

Mahdieh Khodarahmi

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Education

- 01.2015-06.2020 **Doctoral degree** in Nutrition Sciences
Tabriz University of medical sciences, Tabriz
Dissertation: The interactions between dietary quality indices and melanocortin-4 receptor polymorphisms in relation to hypothalamic hormones (alpha-MSH and AgRP), obesity and cardio-metabolic risk factors in obese adults.
Supervisor: Prof. Mahdieh Abbasalizad Farhangi
- 09.2011-02.2014 **Master's degree** in Nutrition Sciences
Isfahan University of medical sciences, Isfahan
Thesis: Association between dietary patterns and upper gastrointestinal tract disorders among Iranian adults.
Supervisor: Prof. Leila Azadbakht
- 09.2007-07.2011 **Bachelor's degree** in Nutrition Sciences
Isfahan University of medical sciences, Isfahan
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Research experiences

- 04.2020-12.2021 **Research Assistant** in the team of Professor Mahdieh Abbasalizad Farhangi
Drug Applied Research Center, Tabriz, Iran
Project: The association between polymorphism downstream of MC4R gene and CART gene with Glycemic Index (GI) and Glycemic Load (GL) of diet in obese adults.
- 04.2020-05.2021 **Research Assistant** in the team of Professor Mahdieh Abbasalizad Farhangi
Drug Applied Research Center, Tabriz, Iran
Project: The association between polymorphism downstream of MC4R gene and CART gene with non-enzymatic antioxidant capacity (NEAC) index of diet in obese adults.
- 10.2013-07.2015 **Research Scholar** in the team of Prof. Ahmad Esmailzadeh
Project: The investigation of the effect of egg intake on the serum lipids among overweight women.
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Honors and awards

- 06.2020 Doctoral thesis with the highest distinction
- 12.2009 Nominated as "the Pioneer Student" in the fourth period of pioneer students' celebration.
- 03.2010-10.2010 Chief editor and member of editorial board of "Toranj Journal"; a student-run science and culture magazine, in Isfahan University of Medical Science
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Contributions to academia

Teaching experiences:

- Instructor, university of Tabriz, Course: diet and diet therapy, 2017-2018
- Teaching assistant, university of Tabriz, Course: nutrition training in the hospitals, Gastroenterology unit, 2016-2017

Scientific peer-reviewing ([Reviewer Hub](#), [Publons](#)): Reviewed manuscripts for several peer-reviewed journals including *British Medical Journal*, *Digestive Diseases*, *British Journal of Nutrition*, *Biological Trace Element Research*, *Journal of Affective Disorders*, *Obesity Research & Clinical Practice*, *Heliyon*, *Frontier in nutrition*, *BMC Public health*

Supervision experiences

- Supervised master theses, Tabriz University of medical sciences, 2016-2020, Iran.
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1. **Khodarahmi M**, Siri G, Erahimzadeh F, Farhangi MA, Shanehbandi D. Dietary glycemic index and glycemic load mediate the effect of CARTPT rs2239670 gene polymorphism on metabolic syndrome and metabolic risk factors among adults with obesity. *BMC Endocrine Disorders*. **2022**;22(1):1-15.
2. **Khodarahmi M**, Javidzade P, Farhangi MA, Hashemzahi A, Kahroba H. Interplay between fatty acid desaturase2 (FADS2) rs174583 genetic variant and dietary antioxidant capacity: cardio-metabolic risk factors in obese individuals. *BMC Endocrine Disorders*. **2022**;22(1):1-12.
3. **Khodarahmi M**, Siri G, Mohammadi M, Farhangi MA, Aleseidi S. The Role of Dietary Glycemic Index and Glycemic Load in Mediating Genetic Susceptibility via MC4R s17782313 Genotypes to Affect Cardiometabolic Risk Factors among Apparently Healthy Obese Individuals. *BioMed Research International*. **2022**;2022.
4. **Khodarahmi M**, Sobhrakhshan Khah A, Farhangi MA, Siri G, Kahroba H. Dietary total antioxidant capacity interacts with a variant of chromosome 5q13-14 locus to influence cardio-metabolic risk factors among obese adults. *Egyptian Journal of Medical Human Genetics*. **2022**;23(1):1-12.
5. **Khodarahmi M**, Niknam M, Farhangi MA. Personalized gene-diet study of rs2239670 gene variants and dietary patterns among obese adults. *Clinical nutrition ESPEN*. **2022**;47:358-66
6. **Khodarahmi M**, Farhangi MA, Khoshro S, Dehghan P. Factors associated with health-related quality of life in women using path analyses: mediation effect of the adiposity traits. *BMC Women's Health*. **2021**;21(1):395
7. **Khodarahmi M**, Foroumandi E, Asghari Jafarabadi M. Effects of soy intake on circulating levels of TNF- α and interleukin-6: a systematic review and meta-analysis of randomized controlled trials. *European journal of nutrition*. **2021**;60(2):581-601.
8. **Khodarahmi M**, Nikniaz L, Abbasalizad Farhangi M. The Interaction Between Fatty Acid Desaturase-2 (FADS2) rs174583 Genetic Variant and Dietary Quality Indices (DASH and MDS) Constructs Different Metabolic Phenotypes Among Obese Individuals. *Frontiers in nutrition*. **2021**;8:669207.
9. Farhangi MA, Nikniaz L, **Khodarahmi M**. Sugar-sweetened beverages increases the risk of hypertension among children and adolescence: a systematic review and dose–response meta-analysis. *Journal of translational medicine*. **2020**;18(1):344.
10. **Khodarahmi M**, Jafarabadi MA, Farhangi MA. Melanocortin-4 receptor (MC4R) rs17782313 polymorphism interacts with Dietary Approach to Stop Hypertension (DASH) and Mediterranean Dietary Score (MDS) to affect hypothalamic hormones and cardio-metabolic risk factors among obese individuals. *Genes & Nutrition*. **2020**;15(1):1-12.
11. **Khodarahmi M**, Kahroba H, Jafarabadi MA, Mesgari-Abbasi M, Farhangi MA. Dietary quality indices modifies the effects of melanocortin-4 receptor (MC4R) rs17782313 polymorphism on cardio-metabolic risk factors and hypothalamic hormones in obese adults. *BMC Cardiovascular Disorders*. **2020**;20(1):57.
12. Mohammadi M, **Khodarahmi M**, Kahroba H, Farhangi MA, Vajdi M. The interaction between dietary Non-Enzymatic Antioxidant Capacity (NEAC) with variants of Melanocortin-4 receptor (MC4R) 18q21. 23-rs17782313 locus on hypothalamic hormones and cardio-metabolic risk factors in obese individuals from Iran. *Nutritional neuroscience*. **2020**;23(10):824-37.
13. **Khodarahmi M**, Farhangi MA, Mohammadi M. Gene- diet interaction of 18q21.23 rs17782313 locus and dietary patterns in regulation of hypothalamic-pituitary axis hormones and cardio-metabolic risk factors in obesity. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*. **2020**;25(5):1497.
14. Mohammadi M, **Khodarahmi M**, Kahroba H, Farhangi MA. Dietary patterns interact with the variations of 18q21.23 rs17782313 locus on regulation of hypothalamic-pituitary axis hormones and cardio-metabolic risk factors in obesity. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*. **2020**;25(5):1447-59.
15. **Khodarahmi M**, Asghari-Jafarabadi M, Farhangi MA. A structural equation modeling approach for the association of a healthy eating index with metabolic syndrome and cardio-metabolic risk factors among obese individuals. *PLoS one*. **2019**;14(7).
16. **Khodarahmi M**, Jafarabadi MA, Moludi J, Abbasalizad Farhangi M. A systematic review and meta-analysis of the effects of soy on serum hs-CRP. *Clinical Nutrition*. **2019**;38(3):996-1011.
17. **Khodarahmi M**, Azadbakht L, Daghaghzadeh H, Feinle-Bisset C, Keshteli AH, Afshar H, Feizi A, Esmailzadeh A, Adibi P. Evaluation of the relationship between major dietary patterns and uninvestigated reflux among Iranian adults. *Nutrition*. **2016** 1;32(5):573-83.
18. **Khodarahmi M**, Azadbakht L. Dietary fat intake and functional dyspepsia. *Adv Biomed Res*. **2016**;5:76.
19. **Khodarahmi M**, Azadbakht L. The association between different kinds of fat intake and breast cancer risk in women. *International journal of preventive medicine*. **2014** Jan;5(1):6.

20. Eshghinia S, **Khodarahmi M**, Bartimar R, Lashkarboluki F, Asadi J, Saneei P, Esmailzadeh A. Socio-economic status versus dietary habits in women living in northeastern Iran. *Iranian Journal of Nutrition Sciences & Food Technology*. **2014**;9(1):31-9.
21. Azadbakht L, Kelishadi R, **Khodarahmi M**, Qorbani M, Heshmat R, Motlagh ME, Taslimi M, Ardalan G. The association of sleep duration and cardiometabolic risk factors in a national sample of children and adolescents: the CASPIAN III study. *Nutrition*. **2013**;29(9):1133-41.

Conferences

Oral presentations

1. **M. Khodarahmi**,; “Association between household socio-economic status and dietary habits of Iranian women” *The 2nd International and the 14th Iranian Nutrition Congress (2016)*, Tehran, Iran.

Poster presentations

1. **M. Khodarahmi**, L. Azadbakht; “The association between different kinds of fat intake and serum estrogen concentration breast cancer risk in women” *The first International and the 14th Iranian Nutrition Congress (2012)*, Isfahan, Iran.
2. **M. Khodarahmi**, S. Eshghinia, R. Bertimar, F. Lashkar boluki, J. Asadi, A. Salehi-Abargouei, A. Esmailzadeh; “The association between socio-economic status and dietary habits in women living in north-eastern Iran” *The first International and the 14th Iranian Nutrition Congress (2012)*, Isfahan, Iran.
3. **M. Khodarahmi**, A. Esmailzadeh; “Legumes intake and cardiovascular risk factors among women” *The first International and the 14th Iranian Nutrition Congress (2012)*, Isfahan, Iran.
4. **M. Khodarahmi**, N. Chareh, A. Esmailzadeh; “The association of blood glucose and lipid levels with BUN and creatinine among hospitalized patients in the Isabnemyam hospital, Isfahan” *11th Iranian Nutrition Congress (2010)*, Shiraz, Iran. Persian.

Skills and Certification

- Participation in a workshop on “evaluation of gene expression variation y Real-time PCR, parts RNA extraction CDNA synthesis and Real-time PCR” was held at the second international congress on biomedicine, Tehran, Iran, 2018.
- Participation in workshop on different Statistical techniques.
- Participation in workshop on “nutritional management of individuals with SARS-COV-2 infection” was held as a webinar. 2020.
- Having extensive knowledge and practical experience in systematic review and meta-analysis.
- Experienced in using molecular biology techniques such as DNA extraction, PCR-RFLP, PCR-HRM, ARMS-PCR and electrophoresis.
- Experienced in working with different kinds of statistical software packages such as SPSS, STATA, MPLUS and AMOS.
- Good level of statistical knowledge/experience
- Excellent research skills including: program conceptualization, development, and evaluation and also data collection and manuscript writing.
- Participation on grant proposal development
- Able to plan research and organize tasks effectively.
- Capable to resolve problems independently.
- Flexible with working hours and having excellent interpersonal skills