

CURRICULUM VITAE

- **Personal Profile**

Name Sitapa Tangluang
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Place of Birth Bangkok, Thailand
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- **Institutions Attended**

2019 - 2025: Doctor of Philosophy (Medical Physiology), Faculty of Medicine Siriraj Hospital, Mahidol University (waiting for publication)

2016 – 2019: Master of Science (Physical Therapy), Faculty of Physical Therapy, Mahidol University

2012 – 2016: Bachelor of Science (Physical Therapy) 2nd class honor, Faculty of Physical Therapy, Mahidol University

- **Area of Research Interests**

Physical therapy in cardiopulmonary conditions
Physical activity and exercise physiology
Exercise in aging and non-communicable diseases (NCDs)
Physiology of endothelial Function

- **Technical & Research Skills**

1) Laboratory & Clinical Skills

- Vascular Function Assessment: Flow-mediated dilation (FMD), Ankle-brachial index (ABI)
- Autonomic Function test
- Flow cytometry technique

2) Data Analysis & Software

- Statistical software: Fundamental SPSS and with the PROCESS Macro for mediation analysis
- Bioinformatic software: MetaboAnalyst

- **Work Experiences**

2018 – present: - Physical Therapist (part-time), Golden Jubilee Medical Center, Faculty of Medicine Siriraj Hospital, Mahidol University, Nakorn Pathom, Thailand.

2023–2025: - Graduate Teaching Assistant (TA) in Physical Diagnosis (Topic: Blood Pressure Measurement) for 2nd-year Medical Students, Faculty of Medicine Siriraj Hospital.
- Graduate Teaching Assistant (TA) in Physio in Focus (Topic: Flow-mediated dilation Measurement) for 2nd-year Medical Students, Faculty of Medicine Siriraj Hospital.

- 2019: - Physical Therapist in PTT ITF world tennis tour juniors 2019 at the lawn tennis association, Nonthaburi, Thailand.
- 2019: - Research assistant (RA) in Physical Fitness Test for preventing work-related musculoskeletal disorder (WMSD) in computer users at the Head office of the PTT Exploration and Production Public Company Limited (PTTEP), Bangkok, Thailand.
- 2018: - Guest speaker at an event “Healthcare สายตาดำมีคุณภาพ” in the topic of office syndrome, Queen Sirikit National Convention Center, Bangkok, Thailand.
- 2017: - Physical Therapist in Bangkok Marathon (BDMS), Bangkok, Thailand.

- **Professional Development & Academic Contributions**

- 2025: - Attended the conference titled “Frailty: From Bench to Bedside,” held at the Faculty of Medicine Siriraj Hospital, Mahidol University, on 1–2 May 2025.
 - Attended the conference held by International Union of Physiological Science (IUPS) and Europhysiology society, Frankfurt, Germany, on 11-14 September 2025.
 - Attended the conference title “Extracellular vesicles: New horizons in the Theranostic and Beyond,” held by Institute of Molecular Biosciences, Mahidol University, on 20–21 October 2025.
- 2024: - Attended the conference titled “Extracellular Vesicles in Physiology, Pathology, and Cosmeceuticals,” held at the Faculty of Science, Mahidol University, on 23–24 May 2024.
- 2023: - Attended the online conference titled “Optimal Loading in Sport PT and Rehabilitation,” organized by the Faculty of Physical Therapy, Mahidol University, on 24–25 February 2023.
- 2022: - Attended the online conference titled “PT Pain Management Explanation,” organized by the Faculty of Physical Therapy, Mahidol University, on 21 August 2022.
 - Attended the conference titled “Achieving the Closest to Pre-COVID19 with the New Normal Practice,” held at Golden Jubilee Medical Center, Mahidol University, on 30 March–1 April 2022.
 - Attended the online conference titled “Physical activities as a medicine for NCDs,” organized by the Faculty of Physical Therapy, Mahidol University, on 23–30 April 2022.
 - Attended the online conference titled “Physical therapy management in stroke patients with cognitive impairment,” organized by The Thai Red Cross Rehabilitation Center, on 27 May 2022.
 - Attended the conference titled “The Science of Successful Ageing: From Physiopharmacological Perspectives and Beyond,” held at the Faculty of Medicine Siriraj Hospital, Mahidol University, on 8–10 June 2022.
- 2019: - Attended the conference titled “Integration of Cardiac and Stroke Rehabilitation Program,” held by Central Chest Institute of Thailand.

- Attended the conference of International Physical Therapy Research Symposium (IPTRS) 2019.

- **Award**

- 2025: The consolation prize of oral presentation, entitle: The Impact of Physical Activity Levels on Endothelial Function in Healthy Adults: A Cross-Sectional Study, Graduate Research Forum (GRF 2025), Faculty of Medicine Siriraj Hospital, Mahidol University, Thailand
- 2019: The 1st prize of oral presentation, entitle: Effects of One Session of Buerger's exercise on Leg and Skin Blood Flow in Diabetic Peripheral Neuropathy, International Physical Therapy Research Symposium (IPTRS 2019), Mahidol University, Thailand

- **Research Grants and Scholarships Received**

- 2023–2025: - Siriraj Research Grant (Type 3) from the Faculty of Medicine Siriraj Hospital for the research project titled “The relation among physical activity levels, endothelial function, and metabolomic profile”
- 2022: - Partial support scholarship from Mahidol University Graduated Alumni Association
- 2020–2023: - Scholarship from Siriraj Graduate Scholarship type 1 and 2
- 2018–2020: - Research grant from the National Research Council of Thailand (NRCT) in the title of “Modified Effect of Buerger's Exercise on Leg and Skin Blood Flow in Diabetic Peripheral Neuropathy”
- 2018: - Partial support scholarship from Mahidol University Graduated Alumni Association
- 2017: - Scholarship for students engaging in social activities from Graduated Studies of Mahidol University Alumni Association

- **Peer-Reviewed Conference Presentations**

- 2025: **Tangluang S.**, Watanapa B. W., Khowawisetsut L., Krittayaphong R., Pajareya K. Protective Effects of Physical Activity on Endothelial Function in Healthy Adults: Associations with Endothelial Progenitor Cells, Endothelial Microparticles, and Flow-Mediated dilation. International Union of Physiological Science (IUPS) 2025, Frankfurt, Germany.
- Tangluang S.**, Watanapa B W. The Impact of Physical Activity Levels on Endothelial Function in Healthy Adults: A Cross-Sectional Study. The Graduate Research Forum 2025, Bangkok, Thailand.
- 2019: **Tangluang, S.**, Phetcharat A., Suwannachot P., Chaiyawat P., Nualnim N. Effects of one session of Buerger's exercise on leg and skin blood flow in patients with diabetic peripheral neuropathy. The International Physical Therapy Research Symposium 2019, Nakhon Pathom, Thailand.
- Phetcharat, A., **Tangluang S.**, Suwannachot P., Piriayprasath P., Nualnim N.. Comparison of arterial stiffness and endothelial function among

hypertensive diabetic, hypertension and healthy individuals. The International Physical Therapy Research Symposium 2019, Nakhon Pathom, Thailand.

- **Publication**

- 1) Nualnim N, Phetcharat A, **Tangluang S**, Suwannachot P. Hypertension Coincident with Type 2 Diabetes Worsen Cognitive Function and Arterial Stiffness. J Med Assoc Thai 2022;105:79-84.
- 2) Bovonsunthonchai S, Hengsomboon P, **Tangluang S**, Anusri P, Chotikul P, Phiwmou W. The Effect of Sound and Vibration on Postural Balance in Healthy Young Adults. Walailak J Sci & Tech. 2019; 16(12): 975-983.

- **Professional Memberships**

Member, Physical Therapy Association of Thailand