



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

First Name: Hadi

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Academic Rank: Associate professor in Nutritional Sciences

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Kermanshah University of Medical Sciences, Kermanshah, Iran

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Personal Information

Place of birth: Urmia, Iran

Tertiary Education

- 2015, PhD in Nutrition • Tabriz University of Medical Sciences.
Thesis Title: The effect of coenzyme Q10 supplementation on clinical symptoms, inflammatory factors, matrix metalloproteinases and oxidative status in patients with rheumatoid arthritis: a randomized controlled clinical trial
- 2005, M.Sc. in Nutrition • Iran University of Medical Sciences
Thesis Title: The effect of vitamin C supplementation on lipid profile and serum lipid peroxidation in hemodialysis patients in Shahid Hasheminejad Hospital, Tehran
- 2000, B.Sc. in Nutrition • Shahid Beheshti University of Medical Sciences

Academic Responsibilities

- 2018 to present • The head of nutrition department

Key Areas of Research Expertise

- Nutrition in rheumatoid arthritis
- Nutrition in thalassemia
- Nutrition in autism spectrum disorders
- Dietary patterns

- Antioxidants

Skills

- Language English (IELTS), Persian, Kurdish
- Technical Working as a dietitian in clinic
- Software SPSS, EndNote, N4, AnthroPlus

Articles

- Sharifi-Zahabi E, **Abdollahzad H**, Mostafa Nachvak S, Moloudi J, Golpayegani MR, Asiaei S, et al. 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;75(6):e14062.
- Esmaeili MH, Seyednejad F, Mahboub-Ahari A, Ameri H, **Abdollahzad H**, Safaei N, et al. Cost-effectiveness analysis of lung cancer screening with low-dose computed tomography in an Iranian high-risk population. *Journal of medical screening*. 2021:09691413211018253.
- Moludi J, Khedmatgozar H, Nachvak SM, **Abdollahzad H**, Moradinazar M, Sadeghpour Tabaei A. 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*. 2021:1-10.
- Sharifi-Zahabi E, Hajizadeh-Sharafabad F, **Abdollahzad H**, Dehnad A, Shidfar F. The effect of green tea on prostate specific antigen (PSA): A systematic review and meta-analysis of randomized controlled trials. *Complementary therapies in medicine*. 2021:102659.
- Morvaridzadeh M, Nachvak SM, Mohammadi R, Moradi S, Mostafai R, Pizarro AB, et al. Probiotic yogurt fortified with vitamin D Can improve glycemic status in non-alcoholic fatty liver disease patients: a randomized clinical trial. *Clinical nutrition research*. 2021;10(1):36.
- Javadvfar Z, **Abdollahzad H**, Moludi J, Rezaeian S, Amirian H, Foroughi AA, et al. 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;79:110986.
- Khosravipour M, **Abdollahzad H**, Khosravi F, Rezaei M, Mohammadi Sarableh H, Moradi Z. The effects of exposure to different noise frequencies on the prevalence of metabolic syndrome. *European journal of preventive cardiology*. 2020;27(13):1451-4.
- Khosravipour M, **Abdollahzad H**, Khosravi F, Rezaei M, Mohammadi Sarableh H, Moradi Z. The Association of Occupational Noises and the Prevalence of Metabolic Syndrome. *Annals of work exposures and health*. 2020;64(5):514-21.
- Rasaei S, Alizadeh M, Kheirouri S, **Abdollahzad H**. Does total antioxidant capacity affect the features of metabolic syndrome? A systematic review. *Nutrition & Food Science*. 2020.
- Talab AT, **Abdollahzad H**, Nachvak SM, Pasdar Y, Eghtesadi S, Izadi A, et al. Effects of Chromium Picolinate Supplementation on Cardiometabolic Biomarkers in Patients with Type 2 Diabetes Mellitus: a Randomized Clinical Trial. *Clinical nutrition research*. 2020;9(2):97.
- Sharifi-Zahabi E, **Abdollahzad H**, Golpayegani MR, Jamshidi KH, Asiaei S, Aghdashi MA, et al. Effects of Alpha-Lipoic Acid on Serum Iron, Total Iron Binding Capacity and Hematological Indices in β -Thalassemia Major Patients: A Cross Over Clinical Trial. *Iranian Journal of Nutrition Sciences & Food Technology* 2020;15 (3), 9-18[in Persian].
- Khalili F, Najafi B, Mansour-Ghanaei F, Yousefi M, **Abdollahzad H**, Motlagh A. Cost-Effectiveness Analysis of Colorectal Cancer Screening: A Systematic Review. *Risk Management and Healthcare Policy*. 2020;13:1499.
- Sahargahi B, Nachvak S, **Abdollahzad H**, Tandorost A, Moludi J, Rezaei M, et al. Concurrent Stunting with Overweight in High School Students from EslamAbad-e Gharb City, Iran. 2020 [in Persian].
- Jamshidi K, **Abdollahzad H**, Nachvak M, Rezaei M, Golpayegani MR, Zahabi ES. Effects of Alpha-Lipoic Acid Supplementation on Cardiovascular Disease Risk Factors in β -Thalassemia Major Patients: A Clinical Trial Crossover Study. *Journal of Blood Medicine*. 2020;11:131.
- Ahmadi E, **Abdollahzad H**, Pasdar Y, Rezaeian S, Moludi J, Nachvak SM, et al. Relationship Between the Consumption of Milk-Based Oils Including Butter and Kermanshah Ghee with Metabolic Syndrome: Ravansar

Non-Communicable Disease Cohort Study. Diabetes, metabolic syndrome and obesity: targets and therapy. 2020;13:1519.

- Hosseini S, Nili-Ahmadabadi A, Nachvak SM, Dastan D, Moradi S, **Abdollahzad H**, et al. Antihyperlipidemic and antioxidative properties of pistacia atlantica subsp. Kurdica in streptozotocin-induced diabetic mice. Diabetes, metabolic syndrome and obesity: targets and therapy. 2020;13:1231.
- **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, metabolic syndrome and obesity: targets and therapy. 2020;13:477.
- Bagheri A, Nachvak SM, **Abdollahzad H**, Rezaei M. Inflammatory Potential of Diet and the Risk of Prostate Cancer: A Case-control Study in the West of Iran. Current Nutrition & Food Science. 2019;15(7):718-24.
- Nachvak SM, Alipour B, Mahdavi AM, Aghdashi MA, **Abdollahzad H**, Pasdar Y, et al. Effects of coenzyme Q10 supplementation on matrix metalloproteinases and DAS-28 in patients with rheumatoid arthritis: a randomized, double-blind, placebo-controlled clinical trial. Clinical rheumatology. 2019;38(12):3367-74.
- Pasdar Y, Moradi S, **Abdollahzad H**, Hamzeh B, Najafi F, Nachvak SM, et al. Accuracy of Waist to Hip Ratio Calculated by Bioelectric Impedance Device in the Ravansar Non-Communicable Disease Cohort Study. Topics in Clinical Nutrition. 2019;34(4):269-76.
- Pasdar Y, Moradi S, Hamzeh B, Najafi F, Nachvak SM, Mostafai R, et al. The validity of resting energy expenditure predictive equations in adults with central obesity: A sub-sample of the RaNCD cohort study. Nutrition and health. 2019;25(3):217-24.
- Bagheri A, Nachvak SM, **Abdollahzad H**, Mohammadi F. Does alternative healthy eating index can predict the risk of prostate cancer? Nutrition & Food Science. 2019.
- Sharifi-Zahabi E, **Abdollahzad H**, Nachvak SM, Pasdar Y, Bagheri A, Sahargahi B, et al. Prevalence of lactose intolerance and its association with breakfast consumption in Iranian adolescents. Nutrition & Food Science. 2019.
- Pasdar Y, Moradi S, Moludi J, Darbandi M, Niazi P, Nachvak SM, et al. Risk of metabolic syndrome in non-alcoholic fatty liver disease patients. Mediterranean Journal of Nutrition and Metabolism. 2019;12(4):353-63.
- Gholizadeh F, Moludi J, Yagin NL, Alizadeh M, Nachvak SM, **Abdollahzad H**, et al. The relation of Dietary diversity score and food insecurity to metabolic syndrome features and glucose level among pre-diabetes subjects. Primary care diabetes. 2018;12(4):338-44.
- Moradi S, **Abdollahzad H**. Does HbA1c Have a Potential in Gestational Diabetes Mellitus Diagnosis? International Journal of Health and Life Sciences. 2018;4(2).
- Bagheri A, Nachvak SM, **Abdollahzad H**, Arzhang P, Rezaei M, Pasdar Y, et al. Relationship between nutrients intake and the risk of prostate cancer. Nutrition & Food Science. 2018.
- Sahargahi B, **Abdollahzad H**, Moludi J, Nachvak SM, Pasdar Y, Naderi MR, et al. Anthropometric Indices from primary to high school in the west of Iran: Epidemiologic Trends. Clinical nutrition research. 2018;7(3):189.
- 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;32(2):122-8.
- Mostafai R, Mohammadi R, Nachvak SM, Rezaei M, Pasdar Y, **Abdollahzad H**, et al. Fortified yogurt with vitamin D as a cost-effective food to prevent diabetes: A randomized double-blind clinical trial. Journal of functional foods. 2018;42:137-45.
- Moludi J, Alizadeh M, Yagin NL, Pasdar Y, Nachvak SM, **Abdollahzad H**, et al. New insights on atherosclerosis: A cross-talk between endocannabinoid systems with gut microbiota. Journal of cardiovascular and thoracic research. 2018;10(3):129.
- Nachvak SM, Hosseinikia M, **Abdollahzad H**, Pasdar Y, Oubari F, Hosseinikia R, et al. 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;12(1):23.
- Nachvak SM, **Abdollahzad H**, Mostafai R, Moradi S, Pasdar Y, Rezaei M, et al. Dietary diversity score and its related factors among employees of Kermanshah University of Medical Sciences. Clinical nutrition research. 2017;6(4):247.
- Faraji O, Ramazani A, Abbaszadeh M, **Abdollahzad H**, Aliabadi A. The effect of design and evaluation of health education program on knowledge, attitude and performance of patients' family members about tuberculosis disease in Zabol. The Journal of Toloo-e-Behdasht. 2016; 15 (2) :73-81[in Persian].

- **Abdollahzad H**, Alipour B, Aghdashi MA, Jafarabadi MA. Coenzyme Q10 supplementation in patients with rheumatoid arthritis: Are there any effects on cardiovascular risk factors? *European Journal of Integrative Medicine*. 2015;7(5):534-9.
- **Abdollahzad H**, Aghdashi MA, Jafarabadi MA, Alipour B. Effects of coenzyme Q10 supplementation on inflammatory cytokines (TNF- α , IL-6) and oxidative stress in rheumatoid arthritis patients: a randomized controlled trial. *Archives of medical research*. 2015;46(7):527-33.
- Salehi-Abargouei A, **Abdollahzad H**, Bameri Z, Esmailzadeh A. Underweight, overweight and obesity among Zaboli adolescents: a comparison between international and Iranians' national criteria. *International journal of preventive medicine*. 2013;4(5):523.
- **Abdollahzad H**, Eghtesadi S, Nourmohammadi I, Khadem-Ansari M, Nejad-Gashti H, Esmailzadeh A. Effect of vitamin C supplementation on oxidative stress and lipid profiles in hemodialysis patients. *International journal for vitamin and nutrition research*. 2009;79(56):281-7.
- **Abdollahzad H**, Eghtesadi S, Nourmohammadi I, Khadem-Ansari M, Nejad-Gashti H, Esmailzadeh A. The effect of vitamin C supplementation on oxidative stress in hemodialysis patients. *Studies in medical sciences (the journal of Urmia university of medical sciences)* 2007; 18(2): 490-7 [in Persian].
- Esmailzadeh A, Ghiasvand R, **Abdollahzad H**, ShoaKazemi M, Rahmani Kh. The relationship between dietary calcium intake and incidence of preeclampsia and pregnancy induced hypertension. *Pazhouesh dar pezheshki*, 2002; 26(1): 3-8 [in Persian].

Research Projects

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| • 2021 | • Comparison of Low-Carbohydrate Diet and Low-Fat Diet effects on anthropometric indices and body fat percentage: A systematic review and meta-analysis of clinical interventions |
| • 2021 | • Plasma advanced glycation end products (AGEs) and their soluble receptor (sRAGE) in relation to all cause and cardiovascular mortality: a systematic review and meta-analysis of prospective observational studies |
| • 2019 | • The survey of exposure to noise frequency components on the risk of metabolic syndrome in bisetun temporal power plant employees |
| • 2018 | • Internal Evaluation in Department of Nutritional Sciences, Kermanshah University of Medical Sciences
• The effects of alpha lipoic acid supplementation on lipid profile, oxidative stress and iron overload in patients with thalassemia major |
| • 2017 | • Effects of Coenzyme Q10 supplementation on serum levels of some vascular inflammatory biomarkers and adipokines in rheumatoid arthritis patient |

Conferences

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| • 2017 | • 3 rd international Congress & 15 th Congress of Iran Nutrition, Epidemiologic trends: anthropometric indices from primary to high school in the west of Iran, Tehran, Iran
• 3 rd international Congress & 15 th Congress of Iran Nutrition, Inflammatory potential of diet and the risk of prostate cancer: a case control study in the west of Iran, Tehran, Iran
• 3 rd international Congress & 15 th Congress of Iran Nutrition, Relationship between nutrients intake and the risk of prostate cancer: a case control study in Kermanshah, Iran, , Tehran, Iran
• The first International Congress of " Nutrition: from Laboratory Research to Clinical Studies", Effects of CoQ10 supplementation on CVD risk factors in rheumatoid arthritis patients, Mashhad, Iran |
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- The first International Congress of " Nutrition: from Laboratory Research to Clinical Studies", The validity of resting energy expenditure predictive equations in adults: a cohort study Ravansar, Mashhad, Iran
- The first International Congress of " Nutrition: from Laboratory Research to Clinical Studies", Insulin resistance, blood bio-markers and health indices in obese women in Kermanshah, Mashhad, Iran
- 2016
 - 5th international conference of Orthopedic surgeons and rheumatology, Coenzyme Q10 supplementation and health status of rheumatoid arthritis patients, Spain

Workshops

- 2019
 - Nutrition in Rheumatoid arthritis
 - Medical nutrition therapy in fatty liver
 - Promoting breastfeeding
 - Nutrition in sexual disorders
- 2018
 - Search for electronic resources in databases
 - Weight management
 - Nutrition and healthy diet
 - Survey of food consumption
- 2017
 - Nutrition services in the prevention of non-communicable diseases
 - Reference writing with End Note
 - Implementation of the country's health care network management fellowship program
- 2016
 - Medical nutrition therapy in anemia
 - Medical nutrition therapy in malignancies and cancer
 - Medical nutrition therapy in Diabetes

Editorial Board and Reviewing Activities

- Editorial Board
 - Editorial board member of EC Nutrition Journal
- Reviewer for journals of:
 - Clinical Nutrition
 - Nutrition
 - Journal of the American college of Nutrition
 - Journal of Cardiovascular Translational Research
 - Nutrition and Food Science
 - Complementary Therapies in Medicine
 - European Journal of Integrative Medicine
 - Epidemiology and Health
 - Journal of Child and Adolescent Health
 - Journal of Reports in Pharmaceutical Sciences
 - International Journal of Health and Life Sciences
 - Journal of Kermanshah University of Medical Sciences

Professional Memberships

- Iranian nutrition society