

Curriculum Vitae

Fatemeh Shirani, Ph.D. Nutritional Sciences

Current address

Endocrine and Metabolism Research Center,
Isfahan University of Medicine Sciences,
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Education

1998 -2002 B.Sc. (Nutritional Sciences), Isfahan University of Medical Sciences

2010 -2013 M.Sc. (Nutritional Sciences), Isfahan University of Medical Sciences

2013 - 2018 Ph.D. Candidate (Nutritional Sciences), Ahvaz Jundishapur University of Medical Sciences.

2017-2018 Training research, College of Health and Biomedicine, Victoria University, Melbourne, Australia.

Articles:

In International Journals:

1. Ahmadi AR, **Shirani F**, Abiri B, Siavash M, Haghghi S, Akbari M. Impact of omega-3 fatty acids supplementation on the gene expression of peroxisome proliferator activated receptors- γ , α and fibroblast growth factor-21 serum levels in patients with various presentation of metabolic conditions: a GRADE assessed systematic review and dose-response meta-analysis of clinical trials. *Front Nutr.* 2023 Nov 15; 10:1202688.
2. **Shirani F**, Saadatnia M, Shakeri F, Keshteli AH, Saneei P, Esmailzadeh A. A hospital-based case-control study on whole-and refined-grain intake and risk of stroke. *ARYA Atherosclerosis Journal.* 2023, Apr 26.
3. Mohseni M, Mohammadifard N, Hassannejad R, Aghabozorgi M, **Shirani F**, Sadeghi M, Roohafza H, Sarrafzadegan N. Longitudinal association of dietary habits and the risk of cardiovascular disease among Iranian population between 2001 and 2013: the Isfahan Cohort Study. *Scientific Reports* 2023 Apr 1; 13(1):1-3.
4. Gholizadeh-Moghaddam M, Shahdadian F, **Shirani F**, Hadi A, Clark CC, Rouhani MH. The effect of a low versus high sodium diet on blood pressure in diabetic patients: A systematic review and meta-analysis of clinical trials. *Food Science & Nutrition.* 2023.

5. Arab A, Rafie N, Amani R, **Shirani F***. The Role of Magnesium in Sleep Health: a Systematic Review of Available Literature. *Biological Trace Element Research*. 2022 Feb 19:1-8.
6. **Shirani F**, Foshati S, Tavassoly M, Clark CC, Rouhani MH. The effect of red pepper/capsaicin on blood pressure and heart rate: A systematic review and meta-analysis of clinical trials. *Phytotherapy Research*. 2021 Nov;35(11):6080-8.
7. Arab A, Karimi E, Vingrys K, **Shirani F***. Is phase angle a valuable prognostic tool in cancer patients' survival? A systematic review and meta-analysis of available literature. *Clinical Nutrition* (acceptance your paper subject to you making the minor revisions)
8. **Shirani F**, Teimoori A, McAinch AJ, Rashno M, Latifi SM, Karandish M. Human adenovirus 36 improves insulin sensitivity and lipid profiles and increases inflammatory markers in Wistar rats. *J. Investig. Med* 2020 Jun 1; 68(5):980-4.
9. **Shirani F**, Khorvash F, Arab A, Review on selected potential nutritional intervention for treatment and prevention of viral infections: possibility of recommending these for Coronavirus 2019. *Int J Food Prop* 2020 Oct; 23(1): 1722-1736
10. Sajjadi F, Mohammadifard N, Maghroun M, **Shirani F**, Karimi S, Taheri M, Sarrafzadegan N. The effect of educational and encouragement interventions on anthropometric characteristics, obestatin and adiponectin levels. *ARYA Atheroscler*. 2019 May; 15(3): 123–129.
11. **Shirani F**, Teimoori A, Rashno M, Latifi SM, Karandish M. Using rats as a research model to investigate the effect of human adenovirus 36 on weight gain. *ARYA Atheroscler*, 2017; 13(4):167-171.
12. Soltani S, **Shirani F**, Chitsazi MJ, Salehi-Abargouei A. The effect of dietary approaches to stop hypertension (DASH) diet on weight and body composition in adults: a systematic review and meta-analysis of randomized controlled clinical trials. *Obes Rev*. 2016; 17(5):442-54.
13. Shishehbor F, Mohammad shahi M, Zarei M, Saki A, Zakerkish M, **Shirani F**, Zare M. Effects of Concentrated Pomegranate Juice on Subclinical Inflammation and Cardiometabolic Risk Factors for Type 2 Diabetes: A Quasi-Experimental Study. *Int J Endocrinol Metab*. 2016; 14(1): e33835.
14. Nourian M, Maghsoudi Z, **Shirani F**. Assessment of mineral intake in Adolescent School Children of Isfahan. *Diab Obes Metab Disor OA* 2016; 2: 100110
15. **Shirani F**, Esmailzadeh A, Keshteli AH, Adibi P, Azadbakht L. Low-carbohydrate-diet score and metabolic syndrome: An epidemiologic study among Iranian women. *Nutrition*. 2015; 31(9):1124-30.
16. Karandish M, **Shirani F**. Controversies in obesity treatment. *Nutr Food SCI Res*. 2015; 2(3): 5-14.
17. Daneshzad E, Azadbakht L, Neamani F, Abasi S, **Shirani F**, Adibi P. Nutritional assessment in critically ill patients. *J Nutr Sci & Diet* 2015; 1(3): 157-64.

18. Haghizadeh MH, Karandish M, Ghoreishi M, Soroor F, **Shirani F***. Body weight changes during the menstrual cycle among university students in Ahvaz, Iran. *Pak J Biol Sci.* 2014; 17(7):915-9.
19. Salehi-Abargouei A, Maghsoudi Z, **Shirani F**, Azadbakht L. Effects of dietary approaches to stop hypertension (DASH)-style diet on fatal or nonfatal cardiovascular diseases-incidence: a systematic review and meta-analysis on observational prospective studies. *Nutrition.* 2013; 29(4):611-8.
20. **Shirani F**, Salehi-Abargouei A, Azadbakht L. Effects of Dietary Approaches to Stop Hypertension (DASH) diet on some risk for developing type 2 diabetes: A systematic review and meta-analysis on controlled clinical trials. *Nutrition.* 2013; 29(7-8):939-47.

Posters Presentations in International Congresses:

1. Insulin sensitivity and lipid profile in rats infected with human adenovirus 36 presented in 28th European Congress of Clinical Microbiology and Infectious Diseases (ESCMID). Madrid, Spain, 2018.
2. Investigation of the effect of human adenovirus-36 on weight gain and lipid metabolism in a rat model. Postgraduate research conference, Victoria University, Melbourne, Australia 2017.
3. The effect of Human adenovirus-36 on lipid metabolism in a rat model presented in 10th Asia Pacific Conference on Clinical Nutrition. Adelaide, Australia, 2017.
4. The frequency of nut consumption associated with decreased metabolic syndrome among Iranian population presented in 10th Asia Pacific Conference on Clinical Nutrition. Adelaide, Australia, 2017.
5. Human adenovirus 36 and weight gain in a rat model, presented in 27th European Congress of Clinical Microbiology and Infectious Diseases (ESCMID). Vienna, Austria, 2017.

Journal assistance as reviewer:

1. Clinical Nutrition
2. Nutrition
3. Journal of Herbal Medicine
4. Nutrition Research
5. Explore
6. Journal of Research in Medical Sciences (JRMS)
7. International Journal of Preventive Medicine (IJPVM)
8. ARYA Atherosclerosis Journal, Iran.
9. Journal of Health system research (HSR)
10. Journal of Isfahan Medical School.
11. Koomesh Journal

Oral Presentations:

1. Effects of Dietary Approaches to Stop Hypertension (DASH) diet on some risk of developing type 2 diabetes: a systematic review and meta-analysis on controlled clinical trials, presented in 12th national congress of nutrition, Isfahan, Iran, 2012.
2. Diet, nutrition and the prevention of cardiovascular diseases, presented in Isfahan cardiovascular diseases conference, Isfahan, Iran, 2011.
3. Evaluation of the calcium, magnesium, zinc and iron of Iranian breads, presented in 11th national congress of nutrition, Shiraz, Iran, 2010.
4. Nutrition, depression and mental illnesses, presented in 1th national congress of medical students, Shahid Beheshti University, Tehran, Iran, 2001.
5. Food security, nutrition and population growth, presented in national conference of Health, Isfahan, Iran, 2000.

Appointments

2003-2006: Member of "Food Security Research Center", Isfahan University of Medical Science

2005-2006: Participant in: "Nutrition Projects", Isfahan Healthy Heart Program. Isfahan University of Medical Sciences

2006- 2012: Member of "Community Nutrition Improvement Unit", Isfahan University of Medical Sciences.

2012-2013: Participant in "National Integrated Micronutrients Survey (NIMS2)", Isfahan University of Medical Sciences.

Laboratory Experiences:

* PCR

* Cell Culture

Local workshops & training courses:

2006: Interpretation of Laboratory Results

2007: Sport Nutrition

2011: Endnote

2011: Systematic Review and Meta-Analysis Workshop (level I)

2012: Systematic Review and Meta-Analysis Workshop (level II)

2014: Mandalay, Reference manager

2014: The Nutrition Leadership Workshop (level I)

2015: The Nutrition Leadership Workshop (level II)

2015: Arbitration Rules and Research Methodologies

2015: Basics of Diabetes Education, Gabric Diabetes Education Association

Teaching experiences

***Undergraduate**

- * 2020-2023: Basic Nutrition
- * 2019-2023: nutrition internship
- * 2008-2011: Nutrition Planning
- * 2005-2007: Teaching 'applied nutrition in the field' to B.Sc. students.

Membership in Nutrition or other scientific societies

1. Member of Iranian nutrition society since 2006.
2. Iran's scientific association for healthy food and nutrition.

Research Interests:

- * Obesity-Weight-Loss Strategies and Programs
- * Nutritional Epidemiology
- * Diet, Nutrition and the Prevention of Chronic Diseases (Nutritional Diseases)
- * Nutrition and Metabolic Diseases in particular on Diet Therapy in Diabetes Mellitus
- * Infectobesity

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