

# ABSTRACT

The habilitation thesis entitled "Research on the investigation of the nutritional status and lifestyle in chronic diseases and different population group " was elaborated following the recommendations of the National Council for Attestation of University Degrees, Diplomas and Certificates and the regulations of the "Iuliu Hațieganu " University of Medicine and Pharmacy in Cluj-Napoca regarding the obtaining of the habilitation certificate; it consists of a brief display of the evolution of my career from a professional, academic and scientific point of view, after I obtained my PhD title.

The habilitation thesis is structured in two parts each containing several chapters.

The first part comprised the main scientific, professional and academic achievements results after obtaining the title of doctor in medicine (PhD) (in 2007).

The leading scientific research after obtaining the PhD title is presented in the habilitation thesis. This research has resulted in the publishing of 25 papers in ISI-web of Science -Clarivate Analytics, with a Hirsch index of 10 and a google scholar index of 12. I also published 13 papers in BDI-indexed journals. I was the author/co-author of 8 books or chapters of books, including one chapter in an international book.

The first direction of the research was to investigate the lifestyle and substance abuse, alcohol consumption among young adults who experienced the transition into university life, during which they are exposed to stress and lack of time. The studies evidenced a high prevalence of alcohol consumption and binge drinking, higher in males than females. Alcohol consumption was increased in association with the number of cigarettes, illicit drug use, physical activity and fast food consumption. The results revealed poor nutrition with a low intake of vegetables and fruits. I also studied the consequences of alcohol consumption among university students.

Other research was carried out during the pandemic period with SARS-COV-2 among two populational groups, IT (industrial Technology ) workers and adolescents during remote learning. In these two unique studies, we investigated the changes in lifestyles during the pandemic and the effect on nutrition status. The increased screen time consequence of remote working or school was associated with a higher BMI among adolescents or weight gain in case of the IT workers.

I continued my research in the field of chronic disease epidemiology. One of the research investigated the influence of diet and physical activity on oxidative stress in females with osteoarthritis. The results showed the effect of vegetable and fruit intake on oxidative stress markers. In another study , we investigated the correlation between diet, oral hygiene behaviours and oral health in adolescents. High intake of sweetened beverages, and irregular dental check-ups were associated with the occurrence of dental conditions.

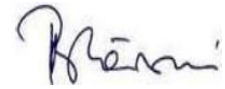
All these researches evidenced the need for the implementation of preventive measures and health education programmes in order to improve the lifestyle of different populational groups and to prevent the occurrence of chronic diseases.

A new direction of research was to test the effects of natural plant extracts on oxidative stress, we showed the nephroprotection of extracts of *Sambucus nigra* L and the antioxidant and antibacterial effects of *Artemisia* species.

I was a member of 7 research projects. Five of them were national grants gained by competition and two were international grants.

The second part comprised the plans for career development, scientific and academic development plan. The academic activities combine teaching and scientific research to ensure high-quality education. The permanent improvement of the didactic activities is focused on updating the theoretical and practical activities in the specific fields for the teaching subjects and encouraging the new generation to improve their skills by participating in scientific research.

The previously described scientific directions with significant results will be considered in the future, but I will also consider the development of the related directions. The main directions are to develop partnerships with the academic, professional and entrepreneurial environment to prevent diseases and promote a healthy lifestyle for the whole community and improve the well-being of specific populational groups.

A handwritten signature in black ink, appearing to read "R. H. H. H.", located in the upper right quadrant of the page.