

Personal Information

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Academic information

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Employment position

- Assistant professor, Department of Nutrition Research, National Nutrition & Food Technology Research Institute, Shahid Beheshti University of Medical Sciences (SBMU), since 2017.

Academic Rank

- Ph.D. in Nutrition Sciences, Faculty of Nutrition Sciences and Food Technology, SBMU. (Ranked 1st in this course)

Academic Background

- M.Sc. Nutrition Sciences, Faculty of Nutrition Sciences and Food Technology, SBMU, 2008. (Being placed among the top 1% of students)
- B.Sc. Nutrition Sciences, Faculty of Nutrition Sciences and Food Technology, SBMU, 2006. (Ranked 2^{ed} in this course)

Professional Memberships

- Associate editor of the journal of “Nutrition & Food Science Research”.
- Member of the “Public Education Committee of National Nutrition & Food Technology Research Institute”.
- Member of “Iran National Committee for Ethics in Biomedical Research”.
- Member of “Iranian Nutrition Association”.
- Member of working group of “Veterinary Organization for egg enrichment”.

Research Background

1. Research projects as executor

- Executor of a research project entitled: “Understanding life narratives, quality of life, self and life metaphors, anthropometric measurements, dietary intakes, hedonic hunger and physical activity among obese and overweight adults: A cross-cultural multi-site comparative investigation in Romania and Iran”.
- Executor of a research project entitled: “The association of circadian typology and qualitative and quantitative pattern of sleep with anthropometric measures, body composition, dietary intake, metabolic factors and appetite hormones in adults in Tehran in 2019”.
- Executor of a research project entitled: “Collection and harmonization of common recipes for fast food and foreign food based on portion size”.
- Executor of a research project entitled: “Validation of the questionnaire to assess the impact of weight on quality of life in Iranian children and adolescents (IWQOL-kids)”.
- Executor of a research project entitled: “Collection and harmonization of common recipes for Iranian local food based on portion size”.
- Executor of a research project entitled: “Developing a nutrients database to evaluate nutritional value of dietary intakes”.
- Executor of a research project entitled: “Assessment of anthropometric measurements, dietary intake and the effect of the plate appearance on desire to food consumption in adolescents 13-18 years old in Tehran in 2018” approved by National Nutrition and Food Technology Research Institute, 2018.
- Executor of a research project entitled: “Opinion analysis of children about the causes of low consumption of milk and dairy products in Tehran” approved by National Nutrition and Food Technology Research Institute, 2018.
- Executor of a research project entitled: “The Association of symbiotic supplementation on anthropometric measurements, metabolic syndrome component, inflammatory factors and intestinal hormones in patients with metabolic syndrome: a triple blind clinical trial” approved by National Nutrition and Food Technology Research Institute, 2013.
- Executor of a research project entitled: “The association of nutrition style through the first 2 years of life with type 1 diabetes mellitus and some of the other effective factors in 2-15-year-old children” approved by research committee of Shahid Beheshti University of medical sciences, 2011.

2. Research projects as cooperater

- The main cooperater of a National program entitled: “National Nutrition and Food Surveillance”.
- The main cooperater of a National project entitled: “Food and Nutrition survey of Iranian households in 2019”.
- The main cooperater of a cohort study entitled: “Nutrition and chronic diseases in Iranian teachers”
- The main cooperater of a research project entitled: “National Nutrition Survey in Iran: A Comprehensive Protocol for WHO”
- The main cooperater of a research project entitled: “Preparation of the National document in order to the targets of FAO/WHO Second International Conference on Nutrition (ICN2)”.
- The main cooperater of a research project entitled: “A minimum package to prevent and

- control stunting and linear growth failure in children under 2 years”.
- The main cooperator of a research project entitled: “Total Diet Study, the first phase; evaluation of the level of Cadmium, Lead, Calcium, Zinc and Iron”.
 - The main cooperator of a research project entitled: Nutrition global targets by 2025: A regional situation analysis approved by research committee of Shahid Beheshti University of medical sciences.
 - The main cooperator of a research project entitled: “Assessment of validity and reliability of the Iran teachers’ cohort semi-quantitative food frequency questionnaire in using 24-hour record”.
 - Cooperator of a research project entitled: “Collection and harmonization of common recipes for Iranian traditional food based on portion size”.
 - Cooperator of a research project entitled: “Anthropometric measurements, nutrition and development indices in children under 5 years old in 2018”.
 - Cooperator of a research project entitled: “Effectiveness study of traditional bakeries’ flour fortification with vitamin D”.
 - Cooperator of a research project entitled: “Dietary changes of the Iranian households during lockdown for COVID-19 and then after”.
 - Cooperator of a research project entitled: “Determination of relationship between serum leptin and NPY level with dietary macronutrients in breast cancer survivors in Tehran in 1398.
 - Cooperator of a research project entitled: “Evaluation of vitamin D status of children and adults in two cities Birjand and Yazd: Assessment of initial vitamin D status before implementation of vitamin D fortification of bakery’s flour”.
 - Cooperator of a research project entitled: “Comparison of the efficacy of vitamin D- and vitamin D- calcium-fortified yogurt drink (doogh) on serum concentrations of sirtuins 1, 3 and 6 in subjects with type 2 diabetes: a randomized controlled clinical trial” approved by research committee of Shahid Beheshti University of medical sciences, 2018.
 - Cooperator of a research project entitled: National program on knowledge translation and healthy nutrition education in Iran approved by National Nutrition and Food Technology Research Institute, 2018.
 - Cooperator of a research project entitled: “The effects of downset meal on anthropometric parameters, dietary patterns, metabolic hormones, glycemic and lipidemic control and physical activity in fasted women” approved by National Nutrition and Food Technology Research Institute, 2010.
 - Cooperator of a research project entitled: “The assessment of serum vitamin D and its relation to micro albuminuria and glycemic control in type 2 diabetic patients” approved by National Nutrition and Food Technology Research Institute, 2008.

3. Reviewing of research projects/ thesis defense meeting/ scientific journals / scientific congress

- Reviewer of more than 80 projects approved by National Nutrition and Food Technology Research Institute, since 2017.
- Reviewer of five M.S.c thesis defense meeting, since 2017.
- Reviewer of Journal of “Nutrition & Food Science Research”
- Reviewer of Journal of “Iranian Journal of Nutrition Sciences & Food Technology”
- Reviewer of Journal of “Fasa university of Medical Sciences”
- Reviewer of Journal of “The Anatolian Journal of Cardiology”
- Reviewer of Journal of “Current Journal of Applies Science and Technology”

- Reviewer of Journal of “Asian Journal of Pediatric Research”
- Reviewer of Journal of “BMC Nutrition”
- Reviewer of Journal of “Public Health Nutrition”
- Reviewer of Journal of “Polish Annals of Medicine”
- Reviewer of Journal of “Iranian Journal of Pharmaceutical Research”
- Reviewer of Journal of “Journal of Health & Community”
- Reviewer of Journal of “Human, Health and Halal Metrics”
- Reviewer of “3rd International and 15th Iranian Nutrition Congress, 2018”
- Reviewer of “15th Annual Research Congress of Iran’s Medical Sciences Students, 2014”
- Reviewer of “14th Annual Research Congress of Iran’s Medical Sciences Students, 2013”
- Reviewer of “13th Annual Research Congress of Iran’s Medical Sciences Students, 2012”

4. Publications

A. Papers indexed in ISI, Scopus, Google Scholar

- **Samira Rabiei**, Delaram Ghodsi, Maryam Amini, Bahareh Nikooyeh, Hamid Rasekhi, Azam Doustmohammadian, Zahra Abdollahi, Mina Minaie, Farzaneh Sadeghi Ghotb-Abadi, Tirang R. Neyestani. Food Science & Nutrition. 2021; In press.
- **Samira Rabiei**, Maliheh Zahedi, Mitra Abtahi, Azam Doustmohammadian, Monireh Dadkhah, Telma Zoghi, Maryam hajigholam Saryazdi. Consumption of milk and dairy products in Iranian population; barriers and facilitators. Clinical Nutrition Open Sciences, 2021; 38 1-23.
- **Samira Rabiei**, Mazyar Haghgoo, Nasrin Borumandnia, Javad Nasrollahzadeh, Ehsan Hejazi, Hakimeh Sadeghzadeh. Is there any association between individual’s chronotype and hormones related to appetite? Journal of Nutrition and Food Security, 2021; In press.
- **Samira Rabiei**. Nutritional status, anthropometric measurements and physical activity level in adolescents 13-18 years old, in Tehran, Iran, in 2019. International Journal of Preventive Medicine, 2021; In press.
- **Samira Rabiei**, Asieh Ashouri, Marjan Mahdavi-Roshan. Knowledge, Attitude and Practice about Food Labeling in Patients with Chronic Diseases in Guilan, in 2019. Journal of community Health Research, 2021; In press.
- Zahra Yari, **Samira Rabiei**. Association between sleep pattern, anthropometric indicators and metabolic risk factors. Sleep and Vigilance, 2021; In press.
- Hamid Rasekhi, **Samira Rabiei**, Maryam Amini, Delaram Ghodsi, Azam Doustmohammadian, Bahareh Nikooyeh, Zahra Abdollahi, Mina Minaie, Farzaneh Sadeghi, Tirang R. Neyestani. COVID-19 epidemic-induced changes of dietary intake of Iran population during lockdown period: The study protocol. Nutrition and Food Sciences Research, 2021; 8 (2): 1-4.
- Maryam Amini, Azam Doostmohammadian, **Samira Rabiei**, Marjan Bazhan, Mitra Abtahi. Perceived barriers and facilitators to dairy consumption among school-age children: a qualitative study. Journal of Nutrition and Food Security, 2021; In press.
- Mahsa Bahmannia; Sahar Heydari; Maryam Azizzade; Javad Nasrollahzadeh;

Samira Rabiei; Farah Naja; Zahra Sheikhi Mobarakeh; ehsan Hejazi. Association of sucrose, fructose and dietary fiber with serum leptin and NPY level in breast cancer survivors in Tehran. *Nutrition and Food Sciences Research*, 2021; In press.

- **Samira Rabiei**, Fatemeh Sedaghat, Reza Rastmanesh. Is the hedonic hunger score associated with obesity in women? A brief communication. *BMC Research Notes*, 2019; 12:330.

- **Samira Rabiei**, Azita Hekmatdoost. New therapeutic agents to treat obesity and its related disorders: prebiotic, probiotic and synbiotic supplementation. *International Journal of Food and Nutritional Science*, 2019; 6(1): 43-53.

- Somayeh Sadat McKian, **Samira Rabiei**, Hossein Bemana, MohammadReza Ramezani. □ Experimental design and statistical evaluation on the effect of narrative therapy on body image and body mass index in Iranian overweight and obese women. *Obesity Medicine*, 2019; 14.

- **Samira Rabiei**, Mehdi Hedayati, Bahram Rashidkhani, Navid Saadat & Rahebeh Shakerhossini. The Effects of Synbiotic Supplementation on Body Mass Index, Metabolic and Inflammatory Biomarkers, and Appetite in Patients with Metabolic Syndrome: A Triple-Blind Randomized Controlled Trial, *Journal of Dietary Supplements*, 2018; DOI: 10.1080/19390211.2018.1455788

- **Samira Rabiei**, Rahebeh Shakerhosseini, Navid Saadat. The effects of synbiotic therapy on anthropometric measures, body composition and blood pressure in patient with metabolic syndrome: a triple blind RCT. *Med J Islam Repub Iran* 2015; 433-440.

- **Samira Rabiei**, Fatemeh Sedaghat, Reza Rastmanesh. The comparison of dietary patterns and hedonic score in obese and nonobese women. *Journal of Ardebil University of Medical Sciences*, 2013; 13 (1): 44-58.

- Faezeh Askari, **Samira Rabiei**, Reza Rastmanesh. The Effects of Nutrition Education and Diet Therapy on Glycemic and Lipidemic Control in Iranian Patients with Type 2 Diabetes. *J Obes Wt Loss Ther*, 2013; 3(5).

- Fatemeh Sedaqat, **Samira Rabiei**, Sylvia Faria, Reza Rastmanesh. Correlates of Snacking with Stress and Depression in Obese and Non-obese Women. *J Obes Wt Loss Ther*, 2013; 3(2).

- **Samira Rabiei**, Reza Rastmanesh. The Association of Type 1 Diabetes Mellitus with Nutrition Style Through the First 2 Years of Life in Iranian Children. *Journal of US-China Medical Science*, 2012; 9 (1): 56–60.

- Chris R Cardwell, Lars C Stene, Johnny Ludvigsson, Joachim Rosenbauer, Ondrej Cinek, Jannet Svensson, Francisco Perez-Bravo, Anjum Memon, Suely G Gimeno, Emma JK Wadsworth, Elsa S. Strotmeyer, Michael J Goldacre, Katja Radon, Lee-Ming Chuang, Roger C Parslow, Amanda Chetwynd, Kyriaki Karavanaki, Girts Brigis, Paolo Pozzilli, Brone Urbonaitė, Edith Schober, Gabriele Devoti, Sandra Sipetic, Geir Joner, Constantin Ionescu-Tirgoviste, Carine E de Beaufort, Kirsten Harrild, Victoria Benson, Erkki Savilahti, Anne-Louise Ponsonby, Mona Salem, **Samira Rabiei**, Chris C Patterson. Breast feeding and childhood onset type 1 diabetes: A pooled analysis of individual participant data from 43 observational studies. *Diabetes Care*, 2012; 35(11):2215-25.

- **Samira Rabiei**, Narsis Afghari, Reza Rastmanesh. Short-term and Mid-term Effects of Fasting and Downset Meal Pattern on Lipid Profile in Iranian Fasted Women. *J Relig Health*, 2012;51 (2).

- Mahboubeh Shaneshin, Bahram Rashidkhani, **Samira Rabiei**. Accuracy of energy intake reporting: comparison of energy intake and resting metabolic rate and their relation to anthropometric and sociodemographic factors among Iranian women. *Archives of Iranian medicine*, 2012;15(11): 681-7.

- Fatemeh Shokrzadeh, **Samira Rabiei**, Determination of micronutrients of available enteral formula in Iran, and suggesting supplements regarding patients' calorie intake. *Pajouhandeh*, 2012;17(4):183-95.
- Narsis Afghari, **Samira Rabiei**, Nafiseh Rashidipoorfard, Paiman Poornaghshband, Reza Rastmanesh. The association of short-term and mid-term effects of fasting and downset meal pattern on dietary intakes, anthropometric parameters, glycemic and lipid profile in fasted women. *Journal of Fasa University of Medical Sciences*, 2012; 2 (3): 199-209.
- Fatemeh Sedaghat, **Samira Rabiei**, Reza Rastmanesh. The Relationship between Serum Cortisol and Vitamin C Levels with Obesity. *Jundishapur Sci Med J*, 2012;11(4):341-354.
- **Samira Rabiei**. The Association of Type 1 Diabetes Mellitus with Nutrition Style Through the First 2 Years of Life in Iranian Children. *Iranian Journal of Endocrine and Metabolism*, 2011;13 (1): 7-19.
- Maryam Farvid, **Samira Rabiei**, Fatemeh Homayooni, bahram Rashidkhani, Vahid Arian. Determinants of fruits and vegetable intake in patients with type 2 diabetes, *Iranian Journal of Endocrine and Metabolism*, 2010;12 (2): 89-98.
- Reza Rastmanesh, **Samira Rabiei**, Youssef Shabani, Hossein Mazinani, Ali Akbar Ebrahimi, Ahmad Reza Jamshidi. Validation of the Persian version of the Stanford Health Assessment Questionnaire (HAQ) in patients with rheumatoid arthritis. *Journal of Paramedical Sciences*, 2010; 1: 16-25.

B. Papers in other journals

- **Samira Rabiei**. Diagnosis and prevention of all types of anemia. *Monthly specialty journal of food, drug and nutrition: EbneSina*, 2013; 12:7.
- **Samira Rabiei**. Malnutrition in survivors of earthquake. *Monthly specialty journal of food, drug and nutrition: EbneSina*, 2011; 4: 4.
- **Samira Rabiei**. The association of using disposable tableware and the risk of cancer. *Monthly specialty journal of food, drug and nutrition: EbneSina*, 2011; 3: 10.
- **Samira Rabiei**. Glutamin for patients in critical condition. *Monthly specialty journal of food, drug and nutrition: EbneSina*, 2011;1: 7.
- **Samira Rabiei**. The association of sleeping duration with body weight. *Monthly Journal of Donyaye Taghziyeh*, 2010; 102.
- **Samira Rabiei**. The association of breastfeeding with diabetes in children. *Monthly Journal of Donyaye Taghziyeh*, 2010; 101.
- **Samira Rabiei**. The association of coffee intake and diabetes. *Monthly Journal of Donyaye Taghziyeh*, 2009; 90.

C. International/National protocol and guideline

- Protocol for Survey on Diet and Nutrition and its Relation with non-communicable diseases in Iran; National Nutrition Survey in Iran (NNS)
- International and National protocol for Survey on energy requirement and physical activity in National food and nutrition studies.
- National guideline for nutrition and diet therapy during Covid-19 pandemic.

D. Compiled Books

- Practical guide to calculate calorie, macronutrients and micronutrients in each food meal (The first edition: 2010, 222 pages- The second edition: 2019, 243 pages)
- Nutrition for pilgrims (2012, 116 pages)

E. Translated Books

- Krause's Food and the Nutrition Care Process; 2016; Chapter: Nutritional genomic (page 64-85)
- Food Composition Table (2010, 502 pages)
- Clinical Nutrition; Enteral and Tube Feeding (2008, 150 pages)
- Persian key of English for the students of food technology (2008)

5. Congress/ symposium

A. Presentation as Speaker

- 4th Shiraz International Congress on Mobile Health, 2020, entitled "Development of a mobile application for data collection in a nationwide survey measuring COVID-19 pandemic effects on Iranians' nutritional status and food security".
- 4th congress on children and adolescents' health, 14th congress on scientific association of children nutrition, 2019, entitled: "Opinion analysis of children about the causes of low consumption of milk and dairy products in Tehran".
- 10th International Tehran Breast Cancer Congress, 3rd National Congress on Integrative Oncology 3rd National Seminar of Sarcoma, 2019, entitled: "Dietary supplements and cancer prevention".
- International Conference on Nutrition Transitions and Nutritional Patterns, Amsterdam, The Netherlands, August, 2018, entitled: "The Comparison of Dietary Patterns and Hedonic Hunger Score in Obese and Non-Obese Women in Tehran".
- 450th International Conferences on Medical and Health Science (ICMHS), Copenhagen, Denmark, Aug 2018, entitled: "Are Serum Cortisol and Vitamin C Levels Related to Obesity in Women?"
- 21st World Congress of Clinical Nutrition, taking place in Budapest, 6-8 October, 2017, entitled "The effects of symbiotic therapy on anthropometric measures, body composition and blood pressure in patient with metabolic syndrome: a triple blind RCT".
- 21st World Congress of Clinical Nutrition, taking place in Budapest, 6-8 October, 2017, entitled "The Relationship between Serum Cortisol and Vitamin C Levels with Obesity".
- 19th International Conference on Human Nutrition and Food Sciences to be held in Rome, Italy, September, 18-19, 2017, entitled "Correlates of Snacking with Stress and Depression in Obese and Non-Obese Women".
- 19th International Conference on Human Nutrition and Food Sciences to be held in Rome, Italy, September, 18-19, 2017, entitled "The Effects of Nutrition Education and Diet Therapy on Glycemic and Lipidemic Control in Iranian Patients with Type 2 Diabetes".
- 11th International Congress of Endocrine Disorders, Tehran, 2016, entitled "The Effects of Synbiotic Therapy on Anthropometric Measurements, Body Composition and Blood

Pressure in Patient with Metabolic Syndrome; a Triple Blind RCT”.

- 12th Iranian Nutrition Congress, Isfahan, 2012, entitled “Short-term and Mid-term Effects of Fasting and Downset Meal Pattern on Lipid Profile in Iranian Fasted Women”.
- 8th Medical Students’ Research Congress of the East Network, Bojnord, 2012, entitled “The effects of nutrition education and diet therapy on glycemic and lipidemic control in patients with type 2 diabetes”.
- 3th Medical Students’ Research Congress of the South Network, Jahrom, 2012, entitled “The Relationship between Serum Cortisol and Vitamin C Levels with Obesity”.
- 16th World Congress on Clinical Nutrition, New Delhi, 2011, entitled “The association of nutrition style through the first 2 years of life with type 1 diabetes mellitus and some of the other effective factors in 2-15-year-old children”.
- 1st Medical Students’ Research Congress of the West Network, Lorestan, 2008, entitled “The assessment of food groups’ consumption in patients with diabetes type 2 in Tehran”.

B. Presentation as Poster

- The 3rd International and 15th Iranian Nutrition Congress, 2019, entitled “Correlates of Snacking with Stress and Depression in Obese and Non-obese Women”.
- The 3rd International and 15th Iranian Nutrition Congress, 2019, entitled “Short-term and Mid-term Effects of Fasting and Downset Meal Pattern on Lipid Profile in Iranian Fasted Women”.
- 11th International Congress of Endocrine Disorders, Tehran, 2016, entitled “The effects of synbiotic on body mass index, metabolic and inflammatory biomarkers and intestinal hormones in patients with metabolic syndrome; a triple blind randomized controlled trial”.
- The 2nd International & the 14th Iranian Nutrition Congress, Tehran, 2016, entitled “the effects of symbiotic therapy on anthropometric measurements, body composition and blood pressure in patient with metabolic syndrome: A TRIPLE BLIND RCT”. Published in Journal of Nutritional Sciences and Dietetics;2(3):242.
- 14th Annual Research Congress of Iran’s Medical Sciences Students, Saari, 2013, entitled “The effects of nutrition education and diet therapy on glycemic and lipidemic control in patients with type 2 diabetes”.
- The 7th student’s national congress on: health science, 2013, entitled “The effects of nutrition education and diet therapy on glycemic and lipidemic control in patients with type 2 diabetes”.
- 12th Iranian Nutrition Congress, Isfahan, 2012, entitled “The comparison of dietary patterns and hedonic score in obese and non-obese women”.
- 12th Iranian Nutrition Congress, Isfahan, 2012, entitled “The Relationship between Serum Cortisol and Vitamin C Levels with Obesity”.
- 12th Iranian Nutrition Congress, Isfahan, 2012, entitled “The comparison of dietary patterns and stress in overweight men with normal weight men”.
- 12th Iranian Nutrition Congress, Isfahan, 2012, entitled “The effects of nutrition education and diet therapy on glycemic and lipidemic control in patients with type 2 diabetes”.
- 8th Medical Students’ Research Congress of the East Network, Bojnord, 2012, entitled “The comparison of dietary patterns and hedonic score in obese and non-obese women”.
- 8th Medical Students’ Research Congress of the East Network, Bojnord, 2012, entitled

- “The Relationship between Serum Cortisol and Vitamin C Levels with Obesity”.
- 8th Medical Students’ Research Congress of the East Network, Bojnord, 2012, entitled “Short-term and Mid-term Effects of Fasting and Downset Meal Pattern on Lipid Profile in Iranian Fasted Women”.
 - 8th Medical Students’ Research Congress of the East Network, Bojnord, 2012, entitled “The comparison of dietary patterns and stress in overweight men with normal weight men”.
 - 3th Medical Students’ Research Congress of the South Network, Jahrom, 2012, entitled “The comparison of dietary patterns and hedonic score in obese and non-obese women”.
 - 3th Medical Students’ Research Congress of the South Network, Jahrom, 2012, entitled “Short-term and Mid-term Effects of Fasting and Downset Meal Pattern on Lipid Profile in Iranian Fasted Women”.
 - 3th Medical Students’ Research Congress of the South Network, Jahrom, 2012, entitled “The comparison of dietary patterns and stress in overweight men with normal weight men”.
 - 3th Medical Students’ Research Congress of the South Network, Jahrom, 2012, entitled “The effects of nutrition education and diet therapy on glycemic and lipidemic control in patients with type 2 diabetes”.
 - 3rd Congress on prevention and treatment of obesity, Tehran, 2011, entitled “The Relationship between Serum Cortisol and Vitamin C Levels with Obesity”.
 - 31th ESPEN Congress, Vienna, Austria, 2009, published in Clinical Nutrition, 2009; 4 (suppl 2), entitle “How to decrease micro albuminuria in type 2 diabetes mellitus using micronutrients supplementation?”
 - 3rd International Congress on Prediabetics and the Metabolic Syndrome, France, 2009, entitled “Major dietary patterns and their relationships with glycemic control in type 2 diabetic in Tehran”
 - 3rd International Congress on Prediabetics and the Metabolic Syndrome, France, 2009, entitled “Blood pressure-lowering effects of micronutrients supplementation in type 2 diabetic patients”
 - 2nd International and 4th Iranian Congress of Endocrine & Metabolism Updates, Isfahan, 2012, entitled “The effects of nutrition education and diet therapy on glycemic and lipidemic control in patients with type 2 diabetes”.
 - International Congress on Diabetes and its Complications, Yazd, 2009, entitled “Patterns of type 2 diabetic patients and their relationships to sociodemographic factors in Tehran”.
 - Students International Conference on Biomedical and Interdisciplinary Research, Tehran, 2009, entitled “Dietary patterns of type 2 diabetic patients and their relationships to glycemic control and sociodemographic factors in Tehran”.
 - 12th International and National Annual Research Congress of Iran’s Medical sciences students, Isfahan, 2011, entitled “The assessment of food groups’ consumption in patients with diabetes type 2 in Tehran”.
 - 7th Annual Research Congress of Shahid Beheshti University of Medical sciences students, Tehran, 2011, “The assessment of food groups’ consumption in patients with diabetes type 2 in Tehran”.
 - 2nd Medical Students’ Research Congress of Tehran Network, Tehran, 2011, entitled “The comparison of dietary patterns and hedonic score in obese and non-obese women”.
 - 11th Iranian Nutrition Congress, Shiraz, 2010, entitled “The Association of Type 1 Diabetes Mellitus with Nutrition Style Through the First 2 Years of Life in Iranian Children”.
 - 1st Iranian Congress on Metabolic Syndrome, Tabriz, 2007, entitled “The association of dietary patterns with metabolic syndrome”.

- 1st Medical Students' Research Congress of the West Network, Lorestan, 2008, entitled "the effects of conjugated linoleic acid on metabolic syndrome's risk factors".

C. As executive member

- Scientific Secretary and executor of the congress entitled: "Nutrition and diet therapy in Intensive Care Unit", 2021.
- Executive committee member of "The 3rd International and 15th Iranian Nutrition Congress", 2019.
- Executive committee member of "Pilot workshop for Total Diet Study", Tehran, 2017.

D. As participant

- Clinical Function of Probiotics, hold by Tehran University of Medical Sciences, 2018.
- Nutrition & Health of Children and Adolescents, hold by National Nutrition and Food Technology Research Institute, 2017.
- The new approaches to treatment of diabetes, hold by Research Center of Endocrine and Metabolism, Tehran, 2008.
- Obesity Prevention, hold by Research Center of Endocrine and Metabolism, Prevention and Treatment of Obesity Association, Tehran, 2008.

6. Workshops

- Workshop on diet therapy for weight management. Hold by SBMU, 2021.
- Webinar on new findings about human microbiota and its effect on diagnosis, prognosis and treatment of diseases, hold by Endocrinology & Metabolism Research Institute of Tehran University of Medical Sciences, 2021.
- Workshop on Systematic Review & Meta-analysis, hold by Abadan University of Medical Sciences, 2020.
- Workshop on Nutritional Supplements in Athletes, hold by National Nutrition and Food Technology Research Institute, Tehran, 2017.
- International workshop Pilot Workshop for Total Diet Study hold by National Nutrition and Food Technology Research Institute, Tehran, 2017.
- International workshop of Food Consumption Surveys (FCS), Food composition Tables and Data Management Systems 2017.
- Workshop on Pajoohan, hold by National Nutrition and Food Technology Research Institute, 2017.
- Workshop on Epidemiological Studies, hold by National Nutrition and Food Technology Research Institute, 2017.
- Workshop on sustainable development hold by Sharif University of Technology
- National workshop on education of articles referring, hold by research committee of Babol university of medical sciences, Tehran, 2012.
- Workshop on writing papers in English, hold by National Nutrition and Food Technology Research Institute, Tehran, 2011.
- Workshop on ethics in nutritional researches, hold by National Nutrition and Food Technology Research Institute, Tehran, 2007.

Educational Background

- Supervisor of the Medical Resident Thesis entitled: “Definition of Alkimus in traditional medicine and conversion it to measurable concepts” in 2021.
- Teaching in video conference for national program entitled: “National Nutrition and Food Surveillance” in 2021.
- Supervisor of the M.S.c Thesis entitled: “The association of sleep/wake pattern with body composition, anthropometric measures, dietary intake, glycemic and lipid profile of adults in Tehran” in 2020.
- Supervisor of the M.S.c Thesis entitled: “Association of circadian type with calorie intake, food consumption pattern and hormones affecting on appetite in adults in Tehran” in 2020.
- Advisor of the M.S.c Thesis entitled: “The association of Leptin and NPY and macronutrients intake in survived women from breast cancer” in 2020.
- Teaching in webinar for national program entitled: “National Nutrition and Food Surveillance” in 2020.
- Teaching in video conference through two periods of 3-day entitled “Food and Nutrition survey of Iranian households in 2019”.
- Teaching in workshop entitled “Diet therapy in chronic diseases, pregnancy and lactation” in 2018.
- Teaching in workshop entitled “The epidemiologic studies” 2017.
- Teaching in workshop entitled “How to write the scientific papers?” 2017.
- Teaching the principles of nutrition sciences at the University of Applied Sciences and Technology, 2010.

Work Experiences

- Working as nutrition consultant for “Kalleh” food company, 2018.
- Working as “Dietitian” in a specialty clinic in Tehran, from 2012 to 2017.
- Working as “Dietitian” in “International Foundation of Diabetes Prevention and Management”, in Tehran, from 2014 to 2017.
- Working as “Dietitian” in “Mothers Health Center” in Tehran, from 2016 to 2017.
- Working as “Dietitian” in a charity clinic in Tehran, from 2016 to 2017.
- Working as volunteer in SEPAS charity institute (An Institute for medical and psychological supports for cancer survivors).

Awards

- Ranked 1st for the Ph.D thesis in the educational festival: “Shahid Motahari”.
- Top thesis in the first Khayyam festival.
- Top ranking in the cultural competition: “Gohar Andisheh”

Language Skills

- Persian: Native
- English: High level

Other Skills

- Proficient with statistical software such as SPSS, STATA.
- Proficient with reference software such as EndNote, Mendely.
- Proficient with nutritional software such as Nutritionist IV, Food Processor, USDA, etc.
- Proficient with computer literate such as Microsoft office, Internet, etc.

Interest

- Clinical nutrition and diet therapy, especially in obesity, diabetes, metabolic syndrome, cardiovascular diseases and other non-communicable diseases
- Food consumption survey studies in National level

References

- Will be available on request.