

Yahya PASDAR

Curriculum Vita

1. Personal Details

Work Address	Department of Nutritional Sciences, School of public health Kermanshah University of Medical sciences, Dolat Abad Kermanshah- Iran
Telephone	0831 828 1991
E-mail	Yahya.pasdar@kums.ac.ir
Date of birth	01/11/61
Nationality	Iranian
Gender	Male
Marital status	Married

2. Qualifications & Education

PhD in Nutrition (Nurigenomics) (Well qualified in Nutrigenomics and Molecular nutrition)	From King's College, London (KCL)
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Qualifications

2001-2008	PhD in Nutrition (Nutrigenomics), King's College London. Title of Thesis: Dietary and genetic determinants of iron status <ul style="list-style-type: none">➤ Determining dietary intake of iron➤ Collecting blood from 400 subjects➤ DNA extraction using different methods➤ Running PCR, RT-PCR and Gel Electrophoresis➤ Mutation detection using WAVE (DHPLC)➤ Using Pyrosequencer for sequencing DNA and mutation detection➤ Sequencing more than DNA 2500 samples using different methods for iron related genes
2000-2001	PG Diploma in Nutrition and Dietetics , King's College London
1989-1992	MSc Nutrition, University of Tehran, Iran <ul style="list-style-type: none">➤ Research Project: (Iron deficiency anaemia in haemodialysis patients) distinguished mark on the project, cumulative average of 18.82 out of 20.

3. Employments:

2020-Present	Secretary of the National Accreditation Commission of the Ministry of Health
2012- Present	Head of Public Health College
2008 – 2012	
2008 - Present	Associate Professor in Nutrition at KUMS (Head of Nutritional Sciences Department)
2006 - 2008	
1993 - 2000	Member of KUMS Research Council
	Post doctorate in Nutrigenomics, at King's College London,
	Lecturer in nutrition, Kermanshah University of Medical sciences, Iran
1997 – 2000	Chief Editor of BEHBOOD (Scientific Journal of KUMS)
1997 – 1999	Head of Family health planning department in school of public health at KUMS
1996 – 1997	Member of research committee at KUMS

4. Teachings:

2008 – Present	KUMS	Food and drugs interaction for Pharmacy students, clinical Nutrition for MD students and principal nutrition for health and midwifery students
2002 - 2008	KCL	<u>Practical demonstration</u> for MSc and principal nutrition for BSc students
1993 - 2000	KUMS	<u>Lecturing</u> Principal Nutrition, Biochemistry of Nutrition and Nutrition in deferent age groups for MD, MSc and BSc students

5. Inventions

- Producing a useful food supplement enriched royal jelly
- Nutritional system to determine calories and nutrients consumed

6. Publications:

1. Pasdar Y, Moradi S, Saedi S, Moradinazar M, Rahmani N, Hamzeh B, Najafi F. Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet in relation to age-associated poor muscle strength; a cross-sectional study from the Kurdish cohort study. *Scientific Reports*. 2022 Jul 13;12(1):11866.
2. Pasdar Y, Hamzeh B, Karimi S, Moradi S, Cheshmeh S, Shamsi MB, Najafi F. Major dietary patterns in relation to chronic low back pain; a cross-sectional study from RaNCD cohort. *Nutrition journal*. 2022 May 12;21(1):28.
3. Baharirad N, Pasdar Y, Nachvak M, Ghavamzadeh S, Soroush A, Saber A, Mostafai S, Naghipour A, Abdollahzad H. The relationship of dietary total antioxidant capacity with sarcopenia and cardiometabolic biomarkers in type 2 diabetes patients. *Physiological reports*. 2022 Feb;10(3):e15190.
4. Jalilian F, Jerome-D'Emilia B, Najafi F, Pasdar Y, Matin BK, Amini M, Kargar M, Moradinazar M, Pirouzeh R, Karimi N, Hosseini SN. Socio-Economic Status and clinical breast examination screening uptake: findings from the First Cohort Study among iranian kurdish women. *Asian Pacific journal of cancer prevention: APJCP*. 2022 May;23(5):1555.
5. Rahimi F, Pasdar Y, Kaviani M, Abbasi S, Fry H, Hekmatdoost A, Nikpayam O, Sohrab G, Rezaei M, Nachvak SM, Mohammadi R. Efficacy of the synbiotic supplementation on the metabolic

- factors in patients with metabolic syndrome: a randomized, triple-blind, placebo-controlled trial. *International Journal of Clinical Practice*. 2022 Apr 16;2022.
6. Bagheri A, Khosravy T, Moradinazar M, Nachvak SM, Pasdar Y, Soleimani D, Samadi M. Optimal cut- off points of fat mass index and visceral adiposity index associated with type 2 diabetes mellitus. *Food Science & Nutrition*. 2022 Aug;10(8):2710-7.
 7. Jam SA, Moloudpour B, Najafi F, Darbandi M, Pasdar Y. Metabolic obesity phenotypes and chronic kidney disease: A cross-sectional study from the RaNCD cohort study. *BMC nephrology*. 2022 Dec;23(1):1-9.
 8. Fateh HL, Mirzaei N, Gubari MI, Darbandi M, Najafi F, Pasdar Y. Association between dietary total antioxidant capacity and hypertension in Iranian Kurdish women. *BMC Women's Health*. 2022 Jun 25;22(1):255.
 9. Kohsari M, Moradinazar M, Rahimi Z, Najafi F, Pasdar Y, Shakiba E. New inflammatory biomarkers (lymphocyte and monocyte percentage to high-density lipoprotein cholesterol ratio and lymphocyte to monocyte percentage ratio) and their association with some cardiometabolic diseases: Results from a large Kurdish cohort study in Iran. *Wiener klinische Wochenschrift*. 2022 Sep;134(17-18):626-35.
 10. Moludi J, Tandorost A, Kamari N, Abdollahzad H, Pakzad R, Najafi F, Pasdar Y. Dietary total antioxidant capacity and its association with renal function and kidney stones: Results of a RaNCD cohort study. *Food science & nutrition*. 2022 May;10(5):1442-50.
 11. Omid F, Barzegar A, Soltani B, Gharagozlou F, Pasdar Y, Darandi M. Occupational Exposure to Vegetable Oil: a Risk Factor of Blood Lipid Disorder. *Journal of Environmental Health and Sustainable Development*. 2021 Mar 15.
 12. Namazi N, Anjom-Shoae J, Najafi F, Ayati MH, Darbandi M, Pasdar Y. Pro-inflammatory diet, cardio-metabolic risk factors and risk of type 2 diabetes: A cross-sectional analysis using data from RaNCD cohort study. *BMC cardiovascular disorders*. 2023 Jan 7;23(1):5.
 13. Amiri F, Moradinazar M, Moludi J, Pasdar Y, Najafi F, Shakiba E, Hamzeh B, Saber A. The association between self-reported mobile phone usage with blood pressure and heart rate: evidence from a cross-sectional study. *BMC public health*. 2022 Dec;22(1):1-0.
 14. Anjom-Shoae J, Namazi N, Ayati MH, Darbandi M, Najafi F, Pasdar Y. Dietary insulin index and load in relation to cardiometabolic risk factors in patients with type 2 diabetes mellitus: A cross-sectional study on the RaNCD cohort study. *Nutrition*. 2023 Jan 1;105:111830.
 15. Najafi F, Darbandi M, Rezaeian S, Hamzeh B, Moradinazar M, Shakiba E, Pasdar Y. Relative Handgrip Strength and Incidence of Hypertension: A Case-Cohort Study From Ravansar Non-Communicable Diseases Cohort. *Journal of Physical Activity and Health*. 2022 Oct 1;19(10):666-72.
 16. Karimi S, Pasdar Y, Hamzeh B, Ayenehpour A, Heydarpour F, Goudarzi F. Obesity phenotypes related to musculoskeletal disorders; a cross-sectional study from RaNCD cohort. *Archives of Public Health*. 2022 Dec;80(1):1-8.
 17. Cheshmeh S, Hojati N, Mohammadi A, Rahmani N, Moradi S, Pasdar Y, Elahi N. The use of oral and enteral tube- fed arginine supplementation in pressure injury care: A systematic review and meta- analysis. *Nursing open*. 2022 Nov;9(6):2552-61.
 18. Cheshmeh S, Elahi N, Ghayyem M, Mosaieby E, Moradi S, Pasdar Y, Tahmasebi S, Moradinazar M. Effect of green cardamom on the expression of genes implicated in obesity and diabetes among obese women with polycystic ovary syndrome: a double blind randomized controlled trial. *Genes & nutrition*. 2022 Dec;17(1):17.
 19. Amini M, Najafi F, Kazemi Karyani A, Pasdar Y, Samadi M, Moradinazar M. Does socioeconomic status affect fruit and vegetable intake? Evidence from a cross-sectional analysis of the RaNCD Cohort. *International Journal of Fruit Science*. 2021 Jan 1;21(1):779-90.
 20. Najafi F, Darbandi M, Neya SK, Belasi MT, Izadi N, Pasdar Y, Barzegar A. Epidemiology of musculoskeletal disorders among iranian adults: results from a non-communicable disease cohort study. *BMC Musculoskeletal Disorders*. 2023 Dec;24(1):1-7.
 21. Amjadi A, Pasdar Y, Rezaeian S, Nachvak M, Ghavamzadeh S, Alizadeh M, Abdollahzad H, Navabi J. The Association Between Dietary Acidity and Clinical Symptoms in Patients With Rheumatoid Arthritis. *Clinical nutrition research*. 2022 Oct;11(4):277.
 22. Miryan M, Darbandi M, Moradi M, Najafi F, Soleimani D, Pasdar Y. Relationship between the Mediterranean diet and risk of hepatic fibrosis in patients with non-alcoholic fatty liver disease: A cross-sectional analysis of the RaNCD cohort. *Frontiers in nutrition*. 2023 Feb 22;10:1062008.

23. Shahbazi F, Najafi F, Shojaei L, Farzaei MH, Shokoohinia Y, Pasdar Y, Hamzeh B, Tahvilian R, Rahimi W, Shakiba E, Karim H. Hypertension medication from guidelines to practice: A cohort study in western Iran. *Pharmacoepidemiology and drug safety*. 2023 Mar 28.
24. Mohammadi A, Darbandi M, Pasdar Y, Mohebi M, Kamari N, Ziaei N, Najafi F. The Healthy Eating Index and oral health among adults: a cross-sectional study from an Iranian RaNCD cohort data. *Scientific Reports*. 2023 Jul 20;13(1):11706.
25. Darbandi M, Shadmani FK, Miryan M, Ghalandari M, Mohebi M, Jam SA, Pasdar Y. The burden of osteoarthritis due to high Body Mass Index in Iran from 1990 to 2019. *Scientific Reports*. 2023 Jul 20;13(1):11710.
26. Moludi J, Kamari N, Darbandi M, Mostafaei S, Moradi S, Pasdar Y, Najafi F, Navabi J, Saber A. Association between dietary inflammatory index and infertility of women; Results from RaNCD Cohort Study.
27. Nikbakht HR, Najafi F, Shakiba E, Darbandi M, Navabi J, Pasdar Y. Triglyceride glucose-body mass index and hypertension risk in Iranian adults; a population-based study.
28. Kamari N, Fateh HL, Darbandi M, Najafi F, Moradi M, Pasdar Y. Fatty liver index relationship with biomarkers and lifestyle: result from RaNCD cohort study. *BMC gastroenterology*. 2023 Dec;23(1):1-8.
29. Moludi J, Fateh HL, Pasdar Y, Moradinazar M, Sheikhi L, Saber A, Kamari N, Bonyani M, Najafi F, Dey P. Association of dietary inflammatory index with chronic kidney disease and kidney stones in Iranian adults: A cross-sectional study within the Ravansar non-communicable diseases cohort. *Frontiers in nutrition*. 2022 Oct 12;9:955562.
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33. Shakiba E, Moradinazar M, Rahimi Z, Najafi F, Pasdar Y, Kohsari M. Tobacco smoking and blood parameters in the kurkish population of Iran. *BMC Cardiovascular Disorders*. 2023 Aug 14;23(1):401.
34. Khazaie H, Hamzeh B, Najafi F, Chehri A, Rahimi-Movaghar A, Amin-Esmaeili M, Moradi-Nazar M, Zakiee A, Pasdar Y. Co-occurrence of Aggression and Suicide Attempt Among Young People and Related Factors: Findings from Iranian Youth Cohort Study in Ravansar. *Archives of Iranian Medicine*. 2023 Jun 1;26(6):322-9.
35. Pasdar Y, Hamzeh B, Moradi S, Mohammadi E, Cheshmeh S, Darbandi M, Faramani RS, Najafi F. Healthy eating index 2015 and major dietary patterns in relation to incident hypertension; a prospective cohort study. *BMC Public Health*. 2022 Dec;22(1):1-1.
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37. Pasdar Y, Khamoushi F, Rezaeian S, Darbandi M, Najafi F, Hamzeh B. Association of Relative Handgrip Strength with Anthropometric Measures and Lipid Profiles in Individuals with Cardiovascular Disease: Results from RaNCD Cohort Study. *Topics in Clinical Nutrition*. 2021 Oct 1;36(4):263-71.
38. Darbandi M, Hamzeh B, Ayenepour A, Rezaeian S, Najafi F, Shakiba E, Pasdar Y. Anti-inflammatory diet consumption reduced fatty liver indices. *Scientific Reports*. 2021 Nov 19;11(1):1-8.
39. Kohsari M, Moradinazar M, Rahimi Z, Najafi F, Pasdar Y, Moradi A, Shakiba E. Association between RBC Indices, Anemia, and Obesity-Related Diseases Affected by Body Mass Index in Iranian Kurdish Population: Results from a Cohort Study in Western Iran. *International Journal of Endocrinology*. 2021 Sep 6;2021.

40. Hamzeh B, Pasdar Y, Mirzaei N, Faramani RS, Najafi F, Shakiba E, Darbandi M. Visceral adiposity index and atherogenic index of plasma as useful predictors of risk of cardiovascular diseases: evidence from a cohort study in Iran. *Lipids in health and disease*. 2021 Dec;20(1):1-0.
41. Cheshmeh S, Ghayyem M, Khamooshi F, Heidarzadeh-Esfahani N, Rahmani N, Hojati N, Mosaieby E, Moradi S, Pasdar Y. Green cardamom plus low-calorie diet can decrease the expression of inflammatory genes among obese women with polycystic ovary syndrome: a double-blind randomized clinical trial. *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*. 2021 May 31:1-0.
42. Khazaie H, Najafi F, Hamzeh B, Chehri A, Rahimi-Movaghar A, Amin-Esmaeili M, Moradi-Nazar M, Khazaie S, Zakiei A, Kamasi S, Pasdar Y. Cluster analysis of risky behaviors among the youth in Western Iran: Determining correlates and comparing clusters based on severity of disability and attitude toward mental health help-seeking. *Indian journal of psychiatry*. 2021 Sep 1;63(5):424-32.
43. Kohsari M, Moradinazar M, Rahimi Z, Pasdar Y, Shakiba E. Liver Enzymes and Their Association with Some Cardiometabolic Diseases: Evidence from a Large Kurdish Cohort. *BioMed Research International*. 2021 Jun 14;2021.
44. Jam SA, Rezaeian S, Najafi F, Hamzeh B, Shakiba E, Moradinazar M, Darbandi M, Hichi F, Eghtesad S, Pasdar Y. Association of a pro-inflammatory diet with type 2 diabetes and hypertension: results from the Ravansar non-communicable diseases cohort study. *Archives of Public Health*. 2022 Dec;80(1):1-8.
45. Pasdar Y, Najafi F, Darbandi M, Rezaeian S, Niazi P, Hamzeh B. Financial incentive strategy for weight loss and maintenance of weight loss. *Journal of preventive medicine and hygiene*. 2021 Mar;62(1):E206.
46. Samadi M, Khosravy T, Azadbakht L, Rezaei M, Mosafaghadir M, Kamari N, Bagheri A, Pasdar Y, Najafi F, Hamze B, Soleimani D. Major dietary patterns in relation to muscle strength status among middle-aged people: A cross-sectional study within the RaNCD cohort. *Food Science & Nutrition*. 2021 Dec;9(12):6672-82.
47. Hamzeh B, Pasdar Y, Moradi S, Darbandi M, Rahmani N, Shakiba E, Najafi F. Metabolically healthy versus unhealthy obese phenotypes in relation to hypertension incidence; a prospective cohort study. *BMC Cardiovascular Disorders*. 2022 Dec;22(1):1-7.
48. Pasdar Y, Moradi S, Moradinazar M, Hamzeh B, Najafi F. Better muscle strength with healthy eating. *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*. 2021 Feb;26(1):367-74.
49. Mousavian SZ, Pasdar Y, Ranjbar G, Jandari S, Akhlaghi S, Almasi A, Safarian M. Randomized controlled trial of comparative hypocaloric vs full-energy enteral feeding during the first week of hospitalization in neurosurgical patients at the intensive care unit. *Journal of Parenteral and Enteral Nutrition*. 2020 Nov;44(8):1475-83.
50. Hajipoor S, Hekmatdoost A, Rezaei M, Nachvak SM, Alipour M, Eskandari S, Mostafai R, Sobhiyeh MR, Mohammadi R, Pasdar Y. The effect of yogurt co-fortified with probiotic and vitamin D on lipid profile, anthropometric indices and serum 25-hydroxy vitamin D in obese adult: A Double-Blind Randomized-Controlled Trial. *Food Science & Nutrition*. 2021 Jan;9(1):303-12.
51. Abolfathi M, Pasdar Y, Kheiri M, Irandoost SF, Darabi F. The effect of consuming multivitamin/mineral supplements on elderly quality of life: Based on randomized control trial. *Journal of Education and Health Promotion*. 2021;10.
52. Moradinazar M, Najafi F, Pasdar Y, Hamzeh B, Shakiba E, Bohn MK, Adeli K, Rahimi Z. Establishing hematological reference intervals in healthy adults: Ravansar non-communicable disease cohort study, Iran. *International journal of laboratory hematology*. 2021 Apr;43(2):199-209.
53. Barzegari E, Pasdar Y, Hamzeh B, Darabi M, Moradinazar M, Najafi F. Factors Associated with Thyroid Dysfunction in Hypothyroidism-Endemic Region of Ravansar, 2017-2018: A Cross-Sectional Analysis. *Journal of Advances in Medical and Biomedical Research*. 2021 Apr 10;29(134):145-51.
54. Moludi J, Moradinazar M, Hamzeh B, Najafi F, Soleimani D, Pasdar Y. Depression Relationship with Dietary Patterns and Dietary Inflammatory Index in Women: Result from Ravansar Cohort Study. *Neuropsychiatric Disease and Treatment*. 2020;16:1595.

55. Ahmadi E, Abdollahzad H, Pasdar Y, Rezaeian S, Moludi J, Nachvak SM, Mostafai R. Relationship Between the Consumption of Milk-Based Oils Including Butter and Kermanshah Ghee with Metabolic Syndrome: Ravansar Non-Communicable Disease Cohort Study. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*. 2020; 13:1519.
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58. Soofi M, Pasdar Y, Matin BK. What explains socioeconomic inequalities in dental flossing? Cross-sectional results from the RaNCD cohort study. *J PREV MED HYG* 2020; 61: E215-E220
59. Soofi M, Pasdar Y, Matin BK, Hamzeh B, Rezaei S, Karyani AK, Nazar MM, Soltani S, Hajizadeh M, Salimi Y, Zangeneh A. Socioeconomic-related inequalities in oral hygiene behaviors: a cross-sectional analysis of the PERSIAN cohort study. *BMC oral health*. 2020 Dec;20(1):1-1.
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64. Darbandi M, Najafi F, Pasdar Y, Mostafaei SH, Rezaeian SH. Factors Associated with Overweight and Obesity in Adults using Structural Equation Model: Mediation effect of Physical Activity and Dietary Pattern. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*. (In press): Oct 2019
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- kurdish population: Results from an iranian RaNCD cohort study. *Mediterranean Journal of Nutrition and Metabolism*, Oct 2019, 12 (4), 397-409.
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7. Presentations:

2022	Factors associated on obesity and abdominal obesity; results from Kurdish population- based study (4th International Clinical Nutrition Conference)
2017	Nutritional status in obese women with insulin resistance in Kermanshah (the first International Congress of " Nutrition: from Laboratory Research to Clinical Studies" (NLRCS))
2017	Effect of dietary supplements on nutritional status and anthropometric indicators in retirement home residents: A (the first International Congress of " Nutrition: from Laboratory Research to Clinical Studies" (NLRCS))
2017	The validity of resting energy expenditure predictive equations in adults: a cohort study Ravansar (the first International Congress of " Nutrition: from Laboratory Research to Clinical Studies" (NLRCS))
2017	Effect of dietary supplements on blood biomarkers among elderly home residents: A controlled randomized trial
2017	Metabolic syndrome in patients with non-alcoholic fatty liver disease: A case-control study
2016	Combatting obesity with low cost strategies; A prospective study in Kermanshah, Iran, 2016
2016	Effects of CoQ10 supplementation on CVD risk factors in rheumatoid arthritis patients
شهریور 2016	Relationships between Nutrition and Non-Communicable Diseases among 35-65 Years of Olds: Ravansar Cohort Study (The 2 st International & The

	14 th Iranian Nutrition Congress)
شهریور 2016	Determination of conformity of the information contained in the label of the food with the actual combination(The 2 st International & The 14 th Iranian Nutrition Congress)
شهریور 2016	Assessment of anthropometric indices and dietary intakes in patients with HIV / AIDS in Kermanshah(The 2 st International & The 14 th Iranian Nutrition Congress)
30 Nov to Dec 03 2014	Malnutrition in labor children in Kermanshah (The 1 st International & The 13 th Iranian Nutrition Congress)
30 Nov to Dec 03 2014	Anemia among labour children in Kermanshah (The 1 st International & The 13 th Iranian Nutrition Congress)
30 Nov to Dec 03 2014	Changes of food intake patterns in households after removal of subsidy of some food items in Kermanshah (The 1 st International & The 13 th Iranian Nutrition Congress)
16 - 17 August 2014	Micronutrients Malnutrition Following Weight loss.(The 1st Razavi Congress in Clinical Nutrition & The 2nd International Symposium on Nutrition Razavi Hospital, Mashhad, Iran)
۱۳-۱۵ آذر ۹۲	شیوع چاقی و عوامل مؤثر بر آن در زنان ۶۵-۲۵ ساله ساکن شهر کرمانشاه، سال ۱۳۹۱ (چهارمین کنگره پیشگیری ودرمان چاقی درایران)
۱۳-۱۵ آذر ۹۲	شیوع چاقی، وضعیت رشد و ارتباط آن با پیشرفت تحصیلی در دانش آموزان ابتدایی مدارس شهرک های حاشیه ای شهر کرمانشاه (چهارمین کنگره پیشگیری ودرمان چاقی درایران)
۱۳-۱۵ آذر ۹۲	چاقی و ارتباط آن با فعالیت بدنی و کیفیت زندگی در زنان(چهارمین کنگره پیشگیری ودرمان چاقی درایران)
۲۴-۲۶ مهرماه ۱۳۹۲	تاثیر تعطیلات نوروز بر پروفایل چربیها وفشارخون (دومین کنگره بین المللی پیشگیری از بیماریهای عروق کرونر قلب شیراز)
۲۴-۲۶ مهرماه ۱۳۹۲	نقش خود کارآمدی و مؤلفه های آن در تبیین ترکیب بدن در زنان شاغل دانشگاه علوم پزشکی کرمانشاه (دومین کنگره بین المللی پیشگیری از بیماریهای عروق کرونر قلب شیراز)
۲۴-۲۶ مهرماه ۱۳۹۲	تغییرات لیپید های خون، مقاومت انسولین و ترکیب بدن در ایام روزه داری ماه رمضان (دومین کنگره بین المللی پیشگیری از بیماریهای عروق کرونر قلب شیراز)
۲۴-۲۶ مهرماه ۱۳۹۲	تعیین انواع و میزان اسیدهای چرب موجود در برخی محصولات لبنی پر مصرف (دومین کنگره بین- المللی پیشگیری از بیماریهای عروق کرونر قلب شیراز)
اردیبهشت ۹۲	کیفیت زندگی وعوامل مرتبط با آن دردانشجویان دختر دانشگاه علوم پزشکی کرمانشاه (هفتمین کنگره اپیدمیولوژی ایران یاسوج)
اردیبهشت ۹۲	بررسی ارتباط بین فعالیت فیزیکی وافسردگی دردانشجویان دختر دانشگاه علوم پزشکی شهرستان کرمانشاه(هفتمین کنگره اپیدمیولوژی ایران یاسوج)
اردیبهشت ۹۲	بررسی علل عدم تداوم ومیزان بقای یکساله IUD درزنان شهر کرمانشاه(هفتمین کنگره اپیدمیولوژی ایران یاسوج)
اسفند ۹۱	وضعیت تغذیه ای، ترکیب بدن ویومارکهای شیمیایی در سالمندان تحت پوشش مراکز دولتی شهر کرمانشاه (همایش سراسری سالمندان، دانشکده پرستاری-مامایی، دانشگاه علوم پزشکی کرمانشاه) سخنرانی

آبان ۹۱	تاثیر تغییرات الگوی مصرف مواد غذایی در روزه داری طی ماه رمضان بر ترکیب بدن (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	مقاومت انسولینی و تغییرات لیپیدهای خون در ایام روزه داری ماه رمضان (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	کم خونی و کمبود آهن و ارتباط آن با موفقیت تحصیلی در دختران دانشجو (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
November 2012	dietary lipids consumption pattern and food choics affecting factors ,12 th iranian nutrition congress & first international nutrition congress of Iran- Isfahan
آبان ۹۱	عوامل موثر بروضعیت سلامت مادران باردار استان کرمانشاه در سال ۱۳۸۹ (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	سبک زندگی مبتنی بر خود کارآمدی وزن در زنان شاغل در دانشگاه علوم پزشکی و ارتباط آن با نشانگرهای آنتروپومتری (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	ارتباط عادات غذایی با موفقیت تحصیلی دانش آموزان ابتدایی (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	وضعیت رشد و رابطه آن با موفقیت تحصیلی در دانش آموزان ابتدایی مدارس شهرک های حاشیه ای شهر کرمانشاه ۱۳۹۰ (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	بررسی الگوی مصرف غذایی روزانه در شهر کرمانشاه ۱۳۹۰ (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	الگوی مصرف غذایی و ارتباط آن با کیفیت زندگی و افسردگی در دانشجویان دختر (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	وضعیت تغذیه و ارتباط آن با شاخصهای تن سنجی ، فعالیت فیزیکی و وضعیت اقتصادی - اجتماعی دانشجویان (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	تعیین انواع و میزان اسیدهای چرب در برخی محصولات لبنی توزیع شده در کرمانشاه (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	بررسی میزان اسیدهای چرب ترانس برخی از کیک ها، شیرینی ها و میان وعده های عرضه شده در شهر کرمانشاه (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	بررسی میزان اسیدهای چرب ترانس موجود در بعضی از مواد غذایی پروتئینی عرضه شده در شهر کرمانشاه (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	تطابق برچسب محصولات امگا ۳ عرضه شده در بازار با محتویات موجود در آنها (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
آبان ۹۱	تاثیر روغن تهیه شده از شیر بر بیماریهای قلبی عروقی (دوازدهمین کنگره تغذیه و اولین کنگره بین المللی تغذیه ایران، اصفهان)
اردیبهشت ۹۱	بررسی راهکارهای ارتقاء انگیزه یادگیری دانشجویان دانشکده پیرا پزشکی کرمانشاه (سیزدهمین همایش کشوری آموزش علوم پزشکی، ساری)
آبان ۹۰	اثرات ماندگار خوراکیهای ایام نوروز بر بافت چربی بدن و لیپیدهای خون ، سومین کنگره پیشگیری و درمان چاقی در ایران (مرکز همایش های بین المللی دانشگاه شهید بهشتی)
تیر ۹۰	بررسی تاثیر رژیم غذایی پرکالری در افزایش وزن جوانان مراجعه کننده به کلینیک تغذیه (همایش ملی ارتقای سلامت جوانان)
May 2011	The Effect of Locus of and Gender on Social Adjustment and Intelligence in high School Students , The first international congress on health education and promotion, Tabriz Iran

May 2011	HEALTH STATUS DEFICIENCY AND EDUCATIONAL DEFICIENCY IN PUBLIC HEALTH STUDENTS, The first international congress on health education and promotion, Tabriz Iran
اسفند ۸۹	لزوم رعایت استانداردهای تغذیه صحیح حتی در ایام خوش نوروزی، دومین همایش ملی استاندارد، توسعه و سلامت (سخنرانی)
آبان ۸۹	بررسی شیوع عدم تحمل لاکتوز در دانش آموزان مدارس راهنمایی شهرستان زابل در سال ۱۳۸۸ (یازدهمین کنگره تغذیه ایران)
آبان ۸۹	روند بروز سرطانهایی معده و کولورکتال در استان کرمانشاه در سالهای ۱۳۷۲-۱۳۸۶: شاهدهی بر گذار اپیدمیولوژیک (یازدهمین کنگره تغذیه ایران)
آبان ۸۹	تاثیر مداخلات تغذیه ای بر کاهش وزن و تناسب اندام (یازدهمین کنگره تغذیه ایران)
آبان ۸۹	بررسی وضعیت تغذیه ای سالمندان شهر کرمانشاه از جنبه های مختلف (یازدهمین کنگره تغذیه ایران)
آبان ۸۹	آئین نوروزی و پیامدهای ماندگار تغذیه ای آن بر چربیهای خون و ترکیب بدن (یازدهمین کنگره تغذیه ایران)
آبان ۸۹	تاثیر رژیم درمانی کوتاه مدت و آموزش تغذیه ای بر کاهش لیپیدهای خون در افراد هیپرلیپیدمیک (یازدهمین کنگره تغذیه ایران)
آبان ۸۹	ارتباط الگوی مصرف مواد غذایی با اضافه وزن و چاقی در زنان سنین باروری (یازدهمین کنگره تغذیه ایران)
اردیبهشت ۸۹	تاثیر عادات غذایی در تعطیلات نوروزی بر ترکیب بدن (سخنرانی) (همایش کشوری نقش زنان در توسعه نظام سلامت)
اردیبهشت ۸۹	اضافه وزن و چاقی در زنان سنین باروری و ارتباط آن با عادات غذایی (همایش کشوری نقش زنان در توسعه نظام سلامت)
Sep 2010	THE EFFECTS OF NEW YEAR HOLIDAYS ON BODY COMPOSITION 32 th ESPEN International Clinical Nutrition & Metabolism, Nice, France
Oct 2009	NURTITIONAL STATUS USING MULTIDIMENSIONAL ASSESSMENT IN ELDELY IRANIAN. 19 th International Congress of Nutrition, Bangkok-Thailand.
Oct 2009	MODIFIBLE RISK FACTORS CHANGE AMONG OVERWEIGHT AND OBESE PATIENTS RECEIVED CARDIAC REHABILITATION. 19 th International Congress of Nutrition, Bangkok-Thailand.
Oct 2009	EFFECT OF CARDIAC REHABILITATION ON ANTHROPOMETRIC INDICES AND LIPID PROFILES OF PATIENTS WITH METABOLIC SYNDROME. 19 th International Congress of Nutrition, Bangkok-Thailand.
Oct 2008	THE INTERACTION BETWEEN DIET AND HFE GENOTYPE IN DETERMINING IRON STATUS. 10 th Iranian Nutrition Congress, Tehran Iran

Sep 2007	HETEROZYGOTE HFE MUTATION IMPROVES IRON STATUS AND PREVENT FROM IRON DEFICIENCY European Iron Club meeting King's College London, London
Dec 2005	HFE MUTATION INFLUENCES ON IRON STATUS. First International conference on NUTRIGENOMIC – Opportunities in Asia - Singapore
Nov 2005	IRON STATUS DETERMINANTS: DIETARY AND GENETIC INFLUENCES. From Nutrigenomic to Personalised Nutrition 3rd International Nutrigenomic Conferences/ SPAIN
Sep 2004	GENETIC DETERMINANTS OF IRON STATUS 8 th Iranian International Nutrition Congress / IRAN
July 2004	EFFECTS OF HFE MUTATIONS ON FERRITIN LEVEL AND IRON STATUS 12 th IRCE / Manchester
April 2004	DIETARY INTAKE, HFE MUTATION AND IRON STATUS The UK Nutrition Society Winter Meeting, London
January 2004	DIETARY AND GENETIC DETERMINANTS OF IRON STATUS King's College Postgraduate Research Symposium
July 2003	GENETIC DETERMINANTS OF IRON STATUS The UK Nutrition Society Summer Meeting, London
31 May 2003	GENETIC DETERMINANTS OF IRON STATUS IN HUMAN 10 th Iranian Postgraduate students seminar, Cambridge, UK
16 January 2003	HFE GENE MUTATIONS, IRON DEFICIENCY AND IRON OVERLOAD 3rd Postgraduate Research Symposium, King's College, London
29-30 June 2002	GENETICS, NUTRITION AND IRON STATUS 9 th Iranian Postgraduate students seminar, UCE Birmingham, UK
1994 - 2000	SIX ACADEMIC PAPERS PRESENTED IN DIFFERENT NATIONAL SEMINARS IN IRAN (in Farsi). All presentations abstracts have published in seminar abstracts booklets.

8. Director of Research projects:

- Investigating the relationship between dietary inflammatory index and obesity phenotypes in adults in Ravansar cohort study
- Internal evaluation of nutrition department of Kermanshah University of Medical Sciences in 1402
- Major dietary patterns and dietary inflammatory index in relation to dyslipidaemia

- Investigating the interaction of triglyceride-glucose index and general/central obesity on blood pressure
- The relationship between amino acid profile and incidence of cardiovascular diseases and metabolic syndrome in Ravanser cohort
- The Potential Effect of Propolis on Biomarkers Related to Covid-19 infection and severe progression: a systematic review study
- The Potential Effect of Royal Jelly on Biomarkers Related to Covid-19 infection and severe progression: a review study
- Dietary pattern in relation to non- alcoholic fatty liver; an umbrella review of meta-analyses of observational studies and intervention trials
- Study the association between dietary quality index (DQI) on metabolic cardiovascular diseases and diabetes and their risk factors: Ravansar cohort
- Estimating the burden attributed to high body mass index in osteoarthritis in Iran
- Estimating the regional and national burden of colorectal cancer attributable to nutritional risk factors: Results from the study of the global burden of disease
- Relationship between dietary inflammation index and severity of steatosis and fibrosis in patients with non-alcoholic fatty liver disease
- Investigating the relationship between Plant-based dietary index and risk of rheumatoid arthritis in Ravansar cohort
- Survey prevalence of corona virus infection and it's related factors in Ravansar cohort population in 2020-2021
- Assessment of relationship between obesity phenotype and hypertension incidence, RaNCD cohort study
- Investigation and identification of factors affecting the survival of patients with gastric and esophageal cancer using Cox model and random forest in Besat Hospital, Tehran during 2016-2021
- The association between dietary acid load (DAL) with rheumatoid arthritis disease in Ravansar cohort study.
- The association between dietary inflammatory index and atherogenic index of plasma with hypertension and diabetes type 2 in Ravansar cohort study
- Association between dietary inflammation index (DII) with metabolic syndrome in the rheumatoid arthritis patients
- Reassessment of participants of population-based cohort of non-communicable disease in Ravansar
- Investigating the association between dietary inflammation index and non-alcoholic fatty liver in RaNCD study
- Identification of Predictive Models of Cardiovascular Disease Using Plasma Atherogenic Index and Visceral Fat Index in the cohort study of non-communicable Ravansar Diseases
- The effects of DASH diet versus low calorie diet on anthropometric measurements, some nutritional factors, expression of some obesity related micro RNAs, serum levels of some adipokines, homocysteine, metabolic and inflammatory status, insulin sensitivity and hormonal regulation of food intake in obese adults
- The relationship between dietary antioxidant index with blood biomarkers and sarcopenia in type 2 diabetic patients
- Effects of cardamom supplementation on anheropometric indices, cardiometabolic status, obesity and diabetes gene expression among obese women with polycystic ovary syndrome

- Introducing a novel formula based on the anthropometric, nutritional data and lipid profile for predicting metabolic syndrome: RaNCD cohort study
- The effects of taurine supplementation on serum levels of endothelial markers, metabolic parameters, adipokines, inflammatory and glycemic indicators and nutritional status in patients with type 2 diabetes
- Assessing socioeconomic inequalities in non-communicable risk factors among Iranian adults at national and sub-national level: evidence from the PERSIAN cohort study
- Risk Factors of Cardiovascular Disease among Type 2 Diabetic Patients: The PERSIAN Cohort Study
- Classification of body condition (obesity) and identification of its related factors using machine learning methods, based on Ravansar's cohort study data
- Data mining approach for diagnosis balance problems, self-medication and cancer screening tests uptake in overweight women in Ravansar Non-Communicable Diseases Cohort
- Association between added sugar foods consumption and risk of asthma, Ravansar cohort study
- Developing and Validation of Nutritional Assessment Software to Determine Calorie and Nutrients Intake
- Animal food source intake and metabolic syndrome among food suppliers
- Identify optimal cutoff points of FMI, VAI, and ABSI for predicting of type 2 diabetes in the Ravansar's cohort study (2019)
- Risk Factors of Cardiovascular Disease among Type 2 Diabetic Patients: The PERSIAN Cohort Study
- Data mining approach for diagnosis balance problems, self-medication and cancer screening tests uptake in overweight women in Ravansar Non-Communicable Diseases Cohort
- Association between added sugar foods consumption and risk of asthma, Ravansar cohort study
- Developing and Validation of Nutritional Assessment Software to Determine Calorie and Nutrients Intake
- Animal food source intake and metabolic syndrome among food suppliers
- Cohort study of Physical, Psychological, Spiritual and Educational Health in Students of kermanshah Medical science university (2019)
- Motivation Using Economic Incentives to Improve Anthropometric Indices and Lipid Profile in Obese Women (2019)
- Socioeconomic inequalities in oral health status using concentration index and decomposition analysis: evidence from Ravansar Non-Communicable Disease Cohort Study (2019)
- Socioeconomic inequalities in metabolic syndrome using concentration index and decomposition analysis: evidence from Ravansar non-communicable diseases cohort study (2019)
- Dietary patterns, nutrition and risk of breast cancer in women under 50 years in Kermanshah (2019)
- Evaluation of the effect of educational intervention on milk and dairy consumption in pregnant mother's behavior based on Pender Health Promotion Model (2019)
- Association between dietary inflammatory index and cardiovascular diseases in the Ravansar cohort study (2019)

- Identify optimal cutoff points of A body shape index (ABSI), body roundness index (BRI) and visceral adiposity index (VAI) for predicting metabolic syndrome and its components in the Ravansar cohort study (2019)
- Investigating the accumulation of heavy metals in some of the cultivated vegetables in Kermanshah (2019)
- The effect of Kermanshah earthquake on pregnant women, fetal growth and development, children under one year and the pattern of mortality in Sare-pole-Zahab and Salase Babajani(2019)
- Socioeconomic inequalities in non-communicable diseases in Iran using data from Prospective Epidemiological Research Studies in IrAN (PERSIAN) Cohort (2019)
- Identify optimal cutoff points of anthropometric indicators for predicting cardiovascular risk factors and metabolic syndrome: a systematic review and meta-analysis (2019)
- The Impact of Socio-Economic Inequality on the choice of food (quantity and quality of nutrition) in the Ravansar Non-Communicable Chronic Disease (RaNCD) cohort during the years 2014-2017(2019)
- Dietary diversity score among patients suffering HIV/AIDS in Kermanshah (2018)
- Dietary Diversity Score and Risk Factors of Metabolic Syndrome in None Alcoholic Fatty liver patient: a case control study (2018)
- Motivational Strategies and its Relationship to Academic Achievement among Kermanshah University of Medical Sciences Students (2018)
- The effect of probiotic and vitamin D enriched yogurt and low calory diet on satiety and hunger hormones and vitamin D in obesity (2018)
- 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 (2018)
- Follow-up of participants in population-based cohort for chronic non-communicable diseases in Ravansar (2017-2020)
- Assessing factors associated with overweight and obesity using structural equation model in the Ravansar's cohort study (2018)
- Investigating the Effect of Synbiotic Supplementation and educating low-calorie diet on the Lipid Profile and the Gut Micro-flora in Patients with Metabolic Syndrome (2018)
- Comparative study of muscle strength in different dietary patterns in 35-65 years old subjects in Ravansar cohort study (2018)
- Motivational Strategies and its Relationship to Academic Achievement among Kermanshah University of Medical Sciences Students (2018)
- The effect of probiotic and vitamin D enriched yogurt and low calory diet on satiety and hunger hormones and vitamin D in obesity (2018)
- Comparing education using Telegram messages and Small Groups on healthy eating and anthropometric indexes in people with BMI>30(2018)
- Investigating the association between rapid weight loss with muscle strength and nutritional status of 13-18 year-old wrestlers in Kermanshah (2018)
- The relationship of micro- and macronutrient intake, anthropometric indexes and blood biomarkers with muscle strength in patients with type 2 diabetes (2018)
- Dietary diversity score among patients suffering HIV/AIDS in Kermanshah (2018)
- Dietary Diversity Score and Risk Factors of Metabolic Syndrome in None Alcoholic Fatty liver patient: a case control study (2018)
- The effects of alpha lipoic acid supplementation on lipid profile, oxidative stress and iron overload in patients with thalassemia major (2018)

- Determination of components in ornithogalum arcuatum liliaceae and optimization of extraction process of inulin by response surface methodology from it (2018)
- Effects of Coenzyme Q10 supplementation on serum levels of some vascular inflammatory biomarkers and adipokines in rheumatoid arthritis patients: A randomized, controlled clinical trial Assessing factors associated with overweight and obesity using structural equation model in the Ravansar's cohort study (2017)
- Quercetin supplementation in nonalcoholic fatty liver disease: a randomized, double-blind, placebo-controlled pilot study (2017)
- The Effect of Curcumin Supplementation as Nano-micelles and Low Calorie- Low Glycemic Index Diet Education on Metabolic Syndrome Indices (2017)
- The relationship between metabolic syndrome and fatty liver disease: a case-control study (2017)
- Comparison of protein, carbohydrate, and fat on foods label and their laboratory-analyzed values (2017)
- Assessment of Triazine Herbicides Residual in Fruit juice, Fruit and Vegetables Using Ultrasound Assisted Extraction-Dispersive Liquid- Liquid Microextraction Followed by HPLC-UV (2017)
- Validity and reliability of energy metering tools in the adult population living in Rawansar(2017)
- Investigation of edible oils consumption pattern in households and fatty acids content of supplied oils in Kermanshah in 2017
- Internal evaluation of nutrient department (faculty health) of Kermanshah University of medical sciences (2016)
- Study of food security in households of Kermanshah in 2016(2016)
- Study the relationship between socio-economic and nutritional status with insulin resistance in obese women (2016)
- Determination of Prevalence Drug, Cigarette smoking, Alcohol and water-pipe consumption and related demographic factors in 35-70 years old people Ravansar city
- A Survey of foods labeling and ingredient contents agreement distributed in Kermanshah, (2012)
- The study of relationship between body composition analysis and skeletal muscle mass with biomarkers at the Ravansar Cohort study participants
- A survey of blood sugar, lipid profiles and metabolic syndrome among fast food providers in Kermanshah (2012)
- The effect of quercetin supplementation on liver enzymes, inflammation indices, lipid profile and body composition, accompanied by color control in nonalcoholic fatty liver disease: A randomized, double-blind, pilot study
- The Effect of Curcumin Supplementation as Nano-micelles and Low Calorie- Low Glycemic Index Diet Education on Metabolic Syndrome Indices
- Validity and reliability of energy metering tools in the adult population living in Rawansar
- The Effect of Synbiotic Supplementation and educating low-calorie diet on the Metabolic Syndrome Indices and the Gut Micro-flora in Patients with Metabolic Syndrome
- The relationship of micro- and macronutrient intake, anthropometric indexes and blood biomarkers with muscle strength in patients with type 2 diabetes
- The survey Dietary patterns in patients with fatty liver in Kermanshah
- Effects of using nutritional supplements on quality of life and nutritional status of elders Cost utility analysis of interventions
- The survey of growth status and HIV viral infection diseases and hepatitis B and C among children under 18 years of involved recycling materials in Kermanshah, 2012
- The Effect of economic motivation on weight reduction women in Kermanshah

- Dietary pattern and food consumption among households in Kermanshah; A year after subsidy support removal
- Dietary pattern and food consumption among households in Kermanshah; A year after subsidy support removal (2012)
- The obesity prevalence and related factors in women aged 25-65 in Kermanshah, (2012).
- The survey of growth status and HIV viral infection diseases and hepatitis B and C among children under 18 years of involved recycling materials in Kermanshah, (2012)
- The effect of nutritional educations on blood sugar and insulin resistance during Ramadan, A Cohort study (2011)
- The effect of nutritional educations on body composition and lipid profiles during Ramadan, A Cohort study (2011)
- The study of relationship between dietary habits and growth rate with educational achievement among rural area's primary school children in Kermanshah (2011)
- A survey of dietary habits and food consumption pattern of population in Kermanshah (2011)
- The effect of continuous enteral feeding on nutritional status of hospitalized patients with multiple in ICU of Taleghani hospital (2011)
- A survey of Health and Nutritional Status of Girl Students at the School of Public Health in Kermanshah University of Medical Sciences (2011)
- The study of fatty acids composition in some of dairy products distributed in kermanshah (2011)
- The study of Nutritional status of population living in elderly care homes in Kermanshah (2011)
- The study of fatty acids and vitamins A, D and E content of omega-3 supplements available in Iran market. (2010)
- The study of trans fatty acids composition in some of protein foods distributed in kermanshah (2011)
- The study of trans fatty acids content of cakes, confectionaries and snacks distributed in kermanshah (2011)
- The Effect of Diet Therapy and nutritional educations on Lipid Profiles in Hyperlipidemia (2010)
- The effect of dietary habit and physical activity level during norouz Holidays in blood lipid profiles and body composition in Public Health College. (2009)
- The nitrate and nitrite concentrations in vegetables of Kermanshah city (2009-2010)
- Health problems of contaminated bread wastage collected from households in Kermanshah (1998-2000)
- Nutritional status of primary school children in Kermanshah (1996-1998)

9. Technological plan

Production of probiotic yogurt enriched with flower pollen

10. Awards:

2013	Out Standing Teaching Award in 6th Shahid Motahari Festival Tehran-Iran
2012	Out Standing Reseracher at KUMS
2011	First Place Award in academic teaching at KUMS
2000	PhD Scholarship award from Ministry of Health and Medical Education (Iran)
1999	First Place Award in National Iranian Medical Journals for publishing research paper on Malnutrition in primary school children, Iran
1985	Stood First in Secondary School Scientific Competition, Tabriz, Iran

11. Advanced Courses:

11.1 Bioinformatics and Genomics Analysis

- Introduction to Sequence Analysis & Bioinformatics (three days' session at KCL)
- Biomedical and health resource discovery on the internet (KCL)
- Introduction to the Draft Human Genome/Ensembl (KCL)
- Advanced Information Retrieval for Medicine and Health (KCL)

- Advanced Information Retrieval for Biomedical and Life Sciences (KCL)

11.2 Research:

- Research Grants & Administrative Reporting
- Validation of Dietary Intake Data
- Writing Effective Research Proposals
- Being Effective in Meetings
- Four days Personal Effectiveness, Networking and Teamwork KCL GRADschool
- Reading Original Research and Review Papers (critical appraisal skills)
- Effective Presentation in Seminars
- Time Management
- Being a Postgraduate Student Supervisor
- Planning & Delivering a Training Session
- Leading a Research Team
- Phlebotomy training course

11.3 Computer skills:

- Microsoft Excel advanced level
- Microsoft PowerPoint advanced level
- Microsoft Access intermediate level
- Microsoft Word advanced level
- Statistics soft wares: SPSS and Minitab
- Reference Manager advanced level

12. Professional Memberships:

- American Nutrition Society
- European Iron Club
- British Nutrition Society
- London Iron Metabolism Group
- British Biochemistry Society
- Iranian Nutrition Society

13. Referees:

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