

# Omid Sadeghi



## Contact

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### Birth date/Marital status

Sep 6, 1990, Yazd, Iran

Married

## Web pages

### Google scholar (h-index: 33):

<https://scholar.google.com/citations?user=SJLiYkAAAAJ&hl=en>

### Scopus (h-index: 27):

<https://www.scopus.com/authid/detail.uri?authorId=57193112743>

## Education

### 2016-2020 Ph.D., Nutrition Science

Tehran University of Medical Sciences, Tehran, Iran

Area of Expertise: **Community Nutrition, Clinical Nutrition**

Thesis title: **The effect of soy milk consumption on inflammatory biomarkers, gut microbiota, disease severity and symptoms in patients with ulcerative colitis**

Thesis GPA: **19.64**

### 2012-2015 MSc., Nutrition Science

Isfahan University of Medical Sciences, Isfahan, Iran

Thesis title: **The effect of folic acid and pyridoxine supplementation on symptoms, severity of headache and inflammatory markers in patients with Migraine with aura**

Thesis GPA: **19.98**

### 2008-2012 BSc., Nutrition Science

Bushehr University of Medical Sciences, Bushehr, Iran

## Honors and Awards

2013-2014 Member of Talent Office in Isfahan University of Medical Sciences for 2 years

2015 Award of Compulsory Military Service from Iran's National Elites Foundation

2017-2020 Member of National Elite Foundation for 3 consecutive years

2018 Excellent Researcher Award from School of Nutritional Sciences and Dietetics, Tehran, Iran

2016 Rank 4 in the National Ph.D. Entrance Exam

## Teaching Experiences:

- 2022 “Principles of Nutrition Education and Counseling” for BSc students in Isfahan University of Medical sciences, Isfahan, Iran
- 2022 “Principles of Nutrition Planning in Community” for BSc students in Isfahan University of Medical sciences, Isfahan, Iran
- 2022 “Nutrition and Genetic” for BSc students in Isfahan University of Medical sciences, Isfahan, Iran
- 2022 “Nutrition in Oral and Dental Health” for dental students in Isfahan University of Medical sciences, Isfahan, Iran
- 2018 Nutritional Epidemiology for MSc students in Tehran University of Medical sciences, Tehran, Iran
- 2017 Research Methods for MSc students in Tehran University of Medical sciences, Tehran, Iran
- 2019 English Course for MSc students in Tehran University of Medical sciences, Tehran, Iran
- 2017-2019 Instructor of six workshops on STATA software (introductory and advanced) held in the Students' Scientific Research Center, TUMS, Iran (In total 33 hours).
- 2018 Instructor of “Manuscript Writing” workshop held in the Students' Scientific Research Center, TUMS, Iran (4 hours).
- 2020 Instructor of “Statistical Analysis for Nutrition Students” workshop held online ([www.evand.com](http://www.evand.com)) for 12 hours.
- 2020 Instructor of “Systematic Review and Meta-analysis of Clinical trials” workshop held online ([www.evand.com](http://www.evand.com)) for 20 hours.
- 2020 Instructor of “Systematic Review and Meta-analysis of Observational Studies” workshop held online ([www.evand.com](http://www.evand.com)) for 36 hours.
- 2021 Instructor of “Construction of Dietary Patterns” workshop held online ([www.evand.com](http://www.evand.com)) for 12 hours.
- 2020 Instructor of “Systematic Review and Meta-analysis” workshop held in Pasteur Institute of Iran for 20 hours.
- 2021 Instructor of “Practical analyses in SPSS (introductory and advanced)” workshop held online ([www.evand.com](http://www.evand.com)) for 20 hours.
- 2021 Instructor of “Comprehensive Systematic Review and Meta-analysis” workshop held online ([www.evand.com](http://www.evand.com)) for 30 hours.

## Cooperation with Foreign Researchers:

**Prof. Walter C. Willett from the Harvard School of Public Health (Email: [wwillett@hsph.harvard.edu](mailto:wwillett@hsph.harvard.edu))**

**Prof. Joseph Beyene from the Faculty of Health Sciences, McMaster University, Canada (Email: [beyene@mcmaster.ca](mailto:beyene@mcmaster.ca))**

**Dr. Dagfinn Aune from Faculty of Health Sciences, Imperial College London, UK (Email: [d.aune@imperial.ac.uk](mailto:d.aune@imperial.ac.uk))**

## **Publications: Original articles (n=58), Reviews (n=49), and Letters (n=3)**

1. Naghshi S, Aune D, Beyene J, Mobarak S, Asadi M, **Sadeghi O (corresponding author)**. Dietary intake and biomarkers of alpha linolenic acid and risk of all cause, cardiovascular, and cancer mortality: systematic review and dose-response meta-analysis of cohort studies. *BMJ*. 2021 Oct 14;375. **(Index: ISI, IF: 93.33)**
2. Naghshi S, **Sadeghi O (corresponding author)**. Current evidence on dietary intakes of fatty acids and mortality. *BMJ*. 2021 Oct 14;375. **(Index: ISI, IF: 93.33)**
3. Naghshi S, **Sadeghi O**, Willett WC, Esmailzadeh A. Dietary intake of total, animal and plant proteins and risk of all-cause ,cardiovascular and cancer mortality: a systematic review and dose-response meta-analysis of prospective cohort studies. *BMJ*. 2020 Jul 22;370:m2412. **(Index: ISI, IF: 93.33)**
4. Mousavi SM, Mokhtari P, Asbaghi O, Rigi S, Persad E, Jayedi A, Rezvani H, Mahamat-Saleh Y, Sade **Sadeghi O (corresponding author)**. Does saffron supplementation have favorable effects on liver function indicators? A systematic review and meta-analysis of randomized controlled trials. *Cri Rev Food Sci Nutr*. 2021:1-3. **(Index: ISI, IF: 11.18)**
5. Darooghegi Mofrad M, Naghshi S, Lotfi K, Beyene J, Hypponen E, Pirouzi A, **Sadeghi O (corresponding author)**. Egg and dietary cholesterol intake and risk of all-cause, cardiovascular, and cancer mortality: a systematic review and dose-response meta-analysis of prospective cohort studies. *Frontiers in Nutrition*. 2022 May 27:977. **(Index: ISI, IF: 6.59)**
6. Zahedi H, Hosseinzadeh-Attar MJ, Shadnoush M, Sahebkar A, Barkhidarian B, Sadeghi O, Najafi A, Hosseini S, Qorbani M, Ahmadi A, Ardehali SH. Effects of curcuminoids on inflammatory and oxidative stress biomarkers and clinical outcomes in critically ill patients: A randomized double-blind placebo-controlled trial. *Phytotherapy Research*. 2021 Aug;35(8):4605-15. **(Index: ISI, IF: 5.88)**

7. Mansouri M, Sharifi F, Shokri A, Varmaghani M, Yaghubi H, Moghadas-Tabrizi Y, **Sadeghi O (corresponding author)**. Breakfast consumption is inversely associated with primary headaches in university students: The MEPHASOUS study. *Complement Ther Med*. 2020;102663. **(Index: ISI, IF: 2.06)**
8. **Sadeghi O**, Sadeghian M, Rahmani S, Maleki V, Larijani B, Esmailzadeh A. Whole-grain consumption does not affect obesity measures: a systematic review and meta-analysis of randomized clinical trials. *Adv Nutr* 2020;11:280-92. **(Index: ISI, IF: 8.7)**
9. Naghshi S, Sadeghian M, Nasiri M, Mobarak S, Asadi M, **Sadeghi O (corresponding author)**. Association of total nut, tree nut, peanut, and peanut butter consumption with cancer incidence and mortality: a comprehensive systematic review and dose-response meta-analysis of observational studies. *Adv Nutr* 2020; 16: 230-42. **(Index: ISI, IF: 8.7).**
10. Rahmani S, **Sadeghi O**, Sadeghian M, Sadeghi N, Larijani B, Esmailzadeh A. The effect of whole-grain intake on biomarkers of subclinical inflammation: a comprehensive meta-analysis of randomized controlled trials. *Adv Nutr* 2020;11:52-65. **(Index: ISI, IF: 8.7)**
11. Sadeghian M, **Sadeghi O**, Rahmani S, Esmailzadeh A. Reply to F Haghghatdoost. *Adv Nutr* 2020;11(2):466-7. **(Index: ISI, IF: 8.7)**
12. Bagheri A, Naghshi S, **Sadeghi O**, Larijani B, Esmailzadeh A. Total, Dietary, and Supplemental Magnesium Intakes and Risk of All-Cause, Cardiovascular, and Cancer Mortality: A Systematic Review and Dose–Response Meta-Analysis of Prospective Cohort Studies. *Adv Nutr*. 2021 Mar 3. **(Index: ISI, IF: 8.7)**
13. Naghshi S, **Sadeghi O**, Larijani B, Esmailzadeh A. High vs. low-fat dairy and milk differently affects the risk of all-cause, CVD, and cancer death: A systematic review and dose-response meta-analysis of prospective cohort studies. *Critical Reviews in Food Science and Nutrition*. 2020 Dec 23:1-5. **(Index: ISI, IF: 7.86)**
14. Naghshi S, Naemi M, **Sadeghi O**, Darooghegi Mofrad M, Moezrad M, Azadbakht L. Total, dietary, and supplemental calcium intake and risk of all-cause cardiovascular, and cancer mortality: a systematic review and dose-response meta-analysis of prospective cohort studies. *Critical Reviews in Food Science and Nutrition*. 2021 Feb 17:1-2. **(Index: ISI, IF: 7.86)**
15. Anjom-Shoae J, **Sadeghi O**, Larijani B, Esmailzadeh A. Dietary intake and serum levels of trans fatty acids and risk of breast cancer: A systematic review and dose-response meta-analysis of prospective studies. *Clin Nutr* 2020;39(3):755-64. **(Index: ISI, IF: 6.36)**
16. Anjom-Shoae J, **Sadeghi O**, Keshteli AH, Afshar H, Esmailzadeh A, Adibi P. Legume and nut consumption in relation to depression, anxiety and psychological distress in Iranian adults. *Eur J Nutr* 2020:1-1. **(Index: ISI, IF: 4.66)**

17. **Sadeghi O**, Hasani H, Mozaffari-Khosravi H, Maleki V, Lotfi MH, Mirzaei M. Dietary Insulin Index and Dietary Insulin Load in Relation to Metabolic Syndrome: The Shahedieh Cohort Study. *J Acad Nutr Diet* 2020. **(Index: ISI, IF: 4.15)**
18. Shadnoush M, Zahedi H, Norouzy A, Sahebkar A, **Sadeghi O**, Najafi A, Hosseini S, Qorbani M, Ahmadi A, Ardehali SH, Hosseinzadeh-Attar MJ. Effects of supplementation with curcuminoids on serum adipokines in critically ill patients: a randomized double-blind placebo-controlled trial. *Phytother Res* 2020. **(Index: ISI, IF: 4.08)**
19. Asbaghi O, Sadeghian M, **Sadeghi O**, Rigi S, Tan SC, Shokri A, Mousavi SM. Effects of saffron (*Crocus sativus* L.) supplementation on inflammatory biomarkers: A systematic review and meta-analysis. *Phytother Res* 2020. **(Index: ISI, IF: 4.08)**
20. Zahedi H, Djalalinia S, **Sadeghi O**, Zare Garizi F, Asayesh H, Payab M, Zarei M, Qorbani M. Breakfast consumption and mental health: a systematic review and meta-analysis of observational studies. *Nutritional neuroscience*. 2020 Dec 8:1-5. **(Index: ISI, IF: 4.02)**
21. Asbaghi O, Sadeghian M, Nazarian B, Sarreshtedari M, Mozaffari-Khosravi H, Maleki V, Alizadeh M, Shokri A, **Sadeghi O (corresponding author)**. The effect of vitamin E supplementation on selected inflammatory biomarkers in adults: a systematic review and meta-analysis of randomized clinical trials. *Sci Rep*. 2020;10(1):17234. **(Index: ISI, IF: 3.99)**
22. Shahrestani MA, Saneei P, Shayanfar M, Mohammad-Shirazi M, Sharifi G, **Sadeghi O**, Esmailzadeh A. The relationship between rice consumption and glioma: a case–control study in adults. *Scientific Reports*. 2021;11(1):1-0. **(Index: ISI, IF: 3.99)**
23. Sadeghian M, Asadi M, Rahmani S, Akhavan Zanjani M, **Sadeghi O**, Hosseini SA, Zare Javid A. Circulating vitamin D and the risk of gestational diabetes: a systematic review and dose-response meta-analysis. *Endocrine*. 2020;70(1):36-47. **(Index: ISI, IF: 3.87)**
24. Asbaghi O, Sadeghian M, Fouladvand F, Panahande B, Nasiri M, Khodadost M, Shokri A, Pirouzi A, **Sadeghi O (corresponding author)**. Effects of zinc supplementation on lipid profile in patients with type 2 diabetes mellitus: A systematic review and meta-analysis of randomized controlled trials. *Nutr Metab Cardiovasc Dis* 2020. **(Index: ISI, IF: 3.70)**
25. Sadeghian M, **Sadeghi O (corresponding author)**. Authors' reply to Eckert et alS. *Nutr Metab Cardiovasc Dis* 2020. **(Index: ISI, IF: 3.70)**
26. Mansouri M, Sharifi F, Varmaghani M, Shokri A, Rahdar HA, Keshtkar A, **Sadeghi O (corresponding author)**. Fruit and vegetable consumption in relation to primary headaches: The MEPHASOUS study. *Eat Weight Disord* 2020:1-0. **(Index: ISI, IF: 3.63)**

27. Nasiri-babadi P, Sadeghian M, **Sadeghi O**, Siassi F, Dorosty A, Esmailzadeh A, Pouraram H. The association of serum levels of zinc and vitamin D with wasting among Iranian pre-school children. *Eat Weight Disord* 2020;1-8. **(Index: ISI, IF: 3.63)**
28. Asbaghi O, Sadeghian M, Nasiri M, Khodadost M, Shokri A, Panahande B, Pirouzi A, **Sadeghi O (corresponding author)**. The effects of green coffee extract supplementation on glycemic indices and lipid profile in adults: a systematic review and dose-response meta-analysis of clinical trials. *Nutr J*. 2020;19(1):71. **(Index: ISI, IF: 3.35)**
29. Ahmadi H, Mazloumi-Kiapey SS, **Sadeghi O**, Nasiri M, Khorvash F, Mottaghi T, Askari G. Zinc supplementation affects favorably the frequency of migraine attacks: a double-blind randomized placebo-controlled clinical trial. *Nutr J*. 2020;19(1):101. **(Index: ISI, IF: 3.35)**
30. **Sadeghi O**, Sadeghi A, Mozaffari-Khosravi H, Shokri A. The association between nutrient patterns and metabolic syndrome among Iranian adults: cross-sectional analysis of Shahedieh cohort study. *Public Health Nutr* 2020. **(Index: ISI, IF: 3.18)**
31. Bavani NG, Saneei P, Keshteli AH, Yazdannik A, Falahi E, **Sadeghi O**, Esmailzadeh A. Magnesium intake, insulin resistance, and markers of endothelial function among women. *Public Health Nutrition*. 2021;1-25. **(Index: ISI, IF: 3.18)**
32. Asbaghi O, Sadeghian M, Mozaffari-Khosravi H, Maleki V, Shokri A, Hajizadeh-Sharafabad F, Alizadeh M, **Sadeghi O (corresponding author)**. The effect of vitamin d-calcium co-supplementation on inflammatory biomarkers: A systematic review and meta-analysis of randomized controlled trials. *Cytokine* 2020;129:155050. **(Index: ISI, IF: 2.95)**
33. Mansouri M, Pahlavani N, Sharifi F, Varmaghani M, Shokri A, Yaghubi H, Asbaghi O, Keshtkar A, Tabrizi YM, **Sadeghi O (corresponding author)**. Dairy Consumption in Relation to Hypertension Among a Large Population of University Students: The MEPHASOUS Study. *Diabetes Metab Syndr Obes* 2020;13:1633. **(Index: ISI, IF: 2.84)**
34. Aslani Z, **Sadeghi O**, Heidari-Beni M, Zahedi H, Baygi F, Shivappa N, Hebert JR, Moradi S, Sotoudeh G, Asayesh H, Djalalinia S, Qorbani M. Association of dietary inflammatory potential with cardiometabolic risk factors and diseases: a systematic review and dose-response meta-analysis of observational studies. *Diabetol Metab Syndr*. 2020;12:86. **(Index: ISI, IF: 2.70)**
35. Sadeghi A, **Sadeghi O**, Khodadost M, Pirouzi A, Hosseini B, Saedisomeolia A. Dietary glycemic Index and glycemic load and the risk of prostate cancer: an updated systematic review and dose-response meta-analysis. *Nutr Cancer* 2020;72(1):5-14. **(Index: ISI, IF: 2.36)**
36. Heydari M, Shayanfar M, Sharifi G, Saneei P, **Sadeghi O**, Esmailzadeh A. The Association between Dietary Total Antioxidant Capacity and Glioma in Adults. *Nutr Cancer*. 2020:1-10. **(Index: ISI, IF: 2.36)**

37. Nachvak SM, **Sadeghi O (corresponding author)**, Moradi S, Esmailzadeh A, Mostafai R. Food groups intake in relation to stunting among exceptional children. BMC Pediatr. 2020;20(1):394. (Index: ISI, IF: 2.11)
38. Askarpour M, Djafarian K, Ghaedi E, **Sadeghi O**, Sheikhi A, Shab-Bidar S. Effect of l-carnitine Supplementation on Liver Enzymes: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Arch Med Res 2020;51(1):82-94. (Index: ISI, IF: 2.09)
39. Asbaghi O, Sadeghian M, Rahmani S, Mardani M, Khodadost M, Maleki V, Pirouzi A, Talebi S, **Sadeghi O (corresponding author)**. The effect of green coffee extract supplementation on anthropometric measures in adults: A comprehensive systematic review and dose-response meta-analysis of randomized clinical trials. Complement Ther Med 2020;51:102424. (Index: ISI, IF: 2.06)
40. Mansouri M, Sharifi F, Varmaghani M, Yaghubi H, Shokri A, Moghadas-Tabrizi Y, Keshtkar A, **Sadeghi O (corresponding author)**. Dairy consumption in relation to primary headaches among a large population of university students: The MEPHASOUS study. Complement Ther Med 2020;48:102269. (Index: ISI, IF: 2.06)
41. **Sadeghi O**, Milajerdi A, Siadat SD, Keshavarz SA, Sima AR, Vahedi H, Adibi P, Esmailzadeh A. Effects of soy milk consumption on gut microbiota, inflammatory markers, and disease severity in patients with ulcerative colitis: a study protocol for a randomized clinical trial. Trials 2020;21(1):1-1. (Index: ISI, IF: 1.88)
42. Milajerdi A, **Sadeghi O**, Siadat SD, Keshavarz SA, Sima A, Vahedi H, Adibi P, Esmailzadeh A. A randomized controlled trial investigating the effect of a diet low in fermentable oligosaccharides, disaccharides, monosaccharides, and polyols on the intestinal microbiome and inflammation in patients with ulcerative colitis: study protocol for a randomized controlled trial. Trials 2020;21(1):1-7. (Index: ISI, IF: 1.88)
43. Sharif Y, **Sadeghi O**, Dorosty A, Siassi F, Jalali M, Djazayeri A, Shokri A, Mohammad K, Parsaeian M, Abdollahi Z, Heshmat R. Association of vitamin D, retinol and zinc deficiencies with stunting in toddlers: findings from a national study in Iran. Public Health 2020;181:1-7. (Index: ISI, IF: 1.77)
44. Mansouri M, **Sadeghi O**, Roshanfekar P, Sharifi F, Varmaghani M, Yaghubi H, Ghaffari S, Masjedi MR. Prevalence of smoking and its association with health-related behaviours among Iranian university students: a large-scale study. East Mediterr Health J 2020;26. (Index: ISI, IF: 0.67)
45. Ghorabi S, Esteghamati A, Azam K, Daneshzad E, **Sadeghi O**, Salari-Moghaddam A, Azadbakht L, Djafarian K. Association between dietary inflammatory Index and components of metabolic syndrome. J Cardiovasc Thorac Res 2020;12(1):27. (Index: PubMed)
46. **Sadeghi O**, Djafarian K, Ghorabi S, Khodadost M, Nasiri M, Shab-Bidar S. Dietary intake of fish, n-3 polyunsaturated fatty acids and risk of hip fracture: A systematic review and meta-analysis on observational studies. Crit Rev Food Sci Nutr 2019;59(8):1320-33. (Index: ISI, IF: 7.86)

47. Sadeghi A, Sadeghian M, Nasiri M, Rahmani J, Khodadost M, Pirouzi A, Maleki V, **Sadeghi O (corresponding author)**. Carbohydrate quantity and quality affect the risk of endometrial cancer: A systematic review and dose-response meta-analysis. *Clin Nutr* 2019;39(6):1681-1691. (Index: ISI, IF: 6.36)
48. Parohan M, Sadeghi A, Khatibi SR, Nasiri M, Milajerdi A, Khodadost M, **Sadeghi O (corresponding author)**. Dietary total antioxidant capacity and risk of cancer: a systematic review and meta-analysis on observational studies. *Crit Rev Oncol Hematol* 2019;138:70-86. (Index: ISI, IF: 5.83)
49. Hosseinzade A, **Sadeghi O**, Naghdipour Biregani A, Soukhtehzari S, Brandt GS, Esmailzadeh A. Immunomodulatory effects of flavonoids: possible induction of T CD4+ regulatory cells through suppression of mTOR pathway signaling activity. *Front Immunol* 2019;10:51. (Index: ISI, IF: 5.08)
50. Parohan M, Anjom-Shoae J, Nasiri M, Khodadost M, Khatibi SR, **Sadeghi O (corresponding author)**. Dietary total antioxidant capacity and mortality from all causes, cardiovascular disease and cancer: a systematic review and dose-response meta-analysis of prospective cohort studies. *Eur J Nutr* 2019;58(6):2175-2189. (Index: ISI, IF: 4.66)
51. **Sadeghi O**, Hassanzadeh-Keshteli A, Afshar H, Esmailzadeh A, Adibi P. The association of whole and refined grains consumption with psychological disorders among Iranian adults. *Eur J Nutr* 2019;58(1):211-25. (Index: ISI, IF: 4.66)
52. Anjom-Shoae J, Keshteli AH, **Sadeghi O**, Pouraram H, Afshar H, Esmailzadeh A, Adibi P. Association between dietary insulin Index and load with obesity in adults. *Eur J Nutr* 2019;59(4):1563-1575. (Index: ISI, IF: 4.66)
53. Nachvak SM, Moradi S, Anjom-Shoae J, Rahmani J, Nasiri M, Maleki V, **Sadeghi O (corresponding author)**. Soy, Soy Isoflavones, and Protein Intake in Relation to Mortality from All Causes, Cancers, and Cardiovascular Diseases: A Systematic Review and Dose-Response Meta-Analysis of Prospective Cohort Studies. *J Acad Nutr Diet* 2019;119(9):1483-500. (Index: ISI, IF: 4.15)
54. Anjom-Shoae J, Shayanfar M, Mohammad-Shirazi M, **Sadeghi O**, Sharifi G, Siassi F, Esmailzadeh A. Dietary insulin Index and insulin load in relation to glioma: findings from a case-control study. *Nutr Neurosci* 2019:1-9. (Index: ISI, IF: 4.02)
55. **Sadeghi O**, Keshteli AH, Afshar H, Esmailzadeh A, Adibi P. Adherence to Mediterranean dietary pattern is inversely associated with depression, anxiety and psychological distress. *Nutr Neurosci* 2019:1-12. (Index: ISI, IF: 4.02)
56. Salari-Moghaddam A, **Sadeghi O**, Keshteli AH, Larijani B, Esmailzadeh A. Metformin use and risk of fracture: a systematic review and meta-analysis of observational studies. *Osteoporos Int* 2019;30(6):1167-1173. (Index: ISI, IF: 3.86)



57. Parohan M, Sadeghi A, Nasiri M, Maleki V, Khodadost M, Pirouzi A, [Sadeghi O \(corresponding author\)](#). Dietary acid load and risk of hypertension: A systematic review and dose-response meta-analysis of observational studies. *Nutr Metab Cardiovasc Dis* 2019;29(7):665-75. (Index: ISI, IF: 3.70)
58. Askarpour M, Hadi A, Symonds ME, Miraghajani M, [Sadeghi O](#), Sheikhi A, Ghaedi E. Efficacy of l-carnitine supplementation for management of blood lipids: A systematic review and dose-response meta-analysis of randomized controlled trials. *Nutr Metab Cardiovasc Dis* 2019;29(11):1151-67. (Index: ISI, IF: 3.70)
59. Masoume M, Miri A, Mehdi V, Rowshanak A, Parisa T, Shadi R, Elnaz R, Rohangyz A, [Sadeghi O \(corresponding author\)](#). Vitamin D deficiency in relation to general and abdominal obesity among high educated adults. *Eat Weight Disord* 2019;24(1):83-90. (Index: ISI, IF: 3.63)
60. Mansouri M, Sharifi F, Yaghubi H, Varmaghani M, Tabrizi YM, Nasiri M, [Sadeghi O \(corresponding author\)](#). Sugar-sweetened beverages consumption in relation to hypertension among Iranian university students: the MEPHASOUS study. *Eat Weight Disord* 2019:1-0. (Index: ISI, IF: 3.63)
61. [Sadeghi O](#), Shayanfar M, Mohammad-Shirazi M, Sharifi G, Esmailzadeh A. A case-control study on dietary quality indices and glioma. *Bri J Nutr* 2019;122(1):103-10. (Index: ISI, IF: 3.33)
62. Taghavi M, Sadeghi A, Maleki V, Nasiri M, Khodadost M, Pirouzi A, Rashid-Beigi E, [Sadeghi O \(corresponding author\)](#), Swann O. Adherence to the dietary approaches to stop hypertension-style diet is inversely associated with chronic kidney disease: a systematic review and meta-analysis of prospective cohort studies. *Nutr Res* 2019;72:46-56. (Index: ISI, IF: 2.76)
63. Sadeghian M, [Sadeghi O](#), Esmailzadeh A. Findings from the meta-analysis on whole-grain consumption and biomarkers of systemic inflammation are misleading. *J Am Coll Nutr* 2019;38(7):657-8. (Index: ISI, IF: 2.29)
64. Askarpour M, Hadi A, Bozorg AD, [Sadeghi O](#), Sheikhi A, Kazemi M, Ghaedi E. Effects of L-carnitine supplementation on blood pressure: a systematic review and meta-analysis of randomized controlled trials. *J Hum Hypertens* 2019;33:725-34. (Index: ISI, IF: 2.26)
65. Nasiri M, Gheibi Z, Miri A, Rahmani J, Asadi M, [Sadeghi O \(corresponding author\)](#), Maleki V, Khodadost M. Effects of consuming date fruits (*Phoenix dactylifera* Linn) on gestation, labor, and delivery: An updated systematic review and meta-analysis of clinical trials. *Complement Ther Med* 2019;45:71-84. (Index: ISI, IF: 2.06)
66. Ghorabi S, Shab-Bidar S, [Sadeghi O](#), Nasiri M, Khatibi SR, Djafarian K. Lipid profile and risk of bone fracture: a systematic review and meta-analysis of observational studies. *Endocr Res* 2019;44(4):168-84. (Index: ISI, IF: 1.55)

67. Sharif Y, **Sadeghi O**, Dorosty A, Siassi F, Jalali M, Djazayeri A, Mohammad K, Parsaeian M, Abdollahi Z, Heshmat R, Yarpardar A. Serum Levels of Vitamin D, retinol and zinc in relation to overweight among toddlers: findings from a national study in Iran. Arch Iran Med 2019;22(4):174-81. (Index: ISI, IF: 0.99)
68. Ghorabi S, Salari-Moghaddam A, Daneshzad E, **Sadeghi O**, Azadbakht L, Djafarian K. Association between the DASH diet and metabolic syndrome components in Iranian adults. Diabetes Metab Syndr 2019;13(3):1699-704. (Index: ISI)
69. Mansouri M, Hasani-Ranjbar S, Yaghubi H, Rahmani J, Tabrizi YM, Keshtkar A, Varmaghani M, Sharifi F, **Sadeghi O (corresponding author)**. Breakfast consumption pattern and its association with overweight and obesity among university students: a population-based study. Eat Weight Disord 2018;25(2):379-387. (Index: ISI, IF: 3.63)
70. Anjom-Shoae J, **Sadeghi O**, Keshteli AH, Afshar H, Esmailzadeh A, Adibi P. The association between dietary intake of magnesium and psychiatric disorders among Iranian adults: a cross-sectional study. Bri J Nutr 2018;120(6):693-702. (Index: ISI, IF: 3.33)
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## Published Books:

1. Hosseinzade A, **Sadeghi O**, Naghdipour Biregani A, Soukhtehvari S, Brandt GS, Esmailzadeh A. Nutrition and Immunity: chapter 22. **Springer**, 2019. (In English)
2. **Sadeghi O**, Askari GH. Supplemental treatments in migraine. **Horofchin**, 2014. (In Persian)
3. Rasad H, Pahlavani N, **Sadeghi O**, Entezari MH. Nutrition in chronic diseases. **Horofchin**, 2014. (In Persian)

## Some of My Research Projects:

## Role

|    |   |                        |
|----|---|------------------------|
| 1  | <b>The effect of soy milk consumption on inflammatory biomarkers, gut microbiota, disease severity and symptoms in patients with ulcerative colitis</b>                         | <b>Executor</b>        |
| 2  | <b>The effect of folic acid and pyridoxine supplementation on symptoms, severity of headache and inflammatory markers in patients with Migraine with aura</b>                   | <b>Main co-manager</b> |
| 3  | <b>Carbohydrate quantity and quality affect the risk of endometrial cancer: A systematic review and dose-response meta-analysis</b>   | <b>Executor</b>        |
| 4  | <b>Association of dietary intakes, dietary diversity, dietary patterns, and anthropometric indices with the risk of cardiovascular diseases among firemen working in Tehran</b> | <b>Main co-manager</b> |
| 5  | <b>Association of dietary intakes, dietary diversity, and dietary patterns with physical performance among firemen working in Tehran: A cross-sectional study</b>               | <b>Main co-manager</b> |
| 6  | <b>Association between dietary quality indices and glioma: A case-control study</b>   | <b>Executor</b>        |
| 7  | <b>The relationship between Mediterranean diet and psychological disorders in Iranian adults: A secondary analysis</b>  | <b>Executor</b>        |
| 8  | <b>The evaluation of dietary intakes in military staffs and their families living in the Shahid Babaie Air Base and comparison with Dietary Reference Intakes</b>               | <b>Executor</b>        |
| 9  | <b>The association between dietary inflammatory Index and breast cancer: A secondary analysis</b>   | <b>Executor</b>        |
| 10 | <b>The association between nutrient patterns and inflammatory bowel disease among Iranian adults: A secondary analysis</b>  | <b>Executor</b>        |
| 11 | <b>Legume and nut consumption and odds of breast cancer: A secondary analysis</b>   | <b>Executor</b>        |
| 12 | <b>Dietary acid load and risk of hypertension: A systematic review and meta-analysis</b>  | <b>Executor</b>        |

## Oral Presentations:

- 2016 1. Association between serum levels of homocysteine with characteristics of migraine attacks in migraine with aura: The Second International Congress and the Fourteenth Iranian Nutrition Congress, Tehran, Iran
- 2015 2. L-Arginine supplementation and risk factors of cardiovascular diseases among healthy men: A double-blinded randomized clinical trial: The Seventh Student Research Congress, Ahvaz, Iran

## Posters:

- 2016 1. The effect of L-arginine supplementation on body composition and performance in male athletes: A double blind randomized clinical trial: The Second International Congress and the Fourteenth Iranian Nutrition Congress, Tehran, Iran
- 2016 2. Relationship between spicy food intake and chronic un-investigated dyspepsia in Iranian adults: The Second International Congress and the Fourteenth Iranian Nutrition Congress, Tehran, Iran
- 2016 3. The relationship between different fatty acids intake and frequency of migraine attacks: The Second International Congress and the Fourteenth Iranian Nutrition Congress, Tehran, Iran
- 2016 4. The effects of folic acid and pyridoxine supplementation on characteristics of migraine attacks in migraine patients with aura: A double-blind, randomized placebo-controlled, clinical trial: The Second International Congress and the Fourteenth Iranian Nutrition Congress, Tehran, Iran
- 2016 5. The association between abdominal obesity and characteristics of migraine attacks in Iranian adults: The Second International Congress and the Fourteenth Iranian Nutrition Congress, Tehran, Iran
- 2015 6. Association between body composition and serum levels of homocysteine among migraine patients: The Seventh Student Research Congress, Ahvaz, Iran
- 2015 7. The association between anthropometric measurements and severity, frequency and duration of headache attacks in adults with migraine in Isfahan: The Seventh Student Research Congress, Ahvaz, Iran
- 2015 8. The association between migraine and obesity: Review on the current evidence: The Seventh Student Research Congress, Ahvaz, Iran



## **Work experiences:**

- 2017-2020** Nutrition counseling and diet therapy in Medical Clinic of Tarbiat Modares University, Tehran, Iran
- 2019** Nutrition counseling and diet therapy in Intensive Care Unit (ICU) of Ziaeian Hospital, TUMS, Iran
- 2015** Executive member of the Persian Cohort, Shahid Sadoughi University of Medical Sciences, Yazd, Iran
- 2017-2018** Executive member of National Cohort of Behvarzan, Endocrinology and Metabolism Research Center, TUMS, Iran
- 2016** Executive member of The Second International Congress and the Fourteenth Iranian Nutrition Congress, Tehran, Iran

## **Reviewer for International Journals:**

- 1. BMJ**
- 2. Advances in Nutrition**
- 3. Critical Reviews in Food Science and Nutrition**
- 4. Nutrition Reviews**
- 5. Journal of Clinical Endocrinology & Metabolism**
- 6. Frontier in Nutrition**
- 7. Journal of Human Nutrition and Dietetics**
- 8. Public Health**
- 9. Nutrition and Dietetics**
- 10. Complementary Therapies in Medicine**
- 11. International Journal for Vitamin and Nutrition Research**
- 12. International Journal of Clinical Practice**

## **Certificates:**

**Cellular and Molecular Biology Workshop (Theoretical and Practical) from the Students' Scientific Research Center, TUMS, Iran**

**Teaching Methods Workshop from the School of Nutrition Sciences and Dietetics, TUMS, Iran**

## **Skills:**

### **Laboratory skills:**

**ELISA (enzyme-linked immunosorbent assay) on serum and stool samples**

**DNA extraction**

**Quantitative PCR**

### **Statistical and Nutritional Software:**

**SPSS**

**STATA**

**R**

**CMA**

**Nutritionist-4**

## **Innovation:**

**Design and construction of an Excel file with N4 capabilities**

## **Professional Membership:**

**Member of Iranian Society of Nutrition**

## Languages:

**Persian: Native**

**English: Upper Intermediate**

## Research Interest:

**Nutritional Epidemiology**

**Microbiome, Nutrition, and Health**

**Cellular and Molecular Nutrition**

**Clinical Nutrition and Diet Therapy**

**Immunity and Nutrition**

## References:

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