

In the name of GOD

MEHNOOSH SAMADI

Curriculum Vita

1- Personal Details

Work Address Nutritional Science Department
School of Nutritional Science& Food Technology
Kermanshah University of Medical Sciences
Kermanshah- Iran

Telephone 083 37102009

E-mail Mehnoush.samadi@kums.ac.ir
Mehnoosh_samadi@yahoo.com

Date of birth 09/01/1985

Nationality Iranian

Gender Female

Marital status Single

2- Qualifications & Education

PhD in Nutrition

From AJUMS

Qualifications

2012-2016 **PhD** in Nutrition (Obesity), AJUMS, Iran

Title of Thesis: **Effect of energy restricted diet combined with green coffee bean extract supplementation on some metabolic factors, anthropometric measures, serum free fatty acids, visceral fat, serum adipocytokins in obese women**

2009-2011 **MSc** Nutrition, TUMS, Iran

Title of Thesis: **Dietary calcium intake and risk of obesity in school girls aged 8-10 years**

2003-2007 **Bachelor** of Science in Nutrition, SBUMS

3- Employments:

2017-Present Assistant Professor in Nutrition at KUMS

2008-2017 Nutrition counseling and treatment regimen in Esfahan Burn ICU

4- Teachings:

2017-Present KUMS Food and drugs interaction for Pharmacy students, clinical Nutrition for MD students and principal nutrition for health and midwifery students, Nutrition in surgery for operating room students, Practical demonstration for MSc and principal nutrition for BSc students

2012-2016 AJUMS Principal nutrition for midwifery students, Practical demonstration and principal nutrition for BSc students

5- Publications:

1. Maryam Shabanpur, Seyed Mostafa Nachvak, Shima Moradi, Safora Hedayati, Mahboobe Hosseinikia, Yahya Pasdard, Shahrbanoo Gholizadeh, Mehnoosh Samadi. Nutritional Care in Iranian Intensive Care Units. *Clin Nutr Res.* 2018;7(2):136-145.
2. Fatemeh Haidari, Mehnoosh Samadi*, Majid Mohammadshahi, Mohammad Taha Jalali, Kambiz Ahmadi Engali. Energy restriction combined with green coffee bean extract affects serum adipocytokines and the body composition in obese women *Asia Pac J Clin Nutr* 2017;26(6):1048-1054.
3. Mehnoosh Samadi, Fahime Zeinali, Nahal Habibi, Shirin Ghotbodini-Mohammadi. Intake of Dietary Supplements and Malnutrition in Patients in Intensive Care Unit. *Int J Prev Med.* 2016;13;7:90.
4. Fahime Zeinali, Hadis Asadi Samani, Omid Toupchian, Shima Abdollahi & Mehnoosh Samadi*. A Review of the Relationship between Dietary Glycemic Index and Glycemic load and Type 2 Diabetes. *JNFS* 2016; 1(1): 73-79.
5. Fahimeh Zeinali, Nahal Habibi, Mehnoosh Samadi, Kamal Azam & Kurosh Djafarian. Relation between Lifestyle and Socio-Demographic Factors and Body Composition among the Elderly. *Glob J Health Sci.* 2016;1;8(8):53715.
6. Omid Toupchian, Shima Abdollahi, Mehnoosh Samadi, Fahime Zeinali, Elaheh HonarkarShafie, Alireza Farsad Naeimi & Amir Norouzi. Knowledge and Attitude on Cardiovascular Disease Risk Factors and Their Relationship with Obesity and Biochemical Parameters. *JNFS* 2016; 1(1): 63-71.

7. Mehnoosh Samadi, Majid Mohammadshahi and Fatemeh Haidari. Green Coffee Bean Extract as a Weight Loss Supplement. *J Nutr Disorders Ther* 2015, 5:4.
8. Mehnoosh Samadi, Haleh Sadrzadeh-Yeganeh, Leila Azadbakht, Kourosh Jafarian, Abbas Rahimi, Gity Sotoudeh. Sensitivity and specificity of body mass index in determining obesity in children. *J Res Med Sci*. 2013;18(7):537-42.
9. Mehnoosh Samadi, Haleh Sadrzadeh-Yeganeh, Leila Azadbakht, Avat Feizi, Kourosh Jafarian, Gity Sotoudeh. Dietary calcium intake and risk of obesity in school girls aged 8-10 years *J Res Med Sci*. 2012;17(12):1102-7.
10. Fahime Zeinali, Mehnoosh Samadi, Kamal Azam, Kourosh Djafarian. Body Composition among Elderly and Its Relationship with Physical Activity Pattern. *J Mazandaran Univ Med Sci* 2016; 26(135): 62-74(Persian).
11. Mehnoosh Samadi*, Fahime Zeinaly, Shirin Ghotbodini Mohammadi, Meysam Alipour, Hadis Asadi Samani. The relationship between obesity and dietary patterns: review on evidence. *J ClinExc* 2015; 4(Special Issue): 72-89 (Persian).
12. Samadi M, Sadrzadeh-Yeganeh H, Azadbakht L, Jafarian K, Rahimi A. Comparing the Body Mass Index and Fat Mass Index to Identify Overweight in Children. *J Health Syst Res* 2013; 8(7): 1263-71(Persian).

6- Presentations:

- August 2018** nutritional complete and malnutrition in pediatric intensive care unit(PICU) children, 12th international conference on pediatrics health care, paris, France.
- August 2018** Evaluation of Formula Protein Content and Obesity in Children, 12th international conference on pediatrics health care, paris, France.
- August 2018** Mother's diet during pregnancy and childhood obesity, 12th international conference on pediatrics health care, paris, France.
- March 2018** Does dietary calcium intake is effective in regulating of body weight in children?,11th international Conference on Childhood Obesity and Nutrition, Barcelona, spain.
- March 2018** Comparison of snack composition in obese and normal weight childre ,11th international Conference on Childhood Obesity and Nutrition, Barcelona, spain.
- March 2018** Fat Mass Index (FMI) or Body Mass Index (BMI)? Which is more accurate in diagnosing childhood obesity?,11th international Conference on Childhood Obesity and Nutrition, Barcelona, spain.
- March 2018** The association between nutritional supplements and body mass index (BMI) in children in Pediatric intensive care unit (PICU)? 11th international Conference on Childhood Obesity and Nutrition, Barcelona, spain.

March 2011 High protein, high calorie supplement intake and changes in Body Mass Index in burn center of Isfahan. 2th International Burn Conference

اردیبهشت 1393 ارتباط دریافت میان وعده های غذایی با چاقی در کودکان، اولین همایش ملی میان وعده های غذایی

آذر 1392 کلسیم دریافتی روزانه و خطر ابتلا به چاقی، چهارمین کنگره ملی پیشگیری و درمان چاقی

آبان 1390 کارایی BMI در مقایسه با FMI در تشخیص چاقی کودکان، سومین کنگره ملی پیشگیری و درمان چاقی

7- Director of Research projects:

- The comparison of daily calcium intake and some nutritional factors between overweight and normal weight 8-10 year old girls in Esfahan, (2011)
- The relationship between dietary patterns and obesity in students of Ahvaz University of Medical Sciences, (2013)
- The relationship between dietary patterns, Glycemic index and Glycemic load of foods in 20-50 years old type2 diabetic patients in Ahvaz, (2014)
- Relation between dietary pattern and physical activity with Body Composition among the Elderly in Tehran, (2015)
- Investigating the association between rapid weight loss with muscle strength and nutritional status of 13-18 year-old wrestlers in Kermanshah, (2017)
- Relationship between dietary pattern with closure growth plate in 12-13 years old girls in Kermanshah, (2017)
- Comparative survey of muscle strength and anthropometric indicators in different dietary patterns in 35-65 years old subjects, (2017)
- The effect of enteral nutrition hypocalorie diet and full-calorie diet on the clinical outcomes of patients admitted to the general care unit in the first week of admission, (2017)

- The relationship between muscle strength with nutrition status, blood biomarkers and anthropometric indices in type 2 diabetic patients: case-control study, (2017)
- The Impact of Socio-Economic Inequality on the choice of food (quantity and quality of nutrition) in the Ravansar Non-Communicable Chronic Disease (RaNCD) cohort during the years 2014-2017, (2017)
- The assessment of nutritional status and nutritional supports in hospitalized preterm infants in neonatal intensive care unit in hospitals- Kermanshah, (2017)
- Prevalence and associated factors of consumption of dietary supplements in bodybuilding athletes in Kermanshah, (2017)
- Evaluation of the effect of high protein supplementation on inflammatory indicators and muscle damage on basketball athletes in Kermanshah, (2018)

8- Advanced Courses

8.1 Research:

- Writing Effective Research Proposals
- Being Effective in Meetings
- Reading Original Research and Review Papers (critical appraisal skills)
- Effective Presentation in Seminars
- Time Management
- Being a Postgraduate Student Supervisor
- Planning & Delivering a Training Session
- Leading a Research Team

8.2 Computer skills:

- Microsoft Excel advanced level
- Microsoft PowerPoint advanced level
- Microsoft Access intermediate level
- Microsoft Word advanced level
- Statistics soft wares: SPSS
- Reference Manager advanced level

9- Professional Memberships:

- The European Academy of Paediatrics (EAP)
- Iranian Nutrition Society