

**Part A. PERSONAL INFORMATION**

<b>CV date</b>	12-06-2024
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First and Family name	Montserrat Giralt Batista		
DNI		Age	56
Researcher codes	Open Researcher and Contributor ID (ORCID**)	0000-0002-7073-577X	
	WoS Researcher ID (*)	I-3905-2015	

(\*) *Optional*

(\*\*) *Mandatory*

**A.1. Current position**

Name of University/Institution	Rovira i Virgili University		
Department	Ciències Mèdiques Bàsiques		
Address and Country	C/Sant Llorenç, 21 Reus, 43201, Tarragona (SPAIN)		
Phone number	977759378	E-mail	<a href="mailto:montse.giralt@urv.cat">montse.giralt@urv.cat</a>
Current position	Catedrática de universidad	From	2018

**A.2. Education**

PhD, Licensed, Graduate	University	Year
Licenciatura en Medicina y Cirugía	Barcelona University	1988
Doctorado en Medicina y Cirugía	Rovira i Virgili University	1992

**General indicators of quality of scientific**

Number of six-year research: **4**

The date of the last: **2013-2018**

Number of doctoral theses supervised in the last 10 years: **8**

Total citations: **1478**

Average Citations per Item: **43.86**

Total publications until 2023 in the first quartile (Q1) according to JCR 2022: **48**

H-index: **24**

**RELEVANT MERITS**

**TEACHING EXPERIENCE:**

Degrees: Medicine, Nursing, Physiotherapy, Nutrition

Masters: Master of Nutrition and Metabolism, Master of Aging and Health

**RESEARCH EXPERIENCE:**

Our field of research is the study of the aspects related to oxidative stress and the protective antioxidant systems, among other topics. In the field of the oxidative stress there are two lines of work:

1. Studies in animals of experimentation: photoageing, dietetic intervention, neurodegenerative diseases and toxicity for metals, toxicity and long-term effects of bioactive compounds.
2. Studies in human clinic: skin cancer, ageing, renal chronic insufficiency, respiratory diseases, lymphocyte leukaemia, overloads of iron, etc.
3. Studies of health education in healthy life style (nutrition and physical activity) in primary and secondary schools.

These studies have helped to establish a standardization of biomarkers of the oxidative stress that include methods based in: 1) the measurement of the concentrations of the products of lipid oxidation, proteins and DNA, as well as the concentrations of antioxidants; 2) methods that value the lipid oxidizability exposed to a source of free radicals and 3) methods to value the antioxidant capacity of biological fluids.



Dr Giralt is member of the NFOC-SALUT group: Functional Nutrition, Oxidation and cardiovascular disease, since 2009 and continuing to the present (group-SGR2017, 2021 SGR 00817). NFOC-SALUT is working in the field of health, lifestyle and disease from an experimental approach, clinical and applied to society in the academic world and health promotion.

## **PUBLICATIONS:**

### **Notable contributions:**

- Salom-Garrigues C, Aragonès E, Giralt M, Campabadal Prats C, Bejarano-Romero F, Canadell L. Evaluation of a pharmacist-led intervention to reduce drug-related problems in patients included in a home healthcare program: study protocol for a pragmatic randomized clinical trial. *BMC Geriatr.* 2024 Feb 19;24(1):170
- Pla-Pagà L, Valls RM, Pedret A, Calderón-Pérez L, Llauradó E, Companys J, Domenech-Coca C, Canela N, Del Bas JM, Caimari A, Puiggròs F, Mi C, Arola L, Solà R. Effect of the consumption of hesperidin in orange juice on the transcriptomic profile of subjects with elevated blood pressure and stage 1 hypertension: A randomized controlled trial (CITRUS study). *Clin Nutr.* 2021; 40(12):5812-5822.
- Valls RM, Pedret A, Calderón-Pérez L, Llauradó E, Pla-Pagà L, Companys J, Moragas A, Martín-Luján F, Ortega Y, Giralt M, Romeu M, Rubió L, Mayneris-Perxachs J, Canela N, Puiggròs F, Caimari A, Del Bas JM, Arola L, Solà R. Effects of hesperidin in orange juice on blood and pulse pressures in mildly hypertensive individuals: a randomized controlled trial (Citrus study). *Eur J Nutr.* 2021;60(3):1277-1288.
- Pedret A, Valls RM, Calderón-Pérez L, Llauradó E, Companys J, Pla-Pagà L, Moragas A, Martín-Luján F, Ortega Y, Giralt M, Caimari A, Chenoll E, Genovés S, Martorell P, Codoñer FM, Ramón D, Arola L, Solà R. Effects of daily consumption of the probiotic *Bifidobacterium animalis* subsp. *lactis* CECT 8145 on anthropometric adiposity biomarkers in abdominally obese subjects: a randomized controlled trial. *Int J Obes (Lond).* 2019;43(9):1863-1868.
- Tarro L, Llauradó E, Aceves-Martins M, Moriña D, Papell-Garcia I, Arola L, Giralt M, Solà R. Impact of a youth-led social marketing intervention run by adolescents to encourage healthy lifestyles among younger school peers (EYTO- Kids project): a parallel-cluster randomised controlled pilot study. *J Epidemiol Community Health.* 2019;73(4):324-333.
- Moriña D, Fernández-Castillejo S, Valls RM, Pedret A, Taltavull N, Romeu M, Giralt M, Montero M, Bernal G, Faba J, Pérez-Merino L, Gonzalez R, Casajuana MC, Rodríguez Á, Arola L, Puiggròs F, Möller I, Chetrit C, Martínez-Puig D, Solà R. Effectiveness of a low-fat yoghurt supplemented with rooster comb extract on muscle strength in adults with mild knee pain and mechanisms of action on muscle regeneration. *Food Funct.* 2018;20;9(6):3244-3253.
- Pedret A, Fernández-Castillejo S, Valls RM, Catalán Ú, Rubió L, Romeu M, Macià A, López de Las Hazas MC, Farràs M, Giralt M, Mosele JI, Martín-Peláez S, Remaley AT, Covas MI, Fitó M, Motilva MJ, Solà R. Cardiovascular Benefits of Phenol-Enriched Virgin Olive Oils: New Insights from the Virgin Olive Oil and HDL Functionality (VOHF) Study. *Mol Nutr Food Res.* 2018;62(16):e1800456.
- Aranda N, Valls RM, Romeu M, Sánchez-Martos V, Albaladejo R, Fernández-Castillejo S, Nogués R, Catalán Ú, Pedret A, Espinel A, Delgado MA, Arija V, Sola R, Giralt M. Consumption of seafood and its estimated heavy metals are associated with lipid profile and oxidative lipid damage on healthy adults from a Spanish Mediterranean area: A cross-sectional study. *Environ Res.* 2017;156:644-651.
- Pérez-Merino L, Casajuana MC, Bernal G, Faba J, Astilleros AE, González R, Giralt M, Romeu M, Nogués MR. Evaluation of the effectiveness of three physiotherapeutic treatments for subacromial impingement syndrome: a randomized clinical trial. *Physiotherapy.* 2016;102(1):57-63.
- Aceves-Martins M, Llauradó E, Tarro L, Solà R, Giralt M. Obesity-promoting factors in Mexican children and adolescents: challenges and opportunities. *Glob Health Action.* 2016, 18;9:29625.
- Dasilva G, Pazos M, García-Egido E, Pérez-Jiménez J, Torres JL, Giralt M, Nogués MR, Medina I. Lipidomics to analyze the influence of diets with different EPA:DHA ratios in the progression of Metabolic Syndrome using SHROB rats as a model. *Food Chem.* 2016; 15;205:196-203.



- Romeu M, Rubió L, Sánchez-Martos V, Castañer O, de la Torre R, Valls RM, Ras R, Pedret A, Catalán Ú, López de Las Hazas Mdel C, Motilva MJ, Fitó M, Solà R, Giralt M. Correction to Virgin Olive Oil Enriched with Its Own Phenolics or Complemented with Thyme Phenols Improves DNA Protection against Oxidation and Antioxidant Enzyme Activity in Hyperlipidemic Subjects. *J Agric Food Chem.* 2016; 22;64(24):5137.
- Romeu M, Rubió L, Sánchez-Martos V, Castañer O, de la Torre R, Valls RM, Ras R, Pedret A, Catalán Ú, López de las Hazas Mdel C, Motilva MJ, Fitó M, Solà R, Giralt M. Virgin Olive Oil Enriched with Its Own Phenols or Complemented with Thyme Phenols Improves DNA Protection against Oxidation and Antioxidant Enzyme Activity in Hyperlipidemic Subjects. *J Agric Food Chem.* 2016; 9;64(9):1879-88.

#### **RESEARCH PROJECTS (last 5 years):**

- Ministerio de Economía y Competitividad. Programa FIS."Valor de la oxigenación tisular (rSO<sub>2</sub>) en la detección precoz (Urgencias) de pacientes con sepsis respiratoria "a riesgo" de complicaciones y su impacto en la resucitación por objetivos (Micro2.0)". 2014-16.
- Metabolic Fate of Olive Oil Phenolic Compounds in Humans: Nutrigenomic Effects. THE MEFOPC Project. (AGL2012-40144). 2013-2015.
- European Youth Tackling Obesity (EYTO). European Commission. DG SANCO (Proposal 302977). 2013-2015. IP: Dr. Rosa Sola (Coordinador: Dr. Michael Chuter, National Children's Bureau, UK)
- BIOCLAIMS (FP7-244995) 2009-2015. IP: Lluís Arola y Rosa Solà.
- Suplementación de antocianinas a través de manzana de pulpa roja o extracto de antocianina: mecanismos de acción y efectos cardiometabólicos en sujetos hipercolesterolémicos. AGL2016-76943. IP: Solà R.
- Functional Virgin Olive Oil enriched with phenolic compounds, and yoghurt enriched with Probiotics: dietary strategy to tackle Sarcopenia in early elderly subjects. FOOP-Sarc. PID2019-105164RB-I00. IP: Solà R