



Professor Yahya PASDAR

Curriculum Vita

1. Personal Details

Work Address	Department of Nutritional Sciences, School of public health Kermanshah University of Medical sciences, Dolat Abad Kermanshah- Iran
Telephone	0831 828 1991
E-mail	Yahya.pasdar@kums.ac.ir
Date of birth	01/11/61
Nationality	Iranian
Gender	Male
Marital status	Married

2. Qualifications & Education

PhD in Nutrition (Nurigenomics)

From King's College, London

(Well qualified in Nutrigenomics and Molecular nutrition)

(KCL)

Qualifications

- 2001-2008 **PhD** in Nutrition (Nutrigenomics), King's College London.
Title of Thesis: **Dietary and genetic determinants of iron status**
- Determining dietary intake of iron
 - Collecting blood from 400 subjects
 - DNA extraction using different methods
 - Running PCR, RT-PCR and Gel Electrophoresis
 - Mutation detection using WAVE (DHPLC)
 - Using Pyrosequencer for sequencing DNA and mutation detection
 - Sequencing more than DNA 2500 samples using different methods for iron related genes
- 2000-2001 **PG Diploma in Nutrition and Dietetics**, King's College London
- 1989-1992 **MSc Nutrition**, University of Tehran, Iran
- **Research Project:** (Iron deficiency anaemia in haemodialysis patients) **distinguished mark on the project**, cumulative average of 18.82 out of 20.

3. Employments:

- 2020-Present Secretary of the National Accreditation Commission of the Ministry of Health
- 2012- Present Head of Public Health College
- 2008 – 2012 Associate Professor in Nutrition at KUMS (**Head of Nutritional Sciences Department**)
- 2008 - Present Member of KUMS Research Council
- 2006 - 2008 Post doctorate in Nutrigenomics, at King's College London,
- 1993 - 2000 Lecturer in nutrition, Kermanshah University of Medical sciences, Iran
- 1997 – 2000 Chief Editor of **BEHBOOD** (Scientific Journal of KUMS)
- 1997 – 1999 Head of **Family health planning** department in school of public health at KUMS
- 1996 – 1997 Member of **research committee at KUMS**

4. Teachings:

2008 – Present	KUMS	Food and drugs interaction for Pharmacy students, clinical Nutrition for MD students and principal nutrition for health and midwifery students
2002 - 2008	KCL	<u>Practical demonstration</u> for MSc and principal nutrition for BSc students
1993 - 2000	KUMS	<u>Lecturing</u> Principal Nutrition, Biochemistry of Nutrition and Nutrition in deferent age groups for MD, MSc and BSc students

5. Inventions

- Producing a useful food supplement enriched royal jelly
- Nutritional system to determine calories and nutrients consumed

6. Publications:

1. Pasdar Y, Sharifi M, Saber A, Soleimani D, Moradi S, Cheshmeh S, Rezaeian S, Najafi F. Dietary inflammatory index and its relationship with obesity phenotypes: a cross-sectional analysis from RaNCD cohort study. *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*. 2024 Sep 2;29(1):56.
2. Heidarzadeh-Esfahani N, Hajahmadi S, Pasdar Y, Darbandi M, Najafi F, Moradinazar M, Bonyani M, Feyz-BashiPoor R, Soltani S. Diet-related inflammation is positively associated with atherogenic indices. *Scientific Reports*. 2024 Jun 8;14(1):13190
3. Shakiba E, Pasdar Y, Asoudeh F, Najafi F, Saber A, Shakiba MH, Bagheri A. The relationship of dietary omega-3 fatty acid and omega-6 to omega-3 ratio intake and likelihood of type 2 diabetes in a cross-sectional study. *BMC Endocrine Disorders*. 2024 Nov 29;24(1):259.
4. Moradi S, Alipour B, Moradinazar M, Heydarian A, Cheshmeh S, Sadeghi F, Pasdar Y. The Dietary Pattern Concerning Non-alcoholic Fatty Liver: An Umbrella Review and Meta-analyses of Observational Studies and Intervention Trials. *Journal of Kermanshah University of Medical Sciences*.;28(3).
5. Mokhtari Z, Abdollahzad H, Rezaeian S, Izadi N, Darbandi M, Najafi F, Pasdar Y. International dietary quality index and its association with diabetes in RaNCD cohort study. *Scientific Reports*. 2024 Oct 24;14(1):25145.
6. Rostami R, Moradinazar M, Moradi S, Samannejad B, Cheshmeh S, Saber A, Pasdar Y. Impact of dietary risk on global ischemic heart disease: findings from 1990–2019. *Scientific Reports*. 2024 Aug 3;14(1):18012.

7. Moludi J, Saber A, Zozani MA, Moradi S, Azamian Y, Hajiahmadi S, Pasdar Y, Moradi F. The Efficacy of Probiotics Supplementation on the Quality of Life of Patients with Gastrointestinal Disease: A Systematic Review of Clinical Studies. *Preventive Nutrition and Food Science*. 2024 Sep 30;29(3):237.
8. Jouybari TA, Jouybari HA, Ataee M, Hosseini F, Pasdar Y, Fattahi N. Alcohol-based hydrophobic deep eutectic solvents and ultrasound-assisted liquid phase microextraction followed by GC–MS for the extraction and analysis of organophosphorus pesticides in the blood of farmers. *Environmental Science and Pollution Research*. 2024 Sep;31(43):55812-21.
9. Mokhtari Z, Abdollahzad H, Izadi N, Rezaeian S, Najafi F, Pasdar Y. The association between dietary quality index-international and metabolic risk factors in RaNCD cohort study. *BMC Public Health*. 2024 Oct 30;24(1):3002.
10. Sadafi S, Azizi A, Najafi F, Pasdar Y. Lipid accumulation product and type 2 diabetes risk: a population-based study. *BMC Endocrine Disorders*. 2024 Aug 12;24(1):147.
11. Sadafi S, Azizi A, Shakiba E, Pasdar Y. Weight-adjusted waist index and cardiovascular disease: a population-based study in Ravansar, Iran. *Archives of Public Health*. 2024 Nov 20;82(1):219.
12. Pasdar Y, Tadibi V, Sadeghi E, Najafi F, Miryan M. The Impact of Royal Jelly on Athletic Performance, Lactate Levels, Anthropometric Parameters, and Muscle Damage: A Systematic Review. *Preventive Nutrition and Food Science*. 2024 Dec 31;29(4):385.
13. Khamoushi F, Soleimani D, Najafi F, Ahmadi N, Heidarzadeh-Esfahani N, Anvari B, Shakiba E, Pasdar Y. Association between dietary inflammatory index and musculoskeletal disorders in adults. *Scientific Reports*. 2023 Nov 20;13(1):20302.
14. Najafi F, Pasdar Y, Nazar MM, Darbandi M. Association between obesity phenotypes and non-alcoholic fatty liver: a large population-based study. *BMC Endocrine Disorders*. 2024 Jun 25;24(1):96
15. Askari S, Najafi F, Darbandi M, Navabi J, Pasdar Y. A Call for Comprehensive Policy Intervention Based on Ravansar Non-communicable Disease (RaNCD): A Cohort Study for Addressing Hypertension in Iran. *Journal of Kermanshah University of Medical Sciences*.;29(1).
16. Najafi F, Moradinazar M, Khosravi Shadmani F, Pasdar Y, Darbandi M, Salimi Y, Ghasemi SR. The incidence of diabetes mellitus and its determining factors in a Kurdish population: insights from a cohort study in western Iran. *Scientific Reports*. 2024 Jul 9;14(1):15761
17. Fateh HL, Izadi N, Rezaeian S, Najafi F, Shakiba E, Darbandi M, Pasdar Y. Healthy beverage index is associated with metabolic syndrome: insights from the Ravansar non-communicable disease (RaNCD) cohort study. *BMC nutrition*. 2024 Oct 1;10(1):131
18. Hemati N, Satari S, Khazaie H, Salimi Y, Najafi F, Pasdar Y, Darbandi M. The mediating effect of sleep duration on metabolic syndrome severity in adults: a structural equation modeling approach. *BMC Endocrine Disorders*. 2024 May 29;24(1):75.
19. Pasdar Y, Moradi S, Saedi S, Moradinazar M, Rahmani N, Hamzeh B, Najafi F. Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet in relation to age-associated poor muscle strength; a cross-sectional study from the Kurdish cohort study. *Scientific Reports*. 2022 Jul 13;12(1):11866.
20. Pasdar Y, Hamzeh B, Karimi S, Moradi S, Cheshmeh S, Shamsi MB, Najafi F. Major dietary patterns in relation to chronic low back pain; a cross-sectional study from RaNCD cohort. *Nutrition journal*. 2022 May 12;21(1):28.

21. Pasdar Y, Shadmani FK, Fateh HL, Soleimani D, Hamzeh B, Ghalandari M, Moloudpour B, Darbandi M. The burden of colorectal cancer attributable to dietary risk in Middle East and North African from 1990 to 2019. *Scientific Reports*. 2023 Nov 20;13(1):20244.
- 22.
23. Shakiba E, Najafi F, Pasdar Y, Moradinazar M, Navabi J, Shakiba MH, Bagheri A. A prospective cohort study on the association between dietary fatty acids intake and risk of hypertension incident. *Scientific Reports*. 2023 Nov 30;13(1):21112.
24. Baharirad N, Pasdar Y, Nachvak M, Ghavamzadeh S, Soroush A, Saber A, Mostafai S, Naghipour A, Abdollahzad H. The relationship of dietary total antioxidant capacity with sarcopenia and cardiometabolic biomarkers in type 2 diabetes patients. *Physiological reports*. 2022 Feb;10(3):e15190.
25. Jalilian F, Jerome-D'Emilia B, Najafi F, Pasdar Y, Matin BK, Amini M, Kargar M, Moradinazar M, Pirouzeh R, Karimi N, Hosseini SN. Socio-Economic Status and clinical breast examination screening uptake: findings from the First Cohort Study among iranian kurdish women. *Asian Pacific journal of cancer prevention: APJCP*. 2022 May;23(5):1555.
26. Rahimi F, Pasdar Y, Kaviani M, Abbasi S, Fry H, Hekmatdoost A, Nikpayam O, Sohrab G, Rezaei M, Nachvak SM, Mohammadi R. Efficacy of the synbiotic supplementation on the metabolic factors in patients with metabolic syndrome: a randomized, triple-blind, placebo-controlled trial. *International Journal of Clinical Practice*. 2022 Apr 16;2022.
27. Bagheri A, Khosravy T, Moradinazar M, Nachvak SM, Pasdar Y, Soleimani D, Samadi M. Optimal cut-off points of fat mass index and visceral adiposity index associated with type 2 diabetes mellitus. *Food Science & Nutrition*. 2022 Aug;10(8):2710-7.
28. Jam SA, Moloudpour B, Najafi F, Darbandi M, Pasdar Y. Metabolic obesity phenotypes and chronic kidney disease: A cross-sectional study from the RaNCD cohort study. *BMC nephrology*. 2022 Dec;23(1):1-9.
29. Fateh HL, Mirzaei N, Gubari MI, Darbandi M, Najafi F, Pasdar Y. Association between dietary total antioxidant capacity and hypertension in Iranian Kurdish women. *BMC Women's Health*. 2022 Jun 25;22(1):255.
30. Kohsari M, Moradinazar M, Rahimi Z, Najafi F, Pasdar Y, Shakiba E. New inflammatory biomarkers (lymphocyte and monocyte percentage to high-density lipoprotein cholesterol ratio and lymphocyte to monocyte percentage ratio) and their association with some cardiometabolic diseases: Results from a large Kurdish cohort study in Iran. *Wiener klinische Wochenschrift*. 2022 Sep;134(17-18):626-35.
31. Moludi J, Tandorost A, Kamari N, Abdollahzad H, Pakzad R, Najafi F, Pasdar Y. Dietary total antioxidant capacity and its association with renal function and kidney stones: Results of a RaNCD cohort study. *Food science & nutrition*. 2022 May;10(5):1442-50.
32. Omid F, Barzegar A, Soltani B, Gharagozlou F, Pasdar Y, Darandi M. Occupational Exposure to Vegetable Oil: a Risk Factor of Blood Lipid Disorder. *Journal of Environmental Health and Sustainable Development*. 2021 Mar 15.
33. Namazi N, Anjom-Shoae J, Najafi F, Ayati MH, Darbandi M, Pasdar Y. Pro-inflammatory diet, cardio-metabolic risk factors and risk of type 2 diabetes: A cross-sectional analysis using data from RaNCD cohort study. *BMC cardiovascular disorders*. 2023 Jan 7;23(1):5.

34. Amiri F, Moradinazar M, Moludi J, Pasdar Y, Najafi F, Shakiba E, Hamzeh B, Saber A. The association between self-reported mobile phone usage with blood pressure and heart rate: evidence from a cross-sectional study. *BMC public health*. 2022 Dec;22(1):1-0.
35. Anjom-Shoae J, Namazi N, Ayati MH, Darbandi M, Najafi F, Pasdar Y. Dietary insulin index and load in relation to cardiometabolic risk factors in patients with type 2 diabetes mellitus: A cross-sectional study on the RaNCD cohort study. *Nutrition*. 2023 Jan 1;105:111830.
36. Najafi F, Darbandi M, Rezaeian S, Hamzeh B, Moradinazar M, Shakiba E, Pasdar Y. Relative Handgrip Strength and Incidence of Hypertension: A Case-Cohort Study From Ravansar Non-Communicable Diseases Cohort. *Journal of Physical Activity and Health*. 2022 Oct 1;19(10):666-72.
37. Karimi S, Pasdar Y, Hamzeh B, Ayenehpour A, Heydarpour F, Goudarzi F. Obesity phenotypes related to musculoskeletal disorders; a cross-sectional study from RaNCD cohort. *Archives of Public Health*. 2022 Dec;80(1):1-8.
38. Cheshmeh S, Hojati N, Mohammadi A, Rahmani N, Moradi S, Pasdar Y, Elahi N. The use of oral and enteral tube-fed arginine supplementation in pressure injury care: A systematic review and meta-analysis. *Nursing open*. 2022 Nov;9(6):2552-61.
39. Cheshmeh S, Elahi N, Ghayyem M, Mosaieby E, Moradi S, Pasdar Y, Tahmasebi S, Moradinazar M. Effect of green cardamom on the expression of genes implicated in obesity and diabetes among obese women with polycystic ovary syndrome: a double blind randomized controlled trial. *Genes & nutrition*. 2022 Dec;17(1):17.
40. Amini M, Najafi F, Kazemi Karyani A, Pasdar Y, Samadi M, Moradinazar M. Does socioeconomic status affect fruit and vegetable intake? Evidence from a cross-sectional analysis of the RaNCD Cohort. *International Journal of Fruit Science*. 2021 Jan 1;21(1):779-90.
41. Najafi F, Darbandi M, Neya SK, Belasi MT, Izadi N, Pasdar Y, Barzegar A. Epidemiology of musculoskeletal disorders among iranian adults: results from a non-communicable disease cohort study. *BMC Musculoskeletal Disorders*. 2023 Dec;24(1):1-7.
42. Amjadi A, Pasdar Y, Rezaeian S, Nachvak M, Ghavamzadeh S, Alizadeh M, Abdollahzad H, Navabi J. The Association Between Dietary Acidity and Clinical Symptoms in Patients With Rheumatoid Arthritis. *Clinical nutrition research*. 2022 Oct;11(4):277.
43. Miryan M, Darbandi M, Moradi M, Najafi F, Soleimani D, Pasdar Y. Relationship between the Mediterranean diet and risk of hepatic fibrosis in patients with non-alcoholic fatty liver disease: A cross-sectional analysis of the RaNCD cohort. *Frontiers in nutrition*. 2023 Feb 22;10:1062008.
44. Shahbazi F, Najafi F, Shojaei L, Farzaei MH, Shokoohinia Y, Pasdar Y, Hamzeh B, Tahvilian R, Rahimi W, Shakiba E, Karim H. Hypertension medication from guidelines to practice: A cohort study in western Iran. *Pharmacoepidemiology and drug safety*. 2023 Mar 28.
45. Mohammadi A, Darbandi M, Pasdar Y, Mohebi M, Kamari N, Ziaei N, Najafi F. The Healthy Eating Index and oral health among adults: a cross-sectional study from an Iranian RaNCD cohort data. *Scientific Reports*. 2023 Jul 20;13(1):11706.
46. Darbandi M, Shadmani FK, Miryan M, Ghalandari M, Mohebi M, Jam SA, Pasdar Y. The burden of osteoarthritis due to high Body Mass Index in Iran from 1990 to 2019. *Scientific Reports*. 2023 Jul 20;13(1):11710.

47. Moludi J, Kamari N, Darbandi M, Mostafaei S, Moradi S, Pasdar Y, Najafi F, Navabi J, Saber A. Association between dietary inflammatory index and infertility of women; Results from RaNCD Cohort Study.
48. Nikbakht HR, Najafi F, Shakiba E, Darbandi M, Navabi J, Pasdar Y. Triglyceride glucose-body mass index and hypertension risk in Iranian adults; a population-based study.
49. Kamari N, Fateh HL, Darbandi M, Najafi F, Moradi M, Pasdar Y. Fatty liver index relationship with biomarkers and lifestyle: result from RaNCD cohort study. *BMC gastroenterology*. 2023 Dec;23(1):1-8.
50. Moludi J, Fateh HL, Pasdar Y, Moradinazar M, Sheikhi L, Saber A, Kamari N, Bonyani M, Najafi F, Dey P. Association of dietary inflammatory index with chronic kidney disease and kidney stones in Iranian adults: A cross-sectional study within the Ravansar non-communicable diseases cohort. *Frontiers in nutrition*. 2022 Oct 12;9:955562.
51. Khazaie H, Najafi F, Chehri A, Rahimi-Movaghar A, Amin-Esmaeili M, Moradinazar M, Zakiei A, Pasdar Y, Brühl AB, Brand S, Sadeghi-Bahmani D. Physical activity patterns, circadian rhythms, and aggressive and suicidal behavior among a larger sample of the general population aged 15 to 34 years. *Journal of clinical medicine*. 2023 Apr 12;12(8):2821.
52. Rezaeian S, Hamzeh B, Darbandi M, Najafi F, Shakiba E, Pasdar Y. Factors associated with chronic headache among adults: results from a Ravansar noncommunicable disease cohort study. *Information for authors*. 1995;1.
53. Darbandi M, Rezaeian S, Najafi F, Shadmani FK, Ghavi S, Miryan M, Pasdar Y, Barzegar A. A Comprehensive Evaluation of Occupational Epidemiology in Western Iran: A Cohort Study in Ravansar Noncommunicable Diseases. *Journal of Occupational and Environmental Medicine*. 2023 Sep 1;65(9):e610-8.
54. Shakiba E, Moradinazar M, Rahimi Z, Najafi F, Pasdar Y, Kohsari M. Tobacco smoking and blood parameters in the kurdish population of Iran. *BMC Cardiovascular Disorders*. 2023 Aug 14;23(1):401.
55. Khazaie H, Hamzeh B, Najafi F, Chehri A, Rahimi-Movaghar A, Amin-Esmaeili M, Moradi-Nazar M, Zakiei A, Pasdar Y. Co-occurrence of Aggression and Suicide Attempt Among Young People and Related Factors: Findings from Iranian Youth Cohort Study in Ravansar. *Archives of Iranian Medicine*. 2023 Jun 1;26(6):322-9.
56. Pasdar Y, Hamzeh B, Moradi S, Mohammadi E, Cheshmeh S, Darbandi M, Faramani RS, Najafi F. Healthy eating index 2015 and major dietary patterns in relation to incident hypertension; a prospective cohort study. *BMC Public Health*. 2022 Dec;22(1):1-1.
57. Pasdar Y, Darbandi M, Rezaeian S, Najafi F, Hamzeh B, Bagheri A. Association of Obesity, Sarcopenia, and Sarcopenic Obesity with Hypertension in Adults: A Cross-Sectional Study from Ravansar, Iran During 2014–2017. *Frontiers in public health*. 2022:2452.
58. Pasdar Y, Khamoushi F, Rezaeian S, Darbandi M, Najafi F, Hamzeh B. Association of Relative Handgrip Strength with Anthropometric Measures and Lipid Profiles in Individuals with Cardiovascular Disease: Results from RaNCD Cohort Study. *Topics in Clinical Nutrition*. 2021 Oct 1;36(4):263-71.
59. Darbandi M, Hamzeh B, Ayenepour A, Rezaeian S, Najafi F, Shakiba E, Pasdar Y. Anti-inflammatory diet consumption reduced fatty liver indices. *Scientific Reports*. 2021 Nov 19;11(1):1-8.

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61. Hamzeh B, Pasdar Y, Mirzaei N, Faramani RS, Najafi F, Shakiba E, Darbandi M. Visceral adiposity index and atherogenic index of plasma as useful predictors of risk of cardiovascular diseases: evidence from a cohort study in Iran. *Lipids in health and disease*. 2021 Dec;20(1):1-0.
62. Cheshmeh S, Ghayyem M, Khamooshi F, Heidarzadeh-Esfahani N, Rahmani N, Hojati N, Mosaieby E, Moradi S, Pasdar Y. Green cardamom plus low-calorie diet can decrease the expression of inflammatory genes among obese women with polycystic ovary syndrome: a double-blind randomized clinical trial. *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*. 2021 May 31:1-0.
63. Khazaie H, Najafi F, Hamzeh B, Chehri A, Rahimi-Movaghar A, Amin-Esmaeili M, Moradi-Nazar M, Khazaie S, Zakiei A, Kamasi S, Pasdar Y. Cluster analysis of risky behaviors among the youth in Western Iran: Determining correlates and comparing clusters based on severity of disability and attitude toward mental health help-seeking. *Indian journal of psychiatry*. 2021 Sep 1;63(5):424-32.
64. Kohsari M, Moradinazar M, Rahimi Z, Pasdar Y, Shakiba E. Liver Enzymes and Their Association with Some Cardiometabolic Diseases: Evidence from a Large Kurdish Cohort. *BioMed Research International*. 2021 Jun 14;2021.
65. Jam SA, Rezaeian S, Najafi F, Hamzeh B, Shakiba E, Moradinazar M, Darbandi M, Hichi F, Eghtesad S, Pasdar Y. Association of a pro-inflammatory diet with type 2 diabetes and hypertension: results from the Ravansar non-communicable diseases cohort study. *Archives of Public Health*. 2022 Dec;80(1):1-8.
66. Pasdar Y, Najafi F, Darbandi M, Rezaeian S, Niazi P, Hamzeh B. Financial incentive strategy for weight loss and maintenance of weight loss. *Journal of preventive medicine and hygiene*. 2021 Mar;62(1):E206.
67. Samadi M, Khosravy T, Azadbakht L, Rezaei M, Mosafaghadir M, Kamari N, Bagheri A, Pasdar Y, Najafi F, Hamze B, Soleimani D. Major dietary patterns in relation to muscle strength status among middle-aged people: A cross-sectional study within the RaNCD cohort. *Food Science & Nutrition*. 2021 Dec;9(12):6672-82.
68. Hamzeh B, Pasdar Y, Moradi S, Darbandi M, Rahmani N, Shakiba E, Najafi F. Metabolically healthy versus unhealthy obese phenotypes in relation to hypertension incidence; a prospective cohort study. *BMC Cardiovascular Disorders*. 2022 Dec;22(1):1-7.
69. Pasdar Y, Moradi S, Moradinazar M, Hamzeh B, Najafi F. Better muscle strength with healthy eating. *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*. 2021 Feb;26(1):367-74.
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73. Moradinazar M, Najafi F, Pasdar Y, Hamzeh B, Shakiba E, Bohn MK, Adeli K, Rahimi Z. Establishing hematological reference intervals in healthy adults: Ravansar non-communicable disease cohort study, Iran. *International journal of laboratory hematology*. 2021 Apr;43(2):199-209.
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78. Darbandi M, Najafi F, Pasdar Y, Rezaeian S. Structural equation model analysis for the evaluation of factors associated with overweight and obesity in menopausal women in RaNCD cohort study. *Menopause*. 2020 Feb 1; 27(2):208-15.
79. Soofi M, Pasdar Y, Matin BK. What explains socioeconomic inequalities in dental flossing? Cross-sectional results from the RaNCD cohort study. *J PREV MED HYG* 2020; 61: E215-E220
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- and obesity: findings from the PERSIAN cohort study. *BMC public health*. 2020 Dec;20(1):1-3.
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 83. Pasdar Y, Oubari F, Zarif MN, Abbasi M, Pourmahmoudi A, Hosseinikia M. Effects of Quercetin Supplementation on Hematological Parameters in Non-Alcoholic Fatty Liver Disease: a Randomized, Double-Blind, Placebo-Controlled Pilot Study. *Clinical nutrition research*. 2020 Jan;9(1):11-9.
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 85. Darbandi M, Najafi F, Pasdar Y, Mostafaei SH, Rezaeian SH. Factors Associated with Overweight and Obesity in Adults using Structural Equation Model: Mediation effect of Physical Activity and Dietary Pattern. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*. (In press): Oct 2019
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7. Presentations:

2022	Factors associated on obesity and abdominal obesity; results from Kurdish population- based study (4th International Clinical Nutrition Conference)
2017	Nutritional status in obese women with insulin resistance in Kermanshah (the first International Congress of " Nutrition: from Laboratory Research to Clinical Studies" (NLRCS))
2017	Effect of dietary supplements on nutritional status and anthropometric indicators in retirement home residents: A (the first International Congress of " Nutrition: from Laboratory Research to Clinical Studies" (NLRCS))
2017	The validity of resting energy expenditure predictive equations in adults: a cohort study Ravansar (the first International Congress of " Nutrition: from Laboratory Research to Clinical Studies" (NLRCS))
2017	Effect of dietary supplements on blood biomarkers among elderly home residents: A controlled randomized trial
2017	Metabolic syndrome in patients with non-alcoholic fatty liver disease: A case-control study
2016	Combatting obesity with low cost strategies; A prospective study in Kermanshah, Iran, 2016
2016	Effects of CoQ10 supplementation on CVD risk factors in rheumatoid arthritis patients
شهریور ۱۳۹۶	Relationships between Nutrition and Non-Communicable Diseases among 35-65 Years of Olds: Ravansar Cohort Study (The 2 st International & The 14 th Iranian Nutrition Congress)
شهریور ۱۳۹۶	Determination of conformity of the information contained in the label of the food with the actual combination(The 2 st International & The 14 th Iranian Nutrition Congress)
شهریور ۱۳۹۶	Assessment of anthropometric indices and dietary intakes in patients with HIV / AIDS in Kermanshah(The 2 st International & The 14 th Iranian Nutrition Congress)
30 Nov to Dec 03 2014	Malnutrition in labor children in Kermanshah (The 1 st International & The 13 th Iranian Nutrition Congress)
30 Nov to Dec 03 2014	Anemia among labour children in Kermanshah (The 1 st International & The 13 th Iranian Nutrition Congress)
30 Nov to Dec 03 2014	Changes of food intake patterns in households after removal of subsidy of some food items in Kermanshah (The 1 st International & The 13 th Iranian Nutrition Congress)
16 - 17 August 2014	Micronutrients Malnutrition Following Weight loss.(The 1st Razavi Congress in Clinical Nutrition & The 2nd International Symposium on Nutrition Razavi Hospital, Mashhad, Iran)
۱۳-۱۵ آذر ۹۲	شبیوع چاقی و عوامل مؤثر بر آن در زنان ۶۵- ۲۵ ساله ساکن شهر کرمانشاه، سال ۱۳۹۱)
۱۳-۱۵ آذر ۹۲	چهارمین کنگره پیشگیری و درمان چاقی در ایران)
۱۳-۱۵ آذر ۹۲	شبیوع چاقی، وضعیت رشد و ارتباط آن با پیشرفت تحصیلی در دانش آموزان ابتدایی مدارس شهرک های حاشیه ای شهر کرمانشاه (چهارمین کنگره پیشگیری و درمان چاقی در ایران)
۱۳-۱۵ آذر ۹۲	چاقی و ارتباط آن با فعالیت بدنی و کیفیت زندگی در زنان(چهارمین کنگره پیشگیری و درمان

	چاقی در ایران
۲۶-۲۴ مهرماه ۱۳۹۲	تأثیر تعطیلات نوروز بر پروفایل چربیها و فشارخون (دومین کنگره بین المللی پیشگیری از بیماریهای عروق کرونر قلب شیراز)
۲۶-۲۴ مهرماه ۱۳۹۲	نقش خود کارآمدی و مؤلفه های آن در تبیین ترکیب بدن در زنان شاغل دانشگاه علوم پزشکی کرمانشاه (دومین کنگره بین المللی پیشگیری از بیماریهای عروق کرونر قلب شیراز)
۲۶-۲۴ مهرماه ۱۳۹۲	تغییرات لیپید های خون، مقاومت انسولین و ترکیب بدن در ایام روزه داری ماه رمضان (دومین کنگره بین المللی پیشگیری از بیماریهای عروق کرونر قلب شیراز)
۲۶-۲۴ مهرماه ۱۳۹۲	تعیین انواع و میزان اسیدهای چرب موجود در برخی محصولات لبنی پر مصرف (دومین کنگره بین المللی پیشگیری از بیماریهای عروق کرونر قلب شیراز)
اردیبهشت ۹۲	کیفیت زندگی و عوامل مرتبط با آن در دانشجویان دختر دانشگاه علوم پزشکی کرمانشاه (هفتمین کنگره اپیدمیولوژی ایران یاسوج)
اردیبهشت ۹۲	بررسی ارتباط بین فعالیت فیزیکی و افسردگی در دانشجویان دختر دانشگاه علوم پزشکی شهرستان کرمانشاه (هفتمین کنگره اپیدمیولوژی ایران یاسوج)
اردیبهشت ۹۲	بررسی علل عدم تداوم و میزان بقای یکساله IUD در زنان شهر کرمانشاه (هفتمین کنگره اپیدمیولوژی ایران یاسوج)
اسفند ۹۱	وضعیت تغذیه ای، ترکیب بدن و بیومارکرهای شیمیایی در سالمندان تحت پوشش مراکز دولتی شهر کرمانشاه (همایش سراسری سالمندان، دانشکده پرستاری-مامایی، دانشگاه علوم پزشکی کرمانشاه) سخنرانی
آبان ۹۱	تأثیر تغییرات الگوی مصرف موادغذایی در روزه داری طی ماه رمضان بر ترکیب بدن (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	مقاومت انسولینی و تغییرات لیپیدهای خون در ایام روزه داری ماه رمضان (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	کم خونی و کمبود آهن و ارتباط آن با موفقیت تحصیلی در دختران دانشجو (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
November 2012	dietary lipids consumption pattern and food choics affecting factors ,12 th iranian nutrition congress & first international nutrition congress of Iran-Isfahan
آبان ۹۱	عوامل موثر بر وضعیت سلامت مادران باردار استان کرمانشاه در سال ۱۳۸۹ (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	سبک زندگی مبتنی بر خود کارآمدی وزن در زنان شاغل در دانشگاه علوم پزشکی ارتباط آن با نشانگرهای آنتروپومتریک (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	ارتباط عادات غذایی با موفقیت تحصیلی دانش آموزان ابتدایی (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	وضعیت رشد و رابطه آن با موفقیت تحصیلی در دانش آموزان ابتدایی مدارس شهرک های حاشیه ای شهر کرمانشاه ۱۳۹۰ (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	بررسی الگوی مصرف غذایی روزانه در شهر کرمانشاه ۱۳۹۰ (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	الگوی مصرف غذایی و ارتباط آن با کیفیت زندگی و افسردگی در دانشجویان دختر (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	وضعیت تغذیه و ارتباط آن با شاخصهای تن سنجی ، فعالیت فیزیکی و وضعیت اقتصادی-اجتماعی دانشجویان (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	تعیین انواع و میزان اسیدهای چرب در برخی محصولات لبنی توزیع شده در کرمانشاه (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	بررسی میزان اسیدهای چرب ترانس برخی از کیک ها، شیرینی ها و میان وعده های عرضه شده در شهر کرمانشاه (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	بررسی میزان اسیدهای چرب ترانس موجود در بعضی از مواد غذایی پروتئینی عرضه شده در شهر کرمانشاه (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	تطابق برچسب محصولات امگا ۳ عرضه شده در بازار با محتویات موجود در آنها (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)

آبان ۹۱	تأثیر روغن تهیه شده از شیر بر بیماریهای قلبی عروقی (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
اردیبهشت ۹۱	بررسی راهکارهای ارتقای انگیزه یادگیری دانشجویان دانشکده پیرا پزشکی کرمانشاه (سیزدهمین همایش کشوری آموزش علوم پزشکی، ساری)
آبان ۹۰	اثرات ماندگار خوراکیهای ایام نوروز بر بافت چربی بدن و لیپیدهای خون، سومین کنگره پیشگیری و درمان چاقی در ایران (مرکز همایش های بین المللی دانشگاه شهید بهشتی)
تیر ۹۰	بررسی تأثیر رژیم غذایی پرکالری در افزایش وزن جوانان مراجعه کننده به کلینیک تغذیه (همایش ملی ارتقای سلامت جوانان)
May 2011	The Effect of Locus of and Gender on Social Adjustment and Intelligence in high School Students , The first international congress on health education and promotion, Tabriz Iran
May 2011	HEALTH STATUS DEFICIENCY AND EDUCATIONAL DEFICIENCY IN PUBLIC HEALTH STUDENTS, The first international congress on health education and promotion, Tabriz Iran
اسفند ۸۹	لزوم رعایت استانداردهای تغذیه صحیح حتی در ایام خوش نوری، دومین همایش ملی استاندارد، توسعه و سلامت (سخنرانی)
آبان ۸۹	بررسی شیوع عدم تحمل لاکتوز در دانش آموزان مدارس راهنمایی شهرستان زابل در سال ۱۳۸۸ (یازدهمین کنگره تغذیه ایران)
آبان ۸۹	روند بروز سرطانهای معده و کولورکتال در استان کرمانشاه در سالهای ۱۳۷۲-۱۳۸۶: شاهدهی بر گذار اپیدمیولوژیک (یازدهمین کنگره تغذیه ایران)
آبان ۸۹	تأثیر مداخلات تغذیه ای بر کاهش وزن و تناسب اندام (یازدهمین کنگره تغذیه ایران)
آبان ۸۹	بررسی وضعیت تغذیه ای سالمندان شهر کرمانشاه از جنبه های مختلف (یازدهمین کنگره تغذیه ایران)
آبان ۸۹	اثر نوری و پیامدهای ماندگار تغذیه ای آن بر چربیهای خون و ترکیب بدن (یازدهمین کنگره تغذیه ایران)
آبان ۸۹	تأثیر رژیم درمانی کوتاه مدت و آموزش تغذیه ای بر کاهش لیپیدهای خون در افراد هیپرلیپیدمیک (یازدهمین کنگره تغذیه ایران)
آبان ۸۹	ارتباط الگوی مصرف مواد غذایی با اضافه وزن و چاقی در زنان سنین باروری (یازدهمین کنگره تغذیه ایران)
اردیبهشت ۸۹	تأثیر عادات غذایی در تعطیلات نوری بر ترکیب بدن (سخنرانی) (همایش کشوری نقش زنان در توسعه نظام سلامت)
اردیبهشت ۸۹	اضافه وزن و چاقی در زنان سنین باروری و ارتباط آن با عادات غذایی (همایش کشوری نقش زنان در توسعه نظام سلامت)
Sep 2010	THE EFFECTS OF NEW YEAR HOLIDAYS ON BODY COMPOSITION 32 th ESPEN International Clinical Nutrition & Metabolism, Nice, France
Oct 2009	NURTITIONAL STATUS USING MULTIDIMENSIONAL ASSESSMENT IN ELDELY IRANIAN. 19th International Congress of Nutrition, Bangkok-Thailand.
Oct 2009	MODIFIBLE RISK FACTORS CHANGE AMONG OVERWEIGHT AND OBESE PATIENTS RECEIVED CARDIAC REHABILITATION. 19th International Congress of Nutrition, Bangkok-Thailand.
Oct 2009	EFFECT OF CARDIAC REHABILITATION ON ANTHROPOMETRIC INDICES AND LIPID PROFILES OF PATIENTS WITH METABOLIC SYNDROME. 19th International Congress of Nutrition, Bangkok-Thailand.

Oct 2008	THE INTERACTION BETWEEN DIET AND HFE GENOTYPE IN DETERMINING IRON STATUS. 10 th Iranian Nutrition Congress, Tehran Iran
Sep 2007	HETEROZYGOTE HFE MUTATION IMPROVES IRON STATUS AND PREVENT FROM IRON DEFICIENCY European Iron Club meeting King's College London, London
Dec 2005	HFE MUTATION INFLUENCES ON IRON STATUS. First International conference on NUTRIGENOMIC – Opportunities in Asia - Singapore
Nov 2005	IRON STATUS DETERMINANTS: DIETARY AND GENETIC INFLUENCES. From Nutrigenomic to Personalised Nutrition 3rd International Nutrigenomic Conferences/ SPAIN
Sep 2004	GENETIC DETERMINANTS OF IRON STATUS 8 th Iranian International Nutrition Congress / IRAN
July 2004	EFFECTS OF HFE MUTATIONS ON FERRITIN LEVEL AND IRON STATUS 12 th IRCE / Manchester
April 2004	DIETARY INTAKE, HFE MUTATION AND IRON STATUS The UK Nutrition Society Winter Meeting, London
January 2004	DIETARY AND GENETIC DETERMINANTS OF IRON STATUS King's College Postgraduate Research Symposium
July 2003	GENETIC DETERMINANTS OF IRON STATUS The UK Nutrition Society Summer Meeting, London
31 May 2003	GENETIC DETERMINANTS OF IRON STATUS IN HUMAN 10 th Iranian Postgraduate students seminar, Cambridge, UK
16 January 2003	HFE GENE MUTATIONS, IRON DEFICIENCY AND IRON OVERLOAD 3rd Postgraduate Research Symposium, King's College, London
29-30 June 2002	GENETICS, NUTRITION AND IRON STATUS 9 th Iranian Postgraduate students seminar, UCE Birmingham, UK
1994 - 2000	SIX ACADEMIC PAPERS PRESENTED IN DIFFERENT NATIONAL SEMINARS IN IRAN (in Farsi). All presentations abstracts have published in seminar abstracts booklets.

8. Director of Research projects:

- Determination of the dose-response relationship between intake of micro-nutrients, macro-nutrients, and food groups and relationship of major dietary patterns with hepatic steatosis and non-alcoholic steatohepatitis: A longitudinal study in Ravansar Cohort
- A Systematic Review of the Effect of Royal Jelly on Athletic Performance, Lactate Levels, Body Measurements, and Muscle Damage
- Investigating the relationship between Dietary Inflammation Index (DII) and Dietary Insulin Index with hepatic steatosis and steatohepatitis: A longitudinal prospective study
- The effect of anti-inflammatory, portfolio low carbohydrate, and intermittent fasting on cardio- metabolic status and gene expression in subject with pre-diabetes; an open label randomized clinical trial
- Investigating the relationship between GPX1, KEAP1, NRF2, SIRT1 genes variants with biochemical, anthropometry and nutritional factors as predicting risk factors in cardiometabolic diseases: Study on Ravansar Cohort
- The effect of royal jelly supplement on athlete performance and gene expression in endurance trained men: double-blind cross-over clinical trial
- Investigating the incidence of cardiovascular diseases, type 2 diabetes and hypertension and their determinants: five and ten year prediction of future trends
- Investigation of association of variants of vitamin D receptor and paraoxonase with vitamin D level and paraoxonase enzyme activity and their interaction with biochemical, anthropometric and nutritional parameters in cardiometabolic diseases: Study on Ravansar Cohort
- Major dietary patterns and dietary inflammatory index in relation to dyslipidemia
- Determining the relationship between adherence to dietary patterns based on plant products (healthy and unhealthy) and based on animal products with the odds of osteoporosis and bone fractures: a cross-sectional study
- Localization of metabolic syndrome severity score and its association with the incidence of non-communicable diseases (diabetes, hypertension, cardiovascular diseases) in Ravansar Non-communicable Diseases Cohort Study.
- Investigating the association of NRF2, SIRT1, and NQO1 gene variants related to energy metabolism and oxidative stress with biochemical, anthropometry, and nutritional, factors as risk factors predicting cardiometabolic diseases: Study on Ravansar Cohort
- Population-based cohort study of non-communicable disease in Ravansar (follow-up seventh and eighth phases)
- Investigating the interaction between abdominal obesity and hypertension on type 2 diabetes
- Prediction of non-alcoholic fatty liver based on nutritional indicators, hand grip strength and muscle mass using deep learning algorithm in adults, Ravansar cohort study
- Investigating the pattern of nutritional changes and the factors affecting it in the population covered by Persian cohort
- Investigating the relationship between dietary inflammatory index and obesity phenotypes in adults in Ravansar cohort study

- Internal evaluation of nutrition department of Kermanshah University of Medical Sciences in 1402
- Major dietary patterns and dietary inflammatory index in relation to dyslipidaemia
- Investigating the interaction of triglyceride-glucose index and general/central obesity on blood pressure
- The relationship between amino acid profile and incidence of cardiovascular diseases and metabolic syndrome in Ravanser cohort
- The Potential Effect of Propolis on Biomarkers Related to Covid-19 infection and severe progression: a systematic review study
- The Potential Effect of Royal Jelly on Biomarkers Related to Covid-19 infection and severe progression: a review study
- Dietary pattern in relation to non- alcoholic fatty liver; an umbrella review of meta-analyses of observational studies and intervention trials
- Study the association between dietary quality index (DQI) on metabolic cardiovascular diseases and diabetes and their risk factors: Ravansar cohort
- Estimating the burden attributed to high body mass index in osteoarthritis in Iran
- Estimating the regional and national burden of colorectal cancer attributable to nutritional risk factors: Results from the study of the global burden of disease
- Relationship between dietary inflammation index and severity of steatosis and fibrosis in patients with non-alcoholic fatty liver disease
- Investigating the relationship between Plant-based dietary index and risk of rheumatoid arthritis in Ravansar cohort
- Survey prevalence of corona virus infection and it's related factors in Ravansar cohort population in 2020-2021
- Assessment of relationship between obesity phenotype and hypertension incidence, RaNCD cohort study
- Investigation and identification of factors affecting the survival of patients with gastric and esophageal cancer using Cox model and random forest in Besat Hospital, Tehran during 2016-2021
- The association between dietary acid load (DAL) with rheumatoid arthritis disease in Ravansar cohort study.
- The association between dietary inflammatory index and atherogenic index of plasma with hypertension and diabetes type 2 in Ravansar cohort study
- Association between dietary inflammation index (DII) with metabolic syndrome in the rheumatoid arthritis patients
- Reassessment of participants of population-based cohort of non-communicable disease in Ravansar
- Investigating the association between dietary inflammation index and non-alcoholic fatty liver in RaNCD study
- Identification of Predictive Models of Cardiovascular Disease Using Plasma Atherogenic Index and Visceral Fat Index in the cohort study of non-communicable Ravensar Diseases
- The effects of DASH diet versus low calorie diet on anthropometric measurements, some nutritional factors, expression of some obesity related micro

RNAs, serum levels of some adipokines, homocysteine, metabolic and inflammatory status, insulin sensitivity and hormonal regulation of food intake in obese adults

- The relationship between dietary antioxidant index with blood biomarkers and sarcopenia in type 2 diabetic patients
- Effects of cardamom supplementation on anthropometric indices, cardiometabolic status, obesity and diabetes gene expression among obese women with polycystic ovary syndrome
- Introducing a novel formula based on the anthropometric, nutritional data and lipid profile for predicting metabolic syndrome: RaNCD cohort study
- 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
- Assessing socioeconomic inequalities in non-communicable risk factors among Iranian adults at national and sub-national level: evidence from the PERSIAN cohort study
- Risk Factors of Cardiovascular Disease among Type 2 Diabetic Patients: The PERSIAN Cohort Study
- Classification of body condition (obesity) and identification of its related factors using machine learning methods, based on Ravensar's cohort study data
- Data mining approach for diagnosis balance problems, self-medication and cancer screening tests uptake in overweight women in Ravansar Non-Communicable Diseases Cohort
- Association between added sugar foods consumption and risk of asthma, Ravansar cohort study
- Developing and Validation of Nutritional Assessment Software to Determine Calorie and Nutrients Intake
- Animal food source intake and metabolic syndrome among food suppliers
- Identify optimal cutoff points of FMI, VAI, and ABSI for predicting of type 2 diabetes in the Ravansar's cohort study (2019)
- Risk Factors of Cardiovascular Disease among Type 2 Diabetic Patients: The PERSIAN Cohort Study
- Data mining approach for diagnosis balance problems, self-medication and cancer screening tests uptake in overweight women in Ravansar Non-Communicable Diseases Cohort
- Association between added sugar foods consumption and risk of asthma, Ravansar cohort study
- Developing and Validation of Nutritional Assessment Software to Determine Calorie and Nutrients Intake
- Animal food source intake and metabolic syndrome among food suppliers
- Cohort study of Physical, Psychological, Spiritual and Educational Health in Students of kermanshah Medical science university (2019)

- Motivation Using Economic Incentives to Improve Anthropometric Indices and Lipid Profile in Obese Women (2019)
- Socioeconomic inequalities in oral health status using concentration index and decomposition analysis: evidence from Ravansar Non-Communicable Disease Cohort Study (2019)
- Socioeconomic inequalities in metabolic syndrome using concentration index and decomposition analysis: evidence from Ravansar non-communicable diseases cohort study (2019)
- Dietary patterns, nutrition and risk of breast cancer in women under 50 years in Kermanshah (2019)
- Evaluation of the effect of educational intervention on milk and dairy consumption in pregnant mother's behavior based on Pender Health Promotion Model (2019)
- Association between dietary inflammatory index and cardiovascular diseases in the Ravansar cohort study (2019)
- Identify optimal cutoff points of A body shape index (ABSI), body roundness index (BRI) and visceral adiposity index (VAI) for predicting metabolic syndrome and its components in the Ravansar cohort study (2019)
- Investigating the accumulation of heavy metals in some of the cultivated vegetables in Kermanshah (2019)
- The effect of Kermanshah earthquake on pregnant women, fetal growth and development, children under one year and the pattern of mortality in Sare-pole-Zahab and Salase Babajani(2019)
- Socioeconomic inequalities in non-communicable diseases in Iran using data from Prospective Epidemiological Research Studies in IrAN (PERSIAN) Cohort (2019)
- Identify optimal cutoff points of anthropometric indicators for predicting cardiovascular risk factors and metabolic syndrome: a systematic review and meta-analysis (2019)
- 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(2019)
- Dietary diversity score among patients suffering HIV/AIDS in Kermanshah (2018)
- Dietary Diversity Score and Risk Factors of Metabolic Syndrome in None Alcoholic Fatty liver patient: a case control study (2018)
- Motivational Strategies and its Relationship to Academic Achievement among Kermanshah University of Medical Sciences Students (2018)
- The effect of probiotic and vitamin D enriched yogurt and low calory diet on satiety and hunger hormones and vitamin D in obesity (2018)
- Study of the effect of enteral nutrition hypocalorie diet and full-calorie diet in the first week of admission on the clinical outcomes of patients admitted to the general intensive care unit (2018)
- Follow-up of participants in population-based cohort for chronic non-communicable diseases in Ravansar (2017-2020)
- Assessing factors associated with overweight and obesity using structural equation model in the Ravansar's cohort study (2018)

- Investigating the Effect of Synbiotic Supplementation and educating low-calorie diet on the Lipid Profile and the Gut Micro-flora in Patients with Metabolic Syndrome (2018)
- Comparative study of muscle strength in different dietary patterns in 35-65 years old subjects in Ravansar cohort study (2018)
- Motivational Strategies and its Relationship to Academic Achievement among Kermanshah University of Medical Sciences Students (2018)
- The effect of probiotic and vitamin D enriched yogurt and low calory diet on satiety and hunger hormones and vitamin D in obesity (2018)
- Comparing education using Telegram messages and Small Groups on healthy eating and anthropometric indexes in people with BMI>30(2018)
- Investigating the association between rapid weight loss with muscle strength and nutritional status of 13-18 year-old wrestlers in Kermanshah (2018)
- The relationship of micro- and macronutrient intake, anthropometric indexes and blood biomarkers with muscle strength in patients with type 2 diabetes (2018)
- Dietary diversity score among patients suffering HIV/AIDS in Kermanshah (2018)
- Dietary Diversity Score and Risk Factors of Metabolic Syndrome in None Alcoholic Fatty liver patient: a case control study (2018)
- The effects of alpha lipoic acid supplementation on lipid profile, oxidative stress and iron overload in patients with thalassemia major (2018)
- Determination of components in ornithogalum arcuatum liliaceae and optimization of extraction process of inulin by response surface methodology from it (2018)
- Effects of Coenzyme Q10 supplementation on serum levels of some vascular inflammatory biomarkers and adipokines in rheumatoid arthritis patients: A randomized, controlled clinical trial Assessing factors associated with overweight and obesity using structural equation model in the Ravansar's cohort study (2017)
- Quercetin supplementation in nonalcoholic fatty liver disease: a randomized, double-blind, placebo-controlled pilot study (2017)
- The Effect of Curcumin Supplementation as Nano-micelles and Low Calorie- Low Glycemic Index Diet Education on Metabolic Syndrome Indices (2017)
- The relationship between metabolic syndrome and fatty liver disease: a case-control study (2017)
- Comparison of protein, carbohydrate, and fat on foods label and their laboratory-analyzed values (2017)
- Assessment of Triazine Herbicides Residual in Fruit juice, Fruit and Vegetables Using Ultrasound Assisted Extraction-Dispersive Liquid- Liquid Microextraction Followed by HPLC-UV (2017)
- Validity and reliability of energy metering tools in the adult population living in Rawansar(2017)
- Investigation of edible oils consumption pattern in households and fatty acids content of supplied oilsin Kermanshah in 2017
- Internal evaluation of nutrient department (faculty health) of Kermanshah University of medical sciences (2016)
- Study of food security in households of Kermanshah in 2016(2016)

- Study the relationship between socio-economic and nutritional status with insulin resistance in obese women (2016)
- Determination of Prevalence Drug, Cigarette smoking, Alcohol and water-pipe consumption and related demographic factors in 35-70 years old people Ravansar city
- A Survey of foods labeling and ingredient contents agreement distributed in Kermanshah, (2012)
- The study of relationship between body composition analysis and skeletal muscle mass with biomarkers at the Ravansar Cohort study participants
- A survey of blood sugar, lipid profiles and metabolic syndrome among fast food providers in Kermanshah (2012)
- The effect of quercetin supplementation on liver enzymes, inflammation indices, lipid profile and body composition, accompanied by color control in nonalcoholic fatty liver disease: A randomized, double-blind, pilot study
- The Effect of Curcumin Supplementation as Nano-micelles and Low Calorie- Low Glycemic Index Diet Education on Metabolic Syndrome Indices
- Validity and reliability of energy metering tools in the adult population living in Rawansar
- The Effect of Synbiotic Supplementation and educating low-calorie diet on the Metabolic Syndrome Indices and the Gut Micro-flora in Patients with Metabolic Syndrome
- The relationship of micro- and macronutrient intake, anthropometric indexes and blood biomarkers with muscle strength in patients with type 2 diabetes
- The survey Dietary patterns in patients with fatty liver in Kermanshah
- Effects of using nutritional supplements on quality of life and nutritional status of elders Cost utility analysis of interventions
- The survey of growth status and HIV viral infection diseases and hepatitis B and C among children under 18 years of involved recycling materials in Kermanshah, 2012
- The Effect of economic motivation on weight reduction women in Kermanshah
- Dietary pattern and food consumption among households in Kermanshah; A year after subsidy support removal
- Dietary pattern and food consumption among households in Kermanshah; A year after subsidy support removal (2012)
- The obesity prevalence and related factors in women aged 25-65 in Kermanshah, (2012).
- The survey of growth status and HIV viral infection diseases and hepatitis B and C among children under 18 years of involved recycling materials in Kermanshah, (2012)
- The effect of nutritional educations on blood sugar and insulin resistance during Ramadan, A Cohort study (2011)
- The effect of nutritional educations on body composition and lipid profiles during Ramadan, A Cohort study (2011)
- The study of relationship between dietary habits and growth rate with educational achievement among rural area's primary school children in Kermanshah (2011)
- A survey of dietary habits and food consumption pattern of population in Kermanshah (2011)
- The effect of continuous enteral feeding on nutritional status of hospitalized patients with multiple in ICU of Taleghani hospital (2011)
- A survey of Health and Nutritional Status of Girl Students at the School of Public Health in Kermanshah University of Medical Sciences (2011)
- The study of fatty acids composition in some of dairy products distributed in kermanshah (2011)
- The study of Nutritional status of population living in elderly care homes in Kermanshah (2011)

- The study of fatty acids and vitamins A, D and E content of omega-3 supplements available in Iran market. (2010)
- The study of trans fatty acids composition in some of protein foods distributed in kermanshah (2011)
- The study of trans fatty acids content of cakes, confectionaries and snacks distributed in kermanshah (2011)
- The Effect of Diet Therapy and nutritional educations on Lipid Profiles in Hyperlipidemia (2010)
- The effect of dietary habit and physical activity level during norouz Holidays in blood lipid profiles and body composition in Public Health College. (2009)
- The nitrate and nitrite concentrations in vegetables of Kermanshah city (2009-2010)
- Health problems of contaminated bread wastage collected from households in Kermanshah (1998-2000)
- Nutritional status of primary school children in Kermanshah (1996-1998)

9. Technological plan

Production of probiotic yogurt enriched with flower pollen

10. Awards:

- 2013 Out Standing Teaching Award in 6th Shahid Motahari Festival Tehran-Iran
- 2012 Out Standing Reserarcher at KUMS
- 2011 First Place Award in academic teaching at KUMS
- 2000 PhD Scholarship award from Ministry of Health and Medical Education (Iran)
- 1999 First Place Award in National Iranian Medical Journals for publishing research paper on Malnutrition in primary school children, Iran
- 1985 Stood First in Secondary School Scientific Competition, Tabriz, Iran

11. Advanced Courses:

11.1 Bioinformatics and Genomics Analysis

- Introduction to Sequence Analysis & Bioinformatics (three days' session at KCL)
- Biomedical and health resource discovery on the internet (KCL)
- Introduction to the Draft Human Genome/Ensembl (KCL)
- Advanced Information Retrieval for Medicine and Health (KCL)
- Advanced Information Retrieval for Biomedical and Life Sciences (KCL)
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11.2 Research:

- Research Grants & Administrative Reporting
- Validation of Dietary Intake Data
- Writing Effective Research Proposals
- Being Effective in Meetings
- Four days Personal Effectiveness, Networking and Teamwork KCL GRADschool
- Reading Original Research and Review Papers (critical appraisal skills)
- Effective Presentation in Seminars
- Time Management
- Being a Postgraduate Student Supervisor
- Planning & Delivering a Training Session
- Leading a Research Team
- Phlebotomy training course

11.3 Computer skills:

- Microsoft Excel advanced level
- Microsoft PowerPoint advanced level
- Microsoft Access intermediate level
- Microsoft Word advanced level
- Statistics soft wares: SPSS and Minitab
- Reference Manager advanced level

12. Professional Memberships:

- American Nutrition Society
- European Iron Club
- British Nutrition Society
- London Iron Metabolism Group
- British Biochemistry Society
- Iranian Nutrition Society

13. Referees:

Dr Michael Nelson
Department of Nutrition & Dietetics
King's College, London
150 Stamford Street
London SE1 9NH

Tel: +44 207 848 4349
Fax: +44 207 848 4185

Dr Anthony Leeds
Department of Nutrition & Dietetics
King's College, London
150 Stamford Street
London SE1 9NN

Tel: +44 207 848 4613
Fax: +44 207 848 4185