

Allegato alla domanda di partecipazione
Curriculum formativo, didattico, scientifico e professionale del candidato

Dichiarazione sostitutiva di certificazioni

(Art. 46, D.P.R. 28 dicembre 2000 n. 445)

Dichiarazione sostitutiva dell'atto di notorietà

(da sottoscrivere davanti all'impiegato addetto o da presentare o spedire con la fotocopia di un documento di identità)

(Art. 47, D.P.R. 28 dicembre 2000 n. 445)

Estremi del bando di selezione	D.D N° 441/2026 del 27/05/2026
Informazioni aggiornate al	5/06/2026
Nome e Cognome	RITA ABI RACHED
Data di nascita	

Si raccomanda di indicare con precisione tutti gli elementi valutabili ai sensi del bando di selezione (aggiungere o togliere righe secondo necessità).

Esperienza professionale

Periodo	Ente	Principali attività e responsabilità
March 2024 December 2025	Università di Cagliari	Ricercatrice, “Valorization of agri-food by-products to obtain health- promoting and agricultural products”
September 2019 October 2020	Saint Joseph University (USJ), Lebanon	Assistente di ricerca, “Recherche Technologies et Valorisation Agro-Alimentaire”
January 2019 June 2019	Saint Joseph University (USJ), Lebanon	Ricercatrice di laboratorio, “Polyphenolic content in agrifood products”
June 2018 August 2018	Libby’s company, Lebanon	Quality Control & Microbiology of foods and beverages

Istruzione, formazione (es. titoli di studio, certificazioni professionali/linguistiche/informatiche)

Data	Titolo / Principali tematiche	Ente
February 2025	Double PhD degree in Life, Environmental and Pharmaceutical Sciences	University of Cagliari and Saint Joseph University of Beyrouth
June 2019	Master’s degree in Food Chemistry	Saint Joseph University of Beyrouth
June 2017	Bachelor’s degree in Earth and Life Sciences-Biochemistry	Saint Joseph University of Beyrouth

Pubblicazioni / Convegni

1- Matteo Aroffu, Pietro Matricardi, Chiara Di Meo, Donatella Valenti, Maria Ferraro, Elisabetta Pace, Amparo Nacher, Iris Usach, José Esteban Peris, Octavio Diez-Sales, Visar Malaj, Rita Abi Rached, Jose Luis Pedraz, Ines Castangia, Maria Manconi, Maria Letizia Manca (2026). “Hyaluronan-cholesterol core-shell glycosomes: innovative nanocarriers for mitigating smoke-induced oxidative stress and inflammation in the lungs”. International Journal of Pharmaceutics; doi: 10.1016/j.ijpharm.2026.126776
2-Ehsan Divan Khosroshahi, Rita Abi Rached, Maria Manconi, Maria Letizia Manca, Mohammad

1-Firoznezahad, Mansureh Ghavam, Seyed Hadi Razavi, Zeinab E. Mousavi and Maryam Salami (2026). “Synergistic Effect of Low-Intensity Ultrasound and Co-Culture Lactic Acid Bacteria Fermentation on the Antioxidant Properties of <i>Echium amoenum</i> ”. <i>Antioxidants</i> ; doi: 10.3390/antiox15030335
2-3-Ehsan Divan Khosroshahi, Rita Abi Rached, Angela Serpe, Mona Ghaslani, Zeinab E. Mousavi, Maryam Salami, Maria Manconi, Maria Letizia Manca, Olga Osmolowskaya, Elvira Escibano-Ferrer & Seyed Hadi Razavi. “Advanced alginate- nutriosomes for enhanced oral delivery of fermented <i>Echium amoenum</i> polyphenols”. <i>Scientific reports</i> ; doi: 10.1038/s41598-026-42684-9
4-Anja Vučetić, Rita Abi Rached, Maria Letizia Manca, Olja Šovljanski, Dragoljub Cvetković, Maria Manconi and Jasna Čanadanović-Brunet (2025). “Sustainable Supramolecular Extraction of Phytocomplexes from Microgreens and Their Eco-Loading in Nutriosomes: Physicochemical Characterization, Stability, and In Vitro Release Behavior”. <i>Molecules</i> ; doi: 10.3390/molecules30183774
5-Matteo Perra, Rita Abi Rached, Laura Fancello, Amparo Nacher, Octavio Diez- Sales, Amparo Ruiz-Sauri, Carmen Duque-Soto, Jesus Lozano-Sanchez, Carmen Escobedo-Lucea, Pietro Matricardi, Alessandra DelGiudice, Ines Castangia, Maria Manconi, Maria Letizia Manca (2025). “Grape pomace and quercetin: a synergistic approach using PG-PEVs for Psoriasis treatment”. <i>Journal of Drug Delivery Science and Technology</i> ; doi: 10.1016/j.jddst.2025.107544
6-Federica Fulgheri, Miriam Ramírez, Lucía Álamo, Paolo Gasco, Maria Manconi, Matteo Aroffu, Rita Abi Rached, Biancamaria Baroli, Xavier Fernández-Busquets, Maria Letizia Manca (2025). “Preliminary evaluation of the in vitro and in vivo efficacy of a novel nanovesicle-doped nanoemulsion co-loading artemisinin and quercetin as a promising strategy to improve the oral malaria therapy”. <i>Journal of Drug Delivery Science and Technology</i> ; doi: 10.1016/j.jddst.2025.106828
7-Matteo Perra, Ines Castangia, Matteo Aroffu, Federica Fulgheri, Rita Abi-Rached, Maria Letizia Manca, Hernán Cortés, María Luisa Del Prado-Audelo, Carla Nomura-Contreras, Alejandra Romero-Montero, Dietrich Büsselberg, Gerardo Leyva-Gómez, Javad Sharif-Rad, Daniela Calina (2025). “Maytansinoids in cancer therapy: advancements in antibody–drug conjugates and nanotechnology-enhanced drug delivery systems”. <i>Discover Oncology</i> ; doi: 10.1007/s12672-025-01820-z
8-Rita Abi Rached, Ashok K. Shakya, Maria Letizia Manca, Matteo Aroffu, Fátima García-Villén, Joe A. Touma, Xavier Fernández-Busquets, Marija Ivanov, Jose Luis Pedraz, Nicolas Louka, Richard G. Maroun, Maria Manconi (2025). “Multicomponent nasal spray delivered via penetration-enhancer containing vesicles (PEVs) for antioxidant and antibacterial protection”. <i>Journal of Drug Delivery Science and Technology</i> ; doi: 10.1016/j.jddst.2025.107342
9-Rita Abi Rached, Maya Habre, Yara Salem, Joe Khodeir, Mohamad Allaw, Ines Castangia, Hiba N. Rajha, Luciana Habre, Joelle Feghali, Joe A. Touma, Maria Letizia Manca, Nicolas Louka, Maria Manconi and Richard G. Maroun (2025). “Clinical Trial to Evaluate the Effect of Grape Seed Extract-Loaded Hyalurosomes on Skin Wellness”. <i>Cosmetics</i> ; doi: 10.3390/cosmetics12020038
10-Rita Abi Rached, Ashok K. Shakya, Federica Fulgheri, Matteo Aroffu, Ines Castangia, Fatima García-Villén, Maria Ferraro, Xavier Fernandez-Busquets, Jose Luis Pedraz, Nicolas Louka, Richard G. Maroun, Maria Manconi, Maria Letizia Manca (2025). “Resveratrol and grape pomace extract incorporated in modified phospholipid vesicles: A potential strategy to mitigate cigarette smoke-induced oxidative stress”. <i>Free Radical Biology and Medicine</i> ; doi: 10.1016/j.freeradbiomed.2025.02.009
11-Castangia Ines, Aroffu Matteo, Fulgheri Federica, Abi Rached Rita, Corrias Francesco, Sarais Giorgia, Baccheua Gianluigi, Argiolas Francesca, Pinna Maria Barbara, Murru Mariano, Manca Maria Letizia, Manconi Maria, Nacher Amparo (2024). “From Field to Waste Valorization: A Preliminary Study Exploring the Impact of the Wine Supply Chain on the Phenolic Profile of Three Sardinian Pomace Extracts”. <i>Foods</i> , volume 13; doi: 10.3390/foods13091414
12-Aroffu Matteo, Abi Rached Rita, Castangia Ines, Italiani Paola, D’Apice Luciana, FernándezBusquets Xavier, Nacher Amparo, Manconi Maria, Pedraz José Luis, Manca Maria Letizia (2024). “A preliminary investigation on hydrogel disks imbued with enriched transfersomes as promising tool to promote the cutaneous deposition of vaccine antigens”; <i>Journal of Drug Delivery Science and Technology</i> , Elsevier; doi: 10.1016/j.jddst.2024.106399
13-Abi Rached Rita, Perra Matteo, Manca Maria Letizia, Rajha Hiba N., Louka Nicolas, Maroun Richard G., Firoznezahad Mohammad, Manconi Maria (2024). “Exploring the efficacy and industrial potential of polyphenol products from grapes and their by- products”. <i>Sustainable Chemistry and Pharmacy</i> , Volume 42; doi: 10.1016/j.scp.2024.101805
14-Castangia, Ines, Fulgheri, Federica, Leyva-Jimenez, Francisco Javier, Alañón, Maria Elena, CádizGurrea, Maria de la Luz, Marongiu, Francesca, Meloni, Maria Cristina, Aroffu, Matteo, Perra, Matteo, Allaw, Mohamad, Abi Rached, Rita, Oliver- Simancas, Rodrigo, Escibano Ferrer, Elvira, Asunis, Fabiano, Manca, Maria Letizia, Manconi, Maria (2023). “From Grape By- Products to Enriched Yogurt Containing Pomace Extract Loaded in Nanotechnological Nutriosomes Tailored for Promoting GastroIntestinal Wellness”, <i>Antioxidants</i> , vol. 12, ISSN: 2076-3921, doi: 10.3390/antiox12061285
15-Mohammad Firoznezahad, Rita Abi Rached, Federica Fulgheri, Matteo Aroffu, Francisco-Javier Leyva-Jiménez, María de la Luz Cádiz Gurrea, Maria Cristina Meloni, Francesco Corrias, Elvira Escibano-Ferrer, José Esteban Peris, Maria Letizia Manca, Maria Manconi (2023). “Design and in vitro

effectiveness evaluation of Echium amoenum extract loaded in bioadhesive phospholipid vesicles tailored for mucosal delivery". International Journal of Pharmaceutics, vol. 634, ISSN: 0378-5173, doi: 10.1016/j.ijpharm.2023.122650
16-Hiba N. Rajha, Espérance Debs, Rita Abi Rached, Karl El Khoury, Mona Al-Kazzi, Rachelle Mrad, Nicolas Louka (2021). "Innovation in cannon puffing technology for the homogenization of bulk treatment: half popped purple corn, a new healthy snack, Journal of food process engineering", vol. 44, Issue 6, ISSN: 0145-8876, doi: 10.1111/jfpe.13695
17-MohamadAllaw,MariaManconi,FrancescaMarongiu,MarcoPorceddu,GianluigiBac cheua,Iris Usach, Rita Abi Rached, Hiba N. Rajha, Richard G. Maroun, Jose Luis Pedraz, Tania B. Lopez- Mendez, Maria Letizia Manca (2020). "Extraction, characterization and incorporation of Hypericum scrugli extract in ad hoc formulated phospholipid vesicles designed for the treatment of skin diseases connected with oxidative stress", Pharmaceutics, ISSN: 1999-4923, doi: 10.3390/pharmaceutics1211010
18-Lucia Palmas, Matteo Aroffu, Giacomo L. Petreuo, Elvira Escribano-Ferrer, Octavio Díez-Sales, Iris Usach, José-Esteban Peris, Francesca Marongiu, Mansureh Ghavam, Sara Fais, Germano Orrù, Rita Abi Rached, Maria Letizia Manca, Maria Manconi (2020). "Entrapment of Citrus limon var. Pompia essential oil or pure citral in liposomes tailored as mouthwash for the treatment of oral cavity diseases", Pharmaceutics, vol. 13, issue 9, ISSN: 1424-8247, doi: 10.3390/ph13090216
19-Hiba N. Rajha, Stephanie Khabbaz, Rita Abi Rached, Esperance Debs, Richard G. Maroun, Nicolas Louka (2020). "Optimization of polyphenols extraction from purple corn cobs using β - cyclodextrin as a green solvent", IEEE xplore, doi: 10.1109/REDEC49234.2020.9163876
N.4 Abstracts presented at conferences national and international.
N.3 Oral presentations at conferences national and international

Altre attività scientifiche

Estrazione di composti bioattivi da piante e alimenti mediante diverse tecniche di estrazione (ad es. bagno d'acqua, ultrasuoni, infrarossi), e caratterizzazione e quantificazione di tali composti (ad es. contenuto di polifenoli, attività antiossidante e antinfiammatoria, HPLC).
Formulazione, caratterizzazione e valutazione (in vitro e in vivo) dell'efficacia antinfiammatoria e antibatterica di estratti naturali incapsulati in vescicole fosfolipidiche (liposomi, glicosomi, ialurosomi, ecc.) formulate per somministrazione nasale, polmonare, orale e topica.
Valutazione della citotossicità e dell'efficacia delle formulazioni in vitro utilizzando diverse linee cellulari (Fibroblasti, HaCat, Caco2, A549, CuFi-1, NuLi) e in vivo su modelli animali (topi).
<u>Collaborazioni scientifiche a livello nazionale e internazionale:</u> -Department of life and environmental sciences, pharmaceutical sciences section of the University of Cagliari: Formulation and characterization studies of vesicular dispersions. -Laboratory of structure and macromolecules interactions, faculty of science, Saint Joseph University, Lebanon: Extraction techniques, characterization and quantification of bioactive compounds. -Department of pharmaceutics and pharmaceutical technology, faculty of pharmacy, Al-Ahliyya Amman University, Jordan: Quantification of molecules, cell culture, in vivo on animal models. -Department of pharmaceutics and pharmaceutical technology, faculty of pharmacy, University of the Basque Country (UPV/EHU), Spagna. -Department of Ingenieria Quimica y Tecnologia del Medio Ambiente, Universitat de Oviedo (Spagna): Accelerated stability studies of vesicular systems. -Department of Biological Sciences, Faculty of Science and Engineering, University of Limerick, Ireland: Characterisation of natural extracts.
<u>Partecipazione a progetti di ricerca finanziati:</u> -2019-2023 ENI CBC MED, Call for Standard Projects, A_A.2.1_0035: New Business opportunities & Environmental Sustainability using MED GRAPE nanotechnological products, BESTMEDGRAPE. -2020-2022 Erasmus+ of European Union: MEDLENTISK, Partnership for an exchange of best practices on mastic tree fixed oil, an emblematic non-timber forest product in the Mediterranean. -2022-2023 RAS project, L.R. 19/96, Invitation 2021, Annual 2021: Combination of natural

bioactives and nanotechnologies to prevent and contain COVID-19 contagion, TECNOCOVID.
-2023-2024 Proof of Concept 2022: Nutriosomi e scarti agro-industriali per il controllo di disbiosi intestinali, stress ossidativo, e declino cognitivo NUTRINNOVA.
-2024-Present PNRR project - EI- e.INS Ecosystem of Innovation for Next Generation Sardinia - (CODICE MUR ECS00000038).

Ulteriori informazioni pertinenti

Lingue:

Arabo: madrelingua; Francese: fluente; Inglese: livello C1; Italiano: livello intermedio (B1)

Competenze informatiche:

Ottima conoscenza del pacchetto Microsoft Office (Word, Excel, PowerPoint), Prism, Statgraphics, nonché di vari software applicativi relativi alla strumentazione scientifica.

Luogo, data e firma

08/06/2026