

# NIPUN SHRESTHA



## CAREER SUMMARY

I am a research-focussed epidemiologist and a trained medical doctor (Nepal) with exceptional track record relative to opportunity. My major areas of research interests are advanced epidemiological methods and next generation evidence synthesis approaches, such as prospective meta-analysis, and individual participant data meta-analysis. I am highly proficient in management of large observational/ trial datasets and advanced systematic review methodologies. I show a clear trajectory toward exceptional research program leadership. My FWCI is 2.02 (SciVal) i.e. my work is cited two times more than the average researcher in in my Faculty (Faculty of Medicine and Health). I am listed among the top 2% of researchers globally since 2022 in all fields of science, according to the Science-Wide Author Database of Standardized Citation Indicators, published annually by Elsevier. I have authored multiple systematic reviews, some of which have informed the development of international guidelines.



## WORK EXPERIENCE

05/2022-  
01/2024

### Postdoctoral Research Associate [1.0 FTE]

University of Sydney

📍 Sydney, Australia

- Worked on methods development for novel evidence synthesis approaches, such as prospective meta-analysis, and individual participant data meta-analysis (IPD). I Was also a core team member in IPD meta-analyses projects such as the iCOMP collaboration, which examines cord management in preterm infants, and the TOPCHILD collaboration which focuses on early childhood obesity prevention.

06/2021-  
03/2022

### Postdoctoral Research Associate [1.0 FTE]

University of Liverpool

📍 Liverpool, United Kingdom

- Worked on an ESRC Newton funded project for designing community based mental health intervention for older adults in Colombia.

09/2020  
-02/2021

### Research Associate [1.0 FTE]

Victoria University

📍 Melbourne, Australia

- Worked on systematic reviews related to exercise/sports and health outcomes.

01/2015-  
03/2016

### Research Officer [1.0 FTE]

HERD International

📍 Kathmandu, Nepal

- Worked on several projects including health facility readiness surveys and evaluation of national programs and policies.

03/2009  
- 02/2011

### Medical Officer [1.0 FTE]

Government of Nepal

📍 Kathmandu, Nepal

- Managed a rural primary health care center that had 10 staffs including paramedics and staff nurses) in Nawalparasi district Nepal.



## CONTACT INFO

✉ [drnipunsth@gmail.com](mailto:drnipunsth@gmail.com)

🌐 [https://nipun-shrestha.github.io/Profile\\_page/](https://nipun-shrestha.github.io/Profile_page/)

📞 0480176154

🆔 0000-0003-3542-8130

for more information, please contact me via email.

## SKILLS

Experienced in data visualization, statistical analysis and statistical learning models.

Experienced in survey methods, qualitative studies and systematic reviews.

Skilled in R, STATA, NVIVO, EXCEL

*This resume was made with the R package [pagedown](#).*

*Last updated on 2024-07-10.*



## EDUCATION

08/2016-  
12/2020



### Doctor of Philosophy (PhD) Epidemiology

Victoria University

📍 Melbourne, Australia

Thesis: Increasing physical activity and reducing sedentary behaviour in mental health professionals. <https://bit.ly/3vMgZdd>

Concentration: Epidemiology, Health promotion, Research methodology

09/2012-  
10/2014



### Master of Health Sciences in epidemiology

University of Eastern Finland

📍 Kuopio, Finland

Thesis: Workplace interventions for reducing sitting at work

Concentration: Epidemiology, Health promotion, Research methodology

10/2002-  
10/2009



### Bachelor of Medicine Bachelor of Surgery

Kathmandu University

📍 Kathmandu, Nepal

Concentration: Medicine, Surgery, Obstetrics and Gynaecology, Paediatrics



## SCHOLARSHIPS AND AWARDS

2023



### Travel grant for attending Cochrane Colloquium

University of Sydney

📍 London, United Kingdom

5,000 AUD

2016



### Victoria University International Postgraduate Research Scholarship

Victoria University

📍 Melbourne, Australia

200,000 AUD

2016



### Travel grant for attending Cochrane Colloquium

Cochrane Collaboration

📍 Seoul, South Korea

5,000 AUD

2012



### Travel grant for attending Cochrane Colloquium

Cochrane Collaboration

📍 Hyderabad, India

5,000 AUD

2002



### Government of Nepal MBBS Scholarship, 2002

Government of Nepal

📍 Kathmandu, Nepal

20,000 AUD



## RESEARCH HIGHLIGHTS

- Epidemiologist 3 year postdoc
- 42 publications, 15 first/corresponding author, 86% in Q1 journals (SciVal)
- 2407 cites (Google Scholar: GS), h-index: 24 and i10 index: 32
- 2.02 Field-weighted citation index (SciVal)



## NEWSPAPER HIGHLIGHTS

- [Reducing sitting at work](#)
- [Running and risk of death](#)



## MEMBERSHIP

- International Society of Hypertension
- International Network of Time-Use Epidemiologists (INTUE)
- Several Cochrane groups
- Nepal Medical Council



## OTHER STUDY AND RESEARCH OPPORTUNITIES

2020	●	<b>Workshop: Sytematic Review</b> Cochrane Australia	📍 Melbourne, Australia
2020	●	<b>Workshop: Introduction to Clinical Epidemiology</b> Utrecht university	📍 Online
2020	●	<b>Workshop: Introduction to Prognostic Modelling</b> Utrecht university	📍 Online
2016	●	<b>Workshop: Compositional Data analysis</b> CSIRO	📍 Perth, Australua
2016	●	<b>Workshop: Dual Energy x-ray absorptiometry</b> ANZ Bone Mineral Society	📍 Melbourne, Australia
2013	●	<b>Internship</b> Cochrane Work	📍 Kuopio, Finland



## ACADEMIC AND PROFESSIONAL ENGAGEMENT

- Initiated and led several internal workshops on systematic reviews at Victoria University and University of Sydney.
- Served as executive member of early career professional network at University of Sydney.
- Supervised a Master of Public Health Student from University of Southern Denmark (thesis titled: Prevalence of diabetes mellitus among tuberculosis patients and its impact on treatment outcome in South Asian Region: a systematic review and meta-analysis)
- Supervised a Master of Public Health Student from University of Sydney (thesis titled: Scalability of TOPCHILD trials)
- Established international collaborations: >70% of my publications have international co-authors.
- Delivered oral presentation at several international conferences including Cochrane colloquium and International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
- Prepared a [booklet](#) on various strategies for increasing physical activity and reducing sedentary behaviour for International Network of Time-Use Epidemiologists (INTUE).



## EDITOR

- PLoS One
- Frontiers in Sports and Active Living



## REVIEWER

- Cochrane database of Systematic Reviews
- British Journal of Sports Medicine
- Plos One
- Scientific Reports
- BMC Public Health
- BMJ Open



## RESEARCH OUTPUT HIGHLIGHTS

C=cites (GS); IF=Impact Factor

- C=682, Altmetric=992, cited in 6 guidelines. I led a Cochrane systematic review (IF 8.4) on [interventions for reducing sitting at work](#). It received a wide-reaching media attention nationally (e.g., ABC News) and internationally (e.g., Times magazine, The Guardian). It also formed the evidence base of Finnish Medical Society and World Health Organization guidelines for prevention and control of obesity. Led to 4 conference presentations >200 participants (e.g. Cochrane Colloquium Seoul), and invited webinar (Health evidence; McMaster university). Influenced subsequent design of intervention studies for reducing sitting at work.
- C=90, Altmetric=64, I led a BJSM (IF 18.6) systematic review on [interventions for reducing sitting outside of work](#). Led to 1 conference presentation.
- C=211, Altmetric=3642, I provided the methodological support on a BJSM review (IF 18.6) on [association of running and mortality](#).
- C=27, I was secretariat member of a large collaborative project (iCOMP) which led to two publications in [Lancet](#) (IF 168.9), One in seminars in Perinatology, 6 conference presentation and informed the updated guidelines on cord management in pre-term infants from International Liaison Committee On Resuscitation (ILCOR).
- C=85, Altmetric=49, I provided methodological support and performed the statistical analysis for this Cochrane review (IF 8.4) on [effect of standing or walking interventions on musculoskeletal symptoms in sedentary workers](#).
- C=50, Altmetric=63, I provided methodological support for a Cochrane review (IF 8.4) on [yoga intervention for urinary incontinence in women](#).



## REFeree

1. Professor [Zeljko Pedisic](#)

Institute for Health and Sport, Victoria University, Australia

✉ [zeljko.pedisic@vu.edu.au](mailto:zeljko.pedisic@vu.edu.au)

Relationship: PhD supervisor

2. Dr [Shiva Raj Mishra](#)

Research Fellow, NHMRC clinical trials center, University of Sydney

✉ [shiva.mishra@sydney.edu.au](mailto:shiva.mishra@sydney.edu.au)

Relationship: Collaborator on >20 Publications

3. Dr [Lene Seidler](#)

Senior Research Fellow, NHMRC clinical trials center, University of Sydney

✉ [lene.seidler@sydney.edu.au](mailto:lene.seidler@sydney.edu.au)

Relationship: Postdoctoral supervisor at University of Sydney



## LIST OF PUBLICATIONS

### Peer reviewed articles

1. Oja P, Memon AR, Titze S, Jurakic D, Chen ST, [Shrestha N](#), et al. Health Benefits of Different Sports: a Systematic Review and Meta-Analysis of Longitudinal and Intervention Studies Including 2.6 Million Adult Participants. *Sports Med Open*. 2024;10(1):46. doi: 10.1186/s40798-024-00692-x..
2. Hao, W., Wang, Q., Yu, R., Raj Mishra, S., Virani, S. S., [Shrestha, N.](#), . . . Zhu, D. (2024). Reproductive factors and their association with physical and comprehensive frailty in middle-aged and older women: a large-scale population-based study. *Human Reproduction Open*, hoae038. doi:[10.1093/hropen/hoae038](https://doi.org/10.1093/hropen/hoae038)
3. Li M, Yu R, Wang X, Zhao Y, Song Q, Wang Q, et al. Association between ABO genotypes and risk of dementia and neuroimaging markers: roles of sex and APOE status. *Frontiers in Neurology*. 2024;15. doi: 10.3389/fneur.2024.1391010.
4. Giebel C, Gabbay M, [Shrestha N](#), Saldarriaga G, Reilly S, White R, et al. Community-based mental health interventions in low- and middle-income countries: a qualitative study with international experts. *Int J Equity Health*. 2024;23(1):19. doi: 10.1186/s12939-024-02106-6..
5. Seidler AL, Libesman S, Hunter KE, Barba A, Aberoumand M, Williams JG, [Shrestha N](#), et al. Short, medium, and long deferral of umbilical cord clamping compared with umbilical cord milking and immediate clamping at preterm birth: a systematic review and network meta-analysis with individual participant data. *Lancet (London, England)*. 2023;402(10418):2223-34. doi: 10.1016/S0140-6736(23)02469-8.
6. Seidler AL, Hunter KE, Barba A, Aberoumand M, Libesman S, Williams JG, [Shrestha N](#), et al. Optimizing cord management for each preterm baby - Challenges of collating individual participant data and recommendations for future collaborative research. *Semin Perinatol*. 2023;47(4):151740. doi: 10.1016/j.sempri.2023.151740.
7. Seidler AL, Aberoumand M, Hunter KE, Barba A, Libesman S, Williams JG, [Shrestha N](#), et al. Deferred cord clamping, cord milking, and immediate cord clamping at preterm birth: a systematic review and individual participant data meta-analysis. *Lancet (London, England)*. 2023;402(10418):2209-22. Epub 2023/11/18. doi: 10.1016/S0140-6736(23)02468-6.
8. Fu C, Hao W, Ma Y, [Shrestha N](#), Virani SS, Mishra SR, et al. Number of Live Births, Age at the Time of Having a Child, Span of Births and Risk of Dementia: A Population-Based Cohort Study of 253,611 U.K. Women. *J Womens Health (Larchmt)*. 2023;32(6):680-92. doi: 10.1089/jwh.2022.0396.
9. [Shrestha N](#), Parker A, Jurakic D, Biddle SJH, Pedisic Z. Improving Practices of Mental Health Professionals in Recommending More Physical Activity and Less Sedentary Behaviour to Their Clients: An Intervention Trial. *Issues Ment Health Nurs*. 2022;43(3):258-64. doi: 10.1080/01612840.2021.1972189.
10. Giebel C, [Shrestha N](#), Reilly S, White RG, Zuluaga MI, Saldarriaga G, et al. Community-based mental health and well-being interventions for older adults in low- and middle-income countries: a systematic review and meta-analysis. *BMC Geriatr*. 2022;22(1):773. doi: 10.1186/s12877-022-03453-1.
11. Fu C, Hao W, [Shrestha N](#), Virani SS, Mishra SR, Zhu D. Association of reproductive factors with dementia: A systematic review and dose-response meta-analyses of observational studies. *EClinicalMedicine*. 2022;43:101236. doi: 10.1016/j.eclinm.2021.101236.
12. Dong C, Zhou C, Fu C, Hao W, Ozaki A, [Shrestha N](#), et al. Sex differences in the association between cardiovascular diseases and dementia subtypes: a prospective

analysis of 464,616 UK Biobank participants. *Biol Sex Differ*. 2022;13(1):21. doi: 10.1186/s13293-022-00431-5.

13. Atakan MM, Guzel Y, [Shrestha N](#), Kosar SN, Grgic J, Astorino TA, et al. Effects of high-intensity interval training (HIIT) and sprint interval training (SIT) on fat oxidation during exercise: a systematic review and meta-analysis. *Br J Sports Med*. 2022. doi: 10.1136/bjsports-2021-105181.
14. [Shrestha N](#), Pedisic Z, Jurakic D, Biddle SJH, Parker A. Physical activity and sedentary behaviour counselling: Attitudes and practices of mental health professionals. *PLoS One*. 2021;16(7):e0254684. doi: 10.1371/journal.pone.0254684.
15. [Shrestha N](#), Mishra SR, Ghimire S, Gyawali B, Marahatta SB, Maskey S, et al. Health System Preparedness for COVID-19 and Its Impacts on Frontline Health-Care Workers in Nepal: A Qualitative Study Among Frontline Health-Care Workers and Policy-Makers. *Disaster Med Public Health Prep*. 2021:1-9. doi: 10.1017/dmp.2021.204.
16. [Shrestha N](#), Gautam S, Mishra SR, Virani SS, Dhungana RR. Burden of chronic kidney disease in the general population and high-risk groups in South Asia: A systematic review and meta-analysis. *PLoS One*. 2021;16(10):e0258494. doi: 10.1371/journal.pone.0258494.
17. Mehata S, [Shrestha N](#), Ghimire S, Atkins E, Karki DK, Mishra SR. Association of altitude and urbanization with hypertension and obesity: analysis of the Nepal Demographic and Health Survey 2016. *Int Health*. 2021;13(2):151-60. doi: 10.1093/inthealth/ihaa034.
18. Kazmi F, [Shrestha N](#), Booth S, Dodwell D, Aroldi F, Foord T, et al. Next-generation sequencing for guiding matched targeted therapies in people with relapsed or metastatic cancer. *Cochrane Database of Systematic Reviews*. 2021;(10). doi: 10.1002/14651858.CD014872.
19. Gautam S, [Shrestha N](#), Mahato S, Nguyen TPA, Mishra SR, Berg-Beckhoff G. Diabetes among tuberculosis patients and its impact on tuberculosis treatment in South Asia: a systematic review and meta-analysis. *Sci Rep*. 2021;11(1):2113. doi: 10.1038/s41598-021-81057-2.
20. Dhungana RR, Pedisic Z, Pandey AR, [Shrestha N](#), de Courten M. Barriers, Enablers and Strategies for the Treatment and Control of Hypertension in Nepal: A Systematic Review. *Front Cardiovasc Med*. 2021;8:716080. doi: 10.3389/fcvm.2021.716080.
21. Dhungana RR, Pandey AR, [Shrestha N](#). Trends in the Prevalence, Awareness, Treatment, and Control of Hypertension in Nepal between 2000 and 2025: A Systematic Review and Meta-Analysis. *Int J Hypertens*. 2021;2021:6610649. doi: 10.1155/2021/6610649.
22. [Shrestha N](#), Mishra SR, Ghimire S, Gyawali B, Pradhan PMS, Schwarz D. Application of single-level and multi-level modeling approach to examine geographic and socioeconomic variation in underweight, overweight and obesity in Nepal: findings from NDHS 2016. *Sci Rep*. 2020;10(1):2406. doi: 10.1038/s41598-019-56318-w.
23. [Shrestha N](#), Mishra SR, Ghimire S, Gyawali B, Mehata S. Burden of Diabetes and Prediabetes in Nepal: A Systematic Review and Meta-Analysis. *Diabetes Ther*. 2020;11(9):1935-46. doi: 10.1007/s13300-020-00884-0.
24. Pedisic Z, [Shrestha N](#), Kovalchik S, Stamatakis E, Liangruenrom N, Grgic J, et al. Is running associated with a lower risk of all-cause, cardiovascular and cancer mortality, and is the more the better? A systematic review and meta-analysis. *Br J Sports Med*. 2020;54(15):898-905. doi: 10.1136/bjsports-2018-100493.
25. Pedisic Z, [Shrestha N](#), Grgic J, Kovalchik S, Stamatakis E, Liangruenrom N, et al. Infographic. Is running associated with a lower risk of all-cause, cardiovascular and cancer mortality, and is more better? A systematic review and meta-analysis. *Br J Sports Med*. 2020;54(13):817-8. doi: 10.1136/bjsports-2019-101793.

26. Ghimire U, [Shrestha N](#), Gyawali B, Pradhan PMS, Mishra SR. Prevalence of American Heart Association defined ideal cardiovascular health metrics in Nepal: findings from a nationally representative cross-sectional study. *Int Health*. 2020;12(4):325-31. doi: 10.1093/inthealth/ihz088.
27. Ghimire U, [Shrestha N](#), Adhikari B, Mehata S, Pokharel Y, Mishra SR. Health system's readiness to provide cardiovascular, diabetes and chronic respiratory disease related services in Nepal: analysis using 2015 health facility survey. *BMC Public Health*. 2020;20(1):1163. doi: 10.1186/s12889-020-09279-z. (*contributed equally*)
28. Wieland LS, [Shrestha N](#), Lassi ZS, Panda S, Chiaramonte D, Skoetz N. Yoga for treating urinary incontinence in women. *Cochrane Database Syst Rev*. 2019;2(2):CD012668. doi: 10.1002/14651858.CD012668.pub2.\*
29. [Shrestha N](#), Mehata S, Pradhan PMS, Joshi D, Mishra SR. A nationally representative study on socio-demographic and geographic correlates, and trends in tobacco use in Nepal. *Sci Rep*. 2019;9(1):2682. doi: 10.1038/s41598-019-39635-y.\*
30. [Shrestha N](#), Grgic J, Wiesner G, Parker A, Podnar H, Bennie JA, et al. Effectiveness of interventions for reducing non-occupational sedentary behaviour in adults and older adults: a systematic review and meta-analysis. *Br J Sports Med*. 2019;53(19):1206-13. doi: 10.1136/bjsports-2017-098270.\*
31. Pedisic Z, [Shrestha N](#), Loprinzi PD, Mehata S, Mishra SR. Prevalence, patterns, and correlates of physical activity in Nepal: findings from a nationally representative study using the Global Physical Activity Questionnaire (GPAQ). *BMC Public Health*. 2019;19(1):864. doi: 10.1186/s12889-019-7215-1.\*
32. Parry SP, Coenen P, [Shrestha N](#), O'Sullivan PB, Maher CG, Straker LM. Workplace interventions for increasing standing or walking for decreasing musculoskeletal symptoms in sedentary workers. *Cochrane Database Syst Rev*. 2019;2019(11). doi: 10.1002/14651858.CD012487.pub2.\*
33. Mishra SR, [Shrestha N](#), Poudyal IP, Malla M, Gyawali B, Shrestha AD, et al. May Measurement Month 2017: an analysis of blood pressure screening results in Nepal-South Asia. *Eur Heart J Suppl*. 2019;21(Suppl D):D83-D5. doi: 10.1093/eurheartj/suz063.\*
34. Mishra SR, Ghimire S, [Shrestha N](#), Shrestha A, Virani SS. Socio-economic inequalities in hypertension burden and cascade of services: nationwide cross-sectional study in Nepal. *J Hum Hypertens*. 2019;33(8):613-25. doi: 10.1038/s41371-019-0165-3.\*
35. Joshi D, Shrestha S, [Shrestha N](#). Understanding the antepartum depressive symptoms and its risk factors among the pregnant women visiting public health facilities of Nepal. *PLoS One*. 2019;14(4):e0214992. doi: 10.1371/journal.pone.0214992.\*
36. Ghimire S, Mishra SR, Sharma A, Siweya A, [Shrestha N](#), Adhikari B. Geographic and socio-economic variation in markers of indoor air pollution in Nepal: evidence from nationally-representative data. *BMC Public Health*. 2019;19(1):195. doi: 10.1186/s12889-019-6512-z. PubMed\*
37. [Shrestha N](#), Kukkonen-Harjula KT, Verbeek JH, Ijaz S, Hermans V, Pedisic Z. Workplace interventions for reducing sitting at work. *Cochrane Database Syst Rev*. 2018;12(12):CD010912. doi: 10.1002/14651858.CD010912.pub5.\*
38. Rawal LB, Kanda K, Mahumud RA, Joshi D, Mehata S, [Shrestha N](#), et al. Prevalence of underweight, overweight and obesity and their associated risk factors in Nepalese adults: Data from a Nationwide Survey, 2016. *PLoS One*. 2018;13(11):e0205912. doi: 10.1371/journal.pone.0205912.\*
39. Mehata S, [Shrestha N](#), Mehta RK, Bista B, Pandey AR, Mishra SR. Prevalence of the Metabolic Syndrome and its determinants among Nepalese adults: Findings from a

nationally representative cross-sectional study. *Sci Rep*. 2018;8(1):14995. doi: 10.1038/s41598-018-33177-5.\*

40. Mehata S, [Shrestha N](#), Mehta R, Vaidya A, Rawal LB, Bhattarai N, et al. Prevalence, awareness, treatment and control of hypertension in Nepal: data from nationally representative population-based cross-sectional study. *J Hypertens*. 2018;36(8):1680-8. doi: 10.1097/HJH.0000000000001745. (\*contributed equally)

41. Grgic J, Dumuid D, Bengoechea EG, [Shrestha N](#), Bauman A, Olds T, et al. Health outcomes associated with reallocations of time between sleep, sedentary behaviour, and physical activity: a systematic scoping review of isotemporal substitution studies. *Int J Behav Nutr Phys Act*. 2018;15(1):69. doi: 10.1186/s12966-018-0691-3.

42. Wieland LS, [Shrestha N](#), Lassi ZS, Panda S, Chiaramonte D, Skoetz N. Yoga for treatment of urinary incontinence in women. *Cochrane Database Syst Rev*. 2017;5(5). doi: 10.1002/14651858.CD012668.

43. [Shrestha N](#), Pedisic Z, Neil-Sztramko S, Kukkonen-Harjula KT, Hermans V. The Impact of Obesity in the Workplace: a Review of Contributing Factors, Consequences and Potential Solutions. *Curr Obes Rep*. 2016;5(3):344-60. doi: 10.1007/s13679-016-0227-6.

44. [Shrestha N](#), Kukkonen-Harjula KT, Verbeek JH, Ijaz S, Hermans V, Bhaumik S. Workplace interventions for reducing sitting at work. *Cochrane Database Syst Rev*. 2016;3(3):CD010912. doi: 10.1002/14651858.CD010912.pub3.

45. [Shrestha N](#), Ijaz S, Kukkonen-Harjula KT, Kumar S, Nwankwo CP. Workplace interventions for reducing sitting at work. *Cochrane Database Syst Rev*. 2015;1:CD010912. doi: 10.1002/14651858.CD010912.pub2.

46. [Shrestha N](#), Bhaumik S. Are interventions to reduce sitting at workplace effective? *J Family Med Prim Care*. 2015;4(3):331-2. doi: 10.4103/2249-4863.161309.

47. [Shrestha N](#), Ijaz S, Kukkonen-Harjula KT, Kumar S, Nwankwo CP. Workplace interventions for reducing sitting at work. *Cochrane Database of Systematic Reviews*. 2014;(1). doi: 10.1002/14651858.CD010912.

#### Conference abstracts:

1. Kazmi, F., [Shrestha N](#), Foord, I., Liu T.F., Heesen, P., Booth, S., . . . Blagden, S. Are targeted therapies effective in the relapsed or metastatic cancer setting? A Cochrane meta-analysis. European Society For Medical Oncology Congress. October 2023)

2. [Shrestha N](#), Williams, J. G., Barba, A., Aberoumand, M., Libesman, S., Hunter, K. E., Agerup, J., Seidler, A. L. Data sharing: experiences accessing individual participant data for a collaborative meta-analysis on umbilical cord management strategies at preterm birth. 30th Cochrane Colloquium; September 2023

3. Seidler, A. L., Aberoumand, M., Libesman, S., Barba, A., Williams, J. G., [Shrestha N](#), Agerup, J., Hunter, K. E. Should aggregate data be included where individual participant data are unavailable? Lessons from a large individual participant data meta-analysis. 30th Cochrane Colloquium; September 2023

4. Barba, A., [Shrestha N](#), Agerup, J., Aberoumand, M., Libesman, S., Hunter, K. E., Williams, J. G., Seidler, A. L. Consolidating tools for assessment of risk of bias for individual participant data meta-analysis: a case study. 30th Cochrane Colloquium; September 2023

5. Seidler, A. L., Hunter, K. E., Aberoumand, M., Libesman, S., Barba, A., Gyte, G., Montgomery, A., Williams, J. G., [Shrestha N](#), . . . Askie, L. Individual Participant Data Meta-analysis on Cord Management at Preterm Birth (iCOMP) Results: Which Umbilical Cord Management Strategy Works Best and For Whom? Paediatric Academic Societies Meeting. May 2023



6. Hunter, K.E., Shrestha, N., Barba, A., Aberoumand, M., Libesman, S., Williams, J., Aagerup, J., Sotiropoulos, J.X., Mol, B.W., Wang, R., Li, W., Askie, L., Seidler, A.L. Data Integrity Assessment of Clinical Trials in Neonatology for Individual Participant Data Meta-Analyses: A Case Study of Cord Management in Preterm Infants Paediatric Academic Societies Meeting. May 2023
7. Shrestha, N., Parker, A., Jurakic, D., Biddle, S.J.H., Pedisic, Z. Mental health professionals' practices in recommending more physical activity and less sedentary behaviour can be improved if their own physical activity is increased: findings of an intervention trial. International Society for Behavioral Nutrition and Physical Activity (ISBNPA). June 20, 2020
8. Mishra, S. R., Shrestha, N., Gyawali, B., & Shrestha, A. (2020). Nepal's increasing burden of non-communicable diseases and injuries, Global Burden of Disease study 1990-2017. *J Am Col Cardio*, 75(11, Supplement 1), 3478. [doi:https://doi.org/10.1016/S0735-1097\(20\)34105-X](https://doi.org/10.1016/S0735-1097(20)34105-X)
9. Pedisic, Z, Shrestha, N., Loprinzi, P.D., Mishra, S.R., Mehata, S. (2019). Levels and correlates of physical activity in Nepal: a cross-sectional study using the Global Physical Activity Questionnaire (GPAQ). Abstract Book of the International Society of Behavioral Nutrition and Physical Activity (ISBNPA) conference: "Healthy People. Healthy Planet.", Prague, Czech Republic, 4-7 June 2019. International Society for Behavioral Nutrition and Physical Activity (ISBNPA).
10. Shrestha, N., Grgic, J., Wiesner, G., Parker, A., Podnar, H., Bennie, J. A., . . . Pedisic, Z. Effectiveness of interventions for reducing non-occupational sedentary behaviour in adults and older adults: a systematic review and meta-analysis. HEPA Europe 2017; Zagreb
11. Shrestha, N., Verbeek, J., Ruotsalainen, J. Crowdfunding for a systematic review. In: Challenges to evidence-based health care and Cochrane. Abstracts of the 24th Cochrane Colloquium; 2016 23-27 Oct; Seoul, Korea. John Wiley & Sons; 2016
12. Shrestha, N., Kukkonen-Harjula, K., Verbeek, J., Ijaz, S., Hermans, V., Bhaumik, S. Workplace interventions for reducing sitting at work. In: Challenges to evidence-based health care and Cochrane. Abstracts of the 24th Cochrane Colloquium; 2016 23-27 Oct; Seoul, Korea. John Wiley & Sons; 2016.

#### Submitted / in press

1. Kazmi, F., Shrestha, N., Booth, S., Lord, S., Dodwell, D., Foord, T., ....., Blagden, S. Next-generation sequencing in guiding matched targeted therapies in early phase trials for people with relapsed or metastatic cancer. *Cochrane Database Syst Rev*.
2. Hunter, K. E., Libesman, S., Aberoumand, M., et al. Development of the Individual Participant Data (IPD) Integrity Tool for assessing the integrity of randomised trials using individual participant data. *Research Synthesis Methods*
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