



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



**First Name:** MEHNOOSH

**Surname:** SAMADY

**Academic Rank:** Associate Professor

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

**Email:** [Mehnoush.samadi@kums.ac.ir](mailto:Mehnoush.samadi@kums.ac.ir)  
[Mehnoosh\\_samadi@yahoo.com](mailto:Mehnoosh_samadi@yahoo.com)

## Personal Information

Place of birth: Isfahan  
Date of birth: 1985  
Contact number: 08337102009

## 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, 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 English
- Technical .....
- Software SPSS-N4-Office

## Articles

Negin Elahi, Homayoun Elahi, Jamshid Gholizadeh Navashenaq, Hadi Abdollahzad, Behzad Mahaki, Davood Soleimani, Roghayeh Mostafaei, Mehnoosh Samadi, Amir Bagheri, Seyed Mostafa Nachvak. The relationship between major dietary patterns and disease activity of rheumatoid arthritis. *Clinical Nutrition ESPEN*. 2022.

Aiuob Kamangar, Mohammad Azizi, Mehnoosh Samadi. The Correlation between Junk Food Consumption and Health-Related Physical Fitness Factors in 10 - 12 Years Students of Kamyaran, Iran. *J Health Rep Technol*. 2023; 9(1):130917.

Negin Kamari, Mehdi Moradinazar, Mahmoud Qasemi, Tina Khosravy, Mehnoosh Samadi\*, Hadi Abdollahzad. Combination of the effect of ginger and anti-inflammatory diet on children with obesity with nonalcoholic fatty liver disease: A randomized clinical trial. *Food Sci Nutr*. 2023;11:1846–1859.

Mehnoosh Samadi, Mehdi Moradinazar, Tina Khosravy, Davood Soleimani, Parvin Jahangiri, Negin Kamari. A Systematic Review and Meta-Analysis of Preclinical and Clinical Studies on the Efficacy of Ginger for the Treatment of Fatty Liver Disease. *Phytotherapy Research*. 2022 ;36:1182–1193.

Amir Bagheri, Tina Khosravy, Mehdi Moradinazar, Seyed Mostafa Nachvak, Yahya Pasdar, Davood Soleimani, Mehnoosh Samadi. Optimal cut-off points of fat mass index and visceral adiposity index associated with type 2 diabetes mellitus. *Food Science and Nutrition*. 2022 ;00:1–8.

Mehnoosh Samadi, Tina Khosravy, Leila Azadbakht, Mansour Rezaei, Mohammad Mosafaghadir, Negin Kamari, Amir Bagheri, Yahya Pasdar, Farid Najafi, Behrouz Hamze, Davood Soleimani. Major dietary patterns in relation to muscle strength status among middle-aged people: A cross-sectional study within the RaNCD cohort. *Food Science and Nutrition*. 2021 ;9:6672–6682.

Ping Wanga , Yingtao Shenga and Mehnoosh Samadi. Effects of almond consumption on lipid profile in patients with type 2 diabetes: a systematic review and meta-analysis of randomised controlled trials. *Archives of Physiology and Biochemistry*. 2021. <https://doi.org/10.1080/13813455.2021.1987477>.

Mohsen Mohit , Mehran Nouri , Mehnoosh Samadi , Yasaman Nouri , Neda Heidarzadeh-Esfahani , Kamesh Venkatakrishnan, Cyrus Jalili .The effect of sumac (*Rhus coriaria L.*) supplementation on glycemic indices: A

systematic review and meta-analysis of controlled clinical trials. *Complementary Therapies in Medicine*. 61 (2021) 102766.

Mahin Amini , Farid Najafia , Ali Kazemi Karyania , Yahya Pasdarb , Mehnoosh Samadib , Mehdi Moradinazar. Does Socioeconomic Status Affect Fruit and Vegetable intake? Evidence from a cross-sectional analysis of the RaNCD Cohort .*International journal of fruit science* .2021; 1: 779–790

Mehnoosh Samadi, Davoud Soleimani, Mohamad Moradi, Negin Kamari, Mansour Rezaei, Mohammad Hozoori. The Effect of Whey Protein Supplementation on Inflammatory Markers and Muscle Damage in Basketball Athletes: A Double-Blinded Clinical Trial. *J Isfahan Med Sch*. 2021 ; 39(640): 659-64.

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. *Educ Res Med Sci*. 2021

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.

Hosseinkia 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\*, Zeinaly 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.
- 2021 The association between dietary patterns and dietary inflammation index with infertility in women in Kermanshah: Case-control study, Kermanshah university of medical sciences, Supervisor.
- 2021 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 8-11years obese children with fatty liver, Kermanshah university of medical sciences, Supervisor.
- 2020 Evaluation of the effect of Nuts on the cognitive function, A meta-analysis study, Kermanshah university of medical sciences, Teammate.
- 2020 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.

- 2020 Evaluation of Navid e-learning system in Kermanshah University of Medical Sciences in 1399. Teammate.
- 2020 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.
- 2019 Dietary inflammatory index and its association with cardiovascular diseases: A case-control study of Ravansar cohort, Kermanshah university of medical sciences, Teammate.
- 2019 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.  
2018 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.
- 2018 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.
- 2017 Relationship between dietary pattern with closure growth plate in 12-13 years old girls in Kermanshah, Kermanshah university of medical sciences, Supervisor.
- 2017 Comparative survey of muscle strength and anthropometric indicators in different dietary patterns in 35-65 years old subjects, Kermanshah university of medical sciences, Supervisor.
- 2017

- 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, 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.
- 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, Kermanshah university of medical sciences, Teammate.
- 2015 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.
- 2014 Relation between dietary pattern and physical activity with Body Composition among the Elderly in Tehran, Tehran university of medical sciences, Teammate.
- 2013 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
- 2011 The relationship between dietary patterns and obesity in students of Ahvaz University of Medical Sciences, Ahvaz Jundishapour University of Medical Sciences, Teammate.  
  
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.
- 2018 11<sup>th</sup> international Conference on Childhood Obesity and Nutrition, Barcelona, Spain.
- 2012 2<sup>th</sup> International Burn Conference, Tehran, Iran.
- 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.
- 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.
- 2018 Evaluation of Formula Protein Content and Obesity in Children, Paris, France.
- 2018 Mother's diet during pregnancy and childhood obesity, Paris, France.
- 2018 Does dietary calcium intake is effective in regulating of body weight in children? Barcelona, Spain.
- 2018 Comparison of snack composition in obese and normal weight children, Barcelona, Spain.
- 2018 Fat Mass Index (FMI) or Body Mass Index (BMI)? Which is more accurate in diagnosing childhood obesity? Barcelona, Spain.
- 2018 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