



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

**First Name:** Seyed Mostafa

**Surname:** Nachvak

**Academic Rank:** Professor

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### Personal Information

Place of birth: Kermanshah, Iran

Date of birth: 1964

### Tertiary Education

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

### Academic Responsibilities

- 2017-2023 • Vice Chancellor for Education of the Nutrition Sciences and Food Industry Faculty

### Key Areas of Research Expertise

- Metabolism of energy
- Oxidative stress
- Nutritional assessments

## Skills

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

## Teaching

- Regulation of metabolism
- Current nutritional topics
- Advanced nutritional physiology

## HDR Supervision

- Investigating the effect of MIND diet compared to multivitamin mineral supplement and weight loss diet on symptoms in overweight or obese women to premenstrual syndrome
- Investigating the effect of Bane (*Pistacia atlantica sub. Kurdica*) gum oral supplement on the improvement of oxidative stress/ARE signaling pathway in patients with non-alcoholic fatty liver disease: A Randomized Clinical Trial
- The effect of MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet pattern on sleep status in overweight or obese diabetic women with insomnia: A randomized controlled clinical trial

## Articles

- ❖ Arezoo Amjadi, Yahya Pasdar, Shahab Rezaeian, Mostafa Nachvak, Saeid Ghavamzadeh, Mohammad Alizadeh, Hadi Abdollahzad, Jafar Navabi The Association Between Dietary Acidity and Clinical Symptoms in Patients With Rheumatoid Arthritis. Journal, VOL, NO: Clin Nutr Res. 2022 Oct;11(4):277-288
- ❖ Seyed Mostafa Nachvak, Davood Soleimani, Mehdi Rahimi, Ali Azizi, Mehdi Moradinazar, Mohammad Hossein Rouhani, Behrouz Halashi, Abbas Abbasi, Mahsa Miryan. Ginger as an anticarcinogenic spice: A systematic review of in vitro to clinical evidence. Journal, VOL, NO: Food Sci Nutr. 2022;00:1–10.
- ❖ 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. Journal, VOL, NO: Food Sci Nutr. 2022;00:1–8.
- ❖ Mona Golmohammadi, Sorayya Kheirouri, Vahideh Ebrahimzadeh Attari, Jalal Moludi, Reny Sulistyowati, Seyed Mostafa Nachvak, Roghayeh Mostafaei and Maryam Mansordegshan. Is there any association between dietary inflammatory index and quality of life? A systematic review. Journal, VOL, NO: Front. Nutr. 9:1067468.
- ❖ Sheno Karimi, Farjam Goudarzi, Davood Soleimani, Saba Hazratian, Behzad Mahaki, Mojtaba Pourmehdi, Seyed Mostafa Nachvak, Nazir Fattahi. Evaluation of acrylamide and malondialdehyde levels in Tah-Dig of fried starchy foods: a case study in Iran. Journal, VOL, NO: Journal of Food Measurement and Characterization (2022) 16:2434–2439.
- ❖ Sahar Cheshmeh, Seyed Mostafa Nachvak, Niloofar Hojati, Negin Elahi, Neda Heidarzadeh-Esfahani, Amir Saber. "The effects of breastfeeding and formula feeding on the metabolic factors and the expression level of obesity and diabetes-predisposing genes in healthy infants". Journal, VOL, NO: Physiological Reports. 2022;10:e15469.

- ❖ Hawal Lateef Fateh, Mostafa Nachvak, Hadi Abdollahzad, Shahab Rezaeian, Mina Darand and Amir Bagheri. Nutritional status of under six years old children in Kalar city, Kurdistan Region, Iraq. Journal , VOL,NO: BMC Public Health (2022) 22:1668
- ❖ Nadya Baharirad, Yahya Pashar, Mostafa Nachvak, Saeid Ghavamzadeh, Ali Soroush, Amir Saber, Shayan Mostafai, Armin Naghipour, Hadi AbdollahzadTitle: The relationship of dietary total antioxidant capacity with sarcopenia and cardiometabolic biomarkers in type 2 diabetes patients. Journal ,VOL,NO: Physiological Reports. 2022;10:e15190.
- ❖ Fatemeh Rahimi, Yahya Pashar , Mojtaba Kaviani, Soheil Abbasi, Hillary Fry, Azita Hekmatdoost, Omid Nikpayam, Golbon Sohrab , Mansour Rezaei, Seyed Mostafa Nachvak, and Reza Mohammadi. Efficacy of the Synbiotic Supplementation on the Metabolic Factors in Patients with Metabolic Syndrome: A Randomized Triple-Blind, Placebo-Controlled Trial. Journal , VOL,NO: International Journal of Clinical Practice Volume 2022, Article ID 2967977, 11
- ❖ Atiyeh Nayeibi, Davood Soleimani, Shayan Mostafaei, Negin Elahi, Naseh Pahlavani, Amir Bagheri, Homayoun Elahi, Mahdi Mahmoudi and Seyyed Mostafa Nachvak. Association between dietary inflammatory index scores and the increased disease activity of rheumatoid arthritis: a cross-sectional study.Journal ,VOL,NO: Nutrition Journal (2022) 21:53.
- ❖ 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. Journal , VOL,NO: Clin Nutr ESPEN 2022 Oct;51:274-279.
- ❖ Shima Hajipour, Azita Hekmatdoost, Yahya Pashar, Reza Mohammadi, Meysam Alipour, Mansour Rezaei, Seyed Mostafa Nachvak, Celso Fasura Balthazar, Mohammad Reza Sobhiyeh Amir Mohammad Mortazavian, Adriano G. Cruz. The effect of yogurt co-fortified with probiotic and vitamin D on lipid profile, anthropometric indices and serum 25-hydroxi. vitamin D in obese adult: A Double-Blind Randomized Controlled Trial. Journal ,VOL,NO: Food Sci Nutr. 2022;10:3259–3271.
- ❖ Davood Soleimani, Mehdi Abdollahzadeh, Hadi Abdollahzad, Mostafa Nachvak and Mehnoosh Samadi. Internal Assessment of the Nutrition Department of Kermanshah University of Medical Sciences2018. Journal , VOL,NO: Educ Res Med Sci. 2021 June; 10(1):e115143.
- ❖ Atiyeh Nayeibi1, Jamshid Gholizadeh Navashenaq, Davood Soleimani and Seyyed Mostafa Nachvak. Probiotic supplementation: A prospective approach in the treatment of COVID-19. Journal ,VOL,NO: Nutrition and Health 1–13.
- ❖ Neda Heidarzadeh-Esfahani, Davood Soleimani, Salimeh Hajiahmadi, Shima Moradi, Nafiseh Heidarzadeh, and Seyyed Mostafa Nachvak. Dietary Intake in Relation to the Risk of Reflux Disease: A Systematic Review. Journal , VOL,NO: Prev. Nutr. Food Sci. 2021;26(4):367-379.
- ❖ Elham Sharifi-Zahabi,| Hadi Abdollahzad1, Seyed Mostafa Nachvak, Jalal Moloudi1, Mohammad Reza Golpayegani, Sahar Asiaei, Laya Rezavand, Zeynab Iraj, Khadijeh Jamshidi. Effects of alpha lipoic acid on iron overload, lipid profile and oxidative stress indices in  $\beta$ -thalassemia major patients: A cross-over randomised controlled clinical trial. Journal ,VOL,NO: Int J Clin Pract. 2021;00:e14062.
- ❖ Davood Soleimani1, Mahsa Miryan, Vahid Hadi, Jamshid Gholizadeh Navashenaq, Jalal Moludi, Sayed Mazaher Sayedi, Mohammad Bagherniya, Gholamreza Askari, Seyyed Mostafa Nachvak, Ehsan Sadeghi, Ali Ashraf Rashidi, Saeid Hadi. Effect of propolis supplementation on athletic performance body composition, inflammation, and oxidative stress following intense exercise: A triple-blind randomized clinical trial. Journal , VOL,NO: Food Sci Nutr. 2021;00:1–10.
- ❖ Shahrbanoo Gholizadah, Reza Mohammadi, Davood Soleimani, Mansour Rezaei, Sheida Ahanikamangar, Negin Mosalmanzadeh, Seyyed Mostafa Nachvak & Nazir Fattahi. Polycyclic aromatic hydrocarbons in grilled

foods from Kermanshah province. Journal ,VOL,NO: Food Addit Contam Part B Surveill . 2021 Dec;14(4):287-294.

❖ Mojgan Morvaridzadeh , Seyed Mostafa Nachvak , Reza Mohammadi , Shima Moradi , Roghayeh Mostafai , Ana Beatriz Pizarro , Hadi Abdollahzad. Probiotic Yogurt Fortified with Vitamin D Can Improve Glycemic Status in Non-Alcoholic Fatty Liver Disease Patients: a Randomized Clinical Trial. Journal , VOL,NO: Clin Nutr Res. 2021 Jan;10(1):36-47.

❖ Jalal Moludi, Hamed Khedmatgozar, Seyed Mostafa Nachvak, Hadi Abdollahzad, Mehdi Moradinazar & Ali Sadeghpour tabaei. 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. Journal ,VOL,NO: Nutr Neurosci 2022 Aug;25(8):1659-1668.

❖ Mostafa Nachvak , Ehsan Sadeghi , Reza Mohammadi, Mansour Rezaei , Hadi Abdollahzad and Davood Soleimani. User Experience of NAVID E-learning System in the School of Nutrition and Food Technology of Kermanshah University of Medical Sciences, Iran (2020). Journal , VOL,NO: Educ Res Med Sci. 2021 June; 10(1):e117418.

❖ Hadi Abdollahzad, Yahya Pashdar, Seyed Mostafa Nachvak, Shahab Rezaeian, Amir Saber, Razieh Nazari. The Relationship Between the Dietary Inflammatory Index and Metabolic Syndrome in Ravansar Cohort Study. Journal ,VOL,NO: Diabetes Metab Syndr Obes . 2020 Feb 21;13:477-487.

❖ Safoora Hedayatia, Seyyed Mostafa Nachvakb,, Mehnoosh Samadib, Ali Motamedi-Motlaghc and Shima Moradi. Malnutrition and nutritional status in critically ill patients with enteral nutrition. Journal , VOL,NO: Mediterranean Journal of Nutrition and Metabolism 13 (2020) 255–264.

❖ Seyyed Mostafa Nachvak, Omid Sadeghi, Shima Moradi, Ahmad Esmailzadeh and Roghayeh Mostafai. Food groups intake in relation to stunting among exceptional children. Journal , VOL,NO: BMC Pediatrics (2020) 20:394.

❖ Khadijeh Jamshidi, Hadi Abdollahzad, Mostafa Nachvak, Mansour Rezaei, Mohammad Reza Golpayegani, Elham Sharifi Zahabi. Effects of Alpha-Lipoic Acid Supplementation on Cardiovascular Disease Risk Factors in  $\beta$ -Thalassemia Major Patients: A Clinical Trial Crossover Study. Journal ,VOL,NO: Journal of Blood Medicine 2020;11 131–139.

❖ Zohreh Javadfar, Hadi Abdollahzad, Jalal Moludi, Shahab Rezaeian , Houshang Amirian, Ali Akbar Foroughi, Seyed Mostafa Nachvak, Nasrin Goharmehr, Roghayeh Mostafai. Effects of vitamin D supplementation on core symptoms, serum serotonin, and interleukin-6 in children with autism spectrum disorders: A randomized clinical trial. Journal , VOL,NO: Nutrition . 2020 Nov-Dec;79-80:110986.

❖ Shima Hajipoor, Azita Hekmatdoost, Mansour Rezaei, Seyed Mostafa Nachvak, Meysam Alipour, Sodabeh Eskandari, Roghayeh Mostafai, Mohammad Reza Sobhiyeh, Reza Mohammadi, Yahya Pashdar. The effect of yogurt co-fortified with probiotic and vitamin D on lipid profile, anthropometric indices and serum 25-hydroxy vitamin D in obese adult: A Double-Blind Randomized- Controlled Trial. Journal , VOL,NO: Food Sci Nutr. 2021 Jan; 9(1): 303–312.

❖ Elham Ahmadi, Hadi Abdollahzad, Yahya Pashdar, Shahab Rezaeian, Jalal Moludi, Seyed Mostafa Nachvak, Roghayeh Mostafai. Relationship Between the Consumption of Milk-Based Oils Including Butter and Kermanshah Ghee with Metabolic Syndrome: Ravansar Non-Communicable Disease Cohort Study. Journal , VOL,NO: Diabetes Metab Syndr Obes . 2020 May 5;13:1519-1530.

❖ Nachvak SM, Shabanpur M, Mostafai R, Heidari Moghaddam R, Moludi J. L-Carnitine supplementation reduces biomarkers of inflammatory and oxidative stress in patients with coronary artery disease: a randomised controlled trial. Arch Physiol Biochem. 2020 Aug 20:1-8. doi: 10.1080/13813455.2020.1797102. Online ahead of print.

- ❖ Cheshmeh S, Nachvak SM, Rezvani N, Saber A. Effects of Breastfeeding and Formula Feeding on the Expression Level of FTO, CPT1A and PPAR- $\alpha$  Genes in Healthy Infants. *Diabetes Metab Syndr Obes.* 2020 Jun 26;13:2227-2237. doi: 10.2147/DMSO.S252122. eCollection 2020.
- ❖ Javadfar Z, Abdollahzad H, Moludi J, Rezaeian S, Amirian H, Foroughi AA, Nachvak SM, Goharmehr N, Mostafai R. Effects of vitamin D supplementation on core symptoms, serum serotonin, and interleukin-6 in children with autism spectrum disorders: A randomized clinical trial. *Nutrition.* 2020 Nov-Dec;79-80:110986. doi: 10.1016/j.nut.2020.110986. Epub 2020 Aug 28.
- ❖ Abdollahzad H, Pasdar Y, Nachvak SM, Rezaeian S, Saber A, Nazari R. The Relationship Between the Dietary Inflammatory Index and Metabolic Syndrome in Ravansar Cohort Study. *Diabetes Metab Syndr Obes.* 2020 Feb 21;13:477-487. doi: 10.2147/DMSO.S240641. eCollection 2020.
- ❖ Morvaridzadeh M, Sadeghi E, Agah S, Nachvak SM, Fazelian S, Moradi F, Persad E, Heshmati J. Effect of melatonin supplementation on oxidative stress parameters: A systematic review and meta-analysis. *Pharmacol Res.* 2020 Nov;161:105210. doi: 10.1016/j.phrs.2020.105210. Epub 2020 Sep 29.
- ❖ Hosseini S, Nili-Ahmadabadi A, Nachvak SM, Dastan D, Moradi S, Abdollahzad H, Mostafai R. Antihyperlipidemic and Antioxidative Properties of Pistacia atlantica subsp. kurdica in Streptozotocin-Induced Diabetic Mice. *Diabetes Metab Syndr Obes.* 2020 Apr 20;13:1231-1236. doi: 10.2147/DMSO.S250417. eCollection 2020.
- ❖ Morvaridzadeh M, Nachvak SM, Agah S, Sepidarkish M, Dehghani F, Rahimlou M, Pizarro AB, Heshmati J. Effect of soy products and isoflavones on oxidative stress parameters: A systematic review and meta-analysis of randomized controlled trials. *Food Res Int.* 2020 Nov;137:109578. doi: 10.1016/j.foodres.2020.109578. Epub 2020 Jul 21.
- ❖ Moradi S, Ziaei R, Foshati S, Mohammadi H, Nachvak SM, Rouhani MH. Food groups intake in relation to stunting among exceptional children. *BMC Pediatr.* 2020 Aug 20;20(1):394. doi: 10.1186/s12887-020-02291-7.
- ❖ M. Hosseinikia, S. Mostafa Nachvak, S. Moradi. Maternal Nutrition Factors And Socio-Economic Status In Childhood Cancer. *World Cancer Research Journal. Wcrj* 2019; 6: E1423
- ❖ Nachvak SM, Moradi S, Anjom-Shoae J, Rahmani J, Nasiri M, Maleki V, Sadeghi O. Soy, Soy Isoflavones, and Protein Intake in Relation to Mortality from All Causes, Cancers, and Cardiovascular Diseases: A Systematic Review and Dose-Response Meta-Analysis of Prospective Cohort Studies. *J Acad Nutr Diet.* 2019 Sep;119(9):1483-1500.e17. doi: 10.1016/j.jand.2019.04.011. Epub 2019 Jul 2.
- ❖ Mostafai R, Mohammadi R, Nachvak SM, Rezaei M, Pasdar Y, Abdollahzad H, Rezvanmadani F, Moradi S, Morvaridzadeh M, Niazi P, Adeli K. Fortified yogurt with vitamin D as a cost-effective food to prevent diabetes: A randomized double-blind clinical trial. *Journal of Functional Foods.* 2018 Mar 31;42:137-45.
- ❖ Nachvak SM, Pasdar Y, Pirsaeheb S, Darbandi M, Niazi P, Mostafai R, Speakman JR. Effects of Ramadan on food intake, glucose homeostasis, lipid profiles and body composition composition. *European journal of clinical nutrition.* 2018 Jun 8:1.
- ❖ Bagheri A, Nachvak SM, Rezaei M, Moravridzade M, Moradi M, Nelson M. Dietary patterns and risk of prostate cancer: a factor analysis study in a sample of Iranian men. *Health promotion perspectives.* 2018;8(2):133.
- ❖ Nachvak SM, Hedayati S, Hejazi N, Motamedi-Motlagh A, Abdollahzad H. Nutritional care and balance of energy in patients hospitalized in Iranian intensive care units. *Nutrition Clinique et Métabolisme.* 2018 May 1;32(2):122-8.
- ❖ Gholizadeh F, Moludi J, Yagin NL, Alizadeh M, Nachvak SM, Abdollahzad H, Mirzaei K, Mostafazadeh M. The relation of Dietary diversity score and food insecurity to metabolic syndrome features and glucose level among pre-diabetes subjects. *Primary care diabetes.* 2018 Apr 9:4
- ❖ Moradi S, Pasdar Y, Hamzeh B, Najafi F, Nachvak SM, Mostafai R, Niazi P, Rezaei M. Comparison of 3 Nutritional Questionnaires to Determine Energy Intake Accuracy in Iranian Adults. *Clinical Nutrition Research.* 2018 Jul 1;7(3):213-22.
- ❖ Shabanpur M, Nachvak SM, Moradi S, Hedayati S, Hosseinikia M, Pasdar Y, Gholizadeh S, Samadi M. Nutritional Care in Iranian Intensive Care Units. *Clinical nutrition research.* 2018 Apr 1;7(2):136-45.

- ❖ Sahargahi B, Abdollahzad H, Moludi J, Nachvak SM, Pasdar Y, Naderi MR, Rezaei M. Anthropometric Indices from Primary to High School in the West of Iran: Epidemiologic Trends. *Clinical Nutrition Research*. 2018 Jul 1;7(3):189-98.
- ❖ Bagheri A, Nachvak SM, Abdollahzad H, Arzhang P, Rezaei M, Pasdar Y, Moradi MR, Mohammadi F. Relationship between nutrients intake and the risk of prostate cancer: A case-control study in Kermanshah, Iran. *Nutrition & Food Science*. 2018 Jul 9;48(4):689-700.
- ❖ Nachvak SM, Hosseini M, Abdollahzad H, Pasdar Y, Oubari F, Hosseini R, Shabanpur M. Pattern of Kebab Intake as a Potential Carcinogenic Risk Factor in Adults of Kermanshah, Iran: 2015. *International Journal of Hematology-Oncology and Stem Cell Research*. 2018 Jan 5;12(1):23-8.
- ❖ Nachvak SM, Hosseini S, Nili-Ahmadabad A, Dastanb D, Rezaei M. Chemical Composition and Antioxidant Activity of *Pistacia Atlantica* Subsp. *Kurdica* from Awraman. *Journal of Reports in Pharmaceutical Sciences*. 2018;7(3):222-30.
- ❖ Moludi J, Alizadeh M, Lotfi Yagin N, Pasdar Y, Nachvak SM, Abdollahzad H, Sadeghpour Tabaei A. New insights on atherosclerosis: A cross-talk between endocannabinoid systems with gut microbiota. *J Cardiovasc Thorac Res*. 2018;10(3):129-137. doi: 10.15171/jcvtr.2018.21. Epub 2018 Sep 27.
- ❖ Sahargahi B, Abdollahzad H, Moludi J, Nachvak SM, Pasdar Y, Naderi MR, Rezaei M. Anthropometric Indices from Primary to High School in the West of Iran: Epidemiologic Trends. *Clin Nutr Res*. 2018 Jul;7(3):189-198. doi: 10.7762/cnr.2018.7.3.189. Epub 2018 Jul 31.
- ❖ Nachvak SM, Abdollahzad H, Mostafai R, Moradi S, Pasdar Y, Rezaei M, Eskandari S. Dietary Diversity Score and Its Related Factors among Employees of Kermanshah University of Medical Sciences. *Clinical nutrition research*. 2017 Oct 1;6(4):247-55.
- ❖ Nachvak SM, Moradi S, Mostafaei R, Sharafi K. The role of nutrition in reducing the harmful effects of dust on human health; A review study. *Journal of Kermanshah University of Medical Sciences*. 2016 Jan 1;20(1):37-42.
- ❖ Nachvak S, Rahimi F, Pasdar Y, Niazi P, Darbandi M. Investigating nutritional status of exceptional pupils in Tehran city (2014). *International Journal of Pharmacy and Technology*. 2016;8(2):12826-36.
- ❖ Pasdar Y, Rahimi F, Darbandi M, Nazar M, Niazi P, Nachvak S. The relationship between anthropometric indexes and blood biomarkers with fatty liver-a case-control study; Kermanshah, Iran. *International Journal of Pharmacy and Technology*. 2016;8(2):12837-46.5
- ❖ Pasdar Y, Darbandi M, Niazi P, Hamzeh B, Nachvak SM, Barzegar A. Risk factors of metabolic syndrome among food suppliers. *Srpski Arhiv za Celokupno Lekarstvo*. 2016 Aug 15;145(5-6):289-93.
- ❖ Nachvak, S., Mostafai, R., Moradi, S., Eskandari, S., Niazi, P., & Darbandi, M. (2016). The association between nutritional status and sleep health. *International Journal of Pharmacy and Technology*, 8(2), 12848-12857.
- ❖ Nemati A, Nachvak S, Djafarian K, Faizi-Khankandi I. Effect of omega-3 fatty acid supplementation on nutritional status in patients with gastric cancer during chemotherapy. *Journal of Nutritional Sciences and Dietetics*. 2015 Oct 5;1(1):2-8.
- ❖ Nachvak SM, Djafarian K. Oxidative Stress, Cancer and Obesity, Three Complications Threatens Health in Down Syndrome that Are Preventable. *Scientific journal of ilam university of medical sciences*. 2015 Apr 15;23(1):134-42.
- ❖ Nachvak SM, Neyestani TR, Mahboob SA, Sabour S, Keshawarz SA, Speakman JR.  $\alpha$ -Tocopherol supplementation reduces biomarkers of oxidative stress in children with Down syndrome: a randomized controlled trial. *European journal of clinical nutrition*. 2014 Oct;68(10):1119.
- ❖ Pasdar Y, Darbandi M, Nachvak SM. Nutritional status of working children as a neglected group in Kermanshah. *J Commun Health Res*. 2014 Jan 1;3:124-31.
- ❖ Nachvak, Seyed Mostafa, et al. "Ketogenic Diet An Effective Method In Treatment Of Drug-Resistant Epilepsy In Mentally Retarded Children. *Iranian exceptional children journal*" (2014): 77-84.
- ❖ Vaghef MI, Djafarian K, Vaghaf Me, Nachvak S. Dietary Quality Of Iranian School-Aged Children With Down Syndrome: Healthy Eating Index. *Iranian Exceptional Children Journal*" (2013): 87-91.
- ❖ Nachvak SM, Jabbari H, Ostadrahimi A, Djafarian K. Weight gain during pregnancy and birth weight outcome in pregnant women, Tabriz, Iran. *Journal of Community Health Research*. 2012 Jul 15;1(1):1-0.6

- ❖ Nachvak SM, Mahboob SA, Speakman JR. Low consumption of fruit and vegetables, and markers of oxidative stress in children with Down syndrome. *Downs Syndr Res Pract.* 2010 Feb;13.
- ❖ Nachvak, S. M., and M. HADIAN. "HEALTH KNOWLEDGE OF CAREGIVERS IN SPECIAL EDUCATION CENTERS." (2005): 87-100.
- ❖ Nachvak, S. M., K. JAFARIAN, and J. SPEAKMAN. "MITOCHONDRIAL DYSFUNCTION IN DOWN'S SYNDROME." (2005): 203-210.
- ❖ Nachvak SM, Nachrak MN, Ahanikamangar SA. Epilepsy in Children with Intellectual Disabilities: p1288. *Epilepsia.* 2005 Sep 1;46:390.
- ❖ Nachvak SM, Rezaei M. The relationship between iron deficiency and school achievement in mentally retarded children in Tehran. *Quarterly Journal of Research Institute of Exceptional Children.* 2003;7(1):3-12.

## Research Projects

- 2020
  - Evaluation of peeled oleaster (*Elaeagnus angustifolia* L.) flour (PO) and unpeeled oleaster flour (UPO) effect as an antimicrobial, stabilizer, and antioxidant in the production of mayonnaise/ Kermanshah University of medical sciences/supervisor
  - Internal evaluation of food Science & technology department of Kermanshah University of medical sciences in 2020/ Kermanshah University of medical sciences/Assistant
  - The Effect of satureja kermanshahensis Jamzad essential oil nanoemulsion on the physicochemical, Structural, antibacterial and Antioxidant properties of gelatin- nano selenium composite films/ Kermanshah University of medical sciences/Advisor
  - Assessment of aflatoxin B1 changes, in bread and traditional wheat-based products during processing and estimation of its Dietary Intake/ Kermanshah University of medical sciences/Advisor
  - Risk assessment and exposure to aflatoxins B1 through the consumption of traditional cookies in Kermanshah/ Kermanshah University of medical sciences/Advisor
  - Effect of oil type on stability and physicochemical properties of oil-in-water emulsion in the presence of gossypinus tragacanth gum / Shahid Beheshti University of Medical Sciences / supervisor
- 2017
  - Investigation of temperature dependence of steady, unsteady rheological properties and Cox Merz law of oil in water emulsion stabilized with tragacanth gum / Shahid Beheshti University of Medical Sciences / supervisor
  - Evaluation of production and optimization of structured oil systems: ethylcellulose and betacitosterol oleogels and hydrocolloid-based oleogels in margarine with low saturated fatty acid / Shahid Beheshti University of Medical Sciences / supervisor
- 2016
  - Investigation of the use of tragacanth gum as a walnut coating to prevent oxidation / Shahid Beheshti University of Medical Sciences / supervisor
  - Using edible coatings as biological packaging for cheese storage / Shahid Beheshti University of Medical Sciences / supervisor
  - The effect of pH, ionic strength and storage temperature on the stability and physicochemical properties of oil-in-water emulsion in the presence of tragacanth gum (*Astragalus gossypinus*) / Shahid Beheshti University of Medical Sciences / supervisor
- 2015
- 2013

## Books

- 2004 - Metabolic abnormalities in Down syndrome

## Conferences

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

## Presentations & Published Abstracts

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

## Workshops

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

## Editorial Board and Reviewing Activities

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

## Professional Memberships

- Member of University Educational Council

## Awards & Grants

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