

Mohammad Bagherniya

PERSONAL INFORMATION



Full name: Mohammad Bagherniya

Date of birth: 07th March 1987, Gender: Male

CONTACT INFORMATION

Mobile: +989132101627

E-mails: Bagherniya@yahoo.com, Bagherniya@nutr.mui.ac.ir

EDUCATION

2004 Diploma in Experimental Sciences, Imam Mohammad Bagher High School, Isfahan, Iran.

2007-2011 Department of Nutrition, School of Health, Isfahan University of Medical Sciences, Isfahan, Iran.

Degree: Bachelor of Nutrition Sciences (BS in Nutrition)

2011-2014 Department of Clinical Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran

Degree: Master of Science in Public Health in Nutrition (MS.P.H Nutrition)

2014-2018 Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

Degree: PhD in Nutrition Science.

Executive and scientific roles

Vice President of education, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran, November 2021 to present.

Vice President of Research, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran, November 2021 to present.

Deputy Director of Department of Community Nutrition, October 2020 to present.

Responsible for virtual education and nutrition school exams, School of Nutrition and Food Science, Isfahan University of Medical Sciences, Isfahan, Iran, March 2020 to present.

Member of the scientific and executive team of Mashhad Clinical Nutrition Congress 2022.

Member of the scientific and executive team of Mashhad Clinical Nutrition Congress 2020.

WORK HISTORY

- Head of Student Association of Nutrition and Food Sciences. Mashhad University of Medical Sciences, Mashhad, Iran December. 2015-Present.
- Nutrition specialist, food expert & dietitian at Regal Petrochemical Company, Isfahan, Iran May 2014-Present.
- Nutritionist, food expert & dietitian at Sepahan Oil Company, Isfahan, Iran Dec 2012-March 2014.
- Nutritionist & dietitian at private office. Under the Supervision of the Iranian Medical Council and vice-chancellery for treatment of Isfahan University of Medical Sciences, Isfahan, Iran, July 2011-July 2013.
- Nutrition specialist, food expert & dietitian at Mapna Group Company, Isfahan, Iran Jan 2011- June 2012.
- Main member of executive at Isfahan Nutrition Association. Nutritionist, researcher & dietitian at Isfahan Nutrition Association, Isfahan, Iran May 2008-Present.

Patents

- Formulation of anti-inflammatory enteral nutrition powder enriched with vitamins, minerals and antioxidant compounds (National patent in Iran-year: 2020), Registration code: 102502

- Preparation of encapsulated vitamin D3 resistant to environmental conditions and digestive system of human body (National patent in Iran-2021), Registration code: 103396

- Food ration in the form of compressed form with functional ingredients (National patent in Iran-year: 2022), Registration code: 108072

Editors of international journals

Associate editor of **Trials** journal, Impact factor 2021: 2.728

Editorial Board Member of **BMC Complementary Medicine and Therapies** journal, impact factor 2021: 2.838

RESEARCH ACTIVITIES

Member of food security research center since, Isfahan University of Medical Sciences, Isfahan, Iran, 2019

Member of Anesthesia and Critical Care Research Center, Isfahan University of Medical Sciences, Isfahan, Iran, 2020

| Project Title | Role | Year | Source of Found |
|---|-------------|-------------------|--|
| Effect of coenzyme Q10 supplementation on inflammatory markers, oxidative stress factors and clinical outcomes in burned patients: a double-blind placebo-controlled randomized clinical trial | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| Evaluation of the effectiveness of curcumin-piperine supplementation on inflammatory factors, cardiac biomarkers, atrial fibrillation and clinical outcomes after coronary artery bypass graft surgery (CABG): A randomized double-blind, placebo-controlled, dose-response pilot study | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| Effect of curcumin-piperine supplementation on migraine headache symptoms, inflammatory and stress oxidative markers | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| The effect of curcumin piperine supplementation on cardiometabolic, inflammatory and oxidative stress factors | Leader | 2021- In-progress | Isfahan University of Medical Sciences |

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| and macular vascular density in optical coherence tomography angiography (OCTA) in patients with non-proliferative diabetic retinopathy | | | |
| The effects of L-carnitine supplementation on inflammatory factors, oxidative stress and clinical outcomes in sepsis patients admitted to the intensive care unit (ICU): A double-blind randomized clinical controlled trial | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| The effect of curcumin on migraine headaches: A comprehensive review study | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| The effect of riboflavin on the frequency, severity and duration of headache in migraine patients: a systematic review and meta-analysis of clinical trials | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| Effect of Dietary Approach to Stop Hypertension (DASH) on Adult Lipid Profile: A Systematic Review and Meta-analysis on Clinical Trials | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| The effect of curcumin on neurological diseases: A systematic review of clinical trials | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| The effect of Chenopodium quinoa consumption on fasting blood sugar, weight and body mass index –A systematic review and Meta-analysis of interventional studies | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| The effects of TLC (Therapeutic Lifestyle Change) diet on lipid profile, blood pressure, and glycemic indexes; A systematic review and meta-analysis of clinical trials | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| Investigating the association among the NUTRIC 2002 Score in Cardiopulmonary Patients hospitalized in critical care unit affected by COVID-19 at the time of entering ICU with morbidity and mortality | Leader | 2021- In-progress | Isfahan University of Medical Sciences |

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| until 14 days after discharging from the ICU in some Educational Hospitals of Isfahan | | | |
| Study the efficiency of Nutritional risk screening (NRS 2002) in Cardiopulmonary Patients hospitalized in critical care unit affected by COVID-19 | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| The effect of TLC diet on anthropometric indices: A systematic review and meta-analysis on clinical trial studies | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| Effect of therapeutic life style change diet on inflammatory markers: A systematic review and meta-analysis of clinical trials | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| The effect of curcumin-piperine supplementation on inflammatory markers, oxidative stress markers, sonographic findings and symptoms of depression, anxiety and stress in children with nonalcoholic fatty liver disease | Co-Researcher/Co-Author | 2022- In-progress | Isfahan University of Medical Sciences |
| Evaluation of the effect of selenium supplementation on sonographic findings of salivary glands and inflammatory factors and oxidative stress in patients with thyroid cancer treated with radioactive iodine | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| Evaluation of miRNA profiles in patients admitted to intensive care units: A comprehensive review study | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| The effect of curcumin-piperine supplementation on inflammatory factors and metabolic parameters of patients with rheumatoid arthritis: a randomized double blind clinical trial | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| The effect of statins on inflammatory factors in stroke patients: a systematic review and meta-analysis of clinical trials | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| Evaluation of the effect of curcumin-piperine supplementation in patients with coronavirus admitted to the intensive care unit (ICU): a double-blind clinical trial | Leader | 2021- In-progress | Isfahan University of Medical Sciences |

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| study | | | |
| Evaluation of curcumin effect on pneumonia: a systematic review of animal studies | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| Beneficial Effects of Natural Bioactive Compounds and Phytochemicals in Regulation of Sepsis Development: A Comprehensive Review | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| The Effects of Herbal Medicines on Treatment of Recurrent Aphthous Stomatitis: A Systematic Review | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| The effect of curcumin-phytosomal supplementation in patients with multiple trauma in intensive care unit (ICU): a double-blind randomized controlled clinical trial | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| The effect of curcumin-piperine supplementation in patients with sepsis in intensive care unit (ICU): a double-blind randomized controlled clinical trial | Leader | 2021- In-progress | Isfahan University of Medical Sciences |
| Prevalence of pre-diabetes and its related factors in Isfahan province residents | Leader | 2020- In-progress | Isfahan University of Medical Sciences |
| The effect of curcumin-piperine supplementation on inflammatory, oxidative and metabolic indicators in patients with ischemic stroke in rehabilitation phase | Leader | 2020- In-progress | Isfahan University of Medical Sciences |
| Association between nutritional factors, malnutrition, anthropometric indices, body composition, inflammation, and oxidative stress and quality of life, echocardiographic parameters, dialysis access infections, hospitalization, potential years of life lost, and mortality in patients on hemodialysis: A prospective cohort study | Co-Researcher/Co-Author | 2020-in progress | Isfahan University of Medical Sciences |
| The effect of curcumin-piperine supplementation on lipid profile, glycemic | Leader | 2020- In-progress | Isfahan University of Medical Sciences |

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| index, inflammatory and blood pressure in type 2 diabetes mellitus and hypertriglyceridemia | | | |
| The effect of propolis dietary supplement consumption on indices of high-sensitivity C-reactive protein, testosterone hormone and metabolic profile in women with polycystic ovary syndrome (PCOS) | Leader | 2020- In-progress | Isfahan University of Medical Sciences |
| Evaluation of the effectiveness of propolis supplement on metabolic syndrome and its indicators in patients with metabolic syndrome: a randomized, controlled, double-blinded clinical trial | Leader | 2020- In-progress | Isfahan University of Medical Sciences |
| The Association Between Dietary Inflammatory Index And Vascular Blockage Index, And Vascular Blockage Location Using Angiography Data Among Iranian Adults: a cross-sectional study | Leader | 2020- In-progress | Isfahan University of Medical Sciences |
| Effect of curcumin-piperine co-supplementation on duration, severity, clinical symptoms and inflammatory factors in patients with coronavirus: a double-blind randomized clinical trial | Leader | 2020- In-progress | Isfahan University of Medical Sciences |
| The relationship between dietary inflammatory index and plaque control record and gingival index among adults: a cross-sectional study | Leader | 2018- in progress. | Isfahan University of Medical Sciences |
| The effect of cinnamon consumption on symptoms, severity of headache, inflammatory markers and anthropometry in migraine patient | Co-Researcher/Co-Author | 2018- 2020 | Isfahan University of Medical Sciences |
| The effect of curcumin-piperine supplementation on cardiometabolic factors, hepatic steatosis and fibrosis of fibroscan results and liver function in patients with non-alcoholic fatty liver disease: a randomized double-blind clinical trial | Advisor | 2018- in progress. | Isfahan University of Medical Sciences |
| The effect of curcumin on lipid profile, blood sugar, anthropometric indices, liver | Advisor | 2018- in progress. | Isfahan University of Medical Sciences |

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| function and hepatic fibrosis and steatosis resulting from fibroscan in patients with non-alcoholic fatty liver: a randomized double-blind clinical trial | | | |
| The Relationship between dietary inflammatory index and cognitive function in a population of Iranian elders | Advisor | 2018- in progress. | Isfahan University of Medical Sciences |
| Combination therapy of cryolipolysis ultrasound cavitation for reduction with whole body scan | Co-Researcher/Co-Author | 2018-2019 | Mashhad University of Medical Sciences |
| The effects of hypo-caloric and full-caloric enteral feeding on metabolic stress indices of patients with multiple trauma, during the first week of admission in the general intensive care unit | Co-Researcher/Co-Author | 2018- in progress. | Mashhad University of Medical Sciences |
| Investigation the association between cardiovascular disease (coronary artery DISEASE) and fatty acid level | Co-Researcher/Co-Author | 2018- in progress. | Mashhad University of Medical Sciences |
| Study on the Effect of Nutrition Education and Physical Activity intervention using Social Cognitive Theory for Overweight and Obese Student Girls of Middle School of Shahinshahr | Leader | 2013-2016 | Tehran University of Medical Sciences |
| Evaluation of the perception and experience of Iranian adolescents from obesity using a qualitative approach | Leader | 2016-in progress | Mashhad University of Medical Sciences |
| Effect of Nutrition Education on Healthy Eating Choice (Low-fat), Carbohydrate Counting and Physical Activity in Type 2 Diabetics Adults Using Theory of Planned Behavior (TPB). | Co-Researcher/Co-Author | 2013-2016 | Tehran University of Medical Sciences |
| Assessing Reliability and Validity of Food Frequency Questionnaire in School Age Children in Iran | Co-Researcher/Co-Author | 2008-2011 | Isfahan University of Medical Sciences |
| Study on the effect of fortified low-fat dairy products (milk, yogurt, Doogh and cheese) with Nano-encapsulated vitamin D on adult human health in the Mashhad | Principle Co-Researcher/ Co-Author | 2017- in progress. | National Institute for Medical Research Development (NIMAD) |

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| city. | | | |
| The effect of Nano-capsule bread containing vitamin D on the serum vitamin D levels, the index of cardio metabolic and renal function in patients with type II diabetes: a randomized, double- blind study. | Co-Researcher/Co-Author | 2016- in progress. | Mashhad University of Medical Sciences |
| The effect of formulation with low inflammatory index on inflammatory factors in multi-traumatic patients admitted to intensive care unit: controlled double-blind randomized clinical trial | Co-Researcher/Co-Author | 2018- in progress. | Mashhad University of Medical Sciences |
| Study of the effect of enteral nutrition hypocalorie diet and full-calorie diet in the first week of admission on the clinical outcomes of patients admitted to the general intensive care unit | Co-Researcher/Co-Author | 2018- in progress. | Kermanshah University of Medical Sciences |
| Preparation, characterization and determination of physicochemical properties of water soluble vitamin D nanoparticles | Co-Researcher/Co-Author | 2018- in progress. | Mashhad University of Medical Sciences |

PUBLICATIONS

✓ **Articles**

| N | Title | Publication Years | Language | Journal | Impact factor | Index | Author |
|----------|--|--------------------------|-----------------|-----------------------------|----------------------|--|----------------------|
| 1 | The effects of curcumin-piperine supplementation on inflammatory, oxidative stress and metabolic indices in patients with ischemic stroke in the rehabilitation phase: a randomized controlled trial | 2023 | English | Archives of Medical Science | 5.4 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author |
| 2 | Animal protein intake is directly associated with serum level of pentraxin 3 in hemodialysis patients | 2023 | English | Scientific Report | 4.6 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Third author |
| 3 | The effects of oral trehalose on glycaemia, inflammation, and quality of | 2023 | English | Archives of Medical | 3.8 | ISI Master Journal list, | Corresponding |

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| | life in patients with type 2 diabetes: a pilot randomized controlled trial | | | Science | | Thomson Reuters, PUBMED, SCOPUS | author |
| 4 | Effects of marine-derived n-3 PUFA supplementation on soluble adhesion molecules: A systematic review and dose-response meta-analysis of randomized controlled trials | 2023 | English | Pharmacological Research | 9.3 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author |
| 5 | Dietary inflammatory index in relation to severe coronary artery disease in Iranian adults | 2023 | English | Frontier in Nutrition | 5 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Second author |
| 6 | The effects of low-fat dairy products fortified with 1500 IU vitamin D3 on serum liver function biomarkers in adults with abdominal obesity: a randomized controlled trial | 2023 | English | Journal of Health, Population and Nutrition | 2.9 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | 14 th author |
| 7 | Role of BDNF signaling in the neuroprotective and memory-enhancing effects of flavonoids in Alzheimer's Disease | 2023 | English | CNS Neurol Disord Drug Targets | 2.82 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author |
| 8 | The effects of propolis supplementation on high-sensitivity C-reactive protein, testosterone hormone, and metabolic profile in women with polycystic ovary syndrome: A randomized, triple-blinded, placebo-controlled clinical trial | 2023 | English | Phytotherapy Research | 7.2 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Second author |
| 9 | The effects of apple cider vinegar on cardiometabolic risk factors: A systematic review and meta-analysis of clinical trials | 2023 | English | Current Medicinal Chemistry | 4.1 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author |
| 10 | The effect of probiotics on oxidized LDL levels: A systematic review and meta-analysis of clinical trials | 2023 | English | Current Medicinal Chemistry | 4.1 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author |
| 11 | Selenium supplementation effect on glycemic control: A GRADE-assessed systematic review and dose-response | 2023 | English | Pharmacological Research | 9.3 | ISI Master Journal list, Thomson Reuters, | Corresponding author |

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| | 'meta-analysis of randomized controlled trials | | | | | PUBMED, SCOPUS | |
| 12 | MicroRNA profiles in critically ill patients | 2023 | English | Current Medicinal Chemistry | 4.1 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Second Author |
| 13 | The association between high-density lipoproteins and periodontitis | 2023 | English | Current Medicinal Chemistry | 4.1 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Third Author |
| 14 | The efficacy of dietary approaches to stop hypertension (DASH) diet on lipid profile: A systematic review and meta-analysis of clinical controlled trials | 2023 | English | Current Medicinal Chemistry | 4.1 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author |
| 15 | Effects of therapeutic lifestyle change diets on blood lipids, lipoproteins, glycemic parameters, and blood pressure: a systematic review and meta-analysis of clinical trials | 2023 | English | Nutrition Reviews | 6 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author |
| 16 | The effect of low dietary inflammatory index score formula on inflammatory, metabolic, and clinical outcomes in critically ill traumatic brain injury patients: A single-blind randomized controlled pilot study | 2023 | English | Food Science Nutrition | 3.9 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Fifth author |
| 17 | The effect of curcumin on anthropometric indices, blood pressure, lipid profiles, fasting blood glucose, liver enzymes, fibrosis, and steatosis in non-alcoholic fatty livers | 2023 | English | Frontier in Nutrition | 5 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Second author |
| 18 | The effect of phytochemicals in prediabetic patients: A systematic review of randomized controlled trials | 2023 | English | Phytotherapy Research | 7.2 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author |
| 19 | The effect of medicinal plants on cirrhosis: A systematic review of clinical trials. | 2023 | English | Phytotherapy Research | 7.2 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author |

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| 20 | The effect of curcumin-piperine on cardiometabolic, inflammatory and oxidative stress factors and macular vascular density in optical coherence tomography angiography (OCTA) in patients with non-proliferative diabetic retinopathy: Study protocol for a randomized, double-blind controlled trial | 2023 | English | Avicenna Journal of Phytomedicine | 2.2 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author |
| 21 | The effect of synthetic curcumin analogues on obesity, diabetes and cardiovascular Disease: a literature review | 2023 | English | Current Medicinal Chemistry | 4.7 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author (equally) |
| 22 | Effect of propolis on mood, quality of life, and metabolic profiles in subjects with metabolic syndrome: a randomized clinical trial | 2023 | English | Scientific Report | 4.996 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author |
| 23 | Does quinoa (Chenopodium quinoa) consumption improve blood glucose, body weight and body mass index? A systematic review and dose-response meta-analysis of clinical trials | 2023 | English | Current Medicinal Chemistry | 4.7 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author (equally) |
| 24 | The effectiveness of nano-curcumin on patients with COVID-19: A systematic review of clinical trials | 2023 | English | Phytotherapy Research | 6.388 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author (equally) |
| 25 | Efficacy of curcumin plus piperine co-supplementation in moderate-to-high hepatic steatosis: A double-blind, randomized, placebo-controlled clinical trial. | 2023 | English | Phytotherapy Research | 6.388 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Second author |

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| 26 | The effects of phytochemicals on serum triglycerides in subjects with hypertriglyceridemia: A systematic review of randomized controlled trials | 2023 | English | Phytotherapy Research | 6.388 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author (equally) |
| 27 | Curcumin-piperine co-supplementation and human health: A comprehensive review of preclinical and clinical studies | 2023 | English | Phytotherapy Research | 6.388 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author (equally) |
| 28 | The effects of phytosomal curcumin supplementation on clinical symptoms, and inflammatory and oxidative stress biomarkers in patients with migraine: A protocol for a randomized double-blind placebo-controlled trial | 2023 | English | Avicenna Journal of Phytomedicine | 2.2 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author |
| 29 | Effect of nano-curcumin on various diseases: A comprehensive review of clinical trials | 2023 | English | Biofactors | 6.43 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author (equally) |
| 30 | The effects of adjunctive treatment with L-carnitine on monitoring laboratory variables in ICU patients: a double-blinded randomized controlled clinical trial | 2023 | English | Trials | 2.75 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Sixth author |
| 31 | Evaluation of the effectiveness of the modified nutrition risk in the critically ill (mNUTRIC) score in critically ill patients affected by COVID-19 admitted to the intensive care unit (ICU) | 2022 | English | BMC Nutrition | 2 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author |
| 32 | Diet cost plays a key role in determining the risk of pediatric attention deficit hyperactivity disorder: Findings from a case-control study. | 2022 | English | Food Science Nutrition | 3.55 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Fifth author |
| 33 | Phytochemicals: A potential therapeutic intervention for the prevention and treatment of cachexia | 2022 | English | Clinical Nutrition | 7.643 | ISI Master Journal list, Thomson Reuters, PUBMED, | Corresponding author |

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| | | | | | | SCOPUS | (equally) |
| 34 | The beneficial therapeutic effects of plant-derived natural products for the treatment of sarcopenia | 2022 | English | J Cachexia Sarcopenia Muscle | 12.063 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First author (equally) |
| 35 | The efficacy of curcumin-piperine co-supplementation on clinical symptoms, duration, severity, and inflammatory factors in COVID-19 outpatients: a randomized double-blind, placebo-controlled trial | 2022 | English | Trials | 2.7 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author |
| 36 | The role of high-density lipoprotein in oral and dental diseases | 2022 | English | Curr Med Chem | 4.53 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Third author |
| 37 | Association between nutritional, inflammatory and oxidative status (NIOS) and risk of adverse outcomes in patients on haemodialysis (HD): the NIOS-HD prospective cohort study protocol | 2022 | English | BMJ Open | 3.006 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Third author |
| 38 | The effects of l-Carnitine supplementation on inflammatory markers, clinical status, and 28 days mortality in critically ill patients: A double-blind, randomized, placebo-controlled trial. | 2022 | English | Clin Nutr ESPEN | ISI | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Fourth author |
| 39 | The effect of probiotic and synbiotic consumption on the most prevalent chemotherapy-related complications: A systematic review of current literature | 2022 | English | Curr Med Chem | 4.53 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author (equally) |
| 40 | Efficacy of low-fat milk and yogurt fortified with vitamin D3 on systemic inflammation in adults with abdominal obesity | 2022 | English | J Health Popul Nutr | 2.0 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | 13 th author |
| 41 | The effects of L-carnitine supplementation on inflammatory | 2022 | English | Trials | 2.279 | ISI Master Journal list, Thomson Reuters, | Corresponding |

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| | factors, oxidative stress, and clinical outcomes in patients with sepsis admitted to the intensive care unit (ICU): study protocol for a double blind, randomized, placebo-controlled clinical trial | | | | | PUBMED, SCOPUS | author |
| 42 | The effects of phytochemicals and herbal bio-active compounds on tumour necrosis factor- α in overweight and obese individuals: a clinical review | 2022 | English | Inflammop harmacolo gy | 4.47 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First author |
| 43 | The Effects of Nutraceuticals and Bioactive Natural Compounds on Chronic Periodontitis: A Clinical Review | 2022 | English | Advances in Experimen tal Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Third author |
| 44 | The Effect of Herbal Medicine and Natural Bioactive Compounds on Plasma Adiponectin: A Clinical Review | 2022 | English | Advances in Experimen tal Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Second author |
| 45 | The effect of the Dietary Approaches to Stop Hypertension (DASH) diet on body composition, complete blood count, prothrombin time, inflammation, and liver function in hemophilic adolescents | 2021 | English | British Journal of Nutrition | 3.71 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Third author |
| 46 | The efficacy of herbal medicine in the treatment of recurrent aphthous stomatitis: A systematic review of randomized clinical trials | 2022 | English | Phytothera py research | 5.88 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Correspo nding author |
| 47 | The effects of consuming a low-fat yogurt fortified with nano encapsulated vitamin D on serum pro-oxidant-antioxidant balance (PAB) in adults with metabolic syndrome; a randomized | 2022 | English | Diabetes & Metabolic Syndrome: Clinical | - | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | 13 th author |

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| | control trial☆ | | | Research & Reviews | | | |
| 48 | The prevalence and possible causes of enteral tube feeding intolerance in critically ill patients: A cross-sectional study | 2021 | English | Journal of Research in Medical Sciences | 1.852 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | 6 th author |
| 49 | The effects of herbal medicines on cancer therapy-induced oral mucositis: A literature review | 2021 | English | Phytotherapy research | 5.88 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author (equally) |
| 50 | Evaluation of the effectiveness of the Nutritional Risk Screening System 2002 (NRS-2002) in COVID-19 patients admitted to the intensive care unit | 2021 | English | Int J Clin Pract | 2.503 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author (equally) |
| 51 | The clinical use of curcumin on neurological disorders: An updated systematic review of clinical trials | 2021 | English | Phytotherapy research | 5.88 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author |
| 52 | The Effect of Statins on C-Reactive Protein in Stroke Patients: A Systematic Review of Clinical Trials | 2021 | English | Mediators of Inflammation | 4.71 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Third author |
| 53 | Curcumin for the Treatment of Prostate Diseases: A Systematic Review of Controlled Clinical Trials | 2021 | English | Advances in Experimental Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First author |
| 54 | The Use of Curcumin for the Treatment of Renal Disorders: A Systematic Review of Randomized Controlled Trials. | 2021 | English | Advances in Experimental Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First author |

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| 55 | A Systematic Review of the Clinical Use of Curcumin for the Management of Gastrointestinal Diseases | 2021 | English | Advances in Experimental Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author (equally) |
| 56 | A Systematic Review of the Clinical Use of Curcumin for the Treatment of Osteoarthritis. | 2021 | English | Advances in Experimental Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Second author |
| 57 | The Clinical Use of Curcumin for the Treatment of Rheumatoid Arthritis: A Systematic Review of Clinical Trials | 2021 | English | Advances in Experimental Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First author |
| 58 | Antibacterial Activity of Curcumin Against Periodontal Pathogens: A Systematic Review | 2021 | English | Advances in Experimental Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Third author |
| 59 | The Clinical Use of Curcumin for the Treatment of Recurrent Aphthous Stomatitis: A Systematic Review of Clinical Trials | 2021 | English | Advances in Experimental Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Fifth author |
| 60 | Does Curcumin Have an Anticaries Effect? A Systematic Review of In Vitro Studies. | 2021 | English | Advances in Experimental Medicine | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Forth author |

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| | | | | and Biology | | | |
| 61 | The Effects of Curcumin in the Treatment of Gingivitis: A Systematic Review of Clinical Trials | 2021 | English | Advances in Experimental Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Forth author |
| 62 | The Effect of Curcumin in Improving Lipid Profile in Patients with Cardiovascular Risk Factors: A Systematic Review of Clinical Trials. | 2021 | English | Advances in Experimental Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Second author |
| 63 | Effect of Curcumin on Glycemic Control in Patients with Type 2 Diabetes: A Systematic Review of Randomized Clinical Trials | 2021 | English | Advances in Experimental Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author (equally) |
| 64 | The Effect of Curcumin Supplementation on Anthropometric Indices in Overweight and Obese Individuals: A Systematic Review of Randomized Controlled Trials | 2021 | English | Advances in Experimental Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Second author |
| 65 | Curcumin and Piperine in COVID-19: A Promising Duo to the Rescue? | 2021 | English | Advances in Experimental Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author (equally) |
| 66 | Cinnamon: A Promising Natural Product Against COVID-19. | 2021 | English | Advances in Experimental | 2.65 | ISI Master Journal list, Thomson Reuters, | Corresponding author |

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|----|---|------|---------|--|-------|---|--|
| | | | | tal Medicine and Biology | | PUBMED, SCOPUS | (equally) |
| 67 | Effect of propolis supplementation on athletic performance, body composition, inflammation, and oxidative stress following intense exercise: A triple-blind randomized clinical trial | 2021 | English | Food Sci Nutr. | 2.86 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Seventh author |
| 68 | Effect of curcumin-piperine supplementation on clinical status, mortality rate, oxidative stress, and inflammatory markers in critically ill ICU patients with COVID-19: a structured summary of a study protocol for a randomized controlled trial | 2021 | English | Trials | 2.279 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Correspo nding author |
| 69 | The Effects of Medicinal Plants and Bioactive Natural Compounds on Homocysteine | 2021 | English | Molecules | 4.41 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Correspo nding author (equally) |
| 70 | The Effects of Nutraceuticals and Herbal Medicine on Candida albicans in Oral Candidiasis: A Comprehensive Review | 2021 | English | Advances in Experimen tal Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Third author |
| 71 | Medicinal Plants and Phytochemicals Regulating Insulin Resistance and Glucose Homeostasis in Type 2 Diabetic Patients: A Clinical Review | 2021 | English | Advances in Experimen tal Medicine and Biology | 2.65 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Second author |
| 72 | Medicinal plants and bioactive natural products as inhibitors of NLRP3 inflammasome | 2021 | English | Phytothera py research | 5.88 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First author |

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|----|---|------|---------|--------------------------------------|-------|--|--------------------------------|
| 73 | Effect of low-fat dairy products fortified with 1500IU nano encapsulated vitamin D 3 on cardiometabolic indicators in adults with abdominal obesity: a total blinded randomized controlled trial | 2021 | English | Current Medical Research and Opinion | 2.58 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | 12 th author |
| 74 | Effects of curcumin-piperine co-supplementation on clinical signs, duration, severity, and inflammatory factors in patients with COVID-19: a structured summary of a study protocol for a randomised controlled trial | 2020 | English | Trials | 2.279 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Second author |
| 75 | The effect of propolis supplementation on clinical symptoms in patients with coronavirus (COVID-19): A structured summary of a study protocol for a randomised controlled trial | 2020 | English | Trials | 2.279 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Sixth author |
| 76 | The role of phytochemicals in sepsis: A mechanistic and therapeutic perspective | 2020 | English | BioFactors | 6.11 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author (equally) |
| 77 | Evaluation of the effect of curcumin on pneumonia: A systematic review of preclinical studies | 2020 | English | Phytotherapy research | 5.88 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Corresponding author (equally) |
| 78 | Medicinal plants and bioactive natural compounds as inhibitors of HMG-CoA reductase: A literature review | 2020 | English | BioFactors | 6.11 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Second author |
| 79 | The effect of fasting or calorie restriction on mitophagy induction: a literature review | 2020 | English | J Cachexia Sarcopenia Muscle | 12.9 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Second author |
| 80 | Effect of cinnamon on migraine attacks and inflammatory markers: A randomized double-blind placebo-controlled trial | 2020 | English | Phytotherapy research | 5.88 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Fourth author |
| 81 | Adherence to a Dietary Approach to Stop Hypertension (DASH)-Style in | 2020 | English | Nature and Science of | 5.34 | ISI Master Journal list, Thomson | Fourth author |

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|----|---|------|---------|--|-------|--|---------------|
| | Relation to Daytime Sleepiness | | | Sleep | | Reuters, PUBMED, SCOPUS | |
| 82 | Regulation of apolipoprotein B by natural products and nutraceuticals: a comprehensive review | 2020 | English | CURRENT MEDICAL CHEMISTRY | 3.894 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First Author |
| 83 | The beneficial effects of nutraceuticals and natural products on small dense LDL levels, LDL particle number and LDL particle size: a clinical review | 2020 | English | Lipids in Health and Disease | 2.651 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Second Author |
| 84 | The effects of statins on dental and oral health: a review of preclinical and clinical studies. | 2020 | English | Journal of Translational Medicine | 4.098 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Third Author |
| 85 | The Effect of the Mediterranean diet on Cognitive function in patients with Parkinson's disease: a randomized clinical controlled trial | 2020 | English | Complementary Therapies in Medicine | 1.979 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Forth Author |
| 86 | The Relationship between Dietary Patterns and Irritable Bowel Syndrome in Adolescent Girls | 2020 | English | Journal of nutrition and food security | - | Google scholar | Fourth author |
| 87 | Qualitative study of the influence of stress on dietary and physical activity behaviors of overweight and obese adolescents in Iran | 2019 | English | International journal of preventive medicine | ISI | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First Author |
| 88 | The relationship between adherence to a Dietary Approach to Stop Hypertension (DASH) dietary pattern and insomnia | 2019 | English | BMC Psychiatry | 2.666 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Fourth author |
| 89 | Pre-pregnancy Body Mass Index and Maternal Nutrition in Relation to Infant Birth Size | 2019 | English | Clinical Nutrition Research | - | PUBMED | Third Author |
| 90 | What is the best solution to manage vitamin D deficiency? | 2019 | English | IUBMB Life | 3.051 | ISI Master Journal list, Thomson | Second Author |

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| | | | | | | Reuters, PUBMED, SCOPUS | |
| 91 | High dose vitamin D supplementation is associated with an improvement in serum markers of liver function | 2019 | English | Biofactors | 3.589 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Fourth author |
| 92 | Adherence to a healthy dietary pattern is associated with less severe depressive symptoms among adolescent girls | 2019 | English | Psychiatry Research | 2.208 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Fifth author |
| 93 | Effect of atorvastatin on delirium status of patients in the intensive care unit: a randomized controlled trial | 2019 | English | Archives of Medical Science | 2.380 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Fourth author |
| 94 | The Prevalence of Vitamin D Deficiency in Iran: A Literature Review | 2019 | English | Current Nutrition & Food Science | ISI | ISI Master Journal list, Thomson Reuters, Scopus | First Author |
| 95 | The effect of fasting or calorie restriction on autophagy induction: A review of the literature | 2018 | English | Ageing Research Reviews | 10.39 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First author |
| 96 | Medicinal plants and bioactive natural compounds in the treatment of non-alcoholic fatty liver disease: A clinical review. | 2018 | English | Pharmacological Research | 5.574 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First Author |
| 97 | Western dietary pattern is associated with elevated high sensitive C-reactive protein among Iranian girl adolescents | 2018 | English | European Journal of Clinical Investigation | 2.784 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First Author (equally) |
| 98 | Nutrition Education intervention using Social Cognitive Theory for Overweight and Obese Iranian Girl Adolescents: A Cluster Randomized Control Trial | 2018 | English | International Quarterly of Community Health Education | ISI | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First Author |

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| 99 | Assessment of the Efficacy of Physical Activity Level and Lifestyle Behavior Interventions Applying Social Cognitive Theory for Overweight and Obese Girl Adolescents | 2018 | English | Journal of research in health sciences | ISI | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First Author |
| 100 | The impact of adolescent friendships on unhealthy eating behaviors of overweight and obese adolescents: A qualitative study | 2018 | English | International journal of pediatrics | | ISI Master Journal list, Thomson Reuters, Scopus. | First Author |
| 101 | Obesity Intervention Programs among Adolescents using Social Cognitive Theory: A Systematic Literature Review. | 2017 | English | Health Education Research | 1.3 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First Author |
| 102 | Serum high sensitive C reactive protein is associated with dietary intakes in diabetic patients with and without hypertension: a cross-sectional study | 2017 | English | Annals of Clinical Biochemistry | 1.893 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First Author |
| 103 | High sensitive C reactive protein is related to intake of dietary macronutrients and fibers: Findings from a large representative Persian population sample | 2017 | English | Journal of Clinical Biochemistry | 2.430 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Third-Author |
| 104 | Metabolic syndrome increase the risk of incident depression: A population based study | 2017 | English | Diabetes & Metabolic Syndrome: Clinical Research & Reviews | ISI | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First Author |
| 105 | Serum Transaminase Concentrations and the Presence of Irritable Bowel Syndrome Are Associated with Serum 25-Hydroxy Vitamin D Concentrations in Adolescent Girls Who Are Overweight and Obese | 2017 | English | Annals of Nutrition and Metabolism | 3.051 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Fourth author |
| 106 | The association of household food insecurity and the risk of calcium oxalate stones | 2017 | English | Urology Journal | 1.463 | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Third-Author |
| 107 | Adherence to Hypoglycemic Medication among Insulin-Treated Patients with Type 2 Diabetes | 2017 | English | Iranian Journal of Medical Sciences | ISI | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | Third Author |

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| 108 | A randomized-controlled trial investigating the international association of increasing fish consumption with depressive symptom in community-living older people | 2017 | English | Journal of Gerontology and Geriatrics | ISI | ISI, Scopus | Second Author |
| 109 | Application of Social Cognitive Theory in Predicting Childhood Obesity Prevention Behaviors in Overweight and Obese Iranian Adolescents | 2015 | English | International Quarterly of Community Health Education | ISI | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS | First Author |
| 110 | Using Social Cognitive Theory in Predicting Meal Frequency in Overweight and Obese Iranian Adolescents | 2014 | English | Bulletin of Environment, Pharmacology and Life Sciences (BEPLS) | ISI | ISI Master Journal list, Thomson Reuters | First Author |
| 111 | Assessment of the relationship between Self-efficacy and Meal frequency in Overweight and Obese Girl Students of Middle School of Shahinshahr | 2016 | Persian | Journal of Preventive Medicine | - | Islamic World Science Citation Center (ISC), Information Database (SID), Google Scholar, | First Author |
| 112 | Assessment of the relationship between Social support and Nutritional Behaviors in Overweight and Obese Student Girls of Middle School of Shahinshahr | 2017 | Persian | Journal of Preventive Medicine | - | Islamic World Science Citation Center (ISC), Information Database (SID), Google Scholar, | First Author |
| 113 | Effect of Zinc Supplementation on Symptoms and C-Reactive Protein among Patients with Migraine: A Double-blind Randomized Placebo-controlled Clinical Trial | 2020 | Persian | Journal of Preventive Medicine | - | Islamic World Science Citation Center (ISC), Information Database (SID), Google Scholar, | Fifth Author |

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|--|---|------|---------|--|---|----------------|--------------|
| | The relationship between nutrients pattern and hypercholesterolemia | 2018 | English | Journal of Nutrition and Food Security | - | Google scholar | Third-Author |
|--|---|------|---------|--|---|----------------|--------------|

✓ **Letter to the editor**

| N | Title | Publication Year | Language | Book |
|---|--|------------------|----------|--|
| 1 | Differences between lignin and lignin | 2016 | English | Krause's Food & the Nutrition Care Process Book (13 th edition) |
| 2 | Vitamin C Transportation | 2016 | English | Krause's Food & the Nutrition Care Process Book (13 th edition) |

✓ **Oral presentation**

| N | Title | Congress | Year | Place/Language |
|---|--|--|------|---------------------|
| 1 | Can the Nutrition Risk Screening Tool 2002 (NRS-2002) be used in COVID-19 patients admitted to the intensive care unit? | 4 th International Nutrition Conference | 2022 | Mashhad/ English |
| 2 | Curcumin: a natural product with salient beneficial effects for athletes | 2Nd International Sports Nutrition Congress of | 2020 | Semnan/Iran |
| 3 | Effects of Nutraceuticals and Natural Compounds on Plasma ApolipoproteinB: A Review of Evidence | 3 rd International Nutrition Conference | 2020 | Mashhad/ English |
| 4 | High dose vitamin D supplementation is associated with an improvement in serum markers of liver function in adolescent girls | The Inaugural Workshop of UNESCO/UNITWIN Network on PhD Education and Research in Biophysics, Biotechnology and Environmental Health | 2018 | The Armenia/English |

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|---|--|---|------|--------------------------|
| 5 | Serum 25-hydroxy vitamin D status and its determinants: the role of lifestyle, dietary pattern, measures of liver function and the presence of irritable bowel syndrome | The International Student Congress of (bio) Medical Sciences (ISCOMS) | 2017 | The Netherlands /English |
| 6 | School based Nutrition Education and Physical Activity intervention using Social Cognitive Theory for Overweight and Obese Student Girls of Middle School of Shahinshahr | The International Student Congress of (bio) Medical Sciences (ISCOMS) | 2017 | The Netherlands /English |
| 7 | Serum C reactive proteins are related to the intake of dietary macronutrients and fiber: finding from a large representative population | The International Student Congress of (bio) Medical Sciences (ISCOMS) | 2017 | The Netherlands /English |
| 8 | Serum high sensitive C reactive protein is associated with dietary intakes in diabetic patients with and without hypertension: a cross-sectional study | 1st International Congress of "Nutrition: from Laboratory Research to Clinical Studies" (NLRCS) | 2017 | Iran/English |
| 9 | The prevalence of vitamin D deficiency in Iran, a literature review | 1st International Congress of "Nutrition: from Laboratory Research to Clinical Studies" (NLRCS) | 2017 | Iran/English |

✓ **Poster presentation**

| N | Title | Congress | Year | Place/Language |
|----------|--|--|-------------|-----------------------|
| 1 | A Systematic Review of the Efficacy of the Curcumin on Glycemic Control in Patients with Type 2 Diabetes | 4 th International Nutrition Conference | 2022 | Mashhad/ English |
| 2 | Fasting or Calorie Restriction | 3 rd International Nutrition | 2020 | Mashhad/ English |

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|---|--|--|------|-------------------------|
| | Dramatically Increase Autophagy and Mitophagy: A Comprehensive Review of Preclinical and Clinical Studies | Conference | | |
| 3 | Serum 25- hydroxy vitamin D status and its determinants: the role of lifestyle, dietary pattern, measures of liver function and the presence of irritable bowel syndrome | The International Student Congress of (bio) Medical Sciences (ISCOMS) | 2017 | The Netherlands/English |
| 4 | Metabolic syndrome increase the risk of incident depression: A population based study | The 2nd International and the 14th Iranian Nutrition Congress | 2016 | Iran/English |
| 5 | Western dietary pattern is associated with elevated high sensitive C-reactive protein among Iranian girl adolescents | 1 st International Congress of " Nutrition: from Laboratory Research to Clinical Studies" (NLRCS) | 2017 | Iran/English |
| 6 | Nutrition Education intervention using Social Cognitive Theory for Overweight and Obese Iranian Girl Adolescents: A Cluster Randomized Control Trial | The 5th Congress of Obesity Prevention and Treatment | 2015 | Iran/Persian |

✓ **International book (Written and Compilation of book chapters)**

| N | Title | Publisher | Year | Place | ISBN |
|---|--|--|------|----------------|-------------------|
| 1 | Barberry (<i>Berberis vulgaris</i>): Composition and Use of Extracts in Cancer Studies | Taylor & Francis/ CRC Press | 2023 | London | 9781003243472 |
| 2 | Turmeric (<i>Curcuma longa</i> L.) Usage in the Middle East: A Comprehensive Review | Taylor & Francis/ CRC Press | 2023 | London | 9781003243472 |
| 3 | Saffron (<i>Crocus sativus</i>) as a Middle East Herb | Taylor & Francis/ CRC Press | 2023 | London | 9781003243472 |
| 4 | The Potential Effect of Royal Jelly on Biomarkers Related to | Advances in Experimental Medicine and Biology/ Springer, | 2023 | Switzerland AG | 978-3-030-73233-2 |

| | | | | | |
|----|--|---|------|----------------|-------------------|
| | COVID-19 Infection and Severe Progression | Cham | | | |
| 5 | Evaluation of Curcumin-Piperine Supplementation in COVID-19 Patients Admitted to the Intensive Care: A Double-Blind, Randomized Controlled Trial | Advances in Experimental Medicine and Biology/ Springer, Cham | 2023 | Switzerland AG | 978-3-030-73233-2 |
| 6 | Antiviral Mechanisms of Curcumin and Its Derivatives in Prevention and Treatment of COVID-19: A Review | Advances in Experimental Medicine and Biology/ Springer, Cham | 2023 | Switzerland AG | 978-3-030-73233-2 |
| 7 | Spices and Biomarkers of COVID-19: A Mechanistic and Therapeutic Perspective | Advances in Experimental Medicine and Biology/ Springer, Cham | 2023 | Switzerland AG | 978-3-030-73233-2 |
| 8 | The Effects of Nutraceuticals and Bioactive Natural Compounds on Chronic Periodontitis: A Clinical Review | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |
| 9 | The Effect of Herbal Medicine and Natural Bioactive Compounds on Plasma Adiponectin: A Clinical Review | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |
| 10 | Curcumin for the Treatment of Prostate Diseases: A Systematic Review of Controlled | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |

| | Clinical Trials | | | | |
|----|---|---|------|----------------|-------------------|
| 11 | The Use of Curcumin for the Treatment of Renal Disorders: A Systematic Review of Randomized Controlled Trials. | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |
| 12 | A Systematic Review of the Clinical Use of Curcumin for the Management of Gastrointestinal Diseases | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |
| 13 | A Systematic Review of the Clinical Use of Curcumin for the Treatment of Osteoarthritis. | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |
| 14 | Antibacterial Activity of Curcumin Against Periodontal Pathogens: A Systematic Review | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |
| 15 | The Clinical Use of Curcumin for the Treatment of Recurrent Aphthous Stomatitis: A Systematic Review of Clinical Trials | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |
| 16 | Does Curcumin Have an Anticaries Effect? A Systematic Review of In Vitro Studies. | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |
| 17 | The Effects of Curcumin in the Treatment of Gingivitis: A Systematic Review of Clinical | Advances in Experimental Medicine and Biology/ Springer, | 2021 | Switzerland AG | 978-3-030-73233-2 |

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|----|---|---|------|----------------|-------------------|
| | Trials | Cham | | | |
| 18 | The Effect of Curcumin in Improving Lipid Profile in Patients with Cardiovascular Risk Factors: A Systematic Review of Clinical Trials. | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |
| 19 | Effect of Curcumin on Glycemic Control in Patients with Type 2 Diabetes: A Systematic Review of Randomized Clinical Trials | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |
| 20 | The Effect of Curcumin Supplementation on Anthropometric Indices in Overweight and Obese Individuals: A Systematic Review of Randomized Controlled Trials | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |
| 21 | Curcumin and Piperine in COVID-19: A Promising Duo to the Rescue? | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |
| 22 | Cinnamon: A Promising Natural Product Against COVID-19. | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |
| 23 | The Effects of Nutraceuticals and Herbal Medicine on Candida albicans in Oral Candidiasis: A | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |

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|----|--|---|------|----------------|-------------------|
| | Comprehensive Review | | | | |
| 24 | Medicinal Plants and Phytochemicals Regulating Insulin Resistance and Glucose Homeostasis in Type 2 Diabetic Patients: A Clinical Review | Advances in Experimental Medicine and Biology/ Springer, Cham | 2021 | Switzerland AG | 978-3-030-73233-2 |

Book (Translation)

Modern Nutrition in Health and Disease (Eleventh Edition) 2014, Translation in Persian 2014.

Peer Reviewer

| N | Journal | Year | Index |
|----------|--|--------------|---|
| 1 | Journal of Preventive Medicine | 2015-Present | Islamic World Science Citation Center (ISC), Information Database (SID), Google Scholar, Information Bank Country, System Science Co. blessing, Iran Journal. |
| 2 | International Journal of Preventive Medicine | 2018-present | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS |
| 3 | Journal of Research in Medical Sciences | 2020-present | ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS |
| 4 | Journal of Nutrition, Fasting and Health | 2019-present | Google scholar, ISC, SID |

University Teaching

| N | Title | Unit | Year | Place |
|----------|--|-------------|------------------|--|
| 1 | Diet Therapy 2 (Nutrition BSc) | 1 | 2021-2022 (1) | Isfahan University of Medical Sciences |
| 2 | Food and drug interaction (Nutrition BSc) | 0.5 | 2021-2022 (1) | Isfahan University of Medical Sciences |
| 3 | Nutrition and nutrition therapy (Management BSc) | 2 | 2021-2022 (1) | Isfahan University of Medical Sciences |
| 4 | Current topics in nutrition | 0.5 | 2021-2022 | Isfahan University of Medical |

| | (MSc) | | (1) | Sciences |
|----|--|-----|------------------|--|
| 5 | Community-level nutrition programs (MSc) | 0.5 | 2021-2022 (1) | Isfahan University of Medical Sciences |
| 6 | Basic Nutrition (Medicine) | 1 | 2021-2022 (1) | Isfahan University of Medical Sciences |
| 7 | Seminar (MSc of public health in nutrition) | 2 | 2021-2022 (1) | Isfahan University of Medical Sciences |
| 8 | Community nutrition (MSc of public health in nutrition) | 2 | 2021-2022 (2) | Isfahan University of Medical Sciences |
| 9 | Basic nutrition (BSc of Environmental Health) | 2 | 2020-2021 (2) | Isfahan University of Medical Sciences |
| 10 | Basic Nutrition (Medicine) | 1 | 2020-2021 (2) | Isfahan University of Medical Sciences |
| 11 | Biochemistry and basic nutrition (BSc of Health) | 2 | 2020-2021 (2) | Isfahan University of Medical Sciences |
| 12 | Diet Therapy 1 (Nutrition BSc) | 1.5 | 2020-2021 (1) | Isfahan University of Medical Sciences |
| 13 | Nutrition in ICU (PhD) | 1 | 2020-2021 (1) | Isfahan University of Medical Sciences |
| 14 | Nutrition and nutrition therapy (Management BSc) | 4 | 2020-2021 (1) | Isfahan University of Medical Sciences |
| 15 | Current topics in nutrition (MSc of public health in nutrition) | 0.5 | 2020-2021 (1) | Isfahan University of Medical Sciences |
| 16 | Community-level nutrition programs (MSc of public health in nutrition) | 0.5 | 2020-2021 (1) | Isfahan University of Medical Sciences |
| 17 | Basic Nutrition (Medicine) | 1 | 2020-2021 (1) | Isfahan University of Medical Sciences |
| 18 | Seminar (MSc of public health in nutrition) | 2 | 2020-2021 (1) | Isfahan University of Medical Sciences |
| 19 | Basic Nutrition (Medicine) | 1.2 | 2019-2020 | Isfahan University of Medical |

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|----|--|------|------------------|--|
| | | | (1) | Sciences |
| 20 | Basic nutrition (BSc of Environmental Health) | 2 | 2019-2020 (2) | Isfahan University of Medical Sciences |
| 21 | Basic Nutrition (Medicine) | 1 | 2019-2020 (2) | Isfahan University of Medical Sciences |
| 22 | Biochemistry and basic nutrition (BSc of Health) | 2 | 2019-2020 (2) | Isfahan University of Medical Sciences |
| 23 | Diet Therapy 1 (Nutrition BSc) | 1 | 2019-2020 (1) | Isfahan University of Medical Sciences |
| 24 | Nutrition in ICU patients (PhD) | 1.25 | 2019-2020 (1) | Isfahan University of Medical Sciences |
| 25 | Basic Nutrition (Medicine) | 1.2 | 2019-2020 (1) | Isfahan University of Medical Sciences |
| 26 | Nutrition in Oral Health (Dentistry) | 2 | 2019-2020 (1) | Isfahan University of Medical Sciences |
| 27 | Biochemistry and basic nutrition (BSc of Health) | 2 | 2019-2020 (1) | Isfahan University of Medical Sciences |
| 28 | Nutrition and nutrition therapy (Management BSc) | 2 | 2019-2020 (1) | Isfahan University of Medical Sciences |
| 29 | Nutrition and nutrition therapy | 3.51 | 2016-2017 | Mashhad University of Medical Sciences/ Nursing school |
| 30 | Basic nutrition | 1 | 2016 | Mashhad University of Medical Sciences/ Health school |
| 31 | Practical nutrition | 2.14 | 2016 | Mashhad University of Medical Sciences/ Health school |

Clinical Nutrition Course

Certificate of Clinical Nutrition course (Nutrition in ICU patients) in Ghaem hospital (Mashhad University of Medical Sciences) for nine months.

Certificate of Clinical Nutrition course (Parenteral Nutrition for ICU patients) hold by ESPEN (LLL course)

Certificate of Clinical Nutrition course (Nutrition for Gastrointestinal Diseases) hold by ESPEN (LLL course)

Certificate of Clinical Nutrition course (Nutrition for cancer patients) hold by ESPEN (LLL course)

HONORS AND AWARDS

- ✓ Selected as “BEST STUDENT OF UNIVERSITY” by Mashhad University of Medical Sciences: 2018
- ✓ Certificate of recognition as "TOP STUDENT" in both comprehensive exam and the average scores of the total PhD courses.
- ✓ Selected as “BEST ORAL PRESENTER” in the 2nd international and 14th Iranian Nutrition Congress.
- ✓ Selected as “BEST STUDENT OF UNIVERSITY” by Isfahan University of Medical Sciences: 2010
- ✓ Certificate of Recognition as “PIONEER STUDENT OF THE YEAR” by Isfahan University of Medical Sciences: 2007, 2008, 2010

INTERNATIONAL ACITIVITIES AND COURSES

Ambassador of international student congress "The International Student Congress of (bio) Medical Sciences (ISCOMS) 2017" and "Leiden International Medical Students' Conference (LIMSC) 2017" and "European Students' Conference 2016".

Online Courses, Statement of Accomplishment, with Distinction “Child Nutrition and Cooking” Stanford University 2013

Online Courses, Statement of Accomplishment, with Distinction “Nutrition, Health, Lifestyle: Issues and Insight” Vanderbilt University 2013.

REFERENCES

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Dr. Amirhossein Sahebkar (Associate professor, Biotechnology Research Center, Mashhad University of Medical Sciences, Mashhad, Iran and Metabolic Research Centre, Royal Perth Hospital, School of Email: amir_saheb2000@yahoo.com Tel: +989151221496