Applied Physiology & Nutrition Research Group

Curriculum Vitae

Gabriel Perri Esteves

Contact information

Faculty of Medicine, University of São Paulo (FMUSP), Av. Dr. Arnaldo, 455.

São Paulo/SP – Brazil.

Email: gabriel.perri.esteves@usp.br

Mobile: +55 17997018835 (BR) | +44 07562590574 (UK)

LinkedIn: Profile

ResearchGate**:** Profile

Google Scholar: Profile

GitHub: Profile

ORCID: 0000-0003-0740-0683

Professional summary

PhD candidate and registered dietitian with extensive experience in biomedical research, designing and conducting clinical trials, data analysis, and statistical modeling. Skilled in compiling and analyzing data from large samples and disseminating research findings to diverse audiences. Proficient in R and Python for statistical analysis and data visualization. Experienced in promoting statistical thinking skills to professors, colleagues, undergraduate and postgraduate students.

Education

- **MBA in Data Science and Analytics (Expected completion Jan 2025)**
  - Luiz de Queiroz College of Agriculture (ESALQ), University of São Paulo, Brazil.

- **Ph.D. candidate (Expected submission Nov 2024)**
  - Supervisor: Dr. Eimear Dolan.
  - Musculoskeletal Sciences Program, Internal Medicine, Faculty of Medicine, University of São Paulo, Brazil.

- **Bachelor of Science in Nutrition and Metabolism (2015-2019)**
    - Thesis supervisor: Prof. Alceu Afonso Jordão Junior.
    - Ribeirão Preto Faculty of Medicine, University of São Paulo, Brazil.

Complementary courses

- Applied Plotting, Charting & Data Representation in Python; Applied Machine Learning in Python (2024)
    - University of Michigan (via Coursera.org)

- Google Data Analytics Professional Certificate (2023)
    - Google Inc. (via Coursera.org)

- Python for Everybody Specialization (2022)
    - University of Michigan (via Coursera.org)

- Data Analysis with R Specialization (2021)
    - Duke University (via Coursera.org).

Research roles

- **International research internship at the Robert Gordon University, UK (Expected Oct 2024).**
    - Supervisor: Dr. Paul Swinton.
    - Project under development: The use of directed acyclic graphs (DAGs) in exercise and nutrition science: A scoping review of the literature.
    - Topics: Statistical analysis and modelling, causal effects, confounding and other biases, observational studies, directed acyclic graphs.

- **Ph.D. candidate and researcher (Expected Nov 2024)**
    - Supervisor: Dr. Eimear Dolan
    - Thesis title: The role of nutrition and exercise in reducing the musculoskeletal adverse effects of glucocorticoid therapy in individuals with rheumatic diseases
    - Topics: nutritional recommendations, exercise, randomized clinical trial, observational study, NHANES database, multivariate regression analysis.
    - Faculty of Medicine, University of São Paulo, Brazil

- **Undergraduate research assistant (2017-2019)**
    - Nutrition & Metabolism Laboratory
    - Supervisor: Prof. Alceu Afonso Jordão Junior
    - Project title: An evaluation of biochemical and histological parameters in rats fed a high-fructose diet following fish oil supplementation.
    - Topics: Non-alcoholic fatty liver disease, metabolic effects of fructose, liver histology, oxidative stress.
    - Ribeirão Preto Faculty of Medicine, University of São Paulo, Brazil

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Scholarships and awards

Scholarships

- **Ph.D. scholarship funded by the São Paulo Research Foundation (FAPESP)**
    - Project title: The role of exercise training on bone health parameters of individuals with systemic lupus erythematosus prescribed glucocorticoid pulse therapy.
    - Faculty of Medicine, University of Sao Paulo, Brazil

- **Undergraduate research scholarship funded by the University of Sao Paulo (2019)**
    - Title: The effects of fish oil supplementation on liver histology of rats with fructose-induced non-alcoholic fatty liver disease.
    - Ribeirão Preto Faculty of Medicine, University of São Paulo, Brazil

- **Undergraduate research scholarship funded by Pibic-CNPq (2018)**
    - Title: The effects of fish oil supplementation on weight gain of rats with fructose-induced non-alcoholic fatty liver disease.
    - Ribeirão Preto Faculty of Medicine, University of São Paulo, Brazil

Awards

- First Place Winner of the 2021 GSSI - ACSM Young Investigator in Sports Nutrition Award (2021)
- Nominated as a candidate for the “Brazilian Endocrinology and Metabolism Society (SBEM)” Award at the XXXIII Federation of Societies of Experimental Biology (FeSBE) Congress (2018)

- Honorable Mention for Poster Presentation of the Work: Fish Oil is Associated with Reduced Weight Gain and Adiposity in Rats Receiving a High-fructose Diet (2018)

Scientific publications

Summary

Published peer-reviewed papers: 23 (8 with first authorship).

Citations: 153.

h-index: 6.

Congress presentations: 5 oral presentations, 4 first-author poster presentations, and 4 co-author poster presentations.

Selected publications

1. Leitão, A. E.[*], **Esteves, G. P.**[*], Mazzolani, B. C., Smaira, F. I., Santini, M. H., Santo André, H. C., Gualano, B., & Roschel, H. (2024). Protein and Amino Acid Adequacy and Food Consumption by Processing Level in Vegans in Brazil. JAMA Network Open, 7(6), e2418226. https://doi.org/10.1001/jamanetworkopen.2024.18226. [*]Shared first authorship.
2. **Esteves, G. P.**, Swinton, P., Sale, C., Roschel, H., Gualano, B., & Dolan, E. (2023). Protein intake is associated with lean mass and femur bone mass in individuals with rheumatic diseases from the NHANES cohort. SportRXiv **(Preprint)**. https://doi.org/https://doi.org/10.51224/SRXIV.325
3. Halsey, L. G., **Esteves, G. P.**, & Dolan, E. (2023). Variability in variability: does variation in morphological and physiological traits differ between men and women? Royal Society Open Science, 10(9). https://doi.org/10.1098/rsos.230713
4. Mazzolani, B. C., Smaira, F. I., **Esteves, G. P.**, Santini, M. H., Leitão, A. E., Santo André, H. C., Gualano, B., & Roschel, H. (2023). Disordered Eating Attitudes and Food Choice Motives Among Individuals Who Follow a Vegan Diet in Brazil. JAMA Network Open, 6(6), E2321065. https://doi.org/10.1001/jamanetworkopen.2023.21065
5. Santo André, H. C., **Esteves, G. P.**, Barreto, G. H. C., Longhini, F., Dolan, E., & Benatti, F. B. (2023). The Influence of n-3PUFA Supplementation on Muscle Strength, Mass, and Function: A Systematic Review and Meta-Analysis. https://doi.org/10.17605/OSF.IO/2FWQT

Highlighted projects

- Longitudinal Study of Adult Health (ELSA-Brasil) – The interaction between ultra-processed food intake and physical activity on cardiovascular outcomes.
    - Responsible for developing research question, identifying and extracting key variables, and developing and implementing statistical models using R in a large sample of around 45,000 participants. Ongoing project expected to finish in 2025 and to result in at least one publication.
- Vegan Eating Habits and Nutritional Evaluation Survey (VEGAN-EATS) – The impact of ultra-processed food intake on protein adequacy, and the role of food choice determinants on disordered eating.
    - Responsible for developing research questions, collecting, cleaning and analyzing the resulting data, developing statistical models in a large sample of 1,000 participants using R, and creating compelling data visualizations and result presentations. This project resulted in two high-quality publications in JAMA Network Open (1, 4).
- Utilizing the National Health and Nutrition Examination Survey (NHANES) to answer questions about the role of protein in bone health and variability in large samples.
    - Responsible for developing the research question, extracting data from NHANES databases, analyzing it and building models in R to explore the role of protein intake on bone health of individuals with rheumatic diseases. This has resulted in a preprint publication (2), currently undergoing peer-review at the Rheumatology Advances in Practice journal.
    - Responsible for working alongside another analyst to extract and analyze a large sample of participant data from the NHANES to investigate whether variation in a range of morphological traits varied according to sex. This resulted in a publication at the Royal Society Open Science journal (3).

Reviewed for the following journals

- 2024 – British Journal of Sports Medicine.
- 2024 – Journal of Health, Population and Nutrition
- 2023 – Nutrition Reviews
- 2023 – Nutrire - Revista da Sociedade Brasileira de Alimentação e Nutrição
- 2022 – International Journal of Sport Nutrition and Exercise Metabolism