



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



**First Name:** MEHNOOSH

**Surname:** SAMADY

**Academic Rank:** Associate Professor

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[Mehnoosh\\_samadi@yahoo.com](mailto:Mehnoosh_samadi@yahoo.com)

### Personal Information

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

### Tertiary Education

- 2012-2016
- PhD in Nutrition from AJUMS, IRAN
- Supervisor: Dr Fatemeh Haidary
- Title of Thesis: Effect of energy restricted diet combined with green coffee bean extract supplementation on some metabolic factors, anthropometric measures, serum free fatty acids, visceral fat, serum adipocytokins in obese women

### Academic Responsibilities

- 2017 – 2021
- Education Development Office (EDO) Manager, School of Nutritional Science& Food Technology
- 2017 until now
- Talent mentor, School of Nutritional Science& Food Technology
- 221 until now
- Director of Graduate Studies Nutritional Science& Food Technology

## Key Areas of Research Expertise

Obesity, Pediatric Health, Malnutrition, Mental Health, Diabetes, Metabolic Syndrome,

## Skills

- |             |                |
|-------------|----------------|
| • Language  | English        |
| • Technical | .....          |
| • Software  | SPSS-N4-Office |

## Articles

Fatemeh Sheikhi, Amir Bagheri, Reza Amani, Aliakbar Foroughi, Mehdi Moradinazar, Mehnoosh Samadi\*. The effects of nuts intake on cognitive and executive function in obese children: a randomized clinical trial. *Journal of Health, Population and Nutrition* (2025) 44:74.

Mona Golmohammadi, Mehnoosh Samadi, Yahya Salimi, Seyed Mostafa Nachvak\*, Vahideh Ebrahimzadeh Attari. The association of dietary inflammatory index with sleep outcomes: A systematic review. *Health Promotion Perspectives*, 2024, 14(2), 136-147.

Mona Golmohammadi, Vahideh Ebrahimzadeh Attari, Yahya Salimi, Seyed Mostafa Nachvak\*, Mehnoosh Samadi\*. The effect of MIND diet on sleep status, anxiety, depression, and cardiometabolic indices in obese diabetic women with insomnia: study protocol for a randomized controlled clinical trial. *Trials*.2024; 25:660.

MonaGolmohammadi<sup>1</sup>, Vahideh EbrahimzadehAttari<sup>2</sup>, Yahya Salimi<sup>3</sup>, Lotfollah Saed<sup>4</sup>, Seyed Mostafa Nachvak<sup>5</sup>\* & Mehnoosh Samadi. The effect of MIND diet on sleep status, mental health, and serum level of BDNF in overweight/obese diabetic women with insomnia: a randomized controlled trial. *Scientific Reports*. 2025; 15:8237.

Behnaz Aghaei, Fardin Moradi, Davood Soleimani, Mehdi Moradinazar, Tina Khosravy, Mehnoosh Samadi\*. Glycemic index, glycemic load, dietary inflammatory index, and risk of infertility in women. *Food Sci Nutr*. 2023; 11: 6413–6424.

Samaneh Farpour, Davood Soleimani, Mehdi Moradinazar, Mehnoosh Samadi\*The relationship of dietary inflammatory index and dietary patterns with premenstrual syndrome among women in Kermanshah: An analytical cross-sectional study. *Food Sci Nutr*. 2023;11: 4146–4154

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

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

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

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

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

Mehnoosh Samadi, Tina Khosravy, Leila Azadbakht, Mansour Rezaei, Mohammad Mosafaghadir, Negin Kamari, Amir Bagheri, Yahya Pasdar, Farid Najafi, Behrouz Hamze, Davood Soleimani. Major dietary patterns in relation to muscle strength status among middle-aged people: A cross-sectional study within the RaNCD cohort. *Food Science and Nutrition*. 202 ; 9:6672–6682.

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

Mohsen Mohit, Mehran Nouri , Mehnoosh Samadi , Yasaman Nouri , Neda Heidarzadeh-Esfahani , Kamesh Venkatakrishnan, Cyrus Jalili .The effect of sumac (*Rhus coriaria* L.) supplementation on glycemic indices: A systematic review and meta-analysis of controlled clinical trials. *Complementary Therapies in Medicine*. 61 (2021) 102766.

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

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

Samadi M, Moradi S, Moradinazar M, Mostafai R, Pasdar Y. Dietary pattern in relation to the risk of Alzheimer's disease:a systematic review. *Neurological Sciences*. 2021; 40:2031–2043.

Amini M, Najafi F, Pashar Y, Samadi M, Kazemi Karyani A, Moradinazar M. The Effect of Socio-Economic Status on Food Quality in West of Iran. *Journal of public health*. 2021; In press.

Soleimani D, Abdollahzadeh M, Nachvak SM, Samadi M, Abdollahzad H. Internal assessment of nutrition department in Kermanshah University of Medical Sciences in 2018. *Educ Res Med Sci*. 2021

Hedayatia S, Nachvak SM, Samadi M, Motamedi-Motlagh A, Moradi S. Malnutrition and nutritional status in critically ill patients with enteral nutrition. *Mediterranean Journal of Nutrition and Metabolism*. 2020; 13: 255–264.

Hosseiniakia M, Oubari F, Hosseiniakia R, Tabeshfar Z, Salehi MG, Mousavian Z, et al. Quercetin supplementation in non-alcoholic fatty liver disease: A randomized, double-blind, placebo-controlled clinical trial. *Nutrition and food science*. 2020.

Samadi M, Moradi S, Azadbakht L, Rezaei M, Hojati N. Adherence to healthy diet is in relation to high linear growth in adolescent girls with open growth plate. *Nutrition Research*. 2020; 76: 29-36.

Moradi S, Moloudi J, Moradinazar M, Sarokhani D, Nachvak SM, Samadi M. Adherence to Healthy Diet Can Delay Alzheimer's Diseases Development: A Systematic Review and Meta-Analysis. *Prev. Nutr. Food Sci*. 2020; 25(4):1-00.

Ayeneh pour A, Moradinazar M, Samadi M, Hamzeh B, Najafi F, Karimi S, et al. Association of Dietary Inflammatory Index with Cardiovascular Disease in Kurdish Adults: Results of a Prospective Study on Ravansar Non-Communicable Diseases. *BMC Cardiovascular Disorders*. 2020; 20:434.

Samadi M, Chaghazardi M, Bagheri A, Karimi S, Pashar Y, Hozoori M, et al. A Review of High-Risk Rapid Weight Loss Behaviors with Assessment of Food Intake and Anthropometric Measurements in Combat Sport Athletes. *Archive of SID Asian J Sports Med*. 2019; 10(4): 85697.

Moradinazar M, Pashar Y, Najafi F, Shakiba E, Hamzeh B, Samadi M, et al. Validity of self-reported diabetes varies with sociodemographic characteristics: Example from Iran. *Clin Epid and Glob Health*. 2019.

Nachvak SM, Alipour B, Malek Mahdavi A, Aghdash MM, Abdollahzad H, Pashar Y, et al. Effects of Coenzyme Q10 Supplementation on MMPs and DAS-28 in Patients with Rheumatoid Arthritis: A Randomized, Double-blind, Placebo-controlled Clinical Trial. *Clinical Rheumatology*. 2019; 38:3367–3374.

Zeinali F, Samadi M, Hojjati N. The beneficial effects of fiber on major chronic diseases: A review of evidence. JNFS. 2018; 3(4): 226-239.

Shabanpur M, Nachvak SM, Moradi S, Hedayati S, Hosseinikia M, Pasdar Y, et al. Nutritional Care in Iranian Intensive Care Units. Clin Nutr Res. 2018;7(2):136-145.

Haidari F, Samadi M\*, Mohammadshahi M, Jalali MT, Ahmadi Engali K. Energy restriction combined with green coffee bean extract affects serum adipocytokines and the body composition in obese women Asia Pac J Clin Nutr. 2017;26(6):1048-1054.

Samadi M, Zeinali F, Habibi N, Ghotbodin-Mohammadi S. Intake of Dietary Supplements and Malnutrition in Patients in Intensive Care Unit. Int J Prev Med. 2016;13;7:90.

Zeinali F, Asadi Samani H, Toupchian O, Abdollahi S, Samadi M\*. A Review of the Relationship between Dietary Glycemic Index and Glycemic load and Type 2 Diabetes. JNFS. 2016; 1(1): 73-79.

Zeinali F, Habibi N, Samadi M, Azam K, Djafarian K. Relation between Lifestyle and Socio-Demographic Factors and Body Composition among the Elderly. Glob J Health Sci. 2016;1;8(8):53715.

Toupchian O, Abdollahi S, Samadi M, Zeinali F, HonarkarShafie E, Farsad Naeimi A, et al. Knowledge and Attitude on Cardiovascular Disease Risk Factors and Their Relationship with Obesity and Biochemical Parameters. JNFS. 2016; 1(1): 63-71.

Zeinali F, Samadi M, Azam K, Djafarian K. Body Composition among Elderly and Its Relationship with Physical Activity Pattern. J Mazandaran Univ Med Sci. 2016; 26(135): 62-74(Persian).

Samadi M\*, Zeinaly F, Ghotbodin Mohammadi S, Alipour M, Asadi Samani H. The relationship between obesity and dietary patterns: review on evidence. J Clin Exc. 2015; 4: 72-89 (Persian).

Samadi M, Mohammadshahi M, Haidari F. Green Coffee Bean Extract as a Weight Loss Supplemen. J Nutr Disorders Ther. 2015; 5:4.

Samadi M, Sadrzadeh-Yeganeh,H, Azadbakht L, Jafarian K, Rahimi A, Sotoudeh G. Sensitivity and specificity of body mass index in determining obesity in children. J Res Med Sci. 2013;18(7):537-42.

Samadi M, Sadrzadeh-Yeganeh H, Azadbakht L, Jafarian K, Rahimi A. Comparing the Body Mass Index and Fat Mass Index to Identify Overweight in Children. J Health Syst Res. 2013; 8(7): 1263-71(Persian).

Samadi M, Sadrzadeh-Yeganeh H, Azadbakht L, Feizi A, Jafarian K, Sotoudeh G. Dietary calcium intake and risk of obesity in school girls aged 8-10 years J Res Med Sci. 2012;17(12):1102-7.

## Research Projects

2026

- Effects of Gluten-Free and Ketogenic Diets on Migraine: A Systematic Review and Meta-analysis.
- Effect of Nano-Curcumin Supplementation on Behavioral Symptoms in Children (6–12 years) with Autism Spectrum Disorder: Supervisor.
- Association between the MIND Diet and Anger Levels among Children in Kermanshah.
- Association of the Serum Uric Acid-to-HDL-C Ratio with Non-Alcoholic Fatty Liver Disease: A Systematic Review and Meta-analysis of Observational Studies.
- Association between Dietary Phytochemical Intake and Female Hormone Levels in Women with Polycystic Ovary Syndrome (PCOS).

2025

- Association of the Gamma-Glutamyl Transferase-to-HDL-C Ratio (GGT/HDL-C) with Metabolic Syndrome and Comparison of Its Predictive Performance with the TyG Index: Co-Investigator.
- Association between the Gut Microbiota Dietary Index (DI-GM) and Bone Age in Children Aged 7–10 Years: Supervisor.
- Effects of Vitamin D3-Fortified Functional Tomato Paste on Serum Vitamin D Levels in Adults Aged 20–60 Years: Co-Investigator.
- Effects of Calorie Restriction with or without Garlic Supplementation on Anthropometric Indices and Depression in Obese Women with Major Depressive Disorder: A Double-Blind Randomized Controlled Trial: Principal Investigator (First Supervisor).

2024

- Independent and Combined Effects of Time-Restricted Feeding (TRF) and *Elaeagnus angustifolia* Extract in an Insulin-Resistant PCOS Rat Model: Principal Investigator (Second Supervisor).

2023

- Association of the Diabetes Risk Reduction Diet (DRRD) and Dietary Phytochemical Index (DPI) with Hormonal, Metabolic, Anxiety, and Depression Status in Women with PCOS: Co-Principal Investigator (Second Supervisor).
- Internal Evaluation of the Department of Nutrition Sciences, Kermanshah University of Medical Sciences: Main Collaborator.
- Nutrition Education Based on the PRECEDE–PROCEED Model for Improving Growth and Dietary Intake in Malnourished Children: A Randomized Clinical Trial: Principal Investigator (Supervisor).

- Effectiveness of the MIND Diet on Sleep Quality, Anxiety, Depression, and Cardiometabolic Outcomes in Overweight/Obese Women with Type 2 Diabetes and Insomnia: A Randomized Controlled Trial: Co-Principal Investigator (Second Supervisor).
- Effects of a High-Protein, High-Calorie, Arginine-Enriched Diet with Calcium Supplementation on Growth and Anthropometric Outcomes in Children with Growth Disorders: Principal Investigator.
- Body Composition and Premenstrual Syndrome: A Systematic Review: Principal Investigator.
- Copper and Infertility in Women and Men: A Systematic Review and Meta-analysis: Principal Investigator.
- Combined Effects of Healthy Low-Calorie Diet Education and Physical Activity on Childhood Overweight and Obesity: A Randomized Trial: Main Collaborator.
- Dietary Inflammatory Index and Sleep Quality: A Systematic Review: Main Collaborator.

2022

- Comparative Effects of an Anti-Inflammatory Diet and Barberry Supplementation on Hepatic Steatosis and Cardiometabolic Outcomes in Children with Non-Alcoholic Fatty Liver Disease: A Randomized Clinical Trial: Principal Investigator (Supervisor).

2021

- Dietary Patterns, Dietary Inflammatory Index, and Female Infertility: A Case-Control Study: Principal Investigator (Supervisor).
- Effects of Ginger Extract on Non-Alcoholic Fatty Liver Disease: A Systematic Review and Meta-analysis: Principal Investigator.
- Dietary Inflammatory Index, Dietary Patterns, and Premenstrual Syndrome (PMS): Principal Investigator (Supervisor).

2020

- Effects of an Anti-Inflammatory Diet and Ginger Extract on Liver Fat, Anthropometric, and Biochemical Outcomes in Obese Children with Non-Alcoholic Fatty Liver Disease: Principal Investigator (Supervisor).
- Association between Consumption of Low-Nutritional-Value Foods and Health-Related Physical Fitness in Schoolboys: Co-Investigator.
- Effects of a High-Protein Formula Containing L-Glutamine, L-Arginine, and  $\beta$ -Hydroxy  $\beta$ -Methylbutyrate (HMB) on Pressure Ulcer Healing: Principal Investigator.
- Association between Consumption of Garlic, Onion, Fenugreek, and Cinnamon and Glycemic and Lipid Profiles: Ravansar Cohort Study: Co-Investigator.
- Evaluation of the NAVID E-Learning System at Kermanshah University of Medical Sciences: Co-Investigator.

2019

- Nutritional Status and Nutrition Support of Preterm Infants Admitted to Neonatal Intensive Care Units: Co-Investigator.

- Effects of Nut Consumption on Cognitive Performance in Girls with Obesity: Principal Investigator (Supervisor).
- Dietary Inflammatory Index and Cardiovascular Disease: Ravansar Cohort Study: Co-Investigator.
- Determination of Optimal Cut-off Values of FMI, VAI, and ABSI for Predicting Type 2 Diabetes: Ravansar Cohort Study: Principal Investigator.
- Effects of High-Protein Supplementation on Inflammatory Biomarkers and Muscle Damage in Basketball Athletes: Principal Investigator (Supervisor).

2018

- Association between Dietary Patterns and Growth Plate Closure in Adolescent Girls: Principal Investigator (Supervisor).
- Internal Evaluation of the Department of Nutrition Sciences: Co-Principal Investigator.
- Socioeconomic Inequality and Food Choice in the Ravansar Adult Cohort: Project Consultant.
- Hypocaloric versus Full-Calorie Enteral Nutrition in Critically Ill Patients: A Comparative Clinical Study: Co-Investigator.

2017

- Muscle Strength and Anthropometric Characteristics across Different Dietary Patterns: Principal Investigator (Supervisor).
- Nutrient Intake, Blood Biomarkers, Anthropometric Indices, and Muscle Strength in Patients with Type 2 Diabetes: Project Consultant.
- Rapid Weight Loss, Muscle Strength, and Nutritional Status in Adolescent Wrestlers: Project Consultant.

2013

- Physical Activity, Dietary Patterns, and Body Composition in Older Adults: Co-Investigator.
- Dietary Patterns, Lifestyle, Glycemic Index, Glycemic Load, and Type 2 Diabetes: Principal Investigator.
- Dietary Patterns and Obesity among University Students: Principal Investigator.

2011

- Daily Calcium Intake and Dietary Factors in Obese and Normal-Weight Girls: Co-Investigator.

## Conferences

- 2018 12<sup>th</sup> international conference on pediatrics health care, Paris, France.
- 2018 11<sup>th</sup> international Conference on Childhood Obesity and Nutrition, Barcelona, Spain.



- 2012  
2<sup>th</sup> International Burn Conference, Tehran, Iran.
- 2014  
1<sup>th</sup> National snake and food Conference, Mashhad, Iran.
- 2013  
4<sup>th</sup> Iranian Congress on Obesity Prevention and Treatment, Tehran, Iran.
- 2011  
3<sup>th</sup> Iranian Congress on Obesity Prevention and Treatment, Tehran, Iran.

### Presentations & Published Abstracts

- 2018  
Nutritional complete and malnutrition in pediatric intensive care unit(PICU) children, Paris, France.
- 2018  
Evaluation of Formula Protein Content and Obesity in Children, Paris, France.
- 2018  
Mother's diet during pregnancy and childhood obesity, Paris, France.
- 2018  
Does dietary calcium intake is effective in regulating of body weight in children? Barcelona, Spain.
- 2018  
Comparison of snack composition in obese and normal weight children, Barcelona, Spain.
- 2018  
Fat Mass Index (FMI) or Body Mass Index (BMI)? Which is more accurate in diagnosing childhood obesity? Barcelona, Spain.
- 2018  
The association between nutritional supplements and body mass index (BMI) in children in Pediatric intensive care unit (PICU)? Barcelona, Spain.
- 2014  
Snake intake and childhood obesity, Mashhad, Iran.
- 2013  
Calcium intake and childhood obesity, Tehran, Iran.
- 2012  
High protein, high calorie supplement intake and changes in Body Mass Index in burn center of Isfahan. Tehran, Iran.
- 2011

Comparison of FMI with BMI for determination of childhood obesity,  
Tehran, Iran.

### **Editorial Board and Reviewing Activities**

- Reviewer British journal of nutrition

### **Professional Memberships**

- The European Academy of Pediatrics (EAP)
- Iranian Nutrition Society