



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

First name and Last name: Amir Bagheri

Field of Study: Nutritional Sciences

Academic Rank: Assistant Professor

Address: Department of Nutrition, Faculty of Nutritional Sciences and Food Technology, Kermanshah University of Medical Sciences, Kermanshah, Iran

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Personal Information

Place of Birth: Kermanshah

Nationality: Iranian

Gender: Male

Tertiary Education

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| • 2019-2023 | • Tehran University of Medical Sciences |
| • Ph.D. in Nutrition and Dietetics | • Supervisor: Dr. Ahmad Esmaeilzadeh |
| | • Thesis Title: The Effect of Mediterranean Diet on Nutritional Status, Muscle Mass and Strength, and Inflammatory Factors in Patients with Colorectal Cancer Cachexia: A Randomized Controlled Clinical Trial |
| • 2014-2017 | • Kermanshah University of Medical Sciences |
| • Master in Nutritional Sciences | • Supervisor: Dr. Seyed Mostafa Nachvak |
| | • Thesis Title: Investigating the Relationship Between Major Dietary Patterns and the Odds of Prostate Cancer |
| • 2010-2014 | • Isfahan University of Medical Sciences |
| • Bachelor in Nutritional Sciences | |

Key Areas of Research Expertise

- Nutrition in Cancer and Cachexia
- Nutrition in Chronic Disease
- Nutritional Epidemiology
- Clinical Nutrition

Skills

- Language
 - Persian - English
- Techniques
 - Systematic reviews and meta-analyses
 - Determining dietary patterns and nutritional indices
 - Data analysis
 - N4 - SPSS - STATA software

Articles

- ❖ **Bagheri A**, Naghshi S, Sadeghi O, Larijani B, Esmailzadeh A: Total, dietary, and supplemental magnesium intakes and risk of all-cause, cardiovascular, and cancer mortality: a systematic review and dose–response meta-analysis of prospective cohort studies. *Advances in Nutrition* 2021, 12(4):1196-1210.
- ❖ **Bagheri A**, Soltani S, Hashemi R, Heshmat R, Motlagh AD, Esmailzadeh A: Inflammatory potential of the diet and risk of sarcopenia and its components. *Nutrition journal* 2020, 19:1-8.
- ❖ **Bagheri A**, Hashemi R, Heshmat R, Motlagh AD, Esmailzadeh A: Patterns of nutrient intake in relation to sarcopenia and its components. *Frontiers in Nutrition* 2021, 8:645072.
- ❖ **Bagheri A**, Soltani S, Asoudeh F, Esmailzadeh A: Effects of omega-3 supplementation on serum albumin, pre-albumin and the CRP/albumin ratio in hospitalized patients: a systematic review and meta-analysis. *Nutrition reviews* 2023, 81(3):237-251.
- ❖ **Bagheri A**, Asoudeh F, Rezaei S, Babaei M, Esmailzadeh A: The effect of Mediterranean diet on body composition, inflammatory factors, and nutritional status in patients with cachexia induced by colorectal cancer: a randomized clinical trial. *Integrative Cancer Therapies* 2023, 22:15347354231195322.
- ❖ Sheikhi F, **Bagheri A**, Amani R, Foroughi A, Moradinazar M, Samadi M: The effects of nuts intake on cognitive and executive function in obese children: a randomized clinical trial. *Journal of Health, Population and Nutrition* 2025, 44(1):74.

- ❖ **Bagheri A**, Hashemi R, Soltani S, Heshmat R, Dorosty Motlagh A, Larijani B, Esmailzadeh A: The relationship between food-based pro-inflammatory diet and sarcopenia: findings from a cross-sectional study in Iranian elderly people. *Frontiers in Medicine* 2021, 8:613.
- ❖ Javdan M, **Bagheri A**, Moloudi J, Khazaei S, Saber A: Investigating the relationship between MIND diet and postpartum depressive symptoms. *BMC Women's Health* 2025, 25(1):166.
- ❖ Shakiba E, Pasdar Y, Ebrahimi-Mousavi S, Najafi F, Saber A, Shakiba MH, **Bagheri A***: The associations between dietary omega-6, omega-3, and omega 6 to omega 3 ratio fatty acids and hypertension risk among adults: A prospective cohort study. *Clinical Nutrition ESPEN* 2025, 65:418–423.
- ❖ 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, 24(1):259.
- ❖ Saber A, Jabbari M, Sadeghi F, Gholami MS, **Bagheri A***, Rezaei S, Nachvak SM: Household food expenditures and socioeconomic status in relation to dietary nutrient intake in Iranian families. *Nutrition & Food Science* 2024.
- ❖ Jabbari M, Salari-Moghaddam A, **Bagheri A**, Larijani B, Esmailzadeh A: A systematic review and dose–response meta-analysis of prospective cohort studies on coffee consumption and risk of lung cancer. *Scientific Reports* 2024, 14(1):14991.
- ❖ Akhgarjand C, Tavakoli A, Samavat S, **Bagheri A**, Anoushirvani A, Mirzababaei A, Amini MR, Ghorbi MD, Valisoltani N, Mansour A: The effect of conjugated linoleic acid supplementation in comparison with omega-6 and omega-9 on lipid profile: a graded, dose–response systematic review and meta-analysis of randomized controlled trials. *Frontiers in Nutrition* 2024, 11:1336889.
- ❖ Akhgarjand C, Moludi J, Ebrahimi-Mousavi S, **Bagheri A***, Bavani NG, Beigmohammadi MT, Malekahmadi M: The effect of chamomile consumption on glycemic markers in humans and animals: a systematic review and meta-analysis. *Journal of Diabetes & Metabolic Disorders* 2024, 23(1):189-198.
- ❖ 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, 13(1):21112.

- ❖ Ghoreishy SM, **Bagheri A**, Nejad MM, Larijani B, Esmailzadeh A: Association between calcium intake and risk of breast cancer: An updated systematic review and dose–response meta-analysis of cohort studies. *Clinical Nutrition ESPEN* 2023, 55:251-259.
- ❖ Asoudeh F, **Bagheri A**, Larijani B, Esmailzadeh A: Coffee consumption and caffeine intake in relation to risk of fractures: a systematic review and dose-response meta-analysis of observational studies. *Critical Reviews in Food Science and Nutrition* 2023, 63(28):9039-9051.
- ❖ Pashar 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, 9:705055.
- ❖ Nayeby A, Soleimani D, Mostafaei S, Elahi N, Pahlavani N, **Bagheri A**, Elahi H, Mahmoudi M, Nachvak SM: Association between dietary inflammatory index scores and the increased disease activity of rheumatoid arthritis: a cross-sectional study. *Nutrition journal* 2022, 21(1):53.
- ❖ Sedighi M, Saber A, **Bagheri A**, Hazratian S, Pashar Y, Najafi F, Moradinazar M, Soleimani D: The associations between diet-induced inflammation and the improvement or worsening of hepatic steatosis and fibrosis: a longitudinal analysis of RaNCD cohort study. *Nutrition & Metabolism* 2025, 22(1):5.
- ❖ Mousavi SM, Beatriz Pizarro A, Akhgarjand C, **Bagheri A**, Persad E, Karimi E, Wong A, Jayedi A: The effects of *Anethum graveolens* (dill) supplementation on lipid profile and glycemic control: a systematic review and meta-analysis of randomized controlled trials. *Critical Reviews in Food Science and Nutrition* 2022, 62(21):5705-5716.
- ❖ Fateh HL, Nachvak M, Abdollahzad H, Rezaeian S, Darand M, **Bagheri A**: Nutritional status of under six years old children in Kalar city, Kurdistan Region, Iraq. *BMC Public Health* 2022, 22(1):1668.
- ❖ Elahi N, Elahi H, Navashenaq JG, Abdollahzad H, Mahaki B, Soleimani D, Mostafaei R, Samadi M, **Bagheri A**, Nachvak SM: The relationship between major dietary patterns and disease activity of rheumatoid arthritis. *Clinical nutrition ESPEN* 2022, 51:274-279.
- ❖ Ebrahimi-Mousavi S, Hashemi R, **Bagheri A**, Heshmat R, Dorosty-Motlagh A, Esmailzadeh A: Association between dietary intake of branched-chain amino acids and sarcopenia and its components: a cross-sectional study. *Scientific Reports* 2022, 12(1):5666.

- ❖ Ebrahimi Mousavi S, **Bagheri A**, Benisi-Kohansal S, Azadbakht L, Esmailzadeh A: Consumption of “diabetes risk reduction diet” and odds of breast cancer among women in a middle eastern country. *Frontiers in Nutrition* 2022, 9:744500.
- ❖ **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, 10(8):2710-2717.
- ❖ **Bagheri A**, Babaei M, Rezaei S, Motalebnejad ZA, Ganjalikhani M, Malekhamadi M, Esmailzadeh A: The effect of Mediterranean diet on nutritional status, muscle mass and strength, and inflammatory factors in patients with colorectal cancer-induced cachexia: study protocol for a randomized clinical trial. *Trials* 2022, 23(1):1015.
- ❖ Arzhang P, Ramezan M, Borazjani M, Jamshidi S, Bavani NG, Rahmanabadi A, **Bagheri A***: The association between food insecurity and gestational weight gain: a systematic review and meta-analysis. *Appetite* 2022, 176:106124.
- ❖ Akhgarjand C, Ebrahimi Mousavi S, Kalantar Z, **Bagheri A***, Imani H, Rezvani H, Ghorbi MD, Vahabi Z: Does folic acid supplementation have a positive effect on improving memory? A systematic review and meta-analysis of randomized controlled trials. *Frontiers in Aging Neuroscience* 2022, 14:966933.
- ❖ Akhgarjand C, Asoudeh F, **Bagheri A**, Kalantar Z, Vahabi Z, Shab-bidar S, Rezvani H, Djafarian K: Does Ashwagandha supplementation have a beneficial effect on the management of anxiety and stress? A systematic review and meta-analysis of randomized controlled trials. *Phytotherapy Research* 2022, 36(11):4115-4124.
- ❖ Samadi M, Khosravy T, Azadbakht L, Rezaei M, Mosafaghadi M, Kamari N, **Bagheri A**, Pasdar Y, Najafi F, Hamze B: 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, 9(12):6672-6682.
- ❖ Mousavi SM, Jayedi A, **Bagheri A**, Zargarzadeh N, Wong A, Persad E, Akhgarjand C, Koohdani F: What is the influence of cinnamon supplementation on liver enzymes? A systematic review and meta-analysis of randomized controlled trials. *Phytotherapy Research* 2021, 35(10):5634-5646.
- ❖ Hamzeh B, **Bagheri A**, Pasdar Y, Darbandi M, Rezaeian S, Najafi F, Moradinazar M: Predicting metabolic syndrome by anthropometric measures among adults 35–65 years in the

west of Iran; a cross-sectional study from an Iranian RaNCD cohort data. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews* 2020, 14(5):1293-1298.

- ❖ **Bagheri A**, Nachvak SM, Abdollahzad H, Mohammadi F: Does alternative healthy eating index can predict the risk of prostate cancer? *Nutrition & Food Science* 2020, 50(1):96-104.
- ❖ Arzhang P, Gargari BP, **Bagheri A**, eshtivani En, Ghavami A, Mohammadi F, Rahmanabadi A: Food insecurity is associated with food diversity, depression and blood pressure among rural and urban high school students in the Kurdish population of Iran. *Progress in Nutrition* 2020, 22:684-691.
- ❖ Sharifi-Zahabi E, Abdollahzad H, Nachvak SM, Pasdar Y, Bagheri A, Sahargahi B, Mahaki B: Prevalence of lactose intolerance and its association with breakfast consumption in Iranian adolescents. *Nutrition & Food Science* 2019, 49(1):170-178.
- ❖ Samadi M, Chaghazardi M, Bagheri A, Karimi S, Pasdar Y, Hozoori M, Moradi S: A review of high-risk rapid weight loss behaviors with assessment of food intake and anthropometric measurements in combat sport athletes. *Asian Journal of Sports Medicine* 2019, 10(4).
- ❖ **Bagheri A**, Nachvak SM, Abdollahzad H, Rezaei M: Inflammatory Potential of Diet and the Risk of Prostate Cancer: A Case-Control Study in the West of Iran. *Current Nutrition & Food Science* 2019, 15(7):718-724.
- ❖ **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.
- ❖ **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, 48(4):689-700.
- ❖ Pasdar Y, Darbandi M, Niazi P, **Bagheri A**, Mohajeri SAR, Norouzy A, Hamzeh B: The risk factors of metabolic syndrome and nutritional status in patients with non-alcoholic fatty liver disease: A case-control study in Kermanshah, Iran. *Acta Medica* 2017, 33:715.
- ❖ Pasdar Y, Darbandi M, **Bagheri A**, Niazi P, Siabani S, Nachvak SM: Non-Alcoholic Fatty Liver Related to Diet and Body Composition: A Case Control Study. *International Journal of Health and Life Sciences* 2016, 2(2).

Research Projects

- 2022
 - Study of the relationship between obesity, sarcopenia, as well as sarcopenic obesity and hypertension in Kurdish adults
- 2021
 - The effect of Mediterranean diet on nutritional status, muscle mass and strength and inflammatory factors in patients with colorectal cancer cachexia: a randomized controlled clinical trial
 - Nutritional status of under six years old children in Kalar city, Kurdistan Region, Iraq
- 2019
 - Total, dietary, and supplemental magnesium intakes and risk of all-cause, cardiovascular, and cancer mortality: A systematic review and dose–response meta-analysis of prospective cohort studies
 - Inflammatory potential of the diet and risk of sarcopenia and its components
- 2018
 - Investigating the relationship between dietary patterns and disease activity of rheumatoid arthritis in women
- 2017
 - Investigating the association between major dietary patterns and prostate cancer

Books

- 2023
 - Microbiome and Health (co-author), Endocrinology and Metabolism Research Institute Publications, Tehran University of Medical Sciences

Conferences

- 2019
 - The 3rd International Congress and the 15th Iranian Congress of Nutrition, Tehran:
 - Dietary Inflammatory Potential and Prostate Cancer: A Case–Control Study in Western Iran
 - Association Between Nutrient Intake and Prostate Cancer Risk: A Case–Control Study in Kermanshah, Iran
 - Dietary Patterns and Prostate Cancer Odds: A Factor Analysis Study Among Iranian Men

Workshops

- 2025 • Workshop on Determining Dietary Patterns and Nutritional indices, Kermanshah University of Medical Sciences
- 2023 • Workshop on Advanced Statistical Analysis in SPSS, Isfahan University of Medical Sciences
- 2022 • Workshop on Systematic Review and Advanced Meta-Analysis, Tehran University of Medical Sciences
- 2021 • Workshop on Dose-Response Meta-Analysis - Observational Studies, Tehran University of Medical Sciences
- 2020 • Workshop on Systematic Review and Meta-Analysis of Observational Studies, Tehran University of Medical Sciences
- 2019 • Workshop on Systematic Review and Meta-Analysis of Interventional Studies

Editorial Board and Reviewing Activities

- Editorial Board • **Journal of Health, Population and Nutrition (Section Editor)**
- Reviewer • Critical Reviews in Food Science and Nutrition
- Journal of Cachexia, Sarcopenia and Muscle
- Journal of the American Medical Directors Association
- Frontiers in Nutrition
- The journal of nutrition, health & aging
- Nutrition and metabolism
- Nutrition and cancer
- Preventing Chronic Disease
- Biological Trace Element Research
- Archives of Public Health
- Cardiovascular Toxicology

Awards & Grants

- 2022-2023
 - Selected as the best PhD student in the field of nutrition sciences from Tehran University of Medical Sciences
- 2022-2024
 - Selected as elite PhD in Nutrition by the National Elite Foundation