

Maryam Kebbe



Biography

Maryam Kebbe has a Bachelor of Science in Life Sciences and advanced French as a second language (Summa Cum Laude) from the University of Ottawa. During her undergraduate degree, Maryam engaged in diverse opportunities that encouraged her to explore a variety of career paths, from medicine (e.g., shadowing physicians and volunteering in clinic and hospital settings) and civil service (e.g., working as a regulatory information and affairs officer at Health Canada; one of her most notable achievements is creating the bilingual system of the Drug Product Database to meet the needs of both English and French populations) to academia (e.g., contributing to and participating in qualitative and quantitative research projects and working/volunteering as a teaching assistant and

tutor). With her passion for academia and research interests in mind, which include (i) patient-oriented, pediatrics, and health research, (ii) nutrition and obesity, and (iii) communication and languages, she is currently completing her Ph.D. in Medical Science (Pediatrics) at the University of Alberta. As a graduate student, her focus is on the lifestyle behaviors of adolescents with obesity, particularly in relation to nutrition, physical activity, sedentary behavior, and sleep.

Project Summary

Investigating and Addressing Health and Lifestyle Behaviors of Adolescents with Obesity in Pediatric Weight Management

Obesity in adolescence is difficult to manage successfully. It is important to understand how adolescents' lifestyle habits influence their weight and health in order to provide them with the best care possible. Ms. Kebbe's research includes three related studies to explore this topic. Study 1 is a review of the published literature; she will examine the barriers to and enablers of healthy nutrition, physical activity, sedentary behavior, and sleep patterns in adolescents with obesity. Study 2 is a qualitative study that includes 1-on-1 interviews with adolescents with obesity from weight management clinics in Edmonton (English) and Ottawa (French). She will explore their perspectives

on factors that make it easy or difficult for adolescents with obesity to make and maintain healthy lifestyle habits. Study 3 involves prioritizing the barriers and enablers identified by adolescents in studies 1 and 2 to inform the development of a bilingual clinical tool (Conversation Cards for Adolescents) designed for adolescents with obesity. The tool will be designed to help adolescents become aware of and improve their lifestyle habits following consultation with health care providers. Together, the results of this research will be directly relevant to health services offered to adolescents with obesity. Study findings, including the new clinical tool upon its development, will be shared with health care providers who work in the field of weight management for adolescents.