

Jalal Moludi, Ph.D.



Personal Details

Work Address: Department of Nutritional Sciences, School of nutrition, Kermanshah University of Medical sciences, Dolat Abad Kermanshah- Iran

Telephone: 0831 3710 2009, Email: Jmoludi@Yahoo.com

Date of birth: Oct.1.1990

Nationality: Iranian

Gender: Male

Marital status: Married

Google Scholar profile: <https://scholar.google.com/citations?user=1jOAWrAAAAAJ&hl=en>

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EDUCATION

M.Sc. in Nutrition; Tehran University of Medical Sciences, Tehran, Iran.

2012 – 2014

Thesis Title: *Q10 supplementation in coronary artery disease.*

Supervisors: Dr. Ali Keshavarz

PhD D in Nutrition (Clinical Nutrition) From Tabriz university of medical science, Tabriz 2015-

2018

Supervisors: Dr. Mohamad Alizadeh

Title of Thesis: Effects of Lactobacillus rhamnosus supplementation on inflammatory and oxidative biomarkers, gut microbiota profile, gut metabolites and cardiac remodeling in patients with cardiovascular disease (CVD)

- Determining dietary intake and compute dietary inflammatory index (DII) and other dietary indices
- Collecting blood from 50 subjects
- DNA extraction from stool and evaluation of gut microbiota profile
- **Running, Elisa, PCR, Real Time-PCR and Gel Electrophoresis**

Employments

2018- Present **Assistance Professor in Nutrition at KUMS**

Reviewer / Editor

- Reviewer, *Diabetes & Metabolism*
- Reviewer, American journal of lifestyle medicine
- Food Reviews International
- Reviewer, Diabetes & Metabolism
- Reviewer, American journal of lifestyle medicine
- Food Reviews International
- Progress in Nutrition” Journal
- IRANIAN JOURNAL OF PSYCHIATRY AND BEHAVIORAL SCIENCES
- Journal of Nutrition, Fasting and Health

GRANTS

Dates	Title/Investigator	Sponsor	Amount
Completed 2015 – 2017	Impact of vitamin C supplementation on post-cardiac surgery ICU and hospital length of stay Role: MSc students	Tehran university of medical science	\$1500
2018 - 2020	Skin-Gut Axis in Psoriasis Setting and Plan for Action: The Effect of Probiotics Supplementation On Clinical Outcomes, Metabolic Endotoxemia, Inflammation, and Cardiovascular	Tabriz university of medical science	\$1000

Role: Main Researcher

2016 - 2019	Metabolic endotoxemia and cardiovascular disease: Main Researcher	(TBZMED)	\$1000
2014 - 2016	Colorectal cancer in Iran	(TBZMED)	\$1000

Role: Main Researcher

For further information, please visit the following link: https://isid.research.ac.ir/Jalal_Moludi

طرح های تحقیقاتی

بررسی ارتباط نمایه های التهابی و اکسیدانی غذایی با کیفیت زندگی، افسردگی، شدت بیماری و میزان مارکر های التهابی در بیماران مبتلا به کووید-۱۹: یک مطالعه ی مقطعی **جلال مولودی**

بررسی تأثیر رژیم DASH در مقایسه با رژیم کم کالری بر اندازه های آنتروپومتری، بیان برخی micro RNA ها و ژن های دخیل در وضعیت متابولیکی، التهابی و هورمونی بزرگسال چاق، **جلال مولودی** نایب علی رضوانی یحیی پاسدارخشکناب

بررسی اثر مکمل پروپولیس بر شاخص های متابولیکی، هورمونی، التهابی، بالینی و میزان متابولیسم پایه در زنان مبتلا به سندرم تخمدان پلی کیستیک امیر صابر نیلوفر حجتی سحر چشمه ندا حیدرزاده **جلال مولودی**

تأثیر مکمل یاری با دارچین و اجزای فعال آن بر سطوح شاخص های متابولیکی و وضعیت هورمونی در سندرم تخمدان پلی کیستیک: یک مرور نظام مند **جلال مولودی** حامد جعفری وایقان

تأثیر مکمل یاری پروبیوتیک حاوی گونه های لاکتوباسیلوس و بیفیدوباکتریوم بر شاخص های التهابی و اکسیداتیو و برخی شاخص های بالینی در بیماران مبتلا به پسونریازیس، مهدی امیرپور حمیدرضا رزمی **جلال مولودی**

بررسی ارتباط بین شاخص التهابی رژیم غذایی با سندرم متابولیک در بیماران مبتلا به آرتریت روماتوئید، تیمور شیخی هادی عبدالله زاد یحیی پاسدارخشکناب **جلال مولودی** مهدی مرادی نظر

تأثیر هشت هفته مکمل یاری با پروبیوتیک بر شاخص های التهابی، پارامترهای متابولیکی و برخی پارامترهای بالینی در بیماران مبتلا به پسونریازیس **جلال مولودی** ارمان قره آغاجی زارع

تأثیر مکمل تورین بر سطوح پلاسمایی شاخص های آندوتلیال عروقی، آدیپوکین ها، پارامتر های متابولیکی، التهابی، وضعیت تغذیه ای و شاخص های گلیسمیک در بیماران مبتلا به دیابت نوع دو، **جلال مولودی**

اثر مکمل‌های لاکتوباسیلوس رامنوز و اینولین (به تنهایی و توامان) بر فاکتورهای التهابی، استرس اکسیداتیو، سطح انتقال میکروبی، متابولیت‌های روده ای
۲ اندوکاناتینوئیدها در بیماران مبتلا به تنگی عروق کرونر تحت رژیم کاهش وزن ۱CB و ۱CB و بیان ژن گیرنده‌های

جلال مولودی هادی عبدالله زاد حامد جعفری وایقان امیر صابر

تاثیر مکمل ویتامین سی در بیماران تحت جراحی عروق کرونر

جلال مولودی علی صادقپور طبایی محمد علیزاده حامد جعفری وایقان

PROFESSIONAL EXPERIENCE

Employee at cardiovascular research center of TUMS

Tehran, Iran: 2014-2016

- Coordinating researchers for implementing high quality research in diabetes
- Executive responsibilities in terms of diabetic patients who participate in researches:
 - Managing appointments with clinicians and laboratories
 - Collaboration with diabetes clinics, hospitals and health centers for managing data and patients
 - Responsibility for educational classes and workshops for diabetic patients
- Assisting in drafting research proposals
- Collaboration with other research centers
- Collaborating with deputy of research and technology

SCHOLARSHIPS AND AWARDS

- Financial support for Ph.D. degree of the first author as a thesis proposal by Tabriz University of Medical Science, Tabriz, Iran.
- **NIMAD** Financial support for Diet and Osteoporosis

Selected Presentations

- "nutrition in CVA," Lecture Series For Students, Kermanshah University Of Medical Science, Kermanshah. 2020
- Foods, and Supplements," presented to Pharmacy College students. 2020
- "The Food Guide Pyramid," presented to the Nursing student, September 2020 2020
- "Foods to Reduce Cancer Risk," presented to nutrition student, May 2020 2020

Professional Memberships

- Member, Academy of nutrition, Iran
- Member, Academy of Nutrition and Dietetics, America

Languages

English

Persian (Native)

Kurdish (Native)

Turkish

PUBLICATIONS

1. Sadeghpour A, Alizadehasl A, Kyavar M, Sadeghi T, **Moludi J**, Gholizadeh F, Totonchi Z, Ghadrdoost B. Impact of vitamin C supplementation on post-cardiac surgery ICU and hospital length of stay. *Anesthesiology and pain medicine*. 2015 Feb;5(1).
2. **Moludi J**, Keshavarz S, Tabae AS, Safiri S, Pakzad R. Q10 supplementation effects on cardiac enzyme CK-MB and troponin in patients undergoing coronary artery bypass graft: a randomized, double-blinded, placebo-controlled clinical trial. *Journal of cardiovascular and thoracic research*. 2016;8(1):1.
3. **Moludi, Jalal**; Keshavarz, Seyedali; Pakzad, Reza; Effect of vitamin C supplementation in the prevention of atrial fibrillation, *Tehran University Medical Journal*,73,11,791-797,2016,

4. **Moludi, Jalal**; Keshavarz, Seyedali; Mohammad Javad, Hosseinzadeh-attar; ,Coenzyme Q10 effect in prevention of atrial fibrillation after Coronary Artery Bypass Graft: double-blind randomized clinical trial, Tehran University Medical Journal TUMS Publications,73,2,79-85,2015,Tehran University Medical Journal TUMS
5. Pakzad, Reza; **Moludi, Jalal**; Barati, Hadis; Pakzad, Iraj; ,Epidemiology of brucellosis in the North and North-West Iran,Paramedical Sciences and Military Health,11,1,17-23,2016,Paramedical Sciences and Military Health
6. Rafiemanesh H, Pakzad R, **Moludi J**, Towhidi F, Reza Makhsosi B, Salehiniya H; ,Colorectal cancer in Iran: epidemiology and morphology trends,excli journal, 2016, <http://www.excli.de/volume15.php>
7. **Moludi, Jalal**; Alizadeh, Mohammad; ,135: The effects of obesity and vitamin d in body response to Hepatitis B vaccine, BMJ open,7,Suppl 1,**bmjopen**-2016-015415.135,2017, British Medical Journal Publishing Group
8. alimoradi, foad; javadi, maryam; **Moludi, Jalal**; , "the importance of sleep and its association with obesity, diet and diabetes" ,,,,,,2017, journal of sabzevar university of medical sciences
9. Zarezade, Vahid; **Moludi, Jalal**; Mostafazadeh, Mostafa; Mohammadi, Mohammad; Veisi, Ali; ,Antioxidant and hepatoprotective effects of Artemisia dracunculus against CCl4-induced hepatotoxicity in rats, Avicenna journal of phytomedicine,8,1,51,2018,Mashhad University of Medical Sciences
10. alimoradi foad; **Moludi Jalal**; ,whey proteins: health benefits and food applications, journal of international research in medical and pharmaceutical sciences, ,63-73,2016,
11. Gholizadeh Farhad; **Moludi Jalal**; Alizadeh, Mohammad; Nachvak, Seyed Mostafa; Abdollahzad, Hadi, The relation of Dietary diversity score and food insecurity to metabolic syndrome features and glucose level among pre-diabetes subjects, Primary care diabetes,12,4,338-344,2018,Elsevier
12. Khodarahmi Mahdieh; Mohammad Asghari; **Moludi Jalal**; Mahdieh Abbasalizad; ,A systematic review and meta-analysis of the effects of soy on serum hs-CRP, **Clinical nutrition** ,38,3,996-1011,2019,Churchill Livingstone
13. **Moludi Jalal**; Alizadeh Mohammad; Pasdaryahiya; Nachvak Mostafa; Abdollahzad Hadi; ,New insights on atherosclerosis: A cross-talk between endocannabinoid systems with gut microbiota, Journal of cardiovascular and thoracic research,10,3,129,2018,Tabriz University of Medical Sciences
14. **Moludi Jalal**; Alizadeh, Mohammad; Kheirouri, Sorayya; ,The predictive roles of obesity and serum vitamin D levels in body response to hepatitis B vaccine, Progress in Nutrition,20,2-S,210-217,2018,

15. Babae Touraj; Tabaei, Ali Sadeghpour; **Moludi Jalal**; Alavi, Seyyed Mostafa; Tabaei, Sepehr Sadeghpour; ,Modified translaryngeal tracheostomy for ventilator-dependent cardiac patients: A pilot of nonrandomized study, *Medicine*,97,52,,2018,Wolters Kluwer Health
16. **Moludi Jalal**; Alizadeh, Mohammad; Golmohammadi, Ali; Maleki, Vahid; , "The efficacy and safety of probiotics intervention in attenuating cardiac remodeling following myocardial infraction: Literature review and study protocol for a randomized, double-blinded, placebo controlled trial", *Contemporary clinical trials communications*,,,100364,2019,Elsevier
17. **Moludi Jalal**; Alizadeh, Mohammad; Behrooz, Maryam; Maleki, Vahid; Seyed Mohammadzad, Mir Hossein; Golmohammadi, Ali; , "Interactive Effect of Probiotics Supplementation and Weight Loss Diet on Metabolic Syndrome Features in Patients With Coronary Artery Diseases: A Double-Blind, Placebo-Controlled, Randomized Clinical Trial", *American Journal of Lifestyle Medicine*,,,1559827619843833,2019,"SAGE Publications Sage CA: Los Angeles, CA "
18. Hajizadeh Fatemeh; **Moludi Jalal**; Tutunchi Helda; Taheri, Ehsaneh; Izadi, Azimeh; Maleki, Vahid; ,Selenium and polycystic ovary syndrome; current knowledge and future directions: A systematic review, *Hormone and Metabolic Research*,51,05,279-287,2019 Thieme
19. **Jalal Moludi**, Behzad Ebrahimi , Vahid Maleki , Arash Tandoroost , Hamed Jafari-Vayghyan , Shahab Alizadeh, Kurosh Djafarian; ,Comparison of macro and micronutrient intake and physical activity levels among children with and without autism-a cross-sectional study, *progress in nutrition*, 21,2,,2019,<https://mattioli1885journals.com/index.php/progressinnutrition/article/view/6578>
20. Pasdaryahya; Hamzeh Behrooz; **Moludi, Jalal**; Mehaki Behzad; Darbandi Mitra; Moradi, Shima; ,Dietary intake and risk of depression among male and female with HIV/AIDS," *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*" ,,,1-10,2019,Springer International Publishing
21. Jafari Hamed; Saleh Sevda; Maleki Vahid; **Moludi, Jalal**; Alizadeh Mohammad; ,The effects of melatonin on neurohormonal regulation in cardiac cachexia: A mechanistic review, *Journal of cellular biochemistry*,,,2019,
22. Keshavarz Ali; **Moludi Jalal**; Attar, Mohammad Hosseinzadeh; Tabaei, Ali; Forushani, Abbas; ,Effect of Q10 on cardiac enzyme and troponin in patients undergoing coronary artery bypass graft (CABG), *Annals of Nutrition and Metabolism*,67,,,2015,

23. Sahargahi Badrieh; Abdollahzad Hadi; **Moludi, Jalal**; Nachvak Mostafa; Pasdar Yahya, Anthropometric Indices from Primary to High School in the West of Iran: Epidemiologic Trends, *Clinical nutrition research*,7,3,189-198,2018,
24. **Moludi Jalal**; Rasouli Ahmad; Foroumandi, Elaheh; Shahsavari, Saeed; Ebrahimi, Behzad; ,Emotional eating in relation to anthropometric indices and dietary energy intake based on gender, *Mediterranean Journal of Nutrition and Metabolism*,,Preprint,1-9,,IOS Press
25. Davari Mina; **Moludi Jalal**; Mohammad Asghari; Ahmadi-Nejad, Mehdi; Aref-Hosseini ; ,Impact of clinical factors on calorie and protein intakes during Icu stay in adults trauma patients: results from a prospective observational study, *International journal of burns and trauma*,9,3,59,2019,e-Century Publishing Corporation
26. Saleh, Sevda; Kheirouri Sorayya; Golmohammadi Ali; **Moludi Jalal**; Jafari-Vayghan Hamed; Alizadeh, Mohammad; , Effect of flaxseed oil supplementation on anthropometric and metabolic indices in patients with coronary artery disease: A double-blinded randomized controlled trial, *Journal of cardiovascular and thoracic research*,11,2,152,2019,Tabriz University of Medical Sciences
27. Jafari Hamed; **Moludi Jalal**; Saleh, Sevda; Alizadeh, Mohammad; ,"Impact of Melatonin and Branched-Chain Amino Acids Co supplementation on Quality of Life, Fatigue, and Nutritional Status in Cachectic Heart Failure Patients: A Randomized Controlled Trial", *American Journal of Lifestyle Medicine*,,1559827619874044,2019,"SAGE Publications Sage CA: Los Angeles, CA"
28. Rafiemanesh Hosein; Pakzad Reza; **Moludi Jalal**; Towhidi, Farhad; Reza Makhsosi, Behnam; Salehiniya, Hamid; ,Colorectal cancer in Iran,,,,,2016,
29. Pasdar Yahya; Moradi, Shima; **Moludi Jalal**; Darbandi Mitra; Nachvak, Seyyed Mostafa; Abdollahzad, Hadi; ,Risk of metabolic syndrome in non-alcoholic fatty liver disease patients, *Mediterranean Journal of Nutrition and Metabolism*,,Preprint,1-11,,IOS Press
30. **Moludi J**, Alizadeh M, Mohammadzad MH, Davari M. The Effect of Probiotic Supplementation on Depressive Symptoms and Quality of Life in Patients After Myocardial Infarction: Results of a Preliminary Double-Blind Clinical Trial. *Psychosomatic medicine*. 2019 Nov 1;81(9):770-7.
31. **Jalal Moludi**, Mohammad Alizadeh, Vahid Maleki, Anita Sadeghpour, Ali Sadeghpour Tabaei, Azin Alizadehasl, Behzad Ebrahimi, Hamed Jafari-Vayghyan.; The Effect of Vitamin C Supplementation after Coronary Artery Bypass Graft: A Double-Blind Randomized Control Trial, *Current Nutrition & Food Science*,21,2,0,2019, Bentham Science Publishers

32. Metabolic endotoxemia and cardiovascular disease: a systematic review about potential roles of prebiotics and probiotics, *Clinical and Experimental Pharmacology and Physiology* WILEY, **Jalal Moludi**
33. Waist-to-Height Ratio is Better Predictors of Cardiovascular Disease in Adults; result from RaNCD cohort study, **Scientific reportNature** **Jalal Moludi**, Behrooz Hamzeh, Ebrahim Shakiba, Mohammad Asghari Jafarabadi, Mehdi Moradinazar, Farid Najafi
34. Relationship Between the Consumption of Milk-Based Oils Including Butter and Kermanshah Ghee with Metabolic Syndrome: Ravansar Non-Communicable Disease Cohort Study, Hadi Abdollahzad, **Jalal Moludi**, *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*
35. Dietary inflammatory index (DII) is related to heart failure risk, and cardiac function: a case-control study in heart failure patients *Frontier in Nutrition*, 2020 **Jalal Moludi**; Nitin Shivappa; Soghra Alisgharzadeh; James R. Hébert; Vahid Maleki; Mohammad Alizadeh
36. Probiotics Supplementation on Cardiac Remodeling Following Myocardial Infarction: A Single-Center Double-Blind Clinical Study, *Journal of Cardiovascular Translational Research*, **Jalal Moludi**
37. Dietary Patterns and Dietary Inflammatory Index in Relation to Depression among Women: Result from Ravansar Cohort Study, *Neuropsychiatric Disease and Treatment* **Jalal Moludi**, Yahya Pashdar, Mehdi Moradinazar, Farid Najafi
38. Alizadeh, Mohammad, **Moludi Jalal**, Amir Saber Khodaei Hamed, Sorayya Kheirouri, Fatemeh Pourteymour Fard Tabrizi, and Negin Kamari. "Recent Updates on Anti-Inflammatory and Antimicrobial Effects of Furan Natural Derivatives." *Journal of Inflammation Research* 13 (2020): 451.
39. Adherence to Healthy Diet Can Delay Alzheimer's Diseases Development: A Systematic Review and Meta-Analysis, *Preventive Nutrition and Food Science*, 2020, **Jalal Moludi**
40. Moludi J, et al. "Relationship Between Leptin to Adiponectin Ratio and Metabolic Syndrome Indices in Apparently Healthy Adults." *Turkish Journal of Endocrinology & Metabolism* 24.2 (2020).
41. Farshidi M, **Moludi J**, Mohebbi A, Ebrahimi B, Kamali Shojaei A. Determination of some pesticide residues in fresh fruits and vegetables using QuEChERS method followed by gas chromatography–mass spectrometry. *Journal of Food and Bioprocess Engineering*. 2020 Nov 1.
42. Javadfar Z, Abdollahzad H, **Moludi J**, Rezaeian S, Amirian H, Foroughi AA, Nachvak SM, Goharmehr N, Mostafai R. Effects of vitamin D supplementation on core symptoms, serum serotonin, and interleukin-6 in children with autism spectrum disorders: A randomized clinical trial. *Nutrition*. 2020 Nov 1;79:110986.
43. Sharifi-Zahabi E, Abdollahzad H, Mostafa Nachvak S, **Moludi J**, Golpayegani MR, Asiaei S, Rezavand L, Iraj Z, Jamshidi K. Effects of alpha lipoic acid on iron overload, lipid profile and oxidative stress indices in β -thalassemia major patients: A cross-over randomised controlled clinical trial. *International journal of clinical practice*. 2021 Feb 2:e14062.

44. Behrooz M, Vaghef-Mehrabany E, **Moludi J**, Ostadrahimi A. Are spexin levels associated with metabolic syndrome, dietary intakes and body composition in children?. *Diabetes Research and Clinical Practice*. 2021 Feb 1;172:108634.
45. **Moludi, J.**, Khedmatgozar, H., Nachvak, S.M., Abdollahzad, H., Moradinazar, M. and Sadeghpour Tabaei, A., 2021. The effects of co-administration of probiotics and prebiotics on chronic inflammation, and depression symptoms in patients with coronary artery diseases: a randomized clinical trial. *Nutritional Neuroscience*, pp.1-10.
46. Soleimani D, Miryan M, **Moludi J**, Sayedi SM, Bagherniya M, Askari G, Nachvak SM, Sadeghi E, Rashidi AA. Effect of propolis supplementation on athletic performance, body composition, inflammation, and oxidative stress following intense exercise: A triple-blind randomized clinical trial. *Food Science & Nutrition*. 2021.
47. **Moludi J**, Shivappa N, Alisgharzadeh S, Hébert JR, Alizadeh M. Dietary Inflammatory Index Is Related to Heart Failure Risk and Cardiac Function: A Case–Control Study in Heart Failure Patients. *Frontiers in Nutrition*. 2021 Apr 6; 8:104.

For Further Information About My Publication, Please Visit the Following Link: <https://scholar.google.com/citations?user=1jOAWrAAAAAJ&hl=en>

BOOKS (in Persian)

- (۱) جمعی از دانشجویان ع پ تهران (جلال مولودی)، کتاب مرجع تغذیه مدرن در سلامتی و بیماری ها . ترجمه. انتشارات سینا طب. تهران – ایران. ۱۳۹۴.
- (۲) حامد جعفری ، وحید ملکی، جلال مولودی ؛ زیر نظر دکتر محمد علیزاده ، ترجمه کراوس ۲۰۱۷. انتشارات حیدری. تهران – ایران. سال چاپ ۱۳۹۶.
- (۳) جلال مولودی، درسنامه ی جامع تغذیه و رژیم درمانی. تالیف، انتشارات سنا. تهران – ایران. سال چاپ ۱۳۹۷.
- (۴) جلال مولودی، درسنامه ی تغذیه اساسی و کاربردی. تالیف، انتشارات سنا. تهران – ایران. سال چاپ ۱۴۰۰.
- (۵) جلال مولودی و همکاران، تغذیه در ICU، در دست چاپ
- (۶) جلال مولودی و همکاران، تغذیه و رژیم درمانی در بیماری های قلبی و عروقی ، در دست چاپ

Skills and Experiences

- Statistic Soft-Wares (SPSS) And Other Software Such as Windows` Soft-Wares, Word, Power point, Endnote,
- PCR/Real Time PCR Practice and Gene Expression
- ELISA
- Hospital Internship in Diet Therapy,
- Nutritional Care and Intervention in ICU and CCU at Imam Raza Hospital, Tabriz University of Medical
- Diet Therapy in ICU and CCU at Farabi Hospital, Kermanshah
- Calculate dietary indicators including DII, DTAC, etc.