

An abridged version

Mr. Ogochukwu Kelechi Onyeso

Correspondence language: English
Sex: Male
Date of Birth: 1/21
Designated Group: Visible Minority
Canadian Residency Status: Permanent Resident
Country of Citizenship: Nigeria

Contact Information

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Language skills

English Full proficiency
Igbo Native speaker

Degrees

2020/9 - 2025	<p>Doctoral Thesis, Doctor of Philosophy, University of Lethbridge, Alberta, Canada. Degree Status: Decanal approval received Thesis Title: Sociodemographic Determinants of Mobility Limitation among Older Adults in Canada and Nigeria Supervisor: Prof. Oluwagbohunmi Awosoga Research Disciplines: Geriatrics-Gerontology Areas of Research: Age and Risk Factors Fields of Application: Public Health</p>
2016/3 - 2019/7	<p>Master's Thesis, Master of Science in Orthopedics, Sports, and Recreational Physiotherapy, Nnamdi Azikiwe University, Awka, Anambra State, Nigeria. Degree Status: Completed</p>
2007/9 - 2012/7	<p>Bachelor's Honours, Bachelor of Medical Rehabilitation, University of Nigeria, Nsukka Degree Status: Completed</p>

2006/9 - 2009/11

Bachelor's Equivalent, Nigeria Certificate in Education, Enugu State College of Education (Technical)

Degree Status: Completed

My profile

Researcher Status: Doctoral Candidate (Decanal approval received)

Research Career Start Date: 2012/01

Engaged in Clinical Research? Yes

Key Methodology: Cross-sectional and longitudinal surveys, Qualitative designs, Randomized controlled trials, and Systematic reviews and meta-analyses.

Research Interests: Ageing, Social determinants of health, Human mobility, Home care, Physiotherapy, Public health, Adolescent and child mental health, and Healthcare policy, administration, and financing.

Research Experience Summary: During my undergraduate research, I conducted a [randomized controlled trial](#) demonstrating the antibiotic, anti-inflammatory, and anti-scarring effects of non-ablative infrared low-level LASER therapy in treating facial acne, a prevalent condition among youths. In my Master's thesis, I developed and validated the Physiotherapy [Musculoskeletal Imaging Profiling Questionnaire \(PMIPQ\)](#) and conducted a [national survey to assess Nigerian physiotherapists' training](#), attitudes, competence, and [usage of diagnostic imaging](#). My doctoral thesis explores the sociodemographic determinants of mobility limitations among older adults, using a [systematic review and meta-analysis](#), secondary analyses of the Ibadan Study on Ageing and [Canadian Longitudinal Study on Ageing](#), and qualitative methods. I have co-authored [over 40 peer-reviewed publications](#) on medical education, public health, ageing, health services, mental health, and clinical outcomes.

Research Specialization Keywords: Long-term Care Services, Medical Education, Medical Rehabilitation, Mental Health, Mobility in Older Adults, Physiotherapy Practice, Quantitative Research, Randomized Controlled Trial, Socio-determinants.

Credentials

2025/3	Security Awareness. Statistics Canada, Canada.
2025/3	Discover Cyber Security, Statistics Canada, Canada.
2025/1	Preventing Harassment and Violence in the Workplace for Employees, Statistics Canada, Canada.
2024/1	Respect in the Workplace Certificate. University of Lethbridge, Canada.
2024/2	Supporting Individuals Through Valued Attachments. Behavioural Support Certification. Key Connections Consulting Inc. Canada.
2023/2	Basic First Aid - Level A CPR and AED. St. John Ambulance Saint-Jean, Canada.
2021/10	Kickoff: Introduction to Cybersecurity. University of Lethbridge, Canada.

2021/9	Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans, Course on Research Ethics (TCPS 2: CORE), Canada.
2020/8	Introduction to Systematic Review and Meta-Analysis. Johns Hopkins University, USA.
2020/4	Introduction to Epidemiology for Global Health. University of Washington, USA.
2019/11	Certified Kinesio Taping Practitioner. Kinesio University, USA.
2015/3	Certificate of National Service. National Youth Service Corps, Nigeria.
2015/12	Professional Diploma in Occupational Health, Safety, and Security Management. River State Polytechnic, Bori, Rivers State, Nigeria.
2014/9	Physiotherapy Professional License. Medical Rehabilitation Therapist (Regulation) Board of Nigeria.
2009/4	Certification in ICT and basic computer software proficiency. Afrihub ICT Solutions for Africa, University of Nigeria, Nsukka.

Awards and Recognitions

2025/03	GSAC Choice PhD Oral Presentation, Meeting of Minds Conference - 100 (Canadian dollars) The University of Lethbridge
2024/10	Prentice Institute Graduate Research Fellowship - 12000 (Canadian dollars) The University of Lethbridge
2024/10	Graduate Student Teaching Award - 500 (Canadian dollars) The University of Lethbridge
2024/6	Graduate Student Service Award - 250 (Canadian dollars) The University of Lethbridge
2024/4	CANd3 Fellowship - 6000 (Canadian dollars). Consortium on Analytics for Data-Driven Decision-Making (CANd3).
2023/4	Graduate Student Research Bursary Award - 500 (Canadian dollars) The University of Lethbridge
2023/4	Graduate Student Travel Award - 500 (Canadian dollars) The University of Lethbridge
2023/4	University of Lethbridge Dissemination Travel Award - 1500 (Canadian dollars) The University of Lethbridge
2023/10	Prentice Institute Graduate Research Fellowship - 12000 (Canadian dollars) The University of Lethbridge

2022/10	Prentice Institute Graduate Research Fellowship - 12000 (Canadian dollars) The University of Lethbridge
2022/6	Tier 3 Covidence Scholarship - 240 (United States dollars). Covidence Global Systematic Review Competition.
2021/9	Society of Edmonton Demographers Graduate Student Award - 2000 (Canadian dollars) Society of Edmonton Demographers
2022/9	Society of Edmonton Demographers Graduate Student Award - 2000 (Canadian dollars) Society of Edmonton Demographers
2020/9	School of Graduate Studies Doctoral Scholarship - 34000 (Canadian dollars) The University of Lethbridge
2019/10	Best Presenter: Classic Platform, Orthopedics, Sports, Geriatrics and Women's Health. Association of Clinical and Academic Physiotherapists of Nigeria, 3rd Annual Scientific Conference.
2019/10	Service Excellence Award. Association of Clinical and Academic Physiotherapists of Nigeria.
2018/10	Best Presenter: Rapid 5 Platform, Neurology and Public Health. Association of Clinical and Academic Physiotherapists of Nigeria, 2nd Annual Scientific Conference.
2017/12	The most dependable staff of the year. Bayelsa Specialist Hospital, Yenagoa, Nigeria.
2015/2	Best National Youth Service Corps Member, 2014 Batch A. Job Offer and 350,000 (Nigerian naira). Bayelsa State Government of Nigeria.
2012/7	Second Best Graduating Student. Department of Medical Rehabilitation, Faculty of Health Sciences and Technology, College of Medicine, University of Nigeria, Nsukka.
2012/1	Commander of Health Sciences Students Association (HESSA). Faculty of Health Sciences and Technology, University of Nigeria, Enugu Campus.
2011/12	Grand Commander of the University of Nigeria Medical Rehabilitation Students Association. University of Nigeria, Enugu Campus.

Volunteering and Community Services

2024-2025	Facilitator, Graduate Student Thesis Club, Faculty of Health Sciences, University of Lethbridge.
2023-2025	Graduate Student Association Representative, Health and Safety Advisory Committee, University of Lethbridge

- 2023-2023 Volunteer, Collaborative Health Research Institute of Southern Alberta (CHRISA) CHRISA Unconference 2023.
Faculty of Health Sciences, University of Lethbridge
- 2023-2023 Graduate Student Mentor, International Student Mentorship Program,
University of Lethbridge, International Office
- 2023-2023 Graduate Student Representative, Dean of Faculty of Health Sciences Search Committee,
University of Lethbridge
- 2022-2023 Graduate Student Association Representative, Environmental Sustainability Advisory
Committee,
University of Lethbridge
- 2022-2024 Independent Representative,
Graduate Student Association, University of Lethbridge
- 2021-2023 English Language Partner Tutor, International Student Program
University of Lethbridge, International Office

Employment

- 2022/5 – ongoing Statistical Assistant
Lethbridge branch, Prairie Regional Research Data Centre (RDC), Statistics Canada.
- 2021/9 – ongoing Graduate Teaching Assistant
Faculty of Health Sciences, University of Lethbridge, Alberta, Canada.
[**HLSC 1010**: Personal Health and Wellness; **PUBH 3100**: Environmental Health;
HLSC/PSYC 3450: Applied Statistics for Clinical Practice **X4**; **HLSC 3510**: Program
Planning and Evaluation]
- 2021/9 – 2024/4 Graduate Teaching Assistant
Faculty of Health Sciences, University of Lethbridge, Alberta, Canada.
- 2021/11 – 2024/8 Graduate Research Assistant
Prentice Institute for Global Population and Economy, University of Lethbridge, Alberta, Canada.
- 2021/11 – 2024/12 Graduate Research Assistant (multiple projects)
Faculty of Health Sciences, University of Lethbridge, Alberta, Canada.
- 2021/9 – 2022/6 Research Coordinator
Physical Activity, Transport, and Health Research Lab., Faculty of Health Sciences, University of
Lethbridge, Alberta, Canada.
- 2014/3 – 2021/8 Physiotherapist (2014), Senior Physiotherapist (2018), and Principal Physiotherapist (2021)
Bayelsa State Specialist Hospital. Bayelsa State Hospitals Management Board, Yenagoa, Nigeria.

- 2012/7 - 2013/2 Science Teacher (biology, chemistry, and geography)
Community Secondary School, Amufie, Enugu-Ezike. Enugu State Post Primary School Management Board.
- 2011/1 – 2012/1 President
Health Sciences Students Association, Faculty of Health Sciences and Technology, College of Medicine, University of Nigeria, Enugu Campus.

Affiliations

The primary affiliation is denoted by (*)

- *2020/9 - ongoing Doctoral candidate, Population Studies in Health, University of Lethbridge, Alberta, Canada.
- 2020/03 - ongoing Emerging Researchers and Professionals in Ageing-African Network (ERPAAN), Abuja, Nigeria.
- 2024/04 - ongoing Consortium on Analytics for Data-Driven Decision-Making (CAnD3).
- 2021/11 -2024/08 Prentice Institute for Global Population and Economy, University of Lethbridge, Alberta, Canada.

Research Funding History

- 2025/2 - 2026/1 Co-applicant. Catalyst grant.
Examining the Mediation of Economic, Environmental, and Social Disparities in Mobility Decline Among Visible Minority and Non-Minority Older Canadians: A CLSA-Based Analysis.
Canadian Institutes of Health Research (CIHR)
Total Funding - 69,287(Canadian dollars)
- 2024/6 - 2026/6 Co-applicant. Contract.
Prevention priorities and municipal action in Southern Alberta.
Barons-Eureka-Warner Family & Community Support Services
Total Funding - 200,000 (Canadian dollars)
- 2022/6 - 2023/7 Co-applicant. Knowledge synthesis grant.
Economic implications of the asocial society: a scoping review of loneliness among young adults across the life course.
Social Sciences and Humanities Research Council of Canada (SSHRC)
Total Funding - 28,860 (Canadian dollar)

Doctoral Coursework

- Earned grade A+ Research Methods (HLSC 7100) – Fall 2020
- Earned grade A Introduction to Systematic Reviews and Meta-Analysis (HLSC 7990) – Fall 2020

Earned grade A-	Populations and Places for Nursing Practices (HLSC 7140) – Fall 2020
Earned grade A	Advanced Statistics (HLSC 7300) – Spring 2021
Earned grade A-	Advanced Qualitative Analysis (HLSC 7400) – Spring 2021
Earned grade A+	Leading in Health Services (HMGT 7300) – Spring 2021

Selected Journal Article Publications

[see full publication list at <https://www.researchgate.net/profile/Ogochukwu-Onyeso-2>]

- Onyeso, OK;** Alumona, CJ; Ojagbemi, A; Onyeso, KM; Odole, AC; Victor, J; Doan, J; Bello, T; Gureje, O; & Awosoga, OA. (2025). Sociodemographic factors in older adults' gait speed decline: a gender disaggregate growth curve analysis of the Ibadan Longitudinal Study of Ageing. *Journal of Ageing and Health* (E-pub). <https://doi.org/10.1177/08982643251329431>.
- Onyeso, OK;** Alumona, CJ; Okoh, AC; Ibekaku, M; Shirazi, S & Kalu, ME. (2025). Geriatric and gerontological physiotherapy in focus: a cross-sectional survey of education, clinical practice, and service availability across World Physiotherapy Member Nations. *BMC Medical Education*, 25, 471. <https://doi.org/10.1186/s12909-025-07045-6>
- Anyachukwu, CC; Ezugwu, FN; Ede, SS; **Onyeso, OK;** Ezema, CI & Ede, CF. (2025). Prevalence of work-related musculoskeletal disorders among dental workers in Enugu metropolis, Nigeria. *International Journal of Medicine and Health Development*, 30(2). https://doi.org/10.4103/ijmh.ijmh_35_24
- Onyeso, OK;** Adebisi, B; Islam, MK; Darku, A; & Hallstrom, LK. (2025). COVID-19 Social and Economic Disruptions, Mental Health Symptoms, and Coping Behaviours among Young Canadians: A Structural Equation Model. *International Journal of Adolescence and Youth*, 30(1). <https://doi.org/10.1080/02673843.2025.2451674>
- Onyeso, OK;** Alumona, CJ; Onyeso, KM; Odole, AC; Doan, J; Victor, J; & Awosoga, OA. (2024). Sociodemographic determinants of mobility decline among community-dwelling older adults: findings from the Canadian Longitudinal Study on Ageing. *BMC Geriatrics*, 24(1), 972. <https://doi.org/10.1186/s12877-024-05582-1>
- Awosoga, OA; Oyewole, OO; Adegoke, OM; Odole, AC; **Onyeso, OK;** Alumona, CJ; Adeoye, AM; Aweto, HA; Ige, BS; Adebayo, AC; Odunaiya, TL; Emmanuel, GM; Sulaimon, NB; & Odunaiya, NA. (2024). Cardiovascular disease risk perception among community-dwelling adults in southwest Nigeria: A mixed-method study. *PLoS ONE*, 19(11), e0313578. <https://doi.org/10.1371/journal.pone.0313578>
- Boamah, SA; Alumona, CJ; **Onyeso, OK;** Awosoga, OA. (2024). Institutional and personal determinants of nursing educators' job satisfaction and turnover intention: a cross-sectional study. *BMC Nursing*, 23(594). <https://doi.org/10.1186/s12912-024-02245-9>

8. Okoh, AC; **Onyeso, OK**; Ekemezie, W; Oyinlola, O; Akinrolie, O; Kalu, ME. (2024). Building consensus on priority areas for Sub-Saharan Africa's ageing population research: An e-Delphi study protocol. *PLoS ONE*. 19(4), e0298541. <https://doi.org/10.1371/journal.pone.0298541>
9. Akinrolie, O; Iwuagwu, AO; Kalu, ME; Rayner, D; Oyinlola, O; Ezulike, CD; ... **Onyeso, OK**. et al. (2024). Longitudinal studies of aging in sub-Saharan Africa: Review, limitations, and recommendations in preparation of projected aging population. *Innovation in Aging*. (online). <https://doi.org/10.1093/geroni/igae002>
10. Ekediegwu, EC; **Onyeso, OK**; Nwanne, C; Nwosu, IB; Alumona, CJ; Onyeso, KM; et al. (2024). COVID-19 hand hygiene practices and its barriers among health care workers in a low-resource setting: a cross-sectional study in Nigeria. *Discover Social Science and Health*. 4(43). <https://doi.org/10.1007/s44155-024-00106-z> .
11. Ekediegwu, EC; Onwukike, CV; **Onyeso, OK**. (2024). Pain intensity, physical activity, quality of life, and disability in patients with mechanical low back pain: A cross-sectional study. *Bulletin of Faculty of Physical Therapy*. 29(1): <https://doi.org/10.1186/s43161-023-00167-2>
12. Nweke, M., Obarisiagbon, O. N., **Onyeso, O. K**, & Imo, U. P. (2023). Pharmacotherapy versus exercise for management of low back pain: A network meta-analysis. (preprint). <https://doi.org/10.21203/rs.3.rs3816628/v1>
13. **Onyeso, OK**; Odole, AC; Scott, RD; Ankinrolie, O; Kalu, ME; Awosoga, OA. (2023). Association between sociodemographic factors and mobility limitation among older adults: A systematic review and meta-analysis protocol. *Systematic Reviews*. 12(19): 2023. <http://dx.doi.org/10.1186/s13643-023-02190-9>
14. **Onyeso, O.K**; Ugwu, A.K; Adandom, H.C; Damag, S; Onyeso, KM; Abugu, J.O: et al. (2023). Impact of welding occupation on serum aluminium level and its association with physical health, cognitive function, and quality of life: a cross-sectional study. *International Archives of Occupational and Environmental Health*. 97(2): 133-144. <https://doi.org/10.1007/s00420-023-02038-8>
15. Larouche R; Kleinfeld M; Charles Rodriguez U; Hatten C; Hecker V; Scott DR; Brown LM; **Onyeso OK**; et al. (2023). Determinants of Outdoor Time in Children and Youth: A Systematic Review of Longitudinal and Intervention Studies. *International Journal of Environmental Research and Public Health*. 20(2): 1328. <http://dx.doi.org/10.3390/ijerph20021328>
16. Igwe, SE; **Onyeso, OK**; Adandom, I; Onyeso, KM; Anyachukwu, CC; Awosoga, OA, Ezema, CI; Okoye,GC. (2023). An exploratory cohort study of serum estradiol, testosterone, osteoprotegerin, interleukin-6, calcium, and magnesium as potential biomarkers of cervical spondylosis. *Bulletin of Faculty of Physical Therapy*. 28(2023): 29. <http://dx.doi.org/10.1186/s43161-023-00141-y>
17. Abugu, J.O; Chukwu, A.M; **Onyeso, O.K**; Alumona, C.J; Adandom, I.I; Chukwu, O.D. & Awosoga, A.A. (2023). Determinants of the managerial staff's disposition towards e-payment platforms in public tertiary hospitals in Enugu, Nigeria: a cross-sectional study. *BMC Health Services Research*. 23(1240): 2023. <http://dx.doi.org/10.1186/s12913-023-10302-3>
18. Awosoga O; Odole AC; **Onyeso OK**; Jon Doan J; Nord C; Nwosu IF; et al. (2023). Well-being of the professional caregivers in Alberta's assisted living and long-term care facilities: A cross-sectional survey. *BMC Geriatrics*. 23(85): 2023. <http://dx.doi.org/10.1186/s12877-023-03801-9>
19. Ezema, C.I; Erundu, O.F; **Onyeso, O.K**; Alumona, C.J; Ijeve, A.W; Amarachukwu, C.N; Amaeze, A.A. (2023). Radiographers' knowledge, attitude, and adherence to standard COVID-19 precautions and the policy implications: A national cross-sectional study in Nigeria. *Annals of Medicine*. 55(1): 2210844. <http://dx.doi.org/10.1080/07853890.2023.2210844>

20. Ogunlana, M.O; Oyewole, O.O; Aderonmu, J.A; **Onyeso, O.K**; Faloye, A.Y; and Govender. P. (2023). Patterns and predictors of cultural competence practice among Nigerian hospital-based health care professionals. *BMC Medical Education*. 23(1): <https://doi.org/10.1186/s12909-023-04910-0>
21. Apiloko, J.O; Aje, O.S; Awotidebe, T.O; Okhawere, M.I; Mbada, C.E; **Onyeso, O.K**; et al. (2023). Influence of sport type and gender on bone turnover markers in young athletes. *Bulletin of Faculty of Physical Therapy*. 28(37): 2023. <http://dx.doi.org/10.1186/s43161-023-00150-x>
22. Awosoga A; Odole AC; **Onyeso OK**; Ojo JO; Ekediegwu EC; Nwosu IB; et al. (2023). Perceived strategies for reducing staff-turnover and improving well-being and retention among professional caregivers in Alberta's continuing-care facilities: A qualitative study. *Home Health Care Services Quarterly*. 1-23. <http://dx.doi.org/10.1080/01621424.2023.2166889>
23. Odole, AC; Alegbeleye, OA; Ekediegwu, EC; **Onyeso, OK**; Mbada, CE; Akosile, CO. (2022). Psychosocial correlates of pain intensity and neck disability index among people with non-specific neck pain in a low resource setting: A cross-sectional study. *European Journal of Physiotherapy*. E-pub: 1-8. <http://dx.doi.org/10.1080/21679169.2022.2140824>
24. Akinrolie, O; Masta, AM; Jasper, US; Fawole, HO; **Onyeso, OK**; Akinrolie, O; Jumbo, US. (2022). Physical inactivity among internally displaced persons in Nigeria. *Journal of Migration and Health*. 6: 100140. <http://dx.doi.org/10.1016/j.jmh.2022.100140>
25. Kalu, ME; Okeke, C; Nwachukwu, E; Okoh, A; Akinrolie, O; Ezulike, CD; Adandom, H; **Onyeso, OK et al.** (2022). Methodology and reporting quality of 544 studies related to ageing: A continued discussion in setting priorities for ageing research in Africa. *Journal of Global Health Economics and Policy*. 2: Epub. <http://dx.doi.org/10.52872/001c.36188>
26. Odole, AC; Odunaiya, NA; Oyewole, OO; Ogunlana, MO; Mbada, CE; **Onyeso, OK**; et al. (2022). Influence of well-being and quality of work-life on quality of care among health care professionals in Southwest, Nigeria. *Scientific Reports*. 13(1): 7830. <https://doi.org/10.1038/s41598-022-25057-w>
27. Ibekaku, M; Uduonu, EC; Ezema, CI; **Onyeso, OK**; Kalu, ME. (2022). Knowledge, attitude, and interest in geriatric physiotherapy in Nigeria: A mixed-method study. *Physical & Occupational Therapy in Geriatrics*. (Accepted paper).
28. Awosoga, OA; Odunaiya, NA; Oyewole, OO; Ogunlana, MO; Mbada, CE; **Onyeso, OK**; et al. (2022). Pattern and perception of wellbeing, quality of work life and quality of care of health professionals in Southwest Nigeria. *BMC Health Services Research*. 22(1): 1387. <http://dx.doi.org/10.1186/s12913-02208808-3>
29. Igwe, AA; **Onyeso, OK**; Ezema, CI; Eyichukwu, GO; Ejim, EM; Egwuonwu, VA; Onwujekwe, O; Amaeze, AA; Okoye, GC. (2022). Effects of cervical traction and infrared therapy on pain intensity and neck disability index among people with cervical spondylosis: A cross-over cohort study. *Journal of Musculoskeletal Research*. 25(4): 2250023. <http://dx.doi.org/10.1142/s0218957722500233>
30. Ezema CI; **Onyeso OK**; Nna E; Odole AC; Awosoga OA; Kalu ME; Okoye GC. (2022). Transcutaneous electrical nerve stimulation effects on pain-intensity and endogenous opioids levels among chronic low back pain patients: A randomised controlled trial. *Journal of Back and Musculoskeletal Rehabilitation*. 35(5):1053-1064. <http://dx.doi.org/10.3233/BMR-210146>
31. **Onyeso OK**; Umunnah JO; Eze JC; Onigbinde AT; Anyachukwu CC; Ezema CI; et al. (2022).

Musculoskeletal imaging authority, levels of training, attitude, competence, and utilisation among clinical physiotherapist in Nigeria: A cross-sectional survey. *BMC Medical Education*. 22: 701.

<http://dx.doi.org/10.1186/s12909-022-03769-x>

32. Ekediegwu, EC; Akpaenyi, CE; Nwosu, IB; **Onyeso, OK**. (2022). Demographic and disease characteristics associated with pain intensity, kinesiophobia, balance, and fall self-efficacy among people with osteoarthritis: A cross-sectional study. *BMC Musculoskeletal Disorders*. 23(1):544.
<http://dx.doi.org/10.1186/s12891-022-05486-4>
33. Odole AC; Agbomeji OT; **Onyeso OK**; Ojo JO; Odunaiya NA. (2021). Perspectives of Nigerian athletes about physiotherapy services in sports injury management: Implications for rehabilitation. *Journal of Sport Rehabilitation*. E-pub: 1-8. <http://dx.doi.org/10.1123/jsr.2020-0292>
34. Ezema CI; **Onyeso OK**; Okafor UA; Mabry LM; Adje ME; Shiraku J; Brismée J-M; Froment F; Stewart A; Awosoga A; (2021). Knowledge, attitude, and adherence to standard precautions among front line clinical physiotherapists during the COVID-19 pandemic: A cross-sectional survey. *European Journal of Physiotherapy*. 25(3): 138-146. <http://dx.doi.org/10.1080/21679169.2021.2020898>
35. Oluka CD; Obidike E; Ezeukwu AO; **Onyeso OK**; Ekechukwu END. (2020). Prevalence of work-related musculoskeletal symptoms and associated risk factors among domestic gas workers and staff of works department in Enugu, Nigeria: a cross-sectional study. *BMC Musculoskeletal Disorders*. 21(1): 587.
<http://dx.doi.org/10.1186/s12891-020-03615-5>
36. **Onyeso OK**; Umunnah JO; Ezema CI; Balogun JA; Uchenwoke CI; Nwankwo MJ; Oke KI; Bello B; Nwosu IB; Adje ME. (2020). An evaluation of the nature and level of musculoskeletal imaging training in physiotherapy educational programmes in Nigeria. *BMC Medical Education*. 20(1): 252.
<http://dx.doi.org/10.1186/s12909-020-02183-5>
37. **Onyeso OK**; Umunnah JO; Ezema CI; Anyachukwu CC; Nwankwo MJ; Odole AC; Oke KI; Bello B. (2020). Profile of practitioners, and factors influencing home care physiotherapy model of practice in Nigeria. *Home Health Care Services Quarterly*. 39(3): 168-183.
<http://dx.doi.org/10.1080/01621424.2020.1754315>
38. Ezema CI; Omeh E; **Onyeso OK**; Anyachukwu CC; Nwankwo MJ; Amaeze A; Ugwulebor JU; Nna EO; Ohotu EO; Ugwuanyi I. (2019). The Effect of an Aerobic Exercise Programme on Blood Glucose Level, Cardiovascular Parameters, Peripheral Oxygen Saturation, and Body Mass Index among Southern Nigerians with Type 2 Diabetes Mellitus, Undergoing Concurrent Sulfonylurea and Metformin. *Malaysian Journal of Medical Sciences*. 26(5): 88-97. <http://dx.doi.org/10.21315/mjms2019.26.5.8>
39. **Onyeso OK**; Umunnah JO; Ibikunle PO; Odole AC; Anyachukwu CC; Ezema CI; Nwankwo MJ. (2019). Physiotherapist's musculoskeletal imaging profiling questionnaire: Development, validation, and pilot testing. *The South African Journal of Physiotherapy*. 75(1): 1338.
<http://dx.doi.org/10.4102/sajp.v75i1.1338>
40. Anyachukwu CC; **Onyeso OK**; Ezema CI. (2018). Age, body mass and physical activity determinants of facial acne severity among southern Nigerian adolescents and young adults. *West Indian Medical Journal*. 5(2): 66-71. <http://dx.doi.org/10.7727/wimjopen.2017.162>
41. **Onyeso, OK**; Onyemere IR. (2014). Evaluation and management of spasticity in upper motor neuron lesions. *Physiotherapeutica*. 3(1): 16-17.
42. Anyachukwu CC; **Onyeso OK**. (2014). Efficacy of adjunct (LASER) therapy to topical agents among southern Nigerian acne vulgaris patients. *Acupuncture and Related Therapies*. 2(4): 66-70.
<http://dx.doi.org/10.1016/j.arthe.2014.08.003>

Journal Article Under Review

1. **Onyeso, OK**; Victor, J; Onyeso, KM; Ojembe, B; Alumona, CJ.; Odole, AC; Doan, J; & Awosoga, OA. (2024). Perspectives of Canadian and Nigerian older adults on life course sociodemographic determinants of mobility decline: a comparative qualitative study. *BMC Geriatrics*.
2. **Onyeso, OK**; Alumona, CJ; Odole, AC; Doan, J; Victor, J; Awosoga, OA et al. (2024). Association between sociodemographic factors and mobility limitation among older adults: a systematic review and meta-analysis. *BMC Geriatrics*.
3. **Onyeso, OK**; Adebisi, B; Islam, MK; & Hallstrom, LK. (2024). Prevalence and sociodemographic correlates of mental health symptoms among young Canadians during the COVID-19 pandemic: A cross-sectional study. *BMJ Open*.

Book Chapters

1. Kalu, ME; **Onyeso, OK**; Balogun, JA. (2024). Geriatric Physical Therapy Practice in Low-and Middle-Income Countries: Challenges and Recommendations for Building Capacity. In Balogun, JA. *Contemporary and Global Perspectives in Physical Therapy*. Springer Nature, United States of America.

Thesis/Dissertation

1. Sociodemographic Determinants of Mobility Limitation among Older Adults in Canada and Nigeria. (2025). University of Lethbridge, Lethbridge, Alberta, Canada. PhD Thesis. Supervisor: Dr. Oluwagbohunmi Awosoga
2. Training, attitude, competence, and utilization of diagnostic imaging in musculoskeletal assessment among physiotherapists in Nigeria. (2019). Nnamdi Azikiwe University, Awka, Anambra, Nigeria. Master's Thesis. Supervisor: Dr. Joseph O. Umunnah
3. Efficacy of adjunct LASER therapy in the management of acne vulgaris among undergraduates of the University of Nigeria. (2012). University of Nigeria Nsukka. Bachelor's Honours. Supervisor: Dr. Canice C. Anyachukwu
4. The effect of practical methods of teaching on the academic achievements of the Senior Secondary School Biology Students in Enugu North Local Government Area of Enugu State. (2009). Enugu State College of Education (Technical), Nigeria. Bachelor's Equivalent (3 years). Dr. Emmanuel C. Abugu

Journal Review Activities (number of reviews)

2024/08	Reviewer, Journal of International Medical Research, SAGE Publisher (1)
2024/08	Reviewer, Bulletin of Faculty of Physical Therapy, Springer Nature (2)
2024/06	Reviewer, BMC Urology, Springer Nature (2)
2024/05	Reviewer, BMC Health Services Research, Springer Nature (1)

2023/11	Reviewer, The Gerontologist, Oxford University Press (1)
2023/9	Reviewer, BMC Medical Education, Springer Nature (2)
2023/9	Reviewer, BMC Musculoskeletal Disorders, Springer Nature (2)
2023/6	Reviewer, BMJ Open, BMJ (1)
2022/7	Peer reviewer, Health Services Insights, SAGE Publication (1)
2022/5	Peer reviewer, Physiotherapy Theory and Practice, Taylor & Francis Group (3)
2022/2	Reviewer, PLOS One, PLOS (2)
2022/2	Reviewer, Psychogeriatrics, Wiley Online Library (1)
2021/11	Reviewer, Nigerian Journal of Basic and Clinical Sciences, Medknow Publications (2)
2021/6	Reviewer, Journal of Back and Musculoskeletal Rehabilitation, IOS Press (4)

Conference Review Activities

2024/6 - 2024/6	Reviewer, 53rd Annual Scientific and Educational Meeting of the Canadian Association of Gerontology, Blind, Canadian Association of Gerontology (Edmonton, Canada) Number of Works Reviewed / Refereed: 10
2024/5 - 2024/5	Reviewer, 31st Annual Conference of the International Society for Quality of Life Research, Blind, International Society for Quality of Life Research (ISOQOL) (Cologne, Germany) Number of Works Reviewed / Refereed: 50
2020/11 - 2020/11	Reviewer, 4th Scientific Conference of the Association of Clinical and Academic Physiotherapists of Nigeria, Open, Association of Clinical and Academic Physiotherapists of Nigeria (Virtual Conference) Number of Works Reviewed / Refereed: 8
2019/10 - 2019/10	Poster Reviewer, 3rd Scientific Conference of the Association of Clinical and Academic Physiotherapists of Nigeria, Open, Association of Clinical and Academic Physiotherapists of Nigeria (Port Harcourt, Rivers State, Nigeria) Number of Works Reviewed / Refereed: 5

Selected Conference Publications

1. **Onyeso, OK;** Adebisi, B; Islam, MK; & Hallstrom, LK. (2024). Prevalence and sociodemographic correlates of mental health symptoms among young Canadians during the COVID-19 pandemic: A cross-sectional study. *Quality of Life Research Journal*. 31st International Society for Quality of Life Research Conference, Cologne, Germany. Springer Nature, United Kingdom. Conference Date: October 2024. Poster presentation.
2. **Onyeso, OK;** Alumona, CJ; Odole, AC; Doan, J; Victor, J; & Awosoga, OA. Association between sociodemographic factors and mobility limitation among older adults: a systematic review and meta-analysis. *Canadian Journal on Aging*. 53rd Annual Scientific and Educational Meeting of the Canadian

Association of Gerontology, Edmonton, Alberta, Canada. Oxford University Press, United Kingdom. Conference Date: October 2024. Poster presentation.

3. **Onyeso, OK**; Akinrole, O; Alumona, CJ; Adandom, II; Ojembe, B; Kalu, ME. et al. Methodology and reporting quality of 544 studies related to ageing: a continued discussion in setting priorities for ageing research in Africa. Canadian Journal on Aging. 53rd Annual Scientific and Educational Meeting of the Canadian Association of Gerontology, Edmonton, Alberta, Canada. Oxford University Press, United Kingdom. Conference Date: October 2024. Symposium presentation.
4. Alumona, C; Akabue, D; Rayner, D; Kolawole, F; Shirazi, S; Ndubuaku, M; Onyekere, P; Adandom, I; **Onyeso, OK**; Awosoga, O; & Kalu, ME. Psychological determinants of Community-Mobility Among older adults in Nigeria: a cross-sectional study. Canadian Journal on Aging. 53rd Annual Scientific and Educational Meeting of the Canadian Association of Gerontology, Edmonton, Alberta, Canada. Oxford University Press, United Kingdom. Conference Date: October 2024. Poster presentation.
5. Ekediegwu, E. C; Orji, G; **Onyeso, OK**; & Ekechukwu, N. (2023). Fall indices and quality of life among community-dwelling older adults in selected communities in Nnewi-North, Anambra State. Quality of Life Research Journal. International Society for Quality of Life Research, Calgary, Canada (S176). Springer Nature, United Kingdom. <https://doi.org/10.1007/s11136-023-03530-x>. Conference Date: 2023/10. Poster presentation.
6. **Onyeso, OK**; Bélanger, M; Brussoni, M; Faulkner, G; Gunnell, K; Tremblay, M.S; Larouche, R. (2023). Prevalence and social-ecological correlates of adherence to the 24-hour movement guidelines for adults during the COVID-19 pandemic: a national cross-sectional survey. Applied Physiology, Nutrition & Metabolism. Canadian Society for Exercise Physiology Conference, Calgary, Canada (S94). Canadian Science Publishing, Canada. <https://doi.org/10.1139/apnm-2023-0378>. Conference Date: 2023/10. Oral presentation.
7. **Onyeso, OK**; Ekediegwu, E. C; Onwukike, C. V; & Awosoga, O. (2023). Pain intensity, physical activity, quality of life, and disability in patients with mechanical low back pain: A cross-sectional study. Quality of Life Research Journal. International Society of Quality of Life Research, Calgary, Canada (S193-S194). Springer Nature, United Kingdom. <http://dx.doi.org/10.1007/s11136-023-03530-x>. Conference Date: 2023/10. Poster presentation.
8. **Onyeso OK**; Umunnah JO; Eze JC; Onigbinde AT; Anyachukwu CC; Ezema CI; et al. Musculoskeletal imaging authority, levels of training, attitude, competence, and utilisation among clinical physiotherapists in Nigeria: A cross-sectional survey. World Physiotherapy Congress 2023, Dubai, United Arab Emirates Conference Date: 2023/6. Poster presentation.
9. Ezema CI, **Onyeso OK**, Nna E, Odole AC, Awosoga OA, Kalu ME, Okoye GC. Transcutaneous electrical nerve stimulation effects on pain-intensity and endogenous opioids levels among chronic low-back pain patients: A randomised controlled trial. World Physiotherapy Congress 2023, Dubai, United Arab Emirates Conference Date: 2023/6. Poster presentation.
10. **Onyeso OK**, Umunnah JO, Ibikunle PO, Odole AC, Anyachukwu CC , Ezema CI , Nwankwo MJ. Development, validation, and pilot testing of the Physiotherapist's Musculoskeletal Imaging Profiling Questionnaire (PMIPQ) using digital innovations. 3rd Scientific Conference of the Association of Clinical and Academic Physiotherapists of Nigeria, Rivers State, Nigeria. Conference Date: 2019/10. Oral presentation.

11. Ezema CI, Omeh E, **Onyeso OK**, Anyachukwu CC, Nwankwo MJ, Amaeze AA, Ugwulebor JU, Nna E, Ohotu E, Ugwuanyi I. Effect of an aerobic exercise program on blood glucose level, cardiovascular parameters, peripheral oxygen saturation, and BMI among Southern Nigerians with type 2 diabetes mellitus, undergoing concurrent sulfonylurea and metformin treatments. 3rd Scientific Conference of the Association of Clinical and Academic Physiotherapists of Nigeria. Rivers State, Nigeria. Conference Date: 2019/10. Oral presentation.
12. **Onyeso OK**, Okonkwo CO. Submaximal and maximal exercise testing and prescription for optimal cardiovascular performance. Practical Endovascular Solution for Africa, Bayelsa State, Nigeria Conference Date: 2019/8. Oral presentation.
13. Anyachukwu CC, **Onyeso OK**, Ezema IC. Age, body mass, and physical activity determinants of facial acne severity among Southern Nigerian Adolescents and Young Adults. 2nd Scientific Conference of the Association of Clinical and Academic Physiotherapists of Nigeria. Enugu State, Nigeria. Conference Date: 2018/10. Oral presentation.
14. Anyachukwu CC, **Onyeso OK**. Efficacy of adjunct (laser) therapy to topical agents among Southern Nigerian acne vulgaris patients. 1st Annual Scientific Conference of the Association of Academic and Clinical Physiotherapists of Nigeria. Osun State, Nigeria. Conference Date: 2019/10. Poster presentation.

Workshop Presentations

1. Onyeso, OK. (2024). Field to Desk: Essentials of Quantitative Analysis with SPSS (workflow of data collection, entry, cleaning, and analysis in a real-world setting. Scales of measurement, accurate data entry in SPSS, basic data cleaning techniques, and tests for statistical assumptions, including normality, linearity, equality of variance, equality of covariance matrices, univariate and multivariate outliers, multicollinearity, and sphericity). The Prentice Institute for Global Population and Economy, University of Lethbridge, Canada
Main Audience: Knowledge User
2. Onyeso, OK. (2023). Adherence to the 24-hour movement guidelines among Canadian adults during the COVID-19 pandemic. Physical Activity, Transport, and Health Research Group of The University of Lethbridge, Canada
Main Audience: Knowledge User
3. Deacon, L; Ewyk, LV; Onyeso, OK; Papineau, J. (2023). Mental Health in Agricultural and Rural Canada – A Panel Discussion. Canadian Rural Revitalization Federation 2023 Conference, Canada
Main Audience: General Public

Skills

- Leadership and Organizational Management
- Interpersonal and Multicultural Communication
- Academic Mentoring and Peer Support
- Event Planning and Execution
- Research Methodology and Analytical Skills