CURRICULUM VITAE

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Education:

2023 Ph.D. Doctor of Philosophy (Biomedical Sciences), Faculty of Associated Medical Sciences, Chiang Mai University, Chiang Mai, Thailand

2018 M.S. (Physiology)
Faculty of Medicine, Chiang Mai University, Chiang Mai, Thailand

2015 B.Sc. (Physical Therapy)
Faculty of Allied Health Sciences, Thammasat University, Patumtani, Thailand

Professional license: 2016 Present Physical Therapy (PT), Thailand

International Publications

1. **Keawtep P**, Sungkarat S, Boripuntakul S, et al. Effects of combined dietary intervention and physical-cognitive exercise on cognitive function and cardiometabolic health of postmenopausal women with obesity: a randomized controlled trial. Int J Behav Nutr Phys Act. 2024;21(1):1-13. doi: 10.1186/s12966-024-01580-z.
2. **Keawtep P**, Kamnardsiri T, Boripuntakul S, et al. Feasibility of internet-based physical-cognitive exercise for health benefits of middle-aged obese women. J. Prim. Care Community Health. 2023;14. doi:10.1177/21501319231189961.
3. **Keawtep P,** Wichayanrat W, Boripuntakul S, et al. Physical-cognitive training with dietary intervention to improve cognitive function and circulating biomarkers in postmenopausal

women with obesity: study protocol for a randomized controlled trial. Adv Integr Med. 2023;10:22-28.

4. **Keawtep P,** Wichayanrat W, Boripuntakul S, et al. Cognitive benefits of physical exercise, physical–cognitive training, and technology-based intervention in obese individuals with and without postmenopausal condition: a narrative review. Int J Environ Res Public Health. 2022;19:13364.
5. Wichayanrat W, Boripuntakul S, **Keawtep P**, et al. Obesity and Brain Health: The impact of metabolic syndrome and cardiorespiratory fitness on cognitive performances in middle-aged obese women. J Prev Alzheimers Dis. 2022. DOI: 10.14283/jpad.2022.54.
6. Chunchai T, **Keawtep P**, Arinno A, Saiyasit N, Prus D, Apaijai N, et al. A combination of an antioxidant with a prebiotic exerts greater efficacy than either as a monotherapy on cognitive improvement in castrated-obese male rats. Metab Brain Dis. 2020;35(8):1263-78.
7. Chunchai T, **Keawtep P**, Arinno A, Saiyasit N, et al. N-acetyl cysteine, inulin and the two as a combined therapy ameliorate cognitive decline in testosterone-deprived rats. Aging (Albany NY). 2019;11(11):3445-62.
8. **Keawtep P**, Pratchayasakul W, Arinno A, Apaijai N, et al. Combined dipeptidyl peptidase-4 inhibitor with low-dose testosterone exerts greater efficacy than monotherapy on improving brain function in orchiectomized obese rats. Exp Gerontol. 2019;123:45-56.
9. Arinno A, Apaijai N, **Kaewtep P**, Pratchayasakul W, et al. Combined low-dose testosterone and vildagliptin confers cardioprotection in castrated obese rats. J Endocrinol. 2019.
10. Chunchai T, Apaijai N, **Keawtep P**, Mantor D, et al. Testosterone deprivation intensifies cognitive decline in obese male rats via glial hyperactivity, increased oxidative stress, and apoptosis in both hippocampus and cortex. Acta Physiol (Oxf). 2019;226(1):e13229.

National Publication

1. Pramodhyakul N, Yangngam O, Satjapibantham N, **Keawtep P**. Effect of balance training by smartphone visual feedback on standing balance in patients with stroke: pilot study. Thai journal of physical therapy. 2017;39(1)20-31.

Proceeding

1. **Keawtep P**, Pratchayasakul W, Arinno A, Apaijai N, et al. Testosterone replacement therapy attenuates hippocampal oxidative stress in testosterone-deprived obese rats. Proceeding to The First International Conference on Innovation of Functional Foods in Asia (IFFA), University of Phayao, Phayao, Thailand, 2018.
2. Arinno A, Apaijai N, **Keawtep P**, Pratchayasakul W, et al. Testosterone replacement therapy and dipeptidyl peptidase 4 inhibitor shared similar cardioprotective effects in obese-insulin resistant rats with testosterone deprivation. Proceeding to The First International Conference on Innovation of Functional Foods in Asia (IFFA), University of Phayao, Phayao, Thailand, 2018.

Peer Reviewed Abstracts

1. **Keawtep P**, Pratchayasakul W, Arinno A, Apaijai N, et al. Combined effects of vildagliptin and low-dose testosterone replacement on brain pathology and cognition in obese castrated male rats. Alzheimer's & Dementia: the journal of the Alzheimer's Association. 2019;15(7):P649.
2. Chunchai T, **Keawtep P**, Arinno A, Saiyasit N, et al. N-acetyl cysteine, inulin, and testosterone supplement equally improved cognitive function in castrated male rats. Alzheimer's & Dementia: the journal of the Alzheimer's Association. 2019;15:P636-7.
3. Chunchai T, **Keawtep P**, Arinno A, Saiyasit N, et al. Combined n-acetyl cysteine and inulin, not testosterone supplement, restored cognitive function in obese castrated male rats. Alzheimer's and Dementia: the journal of the Alzheimer's Association. 2019;15(7):P647-8.
4. Chunchai T, Apaijai N, **Keawtep P**, Mantor D, et al. Testosterone deficiency aggravates cognitive decline in obese condition via increased oxidative stress, glial activity and cell apoptosis in hippocampus. Alzheimer's & Dementia: the journal of the Alzheimer's Association. 2018;14:P744-5.
5. Apaijai N, Arinno A, **Kaewthep P**, Chunchai T, et al. Combined low-dose testosterone and dipeptidyl peptidase 4 inhibitor shared similar cardioprotective effects as therapeutic dose in obese-insulin resistant rats with testosterone deprivation. European Heart Journal. 2018;39 (suppl_1).

Honors and Award

1st place award in The AMS Research Symposium for Graduate Student 2022, Faculty of Associated Medical Sciences, Chiang Mai University, Chiang Mai, Thailand.

Poster presentation award, the First International Conference on Innovation of Functional Foods in Asia (IFFA), University of Phayao, Phayao, Thailand.

3rd place award in Physical Therapy Symposium (5th), "Effect of balance training by smartphone visual feedback on standing balance in patients with stroke: pilot study", Faculty of Physical Therapy, Huachiew Chalermprakiet University, Thailand

Research Grants

Principle Investigator:

2023 - 2024 Associated Medical Sciences Research Grant
Project "Feasibility of physical-cognitive exercise via telerehabilitation for health benefits of stroke survivors"