



Curriculum Vitae

รศ.ดร. รัตนา สำโรงทอง

Associate Professor Dr. Ratana Somrongthong

Education:

- 1975-1978 : Dip. of Nursing and Midwifery, Thai Red Cross Society Nursing College, Chulalongkorn University, Thailand
- 1981-1983 : B. Sc. (Social Psychology), Ramkhamhaeng University, Thailand
- 1986-1990 : B. of Home Economic (Community Nutrition) Sukhothaithamathirath University, Thailand
- 1993 –1996 : MA (Medical and Health Social Sciences) Mahidol University, Thailand
- 2000- 2004 : PhD in Public Health (Health Systems Development), College of Public Health, Chulalongkorn University, Thailand.
- 2003 : A six-month PhD internship (under the Royal Golden Jubilee Ph.D. Program: Scholarships) at the Dept. of Community Health Sciences, Faculty of Medicine, University of Calgary, Canada

Research Interest: Public Health, Community Health, Adolescent Health, Aging, Reproductive Health

Summary of Experience: She's most recent significant research contributions relate to three main projects based in Thailand. Firstly, the Adolescent Health Project examined adolescent health in a slum community in Bangkok, Thailand. Secondly, She was also a principal investigator for the participatory action research project titled, “Healthy City: Community Strengthening in Nan Province”. The project helped to enhance the capacity for local people and local authorities to carry out healthy city planning and management focusing on reduction of use of pesticide in the agricultural areas. In addition, Dr. Somrongthong, had been involved in the multi-country study on Facilitators and barriers to accessing reproductive health care for migrant beer promoters in Cambodia, Laos, Thailand and Vietnam: A mixed methods study. Lastly, Dr. Somrongthong was involved as a research on aging projects in Thailand from 2010 to present. The projects aim to promote healthy aging in rural areas using the community participatory approach for sustainability. She has published over 70 peer-reviewed manuscripts on public health related issues.

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Selected Publications:

1. Nanthakan Sungsuman Woodham, Surasak Taneepanichskul, *Ratana Somrongthong*, Apaporn Kitsanapun, Benjapan Sompakdee. (2020). Effectiveness of a Multidisciplinary Approach Intervention to Improve Blood Pressure Control Among Elderly Hypertensive Patients in Rural Thailand: A Quasi-Experimental Study. *Journal of Multidisciplinary Healthcare* 2020. Volume 2020:13 Pages 571—580. <https://doi.org/10.2147/JMDH.S254286>
2. Ramesh Kumar, Midhat Farzeen, Assad Hafeez, Baseer Khan Achakzai, Muskan Vankwani, Manohar Lal, Rabia Iqbal, and *Ratana Somrongthong*. (2020). Effectiveness of a health education intervention on the use of long-lasting insecticidal nets for the prevention of malaria in pregnant women of Pakistan: a quasi-experimental study. *Malaria Journal*. Volume 19, Article number: 232 (2020). <https://doi.org/10.1186/s12936-020-03298-2>. (ISI, IF :2.6, Scopus Q1)
3. Tahir Mahmood, Faisal Abbas, Ramesh Kumar, and *Ratana Somrongthong*. (2020). Why under five children are stunted in Pakistan? A multilevel analysis of Punjab Multiple indicator Cluster Survey (MICS2014). *BMC Public Health* (2020) 20:952. <https://doi.org/10.1186/s12889-020-09110-9>. (ISI, IF: 2.567.)
4. Wahed, T., Zaman, S., Huda, F.A., Panza, A., *Somrongthong, R.* (2020). A narrative review of the literature on the reproductive health of female sex workers having age below twenty years. *Bangladesh Journal of Medical Science*. 19(1), pp. 17-31. Open Access (Scopus Q4)
5. Pramon Viwattanakulvanid, *Ratana Somrongthong*, Muskan Vankwani, Kavita FN, and Ramesh Kumar. (2020). Predictors and Level of Knowledge Regarding Parkinson's Disease among Patients: A Cross-sectional Study from Thailand. *International Journal of Preventive Medicine* 2020, 11: 25. P1-5. (Scopus Q2).
6. Putri Nahrisah, *Ratana Somrongthong*, Napaphan Viriyautsahakul, Pramon Viwattanakulvanid and Samlee Plianbangchang. (2020). Effect of Integrated Pictorial Handbook Education and Counseling on Improving Anemia Status, Knowledge, Food Intake, and Iron Tablet Compliance Among Anemic Pregnant Women in Indonesia: A Quasi-Experimental Study. *Journal of Multidisciplinary Healthcare* 2020:13 43–52. (Scopus Q1)
7. Kumar, R., Seangpraw, K., Auttama, N., *Somrongthong, R.*, Tonchoy, P., Panta, P. (2020). Stress and associated risk factors among the elderly: A cross-sectional study from rural area of Thailand. *F1000Research*. Vol 8, 2020. Article number 655. Open access. (Scopus Q1)
8. Fauzia Akhter Huda, Hassan Rushekh Mahmood, Faisal Ahmmed, Anisuddin Ahmed, Aniqah Tahmina Hassan, Alessio Panza and *Ratana Somrongthong*. (2019). The Effect of a Club in Making Differences in Knowledge, Attitude, and Practices on Family Planning Among Married Adolescent Girls in Urban Slums in Bangladesh. *Int. J. Environ. Res. Public Health* 2019, 16(20), 4037; <https://doi.org/10.3390/ijerph16204037>. (Scopus Q2)
9. Kumar, R., Abbas, F., Mahmood, T., *Somrongthong, R.* (2019). Prevalence and factors associated with underweight children: a population-based subnational analysis from Pakistan. *BMJ Open*. 2019 Jul 30;9(7):e028972. doi: 10.1136/bmjopen-2019-028972. (ISI:IF=2.370)
10. Srimarut, T., *Somrongthong, R.*, Taneepanichskul, S. (2019). Factors associated respiratory health of occupants in air-conditioned offices in Bangkok, Thailand. *Journal of the Medical Association of Thailand*. 102(8), pp. 861-868. (SJR Q4)

11. Dejvorakul S, Kumar R, Srirojanakul S, Panupichit N, *Somrongsong R.* (2019). Factors predicted with quality of life among hemodialysis patients in private hospital of Thailand. *Hospital Practice.* (1995). doi: 10.1080/21548331.2019.1682879. (Scopus Q3)
12. Kanwal, S., Kumar, R., *Somrongsong R.*, Ashfaq, U. (2019). Women's preferences and factors influencing their obstetric care service utilization in rural Sindh: A cross sectional study. *Journal of the Pakistan Medical Association.* 69(4), pp. 576-579. (ISI:IF= 0.642).
13. Nahrisah, P., Plianbangchang, S., *Somrongsong R.*, Kumar R., Wahed, T., and Anwar, F. (2019). Micronutrient Intake And Perceived Barriers Among Anaemic Pregnant Women In Aceh, Indonesia. *Journal of Ayub Medical College, Abbottabad : JAMC.* 31(4), pp. 491-495 (Scopus Q3)
14. Laosee, O., *Somrongsong R.* (2019). Swimming skill development among rural children under limited infrastructure: The stakeholders' perspective. *Indian Journal of Public Health Research and Development* 10(3), pp. 311-315. (SJR Q4).
15. Peck, M.E., Jenpanich, C., Amonsin, A., Bunpapong, N., Chanachai, K., *Somrongsong R.*, Alexander, B.H., Bender, J.B. (2019). Knowledge, Attitudes and Practices Associated with Brucellosis among Small-Scale Goat Farmers in Thailand. *Journal of Agromedicine.* 24(1), pp. 56-63. (ISI, IF: 1.294).
16. Punta, P., *Somrongsong R.*, Kumar, R. (2019). Factors influencing quality of life (QOL) amongst elderly caregivers of people living with HIV/AIDS in Phayao province, Thailand: A cross-sectional study [version 1; peer review: 2 approved]. *F1000Research* 8,8 . Open Access. (Scopus Q1)
17. Wongchalee, S., Laosee, O., *Somrongsong R.* (2019). A content analysis of original research articles on public health published in an international journal: The case study of Thailand. *Indian Journal of Public Health Research and Development* 10(1), pp. 606-611. (Scopus Q4)
18. Yodmai, K., *Somrongsong R.*, and Kumar, R. (2018). Determinants of quality of life among rural elderly population in Khonkean province of Thailand. *Journal of the Liaquat University of Medical and Health Sciences.* Volume 17, Issue 3, October-December 2018, Pages 180-184. (Open Access). (SJR Q4)
19. *Thitipitchayanant, K.*, *Somrongsong R.*, Kumar, R., and Kanchanakharn, N. (2018). Effectiveness of self-empowerment-affirmation-relaxation(Self-EAR) program for postpartum blues mothers: A randomize controlled trial. *Pakistan Journal of Medical Sciences.* Volume 34, Issue 6, November-December 2018, Pages 1488-1493. (Open Access). (ISI, IF: 0.834)
20. Laosee, O., Rattanapan, C., *Somrongsong R.* Physical and cognitive functions affecting road traffic injuries among senior drivers. (2018). *Archives of Gerontology and Geriatrics.* Volume 78. September - October 2018, pp. 160-164. (ISI, IF: 2.61)
21. Sand, A., Kumar, R., Shaikh, B.T., *Somrongsong R.*, Hafeez, A., Rai, D. (2018). Determinants of severe acute malnutrition among children under five years in a rural remote setting: A hospital based study from district Tharparkar-Sindh, Pakistan. (2018). *Pakistan Journal of Medical Sciences.* Volume 34, Issue 2, March-April 2018, Pages 260-265. (Open Access).
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23. Thongnopakun, S., Pumpaibool, T., *Somrongthong, R.* The effects of an educational program on knowledge, attitudes and intentions regarding condom and emergency contraceptive pill use among Thai female university students. *Journal of Health Research.* 32(4), pp. 270-278 .
24. Kumar, R., *Somrongthong, R.*, Ahmed, J., and Almarabbeh, A.J. (2018). Correlates of knowledge, attitude and practices about health care waste management among hospital workers of Pakistan. *Journal of the Liaquat University of Medical and Health Sciences.* 17(1), pp. 1-7. (Open Access).
25. Bunjitpimol, P., Kumar, R., *Somrongthong, R.* (2018). Effectiveness of case based cultural competency among nurses working in private hospitals of Bangkok, Thailand: A quasi-experimental study. *Pakistan Journal of Medical Sciences.* Volume 34 (1), pp. 179-184. January-February 2018, Pages 179-184.
26. Huda, F.A., Ahmed, A., Mahmood, H.R., Panza, A., and *Somrongthong, R.* (2018). Delaying first pregnancy in reducing burden of unintended pregnancy among married adolescents in urban slums of Bangladesh: A situation analysis. *Journal of Health Research.* 32(4), pp. 298-306.
27. Sawitree Visanuyothin, Samlee Plianbangchang and *Ratana Somrongthong.* (2018). An integrated program with home blood-pressure monitoring and village health volunteers for treating poorly controlled hypertension at the primary care level in an urban community of Thailand. *Integrated Blood Pressure Control.* Dovepress. (in press)
28. Saowanee Thongnopakun, Tepanata Pumpaibool and *Ratana Somrongthong.* (2018). The association of sociodemographic characteristics and sexual risk behaviors with health literacy toward behaviors for preventing unintended pregnancy among university students *Journal of Multidisciplinary Healthcare* 2018:11 149–156.
29. Sawitree Visanuyothin, Samlee Plianbangchang and *Ratana Somrongthong.* (2018). Appearance and potential predictors of poorly controlled hypertension at the primary care level in an urban community. *Journal of Multidisciplinary Healthcare* 2018:11 131–138.
30. Rapat Eknithiset and *Ratana Somrongthong.* (2017) Effectiveness of a diabetes mellitus pictorial diary handbook program for middle-aged and elderly type 2 diabetes mellitus patients: a quasi-experimental study at Taladnoi Primary Care Unit, Saraburi, Thailand" [ID 138815]. *Journal of Multidisciplinary Healthcare.* 2017.10. 1-8.
31. Sane A, *Somrongthong R,* Plianbangchang S. (2017). The positive effects of a peer-led intervention system for individuals with a risk of metabolic syndrome. *Journal of Multidisciplinary Healthcare* 2017:10 293–300. Dovepress.
32. Tasnuva Wahed , Anadil Alam, Salima Sultana, Monjur Rahman, Nazmul Alam, Monika Martens and *Ratana Somrongthong.* (2017) Barriers to sexual and reproductive healthcare services as experienced by female sex workers and service providers in Dhaka city, Bangladesh. *PLOS ONE* | <https://doi.org/10.1371/journal.pone.0182249> July 31, 2017.
33. Fauzia Akhter Huda, Yolande Robertson, Sabiha Chowdhuri, Bidhan Krishna Sarker, Laura Reichenbach and *Ratana Somrongthong.* (2017). Contraceptive practices among married women of reproductive age in Bangladesh: a review of the evidence. *BioMed Central, Reproductive Health* (2017) 14:69. DOI 10.1186/s12978-017-0333-2.

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35. Tasnuva Wahed, Anadil Alam, Salima Sultana, Nazmul Alam, **Ratana Somrongthong** . (2017). Sexual and reproductive health behaviors of female sex workers in Dhaka, Bangladesh. *PlosOne*. Published: April 3, 2017. <https://doi.org/10.1371/journal.pone.0174540>.
36. Supang Wattanasoei, Naowarat Kanchanakhan, Ramesh Kumar, **Ratana Somrongthong**, Bussakorn Binson. (2017). QUALITY OF LIFE THROUGH LISTENING MUSIC AMONG ELDERLY PEOPLE IN SEMI-URBAN AREA, THAILAND. *Journal of Ayub Medical College, Abbottabad*. 2017; 29 (1).
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38. **Ratana SOMRONGTHONG**, Donnapa HONGTHONG, Sunanta Wongchalee and Nualnong Wongtongkham. The Influence of Chronic Illness and Lifestyle Behaviors on Quality of Life among Older Thais. *Biomed Research International*. Volume 2016 (2016), Article ID 2525941, 7 pages <http://dx.doi.org/10.1155/2016/2525941>.
39. Donnapa HONGTHONG, **Ratana SOMRONGTHONG**, Paul WARD . (2015). Factors Influencing the Quality of Life (Qol) Among Thai Older People in a Rural Area of Thailand. *Iranian Journal of Public Health* 2015. 44(4):479-485.
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41. Korravarn Yodmai, Sipapa Phummarak, Jonathan C Sirisuth, Ramesh Kumar, **Ratana Somrongthong**. (2015). QUALITY OF LIFE AND FEAR OF FALLING AMONG AN AGING POPULATION IN SEMI RURAL, THAILAND. *Journal of Ayub Medical College, Abbottabad*. 2015; 27 (4) pp 223-227.
42. Ramesh Kumar, Babar Tasneem Shaikh, **Ratana Somrongthong**, Robert S Chapman. Practices and challenges of infectious waste management: A qualitative descriptive study from tertiary care hospitals in Pakistan. *Pak J Med Sci* 2015;31(4):795-798.
43. Nnaemeka U. Odo, Peter C. Raynor, Amanda Beaudoin, **Ratana Somrongthong**, Joni M. Scheftel, James G. Donahue & Jeffrey B. Bender. (2015). Personal Protective Equipment Use and Hand Washing among Animal Farmers: A Multi-Site Assessment. *Journal of Occupational and Environmental Hygiene*. June 2015., 12: p 363-368. <http://dx.doi.org/10.1080/15459624.2015.1006635>.
44. Sheh Mureed, **Ratana Somrongthong**, Ramesh Kumar, Abdul Ghaffar, Robert S Chapman. (2015). ENHANCED IMMUNIZATION COVERAGE THROUGH INTERVENTIONS FOR CHILDHOOD CLUSTER DISEASES IN DEVELOPING COUNTRIES. *Journal of Ayub Medical College, Abbottabad*. 2015; 27 (1-) pp 223-227.
45. Kye Mon Min Swe, **Ratana Somrongthong**, Amit Bhardwaj and Adinegara bin lutfi Abas . (2014) . Needle Sticks Injury among Medical Students during Clinical Training, Malaysia. *International*

Journal of Collaborative Research on Internal Medicine and Public Health (IJCRIMPH). Vol. 6 No. 5 (May 2014) pp 121-131.

46. Ramesh Kumar, *Ratana Somrongthong* and Babar Tasneem Shaikh. (2013). Knowledge Attitude and Practices of Health Staff Regarding Infectious Waste Handling of Tertiary Care Health Facilities at Metropolitan City of Pakistan. *Journal of Ayub Medical College, Abbottabad*. 2013;25 (1-2) pp 109-112.
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50. Sheh Mureed, *Ratana Somrongthong*, Abdul Ghaffar, Shahnaz Baloch and Najma Ghaffar. (2013). Integration of Community Services with Hospital to Adhere Pregnant Women to Four ANC Visits in Quetta. *European Journal of Scientific Research*. ISSN 1450-216X Vol. 93 No 2 December, 2012, pp.244-256. <http://www.europeanjournalofscientificresearch.com>
51. Gail Webber, Denise Spitzer, *Ratana Somrongthong*., Truong Cong Dat and Somphone Kounnavongsa. (2012). Facilitators and barriers to accessing reproductive health care for migrant beer promoters in Cambodia, Laos, Thailand and Vietnam: A mixed methods study. *Globalization and Health* 2012, 8: 21., doi:10.1186/1744-8603-8-21.
52. *Ratana Somrongthong*, Sunanta Wongchalee and Orapin Laosee. (2012). Depression among adolescents: study in a Bangkok slum Community. *Scandinavian Journal of Caring Sciences*. 2013; 27; 327-334. Online publication 2012.
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54. Aree Wadwongtham, Jiruth Sriratanaban, Sathirakorn Pongpanich, Surasa Taneepanichskul ,Uruwan Yamborisut, and *Ratana Somrongtong*. (2012) Perceived healthy eating and eating behavior: Evidence-based information for effective strategies to promote healthy eating behavior among undergraduate students. *Journal of Medicine and Medical Sciences* Vol. 3(1) pp. xxx-xxx, January, 2012. Available online@ <http://www.interestjournals.org/JMMS> Copyright © 2012 **International Research Journals**.
55. Hatairat Kaoaiem , Surasak Taneepanichskul , *Ratana Somrongthong* , Boonterm Saengdidtha and Somrat Lertmaharit . (2012).The Effect of Squad Leader Mentors through Short Message Services for Mobile Phones in Promoting Safe Sex among First (Central) Army Area Conscripts of Thailand. *J Med Assoc Thai* 2012; 95 (2): 249-56.

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58. Kyaw Min, Surasak Taneepanichskul, Kanittha Charmroonsawasdi, **Ratana Somrongthong**, and Damrong Reinprayoon. (2011). The Model Development of Participatory Education on Adolescent Reproductive Life (PEARL) Programme to prevent Unintended Pregnancy among Myanmar Migrant Adolescent and Youth in Samut Sakhon Province, THAILAND: (Situational Analysis). **Journal of Medicine and Medical Sciences**. March, 2011.
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62. **Ratana Somrongthong**, Amanda L. Beaudoin, Sunitra Pakinsee and Chitr Sitthi-amorn. Folk Knowledge About Avian Influenza and the Use of Personal Protective Equipment: A Qualitative Study. **J. Health Research Vol 24, Sep 2010**, 1-5 available online March 20, 2010.
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Polachai Likitkirirat. (2002). The Asian Voice in Building Equity in Health of Development- from the Asian Forum for Health Research. Health Policy and Planning. A journal on health in development 17, 2:213-217.

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Book

1. Karl J. Neeser and Ratana Somrongthong. (2017). The Key to Health and Longevity. Physics Center Press. Ltd. Thailand. 225 pages (Book)
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