

Short CV

Mariette Nel

Highest qualification: M. Med. Sc. in Biostatistics obtained in 1998 at the University of the Free State. Title of thesis - Assessment of different methods of determining confidence intervals for the difference of Binomial proportions.

Since March 1994, I have been employed at the Department of Biostatistics, University of the Free State, where I am currently employed as a lecturer. Member of professional organisation: the South African Statistical Association (SASA).

I have 120 publications, 18 scientific letters and 1 letter to the editor as author and co-author.

The last 5 years publications are listed below.

Robb L, Walsh CM, Nel M. 2020, Knowledge, attitude and practices of HIV-infected mothers regarding HIV and infant feeding. *South African Journal of Clinical Nutrition*, 33:1, 23-29 DOI: 10.1080/16070658.2018.1503810

Spies HC, Van den Berg VL, Nel M. 2020, Knowledge, attitude and practices of patients receiving maintenance haemodialysis in Bloemfontein, South Africa. *South African Journal of Clinical Nutrition*. DOI: 10.1080/16070658.2020.1751415

le Roux M, Nel M and Walsh C. 2020, Determinants of Stunting at 6 Weeks in the Northern Cape Province, South Africa. *Front. Public Health* 8:166. doi: 10.3389/fpubh.2020.00166

Talbot L, Reid M, Nel M. Health Dialogue Elements Identified during Health Communication between Nurses and Patients. *Africa Journal of Nursing and Midwifery*. 2020. 22(1) <https://doi.org/10.25159/2520-5293/5432>

du Plessis A, de Milander M, Coetzee F, & Nel M. (2020). Prevalence of possible developmental coordination disorder among Grade 1 learners in low socio-economic environments in Mangaung, South Africa. *South African Journal of Childhood Education*, 10(1), 9 pages. doi:<https://doi.org/10.4102/sajce.v10i1.836>

Visser M, Nel M, de Klerk M, Ganzevoort A, Hubble C, Liebenberg A, Snyman M, Young M. The use of assistive technology in classroom activities for learners with motor impairments at a special school in South Africa. *South African Journal of Occupational Therapy*. 2020; 50(2): 11-22 DOI: <http://dx.doi.org/10.17159/2310-3833/2020/vol50no2a3>

CM Walsh, M Fouché, M Nel and F Booysen. The Impact of a Household Food Garden Intervention on Food Security in Lesotho. 2020. International Journal of Environmental Research and Public Health. 17, 8625; doi:10.3390/ijerph17228625

Radebe L, Krige D, Reid M, Nel M. The use of traditional folk media to convey Diabetes Mellitus messages at public health care services. *Communitas*. 2020. 25:2-16 DOI: <https://dx.doi.org/10.18820/24150525/Comm.v25.2>

Du Plessis JJS, Lemmer-Malherbe J, Nel M. 2020. PTSD in South African anaesthetists after experiencing a death on the theatre table. *Southern African Journal of Anaesthesia and Analgesia*. 26(6):280-286. DOI: <https://doi.org/10.36303/SAJAA.2020.26.6.2386>

Reid M & Nel M (2021) Validation of the Sesotho Health Literacy Test (SHLT): An indigenous, general health literacy test, *Cogent Social Sciences*, 7:1, 1855743, DOI: 10.1080/23311886.2020.1855743

Pienaar M, Reid M & Nel M. (2021) The impact of a face-to-face peer-support intervention on adults with type 2 diabetes: a cluster-randomised trial, *Journal of Endocrinology, Metabolism and Diabetes of South Africa*, 26:1, 34-39 <https://doi.org/10.1080/16089677.2021.1877443>

Meko N.L & Nel M., 2021, 'Body satisfaction of female staff members working in primary schools in Mangaung, Bloemfontein', *Health SA Gesondheid* 26(0), a1555. <https://doi.org/10.4102/hsag.v26i0.1555>

Du Plessis, A.M., De Milander, M., Coetzee, F.F. & Nel, M., 2021, 'The ability of teachers to identify Grade 1 learners in low socio-economic environments with possible developmental coordination disorder', *South African Journal of Childhood Education* 11(1), a930. <https://doi.org/10.4102/sajce.v11i1.930>

Williamson H, Walsh C, Nel M & van den Berg L (2021): Agreement between measured height, and height predicted from published equations, in adult South African patients, *South African Journal of Clinical Nutrition*. 35(1): 23-31 DOI: 10.1080/16070658.2021.1932179 <https://doi.org/10.1080/16070658.2021.1932179>

Wessels, J., Nel, M. & Walsh, C.M., 2021, 'A nutritional profile of patients with tuberculosis at Standerton Tuberculosis Specialised Hospital, Mpumalanga, South Africa', *Health SA Gesondheid* 26(0), a1594. <https://doi.org/10.4102/hsag.v26i0.1594>

Kruger A, Strauss M, Visser MM, Nel M. Assessment of in-hand manipulation by occupational therapists in paediatric practices in South Africa. *South African*

Journal of Occupational Therapy. 2021; 51(2): 11-21 DOI: <http://dx.doi.org/10.17159/2310-3833/2021/vol52n2a3>

Spies HC, van den Berg VL & Nel M. Knowledge, attitude and practices of patients receiving maintenance haemodialysis in Bloemfontein, South Africa, South African Journal of Clinical Nutrition. 2021, 34:3, 116-122, DOI: 0.1080/16070658.2020.1751415

Mukurunge, E., Reid, M., Fichardt, A. & Nel, M., 2021, 'Interactive workshops as a learning and teaching method for primary healthcare nurses', *Health SA Gesondheid* 26(0), a1643. <https://doi.org/10.4102/hsag.v26i0.1643>

Ngounda J, Baumgartner J, Nel M, Walsh C.M. Iodine status of pregnant women residing in the urban Free State Province of South Africa is borderline adequate: The NuEMI study. *Nutrition Research*, 98 (2022) 18–26. <https://doi.org/10.1016/j.nutres.2021.12.002>

Williamson, H., Walsh, C., Nel, M., van den Berg, L. Predictive value of different body segments to estimate height in a South African adult hospital population. 2022. *Clinical Nutrition ESPEN*. <https://doi.org/10.1016/j.clnesp.2021.12.022>

Turkson RKD, Ngounda J, Nel R, and Walsh CM. 2022. The nutritional status of community-dwelling elderly in Lesotho and factors associated with malnutrition. *Nutrition and Health*. DOI: 10.1177/02601060221082368

Spies HC, Nel M, Walsh CM. Adherence to the Mediterranean Diet of Pregnant Women in Central South Africa: The NuEMI Study. *Nutrition and Metabolic Insights* Volume 15: 1–8 <https://doi.org/10.1177/11786388221107801>

Van Rensburg E, Reid M, Pienaar M, Nel M. Health literacy in indigenous Sesotho-speaking dialysis patients in South Africa: a multi-centre, cross-sectional study. *African Journal of Nephrology*. 2022. 25(1): 192-202

Greyvensteyn D, Walsh CM, Nel M, Jordaan EM. Nutrigenomics: Perceptions of South African Dietitians and General Practitioners. *Lifestyle Genomics*. 2022 Nov 1. DOI: 10.1159/000526898

Berg VLvd, Jordaan EM, Robb L, et al. Cross sectional analysis of dietary quality among pregnant women in central South Africa: The NuEMI study. *Research Square*; 2022. DOI: 10.21203/rs.3.rs-1777505/v1.

Ranneileng M, Nel M, Walsh CM. Impact of a nutrition education intervention on nutrition-related self-efficacy and locus of control among women in Lesotho. *Frontiers in public health* [Front Public Health], ISSN: 2296-2565, 2023 Mar 23; Vol. 11, pp. 1060119. doi: 10.3389/fpubh.2023.1060119

Stander C, van der Merwe A, Nel M. Chronic Ankle Instability and Associated Self-Reported Function in South African Professional Ballet Dancers. *Journal of Dance Medicine & Science*. 2023;27(1):20-26.
doi:[10.1177/1089313X231176607](https://doi.org/10.1177/1089313X231176607)

Van der Merwe, A., Barnes, R. & Nel, M., 2023, 'Becoming comfortable with the uncomfortable: The tale of adaptability', *South African Journal of Physiotherapy* 79(1), a1889. <https://doi.org/10.4102/sajp.v79i1.1889>

Visser M, Nel M, Bornman C, Kellerman T, Muller Z, Oosthuizen C. *Paediatric hand function assessment practices of occupational therapists in South Africa*. *South African Journal of Occupational Therapy*. December 2023, Vol 53 No 3 DOI: <https://doi.org/10.17159/2310-3833/2023/vol53n3a4>

Heydenrych N, De Maayer T, Nel M, van den Berg L. A retrospective cohort analysis of factors associated with the development of refeeding syndrome in children 0–59 months diagnosed with severe acute malnutrition in a South African setting, *Heliyon* Volume 10, Issue 9, 2024, e30091, ISSN 2405-8440, <https://doi.org/10.1016/j.heliyon.2024.e30091>

Stals Y, Du Plessis E, Pretorius PJ, Nel M, Boateng A. Depression, anxiety and coping mechanisms among mental healthcare practitioners during COVID-19. *S Afr J Psychiat*. 2024;30(0), a2307. <https://doi.org/10.4102/sajpsychiatry.v30i0.2307>

Imke Hennop, Janet Adede Carboo, Mariette Nel & Corinna May Walsh (04 Oct 2024): Knowledge, attitudes and support practices related to breastfeeding promotion of doctors and nurses in Motheo district, Free State province, South Africa, *South African Journal of Clinical Nutrition*, DOI: 10.1080/16070658.2024.2399123

Barnes, R.Y., Bodenstein, K. & Nel, M., 2025, 'Health-related quality of life of individuals dealing with cancer in the Free State: A survey', *South African Journal of Physiotherapy* 81(1), a2094. <https://doi.org/10.4102/sajp.v81i1.2094>

Appiah, C.A.; Ngounda, J.; Boakye-Yiadom, M.; Mills-Robertson, F.C.; Nel, M.; Johnson, R.; Walsh, C. *Bridelia ferruginea* Tea Consumption Improves Antioxidant Status in Individuals Living with Type 2 Diabetes. *Diabetology* **2025**, 6, 6. <https://doi.org/10.3390/diabetology6010006>

Co-author at International Conferences

AVITUM Nursing Conference 2021. Interventions to support Sesotho-speaking dialysis patients in South Africa with limited health literacy Elsabet van Rensburg, Marianne Reid, Melanie Pienaar and Riette Nel, South Africa

ESPEN 2021 Nutritional epidemiology Abstract Submission Identifier: ESPEN21-ABS-1555 IODINE STATUS OF PREGNANT WOMEN RESIDING IN URBAN AND RURAL AREAS OF THE FREE STATE PROVINCE, SOUTH AFRICA J. Ngounda, J. Baumgartner, M. Nel, C. Walsh

Scientific Programme of the South African Renal Congress 2022. Improving quality renal care through health literacy testing. Elsabet van Rensburg, Marianne Reid, Melanie Pienaar and Riette Nel, South Africa

ESPEN 2022. THE DIET QUALITY OF PREGNANT WOMEN IN PUBLIC HEALTHCARE IN A MIDDLE-INCOME COUNTRY. VL van den Berg, L Robb, M Jordaan, J Ngounda, R Nel, CM Walsh