



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



Jalal Moludi, Ph.D.

Academic Rank: Assistant Professor

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

Personal Information

Date of birth: Oct.8.1990 in Mahabad

Nationality: Iranian

Gender: Male

Marital status: Married

Tertiary Education

- **Ph.D.**
Cellular and Molecular Nutrition
2015-2018
 - Tabriz University of Medical Sciences, Faculty of Nutrition and Food Sciences, Tabriz, Iran.
 - **Thesis:** Effect of **probiotic supplementation** along with calorie restriction on metabolic endotoxemia, inflammation markers, **gut microbiota profile** and **gut metabolites** in patients with coronary artery disease patients: a double blind placebo controlled randomized clinical trial
Supervisor: Dr. Mohammad Alizadeh.
- **M. Sc.**
Health Sciences and Nutrition
2012-2014
 - School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran.
 - **Thesis:** Q10 supplementation effects on cardiac enzyme in patients undergoing coronary artery bypass graft
 - **Supervisor:** Dr. Syed Ali Keshavarz

Academic Responsibilities

- From 2019 up to now
- From 2021 up to now
- Member of the educational council of the faculty
- Editorial Board Members of **BMC Nutrition**

Key Areas of Research Expertise

Jalal Moludi currently works at the Nutrition Department, Kermanshah University of Medical Sciences. Dr. Moludi's major research interests involve prevention and treatment of obesity, cardiovascular disease and diabetes disease through diet and lifestyle. He has focused on diet and lifestyle determinants of the metabolic syndrome, obesity and cardiovascular disease. Several detailed analyses in this field have been done, including intakes of dietary patterns; and intake of probiotics. His current research has expanded to investigate the link between probiotic, Inulin, gut microbiota, food habits, and dietary patterns.

Here are a few of my favorite interests:

- **Nutritional interventions focusing on Diabetes Mellitus (DM) and Cardiovascular disease (CVD)**
- **Probiotics**
- **Gut microbiota**
- **Obesity**
- **Depression**

- **Dietary intakes**

Skills

- Language
 - Persian, English, Kurdish (mother tongue)
- Technical
 - DNA extraction
 - ELISA
 - PCR/Real time PCR practice and gene expression analyses
 - Microbiology practice and techniques
- Software
 - General software: statistic soft-wares (SPSS) and other soft wares such as Windows` soft-wares, Word, Excel, PowerPoint, Photoshop, Endnote, Graph pad
 - Nutritional software: Nutritionist (N4), Antro plus, Body composition analyzer soft-wares, 24 H Food recall/record analysis soft-wares, FFQ analysis

Articles

- ✍ **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 Feb 19:1-0.
- ✍ **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.
- ✍ 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.

- ✍ Alizadeh M, ***Moludi J**, Khodaei H, Saber A, Kheirouri S, Pourteymour Fard Tabrizi F, Kamari N. [Recent Updates on Anti-Inflammatory and Antimicrobial Effects of Furan Natural Derivatives]. *Journal of Inflammation Research*. 2020; 19; 13:451-463.
- ✍ Pasdar Y, Moradi S, ***Moludi J**, Saiedi S, Moradinazar M, Hamzeh B, Jafarabadi MA, Najafi F. Waist-to-height ratio is a better discriminator of cardiovascular disease than other anthropometric indicators in Kurdish adults. *Scientific reports*. 2020 Oct 1;10(1):1-0.
- ✍ **Moludi J**, Kafil HS, Qaisar SA, Gholizadeh P, Alizadeh M, Vayghyan HJ. Effect of probiotic supplementation along with calorie restriction on metabolic endotoxemia, and inflammation markers in coronary artery disease patients: a double blind placebo controlled randomized clinical trial. *Nutrition Journal*. 2021 Dec;20(1):1-0.
- ✍ **Moludi J**, Maleki V, Jafari-Vayghyan H, Vaghef-Mehrabany E, Alizadeh M. Metabolic endotoxemia and cardiovascular disease: A systematic review about potential roles of prebiotics and probiotics. *Clinical and Experimental Pharmacology and Physiology*. 2020 Jun;47(6):927-39.
- ✍ **Moludi J**, Saiedi S, Ebrahimi B, Alizadeh M, Khajebishak Y, Ghadimi SS. Probiotics supplementation on cardiac remodeling following myocardial infarction: a single-center double-blind clinical study. *Journal of cardiovascular translational research*. 2021 Apr;14(2):299-307.
- ✍ **Moludi J**, Moradinazar M, Hamzeh B, Najafi F, Soleimani D, Pasdar Y. Depression Relationship with Dietary Patterns and Dietary Inflammatory Index in Women: Result from Ravansar Cohort Study. *Neuropsychiatric Disease and Treatment*. 2020;16:1595.
- ✍ 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.
- ✍ **Moludi J**, Kafil HS, Qaisar SA, Gholizadeh P, Alizadeh M, Vayghyan HJ. Effect of probiotic supplementation along with calorie restriction on metabolic endotoxemia, and inflammation markers in coronary artery disease patients: a double blind placebo controlled randomized clinical trial. *Nutrition Journal*. 2021 Dec;20(1):1-0.

- ✍ 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.
- ✍ **Moludi J**, Alizadeh M, Chehri G, Jafari-Vayghyan H, Foroumandi E, Maleki V, Ebrahimi B, Sadeghpour A, Alizadehasl A, Tabaee AS. The Effect of Vitamin C Supplementation on Cardiac Enzymes After Coronary Artery Bypass Graft: A Double-blind Randomized Control Trial. *Current Nutrition & Food Science*. 2020 Jun 1;16(5):833-8.
- ✍ 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.
- ✍ Esfanjani At, Ghadimi S, **Moludi J**. Relationship Between Leptin to Adiponectin Ratio and Metabolic Syndrome Indices in Apparently Healthy Adults. *Turkish Journal of Endocrinology & Metabolism*. 2020 Jun 1;24(2).
- ✍ Soleimani D, Miryan M, Hadi V, Gholizadeh Navashenaq J, **Moludi J**, 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.
- ✍ Nachvak SM, Shabanpur M, Mostafai R, **Moludi J**. L-Carnitine supplementation reduces biomarkers of inflammatory and oxidative stress in patients with coronary artery disease: a randomised controlled trial. *Archives of physiology and biochemistry*. 2020 Aug 19:1-8.
- ✍ 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. *Preventive Nutrition and Food Science*. 2020;25(4):325-37.
- ✍ Ahmadi E, Abdollahzad H, Pasdary Y, Rezaeian S, **Moludi J**, Nachvak SM, Mostafai R. 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.

- ✍ **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.
- ✍ Jafari-Vayghan H, **Moludi J**, Alizadeh M. The effects of melatonin on neurohormonal regulation in cardiac cachexia: A mechanistic review. Journal of cellular biochemistry. 2019 Oct;120(10):16340-51.
- ✍ **Moludi J**, Alizadeh M, Davari M, Golmohammadi A, Maleki V. 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. 2019 Sep 1;15:100364.
- ✍ Pashdar Y, **Moludi J**, Mehaki B, Darbandi M, Moradi S. Dietary intake and risk of depression among male and female with HIV/AIDS. Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity. 2019 Jun 7:1-0.
- ✍ Khodarahmi M, **Moludi J**, Farhangi MA. A systematic review and meta-analysis of the effects of soy on serum hs-CRP. Clinical nutrition. 2019 Jun 1;38(3):996-1011.
- ✍ Hajizadeh-Sharafabad F, **Moludi J**, Maleki V. Selenium and polycystic ovary syndrome; current knowledge and future directions: a systematic review. Hormone and Metabolic Research. 2019 May;51(05):279-87.
- ✍ **Moludi J**, Ebrahimi B, Alizadeh S, Djafarian K. Comparison of dietary macro and micronutrient intake with physical activity levels among children with and without au-tism: A case-control study.
- ✍ Pashdar Y, Moradi S, Moludi J, Darbandi M, Niazi P, Nachvak SM, Abdollahzad H. Risk of metabolic syndrome in non-alcoholic fatty liver disease patients. Mediterranean Journal of Nutrition and Metabolism. 2019 Jan 1;12(4):353-63.
- ✍ Jafari-Vayghan H, **Moludi J**, Saleh-Ghadimi S, Enamzadeh E, Seyed-Mohammadzad MH, Alizadeh M. Impact of melatonin and branched-chain amino acids cosupplementation on quality of life, fatigue, and nutritional

status in cachectic heart failure patients: a randomized controlled trial. *American Journal of Lifestyle Medicine*. 2019;1559827619874044.

✍ Saleh-Ghadimi S, **Moludi J**, Jafari-Vayghan H, Alizadeh M. 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*. 2019;11(2):152.

✍ Davari M, **Moludi J**, Jafarabadi MA, Ahmadi-Nejad M, Sanaie S, Aref-Hosseini SR. 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*. 2019;9(3):59.

✍ Rasouli A, **Moludi J**, Shahsavari S, Ebrahimi B. Emotional eating in relation to anthropometric indices and dietary energy intake based on gender. *Mediterranean Journal of Nutrition and Metabolism*. 2019 Jan 1;12(2):131-9.

✍ **Moludi J**, Alizadeh M, Behrooz M, Maleki V, Seyed Mohammadzad MH, Golmohammadi A. 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*. 2019;1559827619843833.

✍ Hasanzadeh E, ***Moludi J**, Kheirouri S, Naeimi AF, Alizadeh M. The predictive roles of obesity and serum vitamin D levels in body response to hepatitis B vaccine. *PROGRESS IN NUTRITION*. 2018 Dec 1;20:210-7.

✍ 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 Aug 1;12(4):338-44.

✍ 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;7(3):189.

- ✍ **Moludi J**, Alizadeh M, Yagin NL, Pasdar Y, Nachvak SM, Abdollahzad H, Tabaei AS. New insights on atherosclerosis: A cross-talk between endocannabinoid systems with gut microbiota. *Journal of cardiovascular and thoracic research*. 2018;10(3):129.
- ✍ Zarezade V, Moludi J, Mostafazadeh M, Mohammadi M, Veisi A. Antioxidant and hepatoprotective effects of *Artemisia dracunculus* against CCl₄-induced hepatotoxicity in rats. *Avicenna journal of phytomedicine*. 2018 Jan;8(1):51.
- ✍ **Moludi J**, Alizadeh M. 135: The Effects Of Obesity And Vitamin D In Body Response To Hepatitis B Vaccine. *BMJ Open*. 2017 Feb 1;7(Suppl 1).
- ✍ Alimoradi F, **Moludi J**. The Importance Of Sleep And Its Association With Obesity, Diet And Diabetes.
- ✍ Pakzad R, Barati M, **Moludi J**, Barati H, Pakzad I. Epidemiology of brucellosis in the North and North-West Iran. *Paramedical Sciences and Military Health*. 2016 Jun 10;11(1):17-23.
- ✍ Alimoradi Fo, **Moludi J**. Whey Proteins: Health Benefits And Food Applications. *J. Int. Res. Med. Pharm. Sci*. 2016 Mar 4;9(2):63-73.
- ✍ **Moludi J**, Keshavarz S, Pakzad R, Sedghi N, Sadeghi T, Alimoradi F. Effect of vitamin C supplementation in the prevention of atrial fibrillation. *Tehran University Medical Journal TUMS Publications*. 2016 Feb 10;73(11):791-7.
- ✍ Rafiemanesh H, **Moludi J**, Towhidi F, Makhsosi BR, Salehiniya H. Colorectal cancer in Iran: Epidemiology and morphology trends. *EXCLI journal*. 2016;15:738.
- ✍ **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.
- ✍ **Moludi J**, Keshavarz S, Hossein-zadeh-attar MJ, Frooshani AR, Sadeghpour A, Salarkia S, Gholizadeh F. Coenzyme Q 10 effect in prevention of atrial fibrillation after Coronary Artery Bypass Graft: double-blind randomized clinical trial. *Tehran University Medical Journal*. 2015 May 1;73(2).

✍ 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).

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

Research Projects

<ul style="list-style-type: none"> • 2021 	<ul style="list-style-type: none"> ➤ The effects of taurine supplementation on serum levels of endothelial markers, metabolic parameters, adipokines, inflammatory and glycemic indicators and nutritional status in patients with type 2 diabetes <p>Place of approval: Kermanshah University of Medical Sciences</p> <p>Position: Principal investigator</p>
<ul style="list-style-type: none"> • 2020 	<ul style="list-style-type: none"> ➤ Effects of Lactobacillus Rhamnosus and Inulin supplements (Singly & Both) on Lipid profile, inflammatory markers, serum markers of endothelial, Level of microbial translocation (including LPS and sCD14), Gut metabolites TMAO) and CB1/CB2 expression in patients with Coronary Artery Disease(CAD) <p>Place of approval: Kermanshah University of Medical Sciences</p> <p>Position: Principal investigator</p> <ul style="list-style-type: none"> ➤ Evaluation of effect of chamomile on glycemic status, lipid profiles, oxidative stress and inflammatory markers in diabetes mellitus: systematic review <p>Place of approval: Kermanshah University of Medical Sciences</p> <p>Position: Principal investigator</p> <ul style="list-style-type: none"> ➤ The effect of glutamine supplementation on metabolic variables in patient with type 2 diabetes: a systematic review <p>Place of approval: Kermanshah University of Medical Sciences</p> <p>Position: Principal investigator</p> <ul style="list-style-type: none"> ➤ Investigation of the effect of pistachio plant fixed oil (<i>Pistacia atlantica subsp. Kurdica</i>) on control of blood sugar, lipid profile, inflammatory factors and oxidative stress in people with type 2 diabetes: Double-blind randomized clinical trial

<ul style="list-style-type: none"> • 2017 	<ul style="list-style-type: none"> ➤ The effect of probiotic supplementation containing Lactobacillus and Bifidobacterium species on inflammatory and oxidative markers and some clinical markers in patients with psoriasis <p>Place of approval: Tabriz University of Medical Sciences, Iran</p> <p>Position: Main collaborator</p>
<ul style="list-style-type: none"> • 2016 	<ul style="list-style-type: none"> ➤ The effect of Royal Jelly dietary supplement on metabolic variables in diabetes mellitus: A systematic review <p>Place of approval: Tabriz University of Medical Sciences, Iran</p> <p>Position: Principal investigator</p>
<ul style="list-style-type: none"> • 2016 	<ul style="list-style-type: none"> ➤ investigation of the association between nutrient intake and severity of disease among ASD children's <p>Place of approval: Tehran University of Medical Sciences, Iran</p> <p>Position: Main collaborator</p>
<ul style="list-style-type: none"> • 2016 	<ul style="list-style-type: none"> ➤ The relationship between dietary inflammatory index and bone health <p>Place of approval: NIMAD, Iran</p> <p>Position: Main collaborator</p>
<ul style="list-style-type: none"> • 2016 	<ul style="list-style-type: none"> ➤ Study of Q10 supplementation's effect on cardiac enzymes in coronary artery disease <p>Place of approval: Tehran University of Medical Sciences, Iran</p> <p>Position: Main collaborator</p>
<ul style="list-style-type: none"> • 2016 	<ul style="list-style-type: none"> ➤ Vitamin C supplementations on atrial fibrillation <p>Place of approval: Tehran University of Medical Sciences, Iran</p> <p>Position: Main collaborator</p>

Books

- | | |
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| <ul style="list-style-type: none"> • 2018 | <ul style="list-style-type: none"> • <i>Krause's food and nutrition care process</i>, 2017 (in Persian), Hydari Publications, Tehran |
| <ul style="list-style-type: none"> • 2016 | <ul style="list-style-type: none"> • <i>Modern Nutrition in Health and Disease</i>, 2016 (in Persian), Jafari Publications, Tehran |
| <ul style="list-style-type: none"> • 2019 | <ul style="list-style-type: none"> • <i>Nutrition in ICU</i>, 2020, TBZMED Publications, Tabriz |
| <ul style="list-style-type: none"> • 2021 | |

- *"The role of the gut microbiota in the treatment of Clostridium Difficile"*, Elsevier, supervised by Professor [Debasis Bagchi](#) (University of Houston), 2021
- Nutrition in Cardiovascular disease, 2021, TBZMED Publications, Tabriz

Inventions & Innovations

- 2020
- Production of Spinach extract, is a weight loss supplement, for the first time in the country

Conferences

- 2017 ✓ Selected paper for oral presentation: THE EFFECTS OF OBESITY AND VITAMIN D IN BODY RESPONSE TO HEPATITIS B VACCINE, 2th International Conference on EBM, Kish, Iran, 2017.
- 2017 ✓ Effect of Probiotics Supplementation and Weight Loss Diet on Metabolic Syndrome Features in Patients with Coronary Artery Diseases: A Double-Blind, Placebo: 3th International Conference on clinical nutrition, Mashhad, Iran, 2018.
- 2018 ✓ Coenzyme Q10 effect in prevention of atrial fibrillation after coronary artery Bypass graft: double blind randomized clinical trial. Oral presentation. 2015, II World Congress of Public Health Nutrition, Turkey.
- 2015
- 2013 ✓ Iranian Congress on Obesity Prevention and Treatment, Tehran, Iran.

Workshops

- 2020
- Nutrition in aging, workshop, Kermanshah University of Medical Sciences
- 2020
- Prevention and control of overweight and obesity in adults' workshop, Kermanshah University of Medical Sciences
- 2015
- English Essay Writing Principles Workshop, Tehran University of Medical Sciences
- 2020
- Nutrition in CVA Workshop, Kermanshah University of Medical Sciences

- 2020
- Nutrition in cardiovascular disease Workshop, Kermanshah University of Medical Sciences

Editorial Board and Reviewing Activities

- Editorial Board of
- **BMC Nutrition**
- American Journal of Lifestyle Medicine
- Food Reviews International
- IRANIAN JOURNAL OF PEDIATRICS
- Progress in nutrition
- British journal of nutrition
- Journal of Cardiac Failure
- Journal of Nutrition, Fasting and Health
- Journal of Experimental Pharmacology
- Frontiers in Nutrition
- Reviewer

Professional Memberships

- Member of Iranian Scientific Nutrition Association
- Member of the International Association of Dietitians