlington

Responsibilities:

- Set up the bariatric surgery program
- Counseled bariatric surgery patients before and after surgery
- Counseled hospital patients on a variety of diseases related to nutrition

PhD Clinical Research Associate (August 2022 – December 2025)

Ut Southwestern Medical Center

Responsibilities:

My responsibilities included conducting research with mentor Dr. Sarah Messiah, Ph.D, MPH, FTOS who is a Professor of Applied Epidemiology and the Director of the Child and Adolescent Population Health Program at the Peter O'Donnell Jr. School of Public Health located at UT Southwestern. The research project is called "Partnering Lifestyle Intervention with Bariatric Surgery to Maximize Health Outcomes in Adolescents." Its Aim is to develop an online education program called TeenLYFT to encourage youth that are eligible to metabolic bariatric surgery (MBS) to resume with surgery and adhere to its requirements. My role in this study is to develop the education program along with a psychologist and other team members as well as recruiting subjects. The development of the program is done, and 76 participants have access to the education, 21 post-op, 55 pre-op. The study is now closed and is at the stage of final data analysis. I analyzed some of the data related to my research question and published the results in my dissertation entitled: "Effect of an Adapted Group Lifestyle Balance Program on Clinical Engagement, Weight Loss and Physical Activity Uptake Among Adolescent Bariatric Surgery Patients."

I also conducted research with Dr. Lona Sandon, PhD, director of the master's in clinical nutrition program at Ut Southwestern. The study is called "Pathogenesis of Uric Acid Nephrolithiasis." My roles in this study are listed below:

- Counseling subjects on weight loss using the Group Lifestyle Program (GLB).
- Preparing special metabolic diets for the subjects.
- Assisting with daily study activities.

Nutritionist – semi-private practice- Markham, ON (December 2014 to June 2016)

Advantage 4 Athletes

Responsibilities:

- Provided personalized nutrition program including a meal plan supported with healthy and easy recipes.
- Created sports nutrition goal specific eating-plan for before and after activity.
- Designed weight loss support meal plans with follow-up visits.
- Provided information about supplements, how to take them and when.

- Produced disease targeted diets like diabetes, cardiovascular disease, cholesterol, blood pressure and others.

Fitness Coordinator – earned “Best Coordinator Award” in 2007 (August 2006 to June 2014)
Tri Fit - Toronto, ON

Responsibilities:

- Fitness facility management to ensure a safe and high-functioning fitness center.
- Teaching a variety of group exercise classes, including spinning, step, boot camp, stretch, core conditioning, and stability ball.
- Facilitating the “Learn to Run” program, which is a ten-week program that teaches participants how to run 5 K.
- Conducting fitness assessments and designing individual workout programs.
- Counselling employees on areas related to fitness, nutrition, weight management, injury prevention, and heart health.
- Planning, promoting, and implementing a wide variety of wellness programs, initiatives, and challenges.
- Preparing the annual budget.
- Providing training and ongoing support for a group of volunteer fitness leaders, and monitoring classes to ensure safety, fun, variety, and participant satisfaction.
- Program evaluation, including monitoring participation statistics and preparation of monthly and annual reports.
- Program administration, including new member enrollment, member follow-up, and ongoing communication.
- Coordinating health screening clinics and health fairs.
- Performing Ergonomic assessments at Staples and recommending changes accordingly.
- Preparing and facilitating several different stretch routines to prevent Repetitive Stress Injury (RSI).
- Wellness Committee facilitation.

Prior to working with Tri Fit my work experience included employment with Microphone, Computertime Network Corporation, Merisel, Crowntek Business Centers, CCB Computer Brokers where I worked in computer sales and consulting and at the UCLA Medical Center, assisting in research for the Epilepsy Center.

PAPERS, POSTERS AND ORAL PRESENTATIONS

Papers

- **Adaptation of a standardized lifestyle intervention to maximize health outcomes in adolescent metabolic and bariatric surgery patients – published in 2024 the Journal of Translational Medicine.**

Maral Misserian, MCN, RD; Alicia Wheelington, PhD; Rashon King, MPH; Jackson Francis, MPH; M. Sunil Mathew, MS; Marlyn A. Allicock, PhD, MPH; Bethany R. Cartwright, MD, PhD; Adejumo Adewunmi, MPH; Aparajita Chandrasekhar, MPH; Dhatri Polavarapu, MPH, Faisal G. Qureshi, MD, MBA; Sarah E. Barlow, MD, MPH; Sarah E. Messiah, PhD, MPH, FTOS

- **Lifestyle Intervention and Support Preferences to Maximize Health Outcomes in Adolescent Bariatric Surgery Patients- Published in 2024 n in Journal of Clinical and Translational Science.**

Allicock Marlyn, PhD, MPH; King, Rashon, MPH; Francis, Jackson, MPH; Mathew, Mathew, MS; Polavarapu, Dhatri, MPH; Wheelington, Alicia, PhD; Misserian, Maral, PhD, MCN, RD; Cartwright, Bethany, MD, PhD Adewunmi, Adejumo, MPH; Chandrasekhar, Aparajita, MPH; Qureshi, Faisal, MD, MBA; Barlow, Sarah, MD, MPH; Messiah, Sarah, PhD, MPH, FTOS.

- **Motivators and Barriers to Seeking Metabolic and Bariatric Surgery among Adolescents: A Qualitative Study- Published in 2025 the journal of Obesity and Science Practice.**

Marlyn A. Allicock, PhD, MPH; Jackson M. Francis, MPH; Rashon Braxton, MPH; Dhatri Polavarapu, MPH; Maral Misserian, PhD, MCN, RD; M. Sunil Mathew, MS; Alicia Wheelington, PhD; Bethany R. Cartwright, MD, PhD; Faisal G. Qureshi, MD, MBA; Sarah E. Barlow, MD, MPH; Sarah E. Messiah, PhD, MPH, FTOS.

- **Relationship Between Weight Bias Internalization and Health-Related Quality of Life Among Adolescents Seeking Metabolic and Bariatric Surgery – Published in 2025 in the Journal Of Obesity Surgery.**

Alicia, Wheelington, PhD; Deepali Ernest, MPH, PhD; Luyu Xie, PhD; Folefac Atem, MS, PhD; Sitapriya Neti, MPH; Rashon Braxton, MPH; Maral Misserian, PhD, MCN, RD; Jackson M. Francis, MPH; M. Sunil Mathew, MS; Marlyn A. Allicock, PhD, MPH; Bethany R. Cartwright, MD, PhD; Faisal G. Qureshi, MD, MBA; Sarah E. Barlow, MD, MPH; Sarah E. Messiah, PhD, MPH, FTOS.

Posters

- April 2022 – Texas Academy of Dietetics and Nutrition (TAND)
- October 2023- The Obesity Society – TOS
- March 2024 – Women in Science and Medicine (WISMAC) - UT Southwestern
- April 2024 – TAND
- October 2025 – Food and Nutrition Conference (FNCE)

Oral Presentation

- 2024 School of Health Professions' CAPRA interdisciplinary symposium – Won abstract competition.
- 2024 American Society of Bariatric Surgery (June 2024)

TEACHING EXPERIENCE

- September 2023 – Master's in clinical nutrition (MCN), UT Southwestern– Behavior Change
- October 2023 – MCN – Obesity
- May 2021 – Dallas Food Bank – Diabetes education

AWARDS

- Salesperson of the Year Award – Microphone Inc, (Montreal, Canada) – 1989
- Best Wellness coordinator – Tri FIT (Toronto, Canada) – 2007
- Best Abstract Award – CAPRA – 2023
- Award in Academic Excellence – ACR – 2024
- Member of the Alpha Eta Society - 2024

LANGUAGES WRITTEN AND SPOKEN

- English, French, Arabic and Armenian.

VOLUNTEERING

- Member of the Faculty Assembly Executive Council, UT Southwestern, School of Health Professions. This committee meets once a month and plans faculty development activities.

- Chair of the Applied Clinical Research student association committee at UT Southwestern. My role includes running meetings once a month and overseeing sub-committees such as social, Information technology, and others.
- UT Southwestern Women's Faculty Club: Coordinator School of Health Professions graduation.
- Other volunteering jobs include the United to Serve Community health fair in April 2019 and in January 2024, the HPREP at UT Southwestern, where I presented career opportunities to high school students. I also volunteered for the VNA Meals on Wheels, making phone calls about meal deliveries and checking on the seniors who benefit from that group. Finally, I volunteered for fundraising for "Armenia Fest" held every October at our Armenian Orthodox church in Carrollton.
- In Toronto, I was involved in fundraising for my community, including my church choir and the Armenian Medical Association. In the latter, I participated in the yearly fundraising efforts to improve the health care in impoverished regions of Armenia, especially women's and children's care. With my love of music, I became a board member of one of the leading chamber orchestras in Toronto, Sinfonia Toronto, and was involved in special events planning and fundraising.
- I was part of a nutrition health fair as part of the George Brown College volunteering program, where I ran a booth about healthy snacks. Finally, I helped in community cooking through the Institute of Holistic Nutrition.

PERSONAL INTERESTS

I am an avid cyclist and runner and enjoy hiking, swimming, opera, and traveling to historic cities. I also love reading books. Consequently, I joined the book club group of the UT Southwestern Women's Club, where we meet once a month and discuss the assigned book.

Finally, I enjoy visiting different museums and art galleries. I am always fascinated by the difference between older and newer artworks; they make me think how, with time, art has evolved to reflect today's society.