

<p><b>Zeinab Mokhtari</b></p> <p>Faculty member</p>	<p>Professional Faculty Member with 3 years of experience in gastrointestinal disease, obesity and strong background in teaching, research and scholarly activities. Verifiable experience assisting students and responding to departmental, college and institutional needs to support university mission and promote commitment to student success.</p>	
<p><b>Contact</b></p>		
<p><b>E-mail:</b> mokhtari@nutr.mui.ac.ir</p>	<p><b>Work History</b></p>	
<p><b>Phone</b> 989131021323</p> <p><b>Address</b> Nutrition and Food Security Research Center, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran</p>	<p>2020-03- Current</p> <p>2019-04- 2020-02</p> <p>2008-06- 2009-12</p>	<p><b>Faculty Member</b> <i>Isfahan University of Medical Sciences, Isfahan-Iran.</i></p> <p><b>Dietitian Nutritionist</b> <i>Jey Clinic, Isfahan, Iran</i></p> <p><b>Dietitian Nutritionist</b> <i>Goldis Hospital Isfahan, Iran</i></p>
<p><b>Skills</b></p>	<p><b>Education</b></p>	
<p>Academic research</p> <p>Student research guidance</p> <p>Research program planning</p> <p>Research implementation</p> <p>Team building</p> <p>Training and mentoring</p> <p>Meta-analysis</p> <p>PCR and RT-PCR</p>	<p>2001-09 2005-09</p> <p>2009-09 2013-09</p> <p>2014-02 2019-09</p>	<p><b>Bachelor of Science: Nutrition Science</b> Isfahan University of Medical Sciences, Isfahan-Iran</p> <p><b>Master of Science: Nutrition Science</b> Shahid Beheshti Medical University, Tehran-Iran</p> <p><b>Master thesis:</b> Relation between Dietary Approach to Stop Hypertension (DASH)-diet score and dimethylarginine dimethylaminohydrolase polymorphisms with plasma asymmetrical dimethylarginine levels in patients referred for coronary angiography</p> <p><b>Ph.D. : Nutrition Science</b> Shahid Beheshti Medical University, Tehran-Iran</p> <p><b>Ph.D. dissertation:</b> Effects of probiotics supplementation on serum level of lipopolysaccharides, inflammatory factors, gut hormones and some nutrients in obese patients undertake going gastric bypass surgery.</p>

## Papers published in Peer reviewed Journals

- 2022 Mokhtari Z, Hosseini E, Hekmatdoost A, Haskey N, Gibson DL, Askari G. The effects of fasting diets on nonalcoholic fatty liver disease. *Nutrition Reviews*. 2022 Nov 4.
- 2022 Kazemi A, Sasani N, Mokhtari Z, Keshtkar A, Babajafari S, Poustchi H, Hashemian M, Malekzadeh R. Comparing the risk of cardiovascular diseases and all-cause mortality in four lifestyles with a combination of high/low physical activity and healthy/unhealthy diet: a prospective cohort study. *International Journal of Behavioral Nutrition and Physical Activity*. 2022 Dec;19(1):1-9.
- 2022 Motamed S, Nikooyeh B, Anari R, Motamed S, Mokhtari Z, Neyestani T. The effect of vitamin D supplementation on oxidative stress and inflammatory biomarkers in pregnant women: a systematic review and meta-analysis of clinical trials. *BMC Pregnancy and Childbirth*. 2022 Dec;22(1):1-6.
- 2022 Falsafi SR, Bangar SP, Chaudhary V, Hosseini E, Mokhtari Z, Karaca AC, Samota MK, Goswami D, Krishnan V, Askari G, Rostamabadi H. Recent advances in oral delivery of bioactive molecules: Focus on prebiotic carbohydrates as vehicle matrices. *Carbohydrate Polymers*. 2022 Sep 7:120074.
- 2022 Mokhtari Z, Hosseini E, Zaroudi M, Gibson DL, Hekmatdoost A, Mansourian M, Salehi-Abargouei A, Faghihimani Z, Askari G. The Effect of Vitamin D Supplementation on Serum 25-Hydroxy Vitamin D in the Patients Undergoing Bariatric Surgery: a Systematic Review and Meta-Analysis of Randomized Clinical Trials. *Obesity Surgery*. 2022 Jul 1:1-6.
- 2022 Sharma R, Abbasi-Kangevari M, Abd-Rabu R, Abidi H, Abu-Gharbieh E, Acuna JM, Adhikari S, Advani SM, Afzal MS, Meybodi MA, Ahinkorah BO. Global, regional, and national burden of colorectal cancer and its risk factors, 1990–2019: a systematic analysis for the Global Burden of Disease Study 2019. *The Lancet Gastroenterology & Hepatology*. 2022 Apr 7.
- 2022 Sami R, Soltaninejad F, Shayganfar A, Mirfendereski S, Mansourian M, Khademi N, Dehghan M, Khorrami Z, Jalali S, Mokhtari Z. Severity of Disease and COVID-19 Complications During Hospital Stay: A Prospective Cohort Study. *Archives of Iranian Medicine*. 2022 Jun 1;25(6):383-93
- 2021 Zand, H., Nazary, A., Fatahi, S., Mokhtari, Z., Salehi-Sahlabadi, A., Tan, S. C., ... & Hekmatdoost, A. (2021). The influence of fasting and energy-restricted diets on leptin and adiponectin levels in humans: A systematic review and meta-analysis. *Clinical nutrition (Edinburgh, Scotland)*, 40(4).
- 2021 Bourbour, F., Kabir, A., Pazouki, A., Mokhber, S., Kord-Varkaneh, H., Găman, M. A., Mokhtari Z & Hekmatdoost, A. (2021). Trends in Serum Vitamin D Levels within 12 Months after One Anastomosis Gastric Bypass (OAGB). *Obesity Surgery*, 1-10.
- 2020 Fatahi S, Nazary-Vannani A, Sohoulí MH, Mokhtari Z, Kord-Varkaneh H, Moodi V, Tan SC, Low TY, Zanghelini F, Shidfar F. The effect of fasting and energy restricting diets on markers of glucose and insulin controls: a systematic review and meta-analysis of randomized controlled trials. *Critical reviews in food science and nutrition*. 2020 Jul 31:1-2.

## Papers published in Peer reviewed Journals

- 2020** Varkaneh HK, Tinsley GM, Santos HO, Zand H, Nazary A, Fatahi S, Mokhtari Z, Salehi-Sahlabadi A, Tan SC, Rahmani J, Gaman MA. The influence of fasting and energy-restricted diets on leptin and adiponectin levels in humans: A systematic review and meta-analysis. *Clinical Nutrition*. 2020 Oct 24
- 2020** Jazayeri S, Heshmati J, Mokhtari Z, Sepidarkish M, Nameni G, Potter E, Zaroudi M. Effect of omega-3 fatty acids supplementation on anthropometric indices in children and adolescents: A systematic review and meta-analysis of randomized controlled trials. *Complementary Therapies in Medicine*. 2020 Jun 26:102487.
- 2020** Kord-Varkaneh H, Nazary-Vannani A, Mokhtari Z, Salehi-Sahlabadi A, Rahmani J, Clark CC, Fatahi S, Zanghelini F, Hekmatdoost A, Okunade K, Mirmiran P. The Influence of Fasting and Energy Restricting Diets on Blood Pressure in Humans: A Systematic Review and Meta-Analysis. *High Blood Pressure & Cardiovascular Prevention*. 2020 Jun 20:1-0
- 2019** Mokhtari Z, Sharafkhan M, Poustchi H, Sepanlou SG, Khoshnia M, Gharavi A, Sohrabpour AA, Sotoudeh M, Dawsey SM, Boffetta P, Abnet CC. Adherence to the Dietary Approaches to Stop Hypertension (DASH) diet and risk of total and cause-specific mortality: results from the Golestan Cohort Study. *International Journal of Epidemiology*. 2019 May 5.
- 2019** Mokhtari Z, Karbaschian Z, Pazouki A, Kabir A, Hedayati M, Mirmiran P, Hekmatdoost A. The Effects of Probiotic Supplements on Blood Markers of Endotoxin and Lipid Peroxidation in Patients Undergoing Gastric Bypass Surgery; a Randomized, Double-Blind, Placebo-Controlled, Clinical Trial with 13 Months Follow-Up. *Obesity surgery*. 2019 Jan 5:1-1.
- 2018** Karbaschian Z, Mokhtari Z, Pazouki A, Kabir A, Hedayati M, Moghadam SS, Mirmiran P, Hekmatdoost A. Probiotic Supplementation in Morbid Obese Patients Undergoing One Anastomosis Gastric Bypass-Mini Gastric Bypass (OAGB-MGB) Surgery: a Randomized, Double-Blind, Placebo-Controlled, Clinical Trial. *Obesity surgery*. 2018 May 3:1-2. Zohreh Karbaschian and Zeinab Mokhtari contributed equally to this work
- 2017** Mokhtari Z, Gibson DL, Hekmatdoost A. Nonalcoholic fatty liver disease, the gut microbiome, and diet. *Advances in Nutrition*. 2017 Mar 10;8(2):240
- 2017** Mokhtari Z, Poustchi H, Eslamparast T, Hekmatdoost A. Egg consumption and risk of non-alcoholic fatty liver disease. *World journal of hepatology*. 2017 Apr 8;9(10):503.
- 2017** Mokhtari Z, Hekmatdoost A, Nourian M. Antioxidant efficacy of vitamin D. *J Parathyroid Dis*. 2017 Mar;5(1):11-6.

## Papers published in Peer reviewed Journals

- 2015 Mokhtari Z, Hosseini S, Miri R, Baghestani AR, Zahedirad M, Rismanchi M, Nasrollahzadeh J. Relationship between dietary approaches to stop hypertension score and alternative healthy eating index score with plasma asymmetrical dimethylarginine levels in patients referring for coronary angiography. Journal of human nutrition and dietetics. 2015 Aug;28(4):350-6..
- 2013 Mokhtari Z, Nasrollahzadeh J, Miri R, Rashidkhani B, Hosseini S. Relationship between dietary approaches to stop hypertension score and presence or absence of coronary heart diseases in patients referring to Imam Hossein Hospital, Tehran, Iran. Arya Atherosclerosis. 2013 Nov;9(6):319.

## Books

- Zeinab Mokhtari, Azita Hekmatdoost. Dietary Interventions in Gastrointestinal Diseases. Foods, Nutrients, and Dietary Supplements. Chapter 3; Dietary interventions and Inflammatory Bowel Disease, 1st Edition. Editors: Ronald Watson Victor Preedy, Paperback ISBN: 9780128144688, Imprint: Academic Press, Published Date: 25th January 2019.
- Zeinab Mokhtari, Azita Hekmatdoost. Dietary Interventions in Gastrointestinal and liver Diseases. 1st Edition. National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran. Published Date: 25th July 2017.
- Azita Hekmatdost, Zeinab mokhtari, Elnaz Shaseb, Farhad Vahid, A review on Drug-Nutrient Interactions , Tehran: National nutrition and food technology research institute; 2014.

## Accomplishments

2019	Elected as top student in Ph.D degree
2014	Ranked 1 <sup>nd</sup> in Ph.D course entrance examination, Iran
2013	Elected as top student in MSc degree
2011	Ranked 3 <sup>nd</sup> in MS course entrance examination, Iran.
2005	Elected as top student in BSc degree
2019	Elected as top student in Ph.D degree

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## Certificates

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- Systematic review and meta-analysis writing from Tehran University of Medical Sciences.
- Randomized clinical trials workshop from Tehran University of Medical Sciences.
- Cell culture Workshop from Pasteur Institute, Tehran. Iran.
- Animal Care from Pasteur Institute, Tehran. Iran.
- Advanced Research Workshop from Shaheed Beheshti University of Medical Sciences
- Advanced scientific writing workshop from Tehran University of Medical Science
- Advanced Teaching style workshop from Tehran University of Medical Science

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## References

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1. **Prof. Azita Hekmatdoost** (PhD mentor)

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