



**School of Nutrition Sciences and Food Technology  
Kermanshah University of Medical Sciences**

**First Name:** MEHNOOSH

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**Academic Rank:** Assistant Professor

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### Personal Information

Place of birth: Kurdistan  
Date of birth: 1985

### Tertiary Education

- 2012 - 2016
- PhD in Nutrition from AJUMS, IRAN

Supervisor: Dr Fatemeh Haidary

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, and serum adipocytokins in obese women.

### Academic Responsibilities

- 2017 until now
- Education Development Office (EDO) Manager, School of Nutritional Science & Food Technology

### Key Areas of Research Expertise

- Obesity
- Pediatric Health
- Malnutrition
- Mental Health
- Diabetes
- Metabolic Syndrome

### Skills

- Language Farsi & English
- Software SPSS – N4 – Office

## Articles

- ❖ Samadi M, Moradi S, Moradinazar M, Mostafai R, Pasdar Y. Dietary pattern in relation to the risk of Alzheimer's disease: a systematic review. *Neurological Sciences*. 2021; 40:2031–2043.
- ❖ Amini M, Najafi F, Pasdar Y, Samadi M, Kazemi Karyani A, Moradinazar M. The Effect of Socio-Economic Status on Food Quality in West of Iran. *Journal of public health*. 2021; In press.
- ❖ Soleimani D, Abdollahzadeh M, Nachvak SM, Samadi M, Abollahzad H. Internal assessment of nutrition department in Kermanshah University of Medical Sciences in 2018.
- ❖ Hedayatia S, Nachvak SM, Samadi M, Motamedi-Motlagh A, Moradi S. Malnutrition and nutritional status in critically ill patients with enteral nutrition. *Mediterranean Journal of Nutrition and Metabolism*. 2020; 13: 255–264.
- ❖ Hosseinikia M, Oubari F, Hosseinkia R, Tabeshfar Z, Salehi MG, Mousavian Z, et al. Quercetin supplementation in non-alcoholic fatty liver disease: A randomized, double-blind, placebo-controlled clinical trial. *Nutrition and food science*. 2020.
- ❖ Samadi M, Moradi S, Azadbakht L, Rezaei M, Hojati N. Adherence to healthy diet is in relation to high linear growth in adolescent girls with open growth plate. *Nutrition Research*. 2020; 76: 29-36.
- ❖ Moradi S, Moloudi J, Moradinazar M, Sarokhani D, Nachvak SM, Samadi M. Adherence to Healthy Diet Can Delay Alzheimer's Diseases Development: A Systematic Review and Meta-Analysis. *Prev. Nutr. Food Sci*. 2020; 25(4):1-00.
- ❖ Ayeneh pour A, Moradinazar M, Samadi M, Hamzeh B, Najafi F, Karimi S, et al. Association of Dietary Inflammatory Index with Cardiovascular Disease in Kurdish Adults: Results of a Prospective Study on Ravansar Non-Communicable Diseases. *BMC Cardiovascular Disorders*. 2020; 20:434.
- ❖ Samadi M, Chaghazardi M, Bagheri A, Karimi S, Pasdar Y, Hozoori M, et al. A Review of High-Risk Rapid Weight Loss Behaviors with Assessment of Food Intake and Anthropometric Measurements in Combat Sport Athletes. *Archive of SID Asian J Sports Med*. 2019; 10(4):e85697.
- ❖ Moradinazar M, Pasdar Y, Najafi F, Shakiba E, Hamzeh B, Samadi M, et al. Validity of self-reported diabetes varies with sociodemographic characteristics: Example from Iran. *Clin Epid and Glob Health*. 2019.
- ❖ Nachvak SM, Alipour B, Malek Mahdavi A, Aghdashi MM, Abdollahzad H, Pasdar Y, et al. Effects of Coenzyme Q10 Supplementation on MMPs and DAS-28 in Patients with Rheumatoid Arthritis: A Randomized, Double-blind, Placebo-controlled Clinical Trial. *Clinical Rheumatology*. 2019; 38:3367–3374.
- ❖ Zeinali F, Samadi M, Hojjati N. The beneficial effects of fiber on major chronic diseases: A review of evidence. *JNFS*. 2018; 3(4): 226-239.
- ❖ Shabanpur M, Nachvak SM, Moradi S, Hedayati S, Hosseinikia M, Pasdar Y, et al. Nutritional Care in Iranian Intensive Care Units. *Clin Nutr Res*. 2018;7(2):136-145.
- ❖ Haidari F, Samadi M, Mohammadshahi M, Jalali MT, Ahmadi Engali K. 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.
- ❖ Samadi M, Zeinali F, Habibi N, Ghotbodini-Mohammadi S. Intake of Dietary Supplements and Malnutrition in Patients in Intensive Care Unit. *Int J Prev Med*. 2016;13;7:90.
- ❖ Zeinali F, Asadi Samani H, Toupchian O, Abdollahi S, Samadi M. A Review of the Relationship between Dietary Glycemic Index and Glycemic load and Type 2 Diabetes. *JNFS*. 2016; 1(1): 73-79.
- ❖ Zeinali F, Habibi N, Samadi M, Azam K, Djafarian K. Relation between Lifestyle and Socio-Demographic Factors and Body Composition among the Elderly. *Glob J Health Sci*. 2016;1;8(8):53715.
- ❖ Toupchian O, Abdollahi S, Samadi M, Zeinali F, HonarkarShafie E, Farsad Naeimi A, et al. Knowledge and Attitude on Cardiovascular Disease Risk Factors and Their Relationship with Obesity and Biochemical Parameters. *JNFS*. 2016; 1(1): 63-71.
- ❖ Zeinali F, Samadi M, Azam K, Djafarian K. [Body Composition among Elderly and Its Relationship with Physical Activity Pattern]. *J Mazandaran Univ Med Sci*. 2016; 26(135): 62-74. Persian
- ❖ Samadi M, Zeinali F, Ghotbodini Mohammadi S, Alipour M, Asadi Samani H. [The relationship between obesity and dietary patterns: review on evidence]. *J Clin Exc*. 2015; 4: 72-89. Persian

- ❖ Samadi M, Mohammadshahi M, Haidari F. Green Coffee Bean Extract as a Weight Loss Supplement. *J Nutr Disorders Ther.* 2015; 5:4.
- ❖ Samadi M, Sadrzadeh-Yeganeh, H, Azadbakht L, Jafarian K, Rahimi A, Sotoudeh G. Sensitivity and specificity of body mass index in determining obesity in children. *J Res Med Sci.* 2013;18(7):537-42.
- ❖ 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
- ❖ Samadi M, Sadrzadeh-Yeganeh H, Azadbakht L, Feizi A, Jafarian K, Sotoudeh G. Dietary calcium intake and risk of obesity in school girls aged 8-10 years *J Res Med Sci.* 2012;17(12):1102-7.

## Research Projects

- 2021
  - The associations between dietary inflammatory index and dietary patterns with premenstrual syndrome in women in Kermanshah, Kermanshah university of medical sciences, Supervisor
  - The association between dietary patterns and dietary inflammation index with infertility in women in Kermanshah: Case-control study, Kermanshah university of medical sciences, Supervisor.
  - Evaluation of the relationship between dietary inflammatory index and healthy eating index with the risk of liver fibrosis non-alcoholic fatty liver patients. Teammate.
- 2020
  - Evaluation of the effect of anti-inflammatory diet and Ginger extract on liver fat accumulation and Anthropometric and Biochemical index in 8-11 years obese children with fatty liver, Kermanshah university of medical sciences, Supervisor.
  - Evaluation of the effect of Nuts on the cognitive function, A meta-analysis study, Kermanshah university of medical sciences, Teammate.
  - Evaluation of the efficacy of high protein high calorie diet plus to L-Arginine, L-Glutamine and  $\beta$ -Hydroxy  $\beta$ -Methylbutyrate on pressure ulcers in 20-50 year adults in Kermanshah. Kermanshah university of medical sciences, Supervisor.
  - Evaluation of Navid e-learning system in Kermanshah University of Medical Sciences in 1399. Teammate.
  - Relationship between garlic, onion, fenugreek and cinnamon consumption (reducing factors in food) with blood sugar and lipid profile: Ravansar cohort study. Teammate.
- 2019
  - Evaluation of the effect of Nuts on the cognitive function in obese 10-8 years old girls in Kermanshah, Kermanshah university of medical sciences, Supervisor.
  - Dietary inflammatory index and its association with cardiovascular diseases: A case-control study of Ravansar cohort, Kermanshah university of medical sciences, Teammate.
  - Identify optimal cutoff points of Fat Mass Index, Visceral Adiposity Index, and A Body Shape Index for predicting of type 2 diabetes in the Ravansar's cohort study, Kermanshah university of medical sciences, Supervisor.
  - Evaluation of the effect of high protein supplementation on inflammatory indicators and muscle damage on basketball athletes in Kermanshah, Kermanshah university of medical sciences, Supervisor.

- 2018 Internal evaluation of nutrition department of Kermanshah University of Medical Sciences, Kermanshah university of medical sciences, Teammate.  
The assessment of nutritional status and nutritional supports in hospitalized preterm infants in neonatal intensive care unit in hospitals Kermanshah, Kermanshah university of medical sciences, Teammate.
- 2017 Investigating the association between rapid weight loss with muscle strength and nutritional status of 13-18 year-old wrestlers in Kermanshah, Kermanshah university of medical sciences, Teammate.  
Relationship between dietary pattern with closure growth plate in 12-13 years old girls in Kermanshah, Kermanshah university of medical sciences, Supervisor.  
Comparative survey of muscle strength and anthropometric indicators in different dietary patterns in 35-65 years old subjects, Kermanshah university of medical sciences, Supervisor.  
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, Kermanshah university of medical sciences, Teammate.  
The relationship between muscle strength with nutrition status, blood biomarkers and anthropometric indices in type 2 diabetic patients: case-control study, Kermanshah university of medical sciences, Teammate.  
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, Kermanshah university of medical sciences, Teammate.  
The assessment of nutritional status and nutritional supports in hospitalized preterm infants in neonatal intensive care unit in hospitals- Kermanshah, Kermanshah university of medical sciences, Teammate.
- 2015 Relation between dietary pattern and physical activity with Body Composition among the Elderly in Tehran, Tehran university of medical sciences, Teammate.
- 2014 The relationship between dietary patterns, Glycemic index and Glycemic load of foods in 20-50 years old type2 diabetic patients in Ahvaz, Ahvaz Jundishapour University of Medical Sciences, Supervisor
- 2013 The relationship between dietary patterns and obesity in students of Ahvaz University of Medical Sciences, Ahvaz Jundishapour University of Medical Sciences, Teammate.
- 2011 The comparison of daily calcium intake and some nutritional factors between overweight and normal weight 8-10 years old girls in Esfahan, Tehran university of medical sciences, Teammate.

## Conferences

- 2018 12<sup>th</sup> international conference on pediatrics health care, Paris, France.  
11<sup>th</sup> international Conference on Childhood Obesity and Nutrition, Barcelona, Spain.
- 2014 1<sup>th</sup> National snake and food Conference, Mashhad, Iran.

- 2013 4<sup>th</sup> Iranian Congress on Obesity Prevention and Treatment, Tehran, Iran.
- 2012 2<sup>th</sup> International Burn Conference, Tehran, Iran
- 2011 3<sup>th</sup> Iranian Congress on Obesity Prevention and Treatment, Tehran, Iran

### Presentations & Published Abstracts

- 2018
  - Nutritional complete and malnutrition in pediatric intensive care unit(PICU) children, Paris, France.
  - Evaluation of Formula Protein Content and Obesity in Children, Paris, France.
  - Mother's diet during pregnancy and childhood obesity, Paris, France.
  - Does dietary calcium intake is effective in regulating of body weight in children? Barcelona, Spain.
  - Comparison of snack composition in obese and normal weight children, Barcelona, Spain.
  - Fat Mass Index (FMI) or Body Mass Index (BMI)? Which is more accurate in diagnosing childhood obesity? Barcelona, Spain.
  - The association between nutritional supplements and body mass index (BMI) in children in Pediatric intensive care unit (PICU)? Barcelona, Spain.
- 2014
  - Snake intake and childhood obesity, Mashhad, Iran.
- 2013
  - Calcium intake and childhood obesity, Tehran, Iran.
- 2012
  - High protein, high calorie supplement intake and changes in Body Mass Index in burn center of Isfahan. Tehran, Iran.
- 2011
  - Comparison of FMI with BMI for determination of childhood obesity, Tehran, Iran.

### Editorial Board and Reviewing Activities

- Reviewer British journal of nutrition

### Professional Memberships

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