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Employment

ADJUNCT RESEARCH FELLOW

Evidence Synthesis Qual & Implt Methods
MONASH UNIVERSITY
1 Aug 2021 → present

Research outputs

Lifestyle management in polycystic ovary syndrome – beyond diet and physical activity

Cowan, S., Lim, S., Alycia, C., Pirotta, S., Thomson, R., Gibson-Helm, M., Blackmore, R., Naderpoor, N., Bennett, C., Ee, C., Rao, V., Mousa, A., Alesi, S. & Moran, L., Dec 2023, In: BMC Endocrine Disorders. 23, 1, 33 p., 14.

Exploring the physiological barriers to weight management in women with polycystic ovary syndrome: a scoping review

Nguo, K., McGowan, M. A., Cowan, S., Davidson, Z., Pirotta, S., Dordevic, A., Hajishafiee, M., Teede, H. J., Carmichael, M. & Moran, L., 22 Mar 2023, In: Proceedings of the Nutrition Society. 82, OCE2, p. e130 1 p.

Evidence-Based Lifestyle Guidelines and Self-Management Strategies Utilized by Women with Polycystic Ovary Syndrome

Cowan, S., Grassi, A., Monahan Couch, L., Jeanes, Y., Lim, S., Pirotta, S., Harris, J., McGirr, C. & Moran, L., Feb 2023, In: Nutrients. 15, 3, 18 p., 589.

Protocol for a Mixed-Methods Process Evaluation of BetterBrains: A Person-Centered Online Intervention to Delay Cognitive Decline in Adults at Risk of Dementia

Ayton, D. R., Pirotta, S., Morello, R. T., Rosenich, E., Barton, C. A., Lavale, A., Pase, M., Maruff, P., Yassi, N., Brodtmann, A. G., Lim, Y. Y., Barker, A. L. & on behalf of the BetterBrains Research Group, 6 Dec 2022, In: Journal of Alzheimer's Disease. 90, 4, p. 1689-1703 15 p.

Relationships between self-management strategies and physical activity and diet quality in women with polycystic ovary syndrome

Pirotta, S., Lim, S. S., Grassi, A., Couch, L. M., Jeanes, Y. M., Joham, A. J., Teede, H. & Moran, L. J., Jan 2022, In: Patient Education and Counseling. 105, 1, p. 190-197 8 p.

Peer-supported lifestyle interventions on body weight, energy intake, and physical activity in adults: A systematic review and meta-analysis

Lim, S., Lee, W. K., Tan, A., Chen, M., Tay, C. T., Sood, S., Pirotta, S., Moran, L. J., Daivadanam, M., Busija, L., Skouteris, H., Awoke, M. A. & Hill, B., Dec 2021, In: Obesity Reviews. 22, 12, 10 p., e13328.

Providing lifestyle advice to women with PCOS: an overview of practical issues affecting success

Ee, C., Pirotta, S., Mousa, A., Moran, L. & Lim, S., Dec 2021, In: BMC Endocrine Disorders. 21, 1, 12 p., 234.

Implementation of the polycystic ovary syndrome guidelines: A mixed method study to inform the design and delivery of a lifestyle management program for women with polycystic ovary syndrome

Pirotta, S., Joham, A. E., Moran, L. J., Skouteris, H. & Lim, S. S., Nov 2021, In: Nutrition and Dietetics. 78, 5, p. 476-486 11 p.

An Online, Person-Centered, Risk Factor Management Program to Prevent Cognitive Decline: Protocol for A Prospective Behavior-Modification Blinded Endpoint Randomized Controlled Trial

Lim, Y. Y., Ayton, D. R., Perin, S., Lavale, A., Yassi, N., Buckley, R., Barton, C., Burns Jr, L., Morello, R., Pirotta, S., Rosenich, E., Wilson Rajaratnam, S., Sinnott, R., Brodtmann, A., Bush, A. I., Maruff, P., Churilov, L., Barker, A., Pase, M. & on behalf of the BetterBrains Research Group, 12 Oct 2021, In: Journal of Alzheimer's Disease. 83, 4, p. 1603-1622 20 p.

Implementation of evidence-based PCOS lifestyle management guidelines: Perceived barriers and facilitators by consumers using the Theoretical Domains Framework and COM-B Model

Pirotta, S., Joham, A. J., Moran, L. J., Skouteris, H. & Lim, S. S., Aug 2021, In: Patient Education and Counseling. 104, 8, p. 2080-2088 9 p.

An Analysis on the Implementation of the Evidence-based PCOS Lifestyle Guideline: Recommendations from Women with PCOS

Lim, S., Wright, B., Savaglio, M., Goodwin, D., Pirotta, S. & Moran, L., Jul 2021, In: Seminars in Reproductive Medicine. 39, 03/04, p. 153-160 8 p.

Enablers and barriers to women's lifestyle behavior change during the preconception period: A systematic review

Kandel, P., Lim, S., Pirotta, S., Skouteris, H., Moran, L. J. & Hill, B., Jul 2021, In: Obesity Reviews. 22, 7, 14 p., e13235.

Informing a PCOS Lifestyle Program: Mapping Behavior Change Techniques to Barriers and Enablers to Behavior Change Using the Theoretical Domains Framework

Pirotta, S., Joham, A. E., Moran, L. J., Skouteris, H. & Lim, S. S., Jul 2021, In: Seminars in Reproductive Medicine. 39, 03/04, p. 143-152 10 p.

Polycystic Ovary Syndrome Models of Care: A Review and Qualitative Evaluation of a Guideline-Recommended Integrated Care

Tay, C. T., Pirotta, S., Teede, H. J., Moran, L. J., Robinson, T., Skouteris, H., Joham, A. E. & Lim, S. S., Jul 2021, In: Seminars in Reproductive Medicine. 39, 03/04, p. 133-142 10 p.

Can we just use SCOFF to predict eating disorders in women with PCOS? - Testing the recommendations

Bennett, C., Hindle, A., Pirotta, S., Lim, S. S., Joham, A. E., Brennan, L. & Moran, L., 2021, p. 10. 1 p.

Obesity and the Risk of Infertility, Gestational Diabetes, and Type 2 Diabetes in Polycystic Ovary Syndrome

Pirotta, S., Joham, A., Grieger, J. A., Tay, C. T., Bahri-Khomami, M., Lujan, M., Lim, S. S. & Moran, L. J., Nov 2020, In: Seminars in Reproductive Medicine. 38, 6, p. 342-351 10 p.

The Relationship Between Pregnancy Intentions and Diet or Physical Activity Behaviors in the Preconception and Antenatal Periods: A Systematic Review and Meta-Analysis

Nkrumah, I., North, M., Kothe, E., Chai, T. L., Pirotta, S., Lim, S. & Hill, B., Sept 2020, In: Journal of Midwifery & Women's Health. 65, 5, p. 660-680 21 p.

What are the most effective behavioural strategies in changing postpartum women's physical activity and healthy eating behaviours? A systematic review and meta-analysis

Lim, S., Hill, B., Pirotta, S., O'Reilly, S. L. & Moran, L., Jan 2020, In: Journal of Clinical Medicine. 9, 1, 15 p., 237.

Disordered eating behaviours and eating disorders in women in Australia with and without polycystic ovary syndrome: A cross-sectional study

Pirotta, S., Barillaro, M., Brennan, L., Grassi, A., Jeanes, Y. M., Joham, A. E., Kulkarni, J., Monahan Couch, L., Lim, S. & Moran, L., Oct 2019, In: Journal of Clinical Medicine. 8, 10, 13 p., 1682.

Strategies to reduce attrition in weight loss interventions: A systematic review and meta-analysis

Pirotta, S., Joham, A., Hochberg, L., Moran, L., Lim, S., Hindle, A. & Brennan, L., Oct 2019, In: Obesity Reviews. 20, 10, p. 1400-1412 13 p.

How to Treat: Lifestyle management of overweight and obesity

Lim, S. S., Pirotta, S., Brennan, L., Harrison, C. L., Lo, C. & Moran, L. J., 13 Apr 2018, Australian Doctor.

Effects of Vitamin D Supplementation on Neural Plasticity, Serum Brain-derived Neurotrophic Factor (BDNF) and Functional Performance in Older Adults: A 10-week Double-Blinded Randomised Controlled Trial

Daly, R. M., Pirotta, S. & Kidgell, D., 28 Feb 2014, In: Journal of Bone and Mineral Research. 28, S1, p. S53-S53 1 p., FR0195.

Projects

Dietary and lifestyle management in women with endometriosis wanting to conceive: increasing our understanding in an Australian context

Pirotta, S., Harris, H. & Boyle, J.

5/09/23 → 30/09/24

PCOS Digital Health Lifestyle Intervention Evaluation

Pirotta, S., Lim, S. & Moran, L.

National Health and Medical Research Council (NHMRC) (Australia)

1/01/20 → 30/11/20

Weight management strategies for women with polycystic ovary syndrome

Pirotta, S. & Moran, L.

1/02/18 → 1/12/18