



Personal Details

- **Family Name:** Rasekhi
- **First Name:** Hamid
- **Date of Birth:** 24 May 1976
- **Marital Status:** Married

Contact Details

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Web of Science Researcher ID , GPP-7031-2022

Research Interests

Nutritional Epidemiology
Food Database management
Validation/development of tools for data collection in dietary assessments
Nutritional Assessment
Food and Nutrition Surveillance
Clinical nutrition and diet therapy
ITs Applications in Nutrition Science

Education

➤ **Ph.D.**

Nutrition Sciences

2010-2015

Faculty of paramedicine, Ahvaz Jondishapour University of medical science, IR. Iran.

Thesis:

The effect of vitamin K1 supplementation on sensitivity and insulin resistance via osteocalcin in prediabetic, perimenopause women: a double-blind randomized controlled clinical trial

➤ **Master of Science**

Nutrition Science

2000-2004

Tabriz University of Medical Sciences and Health Services, IR. Iran.

Dissertation:

Nutritional and biochemical status of copper, zinc, zn/cu ratio, iron and iron stores, in hyperlipidemic and healthy men

➤ **Bachelor in Science**

Nutrition Science

1995-1999

Faculty of Nutrition Sciences and Food Technology/National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences and Health Services, IR. Iran.

Professional Work Experiences

Researcher

2016-present

Department of nutrition research, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Instructor

2004-2007

Department of nutrition, Faculty of paramedicine, Ahvaz Jondishapour University of medical science, Ahvaz. Iran.

Instructor

2008-2010

Biochemistry and Nutrition Department, medicine faculty, Gonabad University of medical science, Gonabad. Iran.

Teaching

2004-2010

Basic of nutrition [MD student]

Basic of nutrition [Family Health student]

Basic of nutrition [Occupational Health student]

Basic of nutrition and diet therapy [Nursing student; B.Sc.]

Nutrition during pregnancy, lactating and infancy [Midwifery student and Family Health student; B.Sc.]

Economy of Food and Nutrition [Nutrition students]

Nutrition in groups and special conditions [Nutrition students]

Basic Biochemistry [Nursing student; B.Sc.]

Publications

Books:

- **Rasekhi H.**, Ghodsi D. WHO guidelines for improving breastfeeding practices. In: Breastfeeding: Trends, Determinants, and Benefits”. The Nova Science Publishers. 2021 (in Press)
- Ghodsi D., Nikooyeh B., Eini-Zinab H., **Rasekhi H.**, Neyestani TR., Abdollahi Z., Minaei Mina. Analysis of trend of nutritional status of children in Iran: Results of health and nutrition surveys in last three decades. UNICEF, The Statistical Center of Iran, and Statistical Research and Training Center. Tehran. Fall. 2020. (in Persian)
- Nutrition Guidance in Coronavirus Infection, National Nutrition and Food Technology Research Institute publication. Tehran, Iran. 2021.

Journal Publications

- Delaram Ghodsi, **Hamid Rasekhi**, Zahra Yari, Roshanak Roostaie, Bahereh Nikooyeh, Ayoub Faramarzi, Hassan Eini Zinab and Tirang Neyestani. Predicting and analyzing the trend of nutritional status of children under 5 years in Iran: Reanalysis of the results of national surveys in the last three decades. *Frontiers in Nutrition*, section Nutritional Epidemiology (Under Review)
- Nikooyeh B, Rabiei S, Amini M, Ghodsi D, **Rasekhi H**, Doustmohammadian A, et al. COVID-19 epidemic lockdown-induced remarkable decrease in dairy products consumption of Iran population: does it really matter? *National Food and Nutrition Surveillance. BMC Nutrition*. 2022;8(1):122.
- Yari Z, Amini M, **Rasekhi H**, Nikooyeh B, Doustmohammadian A, Ghodsi D, et al. Dietary diversity and its relationship with nutritional adequacy in 24 to 59 months old children in Iran: study protocol. *BMC Nutrition*. 2022;8(1):118.

- Dietary supplements use among Iranian households during COVID-19 epidemic lockdown: Less access in those who may need more National Food and Nutrition Surveillance. Delaram Ghodsi¹, Bahareh Nikooyeh¹, Maryam Amini¹, Samira Rabiei¹, Azam Doustmohammadian², Zahra Abdollahi³, Mina Minaie³, Farzaneh Sadeghi³, Cain C. T. Clark⁴, Tirang R. Neyestani¹, **Hamid Rasekhi***¹: *International Journal of Preventive Medicine* (In press)
- The combined effect of taurine and omega-3 supplementation on Delayed Onset Muscle Soreness in high-intensity eccentric exercise Foad Asjodi, **Hamid Rasekhi**, Sara Ebrahimi. Mousavi, Orod Mohajer Iravani⁴, Yasaman Khazaei⁵ *Journal of Iranian Medical Council (JIMC)*(Under Review)
- Effect of vitamin E intake on glycemic control and insulin resistance in diabetic patients: a systematic review and meta-analysis of randomized controlled trials Omid Asbaghi; Behzad Nazarian; Mojtaba Yousefi; **Hamid Rasekhi***; Omid Sadeghi: *Nutrition Journal*(Under Review)
- How effective are anthocyanins on healthy modification of cardiometabolic risk factors: a systematic review and meta-analysis by Tirang R. Neyestani; Zahra Yari; **Hamid Rasekhi**; Bahareh Nikooyeh: *Advances in Nutrition* (Under Review)
- Fruit and snack consumption during covid-19 lockdown: Experiences from iran. Maryam Amini¹, **Hamid Rasekhi**, Delaram Ghodsi, Bahareh Nikooyeh¹, Samira Rabiei¹, Azam oustmohammadian², Zahra Abdollahi³, Mina Minaie³, Farzaneh Sadeghi³, Cain C. T. Clark⁴, Tirang R. Neyestani¹. *Eurioian journal of public health* (Under Review).
- Ghaziani S, Ghodsi D, Schweikert K, Dehbozorgi G, **Rasekhi H**, Faghih S, et al. The Need for Consumer-Focused Household Food Waste Reduction Policies Using Dietary Patterns and Socioeconomic Status as Predictors: A Study on Wheat Bread Waste in Shiraz, Iran. *Foods*. 2022;11(18):2886.
- Nikooyeh B, Rabiei S, Amini M, Ghodsi D, **Rasekhi H**, Doustmohammadian A, Abdollahi Z, Minaie M, Sadeghi F, Neyestani TR. COVID-19 epidemic lockdown-induced changes of cereals and animal protein foods consumption of Iran population: the first nationwide survey. *Journal of Health, Population and Nutrition*. 2022/07/19 2022;41(1):31. doi:10.1186/s41043-022-00310-0
- Sadeghi A, Parastouei K, Seifi S, Khosravi A, Salimi B, Zahedi H, Sadeghi O, **Rasekhi H**, Amini M. Inflammatory Potential of Diet and Odds of Lung Cancer: A Case-Control Study. Article. *Nutrition and Cancer*. 2022;doi:10.1080/01635581.2022.2036770
- Nikooyeh B, Ghodsi D, Amini M, **Rasekhi H**, Rabiei S, Doustmohammadian A, Al-Jawaldeh A, Neyestani TR. The Analysis of Trends of Preschool Child Stunting, Wasting and Overweight in the Eastern Mediterranean Region: Still More Effort Needed to Reach Global Targets 2025. Article. *Journal of Tropical Pediatrics*. 2022;68(3)fmac028. doi:10.1093/tropej/fmac028
- **Rasekhi H**, Rabiei S, Amini M, Ghodsi D, Doustmohammadian A, Nikooyeh B, Abdollahi Z, Minaie M, Sadeghi F, Neyestani TR. COVID-19 Epidemic-Induced Changes of Dietary Intake of Iran Population During Lockdown Period: The Study Protocol National Food and Nutrition Surveillance. *Nutrition and Food Sciences Research*. 2021;8(2):1-4.

- Rabiei S, Ghodsi D, Amini M, Nikooyeh B, **Rasekhi H**, Doustmohammadian A, Abdollahi Z, Minaie M, Sadeghi Ghotbabadi F, Neyestani TR. Changes in fast food intake in Iranian households during the lockdown period caused by COVID-19 virus emergency, National Food and Nutrition Surveillance. *Food Science & Nutrition*. 2021;
- Esmaeili M, Kianmehr M, **Rasekhi H**, Basirimoghadam A, Kianmehr M, Pouryousef M, Eskafi-Noghani M. Effective Factors on Dominant Diets among Adults in Gonabad City. *Indian Journal of Forensic Medicine & Toxicology*. 2021;15(3)
- Esmaeili M, Kianmehr M, Eskafi Noghani M, Basirimoghadam A, Kianmehr M, Pouryousef M, **Rasekhi H***. Dietary Patterns and Their Associations with General and Abdominal Obesity Among Adults in Gonabad in 2019: A Cross-Sectional Study. *Nutrition and Food Sciences Research*. 2021;8(3):11-18.
- De Backer C, Teunissen L, Cuykx I, Decorte P, Pabian S, Gerritsen S, Matthys C, Al Sabbah H, Van Royen K, Corona Cooking Survey Study G. An Evaluation of the COVID-19 Pandemic and Perceived Social Distancing Policies in Relation to Planning, Selecting, and Preparing Healthy Meals: An Observational Study in 38 Countries Worldwide. *Frontiers in nutrition*. 2021;7:621726-621726. doi:10.3389/fnut.2020.621726
- Hadian Z, Feyzollahi E, Honarvar Z, Komeili-Fonood R, Khosravi Darani K, Mofid V, Zand-Rajabi H, Bahramian G, Salehi M, Mortezaee G, **Rasekhi H**. Assessment of salt (Sodium chloride) content in traditional and industrial breads in Tehran. Article. *Iranian Journal of Nutrition Sciences and Food Technology*. 2020;14(4):113-122.
- Hadian Z, Feizollahi E, Khosravi K, Mofid V, **Rasekhi H**. Salt intake from traditional breads: A public health challenge for decreasing non-communicable diseases in Iran. Article. *Current Nutrition and Food Science*. 2020;16(8):1278-1284. doi:10.2174/1573401316666200309150947
- Esmaeili M, Noghani ME, Basirimoghadam A, Kianmehr M, Pouryousef M, **Rasekhi H**, Kianmehr M. ABDOMINAL OBESITY IN ADULTS: PREVALENCE AND RELATED FACTORS. *Acta Kinesiologica*. 2020;14(2):92-97.
- Esmaeili M, Kianmehr M, **Rasekhi H**, Basirimoghadam A, Kianmehr M, Pouryousef M, Eskafi-Noghani M. Identifying the Dominant Dietary Patterns Among Adults in Gonabad City in 2019. *Journal of Research and Health*. 2020;10(3):193-200.
- Abbasnezhad A, Masoumzadeh M, **Rasekhi H**, Irani H, Kianmehr M. The effect of hot-and cold-natured foods on the vital signs in the human. Article. *Indian Journal of Forensic Medicine and Toxicology*. 2019;13(1):344-349. doi:10.5958/0973-9130.2019.00067.7
- Masoumzadeh M, Abbasnezhad A, **Rasekhi H**, Ghiassi R, Kianmehr M. Effect of cold and hot natured diet on level of thyroid hormones, epinephrine, norepinephrine, cortisol, testosterone and lh in human. Article. *Indian Journal of Forensic Medicine and Toxicology*. 2018;12(3):286-291. doi:10.5958/0973-9130.2018.00174.3
- **Rasekhi H**, Karandish M, Jalali MT, Mohammad-Shahi M, Zarei M, Saki A, et al. The effect of vitamin K1 supplementation on sensitivity and insulin resistance via osteocalcin in prediabetic women: a double-blind randomized controlled clinical trial. *Eur J Clin Nutr*. 2015;69(8):891-5.

- **Rasekhi H**, Karandish M, Jalali M-T, Mohammadshahi M, Zarei M, Saki A, Shahbazian H. Phylloquinone supplementation improves glycemic status independent of the effects of adiponectin levels in premenopausal women with prediabetes: a double-blind randomized controlled clinical trial. *Journal of Diabetes & Metabolic Disorders*. 2015;14(1):1-6.
- Kianmehr M, Tavakolizadeh J, Akbari A, Heydari ST, Masoumzadeh M, **Rasekhi H**, Abbasnezhad A, Irani H, Ghiasi R, Mansourian MR. The effect of consuming food with “warm” or “cold” temperaments on students’ mental health and aggression. *Shiraz E-Medical Journal*. 2014;15(1)
- Hajavi J, **Rasekhi H**, Zebardast J. Prevalence of allergic reactions to non-food allergens in residents of Gonabad in 1390. *Journal of Torbat Heydariyeh University of Medical Sciences*. 2014;2(3):62-69.
- Mohebi S, Sharifirad G, **Rasekhi H**, Matlabi M, Shahsiah M, Tabaraie Y. Effect of nutrition education program on the recommended weight gain in during pregnancy application of Health Belief Model: A randomized clinical trial. *Qom University of Medical Sciences Journal*. 2012;6(1):23-30.
- Hajavi J, **Rasekhi H**, Jani S, Zebardast J. Investigating Food Allergy Frequency Among Native Population and University Students in Gonabad. *The Horizon of Medical Sciences*. 2011;16(4):49-57.
- AtarodiMSc A, KianmehrPhD M, AbbasnezhadMSc A, MasoumzadehPhD M, **Rasekhi H**. Effect of Food with Hot and Cold Nature on Students’ Learning. *Journal of Islamic and Iranian Traditional Medicine Vol*. 2011;2(3):8.
- Mahdavi R, **Rasekhi H***, Ostad Rahimi Ar, Asadi Y, Vahed Jabari M. Nutritional and biochemical status of copper, zinc, zn/cu ratio, iron and iron stores, in hyperlipidemic and healthy men. *Iranian journal of endocrinology and metabolism (ijem)*. 2009;10(5 (sn 41)):-.
- Mokhtarian Dh, Ghahramani M, Sarshar N, Kianmehr M, Yaghoubi Arm, **Rasekhi H**. The effect of consuming eggs enriched with omega-3 fatty acid on plasma lipid and blood pressure. 2008;
- Elahi N, Malekzadeh S, Shahbazian H, Rasekh A, **Rasekhi H**. Effect of different pattern of insulin injection on glycemic control in type 1 diabetic patients. 2008;
- Mahdavi R, Falah F, Asadi Y, Razavieh V, Vahed Jabari M, Ostad Rahimi Ar, **Rasekhi H**, Pourabas A. Assessment of serum free carnitine levels in hypertriglyceridemic men in comparison with normolipidemic men. *Pharmaceutical sciences*. 2007;-(3):-.

Workshop Teaching

- Training workshop for establishment of food and Nutrition Surveillance in deprived provinces. National Nutrition and Food Technology Research Institute. I.R. IRAN. 2019-2021(7 Sessions).
- Training workshop for "effectiveness of wheat flour fortification with Vit D". October 2021. Nutrition and Food Technology Research Institute. October 2021(2 Sessions).

- Training workshop for "household food consumption patterns and nutritional status of I.R." Iran. November 2018
- Workshop on "Research Methodology and data analysis using IBM SPSS.Gonabad" I.R. IRAN 2008-2009 (5 Sessions).
- "Epidemiological studies for physicians and staff of the Iranian Blood Transfusion Organization (Khuzestan)". I.R. IRAN February 2012

Oral and Poster Presentations

- **Rasekhi H**, Karandish M, Jalali MT, Mohammad-shahi M, Zarei M, Saki A, Shahbazian H. Phylloquinone supplementation increases adiponectin levels in prediabeticpremenopause women:a doubleblind randomized controlled clinical trial. *The 1st International & the 13th Iranian Nutrition Congress Nov 30-Dec 3, 2014, Tehran, I.R. IRAN*
- Zandmoghaddam A, Miah M, Jafari H, **Raskhi H**: Comparison of aflatoxins B1 and M1 liver and meat of domestic and imported chicken products using HPLC method. *The 9th Iranian Nutrition Congress, September 4-6, 2006, Tabriz, Iran*
- Zand-e M, Veisi M, Amani R, **Raskhi H**.Measurement of protein and isoflavones of soybean meal. *The 9th Iranian Nutrition Congress, September 4-6, 2006, Tabriz, Iran*
- Ghadiri Sufi f, Khameneh S, Hossein-lou A, **Raskhi H**: Effects of Ramadan fasting on plasma level of male sex hormones. *The 7th Iranian Nutrition Congress, September 2-5, 2002, Iran*
- Fatemeh Haidari, Majid Mohammadshahi, **Hamid Rasekhi**: Prevalence of Dyslipidemia and hypertension in CRF patients treated with hemodialysis Comparative study of free carnitine serum and mean lysine, methionine, and animal protein intakes in hypercholesterolemic and normolipidemic men. The fourth annual research seminar for students of medical sciences universities of the country. December 11-9, 2003, Hamedan, Iran.
- Mahdavi R, **Raskhi H***, Ostadrahimi A, Asadi y, Jabbari M, Fallah F: Determination and comparison of lipid peroxidation index (MDA) in hyperlipidemic and healthy men. *The 9th Iranian Nutrition Congress, September 4-6, 2006, Tabriz, Iran.*
- Fallah F, Mahdavi R, Pourabbas A, Razavieh S, Asadi Y, Vahed Jabbari M, Ostadrahimi A, Ali -Asgarzadeh A, **Raskhi H**: Evaluation of serum free carnitine and dietary intake of C, B3, B2, B12 and iron in hypercholesterolemic and normolipidemic men. *The 9th Iranian Nutrition Congress, September 4-6, 2006, Tabriz, Iran.*
- Fallah F, Mahdavi R, Pourabbas A, Razavieh S, Ali-Asgarzadeh A, Vahed Jabari M, Asadi Y, Ostadrahimi A, **Raskhi H**: Evaluation of serum free carnitine levels and dietary intake of ascorbic acid, niacin, pyridoxine and iron in hypertriglyceridemic men compared to healthy men. *The 9th Iranian Nutrition Congress, September 4-6, 2006, Tabriz, Iran*
- Mahdavi R, **Raskhi H***, Ostadrahimi A, Asadi Y, Jabbari M, Fallah F. Nutritional and biochemical status of iron in Hyperlipidemic and Healthy Men. *The 8th Iranian Nutrition Congress, September 6-9, 2004, Tehran, Iran*

- Fallah F, Mahdavi R, Pourabbas A, Razavieh S, Asadi Y, Vahed-Jabbari M, Ostadrahimi A, Ali-Asgarzadeh A, **Raskhi H**: Evaluation of serum free carnitine levels and dietary intake of animal carnitine protein and lysine and methionine amino acids in hypertriglycemic and healthy men. *The 8th Iranian Nutrition Congress, September 6-9, 2004, Tehran, Iran*
- The effectiveness of the educational program based on the health belief model on the nutritional behaviors of pregnant women. Mohebbi Siamak, Raskhi Hamid, Shah Siah Murtaza, Reyhani Esmat. 6th Iranian Congress of Epidemiology. Shahroud-12 to 15 July 2010.

Research

- Co-Leader in “Study of dietary diversity and its relationship with nutritional adequacy in 2- to 5-year-old children in Iran.” Sponsored by NNFTRI. 2021.
- Colleague in “Designing of waste management system for edible oils and fats in Iran.” Sponsored by NNFTRI. 2021.
- Colleague in “Validation of IBD-Fatigue questionnaire and Evaluation of the association of dietary pattern with fatigue in patients with Inflammatory Bowel Disease: a cross sectional study”
- Colleague in “Association of Serum 25-Hydroxy vitamin D Level with Metabolic Phenotypes of Obesity.” Sponsored by NNFTRI. 2021.
- Co-Leader in “Formulation and production of micronutrient sachets for home fortification and evaluation of their efficacy on pregnant mothers and children aged 6-60 months in Sistan Baluchistan”
- Co-Leader “Evaluation of the PhD program on food and nutrition policy in Iran. Sponsored by NNFTRI. 2021.
- Co-Leader in “Effectiveness study of traditional bakeries' flour fortification with vitamin D in addition to Iron and Folic acid”. Sponsored by NNFTRI. 2021.
- Co-Leader in “Evaluation of vitamin D status of children and adults in two cities Brigand and Yazd: Assessment of initial vitamin D status before implementation of vitamin D fortification of bakery’s flour”. Sponsored by NNFTRI. 2021.
- Co-leader in “Dietary changes of the Iranian households during lockdown for COVID-19 and then after”. Sponsored by NNFTRI. 2020.
- Co-leader in “Food and Nutrition Surveillance system in Iran”. Sponsored by **UNICEF**. 2020.
- College in “The association between dietary inflammatory Index (DII) and risk of hematological malignancies: a case-control study”
- Co-leader in “The effect of educational interventions on food menu modification in Tehran restaurants aiming at suggesting applicable strategies for reducing salt, sugar, and fat: a mixed method study” Sponsored by NNFTRI. 2019.
- Co-leader in “Collection and harmonization of recipes for traditional mixed-dishes in the country based on portion size”. Sponsored by NNFTRI. 2019.
- Co-leader in “Collection and harmonization of common recipes for fast food and foreign food based on portion size” Sponsored by NNFTRI. 2019

- Colleague in “The comprehensive study on household food consumption patterns and nutritional status of I.R. Iran., NNFTRI”, *National research*. 2019.
- Co-leader in “Evaluation of the trend of the effects of economical sanction on household food security and nutritional status of under 5yr children and women in childbearing ages during 2018-9, Iran”
- Co-leader in “Nutrition Global Targets by 2025: A Regional Situation Analysis”
- Leader in “Developing of a food nutrient database to evaluate nutritional value of dietary intakes”
- Leader in “The association between dietary intake of linoleic acid and risk of prostate cancer: a systematic review and meta-analysis”
- Leader in “The effect of vitamin E supplement on blood glycemic indices in patients with diabetes: A systematic review and meta-analysis of clinical trials”
- Leader in “The effect of vitamin K1 supplementation on sensitivity and insulin resistance via osteocalcin in prediabetic, perimenopause women: a double-blind randomized controlled clinical trial”. Sponsored by Ahvaz Jondishapour University of medical science, Ahvaz. Iran. 2012.
- Leader in” Investigating Food Allergy Frequency Among Indigenous residents and University Students in Gonabad. Sponsored by Gonabad University of medical science. Iran. 2012.
- Leader in “A Survey on Dmft Rate and Its Effective Factors Among 12-Yearold School Children in Gonabad. Sponsored by Gonabad University of medical science. Iran. 2009.
- Leader in “The impact of cold and warm food on thyroid hormones, testosterone and human irritability. Sponsored by Gonabad University of medical science. Iran. 2009.
- Leader in “Internal evaluation of educational groups in Gonabad University of medical science. Iran. 2009.
- Leader in “Nutritional and biochemical status of copper, zinc, Zn/Cu ratio, iron and iron stores, in hyperlipidemic and healthy men”. Sponsored by Tabriz University of medical science. Iran. 2001.

Main Achieved Certificates

- A certificate on workshop "*Needs assessment and prioritization in research*, Held by Gonabad University of Medical Sciences, 2008.
- A certificate on “*Sample size determination workshop, Gonabad University of Medical Sciences, 2008*”
- A certificate on Workshop, *Training and Justification of consultant professors*, Held by Deputy of Education, Ministry of Health, Iran, 2009
- A certificate on “*Two-day workshop on creativity and innovation*, Held by Mashhad University of Medical Sciences, 2008
- A certificate on “*writing systematic review*” Held by Gonabad University of Medical Sciences.2007, Iran.
- Workshop on "*Educational Strategies and Curriculum Based on It*, Helad by Gonabad University of Medical Sciences, 2008"

- A certificate on “**Research Methodology**” Held by Gonabad University of Medical Sciences. Iran.
- A certificate on “**Two-day workshop on photoshop software**, Gonabad University of Medical Sciences, 2007
- A certificate on Workshop **Research in Education**, *Gonabad University of Medical Sciences, 2008*
- A certificate on “**Scientific Writing Articles**” Held by Gonabad University of Medical Sciences. Iran.
- A certificate on Workshop “**Ethics in Medical Research**, Held by, Gonabad University of Medical Sciences, 2007
- A certificate on “**Lesson Plan Workshop**” Held by Ahvaz University of Medical Sciences.2006, Iran.
- A certificate on “**Diet therapy in controlling weight**” Held by *the 1st International & the 13th Iranian Nutrition Congress Nov 30-Dec 3, 2014, Tehran, I.R. IRAN*
- A certificate on “**Nutrition and Diet Therapy Retraining in Diabetic Patients**”, Tabriz University of Medical Sciences, 2003

Peer Reviewing

- ❖ Nutrition and food science nutrition research journal
- ❖ Journal of Iranian Medical Council (JIMC)
- ❖ Iranian journal of Nutrition Science and food technology (In Persian)
- ❖ The Horizon of Medical Sciences”, Gonabad University of Medical Sciences

Associate Editor of:

- ❖ Nutrition and Food Sciences Researches Journal

Reviewer of congress and research proposal

- ❖ Reviewing research proposal submitted in National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran
- ❖ Member of the Scientific committee of the 3th international & 15th Iranian Nutrition congress, 19-21 December 2018, Tehran, Iran: reviewing 32 conference papers
- ❖ Member of the Coordinating Committee of the 3th international & 15th Iranian Nutrition congress, 19-21 December 2018, Tehran, Iran

Other qualification

- **Software scientific supervisor of a** national survey: The comprehensive study on household food consumption patterns and nutritional status of Iran. 2017
- **Software scientific supervisor of a** national survey: National Food and Nutrition Surveillance (FNS) Program. Iran, 2018
- **Executive Secretary** of the one-day medical genetics seminar. Gonabad University of Medical Sciences, Iran, 2009
- **Member of the Executive Committee** of the Saffron National Conference. Gonabad, Iran, 2009
- **Member** of the scientific committee of the first scientific Olympiad of medical students of the country. Gonabad, Iran, 2009
- **Supervisor** of undergraduate students in Nutrition Sciences, Jundishapur University of Medical Sciences, Ahvaz. Iran, 2005-2007
- **Member** of the information training Committee of the Food and Nutrition Security Secretariat, *East Azerbaijan* Province, Iran, 2001-2004
- **Member** of Information Technology Committee of Nutrition Research Institute and Nutrition Faculty of Shahid Beheshti University of Medical Sciences .
- **Head** of software and website of national program: The comprehensive study on household food consumption patterns and nutritional status of I.R
- **Research Affairs Manager**, Gonabad University of Medical Sciences, 2008
- **Secretary** of Medical Informatics Committee, Gonabad University of Medical Sciences, Iran, 2009
- **Chairman** of the University Publications Council Gonabad University of Medical Sciences, Iran,
- **Secretary** of the Research Council Gonabad University of Medical Sciences, Iran,
- **Executive Secretary** of the Policy Making Council of HSR Gonabad University of Medical Sciences, Iran,
- **Manager of the food service department.** Gonabad University of Medical Sciences, Iran,
- **Member** of the elected committee and promotion of the University. Gonabad University of Medical Sciences, Iran,
- **Member** of the Board of full-Time evaluation of faculty members of the University. Gonabad University of Medical Sciences, Iran,
- **Secretary** of Student Research Committee, Tabriz University of Medical Sciences

Special Abilities and Skills

- ✓ Data analysis, extensive experience with SPSS and STATA
- ✓ Proficient with reference software such as EndNote, Mendeley.
- ✓ Proficient with nutritional software such as Nutritionist IV, Food Processor, USDA, etc.
- ✓ Created and formatted FFQ analysis and recipe calculation spreadsheets on Microsoft Excel
- ✓ Skilled in website design in WordPress
- ✓ Skilled in Design and Create Electronic Survey/Questionnaire
- ✓ Experience in amino acids by HPLC

Computer& Cyber Skills:

- ✓ Microsoft access, SQL, CompTIA Network+, CCNA, MCSE, visual Basic, Power BI, Computer Hardware