



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

First Name: Seyed Mostafa

Surname: Nachvak

Academic Rank: Associate Professor

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Personal Information

Place of birth: Kermanshah, Iran

Date of birth: 1964

Tertiary Education

- 2007-2011 Ph.D. ● Tabriz University of Medical Sciences, Faculty of Nutrition and Food Sciences
Thesis title: The effect of vitamin E and alpha-lipoic acid supplements on biomarkers of oxidative stress in children with Down syndrome
Supervisor: Dr. SoltanAli Mahboob
- 1995-1998 M.Sc. ● Tehran University of Medical Sciences, Faculty of Nutrition and Dietetics
Thesis title: The relationship between snack consumption pattern and tooth decay in normal and mentally retarded 12-year-old students in Tehran
Supervisor: Dr. Seyed Ali Keshavar
- 1990-1994 B.Sc. ● Tehran University of Medical Sciences, School of Public Health

Academic Responsibilities

- 2017-2021 ● Vice Chancellor for Education of the Nutrition Sciences and Food Industry Faculty

Key Areas of Research Expertise

- Metabolism of energy
- Oxidative stress
- Nutritional assessments

Skills

- **Language**
 - English (IELTS) & Farsi
- **Technical**
 - Working in a clinic as a dietitian
- **Software**
 - SPSS, N4, EndNote

Articles

- ❖ Nachvak SM, Shabanpur M, Mostafai R, Heidari Moghaddam R, Moludi J. L-Carnitine supplementation reduces biomarkers of inflammatory and oxidative stress in patients with coronary artery disease: a randomised controlled trial. *Arch Physiol Biochem*. 2020 Aug 20;1-8. doi: 10.1080/13813455.2020.1797102. Online ahead of print.
- ❖ Cheshmeh S, Nachvak SM, Rezvani N, Saber A. Effects of Breastfeeding and Formula Feeding on the Expression Level of FTO, CPT1A and PPAR- α Genes in Healthy Infants. *Diabetes Metab Syndr Obes*. 2020 Jun 26;13:2227-2237. doi: 10.2147/DMSO.S252122. eCollection 2020.
- ❖ 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-Dec;79-80:110986. doi: 10.1016/j.nut.2020.110986. Epub 2020 Aug 28.
- ❖ Abdollahzad H, Pasdar Y, Nachvak SM, Rezaeian S, Saber A, Nazari R. The Relationship Between the Dietary Inflammatory Index and Metabolic Syndrome in Ravansar Cohort Study. *Diabetes Metab Syndr Obes*. 2020 Feb 21;13:477-487. doi: 10.2147/DMSO.S240641. eCollection 2020.
- ❖ Morvaridzadeh M, Sadeghi E, Agah S, Nachvak SM, Fazelian S, Moradi F, Persad E, Heshmati J. Effect of melatonin supplementation on oxidative stress parameters: A systematic review and meta-analysis. *Pharmacol Res*. 2020 Nov;161:105210. doi: 10.1016/j.phrs.2020.105210. Epub 2020 Sep 29.
- ❖ Hosseini S, Nili-Ahmadabadi A, Nachvak SM, Dastan D, Moradi S, Abdollahzad H, Mostafai R. Antihyperlipidemic and Antioxidative Properties of *Pistacia atlantica* subsp. *kurdica* in Streptozotocin-Induced Diabetic Mice. *Diabetes Metab Syndr Obes*. 2020 Apr 20;13:1231-1236. doi: 10.2147/DMSO.S250417. eCollection 2020.
- ❖ Morvaridzadeh M, Nachvak SM, Agah S, Sepidarkish M, Dehghani F, Rahimlou M, Pizarro AB, Heshmati J. Effect of soy products and isoflavones on oxidative stress parameters: A systematic review and meta-analysis of randomized controlled trials. *Food Res Int*. 2020 Nov;137:109578. doi: 10.1016/j.foodres.2020.109578. Epub 2020 Jul 21.
- ❖ Moradi S, Ziaei R, Foshati S, Mohammadi H, Nachvak SM, Rouhani MH. Food groups intake in relation to stunting among exceptional children. *BMC Pediatr*. 2020 Aug 20;20(1):394. doi: 10.1186/s12887-020-02291-7.
- ❖ M. Hosseinikia, S. Mostafa Nachvak, S. Moradi. Maternal Nutrition Factors And Socio-Economic Status In Childhood Cancer. *World Cancer Research Journal*. Wcrj 2019; 6: E1423
- ❖ Nachvak SM, Moradi S, Anjom-Shoae J, Rahmani J, Nasiri M, Maleki V, Sadeghi O. Soy, Soy Isoflavones, and Protein Intake in Relation to Mortality from All Causes, Cancers, and Cardiovascular Diseases: A Systematic Review and Dose-Response Meta-Analysis of Prospective

- Cohort Studies. *J Acad Nutr Diet.* 2019 Sep;119(9):1483-1500.e17. doi: 10.1016/j.jand.2019.04.011. Epub 2019 Jul 2.
- ❖ Mostafai R, Mohammadi R, Nachvak SM, Rezaei M, Pasdar Y, Abdollahzad H, Rezvanmadani F, Moradi S, Morvaridzadeh M, Niazi P, Adeli K. Fortified yogurt with vitamin D as a cost-effective food to prevent diabetes: A randomized double-blind clinical trial. *Journal of Functional Foods.* 2018 Mar 31;42:137-45.
 - ❖ Nachvak SM, Pasdar Y, Pirsaeheb S, Darbandi M, Niazi P, Mostafai R, Speakman JR. Effects of Ramadan on food intake, glucose homeostasis, lipid profiles and body composition. *European journal of clinical nutrition.* 2018 Jun 8:1.
 - ❖ Bagheri A, Nachvak SM, Rezaei M, Moravridzade M, Moradi M, Nelson M. Dietary patterns and risk of prostate cancer: a factor analysis study in a sample of Iranian men. *Health promotion perspectives.* 2018;8(2):133.
 - ❖ Nachvak SM, Hedayati S, Hejazi N, Motamedi-Motlagh A, Abdollahzad H. Nutritional care and balance of energy in patients hospitalized in Iranian intensive care units. *Nutrition Clinique et Métabolisme.* 2018 May 1;32(2):122-8.
 - ❖ Gholizadeh F, Moludi J, Yagin NL, Alizadeh M, Nachvak SM, Abdollahzad H, Mirzaei K, Mostafazadeh M. The relation of Dietary diversity score and food insecurity to metabolic syndrome features and glucose level among pre-diabetes subjects. *Primary care diabetes.* 2018 Apr 9:4
 - ❖ Moradi S, Pasdar Y, Hamzeh B, Najafi F, Nachvak SM, Mostafai R, Niazi P, Rezaei M. Comparison of 3 Nutritional Questionnaires to Determine Energy Intake Accuracy in Iranian Adults. *Clinical Nutrition Research.* 2018 Jul 1;7(3):213-22.
 - ❖ Shabanpur M, Nachvak SM, Moradi S, Hedayati S, Hosseini M, Pasdar Y, Gholizadeh S, Samadi M. Nutritional Care in Iranian Intensive Care Units. *Clinical nutrition research.* 2018 Apr 1;7(2):136-45.
 - ❖ Sahargahi B, Abdollahzad H, Moludi J, Nachvak SM, Pasdar Y, Naderi MR, Rezaei M. Anthropometric Indices from Primary to High School in the West of Iran: Epidemiologic Trends. *Clinical Nutrition Research.* 2018 Jul 1;7(3):189-98.
 - ❖ Bagheri A, Nachvak SM, Abdollahzad H, Arzhang P, Rezaei M, Pasdar Y, Moradi MR, Mohammadi F. Relationship between nutrients intake and the risk of prostate cancer: A case-control study in Kermanshah, Iran. *Nutrition & Food Science.* 2018 Jul 9;48(4):689-700.
 - ❖ Nachvak SM, Hosseini M, Abdollahzad H, Pasdar Y, Oubari F, Hosseini R, Shabanpur M. Pattern of Kebab Intake as a Potential Carcinogenic Risk Factor in Adults of Kermanshah, Iran: 2015. *International Journal of Hematology-Oncology and Stem Cell Research.* 2018 Jan 5;12(1):23-8.
 - ❖ Nachvak SM, Hosseini S, Nili-Ahmadabad A, Dastanb D, Rezaei M. Chemical Composition and Antioxidant Activity of Pistacia Atlantica Subsp. Kurdica from Awraman. *Journal of Reports in Pharmaceutical Sciences.* 2018;7(3):222-30.
 - ❖ Moludi J, Alizadeh M, Lotfi Yagin N, Pasdar Y, Nachvak SM, Abdollahzad H, Sadeghpour Tabaei A. New insights on atherosclerosis: A cross-talk between endocannabinoid systems with gut microbiota. *J Cardiovasc Thorac Res.* 2018;10(3):129-137. doi: 10.15171/jcvtr.2018.21. Epub 2018 Sep 27.
 - ❖ Sahargahi B, Abdollahzad H, Moludi J, Nachvak SM, Pasdar Y, Naderi MR, Rezaei M. Anthropometric Indices from Primary to High School in the West of Iran: Epidemiologic Trends. *Clin Nutr Res.* 2018 Jul;7(3):189-198. doi: 10.7762/cnr.2018.7.3.189. Epub 2018 Jul 31.
 - ❖ Nachvak SM, Abdollahzad H, Mostafai R, Moradi S, Pasdar Y, Rezaei M, Eskandari S. Dietary Diversity Score and Its Related Factors among Employees of Kermanshah University of Medical Sciences. *Clinical nutrition research.* 2017 Oct 1;6(4):247-55.

- ❖ Nachvak SM, Moradi S, Mostafaei R, Sharafi K. The role of nutrition in reducing the harmful effects of dust on human health; A review study. *Journal of Kermanshah University of Medical Sciences*. 2016 Jan 1;20(1):37-42.
- ❖ Nachvak S, Rahimi F, Pashar Y, Niazi P, Darbandi M. Investigating nutritional status of exceptional pupils in Tehran city (2014). *International Journal of Pharmacy and Technology*. 2016;8(2):12826-36.
- ❖ Pashar Y, Rahimi F, Darbandi M, Nazar M, Niazi P, Nachvak S. The relationship between anthropometric indexes and blood biomarkers with fatty liver-a case-control study; Kermanshah, Iran. *International Journal of Pharmacy and Technology*. 2016;8(2):12837-46.5
- ❖ Pashar Y, Darbandi M, Niazi P, Hamzeh B, Nachvak SM, Barzegar A. Risk factors of metabolic syndrome among food suppliers. *Srpski Arhiv za Celokupno Lekarstvo*. 2016 Aug 15;145(5-6):289-93.
- ❖ Nachvak, S., Mostafai, R., Moradi, S., Eskandari, S., Niazi, P., & Darbandi, M.(2016). The association between nutritional status and sleep health. *International Journal of Pharmacy and Technology*, 8(2), 12848-12857.
- ❖ Nemati A, Nachvak S, Djafarian K, Faizi-Khankandi I. Effect of omega-3 fatty acid supplementation on nutritional status in patients with gastric cancer during chemotherapy. *Journal of Nutritional Sciences and Dietetics*. 2015 Oct 5;1(1):2-8.
- ❖ Nachvak SM, Djafarian K. Oxidative Stress, Cancer and Obesity, Three Complications Threatens Health in Down Syndrome that Are Preventable. *Scientific journal of ilam university of medical sciences*. 2015 Apr 15;23(1):134-42.
- ❖ Nachvak SM, Neyestani TR, Mahboob SA, Sabour S, Keshawarz SA, Speakman JR. α -Tocopherol supplementation reduces biomarkers of oxidative stress in children with Down syndrome: a randomized controlled trial. *European journal of clinical nutrition*. 2014 Oct;68(10):1119.
- ❖ Pashar Y, Darbandi M, Nachvak SM. Nutritional status of working children as a neglected group in Kermanshah. *J Commun Health Res*. 2014 Jan 1;3:124-31.
- ❖ Nachvak, Seyed Mostafa, et al. "Ketogenic Diet An Effective Method In Treatment Of Drug-Resistant Epilepsy In Mentally Retarded Children. *Iranian exceptional children journal*" (2014): 77-84.
- ❖ Vaghef MI, Djafarian K, Vaghaf Me, Nachvak S. Dietary Quality Of Iranian School-Aged Children With Down Syndrome: Healthy Eating Index. *Iranian Exceptional Children Journal*" (2013): 87-91.
- ❖ Nachvak SM, Jabbari H, Ostadrahimi A, Djafarian K. Weight gain during pregnancy and birth weight outcome in pregnant women, Tabriz, Iran. *Journal of Community Health Research*. 2012 Jul 15;1(1):1-0.6
- ❖ Nachvak SM, Mahboob SA, Speakman JR. Low consumption of fruit and vegetables, and markers of oxidative stress in children with Down syndrome. *Downs Syndr Res Pract*. 2010 Feb;13.
- ❖ Nachvak, S. M., and M. HADIAN. "HEALTH KNOWLEDGE OF CAREGIVERS IN SPECIAL EDUCATION CENTERS." (2005): 87-100.
- ❖ Nachvak, S. M., K. JAFARIAN, and J. SPEAKMAN. "MITOCHONDRIAL DYSFUNCTION IN DOWN'S SYNDROME." (2005): 203-210.
- ❖ Nachvak SM, Nachrak MN, Ahanikamangar SA. Epilepsy in Children with Intellectual Disabilities: p1288. *Epilepsia*. 2005 Sep 1;46:390.
- ❖ Nachvak SM, Rezaei M. The relationship between iron deficiency and school achievement in mentally retarded children in Tehran. *Quarterly Journal of Research Institute of Exceptional Children*. 2003;7(1):3-12.

Research Projects

- 2020
 - Evaluation of peeled oleaster (*Elaeagnus angustifolia* L.) flour (PO) and unpeeled oleaster flour (UPO) effect as an antimicrobial, stabilizer, and antioxidant in the production of mayonnaise/ Kermanshah University of medical sciences/supervisor

Internal evaluation of food Science & technology department of Kermanshah University of medical sciences in 2020/ Kermanshah University of medical sciences/Assistant

The Effect of satureja kermanshahensis Jamzad essential oil nanoemulsion on the physicochemical, Structural, ntibacterial and Antioxidant properties of gelatin- nano selenium composite films/ Kermanshah University of medical sciences/Advisor

Assessment of aflatoxin B1 changes, in bread and traditional wheat-based products during processing and estimation of its Dietary Intake/ Kermanshah University of medical sciences/Advisor

Risk assessment and exposure to aflatoxins B1 through the consumption of traditional cookies in Kermanshah/ Kermanshah University of medical sciences/Advisor
- 2017
 - Effect of oil type on stability and physicochemical properties of oil-in-water emulsion in the presence of gossypinus tragacanth gum / Shahid Beheshti University of Medical Sciences / supervisor

Investigation of temperature dependence of steady, unsteady rheological properties and Cox Merz law of oil in water emulsion stabilized with tragacanth gum / Shahid Beheshti University of Medical Sciences / supervisor
- 2016
 - Evaluation of production and optimization of structured oil systems: ethylcellulose and betacitosterol oleogels and hydrocolloid-based oleogels in margarine with low saturated fatty acid / Shahid Beheshti University of Medical Sciences / supervisor

Investigation of the use of tragacanth gum as a walnut coating to prevent oxidation / Shahid Beheshti University of Medical Sciences / supervisor
- 2015
 - Using edible coatings as biological packaging for cheese storage / Shahid Beheshti University of Medical Sciences / supervisor
- 2013
 - The effect of pH, ionic strength and storage temperature on the stability and physicochemical properties of oil-in-water emulsion in the presence of tragacanth gum (*Astragalus gossypinus*) / Shahid Beheshti University of Medical Sciences / supervisor

Books

- 2004 - Metabolic abnormalities in Down syndrome

Conferences

- 2017
 - Nachvak SM, Khamoshi F, “Insulin resistance, blood biomarkers and health indices in obese women in Kermanshah” Nutrition: From basic science research to clinical interventions
- 2017
 - Nachvak SM, Morvaridzadah M, “Food Security Survey in Households in Kermanshah, 2016” Nutrition: From basic science research to clinical interventions

Presentations & Published Abstracts

- 2018
 - Nachvak SM. The assessment of dietary diversity score and sleep health. The Second International Congress and the Fourteenth Iranian Nutrition Congress.
 - Nachvak SM. Short stature and main food groups intake in Iranian mentally retarded, blind and deaf children The Second International Congress and the Fourteenth Iranian Nutrition Congress.
 - Nachvak SM. Dietary diversity score and anthropometric indices. The Second International Congress and the Fourteenth Iranian Nutrition Congress.

Workshops

- 2021
 - Nutritional care in Covid-19
- 2020
 - Nutrition and Doping
 - Management of weight
 - Nutrition and NAFLD

Editorial Board and Reviewing Activities

- **Reviewer**
 - Clinical Nutrition Research
 - Kowsar Publications
 -

Professional Memberships

- Member of University Educational Council

Awards & Grants

- 2018
 - 1th Rank, Academic Staff of School of Nutritional Sciences and Food Technology Kermanshah University of Medical Sciences
- 2017
 - 1st Rank, Researcher of School of Nutritional Sciences and Food Technology Kermanshah University of Medical Sciences