

# Curriculum Vitae

<b>Name: Sanaz</b>	
<b>Family: Mehrabani</b>	
<b>Date of birth: 25.2.1987</b>	
<b>Title: Ph.D.</b>	
<b>Appointment: Assistant Professor</b>	
<b>Institute: Isfahan University Of Medical Sciences</b>	
<b>School: Nutrition and Food Science</b>	
<b>Department: Clinical Nutrition</b>	
<b>Research Center: Nutrition and Food Security Research Center</b>	
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<b>Education</b>  (Most recent Date, Degree/ Course, Department / University, Dissertation title)	<p>09.2017-02.2023    <b>Doctoral degree</b> in Nutrition Sciences Isfahan University of medical sciences, Isfahan  <b>Ph.D Dissertation:</b> Effect of synbiotic supplementation on antioxidant and inflammatory markers, serum zonulin level and quality of life in patients with Parkinson's disease</p> <p>09.2011-09.2014    <b>Master's degree</b> in Nutrition Sciences Isfahan University of medical sciences, Isfahan <b>Master Thesis:</b> The Effect of milk consumption in breakfast on satiety and energy intake in 10-12 years old obese children</p> <p>02.2007-02.2011    <b>Bachelor's degree</b> in Nutrition Sciences Isfahan University of medical sciences, Isfahan</p>

<p><b>Relevant Work Experience</b></p> <p>(Date, Title, University / Organization, Description)</p>	<p>07.2024 till present: Faculty Member, Isfahan University of Medical Sciences, Isfahan-Iran</p> <p>05.2015-0.6-2017: Dietitian Nutritionist (Nutrition office in Shamsabadi Street)</p> <p>02.2012-0.9.2012: Dietitian Nutritionist (Nutrition office in Tohid Street)</p>
<p><b>Professional Memberships &amp; Qualification</b></p> <p>(Date, Title, association)</p>	<p>Registered Dietitian and Nutritionist (registered at Islamic Republic of Iran Medical Council, No:3530)</p>
<p><b>Extra Curricular Activities/ Interest</b></p> <p>(personal url)</p>	<p>I have a degree in master of public health</p> <p>Proficient with statistical software (SPSS)</p>

## Research

Experience (Date, Title, University / Organization, Description)

1. Pourmotabbed A, Awlqadr FH, **Mehrabani S**, Babaei A, Wong A, Ghoreishy SM, et al. Ultra-Processed Food Intake and Risk of Insomnia: A Systematic Review and Meta-Analysis. *Nutrients*. 2024;16(21):3767.
2. Pourmotabbed A, Talebi S, **Mehrabani S**, Babaei A, Khosroshahi RA, Bagheri R, et al. The association of ultra-processed food intake with neurodegenerative disorders: a systematic review and dose-response meta-analysis of large-scale cohorts. *Nutritional Neuroscience*. 2024:1-14.
3. **Mehrabani S**, Shoaie N, Shateri Z, Askarpour M, Nouri M, Keshani P, et al. Consumption of ultra- processed foods could influence the metabolic syndrome odds: A cross- sectional study. *Food Science & Nutrition*. 2024;12(4):2567-77.
4. Talebi S, **Mehrabani S**, Ghoreishy SM, Wong A, Moghaddam A, Feyli PR, et al. The association between ultra-processed food and common pregnancy adverse outcomes: a dose-response systematic review and meta-analysis. *BMC Pregnancy and Childbirth*. 2024;24(1):369.
5. Jalili F, Moradi S, Talebi S, **Mehrabani S**, Ghoreishy SM, Wong A, et al. The effects of citrus flavonoids supplementation on endothelial function: A systematic review and dose-response meta- analysis of randomized clinical trials. *Phytotherapy Research*. 2024.
6. Jalili F, Hajizadeh M, **Mehrabani S**, Ghoreishy SM, MacIsaac F. The association between neighborhood socioeconomic status and the risk of incidence and mortality of colorectal cancer: A systematic review and meta-analysis of 1,678,582 participants. *Cancer Epidemiology*. 2024;91:102598.
7. Babaei A, Pourmotabbed A, Talebi S, **Mehrabani S**, Bagheri R, Ghoreishy SM, et al. The association of ultra-processed food consumption with adult inflammatory bowel disease risk: a systematic review and dose-response meta-analysis of 4 035 694 participants. *Nutrition Reviews*. 2024;82(7):861-71.
8. Amani R, **Mehrabani S**. Role of dietary antioxidants and redox status in Parkinson's disease. *Diet and Nutrition in Neurological Disorders*: Elsevier; 2023. p. 667-97.
9. Amani R, **Mehrabani S**. Prebiotics and probiotics and Parkinson's disease. *Treatments, Nutraceuticals, Supplements, and Herbal Medicine in Neurological Disorders*: Elsevier; 2023. p. 641-73.
10. **Mehrabani S**, Gerami S, Nouri M, Rajabzadeh-Dehkordi M, Askarpour M, Najafi M, et al. Association of Mediterranean and DASH Diets Adherence with Dyslipidemia: A Cross-Sectional Study. *Journal of Iranian Medical Council*. 2023;6(3):469-78.
11. Nouri M, Mohit M, Sohaei S, **Mehrabani S**, Ansari MJ, Yasin G, et al. Effect of Sumac Powder Supplementation on Anthropometric Indices: A Systematic Review and Meta-analysis of Randomised Controlled Trials. *Journal of Herbal Medicine*. 2023;41:100727.
12. Sicaeni, P. H., Makhtoomi, M., Leilami, K., Shateri, Z., Mohammadi, F., Nouri, M., Omidbeigi, N., **Mehrabani, S.**, & Rashidkhani, B. (2023). Dietary and lifestyle indices for hyperinsulinemia and colorectal cancer risk: a case-control study. *BMC Gastroenterol*, 23(1), 434
13. Ghadam, O. S., Sohrabi, Z., Mehrabi, M., Fararouei, M., Shahraki, M., Hejazi, N., Clark, C. C. T., **Mehrabani, S.**, Gerami, S., & Nouri, M. (2023). Evaluating the effect of digital game-based nutrition education on anemia indicators in adolescent girls: A randomized clinical trial. *Food Sci Nutr*, 11(2), 863-871.
14. **Mehrabani S**, Khorvash F, Heidari Z, Tajabadi-Ebrahimi M, Amani R. The effects of synbiotic supplementation on oxidative stress markers,

- mental status, and quality of life in patients with Parkinson's disease: a double-blind, placebo-controlled, randomized controlled trial. *Journal of Functional Foods*. 2023;100:105397.
15. Ma L, Yan Y, Webb RJ, Li Y, **Mehrabani S**, Xin B, et al. Psychological stress and gut microbiota composition: A systematic review of human studies. *Neuropsychobiology*. 2023;82(5):247-62.
16. Mazloomi SN, Talebi S, **Mehrabani S**, Bagheri R, Ghavami A, Zarpoosh M, et al. The association of ultra-processed food consumption with adult mental health disorders: a systematic review and dose-response meta-analysis of 260,385 participants. *Nutritional Neuroscience*. 2023;26(10):913-31.
17. Amani R, Foshati S, **Mehrabani S**, Rezazadegan M. Gut Brain Axis, Brain Disorders and Nutrition. *Journal of Nutrition, Fasting & Health*. 2022;10.
18. Abbasi K, Foshati S, **Mehrabani S**, Ghiasvand R, Bagherniya M, Rouhani MH. Diet cost plays a key role in determining the risk of pediatric attention deficit hyperactivity disorder: Findings from a case-control study. *Food Science & Nutrition*. 2022;10(12):4339-44.
19. Jalili C, Talebi S, **Mehrabani S**, Bagheri R, Wong A, Amirian P, et al. Effects of camelina oil supplementation on lipid profile and glycemic control: a systematic review and dose-response meta-analysis of randomized clinical trials. *Lipids in Health and Disease*. 2022;21(1):132.
20. Nouri, M., **Mehrabani, S.**, Firoozbakht, H., Vatanian, E., Abbasi, H., & Shirani, M. (2022). The association between dietary fat and mineral intake with semen parameters: A cross-sectional study in infertile men. *Int J Reprod Biomed*, 20(5), 389-399
21. Nouri M, Sohaei S, Shalaby MN, **Mehrabani S**, Ramezani A, Faghih S. Effect of curcumin on body mass index and glycemic indices in females with PCOS: a systematic review and meta-analysis of randomized controlled trial. *Nutrition & Food Science*. 2022;52(7):1129-41.
22. Salahshoorneshad, S., Sohrabi, Z., Mani, A., Abdelbasset, W. K., Mehrabi, M., Zare, M., **Mehrabani, S.**, Gerami, S., Haghghat, N., Akbarzadeh, M., & Nouri, M. (2022). Effect of a multi-disciplinary program on anthropometric and biochemical parameters in obese and overweight elementary school girls: A randomized clinical trial. *Nutr Metab Cardiovasc Dis*, 32(8), 1982-1989.
22. Arab A, Karimi E, Vingrys K, Kelishadi MR, **Mehrabani S**, Askari G. Food groups and nutrients consumption and risk of endometriosis: a systematic review and meta-analysis of observational studies. *Nutrition journal*. 2022;21(1):58.
23. **Mehrabani S**, Arab A, Karimi E, Nouri M, Mansourian M. Blood circulating levels of Adipokines in polycystic ovary syndrome patients: a systematic review and Meta-analysis. *Reproductive Sciences*. 2021;28(11):3032-50.
24. Moradi, S., Hojjati Kermani, M. A., Bagheri, R., Mohammadi, H., Jayedi, A., Lane, M. M., Asbaghi, O., **Mehrabani, S.**, & Suzuki, K. (2021). Ultra-Processed Food Consumption and Adult Diabetes Risk: A Systematic Review and Dose-Response Meta-Analysis. *Nutrients*, 13(12)
25. Suksatan, W., Moradi, S., Naeini, F., Bagheri, R., Mohammadi, H., Talebi, S., **Mehrabani, S.**, Hojjati Kermani, M. A., & Suzuki, K. (2021). Ultra-Processed Food Consumption and Adult Mortality Risk: A Systematic Review and Dose-Response Meta-Analysis of 207,291 Participants. *Nutrients*, 14(1).

26. **Mehrabani S**, Arab A, Mohammadi H, Amani R. The effect of cocoa consumption on markers of oxidative stress: A systematic review and meta-analysis of interventional studies. *Complementary therapies in medicine*. 2020;48:102240.
27. **Mehrabani S**, Bagherniya M, Askari G, Read MI, Sahebkar A. The effect of fasting or calorie restriction on mitophagy induction: a literature review. *Journal of Cachexia, Sarcopenia and Muscle*. 2020;11(6):1447-58.
28. Moosavian SP, Arab A, **Mehrabani S**, Moradi S, Nasirian M. The effect of omega-3 and vitamin E on oxidative stress and inflammation: Systematic review and meta-analysis of randomized controlled trials. *International Journal for Vitamin and Nutrition Research*. 2019.
29. **Mehrabani S**, Askari G, Miraghajani M, Tavakoly R, Arab A. Effect of coenzyme Q10 supplementation on fatigue: A systematic review of interventional studies. *Complementary Therapies in Medicine*. 2019;43:181-7.
30. Arab A, **Mehrabani S**, Moradi S, Amani R. The association between diet and mood: A systematic review of current literature. *Psychiatry research*. 2019;271:428-37.
31. Kavezade S, Mozaffari-Khosravi H, Aflatoonian M, Asemi M, **Mehrabani S**, Salehi-Abargouei A. The effects of whole milk compared to skim milk and apple juice consumption in breakfast on appetite and energy intake in obese children: a three-way randomized crossover clinical trial. *BMC nutrition*. 2018;4:1-10
32. **Mehrabani S**, Abbasi B, Darvishi L, Esfahani MA, Maghsoudi Z, Khosravi-Boroujeni H, et al. Effects of yogurt and yogurt plus shallot consumption on lipid profiles in type 2 diabetic women. *International Journal of Preventive Medicine*. 2017;8(1):54
33. **Mehrabani S**, Asemi M, Najafian J, Sajjadi F, Maghroun M, Mohammadifard N. Association of animal and plant proteins intake with hypertension in Iranian adult population: Isfahan healthy heart program. *Advanced biomedical research*. 2017;6(1):112.
34. **Mehrabani S**, Safavi SM, Mehrabani S, Asemi M, Feizi A, Bellissimo N, et al. Effects of low-fat milk consumption at breakfast on satiety and short-term energy intake in 10-to 12-year-old obese boys. *European journal of nutrition*. 2016;55:1389-96.
35. **Mehrabani S**, Mohammadifard N, Mehrabani S, Sadeghi M, Sajjadi F, Maghroun M, et al. The effect of nutrition consultation on dietary diversity score of cardiac patients referred to cardiac rehabilitation research center isfahan cardiovascular research institute during 2008–2013. *International journal of preventive medicine*. 2016;7(1):121.
36. **Mehrabani S**, Salehi-Abargouei A, Asemi M, Mehrabani S, Feizi A, Safavi SM. Effect of low-fat milk consumption compared to apple juice and water on the energy intake among 10-12-year-old obese boys: a three-way cross-over clinical trial. *International journal of preventive medicine*. 2014;5(11):1405.
37. Shiranian, A., Darvishi, L., Askari, G., Ghiasvand, R., Feyzi, A., Hariri, M., Mashhadi, N. S., & **Mehrabani, S.** (2013). The effect of different beverage consumption (dough, non-alcoholic beer, carbohydrate replacement drink) on performance, lipids profile, inflammatory biomarkers

	<p>after running-based anaerobic sprint test in taekwondo players. <i>Int J Prev Med</i>, 4(Suppl 1), S5-s10</p> <p><b>Books:</b>  1-Reza Amani, Sanaz Mehrabani. Treatments, Nutraceuticals, Supplements, and Herbal Medicine in Neurological Disorders. chapter 34: Prebiotics and probiotics and Parkinson's disease, published date:2023  2- Reza Amani, Sanaz Mehrabani. Diet and Nutrition in Neurological Disorders.chapter 36: Role of dietary antioxidants and redox status in Parkinson's disease  3-ساناز مهربانی، سپیده مهربانی.تغذیه کودکان در سفر.انتشارات حروفچین.شماره شابک: 978-600-7419-28-1 . سال 1394  4-رضا امانی، زینب مختاری، الهام حسینی، ساناز مهربانی، هاجر حیدری: بهبود شیوه زندگی کارکنان با رویکرد پیشگیری از بیماری های مزمن در کارکنان پالایشگاه نفت اصفهان. انتشارات حروفچین. شماره شابک: 978-600-8642-88-6 . سال 1401  5-رضا امانی، فاطمه شیرانی، مریم زارع، ساناز مهربانی. دیابت و مدیریت تغذیه ای آن. انتشارات حروفچین.شماره شابک: 978-600-8642-73-2. سال 1399  6-سید مرتضی صفوی، ساناز مهربانی، سپیده مهربانی: اصول تغذیه در سرطان. انتشارات حروفچین.شماره شابک: 978-600-7419-19-8. سال 1395  7-ساناز مهربانی، سپیده مهربانی: لیبیات و اثرات آن بر بدن. انتشارات حروفچین. شماره شابک: 978-600-7419-39-9. سال 1395  8- سید مرتضی صفوی، ساناز مهربانی، سپیده مهربانی: فواید مصرف پرتقال شیرین. انتشارات حروفچین: 978-600-7419-01-4. سال 1394</p>
<p><b>Grants &amp; Awards</b></p> <p>(Date, Name, Significant info, Amount)</p>	<p>2020: Obtaining grant from Iran National Science Foundation for Ph.D. thesis</p> <p>2011: Elected as top student in BSc degree</p> <p>2014: Elected as top student in Master degree</p> <p>2024: Obtaining a degree in Master of Public Health from Shiraz University of Medical Sciences</p>
<p><b>Research Interests</b></p> <p>(Research area)</p>	<p>Nutritional Neuroscience, Nutritional intervention in metabolic disorders, diet therapy for chronic disease, functional foods and disease, processed foods and health outcomes</p>
<p><b>Presentations &amp; Poster Sessions</b></p> <p>(Bibliographic format)</p>	

	<p>1-Effect of phytosterol intake on cholesterol level, narrative review study; The First International Nutrition Congress, Isfahan, 2012, poster</p> <p>2- Effects of yogurt and yogurt plus shallot consumption on lipid profiles in type 2 diabetic women.2<sup>nd</sup> international and the 14<sup>th</sup> Iranian nutrition congress, Tehran, 2016, poster</p> <p>3- Effects of low-fat milk consumption at breakfast on satiety and short-term energy intake in 10-to 12-year-old obese boys.2<sup>nd</sup> international and the 14<sup>th</sup> Iranian nutrition congress, Tehran, 2016, poster</p> <p>4- Effect of low-fat milk consumption compared to apple juice and water on the energy intake among 10-12-year-old obese boys: a three-way cross-over clinical trial.1<sup>nd</sup> international and the 13<sup>th</sup> Iranian nutrition congress, Tehran, 2014, poster, Tehran</p>
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<p><b>Teaching Experience</b></p>	<ol style="list-style-type: none"> <li>1- Teaching the Seminar course for Bachelor’s students of nutrition science, Isfahan University of Medical Sciences,2018</li> <li>2- 2- Teaching the Urban Centers Internship for Bachelor’s students of nutrition science, Isfahan University of Medical Sciences, 2017</li> <li>3- Instructor of the nutrition in neurological and mood disorders, workshop, Shiraz University of Medical Sciences, 2023</li> <li>4- Instructor of Nutrition therapy in bipolar disorder, workshop, Isfahan University of Medical Sciences,2024</li> <li>5- Instructor of Nutrition therapy in Parkinson’s disease, workshop, Isfahan University of Medical Sciences,2024</li> </ol>
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**Teaching Interests: medical** Nutrition therapy in neurologic disorders, CKD, gastrointestinal diseases

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