

CURRICULUM VITAE

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Arezoo Rezazadeh

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Education:

- **PhD in Nutrition Sciences**, FNSFT, SBMU, Tehran, 2010 – 2015.
- **MSc in Nutrition Sciences**, FNSFT, SBMU, Tehran, 2005 – 2008.
- **BSc in Nutrition Sciences**, Faculty of Health & Nutrition, Tabriz University of Medical Science, Tabriz, Iran, 2001 – 2005.
- **Diploma in Experimental Sciences**, Bagherololum Elites` High School, Tabriz, 2000.

Academic Theses

PhD, 2015

- **Thesis Title:** Designing and testing a multi-level model of individual, household and neighborhood determinants of obesity in two major ethnic groups living in North-west of Iran
- **Supervisor:** Nasrin Omidvar

MSc, 2008

- **Thesis Title:** Major dietary patterns and related factors in Iranian women
- **Supervisor:** Bahram Rashidkhani

Major Field

Nutritional Epidemiology, Methodology of nutritional assessment, Pregnancy and Elderly nutrition, demographic and socio-economic determinant of obesity and non-communicable disease

Career/Academic Appointments:

- 2021 - Present: **Associate Professor**, Department of Community Nutrition, NNFTRI, FNSFT, SBMU
- 2016 -2021: **Assistant Professor**, Department of Community Nutrition, NNFTRI, FNSFT, SBMU
- 2010 – 2015: **Teaching Assistant**, Department of Community Nutrition, NNFTRI, FNSFT, SBMU
- 2010: **Instructor**, Azad University of Tabriz.
- 2022 to present: **Dietitian** at Specialized diet therapy clinic of FNSFT, SBMU
- 2009-2011: **Dietitian** at private clinics.

Administrative Positions:

- 2022 to present: **Deputy of Student and Cultural Affair** of FNSFT, SBMU
- 2022 to present: Deputy of chairperson of the community nutrition department.
- 2015-2021: **Chairman** of students` research office in matters of research centers of SBMU.
- 2017 to present: Supervisor of **Nutritional assessment and consultation skill lab**, Department of Community Nutrition, FNSFT, SBMU.
- 2015-2021: **President** of the “**Student Research Committee**”, FNSFT, SBMU.

Professional Honors & Recognition: *(Scientific Awards, incentives and obtained scientific points)*

- 2018: Won the Best Oral Presentation at the International Conferences on Medical and Health Science, Copenhagen, Denmark.
- 2017: Received the **National** Young Assistant Professor Award (Kazemi-Ashtiani Award).
- 2017: Won the Best Oral Presentation at the International Conference on Human Nutrition and Food Sciences, Rome, Italy.
- 2016: Recognized as the Best Elite PhD Graduate among all medical students (**National**).
- 2014: Won the Best Research Project in the National Cultural Competition of Students.
- 2012, 2013, 2014: Won the Best Oral Presentation (PhD candidates` competition) at the 7th and 8th Conference of Shahid Beheshti Medical Sciences Students.
- 2012: Won the Best Oral Presentation at the 2nd Conference of Medical Students, Iran.
- 2012: Awarded the Best Non-English-speaking Poster at the 16th International Congress of Dietetics, Sydney, Australia.
- 2011: Won the Grant at the SCOPE (Specialist Certification of Obesity Professional Education) Summer School, Cambridge, England.
- 2010: Achieved 2nd place in the **National** PhD Entrance Exam.
- 2008 – 2015: Certified as “Exceptional Talent Student,” Shahid Beheshti University of Medical Sciences.
- 2008: Received the Best Researcher Award in student section competition, Shahid Beheshti University of Medical Sciences.

Grant History:

- 2022: Received the Early Career Travel Grant for participation in the IUNS International Congress of Nutrition, Tokyo, Japan.
- 2021: Received the grant for e-learning SCOPE (Specialist Certification for Obesity Prevention Specialist) Certification, World Obesity Federation.
- 2020: Received the Scholarship for the SCOPE (Specialist Certification for Obesity Prevention Specialist) Training Program to become a Certified Nutritionist by the World Obesity Federation.
- 2017: Received a National Research and Equipment grant for Young Assistant Professors (Kazemi-Ashtiani)
- 2014: Received the travel Grant for participation in the III World Congress of Public Health Nutrition Congress, Gran Canaria, Canary Islands.
- 2013: Received the International Union of Nutritional Sciences/Nevin Scrimshaw International Nutrition Foundation (IUNS/INF) Fellowship to attend the International Congress of Nutrition in Granada, Spain
- 2011: Granted the Young Investigator Award at the Asia Pacific Conference on Clinical Nutrition, Bangkok, Thailand.

Educational Courses, Lectures, Web-based Education:

A- Teaching Courses:

- **Undergraduate Courses:** Nutrition throughout Life cycle, Nutritional Assessment, Nutrition in Special Groups, Malnutrition: Causes and Epidemiology, Computer Application in Nutrition Sciences, Research Methods in Health System
- **Postgraduate Courses:** MSc. Seminar, Computer Application in Nutrition Sciences
- **Medicine Courses:** General Principles of Nutrition
- **Ph.D Courses:** Nutritional Epidemiology, Nutritional Assessment in the Community, Nutrition and Reproductive Health, Nutrition in Emergency and Crisis

B-Lectures (Oral presentation in scientific congresses):

- 2024, World Public Health Nutrition congress, London, England: “Socio-economic determinants of Frailty in Iranian free-living older adults.”
- 2024, World Public Health Nutrition congress, London, England: “Dietary adequacy status in relationship with anthropometric indices of Iranian older adults, 2017-2021 (Longitudinal study).”
- 2024, World Public Health Nutrition congress, London, England: “Cost-affordability of a sustainable food basket in-comparison with Iranians` current food basket.”
- 2024, International Congress of Scientific Society of Nutrition, Isfahan, Iran: “Chrono nutrition and weight status.”
- 2023, Infant and children association, Tehran: “The importance of Nutrition in pregnancy and lactation.”

- 2023, Prevention of Childhood Obesity 2023, Denmark: “Association between Individual and Environmental factors with Body Mass Index for Age Z-Score in Female Adolescents Living in North-West of Iran.”
- 2022, International Congress of Nutrition (IUNS2022), Japan: “Elderly dietary index in relation with frailty in free-living elderly of Tehran, Iran.”
- 2022, International Symposium of Nutrition, Lille, France: “High-school’s neighborhood environment in relation with anthropometric indices of girl students living in north-west of Iran.”
- 2020, European and International Congress on Obesity (virtual): “Evaluation of Dietary Intake Networks Using Gassin Graphic Model and Their Relationship with anthropometric measures in Two Major ethnic Groups Living in Northwest of Iran.”
- 2019, 3rd international congress of biomedicine. Health and nutrition panel, Tehran: “Nutrition in first Thousand days and Life Long Health.”
- 2019, Avicenna Research Institute for New Technologies of Medical Sciences: “Effective interventional programs in the first thousand days of life in infertility prevention.”
- 2018, 450th International Conferences on Medical and Health Science (ICMHS), Copenhagen, Denmark: “Major Dietary Patterns in Relationship with Anthropometric Indices in North West of Iran.”
- 2017, International Conference on Human Nutrition and Food Sciences, Rome, Italy: “The Association between Food Security Status and Depression in Two Iranian Ethnic Groups Living in Northwest of Iran.”
- 2016, International Congress of Obesity, Vancouver, Canada: “Association of depression with general and central obesities in Azeri and Kurd ethnic groups in Urmia, West Azerbaijan, Iran.”
- 2016, World Nutrition Cape town, 2016 Knowledge, Policy, Action, Cape town, South Africa: “Association of depression with general and central obesities in Azeri and Kurd ethnic groups in Urmia, West Azerbaijan, Iran.”
- 2016, World Nutrition Cape town, South Africa: “Association of major dietary patterns with anthropometric indices based on gender and ethnicity in Iran.”
- 2016, 1st World Congress on the Mediterranean Diet, Milan, Italy: “The Anti-Inflammatory Effects of Mediterranean Diet: A Systematic Review.”
- 2016, 1st World Congress on the Mediterranean Diet, Milan, Italy: “The Relation Between Mediterranean Dietary Pattern and Depression: A Systematic Review.”
- 2016, 14th International Congress of Nutrition, Tehran, Iran: “Multilevel analysis of the effects of neighborhood, household and individual on anthropometric indices in men and women from two Azeri and Kurd ethnicity living in Urmia city.”
- 2016, 14th International Congress of Nutrition, Tehran, Iran: “Major Dietary Patterns of Iranians in Relation with Obesity: A Systematic Review.”
- 2016, 14th International Congress of Nutrition, Tehran, Iran: “Prevalence Of Metabolic Syndrome In The Elderly Of Qarchak City.”
- 2014, 12th International Congress of Nutrition, Tehran, Iran: “Major Dietary patterns in relation with Socioeconomic Status, Food Insecurity and lifestyle factors in Two Iranian Ethnic Group Living in Urmia, Iran.”
- 2014, III World Congress of Public Health Nutrition, Gran Canaria, Spain: “The relation of fast-food pattern with body mass index and physical activity in Iranian women.”

- 2014, III World Congress of Public Health Nutrition, Gran Canaria, Spain: “Food insecurity, socioeconomic factors and weight status in two Iranian ethnic groups.”
- 2013, 20th International Congress of Nutrition, Granada, Spain: “The Association Of Dietary Lipid Profile With Having History Of Hyperlipidemia In Iranian Women.”
- 2013, 20th International Congress of Nutrition, Granada, Spain: “Association Of Food Groups Consumption With Central Obesity Among Iranian Women.”
- 2013, 20th International Congress of Nutrition, Granada, Spain: “Overweight, General And Central Obesity And Their Association With Ethnicity, Demographics And Socioeconomic Status In Iranian Women.”
- 2012, 16th International congress of dietetics, Sydney: “Resting metabolic rate, total energy intake and their relation with type 2 Diabetes Mellitus in Iranian women.”
- 2012, 16th International congress of dietetics, Sydney: “Assessment of Major Dietary Patterns of Iranian Women and Their Relation with Socioeconomic and Demographic Factors.”
- 2013, 20th International Congress of Nutrition, Granada, Spain: “Major Dietary Patterns of Iranian Women and Their Relation with Ethnicity and duration of Residence in Tehran.”
- 2011, Asia Pacific Conference on Clinical Nutrition, Bangkok, Thailand: “Reproducibility and validity of dietary patterns derived from a food-frequency questionnaire among participants in the Tehran Lipid and Glucose”.
- 2011, Asia Pacific Conference on Clinical Nutrition Bangkok,Thiland: “The Relation Between Major Dietary Patterns And Anthropometric Indexes In Tehrani Women With And Without Familial History Of Obesity.”

B- Lectures (Workshops, Web-based Education):

- 2018 to 2024: Lectured and conducted a series of workshops on “Promoting Breastfeeding Skills for Nutritionists”, SBMU, Tehran, Iran.
- 2023: Presented a lecture on “Nutritional Supplementation in Athletes” webinar, Ministry of Health and Medical Education, Tehran, Iran.
- 2018 to 2022: Led a series of workshops on “Dietary Considerations in Pregnancy and Lactation”, Tehran, Iran (with Continuing Education Credits: CEC).
- 2019: Conducted a workshop on “Nutritional Epidemiology”, Endocrine Research Center, Tehran, Iran (with CEC).
- 2019, 2025: Led a workshop on “Systematic Review”, SBMU, Tehran, Iran.
- 2018: Conducted a workshop on “Dietary Considerations for Vegetarians” Tehran, Iran(with CEC).
- 2017 to 2018: Conducted a workshop on “How to Write and Publish an Original Research Article”, SBMU, Iran.
- 2016: Led a workshop on “Recall Questionnaire Method to Assess Food Consumption in Children”, SBMU, Tehran, Iran(with CEC).
- 2016: Delivered a workshop on “Capacity Building to Assess dietary Consumption by Questionnaire Method”, SBMU, Tehran, Iran(with CEC).
- 2016: Conducted a workshop on “Assessment of Nutritional Status of Children and Adolescents”, SBMU, Tehran, Iran (with CEC).

C- Courses/Workshops Attended:

- 2023: Attended “Middle East Nutrition Leadership Program” by the British Nutrition Society, Turkey.
- 2023: Participated in “Food Consumption Workshop” at NNFTRI.
- 2023: Attended “Advancing a Food System Approach to prioritize Healthy People and Healthy Planet” by the National Academies of Sciences, Engineering, and Medicine (NASEM), USA.
- 2022: Participated in “Chrono-nutrition: an emerging, modifiable risk factor for chronic disease?” by The British Nutrition Society.
- 2021: Attended in “How to write a policy brief” workshop at NNFTRI.
- 2021: Participated in “Scope School Global: Revisiting the bi-directional relationship between obesity and CVD across the life course” by World Obesity federation (WOF) Scope School.
- 2021: Attended “Nutrition Risk Screening in The Community and The Potential for Naturally Occurring Retirement Communities (NORC) to Mitigate Risk” by Canadian Nutrition Society (CNS).
- 2021: Participated in “Interpretation of observational studies: the good, the bad and the sensational” by The British Nutrition Society.
- 2020 & 2021: Attended “2nd and 3rd UAE Obesity Conference (UOC)” by World Obesity federation (WOF) Scope School (Virtual).
- 2020: Participated in “Addressing Malnutrition in the Community” by American Society for Parenteral and Enteral Nutrition (ASPEN) (Virtual).
- 2020: Attended “Sarcopenia and Interventions to Improve Function” by American Society for Parenteral and Enteral Nutrition (ASPEN) (Virtual).
- 2017: Participated in “Summer school: Basics in Human Nutrition Research” in Potsdam, Germany.
- 2014: Attended “Nutritional Epidemiology workshop(By Dr. Willet)” in Las Palmas, Canary Islands, Spain.
- 2011: Participated in “Specialist Certification of Obesity Professional Education (Scope) summer school” in Cambridge, U.K.

PROFESSIONAL SERVICE

Peer Review Groups/Grant Study Sections :(*Membership in research committees*)

2024: Editor of the Elite`s national postdoctoral projects (Chamran project)

2016 to present: Reviewer of Projects of National Institute for Medical Research Development (NIMAD)

2016 to present: Reviewer of Projects of National Institute of Nutrition and food technology, Tehran.

2023: Abstract Reviewer of Public Health Nutrition congress 2024, London

2023: Abstract Reviewer of Nutrition 2023 congress, Boston

2014, 2016: Reviewer of 13th and 14th international congress of nutrition, Tehran, Iran

2009-2014: Reviewer of 3rd and 4th international congress and 10th to 15th national congresses of students of medical sciences, Tehran, Iran

Journal Service:

Reviewer of Public Health Nutrition Journal
Reviewer of British Journal of Nutrition
Reviewer of BioMed Central journals.
Reviewer of BMC Nutrition
Reviewer of Journal of Reproduction & Infertility
Reviewer of Iranian Journal of Nutrition Sciences & Food Technology.
Reviewer of Thrita Journal of Medical Sciences.
Reviewer of Journal of Nutrition and Food Security
Reviewer of Journal of nutritional sciences and dietetics
Reviewer of Journal of community health

Professional Organizations: *(Membership in the Professional and specific Organizations)*

2022 to present: **Executive Committee** member of **World Public Health Nutrition Association (WPHNA)**
2023 to present: A member of **American Society of Nutrition**.
2023 to present: A member of the **institute of Leadership**
2023 to present: A member of **World Obesity Federation (WOF)**
2023 to present: A member of Iranian Society of Clinical nutrition
2021 to present: A member of **Advisory Board of International Food Information Service (IFIS)** in collaboration with Nutrition Society.
2021 to present: A member of Iranian scientific society of nutrition
2015 to present: A full member and **Ambassador of the Nutrition Society (England)**.
2014 to present: An active member of the “Food and nutrition section” of **EUPHA** (European Public Health Association) and **EUPHANxt** (European Public Health Association next generation network).
2009 to 2021: A member of Iranian Society of nutrition
2012 to present: A member of **Dietetic Association of Australia (DAA)**

Committees Memberships:

2023 to present: Member of Special Interest Groups (SIG) of “Diet and Health of Ethnic Minority Groups”, “Nutrition in healthy ageing”, **the Nutrition Society(England)**.
2023 to present: Deputy of dietary consumption`s working group of National Nutritional assessment Survey.
2021 to present: A member of **Directors Board** of “**Scientific Association of Food and Nutrition, Supporter of Iranian Health**”.
2021 to present: A scientific member of “**Knowledge Translation and Public Nutrition Education**” committee of FNSFT, SBMU.

2015-2021: A member of the **Dean's Council of Young Advisors** of FNSFT, SBMU.

2019: A member of the Scientific Committee of the National Inotech Health Event.

2015-2023: A member of "**Educational Development Organization (EDO)**", SBMU.

2017-2018: A board member of "**PhD entrance exam of food and nutrition policy**", 2017

2017-2018: A Member of the Admission Committee of "**Growth and Innovation Center**" of NNFTRI.

2006-2015: Active member of students` research committee of SBMU.

Bibliography:

A. Peer-Reviewed Original Research

- Pourebrahim F, Omidvar N, **Rezazadeh A***, Eini-Zinab H, Shirani P, Ghodsi D. Food security and its association with socioeconomic status and dietary diversity in free living older people in Tehran, Iran. *BMC Geriatrics*. 2024;24:128.
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- Aghaalikhani F, Hassan Eini-Zinab, Sobhani S.R, **Rezazadeh A***. Determining and comparing the energy and nutrients of the usual household food basket by climatic regions classification in the years 2015 to 2018, using the household's income and expenditure data. *Iranian J Nutr Sci Food Technol*. 2023;6(5):133-44.
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- Chegini M, Shirani P, Omidvar N, Eini-Zinab H, Pour-Ebrahim F, **Rezazadeh A***. Relationship between diet quality and depression among Iranian older adults in Tehran. *BMC Geriatrics*. 2022; 22(1):708.
- Karimi T, Eini-Zinab H, **Rezazadeh A***. Maternal dietary diversity and Nutritional adequacy in relation with anthropometric measurements of newborns at birth: a cohort study in Tehran city. *BMC Pediatrics*. 2022; 22(1):129.

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- Karimi T, Moslemi Z, **Rezazadeh A***, Eini-Zinab H. The effect of maternal and nutritional factors on birth weight: a cohort study in Tehran, Iran. *Nutrition and Food Science*. 2022.
- **Rezazadeh A***, Sadeghzadeh S, Namakin K, Tamimi A, Khanjani Z. The role of zinc in the pathogenesis and treatment of COVID-19: A review. *Mediterranean Journal of Nutrition and Metabolism*. 2022;15:143–159.
- Mahdavi M, **Rezazadeh A**, darabi Z, seyedin B, Jokar F, ghanaei FM. Major dietary patterns in association with the grades of nonalcoholic fatty liver disease in newly diagnosed patients living in north of Iran. *Int J Prev Med*. 2022;20(13):121.
- Shirani P, Omidvar N, Hassan Eini-Zinab, Poor Ebrahim F, **Rezazadeh A***. Association of Body Fat Distribution Indices and Dietary Adequacy Ratio in (Body Shape Index and Waist-to-Height Ratio) in Free-Living Elderly in Tehran City, 2018–2019. *Iranian Journal of Nutrition Sciences & Food Technology* 2021; 16(1):1-13
- Karimi T, Eini- Zinab H, Moslemi Z, **Rezazadeh A***. Maternal Macronutrient and Micronutrient Intakes during Pregnancy and their Associations with BMI for-Age z-Scores at Birth: A Cohort Study in Tehran. *Iranian J Nutr Sci Food Technol*. 2021;6(6):155-66.
- Sobhani SR, Eini-Zinab H, **Rezazadeh A**. Assessing the Changes in Iranian Household Food Basket Using National Household Budget and Expenditure Survey Data, 1991–2017. *Int J Prev Med*. 2021;12(148):1-10.
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- Hajar M, **Rezazadeh A***. Recommended Food Score and Healthy Nordic Food Index in cardiovascular disease: A Systematic Review. *Arya Atherosclerosis*. 2021;16(5):248-257.
- Mahdavi M, **Rezazadeh A**, khorshidi Y, Jokar F, ghanaei FM. Dietary supplements consumption and its association with socioeconomic factors, obesity and main non-communicable chronic diseases in the north of Iran: The PERSIAN Guilan Cohort Study (PGCS). *BMC Nutrition*. 2021 Dec 15;7(1):84.
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- **Rezazadeh A**, Rashidkhani B. The Association of General and Central Obesity with Major Dietary Patterns of Adult Women Living in Tehran, Iran. *Journal of Nutritional Science and Vitaminology*. 2010;56:132-138.
- **Rezazadeh A**, Rashidkhani B, Omidvar N. Association of major dietary patterns with socioeconomic and lifestyle factors of adult women living in Tehran, Iran. *Nutrition*. 2010;26:337-34.
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- **Rezazadeh A**, Rashidkhani B, Asefi N. Dietary patterns and their relation with obesity and anthropometric factors in 20-50 years old women with or without history of Obesity, Tehran, Iran. *Women Res J Tabriz Azad Univ*. 2008;2:69-86.
- Setayeshgar Z, Omidvar N, Alavi H, **Rezazadeh A**. The influence of socio-economic factors of household on patterns of fruit and vegetable consumption in adolescent girls in Tehran. *J Popul Stud Iran*. 2008;2(4):152-72.
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B. Chapters, Books:

- Rezazadeh A, Hajar M, Noor Mohammadi M. Translation of Nutrition throughout Life Cycle, Nutrition in health and fitness. Krause's Food and nutritional care processes. 15th ed. Tehran (Iran): Khosravi Publication; 2021.
- Rezazadeh A, Bakhshi B, Houshi-Alsadat Z. Nutrition and metabolism in sports, exercise and health. 2nd ed. Kang Jie. National Nutrition and Food Technology Research Institute; 2021.
- Rezazadeh A, Keshani P. Translation of Krause's Food and nutritional care processes; assessment, diagnosis and intervention (4 chapters). 14th ed. Tehran (Iran): Khosravi Publication; 2017.
- Rezazadeh A. Nutrition principles for vegetarians (Emphasis on the whole lifecycle). Tehran (Iran): Roodgoon and Nashre Sina Publication; 2014.

- Rezazadeh A, Kimiagar M. Translation of Krause's Food and nutritional care processes; assessment, diagnosis and intervention; Weight management. 12th ed. Tehran (Iran): Khosravi Publication; 2008.

Research Projects:

2025

- Developing healthy and sustainable food-based-dietary technical guidance materials for elderly people in the Eastern Mediterranean region (Principal Investigator). funded by the NNFTRI, and WHO

2024

- Developed a dietary guideline for Iranian adults, funded by the Ministry of Health and Education (Co-Investigator)
- Conducted a national survey of nutrition and food security, funded by the Ministry of Health and Education (Co-Investigator)

2023

- Evaluated the quality of the primary health care internship program for undergraduate students in the field of nutrition sciences at Shahid Beheshti University of Medical Sciences, funded by the NNFTRI and the faculty of NSFT, SBMU, Tehran, Iran (Principal Investigator)
- Developed a healthy and Sustainable Food Based Dietary Guideline for Elderly, funded by the NNFTRI and the faculty of NSFT, SBMU, Tehran, Iran (Principal Investigator)

2022

- Assessed changes in adequacy, quality, and diversity of diet, and its relation with anthropometric indices and physical function in free living elderly in Tehran city in two time-points 2017 and 2021 (longitudinal study), funded by the NNFTRI and the faculty of NSFT, SBMU, Tehran, Iran
- Assessed frailty status and its association with diet quality in free living elderly of Tehran city, funded by the NNFTRI and the faculty of NSFT, SBMU, Tehran, Iran

2021

- Compared the changes in the lifestyle components of the community living elderly of Tehran city in two time points of 2017 and 2021 (longitudinal study), funded by the NNFTRI and the faculty of NSFT, SBMU, Tehran, Iran (Principal Investigator)

2020

- Studied the status of dietary supplementation and its relationship with a history of chronic diseases (cohort study) in Guilan province, funded by the Gilan university of medical sciences (Co-Investigator)

2019

- Investigated the relationship between healthy lifestyle and the risk of acute myocardial infarction in Rasht, funded by the NNFTRI and the faculty of NSFT, SBMU, Tehran, Iran (Principal Investigator)
- Investigated the Food Networks Using the Graphic Gassin Model and its Relationship with General and Abdominal Obesity in Azeri and Kurdish Men and Women of Urmia City, funded by the National Elite Foundation (Principal Investigator)

2018

- Assessed the stability of dietary quality intake pattern of adult women living in districts under coverage of Shahid Beheshti University of Medical Sciences in north of Tehran, 2008-2017, funded by Students Research Committee (SRC), SBMU, Tehran, Iran (Principal Investigator)
- Studied changes in Iranian household food basket and its compliance with sustainable diet components using Income and Expenditures Survey data, 1991-2015, funded by Students Research Committee (SRC), SBMU, Tehran, Iran (Co-Investigator)

2017

- Conducted a situation analysis of lifestyle status in community living Elders of Tehran, funded by the NNFTRI and the faculty of NSFT, SBMU, Tehran, Iran (Principal Investigator)
- Participated in the Iranian National food consumption survey, funded by the Ministry of Health and Medical Education, and the combined support of NNFTRI, Tehran, Iran (Co-Investigator)
- Studied the relationship of lifestyle factors and anthropometric measures with fatty liver in Guilan province, funded by the Gilan medical university
- Standardized the NutriCHEQ tool to identify nutritional risk in children aged 1 to 3, funded by the Clinical Research Center of Mofid Hospital, Shahid Beheshti University of Medical Sciences (Co-Investigator)

2016 - 2022

- Studied the association of maternal nutritional intake during pregnancy with anthropometric characteristics and motor and cognitive development of the infant from birth to 12 month (cohort study) in Tehran city, funded by Students Research Committee (SRC), SBMU, Tehran, Iran (Principal Investigator)

2016

- Conducted a pre-pregnancy and pregnancy quality and diversity of diet of mothers in Tehran city and its association with anthropometric outcomes of newborns (cohort study), funded by the NNFTRI and the faculty of NSFT, SBMU, Tehran, Iran (Co-Investigator)

2013

- Designed and tested a multilevel model to explain the effects of neighborhood, household and individual on anthropometric factors in men and women living in the city of Urmia, Iran, funded by the NNFTRI and the faculty of NSFT, SBMU, Tehran, Iran (Principal Investigator)

2012

- Studied the relation between major dietary patterns and overweight and obesity in students of Shahid Beheshti University of Medical Sciences living in Alzahra dormitory, funded by Students Research Committee, SBMU, Tehran, Iran (Principal Investigator)

2007

- Studied major dietary patterns and related factors among women aged 18-45 years living in North and East health care network of Tehran city, funded by the NNFTRI and the faculty of NSFT, SBMU, Tehran, Iran (Co-Investigator)
- Studied psychological determinants of fruit and vegetable intake in adolescents in Tehran, funded by the NNFTRI and the faculty of NSFT, SBMU, Tehran, Iran (Co-Investigator)

Thesis Supervision and Advisory Experience:

PhD Theses Supervised/Advised:

- Development of healthy and sustainable food based dietary guideline for elderly and its impact on disability-adjusted life year of chronic disease.
- Analysis for policy making of nutritional care in the program of older adults integrated health care based on the community-based participatory approach.
- Analysis for policy making to increase the per capita consumption of aquatic products in Iran.
- Changes in Iranian household food basket and its compliance with sustainable diet components using Income and Expenditures Survey data, 1991-2015 (Advisor)
- Association of lifestyle factors associated with gastric cancer (Advisor)

MSc Theses Supervised/ Advised:

- The association of maternal nutritional intake with anthropometric, motor and cognitive development of the infant from birth to 12 month: a cohort study in Tehran city

- Assessment of the relationship between adequacy, quality and diversity of dietary intake and anthropometric indices in free living (community-dwelling) elders of Tehran city
- Food security status and its association with socio-economic factors and dietary diversity in free-living elderly residents of Tehran city
- Assessment of changes in adequacy, quality and diversity of diet, and its relation with anthropometric indices and physical function in free living elderly in Tehran city in two time-points 2017 and 2021
- Assessment of frailty status and its association with diet quality in free living elderly of Tehran city
- Study of major dietary patterns and its relation with demographic and socio-economic characteristics in urban and rural areas of Dashtestan County
- Assessing the differences in cost and affordability of nutritious and sustainable diets by different socioeconomic groups and sub-national areas in Iran: 2016-2019
- Evaluating the food environment and identifying food deserts based on the integrated spatial assessment approach: a case study of neighborhoods of Tehran city
- Explaining the perspective of Iranian users of Instagram social network regarding of dairy products consumption
- Assessment of the relationship of school, household and individual factors with anthropometric indices in girl adolescents from two Azeri and Kurd ethnicities ethnic groups living in Urmia city
- Association of Food intake and maternal anthropometric characteristics with low-birth-weight infants: a cohort study (Advisor)
- Food insecurity status and Associated factors in Gharchak Elderly, 2016 (Advisor)
- The relation between diet inflammatory index, total antioxidant capacity and breast cancer (Advisor)
- The relationship between the major dietary pattern and the DASH diet with breast cancer (Advisor)
- Validation and adherence of Nordic nutrition recommendation and its association with abdominal obesity among 20-50 years-old-women living districts under coverage of shahid Beheshti university of medical sciences and health services in north of Tehran, 2017 (Advisor)
- The association between healthy lifestyle score and acute myocardial infarction-A case-control study in Rasht city (Advisor)
- Effectiveness of Cognitive behavioral therapy (CBT) in improving nutritional and weight status in overweight adolescents (Advisor)
- Investigation of Healthy and Less-Healthy Food portions` Changes in Iranian households' food basket and its Association with their Socioeconomic and demographic factors over time, 1370-1394 (Advisor)
- Recommended Food Score, None Recommended Food Score and Healthy Nordic Food Index and risk of bladder cancer: a case-control study (Advisor)

Software Skills

- Data management and analysis: Excell, SPSS, STATA, R
- Nutritional assessment: Nutritionist, Anthro, AnthroPlus, ENA

