



## **Curriculum Vitae**

**Name:** Nazila - Kassaian

**Marital Status:** Married

**Sex:** female

**Children:** 2

**Nationality:** Iranian

**Date of Birth:** 1.06.1971

**Place of Birth:** Isfahan- Iran

**Address:** Home: Chenaran building, No.21 valley, Azar st, Isfahan, Iran.

**Tel.:** +983132374705, +98 9133198234

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**Work:** Infectious Diseases and Tropical Medicine Research Center, Isfahan University of Medical Sciences, Hezar Jerib st., Isfahan, Iran.

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### **Education:**

- Iranian National Diploma (1989)
- B.Sc.in Nutrition Sciences, Isfahan University of Medical Sciences (1993)
- MSc in Medical Education Sciences, Shahid Beheshti Medical Sciences University (2013)
- PhD in Biomedical Sciences, Isfahan University of Medical Sciences (2018).

### **Work Experiences:**

- Dietician in Isfahan Diet Therapy Center (1998-Present)
- Nutritionist in Isfahan Endocrine and Metabolic Research Center, (1993-2001)
  - Research assistant in Infectious Diseases and Tropical Medicine Research Center (2001-2018).
  - Research manager in Infectious Diseases and Tropical Medicine Research Center (2018-present).
  - Assistant Professor in Isfahan University of Medical Sciences. (2020-present)

### **Scientific Experiences:**

- 1) Head project in: "The Effects of fenugreek seed on type 2 diabetic patients"- 1999.
- 2) Head project in: "The assessment and comparison of risk factors in Hepatitis B and C patients referred to Infectious Disease Research center with control group". 2004.
- 3) Head project in: "The epidemiology of sexually transmitted infection and associated risk factors among women sex workers in Isfahan-Iran" 2008.
- 4) Head project in: " The prevalence and Associated Risk factors of HIV Infection in Drop in Centers (DIC) in Isfahan Province".
- 5) Head project in: " Sero-epidemiology and Risk Factors of HIV Infection in Prison's IVDUs in Isfahan Province".
- 6) Head project in: "Prevalence of HIV Infection in Cases with Previous History of Intravenous Drug Abuse by Community Based Announcement".
- 7) Head project in: 'Assessment of HIV &HCV co infection in IVDUs in Isfahan Province".
- 8) Head project in: "The Sero-epidemiology of HBV Infection and Associated Risk factors in DICs' IVDUs in Isfahan Province-2011.
- 9) Head project in: " The Assessment of Hepatitis B Sero-prevalence in Persons with IVDU History in Isfahan province: Community Based Study ".
- 10) Head project in: "Prevalence and Associated Risk factors of hepatitis B Infection in IVDU prison Inmates in Isfahan Province".
- 11) Head project: "The effects of Fasting in Ramadan on Diabetic and Non diabetic Ones" 2000-2001.
- 12) Head Project in: "Feasibility Study of Fecal Microbiota Transplantation (FMT) in Patients with Ulcerative Colitis" 2021-2022
- 13) Head Project in: "Therapeutics effects of bovine colostrum applications in gastrointestinal disorders: A systematic review". 2022
- 14) Co – operate in: "The Effects of Vitamin C Supplementation in Diabetic Patients" 1997.

15) Co-operates in: "The Evaluation of Physical Activity in Normal, IGT and Diabetics in First Relevant of Diabetic Patients Referred to Endocrine and Metabolism Research Center – 2001.

16) Co – operate in: "The Assessment and Comparison of HBS – Antibody Rate in Type 2 Diabetics and Non – diabetics after Hepatitis B Vaccination"– 2003.

17) Co-operate in: "The effects of zinc supplementation on T-Lymphocyte profiles in patients with AIDS"- 2004.

18) Co – operate in: "The Comparison of Quality of Life with Chronic Liver Disease Arising from Hepatitis B and C and Control Group"– 2004-2005.

19) Co-operate in: "The assessment of nutritional and anthropometric status and their relationship with CD4<sup>+</sup> count in HIV<sup>+</sup>/AIDS patients"- 2004.

20) Co-Operate in: "The prevalence of Hepatitis A, B and E Viruses in Isfahan" – 2005.

21) Co – operate in: "The Comparison of Helicobacter Pylori Sero-prevalence between Type II Diabetics and Non – Diabetic ones" – 2005.

22) Co - operate in: "The prevalence of HBV, HCV and HIV in street children and teenagers in Isfahan city" – 2005.

23) Co-operate in "The assessment of the relative frequency of HBV, HCV and HIV in incarcerated juvenile in Isfahan"- 2007.

24) Co-operate in: "The assessment and management of hepatitis C in IVDA in Isfahan province" 2008.

25) Co-operate in: "Detection of HCV genome in norgesic by PCR method"- 2008.

26) Co-operate in: "Prevalence of STI according to approach in men who are referred to drop-in centers (DICs), Narcotics Anonymous (NA) groups and Voluntary Consulting and Testing (VCT) center in Isfahan"- 2010-2011.

27)Co-operate in: Prevalence of enteroviruses in CSF specimens from hospitalized patients diagnosed with meningitis/encephalitis with Real Time PCR in Isfahan city hospitals"-2010-2011.

28) Co- operate in: " Prevalence of Chlamydia trachomatis and potential Risk Factors among Cervical discharges from women with Risky Social Behavior in Isfahan, Iran, 2011".

29) Co- operates in: "Prevalence of Chlamydia trachomatis and potential Risk Factors in urine sample of women with Risky Social Behavior in Isfahan, Iran, 2012".

30) Co- operate in: "Prevalence of Neisseria Gonorrhoea and potential Risk Factors in urine sample of women with Risky Social Behavior in Isfahan, Iran, 2011".

31)Co- operate in: "Prevalence of Neisseria Gonorrhoea and potential Risk Factors among Cervical discharges from women with Risky Social Behavior in Isfahan, Iran, 2011".

32) Co- operate in: "Prevalence of HPV and potential Risk Factors among Cervical discharges from women with Risky Social Behavior in Isfahan, Iran, 2012".

33) Co-operate in: "Evaluation the seroprevalence of hepatitis A immunity in South- Eastern and area of Iranian adolescents aged 14-16 and 8-12 years in 2011".

- 34) Co-operate in: " Evaluation of prevalence of Trichomonas vaginalis infection by molecular method in cervical discharges and urine samples from women with risky social behavior and potential risk factors in Isfahan, Iran, 2013".
- 35) Co-operate in: "the antibiotic prescription: a qualitative study"
- 36) Co-operate in:" The hand washing experience in health workers: a phenomenology study"
- 37) Co-operate in:" The assessment of the effect of education during campaign of antibiotic awareness on knowledge, attitude and practice of Isfahan citizenry "
- 38) Co-operate in:" The sensitivity and specificity of diagnosis tests: systematic review and meta-analysis"
- 39) Co-operate in: "The creation of biobank of IBD patients in suspected immunodeficients"
- 40) Thesis in MSc: The Evaluation of Educational Need Assessment of General Practitioners on Management of Obesity via Performance Evaluation, 2013.
- 41) Thesis in PhD: The Effects of Probiotics and Synbiotics on Gut Microbiota and Metabolic Syndrome Indices in Patients with Prediabetes: A Randomized Controlled Double Blind Clinical Trial, 2018.
- 42) Co-operate in:" prevalence of functional gastrointestinal disorders in IBD patients and comparison with healthy population" 2022.
- 43) Co-operate in: "The evaluation of the effect of COVID-19 vaccination on calprotectin levels in IBD patients: A quasi experimental study" 2022.
- 44) Co-operate in: "The assessment and comparison of the prevalence of COVID-19 vaccine complications in Isfahan IBD patients and healthy population in the year of 1400: A case-control study". 2022

#### **Awards:**

- Winner of the young investigator prize in 16<sup>th</sup> International Congress of Nutrition. Montreal, CANADA. (1997).
- . Winner of the best research assistant prize in research chancellor of Isfahan University of Medical Sciences (2008).
- . Winner of the best researcher prize n Isfahan province (2007).
- . Winner the best researcher with the most articles in Isfahan University of Medical Sciences (2012).
- Winner the best article in the 4<sup>th</sup> International Congress of Endocrine & Metabolism (2017).

#### **Publications: Articals:**

- 1) **Kassaian N**, Forghani B, Amini M. The effect of Ramadan fasting on serum glucose and lipids and glycosylated hemoglobin in type 2 diabetic patients. Asrar: The Medicial Journal of Sabzevar, 2000, 7(3): 4-9.

- 2) Forghani B, Goharian V, **Kassaian N**, Amini M. The effect of vitamin C supplements on glycated hemoglobin in type 2 diabetic patients. *Iranian Journal of Endocrinology and Metabolism (IJEM)*. Winter 2000; 2 (4): 233-238.
- 3) Forghani B, **Kassaian N**, Amini M. The level of Leisure Time physical Activity in Type 2 Diabetic patients. *Scientific Medical Journal of Ahwaz University of Medical Sciences*, March 2002; 31: 41-45.
- 4) **Kassaian N**, Forghani B, Faghihi-Imani B, Hoseinpour M, Amini M. The relationship between food habits and fasting blood sugar and glycosylated hemoglobin in type 2 diabetic patients. *Iranian Journal of Endocrinology and Metabolism (IJEM)*, Spring 2002; 4(1): 9-14.
- 5) **Kassaian N**, Forghani B, Amini M, Hoseinpour M, Faghihi-Imani B. The Relationship between food Habits and Body Mass Index, Serum Cholesterol and Triglyceride in NIDDM patients. *Medical Journal of Tabriz University of Medical Sciences and Health Services*, 2003 Apr; 57: 59-64.
- 6) **Kassaian N**, Forghani B, Zare M, Emami T, Amini M. The Effect of Fenugreek seed on Fasting Blood Sugar, Glycated Hemoglobin and Serum Lipids in Type 2 Diabetics. *Medical Journal of Tabriz University of Medical Sciences and Health Services*, Summer 2003; 58:55-58.
- 7) Ataei B, Labafghasemi R, Javadi AA, Karimi I, **Kassaian N**. Comparison of two different therapies for sputum positive for tuberculosis with Dot's strategy. *Journal of Isfahan Medical School*, Autumn 2004 – winter 2005; 22(74-75): 44-48.
- 8) Ataei B, Khademi MR, Mirmohammad Sadeghi A, Nokhodian Z, **Kassaian N**. Survey of hepatitis B risk factors in blood donors at Isfahan province. *Blood* 2005; 2(5): 183-188.
- 9) Shadzi SH, Khademi MR, **Kassaian N**, Nokhodian Z, Chabavizadeh J. The prevalence of an etiological agents of dermatophytosis in wrestlers in Isfahan. *Journal of Isfahan Medical School* 2005; 23(78): 77-80.
- 10) Karbassian A, **Kassaian N**. Evaluation of the alteration in blood cortisol and triglyceride levels in endurance athletes in comparison with controls. *Journal of Isfahan Medical school* 2006; 24 (82): 35-39.
- 11) Rostami M, Omid Ghuaemi M, **Kassaian N**. Relationship of hepatitis B and C with deep Vein thrombosis in I.V drug abusers. *Iranian Journal of Military Medicine* 2006; 8 (1): 78-81.
- 12) Khademi MR, Amini M, Ataei B, **Kassaian N**, Nokhodian Z, Shoaie P. Comparison of HBs-antibody serum levels between patients with type 2 diabetes mellitus and healthy controls following vaccination against hepatitis B. *JIMS* 2007; 25 (84): 72-78.
- 13) Karimi I, Rostami M, Chinikar S, Ataei B, **Kassaian N**, Jalali N, Khosravi N. Seroepidemiologic survey of Crimean-Congo hemorrhagic fever among slaughters and butchers in Isfahan–Iran. *Journal of Isfahan Medical School* 2007; 24(83): 57-61.
- 14) Ataei B, Nokhodian Z, Javadi AA, **Kassaian N**, Shoaie P, Farajzadegan Z, Adibi P. Hepatitis E virus in Isfahan province: a population- based study. *International Journal of Infectious Diseases* 2009; 13: 67-71.

15) Ataei B, Javadi AA, Nokhodian Z, **Kassaian N**, Shoaeei P, Farajzadegan Z, Adibi P. HAV in Isfahan province: a population-based study. *Tropical Gastroenterology* 2008; 29 (3): 160-162.

16) Pourahman M, Javadi AA, Karimi I, Ataei B, **Kassaian N**. Seroprevalence of and risk factors associated with hepatitis B, hepatitis C and Human Immunodeficiency virus among prisons in Iran. *Infectious Diseases in Clinical Practice* 2007; 15 (6): 368-372.

17) Tayeri K, **Kassaian N**, Fadaei NR, Ataei B. The prevalence of HBV, HCV and related risk factors in intravenous Drug Users Infected with HIV. *Isfahan Medical School Journal* 2008; 26 (90): 273-7.

18) Nokhodian Z, **Kassaian N**, Ataei B, Javadi AA, Shoaeei P, Farajzadegan Z, Adibi P. Hepatitis B Markers in Isfahan, Central Iran: A Population-Based Study. *Hepatitis Monthly* 2009; 9(1): 12-16.

19) Karimi I, Ataei B, Tayeri K, **Kasaeian N**, Komasi A. The Effects of Zinc Supplementation on T-Lymphocyte Profiles in Patients with AIDS. *Journal of Isfahan Medical school* 2009; 634-628.

20) Ataei B, Ansari M, Yaran M, Nokhodian Z, Nejati H, Farajzadegan Z, Kasaeian N. The Prevalence of Hepatitis B, Hepatitis C and their Risk Factors in Transit Heavy Vehicle Drivers in Isfahan, Iran. *Journal of Isfahan Medical school* 2009; 75- 68.

21) Khademi MR, Amini M, Ataei B, Nokhodian Z, Akbari M, Shoaeei P, **Kasaeian N**, Noroozy A. Is the Prevalence of Helicobacter Pylori Infection Different in Type II Diabetes Mellitus Patients and Non-diabetic Individuals? *Journal of Isfahan Medical school* 2009; 504-498.

22) Nokhodian Z, Ataei B, **Kassaian N**, Adibi P, Farajzadegan Z. Assessment of quality of life in hepatitis B patients in Iran. *Indian J Gastroenterol* 2009; 23 (3): 115-119.

23) **Kassaian N**, Azadbatht L, Forghani B, Amini M. Effect of fenugreek seeds on blood glucose and lipid profiles in type 2 diabetic patients. *International Journal for Vitamin and Nutrition* 2009; 79 (1):34-39.

25) Mohboubi M, Avijgan M, Darabi M, **Kassaian N**, Anti candidal Activity of *Echinophora platyloba* Against *Candida albicans* and comparison with Amphotericin. *J Medicinal Plants* 2009; 8 (30): 36-43.

26) Ataei B , Tayeri K , **Kassaian N** ,Farajzadegan Z, Babak A. Hepatitis B and C among Patients Infected with Human Immunodeficiency Virus in Isfahan ,Iran: Seroprevalence and Associated factors. *Hepat Mon* 2010; 10(3):188-192.

27) Tayeri K, Radfar SR, Yaran M, **Kassaian N**, Nokhodian Z, Ataei B, Fadaei R. Isolation of Hepatitis C virus in Norgesic. *Hepatitis Monthly* 2010; 10 (1): 65-66.

28 ) Karimi I, **Kassaian N**, Ataei B, Tayeri K, Zare M, Azadbakh L. Anthropometric Indices and Dietary Intake in HIV-infected patients. *Journal of Isfahan Medical School* 2010; 28 (107): 238-247.

29) Tayeri K, Radfar SR, Yaran M, **Kassaian N**, Nokhodian Z, Ataei B, Fadaei R. Isolation of Hepatitis C virus in Norgesic. *Hepatitis Monthly* 2010; 10 (1): 65-66.

30) Nokhodian Z, Ataei B, Yaran M, Shams A, **Kassaian N**, Kafashian AR, Ehsani M, Adibi P. Hepatitis C in Correctional Centers: A Useful Experience. *Journal of Isfahan Medical School* 2011; 28(Special Issue on Hepatitis C): 1577-80.

31) Ataei B, Babak A, Yaran M, **Kassaian N**, Nokhodian Z, Meshkati M, Adibi P. Hepatitis C in Intravenous Drug Users: Seroprevalence and Risk Factors. Journal of Isfahan Medical School 2011; 28 (Special Issue on Hepatitis C):974-8.

32) Fadaei Nobari R, Meshkati M, Ataei B, Heidari K, **Kassaian N**, Nokhodian Z, Shoaie P, Yaran M, Adibi P. Positive hepatitis C virus antibody in Cases with History of Intravenous Drug Abuse via Community Announcement: A useful Experience. Journal of Isfahan Medical School 2011; 28 (Special Issue on Hepatitis C):10-7.

33) Ataei B, Salehi M, Javadi AA, KHorvash F, Mortazavi A, **Kassaian N**, Nokhodian Z, Babak A. The Frequency of High-risk Behaviors in Intravenous Drug Abusers Referred to Addiction Prohibition Centers in Isfahan, 2010. Journal of Isfahan Medical School 2011; 28(114):837-42.

34) Kafashian AR, Nokhodian Z, **Kassaian N**, Babak A, Yaran M, Shoaie P, Ataei B, Adibi P. The Experience of Hepatitis C Screening among Prison Inmates with Drug Injection History in 2008-2009. Journal of Isfahan Medical School 2011; 28(Special Issue on Hepatitis C):29-35.

35) Mobasherizadeh S, **kassaian N**, Ataei B, Nokhodian Z, Adibi P. Hepatitis C Screening in Intravenous Drug Users Under Treatment with Methadone: An Action Reserch Study. Journal of Isfahan Medical School 2011; 28(Special Issue on Hepatitis C):36-40.

36) Ataei B, Meshkati M, Karimi A, Yaran M, **Kassaian N**, Nokhodian Z, Shoaie P, Adibi P. Hepatitis C Screening in Intravenous Drug Users in Golpayegan, Isfahan through Community Announcement: Pilot Study. Journal of Isfahan Medical School 2011; 28 (Special Issue on Hepatitis C):1581-6.

37) **Kassaian N**, Nokhodian Z, Babak A, Ataei b, Adibi P. Hepatitis C in Patients with Multi Blood Transfusion in Isfahan, Iran. Journal of Isfahan Medical School 2011; 28 (Special Issue on Hepatitis C):24-8.

38) Ataei B, Javadi AA, Khorvash F, Fadaei R, Zakerzadeh Z, Nokhodian Z, **Kassaian N**. Effect of Vitamin D Supplementation on the Treatment of Pulmonary Tuberculosis with Positive Sputum Smear. Journal of Isfahan Medical School 2011; 28 (113):781-6.

39) Ataei B, Adibi A, Javadi AA, Khorvash F, Farzanefer P, **Kassaian N**. Comparison of Chest Radiographic Views in Patients with Smear Positive and Smear Negative Pulmonary Tuberculosis. Journal of Isfahan Medical School 2011; 28(116):1056-1061.

40) **Kassaian N**, Adibi P, Kafashaian AR, Yaran M, Nokhodian Z, Shoaie P, Hassannjead R, Babak A, Ataei B. Hepatitis C Virus and Associated Risk Factors among Prison Inmates with History of Drug Injection in Isfahan, Iran. IJPM 2012; 3 (3): S156-S161.

41) Fadaei Nobari R, Meshkati M, Ataei B, Yazdani MR, Heidari K, **Kassaian N**, Nokhodian Z, Shoaie P, Yaran M, Adibi P. Identification of patients with hepatitis C virus infection in persons with background of intravenous drug use: the first community announcement-based study from Iran. IJPM 2012; 3(3): S170-175.

- 42) Shoaei P, Zeidabadinejad L, Hassannejad R, Ataei B, Yaran M, **Kassaian N**, Nokhodian Z, et al. Seroprevalence of hepatitis A in patients with chronic hepatitis C in Isfahan province. *IJPM* 2012; 3(3): S102-S106.
- 43) Ataei B, Hashemipour M, **Kassaian N**, Hassannejad R, Nokhodian Z, Adibi P. Prevalence and risk factors of anti HCV infection in patients with beta-thalassemia in Isfahan-Iran. *IJPM* 2012; 3 (3): S118-S123.
- 44) Yazdani MR, **Kassaian N**, Ataei B, Nokhodian Z, Adibi P. Hepatitis C virus Infection in patients with hemophilia in Isfahan, Iran. *IJPM* 2012; 3 (3): S89-S93
- 45) Nokhodian Z, Meshkati M, Adibi P, Ataei B, **Kassaian N**, Yaran M, Shoaei P, Hassannejad R. Hepatitis C among Intravenous Drug Users in Isfahan, Iran: a Study of Seroprevalence and Risk Factors. *IJPM* 2012; 3(3): S118- 123.
- 46) Nokhodian Z, Ataei B, **Kassaian N**, Yaran M, Hassannejad R. Seroprevalence and risk factors of Hepatitis C virus among juveniles in correctional center in Isfahan, Iran. *IJPM* 2012; 3(3): S113-S117.
- 47) Ataei B, Khorvash F, Salehi M, Houshmand S, **Kassaian N**, Babak A, Nokhodian Z, Ataei M. The Relative Frequency of Depression and Anxiety in Patients with Hepatitis B Referring to Infectious Diseases and Tropical Medicine Research Center, Isfahan, Iran. *Journal of Isfahan Medical School* 2012; 29(169): 1-7.
- 48) Ataei M, Nokhodian Z, Ataei B, **Kassaian N**, Yaran M, Hassannejad R. Seroprevalence of Hepatitis B virus and human immunodeficiency virus among young prisoners. *Journal of Research in Medical Sciences* 2013; 18(1): 71-73
- 49) Shoaei P, Zeidabadinejad L, Ataei B, Babak A, Nokhodian Z, Yaran M, **Kassaian N**. Seroprevalence of Hepatitis A Virus in Patients with Chronic Hepatitis B or C in Isfahan Province, Iran. *Journal of Isfahan Medical School*. 2012; 30(199).
- 50) **Kassaian N**, Ataei M, Yaran M, Babak A, Ataei M. HIV and other sexually transmitted infections in women illegal social behavior in Isfahan, Iran. *Adv Biomed Res*. 2012; 1:5.
- 51) Javadi AA, Ataei B, Yaran Majid, Nokhodian Z, Kassaein N, Tayeri K, Meshkati M, Zanimoghdam A. Prevalence of HIV infection and related risk factors in Isfahan Drop in Centers. *Pak J Med Sci* 2013; 29: (1): 346-350.
- 52) Sherkat R, Shoaei P, Parvaneh N, Babak A, **Kassaein N**. Selective Antibody Deficiency and its relation to the IgG2 and IgG3 subclass titers in Recurrent respiratory infections. *Iranian Journal of Immunology* 2013; 10(1): 55-60.
53. Ataei B, Khorvash F, Azadeh S, Nokhodian Z, Kassaein N , Babak A. The prevalence of High Risk Behaviors among Women Prisoners in Isfahan, Iran. *Journal of Isfahan Medical School*. 2011; 29 (150): 1099-1106.
54. Hassannejad R, Kassaein N, Ataei B, Adibi P. High risky behaviors among intravenous drug users in Isfahan, Iran: A study for hepatitis C harm reduction programs. *Int J Prev Med*. 2012; 3 (Suppl1): S73-S78.
55. **Nazila Kassaian**, Ashraf Aminorroaya, Awat Feizi, Parvaneh Jafari, Masoud Amini. The effects of probiotic and synbiotic supplementation on metabolic syndrome indices in adults at risk of type 2 diabetes: study protocol for a randomized controlled trial. *Trials*. 2017; 18:148



56. **Kassaian N**, Feizi A, Aminorroaya A, Jafari P, Ebrahimi MT, Amini M. The effects of probiotics and synbiotic supplementation on glucose and insulin metabolism in adults with prediabetes: a double-blind randomized clinical trial. *Acta Diabetol.* 2018 Jun 22. doi: 10.1007/s00592-018-1175-2.

57. Taleban R, Moafi M, Ataei B, Yaran M, Nokhodian Z, **Kassaian N**, Adibi P, Javadi A. Seroprevalence of Hepatitis B Infection and Associated Risk Factors among Drug Users in Drop-in Centers of Isfahan, Iran. *Int J Prev Med.* 2018 May 16; 9:46.

58. Nasirian M, Kianersi S, Hoseini SG, **Kassaian N**, Yaran M, Shoaee P, Ataei B, Fadaei R, Meshkati M, Naeini AE, Jalilian MR. Prevalence of Sexually Transmitted Infections and Their Risk Factors among Female Sex Workers in Isfahan, Iran: A Cross-Sectional Study. *J Int Assoc Provid AIDS Care.* 2017; 16(6):608-614.

59. **Kassaian N**, Feizi A, Aminorroaya A, Amini M. Probiotic and synbiotic supplementation could improve metabolic syndrome in prediabetic adults: A randomized controlled trial. *Diabetes Metab Syndr.* Sep-Oct 2019; 13(5):2991-2996. doi: 10.1016/j.dsx.2018.07.016.

60. **Nazila Kassaian**, Awat Feizi, Ashraf Aminorroaya, Maryam Tajabadi Ebrahimi, Atsa Norouzi, Masoud Amini. Effects of probiotics and synbiotic on lipid profiles in adults at risk of type 2 diabetes: A double-blind randomized controlled clinical trial. *Functional Foods in Health and Disease* 2019; 9(7): 494-507

61. **Nazila Kassaian**, Awat Feizi, Soodabeh Rostami , Ashraf Aminorroaya , Majid Yaran, Masoud Amini. The effects of 6 months of supplementation with probiotics and synbiotics on gut microbiota in the adults with prediabetes: A double blind randomized clinical trial. *Nutrition* 2020; 79 (80): 110854

62. Zary Nokhodian, Mohammad Mehdi Ranjbar, Parto Nasri, **Nazila Kassaian**, Parisa Shoaee, Bahareh Vakili, Soodabeh Rostami, Shahrzad Ahangarzadeh, Abbas Alibakhshi, Fatemeh Yarian, Shaghayegh Haghjooy Javanmard, Behrooz Ataei. Current status of COVID-19 pandemic; characteristics, diagnosis, prevention, and treatment. *Journal of Research in Medical Sciences.* November 6, 2020, IP: 46.209.24.110

### **Publication: Book:**

1)Kassaian N, et al. The control of diabetes by diet, In: Taki F and Kachooie A. *Diabetes in Simple Language*, IUMS, 2000.

2)Kassaian N, et al. *Hepatitis C in Simple language*, 2003, IUMS.

3)Kassaian N, et al. *National Health Research System (Translation)*, 2002, IUMS.

### **Computer knowledge:**

Word, Excel, Power point, Internet, Endnote, SPSS

### **Language knowledge:**

English, French, Persian

### **Conference Presentations:**

- 1) "Diet in Viral Hepatitis" in 7th Iranian Nutrition Congress, Rasht, Iran, (2002).
- 2) The effects of losing weight on infertility Improvement in obese women. 7th Iranian Nutrition Congress Rasht, Iran (2002).
- 3) The assessment of physical Activity in diabetic women in Leisure time. 7th Iranian Nutrition Congress. Rasht, Iran, (2002).
- 4) The assessment of food habits in diabetic patients referring to Isfahan Endocrine Research Center. 7th World congress on Clinical Nutrition (7th WCCN).1999. India Habitat center, New Delhi, India.
- 5) Comparison of the effects of insoluble fibers wheat bran and soluble fibers of Ispaghula on serum levels of glucose and lipids in NIDDM patients. 16th International congress of Nutrition. PW 6.13.July 27 – August 1, 1997. Montreal, Canada.
- 6) The evaluation of fat distribution and its relationship with blood pressure in NIDDM patients.8th Asian Congress of Nutrition. Aug 9 – Sept. 2, 1999. Seoul, Korea.
- 7) The effects of Ramadan fasting on BMI, glycated hemoglobin, serum glucose and lipids in NIDDM patients. 9th congress of Iranian College of Internal Medicine. Page; 200, 11– 14 May 1998. Tehran. IRAN.
- 8) The effects of Fenugreek leaf on serum glucose, cholesterol, and triglyceride in NIDDM patients. 4th Iranian Congress of Nutrition, 4-7 Nov. 1996. Tehran, IRAN.
- 9) The assessment of physical activity in diabetic patients referred to Isfahan Endocrine Research Center. 8th Asian Congress of Nutrition. Aug. 29 – Sept. 2, 1999, Seoul – Korea.
- 10) Comparison of effect of high carbohydrate – low fat diet and low carbohydrate – high fat (enriched with monounsaturated fatty acid) diet on blood glucose and lipoproteins in hyperlipidemic patients with NIDDM. 16th International Congress of Nutrition July 27 – Aug. 1, 1997. Montreal, CANADA.
- 11) Evaluation of food intake in NIDDM patients using 7 days food record and its comparison with diabetic diets.16th International Congress of Nutrition. 27 – Aug. 1, 1997. Montreal, CANADA.
- 12) Comparison of the effect of date and bread on 2 hours post – prandial glucose levels in two normal Iranian breakfasts in type 2 diabetic patients. 6th Iranian congress of Nutrition, Ahwaz, Iran. Feb. 12 – 15 2001.
- 13) The effect of diet therapy on serum glucose control in type 2 diabetic patients in two groups: discipline and undisciplined ones: 3th Iranian congress of Nutrition, 1994, Isfahan, Iran.
- 14) The Comparison of type of obesity between diabetic and nondiabetic women. 4th Iranian Congress of Nutrition, 1996, Tehran, Iran.
- 15) The effect of Allium Sativum on serum lipids in type 2 diabetic patients. 4th Iranian Congress on Nutrition, 1996, Tehran, Iran.
- 16) The relationship of Android and Gynoid obesity with lipid profiles in diabetic and nondiabetic obese women. 9th Iranian Congress of Internal Medicine, 11-14 1998, Tehran, Iran.

17) The effects of Ramadan fasting on glucose and lipid profiles and HbA1c, in healthy and diabetic ones. 9th Iranian Congress of Internal Medicine, 11-14 May 1998, Tehran, Iran.

18) The assessment of food habit in diabetic patients in compare with recommended diet. 9th Iranian Congress of Internal Medicine, 11-14 May 1998, Tehran, Iran.

19) The evaluation of dietary fibers, vitamins and minerals in diabetic patients referred to Endocrine and Metabolism Research Center. 7th Iranian Congress of Internal Medicine May 16-19 1996, Tehran, Iran.

20) The effect of diet on serum glucose in type 2 diabetic patients. 7th Iranian Congress of Internal Medicine, May 16-19 1996, Tehran, Iran.

21) The assessment of BMI in diabetic patients. 7th Iranian Congress of Internal Medicine. May 16-19 1996, Tehran, Iran.

22) The evaluation of Energy, protein, fat and carbohydrate consumption in type 2 diabetic patients 3th Iranian Congress of Nutrition, 1994, Isfahan, Iran.

23) Risk factors in prisoners related to drug abuse. The first congress on risk factors, 2006, Zahedan, Iran.

24) The assessment of risk factors in hepatitis B and C patients in compared to control group. The first congress on risk factors, 2006, Zahedan, Iran.

25) Hepatitis C and HIV coinfection in Isfahan- Iran: seropvalence and associated factors. The second Iranian Congress of HIV/AIDS. 2-4 Dec 2008, Tehran, Iran.

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