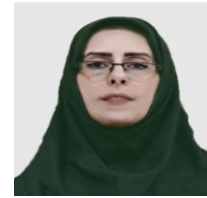


BAHAREH NIKOOYEH

Associate Professor, Nutrition Department, National Nutrition and Food Technology Research Institute



Phone: (098) 21-22376471

Nikooyeh110241@yahoo.com

nikooyeh@sbmu.ac.ir

Address: National Nutrition and Food Technology Research Institute, No.7, Hafezi St. Farahzadi Blv. Shahrak Gharb, Tehran, Iran

EDUCATION

PhD Nutrition Sciences (Minor: Epidemiology, statistics), University: National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences
Dissertation: "Comparison of efficacy of vitamin D and vitamin D- calcium fortified dough on glycemic, metabolic, inflammatory, immunity and oxidative stress markers in type 2 diabetes"

Advisor: Prof. Tirang Neyestani
2007-2011

MS University, Tabriz University of Medical Sciences
2002-2005

BS University, Isfahan University of Medical Sciences
1998-2002

HONORS AND AWARDS

Title of Award

- The 19th Razi Research Festival on Medical Sciences, organized by Ministry of health and Medical Education of Iran, 2013
- Festival of Iranian Academy of Medical Sciences, 2013

Title of Grant

- Iran National Elites Foundation, 2013

PUBLICATIONS

List your publications in reverse chronological order. Use an acceptable reference format commonly used in your field. Group your publications into different categories if you have a sufficient number to do so.

Journal Publications 2011-2021

1. Bahareh Nikooyeh, Tirang R Neyestani, Effectiveness of various methods of home fortification in under-5 children: where they work, where they do not. A systematic review and meta-analysis, *Nutrition Reviews*, 2021, 79 (4), 445-461
2. Bahareh Nikooyeh, Nastaran Shariatzadeh, Marjan Rismanchi, Bruce W Hollis, Tirang R Neyestani, Daily intake of yogurt drink fortified either with vitamin D alone or in combination with added calcium causes a thyroid-independent increase of resting metabolic rate in adults with type 2 diabetes: a randomized double blind clinical trial, *Applied Physiology, Nutrition, and Metabolism* [In Press]
3. Bahareh Nikooyeh, Tirang Neyestani, Can vitamin D be considered an adiponectin secretagogue? A systematic review and meta-analysis, *The Journal of Steroid Biochemistry and Molecular Biology*, [In Press]
4. Bahareh Nikooyeh, Zahra Abdollahi, Nastaran Shariatzadeh, Ali Kalayi, Maliheh Zahedirad, Tirang Neyestani, Effect of latitude on seasonal variations of vitamin D and some cardiometabolic risk factors: national food and nutrition surveillance, *Eastern Mediterranean Health Journal*, 2021, 27 (3)
5. TR Neyestani, B Nikooyeh, Is vitamin D the missing link between childhood obesity and adenovirus-36 infection, 2021, *J Clin Pediatr Neonatol* 1 (1), 23-25
6. Maryam Amini, Delaram Ghodsi, Azam Doustmohammadian, Bahareh Nikooyeh, Tirang R Neyestani, Exploring health and nutrition stakeholders' expectations and perception toward establishment of the Food and Nutrition Surveillance in Iran, *The International Journal of Health Planning and Management*, 2021, 36 (3), 885-895
7. Bahareh Nikooyeh, Azizollaah Zargaraan, Ali Kalayi, Nastaran Shariatzadeh, Maliheh Zahedirad, Ali Jamali, Marzieh Khazraie, Bruce Hollis, Tirang R Neyestani, Vitamin D-fortified cooking oil is an effective way to improve vitamin D status: an institutional efficacy trial, *European Journal of Nutrition* , 2020, 59:2547–2555
8. Nikooyeh, B., Hollis, B.W. & Neyestani, T.R. Modulating effect of vitamin D status on serum anti-adenovirus 36 antibody amount in children with obesity: National Food and Nutrition Surveillance. *BMC Pediatr*, 2020, 20, 316,
9. Soudabe Motamed, Bahareh Nikooyeh, Maryam Kashanian, Maryam Chamani, Bruce W Hollis, Tirang R Neyestani, Evaluation of the efficacy of two doses of

- vitamin D supplementation on glycemic, lipidemic and oxidative stress biomarkers during pregnancy: a randomized clinical trial, *BMC Pregnancy and Childbirth*, 2020, 20 (1), 1-11
10. Bahareh Nikooyeh, Nastaran Shariatzadeh, Ali Kalayi, Maliheh Zahedirad, Tirang R Neyestani, Development of new predictive equations for basal metabolic rate in Iranian healthy adults: negligible effect of sex, *International Journal for Vitamin and Nutrition Research*, 2020,
 11. Azam Doustmohammadian, Maryam Amini, Ahmad Esmailzadeh, Nasrin Omidvar, Mitra Abtahi, Monireh Dadkhah-Piraghaj, Bahareh Nikooyeh, Tirang R Neyestani, Validity and reliability of a dish-based semi-quantitative food frequency questionnaire for assessment of energy and nutrient intake among Iranian adults, *BMC research notes*, 2020, 13 (1), 1-7
 12. Maryam Amini, Ahmad Esmailzadeh, Nasrin Omidvar, Mitra Abtahi, Monireh Dadkhah Piraghaj, Bahareh Nikooyeh, Tirang R Neyestani, Development of a dish-based food frequency questionnaire for Iranian population, *Medical Journal of the Islamic Republic of Iran*, 2020, 34, 129
 13. Mina Kaviani, Bahareh Nikooyeh, Hamid Zand, Parichehreh Yaghmaei, Tirang R Neyestani, Effects of vitamin D supplementation on depression and some involved neurotransmitters, *Journal of affective disorders*, 2020, 269, 28-35
 14. Fateme Rezaian, Bahareh Nikooyeh, Tirang R Neyestani, Are there Relationships between the VDR-FokI Polymorphism and Vitamin D and the Insulin Resistance in Non-melanoma Skin Cancer (NMSC) Patients? A Protocol for Case-control Studies, *Nutrition and Food Sciences Research*, 2020, 7(1), 1-7
 15. Mina Kaviani, Bahareh Nikooyeh, Hamid Zand, Parichehreh Yaghmaei, Tirang R Neyestani, Effects of vitamin D supplementation on depression status, selected pro-inflammatory biomarkers and neurotransmitters in depressive patients: a study protocol, *Nutrition and Food Sciences Research*, 2019, 6 (4), 1-7
 16. Soudabe Motamed, Bahareh Nikooyeh, Maryam Kashanian, Bruce W Hollis, Tirang R Neyestani, Efficacy of two different doses of oral vitamin D supplementation on inflammatory biomarkers and maternal and neonatal outcomes, *Maternal & child nutrition*, 2019, 15 (4), e12867
 17. Bahareh Nikooyeh, Tirang R Neyestani, Development of new predictive equations to estimate basal metabolic rates in Iranian adults: A study protocol, *Nutrition and Food Sciences Research*, 2019, 6(2): 1-4
 18. Malihe Zahedirad, Sepideh Asadzadeh, Bahareh Nikooyeh, Tirang R Neyestani, Nasim Khorshidian, Mojtaba Yousefi, Amir Mohammad Mortazavian, Fortification

- aspects of vitamin D in dairy products: A review study, *International Dairy Journal*, 2019, 94, 53-64
19. Karamollah Alimoradi, Bahareh Nikooyeh, Ali Asghar Ravasi, Maliheh Zahedirad, Nastaran Shariatzadeh, Ali Kalayi, Tirang Reza Neyestani, Efficacy of Vitamin D supplementation in physical performance of Iranian elite athletes, *Int J Prev Med*. 2019; 10: 100.
 20. Bahareh Nikooyeh, Tirang Neyestani, Efficacy of food fortification with vitamin D in Iranian adults: A systematic review and meta-analysis, *Nutrition and Food Sciences Research*, 2018, 5 (4), 1-6
 21. Bahareh Nikooyeh, Majid Hajifaraji, Amir-Hossein Yarpasvar, Zahra Abdollahi, Mahnoosh Sahebdel, Amaneh Mosayebi Dehkordi, Dena Norouzi, Seyed Masoumeh Taghizadeh, Ali Kalayi, Nastaran Shariatzadeh, Maliheh Zahedirad, Tirang Neyestani, Hypovitaminosis D in Adults Living in a Sunny City: Relation to Some Cardiometabolic Risk Factors, *National Food and Nutrition Surveillance, Nutrition and Food Sciences Research*, 2018, 5(1), 11-16
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 25. Soudabe Motamed, Bahareh Nikooyeh, Tirang R Neyestani, Evaluation of the Efficacy of Vitamin D Supplementation With Two Different Doses During Pregnancy on Maternal and Cord Blood Vitamin D Status, Metabolic, Inflammatory and ..., *Nutrition and Food Sciences Research*, 2018, 5(3): 3-10
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Books

- Nikooyeh, Bahareh, Razieh Anari, and Tirang R. Neyestani. "Vitamin D, oxidative stress, and diabetes: crossroads for new therapeutic approaches." *Diabetes*. Academic Press, 2020. 385-395.
- Motamed, Sudabeh, Bahareh Nikooyeh, and Tirang R. Neyestani. "Nutrigenomic Aspects of Trace Elements." *Nutrigenomics and Nutraceuticals: Clinical Relevance and Disease Prevention* (2017): 315.
- Rezaian, Fatemeh, Bahareh Nikooyeh, and Tirang R. Neyestani. "Nutrigenomic Aspects of Vitamins." *Nutrigenomics and Nutraceuticals: Clinical Relevance and Disease Prevention* (2017): 279.

- Nikooyeh B, Neyestani TR. Cholesterol and vitamin D: how the ‘mother’ and ‘daughter’ molecules interact. In Handbook of cholesterol 2016 Feb 8 (pp. 256-265). Wageningen Academic Publishers.

Conference Papers

- Lecturer at 3th international and 15th national nutrition congress at Shahid Beheshti University of Medical Sciences, 2018
 - Lecturer in continuing education of the medical council (code: 39301061), 2011
 - Lecturer at 11th nutrition congress at Shiraz University, 2010
 - Lecturer at 10th Annual conference of Nutrition & metabolism (July 10-13, 2007, Paris, France)
 - Panelist and Lecturer at 2th pulmonary rehabilitation congress, Shahid Beheshti University of Medical Sciences, 2007
-

RESEARCH EXPERIENCE

- Manager and designer of National Food and Nutrition Surveillance Program, Iran

TEACHING EXPERIENCE

- Teaching Statistical courses, BS
- Teaching Chemistry courses, BS, MS
- Teaching Nutrition courses, BS, MS, MD
- Teaching Biomarkers in Health and Diseases, PhD

Doctoral Students Advised

- “Vitamin D assessment and the efficacy of Vitamin D supplementation in physical performance of Iranian elite athletes”,
- Evaluation of the efficacy of two doses of vitamin D supplementation on glycemic, lipidemic and oxidative stress biomarkers during pregnancy
- Effects of vitamin D supplementation on depression and some involved neurotransmitters, Journal of affective disorders
- Relationships between the VDR-FokI Polymorphism and Vitamin D and the Insulin Resistance in Non-melanoma Skin Cancer (NMSC) Patients

LANGUAGES

English: Fluent

Persian: Native

SKILLS AND QUALIFICATION

- Computer Software and Application Knowledge
- Data analysis, extensive experience with SPSS and STATA

REFERENCES

Dr. Tirang Neyestani, Professor

Nutrition Department, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences

neytr@yahoo.com

098-21-22376471

References available upon request.