



## **Ghazaleh Eslamian**

Assistant Professor of Nutritional Sciences

Department of Cellular and Molecular Nutrition, School of Nutrition  
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### **Education**

**Ph.D.**, Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food  
Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti  
University of Medical Sciences, Tehran, Iran

**GPA:** 19.65 out of 20

**Supervisor:** Dr. Zahra Vahdat Shariatpanahi

**M.Sc.**, Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food  
Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti  
University of Medical Sciences, Tehran, Iran

**GPA:** 19.49 out of 20

**Supervisor:** Prof. Azita Hekmatdoost

**B.Sc.** Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology,  
National Nutrition and Food Technology Research Institute, Shahid Beheshti University of  
Medical Sciences, Tehran, Iran

**GPA:** 18.95 out of 20

## Honors

"Elected Student in Iran" award by Presidential, 2012

"Elected Student in Iran" award by Presidential, 2019

Ranked 1<sup>st</sup> in GPA at B.Sc., M.Sc. and Ph.D. degree

Member of the National Elite Foundation of Iran (Bonyad Meli Nokhbegan Iran).

Member of the Talent Academy of Shahid Beheshti University of Medical Sciences

## Scientific Website

- [Scopus](#)
- [Google Scholar](#)
- [ResearcherID](#)
- [ORCID](#)
- [ResearchGate](#)
- [Semantic Scholar](#)
- [Linkedin](#)

## Publications

### Book

**Ghazaleh Eslamian**, Arman Ghorbani, and Morvarid Noormohammadi, Chapter 2: Importance of Integrative Health Sciences in the therapy of chronic diseases, In; Applications of Functional Foods and Nutraceuticals for Chronic Diseases

### ISI/PubMed

1. Noormohammadi M, **Eslamian G\***, Kazemi SN, Rashidkhani B. Is there any association between adherence to the Mediterranean Diet and Dietary Total Antioxidant Capacity with Bacterial Vaginosis? Results from a Case–Control study. BMC Women's Health. 2022 Dec;22(1):1-9.

2. **Eslamian G**, Sali S, Babaei M, Parastouei K, Moghadam DA. Association of nutrition risk screening 2002 and malnutrition universal screening tool with COVID-19 severity in hospitalized patients in Iran. Acute and Critical Care. 2022 Jul 5.

3. Shoaibinobarian N, **Eslamian G**, Noormohammadi M, Malek S, Rouhani S, Mirmohammadali SN. Dietary total antioxidant capacity and risk of polycystic ovary syndrome: a case-control study. *International Journal of Fertility and Sterility*. 2022 Jul 1;16(3):200-5.
4. Noormohammadi M, **Eslamian G\***, Kazemi SN, Rashidkhani B, Malek S. Association of Dietary Glycemic Index, Glycemic Load, Insulin Index, and Insulin Load with Bacterial Vaginosis in Iranian Women: A Case-Control Study. *Infectious Diseases in Obstetrics and Gynecology*. 2022 Mar 24;2022.
5. Noormohammadi M, **Eslamian G\***, Kazemi SN, Rashidkhani B. Association between dietary patterns and bacterial vaginosis: a case–control study. *Scientific Reports*. 2022;12.
6. Fatemi A, Ardehali SH, **Eslamian G\***, Noormohammadi M, Malek S. Association of vitamin D deficiency with COVID-19 severity and mortality in Iranian people: a prospective observational study. *Acute and Critical Care*. 2021 Nov 29.
7. Ardehali SH, **Eslamian G\***, Malek S. Associations between systemic inflammation and intestinal permeability with Onodera's prognostic nutritional index in critically ill patients. *Acute Crit Care*. 2021 Aug 18.
8. Noormohammadi M, **Eslamian G\***, Malek S, Shoaibinobarian N, Mirmohammadali SN. The association between fertility diet score and polycystic ovary syndrome: A Case-Control study. *Health Care Women Int*. 2021 Apr 2:1-15.
9. Hajimohammadebrahim-Ketabforoush M, Shahmohammadi M, Keikhaee M, **Eslamian G**, Vahdat Shariatpanahi Z. Single high-dose vitamin D3 injection and clinical outcomes in brain tumor resection: A randomized, controlled clinical trial. *Clin Nutr ESPEN*. 2021 Feb;41:153-159.
10. Derakhshanian H, Djalali M, Djazayery A, Javanbakht MH, Zarei M, Hekmatdoost A, **Eslamian G**, Mirhashemi SS, Dehpour AR. Quercetin Ameliorates Lipid and Apolipoprotein Profile in High-Dose Glucocorticoid Treated Rats. *Arq Bras Cardiol*. 2020 Jul;115(1):102-108.

11. **Eslamian G**, Amirjannati N, Noori N, Sadeghi MR, Hekmatdoost A. Effects of coadministration of DHA and vitamin E on spermatogram, seminal oxidative stress, and sperm phospholipids in asthenozoospermic men: a randomized controlled trial. *Am J Clin Nutr*. 2020 Sep 1;112(3):707-719.
12. **Eslamian G**, Ardehali SH, Hajimohammadebrahim-Ketabforoush M, Vahdat Shariatpanahi Z. Association of intestinal permeability with admission vitamin D deficiency in patients who are critically ill. *J Investig Med*. 2020 Feb;68(2):397-402.
13. Shariatpanahi ZV, **Eslamian G\***, Ardehali SH, Baghestani AR. Effects of Early Enteral Glutamine Supplementation on Intestinal Permeability in Critically Ill Patients. *Indian J Crit Care Med*. 2019 Aug;23(8):356-362.
14. **Eslamian G**, Hekmatdoost A. Nutrient Patterns and Risk of Polycystic Ovary Syndrome. *J Reprod Infertil*. 2019 Jul-Sep;20(3):161-168.
15. **Eslamian G**, Ardehali SH, Vahdat Shariatpanahi Z. Association of intestinal permeability with a NUTRIC score in critically ill patients. *Nutrition*. 2019 Jul-Aug;63-64:1-8.
16. **Eslamian G**, Ardehali SH, Baghestani AR, Vahdat Shariatpanahi Z. Effects of early enteral bovine colostrum supplementation on intestinal permeability in critically ill patients: A randomized, double-blind, placebo-controlled study. *Nutrition*. 2019 Apr;60:106-111.
17. Mirmiran P, Asghari G, Farhadnejad H, **Eslamian G**, Hosseini-Esfahani F, Azizi F. Low carbohydrate diet is associated with reduced risk of metabolic syndrome in Tehranian adults. *Int J Food Sci Nutr*. 2017 May;68(3):358-365.
18. **Eslamian G**, Baghestani AR, Eghtesad S, Hekmatdoost A. Dietary carbohydrate composition is associated with polycystic ovary syndrome: a case-control study. *J Hum Nutr Diet*. 2017 Feb;30(1):90-97.
19. **Eslamian G**, Amirjannati N, Rashidkhani B, Sadeghi MR, Hekmatdoost A. Nutrient patterns and asthenozoospermia: a case-control study. *Andrologia*. 2017 Apr;49(3).
20. Abazarfard Z, **Eslamian G**, Salehi M, Keshavarzi S. A Randomized Controlled Trial of the Effects of an Almond-enriched, Hypocaloric Diet on Liver Function Tests in Overweight/Obese Women. *Iran Red Crescent Med J*. 2016 Mar 6;18(3):e23628.

21. **Eslamian G**, Amirjannati N, Rashidkhani B, Sadeghi MR, Baghestani AR, Hekmatdoost A. Adherence to the Western Pattern Is Potentially an Unfavorable Indicator of Asthenozoospermia Risk: A Case-Control Study. *J Am Coll Nutr.* 2016;35(1):50-8.
22. **Eslamian G**, Amirjannati N, Rashidkhani B, Sadeghi MR, Baghestani AR, Hekmatdoost A. Dietary fatty acid intakes and asthenozoospermia: a case-control study. *Fertil Steril.* 2015 Jan;103(1):190-8.
23. Jessri M, Abedi A, Wong A, **Eslamian G**. Nutritional quality and price of food hampers distributed by a campus food bank: a Canadian experience. *J Health Popul Nutr.* 2014 Jun;32(2):287-300.
24. **Eslamian G**, Mirmiran P, Asghari G, Hosseini-Esfahani F, Yuzbashian E, Azizi F. Low carbohydrate diet score does not predict metabolic syndrome in children and adolescents: Tehran Lipid and Glucose Study. *Arch Iran Med.* 2014 Jun;17(6):417-22.
25. **Eslamian G**, Jacobson K, Hekmatdoost A. Clinical nutrition knowledge of gastroenterology fellows: is there anything omitted? *Acta Med Iran.* 2013;51(9):633-7.
26. **Eslamian G**, Jessri M, Hajizadeh B, Ibiebele TI, Rashidkhani B. Higher glycemic index and glycemic load diet is associated with increased risk of esophageal squamous cell carcinoma: a case-control study. *Nutr Res.* 2013 Sep;33(9):719-25.
27. **Eslamian G**, Amirjannati N, Rashidkhani B, Sadeghi MR, Hekmatdoost A. Intake of food groups and idiopathic asthenozoospermia: a case-control study. *Hum Reprod.* 2012 Nov;27(11):3328-36.
28. Amiri P, **Eslamian G**, Mirmiran P, Shiva N, Jafarabadi MA, Azizi F. Validity and reliability of the Iranian version of the Pediatric Quality of Life Inventory™ 4.0 (PedsQL™) Generic Core Scales in children. *Health Qual Life Outcomes.* 2012 Jan 5;10:3.

## **Scopus**

1. Ghasemi Sedaghat S, **Eslamian G\***, Kazemi SN, Rashidkhani B, Taheripanah R, Nematifard E. Association of dietary intakes and anthropometric indices with endometriosis: a case-control study. *The Iranian Journal of Obstetrics, Gynecology and Infertility.* 2022;25(2):79-89.

2. Haghshenosabet, F, **Eslamian, G\***, Kazemi, S, Rashidkhani, B. Association between pre pregnancy food group intakes and hyperemesis gravidarum: a case-control study. The Iranian Journal of Obstetrics, Gynecology and Infertility, 2021.

3. Noormohammadi, M, **Eslamian, G\***, Kazemi, S, Rashidkhani, B, Omidifar, F. Association between consumption of ultra-processed foods and bacterial vaginosis: a case-control study. The Iranian Journal of Obstetrics, Gynecology and Infertility, 2021.

4. Eyvazi F, Mirmiran P, Abdollahi M, Rasekhamgham R, Borumandnia N, **Eslamian G**, et al . Relationships between the Dietary Diversity Scores of Children and Mothers and the Anthropometric Statuses of Preschool Children. Iranian J Nutr Sci Food Technol. 2021; 16 (2) :25-32.

5. Asghari G, Mirmiran P, **Eslamian G**, Rashidkhani B, Asghari Jafarabadi M, Azizi F. Inverse Association of Mediterranean Diet with Obesity and Abdominal Obesity: 6.7 Years Follow-up Study. Iranian Journal of Endocrinology and Metabolism. 2011; 13 (1) :36-47

### **Other Index:**

1. Hosseini B, **Eslamian G\***. Association of Micronutrient Intakes With Female Infertility: Review of Recent Evidence, Thrita. 2015 ; 4(1):e25586.

2. Hosseini B, **Eslamian G\***. Association of Dietary Factors With Male and Female Infertility: Review of Current Evidence, Thrita. 2014 ; 3(3):e20953.

3. **Eslamian G**, Mirmiran P. The role of different macronutrient distribution in relation to metabolic syndrom, weight loss and maintenance: systematic review. Iranian J Nutr Sci Food Technol. 2013; 7 (5) :547-562

4. **Eslamian G**, Amirjannati N, Sadeghi M, Rashidkhani B, Hekmatdoost A. Effects of combined supplementation with vitamin E and docosahexaenoic acid on oxidative stress markers in seminal plasma in asthenozoospermic men . pajoohande. 2013; 18 (5) :222-231.

5. **Eslamian G**, Amirjannati N, Sadeghi M, Rashidkhani B, Pahlavan S, Hooshangi A et al . The effects of combined supplementation of docosahexaenoic acid and vitamin E on fatty acid changes in sperm membrane in asthenozoospermic men. Iranian J Nutr Sci Food Technol. 2013; 8 (1) :33-37

6. **Eslamian G**, Amiri S, Shakeri M. Dietary fiber, glycemic index, and glycemic load in relation to breast cancer in Iran, Thrita. 2013 ; 2(1):82-88.

7. **Eslamian G**, Sadeghi M R, Rashidkhani B, Pahlavan S, Amirjannati N, Hekmatdoost A. The effects of combined docosahexaenoic acid and vitamin E supplements on spermatogram in asthenozoospermic males: A randomized, triple-blind, placebo-controlled clinical trial. RJMS. 2012; 19 (96) :34-44

### **Artistic Skill**

Playing Persian Santoor (2001-present)

### **Computer Skill**

International Computer Driving License (ICDL1&2)

### **Software**

SPSS, Nutritionist-4, Endnote, Camtasia

### **Language Skill**

Persian: Native

English: Advanced level

Turkish: Intermediate level