

WORK HISTORY

- Employee at Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, 2017-2018
- Expert in charge of Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, 2017-present
- Responsible for training in health, School of Nutrition and Food Science, Isfahan University of Medical Sciences, 2017-present
- Member of Food Security Research Center, School of Nutrition and Food Science, Isfahan University of Medical Sciences, 2017-present
- Head of Education Development and Organization, School of Nutrition and Food Science, Isfahan University of Medical Sciences, 2017-present
- Member of Research Council of Food Security Research Center, School of Nutrition and Food Science, Isfahan University of Medical Sciences, 2018-present
- Faculty member of Department of Community Nutrition, School of Nutrition and Food Science, Isfahan University of Medical Sciences, 2018-present

RESEARCH ACTIVITIES

Project Title	Role	Year	Source of Found
The effect of low glycemic index diet on lipid profiles and apolipoproteins in overweight and obese girls	Leader	2011	Isfahan University of Medical Sciences
The effect of low glycemic index diet on levels of C-reactive protein, interleukin 6 and adiponectin in overweight and obese girls	Co-Researcher/Co-Author	2011	Isfahan University of Medical Sciences
The effect of Ramadan fasting on different aspects of health: A review of related evidence	Co-Researcher/Co-Author	2014	Isfahan University of Medical Sciences
Is Rice Bran Associated with Improving Lipid Profile Levels in Humans? A systematic review and meta-analysis of randomized clinical trials	Co-Researcher/Co-Author	2014	Isfahan University of Medical Sciences
Evaluation of the relationship between food expenditure and dietary quality indicators in renal patients and the effect of oats on kidney function	Co-Researcher/Co-Author	2015	Isfahan University of Medical Sciences
The effect of citrulline supplementation on hypertension: A systematic review and meta-analysis	Co-Researcher/Co-Author	2018	Isfahan University of Medical Sciences

PUBLICATIONS

✓ Articles

N	Title	Article type	Publication Years	Language	Journal	publisher	Authors
1	Inverse association between rice consumption and cardiovascular mortality: additional data are required	Letter	2011	English	Journal of Nutrition	Oxford	<u>Rouhani MH</u> , Azadbakht L, Esmailzadeh A
2	Omega-3 fatty acids, insulin resistance and type 2 diabetes	Editorial	2011	English	Journal of Research in Medical Sciences	Wolters Kluwer	Azadbakht L, <u>Rouhani MH</u> , Surkan PJ
3	Fast food consumption, quality of diet, and obesity among Isfahanian adolescent girls	Original	2012	English	Journal of Obesity	Hindawi	<u>Rouhani MH</u> , Mirseifinezhad M, Omran N, Esmailzadeh A, Azadbakht L
4	Red meat consumption: Emphasis on chronic diseases or sticking to nutrient deficiency?	Editorial	2012	English	Journal of Research in Medical Sciences	Wolters Kluwer	Azadbakht L, <u>Rouhani MH</u>
5	Nuts consumption and cardiovascular risks	Editorial	2013	English	Journal of Research in Medical Sciences	Wolters Kluwer	Azadbakht L, <u>Rouhani MH</u>

6	Effect of glycemic index and glycemic load on energy intake in children	Review	2013	English	Nutrition	Elsevier	<u>Rouhani MH,</u> Salehi- Abargouei A, Azadbakht L
7	The effect of low glycemic index diet on body weight status and blood pressure in overweight adolescent girls: a randomized clinical trial	Original	2013	English	Nutrition Research and Practice	The Korean Nutrition Society	<u>Rouhani MH,</u> Kelishadi R, Hashemipour M, Esmailzadeh A, .Azadbakht L
8	The effect of an energy restricted low glycemic index diet on blood lipids, apolipoproteins and lipoprotein (a) among adolescent girls with excess weight: a randomized clinical trial	Original	2013	English	Lipids	Springer	<u>Rouhani MH,</u> Kelishadi R, Hashemipour M, Esmailzadeh A, Azadbakht L
9	Is there a relationship between red or processed meat intake and obesity? A systematic review and meta-analysis of observational	Review	2014	English	Obesity Reviews	Wiley	<u>Rouhani MH,</u> Salehi- Abargouei A, Surkan PJ, Azadbakht L

	studies						
10	Glycemic index, glycemic load and childhood obesity: A systematic review	Review	2014	English	Advanced Biomedical Research	Wolters Kluwer	<u>Rouhani MH</u> , Kelishadi R, Hashemipour M, Esmailzadeh A, Azadbakht L
11	Is Ramadan fasting related to health outcomes? A review on the related evidence	Review	2014	English	Journal of Research in Medical Sciences	Wolters Kluwer	<u>Rouhani MH</u> , Azadbakht L
12	Dairy consumption, cardiovascular risk factors and inflammation in elderly subjects	Original	2015	English	ARYA Atherosclerosis	Isfahan University of Medical Sciences	Rashidi Pour Fard N, Karimi M, Baghaei MH, Haghghatdoost F, <u>Rouhani MH</u> , Esmailzadeh A, Azadbakht L
13	The impact of a low glycemic index diet on inflammatory markers and serum adiponectin concentration in adolescent overweight and obese girls: A randomized clinical trial	Original	2016	English	Hormone and Metabolic Research	Thieme	<u>Rouhani MH</u> , Kelishadi R, Hashemipour M, Esmailzadeh A, Surkan PJ, Keshavarz A, Azadbakht L

14	Associations between dietary energy density and obesity: A systematic review and meta-analysis of observational studies	Review	2016	English	Nutrition	Elsevier	<u>Rouhani MH</u> , Haghighatdoost F, Surkan PJ, Azadbakht L
15	Rice bran oil decreases total and LDL cholesterol in humans: A systematic review and meta-analysis of randomized controlled clinical trials	Review	2016	English	Lipids	Springer	Jolfaie NR, <u>Rouhani MH</u> , Surkan PJ, Siassi F, Azadbakht L.
16	Dietary energy density, renal function, and progression of chronic kidney disease	Original	2016	English	Advances in Medicine	Hindawi	<u>Rouhani MH</u> , Najafabadi MM, Esmailzadeh A, Feizi A, Azadbakht L
17	The association between Vitamin D and health outcomes in women: A review on the related evidence	Review	2016	English	Journal of Research in Medical Sciences	Wolters Kluwer	Jolfaie NR, <u>Rouhani MH</u> , Onvani S, Azadbakht L.
18	The impact of oat (Avena sativa) consumption on biomarkers of	Original	2018	English	Clinical Nutrition	Elsevier	<u>Rouhani MH</u> , Mortazavi Najafabadi M, Surkan PJ,

	renal function in patients with chronic kidney disease: A parallel randomized clinical trial						Esmailzadeh A, Feizi A, Azadbakht L.
19	Are the price patterns of cardioprotective vs. unhealthy foods the same? A report from Iran	Original	2016	English	ARYA Atherosclerosis	Isfahan University of Medical Sciences	<u>Rouhani MH</u> , Larijani B, Azadbakht L.
20	The effect of preload/meal energy density on energy intake in a subsequent meal: A systematic review and meta-analysis	Review	2017	English	Eating Behaviors	Elsevier	<u>Rouhani MH</u> , Surkan PJ, Azadbakht L.
21	Chromium supplementation and polycystic ovary syndrome: A systematic review and meta-analysis	Review	2017	English	Journal of Trace Elements in Medicine and Biology	Elsevier	Fazelian S, <u>Rouhani MH</u> , Bank SS, Amani .R
22	The association between circulating fetuin-A levels and type 2 diabetes mellitus risk: systematic review and meta-analysis	Review	2018	English	Journal of Endocrinological Investigation	Springer	Roshanzamir F, Miraghajani M, <u>Rouhani MH</u> , Mansourian M, Ghiasvand R, Safavi SM

	of observational studies						
23	Association of vegetarian diet with inflammatory biomarkers: a systematic review and meta-analysis of observational studies	Review	2017	English	Public Health Nutrition	Cambridge	Haghighatdoost F, Bellissimo N, de Zepetnek JOT, <u>Rouhani MH</u>
24	Comparison of three diet quality indices for patients with chronic kidney disease	Original	2017	English	Archives of Iranian Medicine	Academy of Medical Sciences, I.R. Iran	<u>Rouhani MH</u> , Mortazavi Najafabadi M, Moeinzadeh F, Esmailzadeh A, Feizi A, Azadbakht L.
25	Effects of egg consumption on blood lipids: A systematic review and meta-analysis of randomized clinical trials	Review	2018	English	The Journal of the American College of Nutrition	Taylor & Francis	<u>Rouhani MH</u> , Rashidi-Pourfard N, Salehi-Abargouei A, Karimi M, Haghighatdoost F
26	Comparison of energy and nutrient contents of commercial and noncommercial enteral nutrition solutions	Original	2017	English	Advanced Biomedical Research	Wolters Kluwer	Jolfaie NR, <u>Rouhani MH</u> , Mirlohi M, Babashahi M, Abbasi S, Adibi P, Esmailzadeh A, Azadbakht L

27	The effect of garlic intake on glycemic control in humans: a systematic review and meta-analysis	Review	2017	English	Progress in Nutrition	Mattioli	Emami S, <u>Rouhani MH</u> , Azadbakht L.
28	Effect of Vitamin K Supplementation on Glycemic Control: A Systematic Review and Meta-Analysis of Clinical Trials	Review	2018	English	Hormone and Metabolic Research	Thieme	Shahdadian F, Mohammadi H1, <u>Rouhani MH</u>
29	The Effect of Pycnogenol Supplementation on Plasma C-Reactive Protein Concentration: a Systematic Review and Meta-Analysis	Review	2018	English	Clinical Nutrition Research	Korean Society of Clinical Nutrition	Nikpayam O, <u>Rouhani MH</u> , Pourmasoumi M, Roshanravan N, Ghaedi E, Mohammadi H
30	Do probiotics, prebiotics and synbiotics affect adiponectin and leptin in adults? A systematic review and meta-analysis of clinical trials.	Review	2018	English	Clinical Nutrition	Elsevier	<u>Rouhani MH</u> , Hadi A, Ghaedi E, Salehi M, Mahdavi A, Mohammadi H.
31	The effect of ginger supplementation on lipid profile: A	Review	2018	English	Phytomedicine	Elsevier	Pourmasoumi M1, Hadi A, Rafie N, Najafgholizadeh

	systematic review and meta-analysis of clinical trials.						A, Mohammadi H, <u>Rouhani MH</u>
32	Effect of L-Citrulline Supplementation on Blood Pressure: a Systematic Review and Meta-Analysis of Clinical Trials	Review	2018	English	Current Hypertension Reports	Springer	Mirenayat MS, Moradi S, Mohammadi H1, <u>Rouhani MH</u>
33	Effects of silymarin supplementation on blood lipids: A systematic review and meta-analysis of clinical trials	Review	2019	English	Phytotherapy Research	Wiley Online Library	Mohammadi H, Hadi A, Arab A, Moradi S, <u>Rouhani MH</u>
34	The impact of pycnogenol supplementation on plasma lipids in humans: A systematic review and meta-analysis of clinical trials.	Review	2019	English	Phytotherapy Research	Wiley Online Library	Hadi A, Pourmasoumi M, Mohammadi H, Javaheri A, <u>Rouhani MH</u>
35	Effect of Nigella sativa (black seed) supplementation on glycemic control: A systematic review and meta-analysis	Review	2019	English	Phytotherapy Research	Wiley Online Library	Askari G, <u>Rouhani MH</u> , Ghaedi E, Ghavami A, Nouri M, Mohammadi H

	of clinical trials						
36	Diet Quality and Total Daily Price of Foods Consumed among Iranian Diabetic Patients	Original	2019	English	International Journal of Preventive Medicine	Wolters Kluwer	Emami S, Saraf-Bank S, <u>Rouhani MH</u> , Azadbakht L
37	Low protein diet score: a novel diet quality index and predictor of disease progression in patients with chronic kidney disease	Original	2018	English	Progress in Nutrition	Mattioli	<u>Rouhani MH</u> , Najafabadi MM, Azadbakht L
38	Effect of diverse low energy-dense versus healthy diet on metabolic outcomes in overweight/obese adolescents: a randomized controlled trial	Original	2019	English	Progress in Nutrition	Mattioli	<u>Aghaei N</u> , <u>Rouhani MH</u> , Tabatabaei F, Larijani B, Azadbakht L
39	The ratio of dietary diversity score versus energy density in relation to anthropometric and biochemical variables among	Original	2019	English	Progress in Nutrition	Mattioli	<u>Rouhani MH</u> , Najafabadi MM, Moeinzadeh F, Azadbakht L

	patients with chronic kidney diseases						
40	Dietary inflammatory index and its association with renal function and progression of chronic kidney disease	Original	2019	English	Clinical Nutrition ESPEN	Elsevier	Rouhani MH , Najafabadi MM, Surkan PJ, Esmailzadeh A, Feizi A, Azadbakht L
41	Neck circumference and blood pressure among children: a systematic review and meta-analysis	Review	2018	English	Journal of the American Society of Hypertension	Elsevier	Moradi S, Mohammadi H, Ghavami A, <u>Rouhani MH</u>
42	A comparison of the effect of supplementation and sunlight exposure on serum vitamin D and parathyroid hormone: A systematic review and meta-analysis	Review	2019	English	Critical Reviews in Food Science and Nutrition	Taylor & Francis Group	Moradi S, Shahdadian F, Mohammadi H, <u>Rouhani MH</u>
43	Pickle Consumption is Associated with Body Mass Index and Blood Pressure among	Original	2018	English	Clinical Nutrition Research	Korean Society of Clinical Nutrition	<u>Rouhani MH</u> , Agh F, Azadbakht L

	Iranian Female College Students: a Cross-Sectional Study.						
44	Effect of Celery Extract on Thyroid Function; Is Herbal Therapy Safe in Obesity?	Case Report	2019	English	International Journal of Preventive Medicine	Wolters Kluwer	Maljaei MB, Moosavian SP, Mirmosayyeb O, Rouhani MH , Namjoo I, Bahreini A
45	Dietary pattern and its association with attention deficit and hyperactivity disorder in Iranian children	Original	2012	Persian	Zahedan Journal of Research in Medical Sciences	Zahedan University of Medical Sciences	Azadbakht L, Rouhani MH , Esmailzadeh A
46	The effect of low glycemic index diet on obesity and hypertension in adolescent girls with obesity	Original	2013	Persian	Journal of Babol University of Medical Sciences	Babol University of Medical Sciences	Rouhani MH , Kelishadi R, Hashemipour M, Esmailzadeh A, Azadbakht L
47	Relationship between energy density and dietary diversity score of female students of Isfahan University of Medical Sciences in 2009-2010	Original	2011	Persian	Yafteh Journal	Lorestan University of Medical Sciences	Azadbakht L, Rouhani MH , Esmailzadeh A
48	Glycemic Index and Dietary Glycemic Load and Overweight and Obesity in	Review	2011	Persian	Journal of Isfahan Medical School	Isfahan University of Medical Sciences	Rouhani MH , Kelishadi R, Hashemipour M, Esmailzadeh A,

	Children: A Review of Past Studies						Azadbakht L
49	Comparison of the effect of low glycemic index diet with diet based on healthy dietary recommendations in obese adolescent girls	Original	2013	Persian	Journal of Shahrekord University of Medical Sciences	Shahrekord Medical University	Rouhani MH , Kelishadi R, Hashemipour M, Esmailzadeh A, Azadbakht L
50	The relationship between fast food and body mass index in adolescent girls of Isfahan	Original	2012	Persian	Journal of Health System Research	Isfahan University of Medical Sciences	Mirseifinezhad M, Omrani N, Rouhani MH , Azadbakht L
51	Using Linear Programming to Optimize Food Costs in Diet Design for Kidney Patients: A Case Study on Two Iranian Compositional Foods	Original	2016	Persian	Iranian Journal of Nutrition Sciences and Food Technology	Shahid Beheshti University of Medical Sciences	Rouhani MH , Najafabadi MM, Esmailzadeh A, Feizi A, Azadbakht L

✓ **Poster and oral presentation**

N	Title	Congress	Year	Place/Language	Type of contribution
1	Reliability of food frequency questionnaire for food groups in Isfahan children and adolescents	11th Iranian Congress of Nutrition	2010	Iran/Persian	Poster
2	A meta-analysis of the association between red meat consumption and obesity	First International Congress and 13th Iranian Nutrition Congress	2014	Iran/English	Oral
3	A meta-analysis of the effect of dietary glycemic index and glycemic load on energy intake among children and adolescents	First International Congress and 13th Iranian Nutrition Congress	2014	Iran/English	Oral
4	Different applications of low glycemic index diet in Health and disease: Could it be always recommended as a healthy dietary pattern?	2nd International Congress and 14th Iranian Nutrition Congress	2016	Iran/English	Scientific oral presentation
5	The impact of low glycemic index diet on inflammatory markers and serum adiponectin concentration in adolescents girls with excess weight: a randomized clinical	2nd International Congress and 14th Iranian Nutrition Congress	2016	Iran/English	Poster

	trial				
6	Are the price patterns of cardioprotective vs. unhealthy foods same? A report from Iran	2nd International Congress and 14th Iranian Nutrition Congress	2016	Iran/English	Poster
7	Hydration and fluid balance	The First International Congress of Iranian Sport Nutrition	2017	Iran/English	Oral
8	Sport nutrition for weight management	The First International Congress of Iranian Sport Nutrition	2017	Iran/English	Oral

✓ **Book**

NA

Peer Reviewer

N	Journal	Year	Number of articles reviewed
1	Journal of Research in Medical Sciences	2014-Present	13
2	Journal of Health Research System	2018-Present	13
3	Phytotherapy Research	2017-Present	7
4	Public Health Nutrition	2015-Present	3
5	Hormone and Metabolic Research	2015-Present	3
6	Progress in Nutrition	2015-Present	3
7	Health Education Research	2015-Present	2
8	Journal of Human Nutrition and Dietetics	2017-Present	2
9	Nutrition & Dietetics	2015-Present	2
10	Critical Reviews in Food Science and Nutrition	2015-Present	1
11	Journal of Affective Disorders	2015-Present	1
12	Psychiatry Research	2015-Present	1
13	Pediatric Obesity	2017-Present	1
14	Clinical Nutrition	2015-Present	1
15	European Journal of Nutrition	2015-Present	1
16	Biological Trace Element Research	2015-Present	1
17	European Journal of Integrative Medicine	2015-Present	1
18	Polish Archives of Internal Medicine	2015-Present	1
19	Epidemiology and Global Health Clinical	2015-Present	1

University Teaching

N	Title	Unit/Hours	Year	Place
1	Project course	20 h	2010-2011	Isfahan University of Medical Sciences
2	Diet therapy 1	2 h	2011-2012	Isfahan University of Medical Sciences
3	Diet therapy 1	2 h	2012-2013	Isfahan University of Medical Sciences
4	Project course	20 h	2011-2012	Isfahan University of Medical Sciences
5	Internship in Health	1.5 U	2012-2013	Isfahan University of Medical Sciences
6	Diet therapy 1	45 h	2013-2014	Isfahan University of Medical Sciences
7	Urban Health Internship	1 U	2013-2014	Isfahan University of Medical Sciences
8	Urban Health Internship	1U	2014-2015	Isfahan University of Medical Sciences
9	Essentials Writing Workshop	3 h	2012	Isfahan University of Medical Sciences
10	Endnote workshop	4 h	2016	Isfahan University of Medical Sciences
11	Feeding children under 6 years workshop	4 h	2014	Isfahan University of Medical Sciences
12	Improving nutrition in health centers workshop	6 h	2014	Isfahan University of Medical Sciences
13	Internship in Health	4.5 U	2017-2018	Isfahan University of Medical Sciences
14	Nutritional Support for	2 h	2016	Isfahan University of Medical

	Children workshop			Sciences
15	Hospital internship/ kidney section	1 U	2017-2018	Isfahan University of Medical Sciences
16	Diet therapy 2	1 U	2017-2018	Isfahan University of Medical Sciences
17	Hospital internship/ kidney section	1 U	2017-2018	Isfahan University of Medical Sciences
18	Internship in rural, urban and city centers	4.5 U	2017-2018	Isfahan University of Medical Sciences
19	Diet therapy 2	1 U	2017-2018	Isfahan University of Medical Sciences
20	Internship in Health	4.5 U	2018-2019	Isfahan University of Medical Sciences
21	Advanced specialized language	1 U	2018-2019	Isfahan University of Medical Sciences
22	Clinical Nutrition	0.2 U	2018-2019	Isfahan University of Medical Sciences
23	Hospital internship/ kidney section	1 U	2018-2019	Isfahan University of Medical Sciences
24	Internship in rural, urban and city centers	4.5 U	2018-2019	Isfahan University of Medical Sciences
25	Diet therapy 2	0.5 U	2018-2019	Isfahan University of Medical Sciences
26	Nutritional epidemiology	0.5 U	2018-2019	Isfahan University of Medical Sciences
27	Hospital internship/ kidney section	1 U	2018-2019	Isfahan University of Medical Sciences

Clinical Nutrition Course

NA

HONORS AND AWARDS

- ✓ Selected as “BEST STUDENT OF UNIVERSITY” by Isfahan University of Medical Sciences: 2007
- ✓ Ranked 1st in Poetry at the Second Student Journalism Conference
- ✓ Appreciation for collaborating in the first ever student cultural festival of medical universities across the country
- ✓ Selected as a top student in the field of cultural activities by Isfahan University of Medical Sciences
- ✓ Selected as the best researcher in MSc degree by Vice chancellor for research, Isfahan University of Medical Sciences
- ✓ Selected as “BEST STUDENT OF UNIVERSITY in MSc degree in field of research” by Isfahan University of Medical Sciences: 2011-2012
- ✓ Top Master Thesis at Isfahan University of Medical Sciences
- ✓ Appreciation for participating in a research tour by the Deputy of Research and Technology of Isfahan University of Medical Sciences

INTERNATIONAL ACITIVITIES AND COURSES

NA