

CURRICULUM VITAE

Sima Jafarirad

Address: Department of Nutrition,
School of Allied Medical Sciences,
Ahvaz Jundishapur University of
Medical Sciences, Ahvaz- Iran,
Cell Phone: +98 911 2527976
Home: +98 61 33205292
Office: +98 61 33738319
Fax: +98 61 33738330
Email: sjafarirad@gmail.com
jafarirad-s@ajums.ac.ir
ORCID ID: 0000-0002-3161-5329

Educational and Employment History

- February 2019 to present: Associate Professor of Nutrition, Department of Nutrition, School of Paramedicine, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran.
- May 2012 to February 2019: Assistant Professor of Nutrition, Department of Nutrition, School of Paramedicine, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran.
- February 2007 to April 2012: Ph.D. student of Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences. Thesis title: "Study of the vitamin A supplementation effect on immune system of Multiple Sclerosis (MS) patients".
- July 2005 to January 2007: Expert of food control lab at Mazandaran University of Medical Sciences.
- October 2002 to June 2005: Master of Science student of Health Sciences in Nutrition, Tehran University of Medical Sciences. Thesis title: "A survey on nutritional status in 14-18 years age adolescent girls in high schools of Sari, winter 2004".
- April 1996 to September 2002: Expert of food control lab at Mazandaran University of Medical Sciences
- October 1993 to September 1996: Bachelor of Science student of Nutrition, Ahvaz Jundishapur University of Medical Sciences.

Research opportunity program

June to August 2009: in Department of molecular pharmacology, Graduated school of pharmaceutical sciences at Kyoto University, Japan. visited research: “Voltage-clamp recording from Xenopus oocytes expressing mammalian ion channels
Primary culture of newborn/fetal brain slices and neurons
Viability tests and functional analysis using cultured brain slices and neurons”.

Academic Awards

Recipient of the first place in (Ph.D.) university entrance exam in 2005

Teaching history Course

Teaching history Course	Level of Students
Progressive nutrition (part 1)	M.Sc.
Managing in nutritional planning	B.Sc.
Ecology of Nutrition	B.Sc.
Nutrition (nurse and midwifery students)	B.Sc.
Nutrition and metabolism	M.D. (medical doctoral)

Students Supervised

Ms. N. Tahvildari, M.Sc. student, Ahvaz Jundishapur University of Medical Sciences, 2013 to 2016

Ms. E. Mombaini, M.Sc. student, Ahvaz Jundishapur University of Medical Sciences, 2014 to 2017

Ms. N. Ayobi, M.Sc. student, Ahvaz Jundishapur University of Medical Sciences, 2014 to 2017

Ms. M. Mohaghegh, M.Sc. student, Ahvaz Jundishapur University of Medical Sciences, 2014 to 2017

Ms. M. Shakeri, M.Sc. student, Ahvaz Jundishapur University of Medical Sciences, 2015 to 2018

Ms. M. Vakili, M.Sc. student, Ahvaz Jundishapur University of Medical Sciences, 2015 to 2017

Ms. Kh. Behzadi, M.Sc. student, Ahvaz Jundishapur University of Medical Sciences, 2015 to 2017.

Ms. Mina Bahrami, M.Sc. student, Ahvaz Jundishapur University of Medical Sciences, 2016 to 2019

Ms. Leila Jampour, M.Sc. student, Ahvaz Jundishapur University of Medical Sciences, 2016 to 2019

Ms. Mehrnaz Morvaridi, M.Sc. student, Ahvaz Jundishapur University of Medical Sciences, 2017 to 2019

Ms. Farideh Yazdanparast, M.Sc. student, Ahvaz Jundishapur University of Medical Sciences, 2017 to 2019

Mr. Mohammad-Reza Elahi, M.Sc. student, Ahvaz Jundishapur University of Medical Sciences, 2018 to present

Mrs. Shirin Amini, Ph.D. student, Ahvaz Jundishapur University of Medical Sciences, 2015 to 2019

Mr. Hamed Mir, Ph.D. student, Ahvaz Jundishapur University of Medical Sciences, 2015 to present

Mr. Reza Gudarzi, Ph.D. student, Ahvaz Jundishapur University of Medical Sciences, 2017 to present

Professional Society Memberships

Iran Society of Nutrition

Iran's scientific association for healthy food and nutrition

Areas of Specialty

Nutritional Behavior

Nutritional clinical Trials

Research Presentations 2000-2014

1- Food and Health congress. 14-15 April, 2016, Sari.

1-1- Poster presentation: Different kind of cooking among women residing in Ahvaz city.

Jafarirad S, Khaleghi F, Abrishamkar H, Hosseinzadeh-Behrouz F, Halali-Jula M.

1-2- Poster presentation: Food intake among women with different educational level.

Jafarirad S, Khaleghi F, Abrishamkar H, Halali-Jula M, Hosseinzadeh-Behrouz F.

2- The 1st National Health Sciences Students Congress. 24-25 December, 2015, Sari.

2-1- Poster presentation: The relationship of agitation followed by job pressure with food habits among women employments at Ahvaz Jundishapur University of Medical

Sciences. **Jafarirad S**, Tahmasebi M.

3- The 1st Congress of Students Research Committees of South-West Iran. 29-30 February, 2016, Ahvaz.

3-1- Poster presentation: The effect of Job stress on food intake among employed woman at Ahvaz Jundishapur University of Medical Sciences. **Jafarirad S**, Mousavi M.

3-2- Oral presentation: The comparison of healthy meals between female and male university students at Ahvaz Jundishapur University of Medical Sciences. **Jafarirad S**, Mahmed-Mousa A, Vahdat M.

3-3- Poster presentation: The relationship of depression with anthropometric indices among male university students. **Jafarirad S**, Arjomand R, Mohammadipor N, Nazari A, Abkar Y.

3-4- Poster presentation: The comparison of eating behavior scores between different personality traits in male university students at Ahvaz Jundishapur University of Medical Sciences. **Jafarirad S**, Amani A, Jamdar R, Al-Naseri A, Norouzi N.

3-5- Oral presentation: The relationship between high sensitive C-reactive protein and anthropometric indices among women with polycystic ovary syndrome. Mombeini E, **Jafarirad S**, Haghighizadeh M, Padfar P.

4- The 8st Iranian Nutrition Congress of Pediatric Endocrinology and Metabolism. 10-12 June, 2015. Sari, Iran

4-1- Poster presentation: The effect of Stress and emotional eating on obesity.

Author: Hosseinfar M, Marvdashtipour M, Palimi T, **Jafarirad S**.

5- 1st international and 13th Iranian Nutrition Congress. 30 November -3 December, 2014. Tehran, Iran

5-1- Poster presentation: The relationship of dairy products intake with menstrual cycle and bleeding period in Ahvaz Jundishapur University of Medical Sciences student girls..

Author: **Jafarirad S**, Rasaei N, Darabi F.

5-2- Poster presentation: A study on different food groups intake according to my plate food pattern among students of Shahid Chamran University of Ahvaz. Author: Zangeneh A, **Jafarirad S**.

5-3- Poster presentation: The relationship between dairy intake and sleep quality in student boys in Ahvaz Jundishapur University of Medical Sciences. Author:

Marvdashtipour M, **Jafarirad S**, Lotfi M, Khadel-ul-Hosseini M.

6- 7th Students' Research Congress of Ahvaz Jundishapur University of Medical Sciences, 1 March, 2015, Ahvaz, Iran

6-1- Poster presentation, [A survey on dietary pattern changes during Ramadan holy month in Ahvaz citizens (Ramadan 2014)], Author: Rahbari R, **Jafarirad S**. [in Persian]

6-2- Poster presentation, [The relationship of Bis-phenol- A and obesity occurrence], Author: Marvdashtipour M, **Jafarirad S**, Palimi T, Hosseinfar M. [in Persian]

7- 12th International Congress of Immunology and Allergy of Iran, 29 April- 2 May, 2014, Tehran, Iran.

7-1- Poster presentation, The effect of vitamin A supplement on C-reactive protein in patients with multiple sclerosis: a randomized double blind clinical trial. Author:

Jafarirad S, Saboor-Yaraghi AA, Amani R.

7-2- Poster presentation, The impact of retinyl palmitate on TGF-beta/IL-17 and IL-2/IL-4 ratios in patients with multiple sclerosis: a randomized double blind clinical trial.

Author: **Jafarirad S**, Saboor-Yaraghi AA, Amani R.

8- 1st National Conference of Agriculture Contaminations and Food Safety, University of Mollasani, Khuzestan, 26-27 February 2014, Iran.

8-1- Oral presentation, [Trans and saturated fatty acid measurements in different dairy products produced in Mazandaran province]. Author: **Jafarirad S**, Babaei Z. [in Persian]

9- 9th Iranian Nutrition Congress, Tabriz University of Medical Sciences, 4-7 September, 2006. Tabriz, Iran

9-1- poster presentation. [A study on nutrients intake and anthropometric assay in adolescent girls age range 14-18, in high schools of Sari]. Author: **Jafarirad S**, Keshavarz SA, Dorosti-Motlagh A. [in Persian]

10- 3rd Seminar of nutrition security, Azad University of Savadkooh, 13-14 December, 2006, Savadkooh, Iran.

10-1- Poster presentation: [Determining the nutritional status and related factors of adolescent students in high schools of Sari]. Authors: **Jafarirad S**, Keshavarz SA. [in Persian]

11- 8th Iranian Nutrition Congress, Iranian society of Nutrition, 6-9 September, 2004. Tehran, Iran

11-1- Poster presentation: [The relationship of the energy intake percentage (compared with RDA) and number of pregnancy with waist circumference to hip circumference ratio (WHR) and percentage of body fat in women age range 19-49 in village Hootk, Chatrood city, Kerman province, summer 2003]. Authors: **Jafarirad S**, Dorosti-Motlagh A, Jarollahi N, Sadrzadeh Yeganeh H. [in Persian]

12- 7th International congress of Endocrine Disorders, Shahid Beheshti University of Medical Sciences, 9-11 October 2004, Tehran, Iran

12-1- Poster presentation: [A study on obesity prevalence and its relationship with number of pregnancy in women in village Hootk, Chatrood city, Kerman, 2003]. Authors: Abtahi M, Jarollahi N, **Jafarirad S**, Doostmohammadian A, Sahargahi B, Afkhami A. [in Persian]

13- 5th International Conference on Nutrition & Fitness, 9-12 June 2004, Greece

13-1- Poster presentation: A rapid survey to study the effect of physical activity and energy intake on the percentage of body fat, WHR, and BMI in 19-49 years old women in a village in Chatroud, in the province of Kerman, Iran. Authors: Jarollahi N, Sadrzadeh-Yeganeh H, Nazemi L, Alavi AM, Afkhami A, **Jafarirad S**, Sahargahi B.

Peer-Reviewed Publications

□ Yazdanparast F, **Jafarirad S** (corresponding author), Borazjani F, Haghighizadeh MH, Jahanshahi M. Comparing between the effect of energy restricted diet and yoga on the resting metabolic rate, anthropometric indices, and serum adipokine levels in overweight and obese staff women. *Journal of Research in Medical Sciences*, 2020; 25(37): 1-7.

□ Amini Sh, Shirali S, **Jafarirad S** (corresponding author), Motaghinejad M, Ehsani H. Are Lipid Profile, Body Mass Index, Waist Circumference, and Blood Pressure of Depressed Elderly Patients Different from Healthy Subjects? *International journal of preventive medicine*. 2019; 10.

□ Morvaridi M, **Jafarirad S** (corresponding author), Seyedian SS, Alavinejad P, Cheraghian B. The effects of extra virgin olive oil and canola oil on inflammatory markers and gastrointestinal symptoms in patients with ulcerative colitis. *European Journal of Clinical Nutrition*. 2020; 74(6). Doi: 10.1038/s41430-019-0549-z.

□ Jamour L, **Jafarirad S** (corresponding author), Hashemi H, Behrouzian F. The interaction effect of anxiety and mood on energy intake and blood pressure in healthy women university students. *Nutrition and Food Science*. 2019; 50(2):269-279.

□ Rajabi Joursari M, Amini S, **Jafarirad S** (corresponding author), The Effect of Doogh (a Traditional Yogurt Drink) Consumption on Quality of Sleep in Female Students with Sleep Disorders: A Randomized Clinical Trial. *The Journal of Nutrition and Food sciences*. 2019; 14(2): 31-38.

□ **Jafarirad S**, Mansoori A, Goodarzi R. Does Turmeric/curcumin Supplementation Change Anthropometric Indices in Patients with Non-alcoholic Fatty Liver Disease? A Systematic Review and Meta-analysis of Randomized Controlled Trials. *Clinical Nutrition Research*. 2019; 8(3): 169-208.

□ Zilae M, Hosseini SA, **Jafarirad S**, et al. An evaluation of the effects of saffron supplementation on the asthma clinical symptoms and asthma severity in patients with mild and moderate persistent allergic asthma: a double-blind, randomized placebo-controlled trial. *Respir Res*. 2019;20(1):39. doi:10.1186/s12931-019-0998-x.

□ Vakili M, **Jafarirad S** (corresponding author), Abedi P, Amani R, Cheraghian B. Visual Cues and Food Intake: Distortion Power of Plate and Spoon Size on Overweight and Obese University Staff. *Int J Prev Med*. 2019;10:82. doi:10.4103/ijpvm.IJPVM_557_17.

□ Bahrami M, Cheraghpour M, **Jafarirad S** (corresponding author), Alavinejad P, Cheraghian B. The role of melatonin supplement in metabolic syndrome: A randomized double blind clinical trial. *Nutrition & Food Science*. 2019; 49(5): 965-977. doi: 10.1108/NFS-01-2019-0018.

□ Jampour L, **Jafarirad S** (corresponding author), Cheraghian B, Behrouzian F. Effects of Mood Induction Using Movie Watching on Food Intake and Hormone Levels. *Nutrition Today*. 2019; 54(2):88–94. doi: 10.1097/NT.0000000000000329.

□ Naghashpour M, Amani R, Sarkaki A, Ghadiri AA, Samarbaf-Zadeh A, **Jafarirad S**, Rouhizadeh A, Saki A. Riboflavin may ameliorate neurological motor disability but not spatial learning and memory impairments in murine model of multiple sclerosis. *Clinical Nutrition Experimental*. 2019: 23:1-14.

□ Bitarafan S, Mohammadpour Z, **Jafarirad S**, Harirchian MH, Yekaninejad MS, Saboor-Yaraghi AA. The effect of retinyl-palmitate on the level of pro and anti-inflammatory cytokines in multiple sclerosis patients: A randomized double blind clinical trial. *Clin Neurol Neurosurg*. 2019;177:101-105. doi:10.1016/j.clineuro.2019.01.003.

□ **Jafarirad S** (corresponding author), Ayoobi N, Karandish M, Jalali MT, Haghizadeh MH, Jahanshahi A. Dark Chocolate Effect on Serum Adiponectin,

Biochemical and Inflammatory Parameters in Diabetic Patients: A Randomized Clinical Trial. *Int J Prev Med.* 2018;9:86. doi:10.4103/ijpvm.IJPVM_339_17.

□ Amini Sh, **Jafarirad S** (corresponding author), Amani R. Postpartum depression and vitamin D: A systematic review. *Critical Reviews in Food Science and Nutrition.* 2017, DOI: 10.1080/10408398.2017.1423276.

□ Rahimlou M, Morshedzadeh N, Karimi S, **Jafarirad S** (corresponding author). Association between dietary glycemic index and glycemic load with depression: a systematic review. *European Journal of Nutrition*, 2018, <https://doi.org/10.1007/s00394-018-1710-5>.

□ Abbaspoor Z, Amani A, Afshari P, **Jafarirad S**. The effect of education through mobile phone short message service on promoting self-care in pre-diabetic pregnant women: A randomized controlled trial. *Journal of Telemedicine and Telecare.* doi: <https://doi.org/10.1177/1357633X18791419>.

□ Amini Sh, **Jafarirad S** (corresponding author), Mohseni H, Ehsani H, Hejazi L, Feghhi N. Comparison of food intake and body mass index before pregnancy between women with spontaneous abortion and women with successful pregnancy. *The Iranian Journal of Obstetrics, Gynecology and Infertility.* 2017; 20 (10): 35-42.

□ Tahvildary N, **Jafarirad S** (corresponding author), Keshavarz A, HashemiSheikh Shabani E, Haghghizade M, Vakili M. Evaluating the [Relationship between Anxiety and Eating Behaviors among Atudents of Universities of Ahvaz and Tehran] . *Iranian Journal of Nutrition Sciences & Food Technology.* 2017; 12 (2) :35-44. [In Persian].

□ Behzadi, Kh, **Jafarirad S** (corresponding author), Mousavi P, Saki Omol. [Effect of dried black seed grape on controlling the severity of premenstrual syndrome symptoms]. *The Iranian Journal of Obstetrics, Gynecology and Infertility.* 2016; 19 (3): 26-34. [In Persian].

□ **Jafarirad S**, Rasaie N, Darabi F. [Comparison of anthropometric indices and lifestyle factors between healthy university students and affected by premenstrual syndrome]. *Jundishapur Scientific Medical Journal.* 2016; 15 (2), 217-227. [In Persian].

□ Mombaini E, **Jafarirad S** (corresponding author), Husain D, Haghghizadeh MH, Padfar P. The Impact of Green Tea Supplementation on Anthropometric Indices and Inflammatory Cytokines in Women with Polycystic Ovary Syndrome. *PHYTOTHERAPY RESEARCH*, 2017 May;31(5):747-754. doi: 10.1002/ptr.5795.

□ **Jafarirad S**, Mousavi Borazjani A, Fathi M, Hormoznejad R. A Study on Anthropometric Measurements, Blood Pressure, Blood Sugar and Food Intakes Among

Different Social Status and Ethnicities. *Jundishapur Journal of Chronic Disease Care*. 2017 January; 6(1):e38916. doi: 10.17795/jjcdc-38916.

□ Naghashpour M, Amani R, Sarkaki A, Ghadiri A, Samarbafzadeh A, **Jafarirad S**, Saki Malehi A. : Brain-derived neurotrophic and immunologic factors: beneficial effects of riboflavin on motor disability in murine model of multiple sclerosis. *Iranian Journal of Basic Medical Sciences*, 2016; 19:439-448.

□ Ayoobi N, **Jafarirad S** (corresponding author), Haghhighizadeh MH, Jahanshahi A. Protective Effect of Dark Chocolate on Cardiovascular Disease Factors and Body Composition in Type 2 Diabetes: A Parallel, Randomized, Clinical Trial. *Iranian Red crescent Medical Journal*, 2017 August; 19(8):e21644.

□ Naghashpour M, **Jafarirad S**, Amani R, Sarkaki A, Saedisomeolia A. Update on riboflavin and multiple sclerosis: a systematic review. *Iranian Journal of Basic Medical Sciences*. 2017; 20:958-966. doi: 10.22038/IJBMS.2017.9257.

□ **Jafarirad S**. Does Food Container Influence Food Intake? *BAOJ Nutrition BAOJ Nutrition*, 2016, 2: 019. doi:<http://dx.doi.org/10.24947/baojn/2/3/00111>.

□ Sadeghi N, Paknezhad F, Rashidi Nooshabadi M, Kavianpour M, **Jafarirad S**, Khadem Haghghiand H. : Vitamin E and fish oil, separately or in combination, on treatment of primary dysmenorrhea: a double-blind, randomized clinical trial. *GYNECOLOGICAL ENDOCRINOLOGY*, 2018, <https://doi.org/10.1080/09513590.2018.1450377>.

□ Bazyar H, Mirzaee F, Akbari-Panah E, **Jafarirad S** (corresponding author). The Prevalence of Premenstrual Syndrome and its Relationship with Food Intake, Anxiety and Digestive Disorders in University Student Girls. *MOJ Food Processing & Technology*, 2017, 5(3): 00131.

□ Veissi M, **Jafarirad S**, Ahangarpour A, Mohaghegh SM, Saki Malehi A. Co-exposure to endocrine disruptors: effect of bisphenol A and soy extract on glucose homeostasis and related metabolic disorders in male mice. *Endocrine regulations*. 2018, 52(2) 76–84

□ Lotfi, M, Khadem Al-Hosseini M, **Jafarirad S** (corresponding author). The Relationship of Sleep Quality with Eating Behavior and Food Intake among Male University Students. *Journal of Sleep Medicine and Disorders* 2015; 2(5): 1-7.

□ Ghaderpour Sh, Baveicy K, **Jafarirad S** (corresponding author). Relationship of constipation and irritable bowel syndrome with food intake, anthropometric measurements and eating behaviors in male students. *Nutrition and Food Sciences Research* 2015; 2(4): 3-9.

□ Bitarafan S, Saboor-Yaraghi A, Sahraian MA, Nafissi S, Togha M, Beladi Moghadam N, Roostaei T, Siassi F, Eshraghian MR, Ghanaati H, **Jafarirad S**, Rafieie B, Harrirchian MH. Impact of vitamin A supplementation on disease progression in patients with multiple sclerosis. *Arch Iran Med* 2015; 18(7): 435-440.

□ Harrirchian MH, Mohammadzadeh Honarvar N, Koohdani F, Bitarafan S, Siassi F, **Jafarirad S**, Abdolahi M, Salehi E, Sahraian MA, Rouystae H, Eshraghian MR, Saboor-Yarghi AA. The effect of vitamin A supplementation on disease progression, cytokine levels and gene expression in multiple sclerotic patients: study protocol for a randomized controlled trial. *Acta Med Iran* 2014; 52(2): 94-100.

□ Darabi F, Rasaei N, **Jafarirad S**(corresponding author). The Relationship Between Premenstrual Syndrome and Food Patterns in University Student Girls. *Jentashapir Journal of Health Research* 2014; 5(6): e26656.

□ **Jafarirad S**, Siassi F, Harirchian MH, Amani R, Bitarafan S, Saboor-yaraghi A. The effect of vitamin A supplementation on biochemical parameters in multiple sclerosis patients. *Iran Red Cres Med J.* 2013; 15(3): 194-198.

□ Honarvar NM, Harrirchian MH, Koohdani F, Siassi F, **Jafarirad S**, Abdolahi M, Bitarafan S, Salehi E, Sahraian MA, Eshraghian MR, Saboor-Yarghi AA. In Vitro Effect of Human Serum and Fetal Calf Serum on CD4+ T Cells Proliferation in Response to Myelin Oligodendrocyte Glycoprotein (MOG) in Correlation with RBP/TTR Ratio in Multiple Sclerotic Patients. *J Mol Neurosci* 2013; 50(3):571-576.

□ **Jafarirad S**, Siassi F, Harirchian MH, Sahraian MA, Eshraghian MR, Amani R, Bitarafan S, Mozafari S, Saboor-yaraghi A. The effect of vitamin A supplementation on stimulated T-cell proliferation with Myelin Oligodendrocyte Glycoprotein in patients with multiple sclerosis. *J Neurosci Rural Pract* 2012; 3(3): 294-298.

□ **Jafarirad S**, Keshavarz SA, Khalilian A. [Dietary habits in adolescent girls of Sari (Mazandaran Province, Iran)]. *Journal of Mazandaran University of Medical Sciences* 2007; 16(56): 108- 114. [In Persian]

□ **Jafarirad S**, Keshavarz SA, Dorosty AR. [Factors Associated with the Nutritional Status of Adolescent Girls Based on Body Mass Index in Sari, Iran]. *Iranian Journal of Nutrition Sciences & Food Technology* 2007; 2(2): 51-56. [In Persian]

□ **Jafarirad S**, Keshavarz SA, and Khalilian AR. [The relationship between socioeconomic factor and body mass index (BMI) in adolescent girls of Sari]. *Journal of Mazandaran University of Medical Sciences* 2006; 16(51): 75–80. [In Persian]

□ **Jafarirad S**, Keshavarz SA, Sadr Zadeh Yeganeh H, Dorosti Motlagh AR, Khalilian AR. [Assessment of anthropometric status and nutrients intake in adolescent girls in Mazandaran province, Iran]. Payesh, Journal of The Iranian Institute For Health Sciences Research 2005; 4(3): 217-223. [In Persian]

Published Books

□ Nutrition and diet therapy in Multiple Sclerosis. From Prevention to treatment. Naghashpour M, Jafarirad S. 2018, 2nd ed. Ahvaz Jundishapur University of Medical Sciences. Ahvaz

Reviewer of Scientific Journals

- Iranian Journal of Endocrinology and Metabolism
- Jundishapur Journal of Natural Pharmaceutical Products
- Journal of Nutritional Sciences and Dietetics (JNSD)
- Iranian Journal of Nutrition Sciences & Food Technology