

APPENDIX XIV

PAPER PUBLISHED AND PAPERS PRESENTED

Paper published:

- Sheth, M., Dey, K. Role of chrononutrition and lifestyle factors in functional constipation. *Nutrire* 49, 7 (2024). <https://doi.org/10.1186/s41110-024-00253-y>
- Dey, K., Sheth, M., Anand, S. *et al.* Daily consumption of galactooligosaccharide gummies ameliorates constipation symptoms, gut dysbiosis, degree of depression and quality of life among sedentary university teaching staff: A double-blind randomized placebo control clinical trial. *Indian J Gastroenterol* 42, 839–848 (2023). <https://doi.org/10.1007/s12664-023-01435-8>
- Dey, K., Sheth M. (2023). Development of galactooligosaccharide (GOS) added gummies: Sensory, Characterization and shelf quality, *Food Production Processing and Nutrition*. 5, 8. <https://doi.org/10.1186/s43014-022-00117-w>

Oral presentations:

- Development of Galactooligosaccharide (GOS) added gummies: Physicochemical, sensory, characterisation (International conference on clinical Nutrition & Dietary Lifestyle, May 2022)
- Dysbiosis and Constipation-A study on altered gut health (5th International Conference on Food and Nutrition, November 2022)
- GOS gummies – targeting prebiotic towards healthy gut of constipated subjects: A double-blind randomized placebo controlled clinical trial (Nutrition Society of India prize- best oral presentation in Free communications session, December 2022)
- GOS Consumption Optimizes Gut Health and Short Chain Fatty Acid (SCFA) Profile of Sedentary Constipated Adults: A Double-Blind Randomized Placebo Controlled Clinical Trial (International Conference on Public Health & Dietary Lifestyle, Best oral presentation Award, May 2023)

Poster presented:

- Daily consumption of galactooligosaccharide gummies ameliorates constipation symptoms, gut dysbiosis, degree of depression and quality of life among sedentary

university teaching staff: A double-blind randomized placebo control clinical trial (ISAPP conference, July 2024)

- Screening for the presence of constipation and associated factors in the University teaching staff of Baroda city-A cross sectional study (14th Apollo International Clinical Nutrition Update, September 2022)