

Curriculum Vitae

Personal Information

Name	Dr Aseel Aburub
Academic Rank	Assistant Professor
Nationality	Jordanian
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Google scholar	https://scholar.google.com/citations?user=00M4_uMAAAAJ&hl=ar&oi=ao

Academic Qualification

Degree	Major	Awarding University	Duration		Country
			From	Year of Awarding	
PhD	Cardiovascular and respiratory Physiotherapy	Keele University	2017	2021	United Kingdom
Master's	Human physiology- physical activity	Jordan University of Science and Technology	2013	2015	Jordan
Bachelor's	Physiotherapy	Jordan University of Science and Technology	2010	2013	Jordan

Academic Experience

Duration (Years)	University	Position	Main Duties
2023 until present	Applied Science Private University	Assistant Professor	Teaching undergraduate courses at the physiotherapy department- Researcher
2021-2022	Isra University	Assistant Professor	Teaching several undergraduate courses at the physiotherapy department WCPT accreditation coordinator - Researcher
2018 – 2021	Keele University	Lecturer	Teaching undergraduate and MSc course for physiotherapy and rehabilitation science programs
2015 – 2017	Fatima College for Health Sciences and Monash University	Clinical supervisor and lecturer	Lecturing and clinically supervising physiotherapy student
2013-2015	Jordan University of Science and Technology	Teaching fellow	Practical teaching for undergraduate students
2011-2013	Jordan University of Science and Technology	Research Assistant	Research assistant for several projects

Training Courses

Course	Organizer	Date	Participant/	Language
Nebulizers use	British Thoracic Society	2019	Participant	English
Spirometry	British Thoracic Society	2019	Participant	English
Buteyko Breathing Technique	Buteyko Breathing institute	2019	Participant	English
Inhaler Technique	The Respiratory Show-Birmingham.	2019	Participant	English
Gas analysis training.	The Respiratory Show-Birmingham.	2018	Participant	English
ITAD (Introduction Into Teaching and Demonstration)	Keele University	2018	Participant	English
Fundamentals of Pulmonary Rehabilitation	British Thoracic Society	2018	Participant	English
SimMan Teaching Cardiopulmonary via simulation	Monash University	2016	Participant	English
Physiotherapy management of spinal cord injuries	The International Spinal Cord Society	2016	Participant	English
Basic Life Support (BLS)	American Heart Association	2016	Participant	English

ECG analysis	British heart foundation	2018	Participant	English
Social leaders workshop	USAID	2013	Participant	English

Selected publications

Scientific articles
Alomari, M. A., Khabour, O. F., Alzoubi, K. H., & Aburub, A. (2023). The Impact of COVID-19 Confinement on Reading Behavior. <i>Clinical Practice and Epidemiology in Mental Health</i> , 19(1).
Abedalaziz, W., Al-Sharman, A., Aburub, A. , Latrous, M. S., Esser, P., Dawes, H., ... & Khalil, H. (2023). The relationship between sleep quality and gait in people with multiple sclerosis: A pilot study. <i>Hong Kong Physiotherapy Journal</i> , 1-9.
Aljehani, R., Grace, S. L., Aburub, A. , Turk-Adawi, K., & Ghisi, G. L. D. M. (2023, April). Translation, Cross-Cultural Adaptation and Psychometric Validation of the Arabic Version of the Cardiac Rehabilitation Barriers Scale (CRBS-A) with Strategies to Mitigate Barriers. In <i>Healthcare</i> (Vol. 11, No. 8, p. 1196). MDPI.
Darabseh, M. Z., Aburub, A. , & Davies, S. (2023). The Effects of Virtual Reality Physiotherapy Interventions on Cardiopulmonary Function and Breathing Control in Cystic Fibrosis: A Systematic Review. <i>Games for Health Journal</i> , 12(1), 13-24.
Alashram, A. R., Padua, E., Aburub, A. , Raju, M., & Annino, G. (2023). Transcranial direct current stimulation for upper extremity spasticity rehabilitation in stroke survivors: A systematic review of randomized controlled trials. <i>PM&R</i> , 15(2), 222-234.
Darabseh, M. Z., Aburub, A. , & Fayed, E. E. (2023, January). The Role of Physiotherapists in Smoking Cessation Management: A Scoping Review. In <i>Healthcare</i> (Vol. 11, No. 3, p. 336). MDPI.
Aburub, A. , Darabseh, M. Z., Alsharman, A., Hegazy, M. M., & Hunter, S. M. (2022). Nursing Mothers' Experiences of Musculoskeletal Pain Attributed to Poor Posture During Breastfeeding: A Mixed Methods Study. <i>Breastfeeding Medicine</i> , 17(11), 926-931.

Darabseh, M. Z., Selfe, J., Morse, C. I., [Aburub, A.](#), & Degens, H. (2022). Does aerobic exercise facilitate vaping and smoking cessation: a systematic review of randomized controlled trials with meta-analysis. *International journal of environmental research and public health*, 19(21), 14034.

[Alashram, A. R., Padua, E., Aburub, A., Raiu, M., & Annino, G. \(2022\). Transcranial direct current stimulation for upper extremity spasticity rehabilitation in stroke survivors: A systematic review of randomized controlled trials. *PM&R*.](#)

[Khalil, H., Rehan, R., Al-Sharman, A., Aburub, A. S., Darabseh, M. Z., Alomari, M. A., ... & El-Salem, K. \(2022\). Exercise capacity in people with Parkinson's disease: which clinical characteristics are important?. *Physiotherapy Theory and Practice*, 1-9.](#)

[Aburub, A., Sim, J., & Hunter, S. M. \(2021\). Aerobic exercise to improve cardiopulmonary function in Parkinson's: A systematic review. *Physiotherapy*, 113, e49-e50.](#)

[Aburub, A., Ledger, S. J., Sim, J., & Hunter, S. M. \(2020\). Cardiopulmonary function and aerobic exercise in Parkinson's: a systematic review of the literature. *Movement Disorders Clinical Practice*, 7\(6\), 599-606.](#)

Ocana, P.D., Darabseh, M.Z., Ishihara, K., [Aburub, A.](#), Zambolin, F., Montgomery, G., Mills, R., Scorcelletti, M., Cameron, J., Ganse, B. and Degens, H., 2021. Age-related declines in muscle and respiratory function are proportionate to declines in performance in Master Track Cyclists. *European journal of applied physiology*, pp.1-11.

Khalil, H., [Aburub, A.](#), Kanaan, S. F., AlSharman, A., Khazaaleh, S., Al Qawasmeh, M., & El-Salem, K. (2021). Convergent and criterion-related validity of the short form of the International Physical Activity and the Incidental and Planned Physical Activity Questionnaires in people with multiple sclerosis. *NeuroRehabilitation*, (Preprint), 1-10.

Khalil, H., Rayhan, R., Al-Sharman, A., [Aburub, A.](#), & El-Salem, K. (2020). The impact of motor and non-motor symptoms on walking capacity in people with Parkinson's disease: 1204. *Movement Disorders*, 35.

Khalil, H., Al-Shorman, A., Alghwiri, A. A., Abdo, N., El-Salem, K., Shalabi, S., & [Aburub, A.](#) (2020). Cross cultural adaptation and psychometric evaluation of an Arabic version of the modified fatigue impact scale in people with multiple sclerosis. *Multiple Sclerosis and Related Disorders*, 39, 101878.

<p>Al-Sharman, A., Khalil, H., El-Salem, K., Aldughmi, M., & Aburub, A. (2019). The effects of aerobic exercise on sleep quality measures and sleep-related biomarkers in individuals with Multiple Sclerosis: A pilot randomised controlled trial. <i>NeuroRehabilitation</i>, 45(1), 107-115.</p>
<p>Aburub, A., Khalil, H., Al-Sharman, A., Alomari, M., & Khabour, O. (2017). The association between physical activity and sleep characteristics in people with multiple sclerosis. <i>Multiple sclerosis and related disorders</i>, 12, 29-33.</p>
<p>Khalil H., Al-Shorman A., El-Salem K., Abdo N., Alghwiri A., Aburub A., Al-Mustafa, F. (2017). Fear of falling in people with multiple sclerosis: which clinical characteristics are important? <i>Physical therapy</i>, 97(7), 698-706.</p>
<p>Aburub, A., Khalil, H., Al-Shorman, A., & Batayha, W. (2016, May). The association between physical activity and sleep deficits and biomarkers in patients with multiple sclerosis. In <i>multiple sclerosis journal</i> (vol. 22, no. 6, pp. np15-np16). 1 olivers yard, 55 city road, london ec1y 1sp, England: sage publications ltd.</p>
<p>Khalil H, Al-Shorman A, Alomari M, Aburub A., Batayha W, Darwish M. The comparative ability of three physical function tests for predicting physical activity levels in people with Parkinson's disease. <i>Physiotherapy</i> 2015; 101, Suppl 1, e742-e743.</p>
<p>Al-Shorman A, Khalil H, Alomari M, Aburub A., Batayha W, Darwish M. Sleep latency is a predictor of physical function and physical activity in individuals with Parkinson's disease. <i>Physiotherapy</i> 2015; 101, Suppl 1, e61-e62.</p>
<p>Aburub A., Darabseh M, Shqair M, B.S., Alomari M, Alawneh K, Khabour O, Nazzal M. Chronic Cardiovascular Effects of Waterpipe Smoking. First Conference for Jordanian Universities in Rehabilitation Science, Jordan, 2015.</p>
<p>Khalil H., Al-Shorman A., Aburub A. the comparative ability of three physical function tests for predicting physical activity levels in people with parkinson's disease. World Confederation for Physical Therapy (WCPT), Singapore, 2015.</p>
<p>Al-Sharman A., Khalil H., Aburub A. sleep latency is a predictor of physical function and physical activity in individuals with parkinson's disease. World Confederation for Physical Therapy (WCPT), Singapore, 2015.</p>

Professional Memberships

- British Thoracic Society membership.
- Parkinson's UK membership.
- International Parkinson and Movement Disorder Society membership.
- International Multiple Sclerosis Federation Membership.
- Jordanian Multiple Sclerosis Society Membership.
- Jordanian Physical therapy society membership.
- Health and Care Professions Council (HCPC). Registration number: PH117069.
- Health Authority of Abu Dhabi Physiotherapy License (HAAD-Physio)
- Jordanian Physiotherapy License.

Honors/Awards

- 3rd prize award for research work among the Middle East and North Africa Committee for Research and Treatment in Multiple Sclerosis (MENACTRIMS), March 2016.
- Scholarship for PhD in physiotherapy/ Isra University, Amman, Jordan (2017-2021).
- Scholarship during the master level from faculty of Medicine, Jordan University of Science and Technology (2013-2015).
- Honoured in five semesters during the bachelor's degree study for academic records.
- Scholarship from the faculty of Applied Medical Sciences, Jordan University of Science and Technology (2010-2013).
- Best Graphic Designer Award from Abu-Dhabi University (2009-2010)

- 3rd level Award in IT Marathon from United Arab Emirates University UAEU

(2010)

- Honoured in high school for academic record with an average GPA=98.3

