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CONTACT

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LANGUAGES

Persian (native)

English (good)

Arabic (basic)

EDUCATION

- + Bachelor Degree of Nutritional Sciences, Isfahan University of Medical Sciences, Isfahan, Iran (2002 –2006)
- + MSc. of Nutrition Sciences, Shahid Beheshti University of Medical Sciences, Shahid Beheshti, Iran (2007– 2010)
- + Ph.D. of Nutritional Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2012–2017)
- + Post-doc, Nutritional epidemiology, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2018-2020)

EXPERIENCES

Teaching experiences

- + Lecturer, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2012–2017)
- + Assistant Professor, North Khorasan University of Medical Sciences, Bojnurd, Iran (2017 – 2018)
- + Assistant Professor, Guilan University of Medical Sciences, Rasht, Iran (2018 – 2022)
- + Assistant Professor, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2022 – present)

Research experiences

- + Top University Researcher of North Khorasan University of Medical Sciences, Bojnurd, Iran
- + Top University Researcher of Guilan University of Medical Sciences, Rasht, Iran
- + Head of student research committee, Guilan University of Medical Sciences, Rasht, Iran (2019)
- + Winner of the ESPEN Congress Scholarship Award (2018 & 2019)

Clinical experiences

- + Dietitian in the ICU, Emam Hasan hospital, Bojnurd, Iran (2017 – 2018)
- + Dietitian in the ICU, Razi hospital, Rasht, Iran (2018–2022)
- + Dietitian in the cancer clinic, Shohadaye Tajrish hospital, Tehran, Iran (2017–2018)
- + Dietitian in the Moin clinic, Bijnurd, Iran (2017–2018)
- + Dietitian in the Emam Hasan clinic. Bijnurd, Iran (2017-2018)
- + Dietitian in the Razi clinic, Rasht, Iran (2018-2022)

Publications

Papers

1. **Doaei S**, Kalantari N, Gholamalizadeh M, Rashidkhani B. Validating and Investigating Reliability of Comprehensive Feeding Practices Questionnaire. ZJRMS. 2013; 15 (3) :42-45
2. Abbasi B, Kimiagar S M, Mohammad-Shirazi M, Sadeghniaat K, Rashidkhani B, Karimi N **Doaei S**. Effect of Magnesium Supplementation on Physical Activity of Overweight or Obese Insomniac Elderly Subjects: A Double-Blind Randomized Clinical Trial. ZJRMS. 2013; 15 (3) :14-19
3. Gholamalizadeh M, **Doaei S***, Kalantari N, Rashidkhani B. Association between Social and Demographic Factors with Feeding Methods in 3-6-Years-Old Children. Zahedan Journal of Research in Medical Sciences. 2013 Mar 1;15(3):51-4.
4. Gholamalizadeh M, Entezari MH, Paknahad Z, Hassanzadeh A, **Doaei S**. The study of association between mother weight efficacy life-style with feeding practices, food groups intake and body mass index in children aged 3-6 years. International journal of preventive medicine. 2014 Jan;5(1):21.
5. **Doaei S**, Gholamalizadeh M. The association of genetic variations with sensitivity of blood pressure to dietary salt: A narrative literature review. ARYA atherosclerosis. 2014 May;10(3):169.
6. Kalantari N, **Doaei S***. Study of the association of socio-demographic factors and feeding practices with the dietary intake in 3-6years old children. Journal of Pediatric Sciences. 2014;6.
7. **Doaei S**, Gholamalizadeh M, Entezari MH. Maternal self-efficacy and feeding practices in children aged 3-6 years. Iranian journal of psychiatry. 2015 Sep;10(4):278.
8. Daniali SS, Bakhtiari MH, Nasirzadeh M, Aligol M, **Doaei S**. Knowledge, risk perception, and behavioral intention about hepatitis C, among university students. Journal of education and health promotion. 2015;4.
9. Kalantari N, **Doaei S***, Gordali M, Rahimzadeh G, Gholamalizadeh M. The association between Dairy Intake, Simple Sugars and Body Mass Index with Expression and Extent of Anger in Female Students. Iranian journal of psychiatry. 2016 Jan;11(1):43.
10. Kalantari N, **Doaei S***, Malmir H, Aminifard A, Gholamalizadeh M. The Relationship between TV Viewing and Food Intake and BMI in Preschool Children. British Journal of Medicine & Medical Research. 2016;14(10):1-9.
11. Mohammadimanesh A, Khosravi HM, Vahidiniya AA, **Doaei S**, Salehi I, Fayyaz N. The comparative effect of different types of honey on levels of glucose, fructosamine and insulin in Streptozocin-induced diabetes in wistar rats. South Asian Journal of Experimental Biology. 2016;6(1):39-44.
12. Kalantari N, Taghynejad M, Gholamalizadeh M, Doaei S, Oraz N. Effect of Food Insecurity on the HIV Progression among the HIV-infected Patients in Iran. Journal of Advances in Medicine and Medical Research. 2016 Aug 20:1-6.
13. Kalantari N, **Doaei S***, Keshavarz-Mohammadi N, Gholamalizadeh M, Pazan N. Review of studies on the fat mass and obesity-associated (FTO) gene interactions with environmental factors affecting on obesity and its impact on lifestyle interventions. ARYA atherosclerosis. 2016 ov;12(6):281.
14. **Doaei S**, Gholamalizadeh M, Jarrahi AM, Badakhanian M, Najafi R. The IRX3 Gene; the Missing Link between the FTO Gene and Obesity. Asian Pac J Cancer Biol. 2016;1(2):25-7.
15. **Doaei S**, Kalantari N, Mohammadi NK, Tabesh GA, Gholamalizadeh M. Macronutrients and the FTO gene expression in hypothalamus; a systematic review of experimental studies. Indian

- heart journal. 2017 Mar 1;69(2):277-81.
16. Kalantari N, Taghynejad M, Gholamalizadeh M, Torkaman M, **Doaei S***, Oraz N. food group intake and cd4 cell counts in hiv infected patients. *acta medica mediterranea*. 2017 jan 1;33(1):151-5.
 17. **Doaei S**, Jarrahi AM, Gholamalizadeh M, Nazarzadeh M. Substitution Analysis in Nutrition Sciences; Applications, What to Do or Not: a Tutorial Paper. *Asian Pacific Journal of cancer Prevention*. 2017.
 18. Kalantari N, Malmir H, **Doaei S***, Gholamalizadeh S, Javadi F, Rashidkhani B, Gorgani SN. Assessing the Validity and Reliability of a Questionnaire on Child Television Watching in Tehran City, Iran. *Malaysian Journal of Nutrition*. 2017 Jan 1;23(1).
 19. Akbari ME, Gholamalizadeh M, **Doaei S***, Mirsafa F. FTO gene affects obesity and breast cancer through similar mechanisms: a new insight into the molecular therapeutic targets. *Nutrition and cancer*. 2018 Jan 2;70(1):30-6.
 20. Shidfar F, Bahrololumi SS, **Doaei S**, Mohammadzadeh A, Gholamalizadeh M, Mohammadimanesh A. The Effects of Extra Virgin Olive Oil on Alanine Aminotransferase, Aspartate Aminotransferase, and Ultrasonographic Indices of Hepatic Steatosis in Nonalcoholic Fatty Liver Disease Patients Undergoing Low Calorie Diet. *Canadian Journal of Gastroenterology and Hepatology*. 2018;2018.
 21. Kalantari N, Mohammadi NK, Izadi P, **Doaei S***, Gholamalizadeh M, Eini-Zinab H, Salonurmi T, Rafieifar S, Janipoor R, Tabesh GA. A haplotype of three SNPs in FTO had a strong association with body composition and BMI in Iranian male adolescents. *PloS one*. 2018 Apr 20;13(4):e0195589.
 22. Kalantari N, Mohammadi NK, Izadi P, Gholamalizadeh M, **Doaei S***, Eini-Zinab H, Salonurmi T, Rafieifar S, Janipoor R, Tabesh GA. A complete linkage disequilibrium in a haplotype of three SNPs in Fat Mass and Obesity associated (FTO) gene was strongly associated with anthropometric indices after controlling for calorie intake and physical activity. *BMC Medical Genetics*. 2018 Dec;19(1):146.
 23. Gholamalizadeh M, **Doaei S***, Akbari ME, Rezaei S, Jarrahi AM. Influence of Fat Mass-and Obesity-Associated Genotype, Body Mass Index, and Dietary Intake on Effects of Iroquois-related Homeobox 3 Gene on Body Weight. *Chinese Medical Journal*. 2018 Sep 1;131(17):2112.
 24. **Doaei S**, Hajiesmaeil M, Aminifard A, Mosavi-Jarrahi SA, Akbari ME, Gholamalizadeh M. Effects of gene polymorphisms of metabolic enzymes on the association between red and processed meat consumption and the development of colon cancer; a literature review. *Journal of nutritional science*. 2018;7.
 25. Haghshenas R, Jamshidi Z, **Doaei S***, Gholamalizadeh M. The Effect of HIIT on Serum Vitamin D Level and Anthropometric Measures in Male Adolescents with Obesity/Overweight. *Journal of North Khorasan University of Medical Sciences*. 2018 Mar 10;9(4):20-6.
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 27. **Doaei S**, Kalantari N, Majidi N, Malmir H. Investigation of the Association of Body Mass Index with Mental Health and Self-Confidence in Girls: A Case-Control Study. *Journal of North Khorasan University of Medical Sciences*. 2018 Apr 10;10(1):9-14.
 28. Kalantari N, Keshavarz Mohammadi N, Izadi P, **Doaei S***, Gholamalizadeh M, Eini-Zinab H, Salonurmi T, Rafieifar S, Janipoor R, Azizi Tabesh G. A haplotype of three SNPs in FTO had a strong association with body composition and BMI in Iranian male adolescents. *PloS one*. 2018 Apr 20;13(4):e0195589.
 29. **Doaei S**, Karimi E, Pishnamaz F, Rafieifar S, Malmir H, Ashoori N, Kalantari N. The Association between Self-efficacy in Weight Management with Anthropometric Indices in Male Adolescents. *Journal of North Khorasan University of Medical Sciences*. 2018 Oct 10;10(2):1-6.

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31. Haghshenas R, Jamshidi Z, **Doaei S***, Gholamalizadeh M. The effect of a high-intensity interval training on plasma vitamin D level in obese male adolescents. *Indian journal of endocrinology and metabolism*. 2019 Jan;23(1):72.
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33. Mohammadimanesh A, Vahidiniya AA, **Doaei S**, Gholamalizadeh M, Shahvegharasl Z, Salehi I, Fayyaz N, Khosravi HM. The effect of different types of honey on the lipid profile of streptozotocin-induced diabetic rats. *Archives of Medical sciences. Atherosclerotic Diseases*. 2019;4:e113.
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35. **Doaei S**, Kalantari N, Izadi P, Salonurmi T, Jarrahi AM, Rafieifar S, Azizi Tabesh G, Rahimzadeh G, Gholamalizadeh M, Goodarzi MO. Interactions between macro-nutrients' intake, FTO and IRX3 gene expression, and FTO genotype in obese and overweight male adolescents. *Adipocyte*. 2019 Jan 2;8(1):386-91.
36. **Doaei S**, Kalantari N, Keshavarz Mohammadi N, Izadi P, Gholamalizadeh M, Eini-Zinab H, Salonurmi T, Mosavi Jarrahi A, Rafieifar S, Najafi R, Sadeghypor M. The Role of FTO Genotype in the Association Between FTO Gene Expression and Anthropometric Measures in Obese and Overweight Adolescent Boys. *American journal of men's health*. 2019 Feb;13(1):1557988318808119.
37. **Doaei S**, Gholamalizadeh M, Akbari ME, Akbari S, Feradova H, Rahimzadeh G. Dietary Carbohydrate Promotes Cell Survival in Cancer Via the Up-Regulation of Fat Mass and Obesity-Associated Gene Expression Level. *The Malaysian Journal of Medical Sciences: MJMS*. 2019 Mar;26(2):8.
38. Jamialahmadi T, Nematy M, Jangjoo A, Goshayeshi L, Rezvani R, Ghaffarzagdegan K, Nooghabi MJ, Shalchian P, Zangui M, Javid Z, **Doaei S**. Measurement of liver stiffness with 2D-shear wave elastography (2D-SWE) in bariatric surgery candidates reveals acceptable diagnostic yield compared to liver biopsy. *Obesity surgery*. 2019 Aug 15;29(8):2585-92.
39. Vahid F, Hekmatdoost A, Mirmajidi S, **Doaei S**, Rahmani D, Faghfoori Z. Association Between Index of Nutritional Quality and Nonalcoholic Fatty Liver Disease: The Role of Vitamin D and B Group. *The American journal of the medical sciences*. 2019 Sep 1;358(3):212-8.
40. **Doaei S**, Kalantari N, Mohammadi NK, Izadi P, Gholamalizadeh M, Eini-Zinab H, Salonurmi T, Jarrahi AM, Rafieifar S, Janipoor R, Sadeghypor M. Up-regulation of FTO gene expression was associated with increase in skeletal muscle mass in overweight male adolescents. *Archives of Medical Science: AMS*. 2019 Sep;15(5):1133.
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43. **Doaei S**, Kalantari N, Izadi P, Salonurmi T, Jarrahi AM, Rafieifar S, Tabesh GA, Rahimzadeh

- G, Gholamalizadeh M, Goodarzi MO. Changes in FTO and IRX3 gene expression in obese and overweight male adolescents undergoing an intensive lifestyle intervention and the role of FTO genotype in this interaction. *Journal of translational medicine*. 2019 Dec;17(1):1-8.
44. Gholamalizadeh M, **Doaei S**, Moghadam AS, Movafagh A, Jarrahi SZ, Jarrahi AM. Meta-analysis of Studies Investigating Association between FTO Gene Polymorphisms and Breast Cancer. *Asian Pacific Journal of Cancer Biology*. 2019 Dec 15;4(4):75-9.
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46. **Doaei S**, Kalantari N, Mohammadi NK, Izadi P, Gholamalizadeh M, Eini-Zinab H, Salonurmi T, Jarrahi AM, Rafieifar S, Janipoor R, Sadeghypor M. Up-regulation of FTO gene expression was associated with increase in skeletal muscle mass in overweight male adolescents. *Archives of Medical Science: AMS*. 2019 Sep;15(5):1133.
47. Mehrdad M, **Doaei S**, Gholamalizadeh M, Eftekhari MH. The association between FTO genotype with macronutrients and calorie intake in overweight adults. *Lipids in Health and Disease*. 2020 Dec;19(1):1-6.. 2020 Dec;19(1):1-7.
48. Vahid F, Bourbour F, Gholamalizadeh M, Shivappa N, Hébert JR, Babakhani K, Mosavi Jarrahi A, Mirzaei Dahka S, **Doaei S***. A pro-inflammatory diet increases the likelihood of obesity and overweight in adolescent boys: a case-control study. *Diabetology & Metabolic Syndrome*. 2020 Dec;12:1-8.
49. Gholamalizadeh M, Rastgoo S, **Doaei S**, Vahid F, Malmir H, Ashoori N, Jarrahi AM. Index of Nutritional Quality (INQ) and the Risk of Obesity in Male Adolescents: a Case-Control Study. *Biological Trace Element Research*. 2020 Sep 7:1-6.
50. Lotfi MH, Fallahzadeh H, Rahmanian M, Hosseinzadeh M, Lashkardoost H, **Doaei S**, Gholamalizadeh M, Hamed A. Association of food groups intake and physical activity with gestational diabetes mellitus in Iranian women. *The Journal of Maternal-Fetal & Neonatal Medicine*. 2020 Nov 1;33(21):3559-64.
51. Gholamalizadeh M, Mirzaei Dahka S, Vahid F, Bourbour F, Badeli M, JavadiKooshesh S, Mosavi Jarrahi SA, Akbari ME, Azizi Tabesh G, Montazeri F, Hassanpour A, **Doaei S***. Does the rs9939609 FTO gene polymorphism affect fat percentage? A meta-analysis. *Archives of physiology and biochemistry*. 2020 Jul 7:1-5.
52. Mehrdad M, **Doaei S**, Gholamalizadeh M, Fardaei M, Fararouei M, Eftekhari MH. Association of FTO rs9939609 polymorphism with serum leptin, insulin, adiponectin, and lipid profile in overweight adults. *Adipocyte*. 2020 Jan 1;9(1):51-6.
53. Lashkardoost H, **Doaei S**, Akbari Z, Mashkooti F, Hosseinzadeh E, Hamed A. Failure to Thrive and its Risk Factors in 0-24 Months Children in Bojnurd City of Iran during 2008-2013. *Journal of Community Health Research*. 2020 Feb 10;9(1):13-20.
54. Fallahzadeh H, Askarpour H, **Doaei S**. The prevalence of low weight in children under 6 years old in Lordegan city during 2015-2016. *Journal of Community Health Research*. 2020 Feb 10;9(1):4-12.
55. Gholamalizadeh M, Jarrahi AM, Akbari ME, Bourbour F, Mokhtari Z, Salahshoorneshad S, **Doaei S***. Association between FTO gene polymorphisms and breast cancer: the role of estrogen. *Expert Review of Endocrinology & Metabolism*. 2020 Mar 3;15(2):115-21.
56. Lahouti M, Zavoshy R, Noroozi M, Rostami R, Gholamalizadeh M, Rashidkhani B, **Doaei S***. Dietary patterns and depressive symptoms among Iranian women. *Journal of health psychology*. 2020 Mar 13:1359105320909888.
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58. Hatami M, **Doaei S***, Gholamalizadeh M, Mosavi Jarrahi SA, Mirsafa F, Davoodi SH.

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59. **Doaei S**, Jarrahi SA, Torki SA, Haghshenas R, Jamshidi Z, Rezaei S, Moslem A, Ghorat F, Khodabakhshi A, Gholamalizadeh M. Serum vitamin D level may be associated with body weight and body composition in male adolescents-a longitudinal study. *Pediatric Endocrinology, Diabetes & Metabolism*. 2020 Jul 1;26(3).
60. Bourbour F, Mirzaei Dahka S, Gholamalizadeh M, Akbari ME, Shadnoush M, Haghghi M, Taghvaye-Masoumi H, Ashoori N, **Doaei S***. Nutrients in prevention, treatment, and management of viral infections; special focus on Coronavirus. *Archives of Physiology and Biochemistry*. 2020 Jul 7:1-0.
61. Rezaei S, Ashkar F, Koohepeyma F, Mahmoodi M, Gholamalizadeh M, Mazloom Z, **Doaei S**. Hydroalcoholic extract of *Achillea millefolium* improved blood glucose, liver enzymes and lipid profile compared to metformin in streptozotocin-induced diabetic rats. *Lipids in Health and Disease*. 2020 Dec;19(1):1-7.
62. Gholamalizadeh M, Rastgoo S, **Doaei S**, Vahid F, Malmir H, Ashoori N, Jarrahi AM. Index of Nutritional Quality (INQ) and the Risk of Obesity in Male Adolescents: a Case-Control Study. *Biological Trace Element Research*. 2021 May;199(5):1701-6.
63. **Doaei S**, Bourbour F, Rastgoo S, Akbari ME, Gholamalizadeh M, Hajipour A, Moslem A, Ghorat F, Badeli M, Bagheri SE, Alizadeh A. Interactions of anthropometric indices, rs9939609 FTO gene polymorphism and breast cancer: A case-control study. *Journal of Cellular and Molecular Medicine*. 2021 Apr;25(7):3252-7.
64. Rezaei S, Gholamalizadeh M, Tabrizi R, Nowrouzi-Sohrabi P, Rastgoo S, **Doaei S**. The effect of L-arginine supplementation on maximal oxygen uptake: A systematic review and meta-analysis. *Physiological Reports*. 2021 Feb;9(3):e14739.
65. **Doaei S**, Bourbour F, Teymoori Z, Jafari F, Kalantari N, Abbas Torki N, Gorgani N, Gholamalizadeh M. The effect of omega-3 fatty acids supplementation on social and behavioral disorders of children with autism: a randomized clinical trial. *Pediatric endocrinology, diabetes, and metabolism*. 2021;27(1):12-8.
66. **Doaei S**, Gholami S, Rastgoo S, Gholamalizadeh M, Bourbour F, Bagheri SE, Samipour F, Akbari ME, Shadnoush M, Ghorat F, Jarrahi SA. The effect of omega-3 fatty acid supplementation on clinical and biochemical parameters of critically ill patients with COVID-19: a randomized clinical trial. *Journal of Translational Medicine*. 2021 Dec;19(1):1-9.
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68. Gholamalizadeh M, Mirzaei Dahka S, Sedigh Ebrahim-Saraie H, Akbari ME, Pourtaheri A, Rastgoo S, Hajipour A, Shafaghi A, **Doaei S**, Kalantari N. The Role of Tumor Necrosis Factor- α (TNF- α) Polymorphisms in Gastric Cancer: a Meta-Analysis. *Journal of Gastrointestinal Cancer*. 2021 Sep 3:1-4.
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Books

- + Nutrition in preschool children (2013).
- + Nutritional Genomics (2014).
- + 3-Diet therapy in surgery (2019)
- + Enteral and Parenteral Nutrition (2020)
- + Anti-corona diet (2020)
- + 6-Diet therapy based on ESPEN guidelines (2022)
- + 7-MNT in different cancers

SKILLS

Working with:

- + SPSS
- + STATA
- + Comprehensive Meta Analysis
- + Polymerase chain reaction (PCR)
- + Bio Impedance Analyzer (BIA)
- + 3-axial accelerometer
- + Visual basic
- + Photoshop
- + Cmapcloud
- + CSEntry
- + Nutritional indices

RESEARCH INTERESTS

- + Nutritional Education & Health Promotion
- + Nutritional epidemiology
- + Nutritional Genomics
- + Nutritional counselling