

**Nida I Shaikh, PhD, RD**

**Assistant Professor**

**I. General Research Interests**

- A. The role of diet in chronic diseases specially obesity, diabetes, and mental health disorders
- B. Development and evaluation of nutrition assessment instruments
- C. Nutrition Transition
- D. Microbiome
- E. mhealth

**II. Current Research Projects**

- A. Drivers of Food Choice in the Indian Households
- B. Evaluation of the reproducibility and validity of a Nutrition-Transition Food Frequency Questionnaire for adults in South India
- C. Relationship between dietary behaviors and cardio-metabolic and depressive outcomes: the INtegrating DEPrEssioN and Diabetes Treatment (INDEPENDENT) study

**III. Research Skills**

- A. Diet Assessment
  - a. Development and evaluation of diet assessment instruments
    - i. 24-Hour Dietary Records
    - ii. Three-Day Food Records
    - iii. Food Frequency Questionnaires
  - b. Development and evaluation of dietary indices
- B. Diet Analysis
  - a. Dietary patterns: factor analysis, principal component analysis
  - b. Food based analyses/software
- C. Anthropometric measurements
  - a. Measuring height, weight, BMI, waist circumference, hip circumference, skin calipers
- D. Data collection
  - a. Interviewer training and management

- b. Study design
    - c. Participant recruitment
  - E. Data management
    - a. MS Access
  - F. Survey research methods
    - a. Survey development
    - b. Survey pre-testing
    - c. Survey pilot testing
  - G. Quantitative research methods
    - a. Statistical software:
      - i. SAS
      - ii. STATA
  - H. Qualitative research methods
    - a. Cognitive interviews
    - b. Semi-structured interviews
    - c. Focus group discussion
    - d. Anthropological methods:
      - i. Freelistig
      - ii. Pile sorts