

CURRICULUM VITAE

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Education:

2023 Ph.D. Doctor of Philosophy (Biomedical Sciences), Faculty of Associated Medical Sciences, Chiang Mai University, Chiang Mai, Thailand

2018 M.S. (Physiology)
Faculty of Medicine, Chiang Mai University, Chiang Mai, Thailand

2015 B.Sc. (Physical Therapy)
Faculty of Allied Health Sciences, Thammasat University, Patumtani, Thailand

Professional license: 2016 Present Physical Therapy (PT), Thailand

International Publications

1. **Keawtep P**, Boripuntakul S, Sa-Nguanmoo P, Jearjaroen P, Sittichoke C, Kamnardsiri T, Sinthamrongruk T, Sungkarat S. Effects of web-based physical–cognitive telerehabilitation exergaming on physical and cognitive performance in chronic stroke survivors: protocol for a randomized controlled trial. J Clin Med. 2026;13;15(8):2945.
2. Sa-nguanmoo P, Chuatrakoon B, **Keawtep P**, et al. Differential effects of physical activity on cognitive and motor performance in obese young adults. PeerJ. 2025;13:e20481. doi: 10.7717/peerj.20481.
3. **Keawtep P**, Sungkarat S, Boripuntakul S, et al. Effects of combined dietary intervention and physical-cognitive exercise on cognitive function and cardiometabolic health of

postmenopausal women with obesity: a randomized controlled trial. *Int J Behav Nutr Phys Act.* 2024;21(1):1-13. doi: 10.1186/s12966-024-01580-z.

4. **Keawtep P**, Kamnardsiri T, Boripuntakul S, et al. Feasibility of internet-based physical-cognitive exercise for health benefits of middle-aged obese women. *J. Prim. Care Community Health.* 2023;14. doi:10.1177/21501319231189961.
5. **Keawtep P**, Wichayanrat W, Boripuntakul S, et al. Physical-cognitive training with dietary intervention to improve cognitive function and circulating biomarkers in postmenopausal women with obesity: study protocol for a randomized controlled trial. *Adv Integr Med.* 2023;10:22-28.
6. **Keawtep P**, Wichayanrat W, Boripuntakul S, et al. Cognitive benefits of physical exercise, physical–cognitive training, and technology-based intervention in obese individuals with and without postmenopausal condition: a narrative review. *Int J Environ Res Public Health.* 2022;19:13364.
7. Wichayanrat W, Boripuntakul S, **Keawtep P**, et al. Obesity and Brain Health: The impact of metabolic syndrome and cardiorespiratory fitness on cognitive performances in middle-aged obese women. *J Prev Alzheimers Dis.* 2022. DOI: 10.14283/jpad.2022.54.
8. Chunchai T, **Keawtep P**, Arinno A, Saiyasit N, Prus D, Apaijai N, et al. A combination of an antioxidant with a prebiotic exerts greater efficacy than either as a monotherapy on cognitive improvement in castrated-obese male rats. *Metab Brain Dis.* 2020;35(8):1263-78.
9. Chunchai T, **Keawtep P**, Arinno A, Saiyasit N, et al. N-acetyl cysteine, inulin and the two as a combined therapy ameliorate cognitive decline in testosterone-deprived rats. *Aging (Albany NY).* 2019;11(11):3445-62.
10. **Keawtep P**, Pratchayasakul W, Arinno A, Apaijai N, et al. Combined dipeptidyl peptidase-4 inhibitor with low-dose testosterone exerts greater efficacy than monotherapy on improving brain function in orchietomized obese rats. *Exp Gerontol.* 2019;123:45-56.
11. Arinno A, Apaijai N, **Keawtep P**, Pratchayasakul W, et al. Combined low-dose testosterone and vildagliptin confers cardioprotection in castrated obese rats. *J Endocrinol.* 2019.

12. Chunchai T, Apaijai N, **Keawtep P**, Mantor D, et al. Testosterone deprivation intensifies cognitive decline in obese male rats via glial hyperactivity, increased oxidative stress, and apoptosis in both hippocampus and cortex. *Acta Physiol (Oxf)*. 2019;226(1):e13229.

National Publication

1. Pramodhyakul N, Yangngam O, Satjapibantham N, **Keawtep P**. Effect of balance training by smartphone visual feedback on standing balance in patients with stroke: pilot study. *Thai journal of physical therapy*. 2017;39(1)20-31.

Proceeding

1. **Keawtep P**, Pratchayasakul W, Arinno A, Apaijai N, et al. Testosterone replacement therapy attenuates hippocampal oxidative stress in testosterone-deprived obese rats. Proceeding to The First International Conference on Innovation of Functional Foods in Asia (IFFA), University of Phayao, Phayao, Thailand, 2018.
2. Arinno A, Apaijai N, **Keawtep P**, Pratchayasakul W, et al. Testosterone replacement therapy and dipeptidyl peptidase 4 inhibitor shared similar cardioprotective effects in obese-insulin resistant rats with testosterone deprivation. Proceeding to The First International Conference on Innovation of Functional Foods in Asia (IFFA), University of Phayao, Phayao, Thailand, 2018.

Peer Reviewed Abstracts

1. **Keawtep P**, Pratchayasakul W, Arinno A, Apaijai N, et al. Combined effects of vildagliptin and low-dose testosterone replacement on brain pathology and cognition in obese castrated male rats. *Alzheimer's & Dementia: the journal of the Alzheimer's Association*. 2019;15(7):P649.
2. Chunchai T, **Keawtep P**, Arinno A, Saiyasit N, et al. N-acetyl cysteine, inulin, and testosterone supplement equally improved cognitive function in castrated male rats. *Alzheimer's & Dementia: the journal of the Alzheimer's Association*. 2019;15:P636-7.
3. Chunchai T, **Keawtep P**, Arinno A, Saiyasit N, et al. Combined n-acetyl cysteine and inulin, not testosterone supplement, restored cognitive function in obese castrated male rats. *Alzheimer's and Dementia: the journal of the Alzheimer's Association*. 2019;15(7):P647-8.

4. Chunchai T, Apaijai N, **Keawtep P**, Mantor D, et al. Testosterone deficiency aggravates cognitive decline in obese condition via increased oxidative stress, glial activity and cell apoptosis in hippocampus. *Alzheimer's & Dementia: the journal of the Alzheimer's Association*. 2018;14:P744-5.
5. Apaijai N, Arinno A, **Keawthep P**, Chunchai T, et al. Combined low-dose testosterone and dipeptidyl peptidase 4 inhibitor shared similar cardioprotective effects as therapeutic dose in obese-insulin resistant rats with testosterone deprivation. *European Heart Journal*. 2018;39 (suppl_1).

Oral Presentations

1. **Keawtep P**, Sungkarat S, Boripuntakul S, et al. Effects of combined physical-cognitive exercise and dietary intervention on cognitive performance and cardiometabolic risks of obese postmenopausal women: Preliminary findings. The AMS research symposium for graduate student 2022, Faculty of Associated Medical Sciences, Chiang Mai University, 2022.
2. Pramodhyakul N, Yangngam O, Satjapibantham N, **Keawtep P**. Effect of balance training by smartphone visual feedback on standing balance in patients with stroke: Pilot study, Physical Therapy Symposium (5th), Faculty of Physical Therapy, Huachiew Chalermprakiet University, 2016.

Poster Presentations

1. **Keawtep P**, Sittichoke C, Sungkarat S. Incorporating physical-cognitive approaches into telerehabilitation to improve health outcomes in persons with stroke: A systematic review. Asia Pacific Stroke Conference 2025 (APSC 2025), Kobe, Hyogo, Japan, 13–15 September 2025.
2. **Keawtep P**, Sungkarat S, Boripuntakul S, et al. The effect of dietary restriction on cognitive performances and cardiometabolic risk factors in postmenopausal obesity: A preliminary report of a randomized clinical trial. The World Physiotherapy Asia Western Pacific (AWP) Regional Congress with Hong Kong Physiotherapy Association (HKPA) Conference 2022, 18-20 June 2022.

3. **Keawtep P**, Sungkarat S, Boripuntakul S, et al. The effects of internet-based physical-cognitive with dietary intervention on cognitive performances and cardiometabolic risk factors in postmenopausal obesity: A preliminary report of a randomized controlled trial. The International Physical Therapy Research Symposium 2022, Thammasat University, Thailand, 9 June 2022.
4. Pramodhyakul N, Yangngam O, Satjapibantham N, **Keawtep P**. Effect of balance training by smartphone visual feedback on standing balance in patients with stroke. Asian Medicine- from Macro-Analysis to Micro-Analysis Join-Symposium between NDMC, TU and BK21 of CUK, National Defense Medical Center, Taiwan, 1-4 June 2016.

Honors and Award

- 1st place award in The AMS Research Symposium for Graduate Student 2022, Faculty of Associated Medical Sciences, Chiang Mai University, Chiang Mai, Thailand.
- Academic excellent in Master of Science (Physiology) program 2017, Department of Physiology, Faculty of Medicine, Chiang Mai University, Thailand.
- Poster presentation award, the First International Conference on Innovation of Functional Foods in Asia (IFFA), University of Phayao, Phayao, Thailand.
- 3rd place award in Physical Therapy Symposium (5th), “Effect of balance training by smartphone visual feedback on standing balance in patients with stroke: pilot study”, Faculty of Physical Therapy, Huachiew Chalermprakiet University, Thailand.

Research Grants

Principle Investigator:

2023 - 2024	Associated Medical Sciences Research Grant Project “Feasibility of physical-cognitive exercise via telerehabilitation for health benefits of stroke survivors”
2024 – Present	The National Research Council of Thailand (NRCT): N42A680192. Project “The effects of combined physical-cognitive exergaming via telerehabilitation on physical and cognitive performance in chronic stroke survivors: a randomized controlled trial”