




Curriculum Vitae

** CV must be written in English*

Personal Information	
Title (i.e. Pf., Dr., etc.)	Dr
Name (First Name/ Middle Name /Last Name)	Emma P. Halmos
Degree (i.e. MD, MSc, PhD, etc.)	BNutDiet, PGradDipBsc, PhD
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Educational Background	
<ul style="list-style-type: none"> - Bachelor of Nutrition and Dietetics, Monash University, completed Nov 2004 - Post Graduate Diploma in Biomedical Science, Monash University, completed Apr 2009 - Doctor of Philosophy, Monash University, completed Apr 2014 - Post Doctoral Fellowship, Walter and Eliza Hall Institute of Medical Research, completed Feb 2018 	
Professional Career	
<p>Dr Emma Halmos is a senior research fellow and dietitian at Monash University, Alfred Health, with expertise in diet in gastrointestinal conditions, including IBS and IBD. Emma’s scientific achievements have had a major impact in academia and clinical practice internationally. Most notably, her pivotal feeding study that demonstrated the low FODMAP diet was efficacious in treating IBS. This study launched a major change globally in attitude and enthusiasm towards dietary management, featuring on the cover of Gastroenterology and has been cited >1500 times. Emma reputation is internationally renowned, particularly within the gastroenterology community. Emma is a committee member for the Dietitians of ECCO (European Crohn’s and Colitis Organisation - world’s largest IBD forum) and is a leading project coordinator for the first ever ECCO consensus guidelines on diet in IBD. Emma has presented her work at several national and international conferences, including being the first dietitian invited to speak at the plenary of ECCO, attended by over 8000 delegates. Now in a leadership role, Emma is designing dietary studies for IBD management and supervising PhD students, mostly dietitians. Emma is passionate about inspiring and guiding other dietitians to enter into research.</p>	
Research Field	
<ol style="list-style-type: none"> 1. Supporting a new treatment for IBS – the FODMAP diet As part of my PhD, I executed the pivotal randomised controlled trial revealing that a low FODMAP diet reduces symptoms of IBS. This study was revolutionary for IBS management and led to: i) many publications, including two key first-author citations in the field’s top two premier journals, Gastroenterology (with accompanying editorial) and Gut, combined cited >2000 times; ii) Monash FODMAP resources, including the Monash FODMAP App, downloaded >700,000 times in 130 countries & #1 medical App in 98 countries, including USA since 2015; and recognition by IBS guidelines globally recommending the FODMAP diet as dietary therapy, all of which cite my work. 2. Bringing diet therapy to IBD I have driven a paradigm shift in the application of diet therapies to the field of clinical IBD. In an invited review in Nature Reviews Gastroenterology and Hepatology in 2015, I outlined the four major areas in which a dietitian and diet therapies might play important roles in the management of patients with IBD and I led an update of this in 2022. The conceptual papers were highly influential in changing thinking in IBD management. I also published the first original work on the effect 	



of a low FODMAP diet in Crohn's disease in a feeding study, attempted to get rational thinking in the emulsifier story, and has active studies ongoing in high and low emulsifier diets in healthy subjects and in Crohn's disease (led to the Douglas Piper Young Investigator Award being won by my student at AGW in 2023), and mechanistic studies underlying the efficacy of Crohn's disease dietary therapy, exclusive enteral nutrition. The impact of my contributions into this has been huge – I was the first dietitian to deliver a plenary lecture to >8000 people at the European Crohn's & Colitis Organisation (ECCO) annual meeting, I am leading the first IBD diet consensus guidelines in ECCO and have been invited to give lectures at major international scientific/clinical meetings including Digestive Diseases Week (DDW; the world's premier gastroenterology meeting) and Asian-Pacific Digestive Week.

3. Bringing digital psychological therapies to IBS and IBD

I have led the very recent effort to evaluate the efficacy of gut-directed hypnotherapy delivered via a smart-phone app in patients with IBS (and will commence a study in IBD shortly). This work has gained considerable interest, especially in the US, where the results of the randomised controlled trial are being presented at DDW this year.

Main Scientific Publications

1. Fitzpatrick JA, Gibson PR, Taylor KM, **Halmos EP**. The effect of dietary emulsifiers and thickeners on intestinal barrier function and its response to acute stress in healthy adult humans: A randomised controlled feeding study. *Aliment Pharmacol Ther*. 2024 Jul 27. doi: 10.1111/apt.18172. Epub ahead of print. PMID: 39072856.
2. Anderson EJ, Peters SL, Gibson PR, **Halmos EP**. Comparison of Digitally Delivered Gut-Directed Hypnotherapy Program With an Active Control for Irritable Bowel Syndrome. *Am J Gastroenterol*. 2024 Jun 28. doi: 10.14309/ajg.0000000000002921. Epub ahead of print. PMID: 38940439.
3. Peters SL, Gibson PR, **Halmos EP**. Smartphone app-delivered gut-directed hypnotherapy improves symptoms of self-reported irritable bowel syndrome: A retrospective evaluation. *Neurogastroenterol Motil*. 2023 Apr;35(4):e14533. doi: 10.1111/nmo.14533. Epub 2023 Jan 20. PMID: 36661117.
4. Fitzpatrick JA, Melton SL, Yao CK, Gibson PR, **Halmos EP**. Dietary management of adults with IBD - the emerging role of dietary therapy. *Nat Rev Gastroenterol Hepatol*. 2022 Oct;19(10):652-669. doi: 10.1038/s41575-022-00619-5. Epub 2022 May 16. PMID: 35577903.
5. **Halmos EP**, Gibson PR. Controversies and reality of the FODMAP diet for patients with irritable bowel syndrome. *J Gastroenterol Hepatol*. 2019 Jul;34(7):1134-1142. doi: 10.1111/jgh.14650. Epub 2019 Apr 4. PMID: 30945376.
6. **Halmos EP**, Mack A, Gibson PR. Review article: emulsifiers in the food supply and implications for gastrointestinal disease. *Aliment Pharmacol Ther*. 2019 Jan;49(1):41-50. doi: 10.1111/apt.15045. Epub 2018 Nov 28. PMID: 30484878.
7. **Halmos EP**, Christophersen CT, Bird AR, Shepherd SJ, Muir JG, Gibson PR. Consistent Prebiotic Effect on Gut Microbiota With Altered FODMAP Intake in Patients with Crohn's Disease: A Randomised, Controlled Cross-Over Trial of Well-Defined Diets. *Clin Transl Gastroenterol*. 2016 Apr 14;7(4):e164. doi: 10.1038/ctg.2016.22. PMID: 27077959; PMCID: PMC4855163.
8. **Halmos EP**, Gibson PR. Dietary management of IBD--insights and advice. *Nat Rev Gastroenterol Hepatol*. 2015 Mar;12(3):133-46. doi: 10.1038/nrgastro.2015.11. Epub 2015 Feb 3. PMID: 25645969.
9. **Halmos EP**, Christophersen CT, Bird AR, Shepherd SJ, Gibson PR, Muir JG. Diets that differ in their FODMAP content alter the colonic luminal microenvironment. *Gut*. 2015 Jan;64(1):93-100. doi: 10.1136/gutjnl-2014-307264. Epub 2014 Jul 12. PMID: 25016597.
10. **Halmos EP**, Power VA, Shepherd SJ, Gibson PR, Muir JG. A diet low in FODMAPs reduces symptoms of irritable bowel syndrome. *Gastroenterology*. 2014 Jan;146(1):67-75.e5. doi: 10.1053/j.gastro.2013.09.046. Epub 2013 Sep 25. PMID: 24076059.