

Anwar Althubyani-PhD

Assistant Professor

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PROFESSIONAL SUMMARY

Public Health academic and epidemiologist with expertise in population health, infectious disease research, and digital health interventions. Experienced in designing and evaluating data-driven public health strategies, with a strong focus on integrating technology to enhance health system preparedness and disease management.

Demonstrated research capacity through peer-reviewed publications in internationally indexed journals, with ongoing work in infectious and zoonotic diseases aligned with the One Health approach. Skilled in epidemiological analysis, health systems research, and translating evidence into policy-relevant insights supporting Saudi Arabia's national health priorities and global health security.

PROFESSIONAL EXPERIENCE

Assistant Professor

12/2025 – Present

University of Tabuk

- Contributed to public health and academic initiatives supporting infectious disease prevention, outbreak awareness, and population health preparedness.
- Designed and evaluated evidence-based health promotion and infection prevention activities aligned with national and global public health priorities.
- Participated in interdisciplinary academic committees and collaborative initiatives focused on infectious disease control, epidemiology, and community health improvement.
- Applied epidemiological and data-driven approaches to assess public health program effectiveness, disease-related outcomes, and evidence-informed decision-making.
- Supported activities related to health system preparedness and community awareness for communicable and emerging infectious diseases.

Lecturer

12/2024 – 12/2025

Tabuk University – Tabuk, Saudi Arabia

Tabuk

- Delivered lectures and tutorials in public health and epidemiology.
- Supported curriculum delivery and student assessment processes.
- Participated in departmental academic and quality-related activities.

Teaching Assistant

08/2016 – 12/2024

Tabuk University – Tabuk, Saudi Arabia

Tabuk

- Graded assignments and examinations using transparent and fair evaluation criteria.
- Facilitated laboratory and discussion sessions to enhance student engagement.
- Provided academic support through scheduled office hours.
- Assisted in course coordination and assessment activities.

Research Intern

01/2017 – 12/2017

New World Medical – California, USA

California-USA

- Conducted data collection, cleaning, and merging for clinical and post-marketing studies.
- Performed statistical analysis using SPSS and prepared analytical reports.
- Supported post-marketing surveillance and regulatory documentation.

Hospital Intern

01/2012 – 12/2013

Prince Mansour Hospital – Saudi Arabia

Taif, Saudi Arabia

- Participated in infection control and prevention programs.
- Assisted in health education campaigns targeting infectious diseases.

EDUCATION

Ph.D. in Public Health, – 05/2025

La Trobe University, Australia

04/2019 – 05/2025

Melbourne, Australia

CORE COMPETENCES

- Epidemiology & Population Health Analysis
- Infectious Disease Research & Surveillance
- Digital Health & Technology Integration
- Biostatistics (SPSS) & Health Data Analysis
- Evidence-Based Health Policy Support
- Monitoring & Evaluation (KPIs)
- Systematic Reviews & Research Synthesis

LANGUAGES



- **Arabic:** Native
- **English:** Fluent

ORGANISATIONS

Global Burden of Disease

Member

RESEARCH FOCUS

- Infectious disease epidemiology and health system preparedness
- One Health approach and infectious diseases in Saudi Arabia
- Digital health technologies for disease surveillance and self-management
- Population health and behavioural interventions
- Evidence-based health policy and public health planning

CONFERENCES AND PRESENTATIONS

- Australian Diabetes Congress (2023)
- MAPP HDR Research Symposium, La Trobe University (2022, 2023)

SPECIAL SKILLS

— Expertise in digital health, epidemiology, and population health research | Research focuses on infectious diseases, chronic disease management, and One Health approaches | Experience in evidence generation supporting health system preparedness and resilience | Interest in AI and data-driven healthcare solutions | Strong skills in epidemiological analysis and public health interventions | Regional expertise in Saudi Arabian and Arabic-speaking population health | Ability to align community-based research with national health priorities and policy development

PUBLICATIONS

Peer-Reviewed Journal Articles

Published

- Althubyani, A. N., Gupta, S., Tang, C. Y., et al., 2024, Barriers and enablers of diabetes self-management strategies among Arabic-speaking immigrants living with type 2 diabetes in high-income Western countries: A systematic review., *Journal of Immigrant and Minority Health*, 26, 761– 774, <https://doi.org/10.1007/S10903-023-01576->
- Althubyani, A., Tang, C., Thomas, J., et al., 2024, Evaluating the use of web-based technologies for self-management among Arabic-speaking immigrants living with type 2 diabetes mellitus: A cross-sectional study in Saudi Arabia., *Diabetology*, 5, 1, 85–95, <https://doi.org/10.3390/DIABETOLOGY5010007>
- Puvvada, R. K., Gupta, S., Tang, C., Althubyani, A., et al., 2021, Factors affecting self-medication practices among people living with type 2 diabetes in India: A systematic review., *Metabolism Open*, 9, 100073, <https://doi.org/10.1016/j.metop.2021.100073>

Ongoing Researches

Submitted

- Infectious and Zoonotic Diseases in Dromedary Camels in Saudi Arabia: A Systematic Review and Meta-analysis"
- Assessing Web-Based Technologies in Self-Management Practices for T2DM among Arabic-Speaking Immigrants in Australia and Saudi Arabia
- Exploring Online Self-Management Information-Seeking Behaviours among Arabic-Speaking Immigrants with Diabetes in Australia and Saudi Arabia

LEADERSHIP & ADMINISTRATIVE EXPERIENCE

Universal Institute of Technology, Australia

07/2019

Leadership and Management

Loma Linda University

03/2017

Public Health Core (PCOR)

Diligence, performance and completing Public Health core courses

President – Saudi Student Club

01/2016 – 12/2017

California, USA

- Led student support initiatives for Saudi and international students.
- Coordinated academic, cultural, and social events.
- Served as liaison with the Saudi Cultural Mission.
- Represented Saudi students at national conferences in Washington, DC.