

Majid Karandish, Professor, Ph.D. Nutritional Sciences

CURRENT ADDRESS

Department of Nutrition,
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Prize: Winner of the 13th Razi Medical Sciences Research Festival (the most important national annual medical research festival), 2007.

EDUCATION

1986-90 B.Sc. (Nutritional Sciences), Shahid Beheshti University of Medical Sciences.
1990-93 M.Sc. (Nutritional Sciences), Shahid Beheshti University of Medical Sciences.
1997-2003 Ph.D. (Nutritional Sciences), Tehran University of Medical Sciences.

APPOINTMENTS

1995-97: Head, Dept. of Nutrition & Chief of the School Library, Paramedical School, Ahvaz University of Medical Sciences.
2003- March 2006: Dean, Paramed. School, Ahvaz University of Medical Sciences.
2002-2006: Member of “Research Council”, Ahvaz Jundishapur University of Medical Sciences.
2005-2006: Member of “Research Council”, Paramedical School, Ahvaz Jundishapur University of Medical Sciences.
2004- 2013: Member of “Press Council”, Ahvaz Jundishapur University of Medical Sciences.
2009-current: Deputy for Research, Paramed. School, Ahvaz Jundishapur University of Medical Sciences.
2010-2015: Director, Nutrition and Metabolic Diseases Research Center, Ahvaz Jundishapur University of Medical Sciences.
January 2018 – July 2020 : Director of Research Affairs, Vice Chancellor for Research and Technology, Ahvaz Jundishapur University of Medical Sciences.

WORKSHOPS

INTERNATIONAL WORKSHOPS & TRAINING COURSES:

2006 Regional workshop on national nutrition policy and plan formulation and implementation. World Health Organization/ Regional Office for the Eastern Mediterranean, Cairo, Egypt, 27-30 Nov., 2006
2004 Challenges in Early Nutrition: ESPGHAN Postgraduate Training Course for the Middle East. Dubai, UAE, 22-26 Feb., 2004
2004 The 3rd South-East Asian Nutrition Leadership Program, 6-12 Sep., 2004, Jakarta, Indonesia.
2001 Visiting scientist at 'Pediatric Nutrition Group, Research Department of Human Nutrition, Royal Veterinary and Agricultural University, Copenhagen, Denmark'.

LOCAL WORKSHOPS & TRAINING COURSES:

- 1997** Advanced Research Methodologies
- 1995** Introductory Research Methodologies
- 1995** Iodine Deficiency Disorders
- 1993** Control of Nutritional Anemia
- 2000** Teaching Strategies

TEACHING EXPERIENCES

***Undergraduate**

- 1) Nutrition in Primary Health Cares
- 2) Nutrition Planning
- 3) Economy of Food and Nutrition
- 4) Food and Nutrition Ecology
- 5) Research Methodologies
- 6) Basic Nutrition 1 (Carbohydrates, Proteins, Fats and Energy)

***Graduate**

- 1) Advanced Nutrition
- 2) Current Topics in Nutrition
- 3) Technical English
- 4) Nutritional Assessment
- 5) Research Methodologies

PUBLICATIONS

***Theses**

M.Sc. Effects of Consumption of Two Different Kinds of Fish on Serum Lipids and Blood Pressure in Healthy Young Men.

Ph.D. The effect of calcium supplementation during pregnancy on maternal blood pressure and serum osteocalcin, breast milk calcium and phosphorus concentration, pregnancy outcome and infant growth.

***BOOKS**

Author:

- 1) Magnitude and Possible Contributors of Childhood Obesity in Iran: Implication for Action. In: Flammenbaum RK (Editor), Global Dimensions of Childhood Obesity, 2006. Nova Science Publishers. Pp: 101-130.
- 2) Vitamin D in Nutrition, Health and Disease, 2008. Esghraghieh Publications, Tehran. (In Persian).
- 3) Epidemiology of Malnutrition, 2010. Baghyatallah University Publications, Tehran. (In Persian).
- 4) Diabetes and Pregnancy, 2011. Vasef Lahiji Publications (Qom, Iran) on behalf of Diabetes Research Center, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran (In Persian).

- 5) Drug Therapy of Obesity, 2011. Ruyan Pajouh Publications (Tehran, Iran) on behalf of Nutrition and Metabolic Diseases Research Center, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran (In Persian).
- 6) An Introduction to Energy Metabolism and Malnutrition. Ruyan Pajouh Publications (Tehran, Iran) on behalf of Nutrition and Metabolic Diseases Research Center, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran (In Persian).

***Translated from English to Persian:**

- 1) Diet, Nutrition and the Prevention of Chronic Diseases (2007). Source: World Health Organization's Technical Report Series # 916, WHO, Geneva (2003).
- 2) Health with Selecting Healthy Food (2005). Source: Eat, Drink and Be Healthy; written by Prof. Walter Willet (2001).

***Articles**

In International Journals:

- 1) Metabolic and hormonal effects of melatonin and/or magnesium supplementation in women with polycystic ovary syndrome: a randomized, double-blind, placebo-controlled trial. *Nutrition and Metabolism*, 2021, 18(1), 57.
- 2) The effect of oat bran consumption on gestational diabetes: a randomized controlled clinical trial. *BMC Endocrine Disorders*, 2021, 21(1), 67.
- 3) Comparison of the effect of milk and pistachio snacks (*pistacia vera*) consumption on satiety status, body fat percent, and macronutrient intake in overweight or obese women: A randomized controlled trial. *Obesity Medicine*, 2021, 23, 100338.
- 4) Effect of implementing a mobile game on improving dietary information in diabetic patients. *Medical Journal of the Islamic Republic of Iran*, 2021, 35(1), pp. 1–6.
- 5) Effects of Melatonin and/or Magnesium Supplementation on Biomarkers of Inflammation and Oxidative Stress in Women with Polycystic Ovary Syndrome: a Randomized, Double-Blind, Placebo-Controlled Trial. *Biol Trace Elem Res*. 2021 May 19. doi: 10.1007/s12011-021-02725-y.
- 6) The effect of curcumin and zinc co-supplementation on glycemic parameters in overweight or obese prediabetic subjects: A phase 2 randomized, placebo-controlled trial with a multi-arm, parallel-group design. *Phytother Res*. 2021 Apr 23. doi: 10.1002/ptr.7136.
- 7) The relationship between sleep quality and breakfast, mid-morning snack, and dinner and physical activity habits among adolescents: a cross-sectional study in Yazd, Iran. *Sleep and Biological Rhythms*, 2021, 19(1), pp. 79–84.
- 8) Evaluation of the effect of curcumin and zinc co-supplementation on glycemic measurements, lipid profiles, and inflammatory and antioxidant biomarkers in overweight or obese prediabetic patients: a study protocol for a randomized double-blind placebo-controlled phase 2 clinical trial. *Trials*, 2020, 21(1), 991.
- 9) The correlation between dietary fat quality indices and lipid profile with Atherogenic index of plasma in obese and non-obese volunteers: A cross-sectional descriptive-analytic case-control study. *Lipids in Health and Disease*, 2020, 19(1), 213.

- 10) Human adenovirus 36 improves insulin sensitivity and lipid profiles and increases inflammatory markers in Wistar rats. *Journal of Investigative Medicine* 2020, 68(5), pp. 980-984
- 11) The prevalence of malnutrition in hemodialysis patients. *Journal of Renal Injury Prevention* 2020, 9(2), e15
- 12) The incidence and awareness of hypertension, among adults in Ahvaz: A 5-Year cohort study in Southwestern Iran. *International Journal of Preventive Medicine* 2020, 11(1), 285924
- 13) Red vine leaf extract (AS 195) can improve some signs and symptoms of chronic venous insufficiency, a systematic review. *Phytotherapy Research* 2020, Article in press.
- 14) Metabolic benefits of curcumin supplementation in patients with metabolic syndrome: A systematic review and meta-analysis of randomized controlled trials. *Phytotherapy Research* 2019, 33(5), pp. 1289-1301
- 15) Adipose tissue miRNA level variation through conjugated linoleic acid supplementation in diet-induced obese rats. *Advances in Clinical and Experimental Medicine* 2018, 27(11), pp. 1477-1482
- 16) Dark chocolate effect on serum adiponectin, biochemical and inflammatory parameters in diabetic patients: A randomized clinical trial. *International Journal of Preventive Medicine* 2018, 9(1), 86
- 17) Prevalence of Metabolically Healthy Obesity (MHO) and its relation with incidence of metabolic syndrome, hypertension and type 2 Diabetes amongst individuals aged over 20 years in Ahvaz: A 5 Year cohort Study (2009–2014). *Diabetes and Metabolic Syndrome: Clinical Research and Reviews*, 2017, 11, pp. S1037-S1040
- 18) Using rats as a research model to investigate the effect of human adenovirus 36 on weight gain. *ARYA Atherosclerosis*. 2017 Jul; 13(4): 167–171.
- 19) Determining the ability of Subjective Global Assessment (SGA) to diagnosis risk of malnutrition in hospitalized patients. *Journal of Research in Medical and Dental Sciences*. 2017; 5 (2): 48-55.
- 20) A survey of the incidence of dyslipidemia and its components in people over 20 years old in Ahvaz: A cohort study 2009–2014. *Diab Met Syndr: Clin Res Rev* (2017), <http://dx.doi.org/10.1016/j.dsx.2017.05.010>.
- 21) A case-control study on food insecurity among patients with kidney stones. *Helix* 2017; 8: 1161-1165.
- 22) Influence of L-carnitine on the expression level of adipose tissue miRNAs related to weight changes in obese rats. *Pak J Biol Sci*. 2016; 19(5):227-232.
- 23) Incidence of Prediabetes and Type 2 Diabetes among People Aged over 20 Years in Ahvaz: A 5-Year Perspective Study (2009–2014). *Journal of Diabetes Research*. Volume 2016, Article ID 4908647, 6 pages. <http://dx.doi.org/10.1155/2016/4908647>
- 24) The effect of pomegranate juice on clinical signs, matrix metalloproteinases and antioxidant status in patients with knee osteoarthritis. *J Sci Food Agric*. 2016 Oct; 96(13):4377-81. doi: 10.1002/jsfa.7647. Epub 2016 Feb 22.

- 25) Simultaneous effects of coffee caffeine intake and sleep deprivation on metabolic biomarkers related to glucose homeostasis among Iranian adult men: a randomized ^{crossover} trial. *Asian Pacific Journal of Clinical Nutrition*. 2016; 25(4):729-739.
- 26) Comparison of components of metabolic syndrome among metabolically obese normal weight, metabolically benign normal weight, and metabolically abnormal obese Iranian children and adolescents in Ahvaz. *Journal of Nutrition and Food Security*. 2016; 1(1): 9-15.
- 27) Association between serum vitamin D level and glycemic and inflammatory markers in non-obese patients with type 2 diabetes. *Iran J Med Sci September 2016; Vol 41 No 5: 367-73*.
- 28) Weight management effects of a mixture of conjugated linoleic acid and L-carnitine in diet induced obese rats. *British Journal of Medicine and Medical Research*. Accepted, in press.
- 29) Food addiction is more prevalent in women with metabolic syndrome. *International Journal of Psychology and Cognitive Science*. 2015;1(1): 1-6.
- 30) The effect of vitamin K1 supplementation on sensitivity and insulin resistance via osteocalcin in prediabetic women: a double-blind randomized controlled clinical trial. *Eur J Clin Nutr*. 2015 Mar 18. doi: 10.1038/ejcn.2015.17.
- 31) A fuzzy logic decision support system for assessing clinical nutritional risk. *Journal of Health Management & Informatics*. 2015;2(2):34-40.
- 32) Phylloquinone supplementation improves glycemic status independent of the effects of adiponectin levels in premenopausal women with prediabetes: a double-blind randomized controlled clinical trial. *Journal of Diabetes & Metabolic Disorders*. (2015) 14:1.
- 33) The Effects of Pomegranate Juice on Proinflammatory Cytokines and Physical Function in Patients with Knee Osteoarthritis. *Jentashapir J Health Res*. 2015 October; 6(5): e26558.
- 34) Controversies in Obesity Treatment. *Nutrition and Food Sciences Research Vol 2, No 3, Jul-Sep 2015, pages: 5-14*.
- 35) The Prevalence of Metabolic Syndrome in Weight Groups among Children and Adolescents of Ahvaz. *Iranian Journal of Diabetes and Obesity*. 2015, 7: 1-6.
- 36) Comparison of serum levels of zinc and leptin in female endurance and sprinting runners with non-athletes. *Int J Curr Res Chem Pharma Sci*. 2015, 2(8):54–58.
- 37) A randomized clinical trial of nutrition education for improvement of diet quality and inflammation in Iranian obese women. *J Nutr Metab*. 2014;2014:605782. doi: 10.1155/2014/605782.
- 38) Prevalence of metabolic syndrome and its correlated factors among children and adolescents of Ahvaz aged 10 – 19. *Journal of Diabetes & Metabolic Disorders*. 2014, 13:53.
- 39) Body Weight Changes during the Menstrual Cycle among University Students in Ahvaz, Iran. *Pakistan Journal of Biological Sciences*. 2014; 17(7): 915-9.
- 40) The relationship between egg consumption during pregnancy and risk of gestational diabetes mellitus. *Jentashapir J Health Res*, 2014; 5(1): 437-43.
- 41) The effect of magnesium supplementation and weight loss on liver enzymes in patients with nonalcoholic fatty liver disease. *Journal of Research in Medical Sciences*. 2013; 18(7): 572-8.
- 42) Comparison of changes in postprandial serum leptin between healthy and type 2 diabetic individuals. *Malaysian Journal of Nutrition*. 2012, 18 (3): 337-43.
- 43) Predictors of non-alcoholic fatty liver in a group of non-obese and non-diabetic Iranian adults. *Mediterr J Nutr Metab* (2012) 5:49–51.
- 44) Effect of daidzein-low-calorie diet on body weight, serum levels of glucose, resistin, and high sensitive C-reactive protein in high fat, high calorie diet induced rats. *Saudi Med J*. 2012 Jan; 33(1):70-5.
- 45) Educational difference in the prevalence of osteoporosis in postmenopausal women: a study in northern Iran. *BMC Public Health*. 2011 Nov 3; 11(1):845.
- 46) Weight loss in women with metabolic syndrome. *International Journal of Cardiology*. 2011 Mar 17;147(3):464-5.

- 47) Very high prevalence of zinc deficiency among elderly hospitalized patients in Ahvaz, Iran. *Saudi Medical Journal* 2011 Mar;32(3):314-5.
- 48) Weight loss in diabetic obese women in comparison to non-diabetic women. *International Journal of Cardiology*. doi:10.1016/j.ijcard.2011.05.033
- 49) Gender difference in obesity management among Iranian patients with metabolic syndrome. *International Journal of Cardiology* 2011 Apr 1;148(1):109-10.
- 50) Effect of calcium supplementation on lipid profile in overweight or obese Iranian women: a double-blind randomized clinical trial. *European Journal of Clinical Nutrition* (2009) 63, 268–272.
- 51) Calcium intake pattern among postmenopausal women in Ahvaz, Iran. *Journal of Biological Sciences*, 2010; 10(3): 251-254.
- 52) Effects of whey protein supplementation on hematological parameters in healthy young resistant male athletes. *Journal of Applied Sciences*, 2010; 10(11): 991-995.
- 53) Evaluation of urinary riboflavin levels of primary school children in Rafsanjan, Iran. *Journal of Biological Sciences*, 2009; 9: 389-391.
- 54) In-school Snacking, Breakfast Consumption, and Sleeping Patterns of Normal and Overweight Iranian High School Girls: A Study in Urban and Rural Areas in Guilan, Iran. *J Nutr Educ Behav*, 2009; 41:27-31.
- 55) The study of whey protein supplementation on plasma essential amino acids concentrations after resistance exercise in healthy young athletes. *Journal of Biological Sciences*, 2009; 9: 145-151.
- 56) Effect of vitamin C supplementation on oxidative stress markers following thirty minutes moderate intensity exercise in healthy young women. *Journal of Biological Sciences*, 2008; 8: 1333-1337.
- 57) Effect of calcium supplementation on blood pressure in overweight or obese women. *Journal of Biological Sciences*, 2008; 8:773-8.
- 58) Does supplementation with calcium during pregnancy affect the mineral concentration in mature breast milk? *International Journal of Endocrinology and Metabolism*. 2007; 5 (4): 134-141.
- 59) Obese and female adolescents skip breakfast more than their non-obese and male peers. *Central European Journal of Medicine* 2(4) 2007 481–487. DOI: 10.2478/s11536-007-0043-1.
- 60) Vitamin C Status in Iranian Children with Acute Lymphoblastic Leukemia: Evidence for Increased Utilization. *Journal of Pediatric Gastroenterology and Nutrition*. 2007; 45: 141-144.
- 61) Height and weight of urban preschool children in relation to their mothers' educational levels and employment status in Rasht City, northern Iran. *Maternal & Child Nutrition* 2007; 3: 52-57.
- 62) Inadequate intake of calcium and dairy products among pregnant women in Ahvaz city, Iran. *Malaysian Journal of Nutrition* 2005; 11 (2): 111-20.
- 63) Prevalence of obesity in Iran. *Obesity Reviews*, 2005 Aug; 6(3):191-2.
- 64) Social factors and pregnancy weight gain in relation to infant birth weight: a study in public health centers in Rasht, Iran. *Eur J Clin Nutr*. 2005 Oct; 59(10):1208-12.
- 65) Prevalence of overweight and obesity in adolescent Tehrani students, 2000-2001; an epidemic health problem. *Public Health Nutrition* 2004; 7(5): 645-648.

In Iranian Journals:

- 1) The effect of rational- emotive behavior therapy on body mass index, weight self- efficacy, and body image among overweight teenage girls. *Journal of Psychological Achievements*. Fall & Winter, 2015-2016, 4 (2): 75-98.

- 2) The effect of alternate day fasting on weight, food intake and fasting blood glucose levels in rat. *Iranian Journal of Diabetes and Lipid Disorders*. 2014; 13 (3) :243-251.
- 3) Anthropometric Assessment and Some of Contributing Factors in Control of Phenylketonuria Patients in Khuzestan Province. *Jundishapur Scientific Medical Journal*. 2014; 13(1): 21-30.
- 4) Risk Factors of Growth Faltering among 3-36 Months Old Children in Ahwaz, Iran. *Journal of Kerman University of Medical Sciences*. 2013; 20(5): 481-491.
- 5) Correlation between Quality and Quantity of Dietary Carbohydrate and Obesity in a Group of Healthy Women from Ahvaz. *Journal of Fasa University of Medical Sciences*. 2013; 3(3): 230-234.
- 6) Contributing Factors of Treatment Drop-Out in Overweight or Obese Patients in Ahvaz. *Jentashapir Journal*. 2013; 4(2): 111-120.
- 7) Analysis of the Correlation between Glycemic Index (GI) and Glycemic Load (GL) of the Food Program and the Lipid Profile in a Group of Healthy Women from Ahvaz. *Journal of Fasa University of Medical Sciences*. 2011; 2 (1): 32-36.
- 8) Relationship between fish consumption and decreased breast cancer risk. *Scientific Medical Journal* 2010; 9(3): 307-314.
- 9) Effects of whey protein supplementation on hematological parameters after resistance exercise in healthy young athletes. *Iranian J. Endocrinol. Metab*. 2006; 10: 373-379.
- 10) Effect of calcium supplementation on the body weight and adiposity indices in overweight or obese women. *Iranian Journal of Nutrition (MATA)* 2006; 2: 6-11.
- 11) Effect of calcium supplementation on lipid profile in overweight or obese women: a randomized double blind clinical trial. *Iranian J. Endocrinol. Metab*. 2006; 8: 187-193.
- 12) Validation study of height-weight difference index (HWDI) for screening underweight and obesity status in Tehranian adults. *Research in Medicine* 2006; 30: 91-96.
- 13) Prevalence of overweight and obesity in Tehrani female adolescent students in 2000-2001. *Hakim Research Journal*. 2004; 7: 38-43.
- 14) Serum retinol concentrations and anthropometric indicators in primary school children studying in the 7th educational zone of Tehran city, 2000. *Iranian Journal of Nutrition Sciences and Food technology*. 2006; 1: 51-56.
- 15) A study on assessment of mature breast milk calcium concentration in Ahvaz, and the essentiality of sampling from both breasts. *Sci. Med. J. Ahvaz Joundi Shapur Univ. Med. Sci*. 2004; 41: 63-68..
- 16) The effect of calcium supplementation in pregnancy on breast milk calcium concentration. *Iranian J. Endocrinol. Metab*. 2004; 20: 307-314.
- 17) The effect of calcium supplementation during pregnancy on the birth weight. *Med. J. Reprod. Infert*. 2003; 4: 184-191.
- 18) Effects of Consumption of Fatty Fish From North and South of Iran on Serum Lipids and Blood Pressure of Healthy Young Men. *Pejouhandeh*. 1998; 9:21-7.

***Proceedings**

- 1) History of International Children Growth References and the World Health Organization's New Reference. Oral presentation at 9th Iranian Congress of Nutrition. Sep. 4-7, 2006, Tabriz, Iran. (In Persian).
- 2) Diet, Nutrition and the Prevention of Chronic Diseases: WHO Recommendations and Tehran Province Situation. Oral Presentation at 5th Iranian Congress on Nutrition, 1999 (In Persian).
- 3) A Model for Planning of Food Production to Improve Nutritional Situation in Khorasan. Oral Presentation at the Seminar: Population Problems of Khorasan, 1996 .pp: 73-9 (In Persian).
- 4) Analysis of Production, Consumption and Export Power of Agricultural Productions in Gilan and Mazandaran, Case Studies: Rice, Citrus Fruits and Tea. Oral Presentation at the

Seminar: Commercial and Economic Capabilities of Gilan Province, 1995 .pp: 163-70. (In Persian).

***Posters**

Presented at International Events:

- 1) Prevalence of Metabolic Syndrome among Elderly People in South-West of Iran. *14th Global Conference on Ageing, August 8-10, 2018, Toronto, Canada.*
- 2) Incidence of pre-diabetes and type 2 diabetes among adults in Ahvaz, Iran: A 5 Year prospective study (2009-2014). *The 27th Great Wall International Congress of cardiology, October 13-16, 2016, Beijing, China.*
- 3) Prevalence of Metabolic Syndrome in Normal Weight Children and Adolescents in Ahvaz, Iran. *The 27th Great Wall International Congress of cardiology, October 13-16, 2016, Beijing, China.*
- 4) Contributing Factors of Weight Regain after Weight Loss in Ahvaz, Iran. *The 25th Great Wall International Congress of Cardiology Asia Pacific Heart Congress 2014 International Congress of Cardiovascular Prevention and Rehabilitation 2014.. Published as supplement to Journal of the American College of Cardiology, Volume 64, Issue 16, Supplement, 21 October 2014, Page C107.*
- 5) Postprandial Serum Leptin in the Type 2 Diabetes Mellitus Patients. *Asia Pacific Digestive Week, 5-8 Dec. 2012, Bangkok, Thailand. Published as supplement to Journal of Gastroenterology and Hepatology. Dec. 2012; 27: (Suppl. 2).*
- 6) Anthropometric Assessment of Phenylketonuria Patients under 10 Year Old in Ahvaz, Iran. *Asia Pacific Digestive Week, 5-8 Dec. 2012, Bangkok, Thailand. Published as supplement to Journal of Gastroenterology and Hepatology. Dec. 2012; 27: (Suppl. 2).*
- 7) Applying a Computerized Nutritional Screen Tool for Determining Malnutrition Risk in Hospitalized Patients. *Asia Pacific Digestive Week, 5-8 Dec. 2012, Bangkok, Thailand. Published as supplement to Journal of Gastroenterology and Hepatology. Dec. 2012; 27: (Suppl. 2).*
- 8) Comparative Study of Nutritional Patterns between Day-Time and Shift-Work Hospital Personnel in Ahvaz, Iran. *Asia Pacific Digestive Week, 5-8 Dec. 2012, Bangkok, Thailand. Published as supplement to Journal of Gastroenterology and Hepatology. Dec. 2012; 27: (Suppl. 2).*
- 9) Comparative Study of Relationship between Body Mass Index and Waist to Height Ratio with Liver enzymes Levels. *Asia Pacific Digestive Week, 5-8 Dec. 2012, Bangkok, Thailand. Published as supplement to Journal of Gastroenterology and Hepatology. Dec. 2012; 27: (Suppl. 2).*
- 10) Comparison of Body Mass Index and Bioimpedance for Diagnosis of Obesity in Adults. *Asia Pacific Digestive Week, 5-8 Dec. 2012, Bangkok, Thailand. Published as supplement to Journal of Gastroenterology and Hepatology. Dec. 2012; 27: (Suppl. 2).*
- 11) Contributing Factors of Treatment Drop-out in Overweight or Obese Patients in Ahvaz, Iran. *Asia Pacific Digestive Week, 5-8 Dec. 2012, Bangkok, Thailand. Published as supplement to Journal of Gastroenterology and Hepatology. Dec. 2012; 27: (Suppl. 2).*
- 12) Nutritional Knowledge of Female Nurses in Ahvaz, Iran. *Asia Pacific Digestive Week, 5-8 Dec. 2012, Bangkok, Thailand. Published as supplement to Journal of Gastroenterology and Hepatology. Dec. 2012; 27: (Suppl. 2).*
- 13) Nutritional Knowledge of Patient with Cardiovascular Diseases in Shiraz, Iran. *Asia Pacific Digestive Week, 5-8 Dec. 2012, Bangkok, Thailand. Published as supplement to Journal of Gastroenterology and Hepatology. Dec. 2012; 27: (Suppl. 2).*

- 14) The Effect of Delivering a Daily Warm Meal on Anthropometric Status of 3-6Year Old Children. *Asia Pacific Digestive Week, 5-8 Dec. 2012, Bangkok, Thailand. Published as supplement to Journal of Gastroenterology and Hepatology. Dec. 2012; 27: (Suppl. 2).*
- 15) The Effect of Magnesium Supplementation on Appetite and Constipation in Overweight or Obese Patients under Low Calorie Diet. *Asia Pacific Digestive Week, 5-8 Dec. 2012, Bangkok, Thailand. Published as supplement to Journal of Gastroenterology and Hepatology. Dec. 2012; 27: (Suppl. 2).*
- 16) The Effects of Magnesium Supplementation on Liver Enzymes in Patients with Non-Alcoholic Fatty Liver Disease. *Asia Pacific Digestive Week, 5-8 Dec. 2012, Bangkok, Thailand. Published as supplement to Journal of Gastroenterology and Hepatology. Dec. 2012; 27: (Suppl. 2).*
- 17) A Survey on Risk Factors of Diet-Related Chronic Diseases in Razi Petrochemical Company, Mahshahr, Iran. *Asia Pacific Digestive Week, 5-8 Dec. 2012, Bangkok, Thailand. Published as supplement to Journal of Gastroenterology and Hepatology. Dec. 2012; 27: (Suppl. 2).*
- 18) Prevalence of 'Normal Weight, Over Fat' among Personnel of 'Port and Marine Organization', Khoramshahr, Iran. *Asia Pacific Digestive Week, 5-8 Dec. 2012, Bangkok, Thailand. Published as supplement to Journal of Gastroenterology and Hepatology. Dec. 2012; 27: (Suppl. 2).*
- 19) The effect of alternate day fasting on weight and food intake in rat. *Asia Pacific Digestive Week, 19-22 Sep. 2010, Kuala Lumpur, Malaysia. Published as supplement to Journal of Gastroenterology and Hepatology. 2010 Sep. 25; (Suppl. 2): A122.*
- 20) Effects of whey protein supplementation on hematological parameters in healthy young resistance male athletes. *5th Asian Congress of Dietetics, 10-12 Nov. 2010, Bangkok, Thailand. Published as supplement to Journal of the Thai Dietetic Association 2010 Sep.-Dec. 30; 3: 160.*
- 21) Two to five-year age children at risk of overweight based on new WHO growth standards in Ahwaz, south western of Iran, 2009. *The 4th Scandinavian Pediatric Obesity Conference, 9-10 July 2010, Stockholm, Sweden. Published as supplement to Obesity Reviews 2010; 11 (Suppl. 1): 472.*
- 22) Relationship between 'Infant Rapid weight Gain' and overweight/obesity in 6-7 year old children in Ahvaz, Iran. *19th International Congress of Nutrition, 4-9 Oct., 2009 in Bangkok, Thailand.*
- 23) Effect of Calcium Supplementation on the Body weight and Adiposity Indices in Overweight or Obese Women. *28th American Overseas Dietetic Association. 23-25 April, 2009, Bangkok, Thailand.*
- 24) Very high prevalence of zinc deficiency in elderly hospitalized patients in Ahvaz, Iran. *International Conference on Health Promotion and Quality in Health Services (IHPQS). Nov. 19-21, 2008, Bangkok, Thailand.*
- 25) Measurement of plasma MDA using HPLC method with fluorescent detector. *The 9th Iranian Congress of Biochemistry and the 2nd International Congress of Biochemistry and Molecular Biology. Oct. 29- Nov. 1, 2007, Shiraz, Iran*
- 26) Health policy implications of using different BMI-for-age reference values in overweight prevalence studies among adolescents: a case study from Tehran, Iran. *1st World Congress of Public Health Nutrition. Sep. 28-30, 2006, Barcelona, Spain.*
- 27) Effect of calcium supplementation on serum lipoprotein levels of overweight and obese women: A double blind randomized controlled clinical trial. *13th Asia-Oceania Congress of Endocrinology. May 10-12, 2006, Tehran, Iran.*
- 28) Working with computer as a determinant of overweight or obesity in adolescent students in Tehran city. *13th Asia-Oceania Congress of Endocrinology. May 10-12, 2006, Tehran, Iran.*

- 29) The effect of calcium supplementation during pregnancy on breast milk calcium concentration: a double blind placebo controlled clinical trial. *2nd World congress of Pediatric Gastroenterology, hepatology and Nutrition*. July 1-8, 2004, Paris, France.
- 30) The effect of calcium supplementation during pregnancy on anthropometric measures at birth. *16th International Pediatric Conference*. Oct. 9-15, 2004, Tehran, Iran.
- 31) biochemical assessment of vitamin D status in pregnant women in Ahvaz. *7th International Congress of Endocrine Disorders*. Oct. 8-11, 2004, Tehran, Iran.
- 32) Coexistence of thinness and overweight in Tehrani adolescent male students, 2001. *6th IEA eastern Mediterranean Regional Scientific Meeting*. Dec. 9-11, 2003, Ahvaz, Iran.
- 33) Self body image among adolescent obese male students. *6th IEA eastern Mediterranean Regional Scientific Meeting*. Dec. 9-11, 2003, Ahvaz, Iran.
- 34) Appetite positively correlates with overweight in adolescent school girls. *6th IEA eastern Mediterranean Regional Scientific Meeting*. Dec. 9-11, 2003, Ahvaz, Iran.
- 35) The effect of calcium supplementation during pregnancy on pregnancy outcome. *5th International Congress on Obstetrics & Gynecology*. Dec. 8-11, 2004, Tehran, Iran.
- 36) The effect of calcium supplementation in pregnancy on serum osteocalcin concentration: a double blind placebo controlled randomized clinical trial. *Euregio Congress of Clinical Chemistry and laboratory Medicine*. Oct. 8-10, 2003, Aachen, Germany.
- 37) Prevalence of overweight in adolescent students in Tehran city, Iran 2001: an epidemic health problem. *9th European Nutrition Conference*. Oct. 1-4, 2004, Rome, Italy.
- 38) Overweight and breakfast consumption: a correlational study among female adolescent students in Tehran, Iran 2001. *9th European Nutrition Conference*. Oct. 1-4, 2004, Rome, Italy.
- 39) Comparative evaluation of frequently used indices of central adiposity as predictors of cardiovascular diseases risk factors in women with non insulin dependent diabetes mellitus. *18th International Diabetes Federation Congress*. Aug. 24-29, 2003, Paris, France.
- 40) Similar patterns of breakfast consumption between obese secondary school boys and girls in Tehran, Iran. *IX Asian Congress of Nutrition*. Feb. 23-27, New Delhi, India.
- 41) Association between obesity and usual consumption of breakfast in secondary school girls in Tehran, Iran. *3rd Asian Congress of Dietetics*. Aug. 18-21, 2002, Kuala Lumpur, Malaysia.
- 42) The prevalence of overweight and obesity among high school girl students, Tehran 2000-01. *3rd Asian Congress of Dietetics*. Aug. 18-21, 2002, Kuala Lumpur, Malaysia.
- 43) Adolescent girls' body-image and obesity status, Tehran, I.R.Iran, 2000-01. *9th World Congress on Clinical Nutrition*. June 24-26, 2002, London, UK.
- 44) The Food Consumption Pattern in Hamedan Province: A Risk Assessment for Chronic Diseases Morbidity. *The First Preventive Medical Congress*. Oct. 20-21, 1999, Hamedan, Iran.
- 45) Effects of Uzun-Boron (Common Sturgeon from Caspian Sea) Consumption on the Levels of Serum Lipid Fractions and Blood Pressure of Healthy Young Men. *The First Eastern Mediterranean Congress on Preventive Cardiology and 10th Annual Iranian Congress of Cardiovascular Diseases*. 1997, Isfahan, Iran.
- 46) Trend of Fat Consumption in Iran. *The First Eastern Mediterranean Congress on Preventive Cardiology and 10th Annual Iranian Congress of Cardiovascular Diseases*. 1997, Isfahan, Iran.

Presented at National Events:

- 1) Integrative Nutrition Therapy: Position, Strengths, and Limitations. *The 2nd International and the 14th Iranian Nutrition Congress, September 4-7, 2016, Tehran*.
- 2) Utilization of Nurses' Health Study's Findings in Treatment of Infertility in Women. *The 2nd International and the 14th Iranian Nutrition Congress, September 4-7, 2016, Tehran*.

- 3) Effect of Omega-3 fatty acids supplementation on serum levels of TNF-a in pemphigus patients. *The 1st International & the 13th Iranian Nutrition Congress Nov 30-Dec 3, 2014, Tehran.*
- 4) The association of eating disorders with body mass index and body image in an adolescent female highschool students,in Ahvaz,Iran. *The 1st International & the 13th Iranian Nutrition Congress Nov 30-Dec 3, 2014, Tehran.*
- 5) Phylloquinone supplementation increases adiponectin levels in prediabeticpremenopause women:a doubleblind randomized controlled clinical trial. *The 1st International & the 13th Iranian Nutrition Congress Nov 30-Dec 3, 2014, Tehran.*
- 6) Controversies in Obesity Treatment. *The 1st International & the 13th Iranian Nutrition Congress Nov 30-Dec 3, 2014, Tehran.*
- 7) The effect of pomegranate juice on parameters of Western Ontario and McMaster Universities Osteoarthritis Index in patients with knee osteoarthritis. *The 1st International & the 13th Iranian Nutrition Congress Nov 30-Dec 3, 2014, Tehran.*
- 8) The simultaneous effects of deprived sleep and coffee caffeine intake on plasma cortisol levels among Iranian healthy adult men: a randomized controlled crossover trial. *The 1st International & the 13th Iranian Nutrition Congress Nov 30-Dec 3, 2014, Tehran.*
- 9) Evaluation the effects of L-Carnitine on weight in rats with diet induced obesity. *The 1st International & the 13th Iranian Nutrition Congress Nov 30-Dec 3, 2014, Tehran.*
- 10) Food addiction is more prevalent in women with metabolic syndrome. *The 1st International & the 13th Iranian Nutrition Congress Nov 30-Dec 3, 2014, Tehran.*
- 11) Prevalence of overweight/obesity among primary school students in Ahvaz, based on the new World Health Organization standards. *The 10th Iranian Nutrition Congress, 2008, Tehran.*
- 12) Health and nutrition claims on weight loss diets with emphasis on 'Alternate Day Fasting'. *The 10th Iranian Nutrition Congress, 2008, Tehran.*
- 13) Validation stusy of self-reported weight and height in male university students in Ahvaz. *The 10th Iranian Nutrition Congress, 2008, Tehran.*
- 14) Relationship between breakfast consumption and obesity in high school female students in Ahvaz. *The 10th Iranian Nutrition Congress, 2008, Tehran.*
- 15) Survey on cardiovasular risk factors in hospitalized patients in Bustan psychology hospital, Ahvaz. *The 10th Iranian Nutrition Congress, 2008, Tehran.*
- 16) Nutritional knowledge of female adolescents about importance of iron in human nutrition in Lali, Khouzeestan. *The 10th Iranian Nutrition Congress, 2008, Tehran.*
- 17) Two case reports of 'Alternate Day Fasting'. *The 10th Iranian Nutrition Congress, 2008, Tehran.*
- 18) Effect of dietary pattern on hirsutism incidence. *The 10th Iranian Nutrition Congress, 2008, Tehran.*
- 19) Relationship between vitamin C intake and lipid peroxidation after exercise-induced oxidatice stress in female university students in Ahvaz. *The 10th Iranian Nutrition Congress, 2008, Tehran.*
- 20) Validation study of body image in male university students. *The 10th Iranian Nutrition Congress, 2008, Tehran.*
- 21) Effect of vitamin C supplementation on plasma glutathione level following 30 minutes moderate intensity exercise in healthy women. *The 10th Iranian Nutrition Congress, 2008, Tehran.*
- 22) Cardiovascular disease risk factors in personnel of the Director of Commercial Affairs, National Iranian Drilling Company, Ahvaz, Iran. *The 10th Iranian Nutrition Congress, 2008, Tehran.*
- 23) Relationship between dairy calcium intakes and anthropometric indices among postmenopause women in Ahvaz. *The 1st Congress on Metabolic Syndrome, 2008, Tabriz.*

- 24) Relationship between BMI, WHR and waste circumference with incidence of hirsutism. *The 1st Congress on Metabolic Syndrome, 2008, Tabriz.*
- 25) Non-alcoholic fatty liver disease as a determinant of metabolic syndrome. *The 1st Congress on Metabolic Syndrome, 2008, Tabriz.*
- 26) Effect of vitamin C supplementation on lipids peroxidation following 30 minutes moderate intensity exercise in healthy young women. *The 18th Iranian Congress of Physiology and Pharmacology, 2007, Meshed.*
- 27) Effect of calcium supplementation on weight and adiposity indices in overweight or obese women. *The 9th Iranian Congress of Nutrition, Tabriz, Iran.*
- 28) High prevalence of 'Rapid Infant Weight Gain' in boys with birth weight lower than 50th percentile in Ahvaz. *The 9th Iranian Congress of Nutrition, Tabriz, Iran.*
- 29) Prevalence of 'Rapid Infant Weight Gain' in Baft, Kerman. *The 9th Iranian Congress of Nutrition, Tabriz, Iran.*
- 30) Survey on agreement between self-reports and mother-reports about breakfast consumption among primary school children in Ahvaz. *The 9th Iranian Congress of Nutrition, Tabriz, Iran.*
- 31) Validation study of self-reported weight in female university students in Ahvaz. *The 9th Iranian Congress of Nutrition, Tabriz, Iran.*
- 32) Survey on some determinants of growth retardation among 3-36 months in Ahvaz. *The 9th Iranian Congress of Nutrition, Tabriz, Iran.*
- 33) Over-estimation of obesity and body fat with using Omron bioimpedance analysis device. *The 9th Iranian Congress of Nutrition, Tabriz, Iran.*
- 34) Relationship between dietary calcium intake with body mass index and blood lipoprotein levels in female adults. *The 9th Iranian Congress of Nutrition, Tabriz, Iran.*
- 35) Comparison of anthropometric indices in predicting cardiovascular risk factors in men with NIDDM. *2nd Congress of prevention of Non Communicable Disease.* March 7-9, 2004, Tehran, Iran.
- 36) The study of relationship between parity and obesity in Ahvaz. *8th Iranian Congress on Nutrition.* Sep. 6-9, 2004, Tehran, Iran.
- 37) Comparison of Omron and Tanita devices for measuring percent body fat of young female university students in Ahvaz. *7th Iranian Nutrition congress.* Sep. 2-5, 2002, Rasht, Iran.
- 38) Underestimation of overweight and obesity by BMI in young girls. *7th Iranian Nutrition congress.* Sep. 2-5, 2002, Rasht, Iran.
- 39) A comparative study of conicity index and WHR for estimation of percent body fat in young girls. *7th Iranian Nutrition congress.* Sep. 2-5, 2002, Rasht, Iran.
- 40) Worrying prevalence of overweight and obesity in secondary school girls in Tehran in education year 1379-80. *7th Iranian Nutrition congress.* Sep. 2-5, 2002, Rasht, Iran.
- 41) The effect of dietary fats and oils: health analysis of changes in food consumption pattern in Iran. *The 1st Iranian Congress of cancer Research.* May 15-18, 2001, Urmia, Iran.
- 42) Association between pre-pregnancy BMI and LBW in Golestan district, Ahvaz in 1999. *6th Iranian Nutrition Congress.* Feb. 12-15, 2001, Ahvaz, Iran.
- 43) The Food Consumption Pattern in Hamedan Province: A Risk Assessment for Chronic Diseases Morbidity. *The First Preventive Medical Congress.* Oct. 20-21, 1999, Hamedan, Iran.
- 44) Calculation of Per Capita Energy Requirements in Iran During 1956-1996 and Determination of Its Major Parameter. *5th Iranian Nutrition Congress.* Sep. 13-17, 1999, Tehran, Iran.
- 45) Caffeine Intake in Pregnant Mothers in Ahvaz. *The First International Congress of Asia and Pacific Association of Medical Toxicology (APAMT-1) & 5th Iranian Congress of Toxicology and Poisoning (ICTP-5).* Sep. 27-30, 1997, Tehran, Iran.

- 46) Zandi P. Rashidi A. Karandish M. 1997, Trend of Fat Consumption in Iran. *The First Eastern Mediterranean Congress on Preventive Cardiology and 10th Annual Iranian Congress of Cardiovascular Diseases*.
- 47) Evaluation of Diet Quality Based on Nutrient Density: Yazd Province. *3rd Iranian Congress on Nutrition*. March 4-7, 1995, Isfahan, Iran.

RESEARCH INTERESTS:

- * Nutrition in Primary Health Cares
- * Nutritional Epidemiology
- * Nutritional anthropometry
- * Nutrition Transition
- * Dietary Standards
- * Nutrition in National Development
- * Causes and Consequences of Low Birth Weight

PROFESSIONAL MEMBERSHIP

- 2000** Committee of Planning The Iranian National Dietary Guidelines
- 1989-** Iranian Nutrition Society
- 2000-** Scientific Committee, 6th – 13th Iranian Congress of Nutrition
- 1996-** I.R.I Family Planning Association (Member of I.P.P.F.)
- 1997-** I.R.I. Breastfeeding Society
- 1998-2003** Executive Committee, 5th – 6th Iranian Congress of Nutrition
- 1995-98** National Energy Committee of I.R.Iran (Member of World Energy Council)
- 1993-97** Iodine Deficiency Disorders Committee, Khuzestan Province
- 1989-92** Institute of Food Technologists

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