

Curriculum Vitae

**Reza Amani (Ph.D, R. Nutr.)
Nutritionist and Dietitian
Fellowship in Clinical Nutrition**

Sep. 2022

Reza Amani (Ph.D, R Nutr)

Current Academic Position:

Professor of Nutrition Science
Head, Food Security Research Center

Current Address:

Department of Clinical Nutrition
School of Nutrition and Food Science
Isfahan University of Medical Sciences
Isfahan
Iran

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Educational Background:

- **Ph.D in Nutrition:** Tabriz University of Medical Sciences (formerly Azarabadegan) ; 1997-2002
- **MSc. in Nutrition:** Tabriz University of Medical Sciences; 1991-1994
- **BSc. in Nutrition:** Ahvaz Jundishapur University of Medical Sciences (AJUMS); 1988-1991

Professional Qualifications:

- **Fellowship II:** Preventing and Treatment of Obesity, World Obesity Federation. London; May 2019
- **Fellowship I:** Healing (Therapeutic) RF on cellulite: Certificate IV; Sydney; 2011
- **Registered Nutritionist (R Nutr.):** Australian Nutrition Society; 2010

Sabbatical/Visiting periods:

- A- Visiting Scholar:** The University of Sydney, Australia; Nov. 2009-Nov. 2010.
- B- International Visiting Professor:** The Massey University, New Zealand; July-Aug 2019.

Employment History:

- ***Feb 2016- present:***

Duties:

- Professor, Nutrition Science at Isfahan University of Medical Sciences:
- Head, Department of Clinical Nutrition; March 2018- March 2020
- Head, University Food Security Research Center; Nov 2017- ongoing
- Supervising Ph.D theses and teaching PG (MSc. and Ph.D) courses
- Member of Continuous Nutrition Education Programs, Isfahan University of Medical Sciences
- Member of Academic Promotion Committee, Isfahan University of Medical Sciences
- Consultant to IR Ministry of Health, Subdivision on Community Nutrition
- Member of HSR Committee, Isfahan University of Medical sciences
- Member of National Nutrition Board at the Ministry of Health, Iran
- Member of University Publication Evaluation Committee
- Member of Postgraduate Council, School of Nutrition and Food Science
- Chief, Clinical Course Application of PhD Students Committee
- Member of University Research Projects Advisory Committee

- ***Nov. 2011-Feb 2016:***

Duties:

- Professor. Nutrition Science at Ahvaz Jundishapur University of Medical Sciences
- Teaching, supervising post-graduate theses, presenting lectures; doing two extra-university research projects
- Member of National Nutrition Board at the Ministry of Health, Iran
- Member of Academics Promotion Committee, AJUMS
- Consultant to the Vice-chancellor in Education.
- Nutrition consultant to National Iranian Petrochemical Company (NIPC)

- ***Nov. 2010-Nov. 2011:***

Fellowship course on cellulite using Radiofrequency (RF) and Low Level LASER (LLL) devices (Fellowship in Clinical Nutrition); Sydney, Australia.

- ***Nov. 2009-Nov. 2010:***

Visiting Scholar at the University of Sydney, Australia

Duties:

Participating in joint research projects, local seminars, writing a systematic review, periodic University research and educational workshops and presenting lectures.

- ***Nov. 2005-Nov. 2009:***

Head of Department, Dept. of Nutrition, Jundishapur University of Medical Sciences; Associate Professor

Duties:

Provide academic leadership, guidance and strategic input into the effective operation of the Department and to oversee the development;

- Implementation of educational curriculum and research programs of the members.
- Co-ordinating between students, education office and the academic members of the Department on teaching the units.
- Scientific Nutrition Consultant to National Iranian Oil Company (NIOC), National Iranian Drilling Company (NIDC) and Nestle Company (regional branch) regarding nutritional assessments, requirements and scientific seminars.

- ***Oct. 2002-Nov. 2005:***

- Associate-Dean in Research;

Duties:

- Overseeing the research activities of members of the Faculty, leadership and guidance of research proposal at both under- and post-graduate levels.
- Reporting of research improvements and demands to the Dean of Faculty.

- ***Feb. 1998- Oct. 2002:***

- Head, University Research Workshops
- Head, University Students Research Centre (Ph.D studentship)
- Manager, University International Relation Office, Jundishapur University, Ahvaz, Iran.

Duties:

- Organizing research workshops for academics and post-graduate students
- Co-ordinating of students' research activities
- Providing facilities for approving studentship research grants at University level.
- Overseeing International relations with Overseas Universities,
- Inviting external professors and organizing international conferences at both University and national levels.

Major Professional Experiences:

A- Educational experiences:

Twenty four years experience in teaching the following courses:

1- Human nutrition, nutritional physiology, sport nutrition, applied nutrition and dietetics (Obesity, CVD, Diabetes and NAFLD), Clinical nutrition assessment, nutritional projects management, mother-children nutrition, medical nutrition therapy (MNT) for undergraduate nutrition, midwifery, nursing and also medical (GP level) students

- 2- Advanced diet therapy (MNT), advanced scientific language, current topics in human nutrition, nutritional assessment methods, Lipids and Carbohydrates, advanced sport nutrition and advanced nutritional physiology for MSc. And Ph.D students and MPH medical specialist residents
- 3- Advanced Medical Nutrition Therapy in specific diseases for PhD students.
- 4- Invited speaker of the University Workshops and Continuing Medical Educational Center (CME) programs for academic members
- 5- External examiner of final Ph.D disseminations.

6- Visiting Professor, The University of Sydney, Australia, Nov 2009-Nov 2010.

As a visiting academic at the University of Sydney, I worked on the following areas:

- Behavioral aspects of soft drink consumption in adolescents
- Nutrition and shift-working at worksites (Systematic Review; published in 2013)
- Designing a practical framework for nutritional studies in industries

7- International Visiting Professor: The Massey University, New Zealand; July-Aug 2019.

As an invited and visiting academic at the Massey, I worked on the following areas:

- Meetings with Chief Professor at the University in Food and Nutrition disciplines
- Conducting/Lecturing/Consultation in PhD classes
- Preparing a proposal on vitamin D and the mood states of women as a joint project
- Presentations for PhD students: Updates on vitamin D and brain function
- Participating in PG classes
- Visiting 5 distinguished Professors in the field on Nutrition and Food Science
- Visiting allied Departments and Research Lab at different campuses
- Consultation to PhD students
- Writing a joint project proposal
- Preparing and signing a MoU between the two Universities

B- Administrative/executive positions:

- Member of University Academic Members Promotion Committee; Dec. 2020-ongoing.
- Head, University Food Security Center, Nov 2016-present. Isfahan University of Medical Sciences.
- Head, Department of Clinical Nutrition, March 2018-present. Isfahan University of Medical Sciences.
- Vice-Dean for Research, Faculty of Paramedicine: Feb. 2009 until Nov. 2009.
- Head, Department of Nutrition, Since Dec. 2005 until Nov. 2009.
- Member of editorial board, Nutrition and Metabolic Insights (www.lapress.com/journal). 2008-2012
- Editor-in-Chief, Jundishapur Journal of Paramedical Sciences; Oct 2008-2012.
- Scientific Consultant to National Oil Company in Medical Research Projects: Aug. 2004-Oct. 2009.
- Member of Editorial Board, World of Nutrition Magazine; 2004- present.
- Member of Editorial Board, Scientific Medical Journal of AJUMS: March 2003 – March 2006.

- Vice-Dean for Research, Faculty of Paramedicine: Jul 2003-Apr 2005.
- Manager of International Relations of AJUMS: Aug 2002- Aug 2003.
- Head, Student Research Center of AJUMS: from Feb 2000 until Feb. 2006.
- Head, Research Priorities Setting Council at AJUMS: 2000-2006.
- Head, Research Workshops of AJUMS: from Feb 2000 until Feb. 2006.
- Member of Iodine Deficiency Disorders Prevention Scientific Committee of Khouzestan Province: 1994-1996.
- Dietitian consultant to University Medical Center at AJUMS: 1994-1996.
- Member of Breast Feeding Promotion Scientific Committee of Khouzestan Province: 1994-1996.
- Head, Nutrition database Center, Faculty of Paramedicine; AJUMS: 1994-6.

C- Membership of Scientific Committees of Congresses:

- Member of Scientific Committee; 4th Int'l Congress on Clinical Nutrition. *Head of Nutrition and the Brain Function/Disorders Symposium*. Mashhad University of Medical Science, Mashhad; 17-19 May 2022.
- Member of Scientific Committee; Int'l *Nutrition and Covid19 Webinar* organized by Ministry of Health; Nov. 2020.
- Member of Scientific Committee and invited speaker, 1st International Congress of Sports Nutrition; Isfahan University of Medical Sciences; 18-20 Oct. 2017.
- Member of Scientific Committee and invited speaker, International Congress of Nutrition: *from Laboratory Research to Clinical Studies*; Mashhad University of Medical Sciences; 6-8 Sep. 2017
- Member of Scientific Committee, International Congress on *Prevention, Health and Treatment of Marine Staff*. Iranian Marine Forces. Bandar Abbass. 2015- 2017
- Member of Scientific Committee of 11th-14th National Nutrition Congress; 2010-2016 (being held biannually)
- Member of Scientific Committee, Scientific Meeting of Iranian PhD Students in Australia. 23-25 April; 2010, Sydney, Australia
- Member of Scientific Committee of 10th National Nutrition Congress; Oct 2008; Tehran, Iran.
- Member of Scientific Committee; First National Congress on Cancer Prevention, Treatment and Care: May 2009; Tehran, Iran.
- Member of Scientific Committee of 1st National Metabolic Syndrome Congress; June 12-13: 2008; Tabriz, Iran.
- Member of Scientific Committee of 9th National Nutrition Congress; Sep. 4-7: 2006; Tabriz, Iran.
- Chair, Scientific Committee. 1st Azad University Regional Congress on Obesity and Weight Control; May10-12: 2004; Ahvaz, Iran.
- Member of Scientific Committee of 7th National Iranian Congress of Biochemistry; Feb 5-8: 2004; Ahvaz, Iran.
- Director, Executive Committee, 6th International Epidemiology Association Scientific Meeting in Eastern Mediterranean Region ; Dec 9-11 2003 : Ahvaz , Iran.
- Member of Scientific Committee of 6th National Iranian Congress of Nutrition; Feb 13-16: 2001; Ahvaz , Iran.
- Member of University Continuing Medical Education (CME) in Nutrition courses; AJUMS, 2001 till present.

D- Academic Skills:

- Planning/Designing Research Projects in Nutritional Subjects
- Supervising Post-graduate Theses/projects
- Nutrition and Dietetics Consultant to National Iranian Oil Company (NIOC)
- Nutrition and Dietetics Consultant to National Iranian Petrochemical Company (NIPC)
- Experience in Planning Research Projects within Industries
- Planning Scientific/Educational Workshops
- Planning Scientific Symposiums/Seminars
- Developing Curriculums for Under- and Post-graduate Courses in Nutrition Science
- Writing Original Research Papers
- Conducting Systematic Review of the Literature
- Teaching Basic and Advanced/Applied Nutrition Courses
- Experience in Clinical Nutrition Consultation
- Performing Statistical Analysis using SPSS Software
- Experience in Preparing Simple and Advanced Nutrition Education Materials (e.g. Pamphlets, booklets, etc.)
- Nutrition Consultant to University Health Centers
- Nutrition Consultant to National TV and Radio ***Health and Nutrition Broadcasts.***

E- Membership in Scientific Societies/bodies:

- Nutrition Society of Australia, since Dec. 2009 (Mem. No. 2075)
- British Nutrition Society; 2005. (Mem. No. 00932181)
- Iranian Nutrition Society; from 1996 till now. (Mem. No. 370)
- Member of National Nutrition Board at Ministry of Health; Jan 2007 till present

F- Research Projects Management:

- Main Investigator of 41 approved University Research Projects;
- Supervising 15 PhD; 26 MSc.; 6 Medical Specialist and 4 Medical GP theses.
- Co-investigator of 15 approved University Research Projects (non-studentship theses).
- Supervisor and chief investigator of 6 Extra-University comprehensive research projects.

G- Extra University experience:

- Senior Nutrition Consultation position at a chocolate bar factory under a registered contract from February 2018 to December 2020. They invited me to add new functional/super food ingredients to the products as well as supervising their food science team to support their nutritional ideas and technical concepts.

Grants Achieved from Extra-University Organizations at National and Intl' levels:

1- Effects of a customized nutrition education program on lifestyle pattern and chronic disease riskfactors of National Iranian Oil Refinery Company staff, Isfahan: Approved Feb 2022 (55,550 USD)

2-Obtaining Approved Researcher Grant for two Ph.D theses from Iran National Science Foundation (INSF): Feb 2020-May 2022 (each ~ 8000 USD)

2- International Visiting Professor Grant. Massey University, New Zealand. June 2019-July 2019 (5000 NZD)

3- Evaluation and Designing a Nutritional Program for the Personnel of Province Water and Power Company; 2004 (Granted by the Ministry of Power; USD 35,500; Finished).

3- Evaluation of Fish Consumption and Its Relation with Disease Pattern in Ahvazi Women. (Province Fish Study); 2007 (Granted by the **Province Management Organization**; USD 42,000; Finished)

4- United Nations. Correlation between Dietary Zinc Intakes and Its Serum Levels with Depression Scales in Young Female Students. Dec. 2008 (Collaborative research project approved and supported by the grant of **United Nations**, No. 600UU-6629; USD 20,000; Finished).

5- Comprehensive Nutritional Assessment of the Personnel of National Iranian Drilling Company; 2008 (USD 63,000; a Collaborative study Granted by NIDC; Finished).

6- Prevalence of Fatty Liver Disease and Its Nutritional risk factors in Mahshahr Petrochemical Zone, Mahshahr, Khuzestan Province; 2015. Finished. (USD 38,000)

7- Improving CVD riskfactors in National Iranian Petrochemical Staff using a modified Nutrition Education model; 2016. Finished. (USD 47,000)

** Some papers/abstracts have been published from these projects listed above.*

Major Research Interests and Study Fields:

- New Aspects of Vitamin D and Zinc nutritional status in the brain function
- Nutritional Related Lifestyle Patterns in Different Settings
- Nutrition and Brain function Relationships (as the main academic field of study)
- MNT in Obesity/Diabetes/CVDs (as my professional fields)
- Antioxidants in Health and Diseases

Major Approved University project titles (from oldest to latest):

- 1- Determining local cut-off points of coronary heart disease in patients referred to Ahvaz University teaching hospitals: A case-control study. (Cardiology Residency final thesis); 2005-2007: A collaborative study with Dept. of Cardiology- (finished.)
- 2- Evaluation of fish consumption and its relationship with reported diseases in women referred to Ahvaz city health centers: 2006-2007- (finished.)
- 3- Comparison of dietary zinc intakes and its serum levels between depressed female University students and healthy subjects: 2007-2008 – (published.)
- 4- Evaluation of dietary pattern and nutritional status in patients with multiple sclerosis (Neurology Residency final thesis): 2008- (published.)
- 5- Assessment of total antioxidant status and serum 25-OH vitamin D3 in patients with multiple sclerosis. (MSc of Nutrition final thesis): 2008- (finished.)
- 6- Evaluation of dietary pattern and nutritional status of National Iranian Petrochemical Company (NIPC) male staff: 2007- (finished.)
- 7- Evaluation of three different carbohydrate solutions on sport performance and competence time in elite male swimmers: 2008. Finished.
- 8- Lifestyle and nutritional patterns of myocardial infarction patients: 2007-2008 - (A collaborative study with School of Public Health and Dept. of Cardiology)- Finished.
- 9- Evaluation of dietary patterns in hemodialysis patients in University teaching hospitals (General Practitioner final thesis): 2006- Finished.
- 10- Dietary Patterns and cardiovascular disease risk factors among firefighters in city of Ahvaz; (Msc of Nutrition final thesis): 2007-8.; Published.
- 11- Mercury contamination in Persian Gulf fishes. (Msc of Nutrition final thesis); 2009- (finished)
- 12- Comparison of riboflavin status, serum vitamin D and C-reactive protein levels between nurses with major depressive disorders and healthy subjects in University educational hospitals- (published.)
- 13- Effect of breakfast composition on school children memory (in collaboration with Nestle local; finished.)
- 14- Prevalence of Metabolic syndrome in city of Ahvaz (Diabetes Research Center Province Study; published).

- 15- Effects of freeze dried strawberry on oxidative stress and inflammatory biomarkers in subjects with type 2 diabetes: A randomized-double blind controlled trial, 2011-2012. (published.)
- 16- Relationship between zinc status and school performance, anxiety scores and depression scales of high school students 2011-2012, (published).
- 17- Relationship between serum antioxidants status and depression scales in University students 2012. (published.)
- 18- Effects of vitamin D supplement on biomarkers of inflammatory and oxidative stress of patients with non-alcoholic fatty liver disease (published)
- 19- Comparison of serum vitamin D, antioxidant enzymes and pro-oxidant/antioxidant levels in patients with ischemic stroke (published).
- 20- Relationship between dietary patterns, RBC fatty acids profile with PCOS scales in women referred to University infertility clinics (published).
- 21- Effects of riboflavin supplementation on spatial memory and inflammatory biomarkers in animal model of MS (published).
- 22- Effects of vitamin D supplementation on IBS patients (published).
- 23- Relations between personality traits and food preferences in University female students (published).
- 24- Relations between anxiety and stress scores and RBC fatty acids profile in University female students (published).
- 25- Relations between anxiety and stress scores, vitamin D and antioxidant status in University female students (published).
- 26- The effects of vitamin D supplement on anxiety/stress scores, , omentin, vaspin, inflammatory markers and antioxidant status in diabetic female patients (PhD thesis; finished).
- 27- The effects of vitamin D supplementation on mood scores and antioxidant status of university students with pre-menstrual syndrome (MSc thesis; finished).
- 28- The effects of zinc supplement on mood scores and antioxidant status of university students with pre-menstrual syndrome (MSc thesis; finished).
- 29- The effects of curcumin supplement on mood scores, insulin resistance and antioxidant status of women with polycystic ovary syndrome (MSc thesis; published).
- 30- The effects of pomegranate juice on mood scores, insulin resistance, sex hormones and antioxidant status of women with polycystic ovary syndrome (MSc thesis; published).
- 31- The effects of Lycopene supplement on mood scores, antioxidant status of infertile men (MSc thesis; published).

- 32- The effects of curcumin supplement on mood scores, inflammatory markers and antioxidant status of women with migraine (MSc thesis; published).
33. Effects of wheat germ on mood status, lipid profile antioxidant and inflammatory biomarkers in type II diabetes patients (PhD thesis, published).
34. Effects of symbiotic formula on clinical features, inflammatory markers and mood states of Parkinson's disease patients (PhD thesis, ongoing)
35. *Zinc status and its relation to zonolin levels and clinical/mood symptoms of IBS patients: a case-control study* (MSc thesis; published).
- 36- Effects of *fortified bread with pomegranate peel* on glycemia, blood lipid profile, redox status and mood states of diabetes type II patients: a randomized clinical trial study (PhD thesis; under publication)

Publications:

A- Books :

- a. **Amani R. Nutrition Education** (in Farsi) ; AJUMS Publication ; 2000
- b. **Amani R.**, Amani M. *Hand book of Nutrition in Cancer Patients* (translated of a book published by NIH to Farsi); 2000.
Amani R., Vahabzadeh D. *Nutrition: A Foundation for Development* ; Translated from a formal document of United Nations SCN to Farsi ; 2005;
► **Access Link:**
<https://www.unscn.org/layout/modules/resources/files/scnnews32.pdf>
- c. *What a Diabetic Patient Should Know.* As a book contributor; 2004.
- d. **Amani R., Mostafavi SA.** *Nutrition and Behavior*; AJUMS Publication; 2008.
- e. **Amani R.**, Naghashpour M. *Antioxidants in health and disease.* AJUMS Publication; 2012.
- f. As a book contributor: **Amani R.**, Sharifi N. *Cardiovascular riskfactors. In: Cardiovascular system.* Intech Pub Co. ; 2012.
► **Access Link:**
www.intechopen.com/books/...cardiovascular.../cardiovascular-risk-factors
- g. **Amani R.**, Alipour M. *Nutrition Assessment: A clinical approach.* AJUMS Publication; 2014. *Approved as the Reference Book by Ministry of Health for BSc Students in Nutrition.*
- h. Amin S, **Amani R.** *Introductory Nutrition*; Winter 2014.

- i. **Amani R**, Fathi N. *Nutrition and Cellulite*; Winter 2016.
- j. **Amani R**, Mozaffari. *Healthy Lifestyle: A guidebook for Nutrition and Physical Activity Self Care*. Ministry of Health Publication; 2017. (*Approved as the reference book for BSc students in Nutrition by Ministry of Health Nutrition Board*)
- k. **Amani R**, Hassani B. *Improving Lifestyle Pattern (Applications for Oil and Petrochemical Personnel)*. Published by Food Security Research Center, Isfahan University of Medical Sciences; February 2018.

l. Two Book Chapters as contributor:

- **Reza Amani**, Shirin Amini: *The Role of Nutraceuticals in Depression during Pregnancy and Postpartum Well-Being*.
- Nasrin Sharifi, **Reza Amani**: *Nutraceuticals for Maternal and Offspring's Chronic Disease*.

In: Nutraceuticals for Prenatal, Maternal, and Offspring's Nutritional Health.

(Ed. Priyanka Bhatt, Maryam Sadat Miraghajani, Sarvadaman Pathak, Yashwant Pathak). Taylor & Francis Group; 2019.

► **Access link:** <https://www.taylorfrancis.com/books/e/9780429437632>

- **Amani R**, Shirani F, Zare M, Mehrabani S. *Diabetes and its nutritional management: A practical guide*. Horoufchin Pub. Co. 2021
- **Amani R**, Sharifi N. *Nutritional Management of Non-Alcoholic Fatty Liver Disease*. Horoufchin Pub. Co. 2021
- **Amani R**, Hassani B. *Improving Lifestyle Pattern and Well Being of Office Employees. A Ministry of Health Reference Book*; Publication of Ministry of Health, Tehran, Iran. Published; July 2021)

B- Published Articles in Peer-reviewed Journals:

In English:

1. Hadi S, **Amani R**, Mazaheri Tehrani M, Hadi V, Hejri S, Mirghazanfari SM, et al. Compact food bar improves cardiopulmonary function in men military athletes: A randomized, placebo-controlled, single-blind clinical trial. *J Res Med Sci* 2022;27:60. Foshati S, Mirjalili F, Rezazadegan M, Fakoorziba F, **Amani R**. Antioxidants and clinical outcomes of patients with coronavirus disease 2019: A

- systematic review of observational and interventional studies. *Food Science & Nutrition*. *Food Sci Nutr*. 2022;00:1–14.
2. Rezazadegan M, Shahdadian F, Soheilipour M, Tarrahi MJ, **Amani R**. Zinc nutritional status, mood states and quality of life in diarrhea-predominant irritable bowel syndrome: a case-control study. *Sci Rep*. 2022 Jun 29;12(1):11002.
 3. Hadi S, **Amani R**, Tehrani MM, Hadi V, Hejri S, Askari G. Ready-to-Use Therapeutic Food (RUTF) Formulations with Functional Food and Nutrient Density for the Treatment of Malnutrition in Crisis. *Int J Prev Med*. 2022 Feb 8;13:16
 4. Arab A, Rafie N, **Amani R**, Shirani F. The Role of Magnesium in Sleep Health: a Systematic Review of Available Literature. *Biol Trace Elem Res*. 2022 Feb 19.
 5. Rezaie S, Askari G, Khorvash F, Tarrahi MJ, **Amani R**. Effects of Curcumin Supplementation on Clinical Features and Inflammation, in Migraine Patients: A Double-Blind Controlled, Placebo Randomized Clinical Trial. *Int J Prev Med*. 2021 Dec 1;12:161.
 6. Rezazadegan M, Soheilipour M, Tarrahi MJ, **Amani R**. Correlation Between Zinc Nutritional Status with Serum Zonulin and Gastrointestinal Symptoms in Diarrhea-Predominant Irritable Bowel Syndrome: A Case-Control Study. *Dig Dis Sci* 2022 Jan 6
 7. Jafari F, Mohammadi H, **Amani R**. The effect of zinc supplementation on brain derived neurotrophic factor: A meta-analysis. *J Trace Elem Med Biol*. 2021 Apr 1;66:126753. doi: 10.1016/j.jtemb.2021.126753.
 8. Foshati S, Nouripour F, Sadeghi E, **Amani R**. The effect of grape (*Vitis vinifera*) seed extract supplementation on flow-mediated dilation, blood pressure, and heart rate: A systematic review and meta-analysis of controlled trials with duration- and dose-response analysis. *Pharmacol Res*. 2022 Jan;175:105905.
 9. Golestanbagh N, Miraghajani M, **Amani R**, Symonds ME, Neamatpour S, Haghighizadeh MH. Association of Personality Traits with Dietary Habits and Food/Taste Preferences. *Int J Prev Med*. 2021 Jul 29;12(1):92.
 10. Karimi E, Arab A, Rafiee M, **Amani R**. A systematic review and meta-analysis of the association between vitamin D and ovarian reserve. *Sci Rep*. 2021 Aug 6;11(1):16005
 11. Hadi S, Miryan M, Soleimani D, **Amani R**, Mazaheri Tehrani M, Hadi V, Esmail Zali M, Mosalmanzadeh N, Askari G. The effect of food ration bar enriched with β -alanine, L-arginine, and *Nigella sativa* on performance and inflammation following intense military training: A double-blind randomized clinical trial. *Food Sci Nutr*. 2021 May 6;9(7):3512-3520.

12. Foshati S, Rouhani MH, **Amani R**. The effect of grape seed extract supplementation on oxidative stress and inflammation: A systematic review and meta-analysis of controlled trials. *Int J Clin Pract*. 2021 Nov;75(11):e14469
13. Darand M, Hajizadeh Oghaz M, Hadi A, Atefi M, **Amani R**. The effect of cocoa/dark chocolate consumption on lipid profile, glycemia, and blood pressure in diabetic patients: A meta-analysis of observational studies. *Phytother Res*. 2021 Oct;35(10):5487-5501.
14. Mohammadi H, Karimifar M, Heidari Z, Zare M, **Amani R**. The effects of wheat germ consumption on mental health and brain-derived neurotrophic factor in subjects with type 2 diabetes mellitus: a randomized, double-blind, placebo-controlled trial. *Nutr Neurosci*. 2022 Jan;25(1):46-53.
15. Jafari F, Mohammadi H, **Amani R**. The effect of zinc supplementation on brain derived neurotrophic factor: A meta-analysis. *J Trace Elem Med Biol*. 2021 Jul;66:126753.
16. Yahay M, Heidari Z, Allameh Z, **Amani R**. The effects of canola and olive oils consumption compared to sunflower oil, on lipid profile and hepatic steatosis in women with polycystic ovarian syndrome: a randomized controlled trial. *Lipids Health Dis*. 2021 Jan 29;20(1):7. doi: 10.1186/s12944-021-01433-9.
17. Fathi M, Alavinejad P, Haidari Z, **Amani R**. The effects of zinc supplementation on metabolic profile and oxidative stress in overweight/obese patients with non-alcoholic fatty liver disease: A randomized, double-blind, placebo-controlled trial. *J Trace Elem Med Biol*. 2020 Aug 28;62:126635. doi: 10.1016/j.jtemb.2020.126635
18. Abedini M, Ghasemi-Tehrani H, Tarrahi MJ, **Amani R**. The effect of concentrated pomegranate juice consumption on risk factors of cardiovascular diseases in women with polycystic ovary syndrome: A randomized controlled trial. *Phytother Res*. 2020 Aug 7. doi: 10.1002/ptr.6820.
19. Shakeri M, Jafarirad S, **Amani R**, Cheraghian B, Najafian M. A longitudinal study on the relationship between mother's personality trait and eating behaviors, food intake, maternal weight gain during pregnancy and neonatal birth weight. *Nutr J*. 2020 Jul 6;19(1):67.
20. Jafari F, Tarrahi MJ, Farhang A, **Amani R**. Effect of zinc supplementation on quality of life and sleep quality in young women with premenstrual syndrome: a randomized, double-blind, placebo-controlled trial. *Arch Gynecol Obstet*. 2020 Jun 8.

21. Ghavami, A., Ziaei, R., Foshati, S., Hojati Kermani A., Zare, M., **Amani, R.** Benefits and harms of ginseng supplementation on liver function? A systematic review and meta-analysis. *Complementary Therapies in Clinical Practice*. 2020 May. 39,10117
22. Nouri M, Nasr-Esfahani MH, Tarrahi MJ, **Amani R.** The Effect of Lycopene Supplementation on Mood Status and Quality of Life in Infertile Men: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial. *Int J Fertil Steril*. 2020 Apr;14(1):17-22.
23. Hassani B, **Amani R,** Haghhighizadeh MH, Araban M. A priority oriented nutrition education program to improve nutritional and cardiometabolic status in the workplace: a randomized field trial. *J Occup Med Toxicol*. 2020 Feb 13;15:2.
24. Fathi M, Alavinejad P, Haidari Z, **Amani R.** The Effect of Zinc Supplementation on Steatosis Severity and Liver Function Enzymes in Overweight/Obese Patients with Mild to Moderate Non-alcoholic Fatty Liver Following Calorie-Restricted Diet: a Double-Blind, Randomized Placebo-Controlled Trial. *Biol Trace Elem Res*. 2020 Feb 4. doi: 10.1007/s12011-019-02015-8.
25. Mehrabani S, Arab A, Mohammadi H, Amani R. The effect of cocoa consumption on markers of oxidative stress: A systematic review and meta-analysis of interventional studies. *Complement Ther Med*. 2020 Jan;48:102240.
26. Amini S, Amani R, Jafarirad S, Cheraghian B, Sayyah M, Hemmati AA. The effect of vitamin D and calcium supplementation on inflammatory biomarkers, estradiol levels and severity of symptoms in women with postpartum depression: a randomized double-blind clinical trial. *Nutr Neurosci*. 2020 Jan 3:1-11. doi: 10.1080 /1028415X .2019.1707396.
27. Mohammadi H, Karimifar M, Heidari Z, Zare M, **Amani R.** The effects of wheat germ supplementation on metabolic profile in patients with type 2 diabetes mellitus: A randomized, double-blind, placebo-controlled trial. *Phytother Res*. 2019 Dec 11. doi: 10.1002/ptr.6570.
28. Sohaei S, **Amani R,** Tarrahi MJ, Ghasemi-Tehrani H. The effects of curcumin supplementation on glycemic status, lipid profile and hs-CRP levels in overweight/obese women with polycystic ovary syndrome: A randomized, double-blind, placebo-controlled clinical trial. *Complement Ther Med*. 2019 Dec;47:102201. doi: 10.1016/j.ctim.2019.102201.

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In Farsi (Persian) Academic Peer-reviewed Journals:

1. Naghashpour M, Amani R^{*}, MH , Nematpour S. The association of diet and anthropometric indices with high-sensitive C-reactive protein (hs-CRP), among depressed and healthy female nurses. *J Shahrekord Univ Med Sci* 2012, 14(2): 11-22.
2. Basir L, **Amani R**, Khane Masjedi, Ahangarpour, F. Comparison of diet among type I diabetic and non-diabetic children and its effect on dental caries. *Scientific Medical Journal of Ahvaz Jundi-Shapour University of Medical Sciences*. 2008; 7(2): 181-8.
3. Hejazi E, **Amani R**, Sharafoddinzadeh N. Dietary intake of antioxidants and serum levels of total antioxidant status in multiple sclerosis patients. *Yafteh J (Lorestan Medical University)* 2008;9(3): 57-65.
4. **Amani R**, Shoyouei R. Kazemi M. Comparison of dietary antioxidant intake between female patients with rheumatoid arthritis and healthy subjects. *Med J of Iran University*. Winter 2008:
5. Amiri F, **Amani R**, Rashidkhani B, Khaje Mougahi N. Effect of breakfast composition on school children memory. *Ir J Endocrinol Metab* 2008; 10(2):245-254.

6. Hejazi E, **Amani R**, Sharafodinzadeh N, Cheraghian B. Comparison of dietary intake of vitamin D and serum 25-OH vitamin D3 levels between multiple sclerosis patients and healthy subjects. *Ir J Nutr Sci Food Technol*. 2008;2(4):59-66.
7. **Amani R**, Sharifi A, Hamidipour N. Prevalence of obesity and its related factors in female administrative staff of Ahvaz Jondi-Shapour University of Medical Sciences. *Ir J Endocrinol Metab* 2008,10(2):233-7.
8. **Amani R**, Khaje Mougahi N. Comparison of nutritional pattern of attention deficit hyperactive children with normal subjects. *Medical Journal of Iran University* . 45:37-42; 2005.
9. **Amani R** . Nutritional transition in Iranian adolescences and young people . *World of Nutrition* 2005 .35: 10-11.
10. **Amani R**. Nutrition and skin health. *World of Nutrition* .26 ; 2004. 10. **Amani R**. Evaluation of nutritional related lifestyle pattern of female university students in dormitories. *Scientific Medical Journal of Ahvaz Jundi-Shapour University of Medical Sciences*.2004; 42 :54-59.
11. **Amani R**. Nutrition and Diabetes Mellitus. *Journal of Continuing Medical Education Center* 2004; 2 :21-30.
12. **Amani R**. Evaluation of nutritional pattern of pre-school children in day-care centers of Ahvaz Universities. *Scientific Medical Journal of Ahvaz Jundi-Shapour University of Medical Sciences* 2003; 36.
13. **Amani R**. Nutrition, brain development, and behavior. *Journal of Research in Behavioral Sciences*. 2002, 1:49-53.
14. **Amani R**. The women's roles in promotion of nutritional culture of the communities. *World Health; WHO publication (Persian version)* 2001;2:45-7.
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17. **Amani R** , Lahijanzadeh M. The effects of work stress on biochemical, clinical and anthropometric indices of steel company workers . *Scientific Medical Journal of Ahvaz Jundi-Shapour University of Medical Sciences*. ; 1999;26: 34-39.
18. **Amani R**, Ghani AR . Assessment of the effect of ascorbic acid supplement on hematologic indices in hemodialysis patients .*Medical Journal of Urumieh University* ; 1998; 2 : 25-29.

19. **Amani R**, Egtesadi S. Growth pattern and nutritional status of school- age children in city of Isfahan . Medical Journal of Isfahan University. 1997; 47.
20. **Amani R**, Ahmadi M. Evaluation of nutritional pattern in city of Semnan , Iran . Medical Journal of Gilan University. 1994; 12: 13-16.

Papers Presented at Congresses and Scientific Meetings:

A- International:

1. **Amani R**, Afshari L, Soltani F. Vitamin D levels and body antioxidant status in ischemic stroke patients: A case–control study 7th Conference on Brain Injuries, 10-12 Apr. 2018; Amsterdam, The Netherlands (Keynote speaker)
2. **Amani R**. Antioxidants in Athletes: Friend or Foe. 1st International Congress of Sports Nutrition. 18-0 Oct 2017; Isfahan, Iran (Invited speaker). **3. Amani R**. International Congress of Nutrition: from Laboratory Research to Clinical Studies; 6-8 Sep. 2017; Mashhad University of Medical Sciences, Mashhad, Iran (Invited speaker).
4. **Amani R**, Anari R, Veisi M. International Conference on Obesity and Diabetes; Sugar-sweetened beverages consumption is associated with higher abdominal obesity risk in diabetic patients. 10-12 July 2017; Duabi, UAE (Keynote speaker)
5. Abbassnezhad A, **Amani R**, Choghakhori R. Effect of vitamin D on inflammatory and antioxidant biomarkers, gastrointestinal symptoms and quality of life in irritable bowel syndrome patients. ISANH World Congress. 12-14. April 2015; Dubai, UAE (Oral presentation).
6. Daneghian S, **Amani R**, Daneghian M. Pro-oxidant and Antioxidant activities of Ginger (Zingiber officinale). ISANH World Congress. 12-14 April 015; Dubai, UAE (Oral presentation, *Selected as outstanding presentation*).
7. **Amani R**, Sharifi N, Hajiani E, Cheraghian B. The effects of vitamin D supplementation on cardiometabolic biomarkers in non-alcoholic fatty liver disease: A double blind randomized controlled trial. ISA 2015, 23- 26 May; 2015; Amsterdam, The Netherlands (Keynote speaker)
8. **Amani R**, Moazzen S, Shahbazian H, Ahmadi K, Jalali MT. Effects of freeze-dried strawberries on biomarkers of oxidative stress and inflammation in type 2 diabetes: A double blind randomized control trial. Excellence in Diabetes, 6-9 February; 2013; Istanbul, Turkey (*Best poster award*).
9. Naghashpour M, **Amani R**. Comparison of obesity related life style pattern among day-time and shift work clinical nurses. 19th European Congress on Obesity (ECO2012). 9-12 May; 2012; Lyon, France (Poster)

10. Naghashpour M, Amani R, Haghizadeh MH. Association between hs-CRP levels with nutritional factors in depressed and healthy nurses. Nutrition congress. 19-22 September 2010; Durban, South Africa. (Oral presentation)

11. Amani R, Gill T. Soft drink consumption in Asian adolescents: A psychologic and behavioral approach. 5th Asian Congress of Dietetics. 10-12 Nov. 2010; Bangkok, Thailand. (Oral presentation)

12. Amani R, Noorizadeh M, Afzali N, Rahmanian S, Haghizadeh MH. Nutritional related cardiovascular risk factors in patients with coronary artery disease in IRAN: A case-control study. Scientific Meeting of Iranian PhD Students in Australia. 23-25 April, 2010, Sydney, Australia. (Key speaker)

13. Shahbazian HB, **Amani R,** J, Shahbazian H. Beneficial effects of soyprotein isoflavones on lipid levels and blood glucose in type 2 diabetic patients. 13th Asia-Oceania Congress of Endocrinology. May 10-12, 2006 ; Tehran, Iran.

14. Amani R. Soy isoflavones: What are the cancer and cardiovascular links in Asian diets. 2nd Health Worlds Asia Congress and Exhibition, Nov. 11-13 2005; Singapore. (Poster).

15. Amani R, Khaje-Mougahi N. Is nutritional pattern of school children with attention deficit/hyperactivity disorder different from normal subjects? 5th International Forum on Mood and Anxiety Disorders, Nov. 9-11, 2005 Vienna, Austria.

16. Amani R. Zand-Moghaddam A. Effects of soyprotein isoflavones on lipid profile and serum hormones in hypercholesterolemic men. 12th World Congress on Heart Disease, July 16-19, 2005. Vancouver, Canada.

17. Amani R. Obesity in South-West of Iran : A comparison between body mass index and bioelectrical impedance analysis methods . 1st Health worlds Asia Congress and Exhibition, Sep 2-5, 2004 . Kuala Lumpur; Malaysia. (Oral presentation)

18. Amani R. Evaluation of nutritional related lifestyle pattern of female university students. 6th International Epidemiology Association Scientific Meeting in Eastern Mediterranean Region ; Dec 9-11 2003 : Ahvaz , Iran.

19. Egtesadi S, Ansari N, Dastgiri S, **Amani R,** Mamaghani ME. Assessment of nutritional status and growth pattern of 11-14 years old urban adolescent girls in Ahvaz junior high schools. Aug. 27-31;2001. Vienna, Austria.

20. Amani R , Ghani AR. Assessment of the effect of ascorbic acid supplement on hematologic indices in hemodialysis patients. XVI International Congress of Nutrition. Jul 27-Aug 1; 1997. Montreal; Canada.

B- National:

There are more than 92 articles (in abstract books and proceedings) presented at national congresses and scientific meetings. (Attendance certificates are available.)

Awards and Scientific Achievements:

- Outstanding MSc. Student (1994).
- Achieving 2nd place in National Ph.D Exam (1996).
- Outstanding PhD student (2002).
- Outstanding researcher of AJUMS* for three consecutive years (2000-2002)
- Outstanding researcher of AJUMS (Dec.; 2005).
- 3rd place in 1st National Sports Medicine Federation Festival (Dec. 2005).
- Outstanding Young Academics Ministry of Health (*National Award of Teacher's Memorial Day*; May 2007).
- Outstanding Researcher of AJUMS (Dec. 2007); 3rd place in the University
- Outstanding Researcher of AJUMS (Dec. 2008); 2nd place in the University
- Outstanding academic of AJUMS : Innovation in teaching (*Award of Teacher Memorial Day*; May 2009)
- Outstanding Researcher of AJUMS and *Award of Innovations in Management* for approval of PhD course in the University (Dec. 2009).
- Outstanding Researcher of AJUMS (Dec. 2010); 1st place in the Faculty.
- Outstanding Researcher of AJUMS (Dec. 2014); 1st place in the Faculty.

Titles of Final Thesis/Dissertation:

- ***PhD:*** Assessment of the effects of soy isoflavones on lipid profile, glycemia and serum thyroid and sex hormones of hypercholesterolemic rabbits. (Minor course: Nutritional Physiology); 2002.
- ***MSc.:*** Designing growth pattern and assessment of nutritional status of school age students, City of Isfahan, Iran. 1994.
- ***BSc.:*** Assessment of nutritional and biochemical status of CHD patients in Shariati Hospital, Isfahan, Iran; 1991.

Basic Training Courses/Workshops up to early 2010:

Training Workshops			
Year	Length of Workshop	Name of Organisation	Subject
1991-1992	4 mo	Tabriz University	Computer, Basic and Advanced
1994	2 weeks	Ahvaz University	Internet- Basic
1995	1 week	Ahvaz University	Internet- Advanced
1996	2 weeks	Ahvaz University	SPSS software- Basic and Advanced
1996	2 weeks	Ahvaz University	Research Training- Preliminary
1997	1 week	Tabriz University	Research Project Supervision- Advanced
1998	1 week	Tabriz University	Internet Searching Strategies- Advanced
2001	1 week	Ahvaz University	Problem Based Learning (PBL)
2004	1 week	Ahvaz University	Reference Manager Software
2005	1 week	Ahvaz University	Time Management Workshop
Nov. 2005	1 week	Ahvaz University	Scientific Writing in English- Advanced
19 Apr 2010	1 day	University of Sydney	Doctoral Thesis Supervision
22 May 2010	1 day	University of Sydney	Nutrition Society of Australia- Nestle Nutrition Update Day
9-10 June 2010	2 days	University of Sydney	Principles and Practice of University Teaching and Learning Program

NOTES:

- After this date, I have been conducting the workshops/seminars as the Head of University Scientific Workshop/Seminars Office. Participation in educational/promotional workshops has been ongoing as University mandatory requirement till now.
- Details on local seminars and conducted lectures at the university workshops/seminars were not outlined for conciseness.

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