



PROFILE

Dr. El-Kour is a Senior Research Fellow at the Media Psychology Research Center with current research efforts in areas related to interaction with emergent technologies in diverse media settings for positive health and nutrition behavior change. Dr. El-Kour's research experience has been an ongoing practice spanning a period of 25 years and ranging from academic settings to practice-based research settings encompassing clinical and population health practice. She spearheaded an outcome-based and progressive approach for programs, projects, and patients on behalf of United Nations and government agencies, Non-Governmental Organizations, private practice, pharmaceutical and educational organizations.

EDUCATION

2015 - 2021

Doctor of Philosophy
(Ph.D.) in Psychology.

Dual Concentrations:

Media Psychology &
Social Impact of Mobile
Media and Immersive
Technology

Fielding Graduate University

2015 – 2018

Master of Arts in Media
Psychology

Fielding Graduate University

2003 – 2005

Combined Master of
Science & Dietetic
Internship

Tufts University & Tufts
Medical Center

2001 – 2003

Bachelor of Science in
Dietetics

Kansas State University

1995 – 1999

Bachelor of Science in
Nutrition & Food
Technology

University of Jordan

ACADEMIC ACHIEVEMENTS

Doctor of Philosophy (Ph.D.)

// 2018 recipient of The Michael R. Neal Legacy Award in recognition of collaboration, scholarship, innovation, & advocacy.

// 2017 recipient of the Worldwide Network for Gender Empowerment Research Fellowship.

// 2016 recipient of the Wagenheim Endowed Scholarship for International Doctoral Students.

Masters

// 2005 Rebecca Roubenoff Award for Excellence in Clinical Nutrition & Dietetics, Tufts University & Tufts Medical Center.

// 2005 Friedman School of Nutrition Science & Policy Graduation Class Valedictorian.

// 2004 Frances Stern Nutrition Center Summer Scholarship.

// 2003 Frances Stern Nutrition Center First Year Intern Scholarship, Tufts Medical Center.

// 2003 First International Nutritionist/Dietitian Award, Academy of Nutrition & Dietetics Foundation.

Bachelors

// Dean's honor list.

// Graduate Teaching Assistant, developing tools for effective Online Learning & implementing nutrition & dietetic related issues into course curriculum.

// Clinical Nutrition Traineeship, Royal Medical Services, Amman, Jordan.

FOCUS AREAS

// Artificial Intelligence & Nutrition
// Humanitarian & Complex
Emergencies
// Food & Health Systems
// Nutritional Psychiatry & Psychology
// Health & Nutrition Misinformation
// Nutrition Behavior Change
// Persuasion, Social Influence &
Impact
// Emergent Technology & Social Media
// Social Determinants of Nutrition
// Healthy Lifestyle Promotion
// Food & Nutrition Policy
// Medical Nutrition Therapy & Support

SOFTWARE APP.

Statistical Softwares

// IBM SPSS Version 24, 25 & 26
// Epi Info

Reference Management & Research Softwares

// EndNote
// Mendeley
// Zotero
// Dedoose
// NVivo
// Netlytic

Nutrition Softwares

// Nutritionist Pro
// Food Processor
// Minnesota Nutrition Data System
// Computrition
// Nutritionist V

Microsoft Office Suite, Geographic Information Systems, & Graphical Softwares

CAREER EXPERIENCES

Senior Research Fellow (2025 - Present)

// Media Psychology Research Center (MPRC) - Affiliate

Key Studies:

// AI & Future of Practice (Global Nutrition & Psychology)
// AI & Future of Foods
// Impact of Mental Well-being and Technology Adoption on
Digital Behavior Response in Millennials and Gen Z: A
Randomized Controlled Trial
// User-Centered Design in Digital Mental Health Tools
// Nutrition Quality Improvement with Innovation

Practice-Based & Independent Research (2022 – 2025)

// Fielding Graduate University // Aga Khan Foundation

Key Studies:

// AI in Nutrition & Psychology Practice
// Healthcare Apps & Wearable Technology
// Global Psychology
// Global Dietary Database

Doctoral & Practice-Based Research (2015 – 2021)

// Fielding Graduate University // Academy of Nutrition &
Dietetics // Action Against Hunger // Tufts University

Key Studies:

// Digital Behavior Response in Augmented Reality versus Non-
Augmented Reality Contexts: A Randomized Controlled Trial
// Nutrition & Dietetic Workforce Capacity Assessment for
Public Health Nutrition & Community Nutrition
// Implementing Infant & Young Child Feeding in Emergencies
during COVID-19 in Primary Healthcare Facilities in Syria
// Increasing Covid-19 Vaccine Uptake in Africa
// Mental Health & Psychosocial Support in Humanitarian
Crises
// Child Health & Nutrition Research Initiative
// Global Dietary Database Studies:
// Sugar-sweetened beverage intakes among
adults between 1990 & 2018 in 185 countries.
// Incident type 2 diabetes attributable to suboptimal
diet in 184 countries.

Practice-Based Research & Evidence-Reviewer (2005 – 2015)

// World Health Organization // Academy of Nutrition & Dietetics

Key studies:

// Global Dietary Database
// Cost-Effectiveness of Breast Cancer Interventions in Jordan
// Evaluating Healthcare Service Delivery for People with Disabilities: A Mixed-Methods Study
// Emerging Role of On-Pack Warning Labels in Effective Tobacco Control Policy Implementation
// New Approaches to Tobacco-Free Practice: Bridging the Global Divide
// New Approaches to Challenging Food & Nutrition Trends
// Emerging Role of Media in Changing Nutrition Behavior Outcomes
// National Food & Nutrition Policy & Plan

Metabolic Nutrition Research Technician; Statistical Data Entry Assistant; Menu & Recipe Analyst (2003 – 2005)

// Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University

Graduate Research Master Thesis: Clinical Trial on Dietary & Fluid Restrictions & Medication Adherence in Hemodialysis Patients

Practice-Based Research (2000 – 2002)

// Novartis Consumer Health Inc.

Market Research on Infant Nutrition, Medical Nutrition & Function Foods
Novartis Medical Nutrition Effectiveness Studies in the Near East

Practice-Based Research (1999 – 2000)

// Jordan Drugstore Company

Market Research on Food & Nutrition Supplements
Nutrition Supplements Market Analysis & Community Nutrition Needs

Research Student (1998 – 1999)

// University of Jordan

Capstone Project: Dietary Approaches to Preventing & Treating Colon Cancer

CREDENTIALS

Credentials	Status
Granted Lifetime “Fellow Status” by the Academy of Nutrition & Dietetics (FAND).	Lifetime
Honorary Senior Research Fellow - Media Psychology Research Center.	Ongoing
Collaborative Institutional Training Initiative (CITI Program) Human Research Certificate at the University of Miami through Fielding Graduate University.	Valid until 2027
Dietetic Board Registration by Commission on Dietetic Registration.	Valid until 2026

SELECT PUBLICATIONS

Almasri, A., **El-Kour, T.**, Silva, L., & Abdulfattah, Y. (2024). Evaluating the Energy Efficiency of Popular US Smartphone Health Care Apps: Comparative Analysis Study Toward Sustainable Health and Nutrition Apps Practices. *JMIR Hum Factors*, 2024 (11). doi: 10.2196/58311.

Moussa Rogers, M., Cuccolo, K., McKinney, C., Edlund, J. E., Grahe, J. E., Zlokovich, M. S., Bauer, L. M., **El-Kour, T.**, Hässler, B., Jia, F., Norvilitis, J., Shane-Simpson, C., Yockey, R. A., Cramblet Alvarez, L. D., Eisner, L., Rhys Evans, T., Farahani, H., Haden, S., Hawkins, G., Kawabata, Y., Stoppa, T., ... Kalibatseva, Z. (2024). Understanding Family Dynamics in a Cross Cultural Sample: A Multi-National Study. *Psi Chi Journal of Psychological Research*, 29(2), 140–149. doi.org/10.24839/2325-7342.JN29.2.140

El-Kour, T. (2023, July). Reorienting Global Efforts to Effectively Deliver on Nutrition Outcomes. *Dietetics and Nutrition Around the World*, 5. <https://internationaldietetics.org/wp-content/uploads/2023/08/DRAFT-DNAW-FOR-JULY-2023-2023-07-21.pdf>

El-Kour, T. (2022). Increasing Covid-19 Vaccine Uptake in Africa. K4D Helpdesk Report. *Institute of Development Studies*. doi: 10.19088/K4D.2022.099

El-Kour, T. (2021). Digital Behavior Response in Augmented Reality Versus Non-Augmented Reality Contexts: A Randomized Controlled Trial. Fielding Graduate University ProQuest Dissertations Publishing, 2021.28316944.
<https://www.proquest.com/openview/2604451f481d67e57dca359542d4c82c/1?pq-origsite=gscholar&cbl=18750&diss=y>

El-Kour, T., Kelley, K., Bruening, M., Robson, S., Vogelzang, J., Yang, J., & Jimenez, E. (2020). Dietetic Workforce Capacity Assessment for Public Health Nutrition and Community Nutrition. *Journal of the Academy of Nutrition and Dietetics*, 121(7), pp. 1379-1391. doi: 10.1016/j.jand.2020.08.078

Burgermaster, M., Wong, S., Bateson, W., Qamar, Z., McGuirt, J., MacMillan Uribe, A., **El-Kour, T.**, Spielmaker, A. & Stage, V. (2019). DigiTech Division: Positioning SNEB to Lead the Way in Digital Technology for Nutrition Education and Behavior Change. *Journal of Nutrition Education and Behavior*, 51(3), pp. 265-266. doi: 10.1016/j.jneb.2019.01.016

El-Kour, T., Hogg, J., (2018). Misinforming Arabs with Facebook in Mind: A Mixed-Methods Approach. *Journal of Nutrition Education and Behavior Advancing Research, Practice & Policy, Society for Nutrition Education and Behavior*, 50(7). doi: 10.1016/j.jneb.2018.04.134

TEACHING PROFILE

// Offering online, hybrid, & in-person teaching services.

// Delivered 15 visiting lectureships, at select universities within the Middle East, Europe, & the Americas.

// Delivered > 500 trainings & capacity building workshops.

// Graduate Teaching Assistant (GTA) for 2001/ 02 online undergraduate course in nutritional biochemistry at Kansas State University.

SCHOLARLY BRIEF

// Research Profile: <https://www.tatyanaelkour.com/research-profile>

// Public Speaking: <https://www.tatyanaelkour.com/achievements>

// Multi- Media: <https://www.tatyanaelkour.com/my-multi-media-hub>

// Projects: <https://www.tatyanaelkour.com/my-projects>

// Publications: <https://www.tatyanaelkour.com/achievements>

// Find me on ORCID, Web of Science, Scopus, Google Scholar, Academia, & ResearchGate.