

Atoosa Saidpour
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Summary

Atoosa is an experienced faculty member of Nutrition and an expert in designing, developing, and implementing research proposals with a deep reflective approach to raising health awareness. Over twelve years of scientific and academic experience have led her to understand the mechanisms underlying chronic diseases, which could help develop new nutritional strategies to manage them. She received her doctorate in Nutrition from Shahid Beheshti University of Medical Sciences. Her dissertation work was focused on the role of food in the expression of obesity-related genes in a rat model. As a nutritionist, her interest is to create the scientific basis for achieving the best nutritional solutions for preventing and managing diseases.

Education

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| 2007-2011 | PhD in Nutrition Shahid Beheshti University of medical sciences. Tehran/Iran | GPA: 18.9/20.00/ Thesis: 19.88/20.00 |
| 2003- 2006 | M. S.c in Nutritional Sciences Shahid Beheshti University of medical sciences. Tehran/Iran | GPA: 18.5/20.00 |
| 1999- 2003 | B. S. in Nutritional Sciences Shahid Beheshti University of medical sciences. Tehran / Iran | GPA: 18.8/20.00 |

Experience

***Associate professor**

March 2021-current

Department of clinical nutrition and dietetics, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical sciences

***Assistant professor**

February 2011-April 2021

Department of clinical nutrition and dietetics, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical sciences

***Food Industry Scientific Consultant**

September 2018-current

Safety Analysis and Functional Education Company
(S.A.F.E)

-Consulting on the production of food products such as: coconut macaron with polyol sugar substitutions, flat bread with salt reduction and acrylamide mitigation in cookies.

***Nutrition Consultant**

January 2012 – current

Nutrition and Dietetics Clinic - Shahid Beheshti University of Medical Sciences

-Working with patients and developing diet plans based on the patients' special needs.

***Research Fellow**

January 2006 – 2011

Endocrine Research Center - Research Institute for Endocrine Sciences - Shahid Beheshti University of Medical sciences

***Vista Salamt Pars Company**

Feb 2016-April 2018

CEO- Start-up incubated in Shahid Beheshti University of Medical Sciences

***Traditional Medicine Intern**

October 2017-current

Shahed University of Medical Sciences

***ChocoPars Company: Tehran**

June 2003 – July 2003

Quality Control Assistant (apprenticeship)

-Performing microbial and biochemical tests on chocolate and jelly and cake powder □

Professional experience

Member of Food Codification Committee of Food and Drug Administration of Iran (April 2014-April 2016)

Member of publishing council of nutrition and food science department, Shahid Beheshti University of Medical Sciences (March 2016-May 2017)

Member of scientific committee of 13th national & international Iranian Nutrition Congress of Iran.

Member of Educational deputy of clinical nutrition department, Shahid Beheshti University of Medical Sciences (April 2019 until now).

Member of residency promotion exam committee of clinical nutrition department, Iran University of Medical Sciences (Jan 2015 until now).

Skills

- Language: Fluent in English & B1 level of German
- SPSS, Microsoft Office, western blot & PCR technics

Research interests

- Medical Nutrition Therapy in Weight Management
- Nutrition Therapy of Obese and Morbid Obesity & Surgical treatment of obesity
- Eating Disorders and Food Addiction Management & feeding behavior
- Gut-CNS Axis

Dissertation Title

“Study the effect of fish oil, olive oil, soy oil and butter intake on ghrelin gene expression, ghrelin secretion, insulin resistance and quantity of food consumption in growing rats”

Passed courses

- Health MBA (Shahid Beheshti University of medical sciences)
- Health professional teaching skills-level 1&2 (Coursera: HPT Team)
- Creative thinking: techniques and tools for success (Coursera: offered by Imperial college London)
- Understanding food labels: EIT FOOD, UNIVERSITY OF READING AND EUROPEAN INSTITUTE OF INNOVATION AND TECHNOLOGY (EIT)

Thesis under supervision

- The effect of apple vinegar on weight management and appetite

- The effect of zinc supplementation on inflammatory markers on obese patients
- The effect of grape seed extract on weight and lipid profile management
- The effect of Spirulina Platensis on weight management and obesity-related metabolic disorders
- The effects of Probiotic Supplementation on Anthropometric, Body composition, Appetite, Eating Behavior, plasma level of Leptin , Neuropeptide Y and Oxytocin in Obese Women with Food addiction
- The effects of sumac powder capsule (*Rhus coriaria* L.) with restricted calorie diet on anthropometric indices, body composition, levels of inflammatory biomarkers, oxidative stress, appetite hormones, glycemic indices, lipid profile and depression in obese or overweight women with depression
- Association of nutritional, anthropometric factors, insulin resistance and blood pressure with the expression of P53 gene
- Validity and Reliability of the Iranian version of the Yale Food Addiction Scale in obese women & association of dietary patterns, plasma levels of oxytocin and food addiction in obese people
- Association of food addiction and being eating disorder with dietary patterns and anthropometric status in obese adults
- The effects of Royal jelly and Tocotrienol administration with calorie restriction or high fat diet on the expression of UCP-1 gene through PPARs and PGC-1 α in animal model
- The effects of zinc and selenium supplementation on the conversion of white to brown adipose tissue and comparing it with the energy restriction method in obese rats
- Effect of time restricted feeding on anthropometric measures, body composition, eating behavior, stress, brain derived neurotrophic factor (BDNF) levels, and lipopolysaccharide binding protein (LBP) levels in food addicted obese women: a randomized clinical trial.
- Association of circadian type with anthropometric measurements, calorie and macronutrients intake and mealtime in Iranian adults in 2020.
- Effect of time restricted feeding on anthropometric measures, body composition, eating behavior, stress, brain derived neurotrophic factor (BDNF) levels, and lipopolysaccharide binding protein (LBP) levels in food addicted obese women: a randomized clinical trial
- Effects of probiotic supplementation with weight reducing diet and psychological therapy intervention on anthropometric measures, body composition, eating behavior, and related hormone levels in patients with weight regain after bariatric surgery and food addiction: A randomized clinical trial
- Effects of ketogenic diet on weight management and appetite status in overweight or obese adults with food addiction and weight regain
- The effect of reduced carbohydrate diet on cardiometabolic risk factors and gut microbiota in obese children and adolescents: a randomized controlled trial
- The effect of a calorie-restricted DASH diet compared to a low-calorie diet on weight control and body composition in individuals under bariatric surgery
- Effect of probiotic supplementation on gut microbiota in patients with food addiction and weight regain after bariatric surgery

[Teaching courses](#)

- Nutrition basics: macronutrients & micronutrients
- Nutrition & Health: healthy foods & Diets, exercise & sport, gut microbiome
- Diet therapy in diseases: weight management, diabetes, heart disease, neurological disorders, TPN & PPN
- Cellular Molecular Nutrition: epigenetic and disease (obesity, diabetes and heart diseases)

Scientific Articles

1. Ghafouri-Taleghani F, Abiri B, Zamanian A, Saidpour A*. *Fateme Ghafouri-Taleghani, Behnaz Abiri, Ali Zamanian, Atoosa Saidpour in BMC nUTRITION* 2023.
<https://bmcnutr.biomedcentral.com/articles/10.1186/s40795-023-00717-w>
2. Irani H, Abiri B, Khodami B, Yari Z, Lafzi Ghazi M, Hosseinzadeh N, Saidpour A*. *Effect of time restricted feeding on anthropometric measures, eating behavior, stress, serum levels of BDNF and LBP in overweight/obese women with food addiction: A randomized controlled trial. Complementary Therapies in Nutritional Neuroscience* 2023.
<https://doi.org/10.1080/1028415X.2023.2234704>
3. Hariri N, Darafshi Ghahroudi S, Jahangiri S, Ataie-Jafari A, Hosseinzadeh N, Abiri B, Saidpour A*. *Sumac (Rhus coriaria L.) powder supplementation has beneficial effects on appetite in overweight/obese women with depression: A randomized controlled trial. Complementary Therapies in Clinical Practice* 2023.
https://scholar.google.com/citations?view_op=view_citation&hl=en&user=LrL1yjUAAAAJ&sortby=pubdate&citation_for_view=LrL1yjUAAAAJ:isC4tDSrTZIC
4. Irani H, Abiri B, Khodami B, Yari Z, Lafzi Ghazi M, Hosseinzadeh N, Saidpour A*. *Effect of time restricted feeding on anthropometric measures, eating behavior, stress, serum levels of BDNF and LBP in overweight/obese women with food addiction: a randomized clinical trial. Nutritional Neuroscience* 2023.
<https://doi.org/10.1080/1028415X.2023.2234704>
5. Ghafouri-Taleghani F, Abiri B, Zamanian A, Saidpour A*.
6. *Effects of probiotic supplementation with weight reducing intervention on anthropometric measures, body composition, eating behavior, and related hormone levels in patients with food addiction and weight regain after bariatric surgery: a study protocol for a randomized clinical trial. BMC Nutrition* 2023.
<https://bmcnutr.biomedcentral.com/articles/10.1186/s40795-023-00717-w>
7. *Irani H, Khodami B, Abiri & Saidpour A*. Effect of time restricted feeding on anthropometric measures, eating behavior, stress, and brain-derived neurotrophic factor (BDNF) and lipopolysaccharide-binding protein (LBP) levels in women with overweight/obesity and food addiction: a study protocol for a randomized clinical trial. Trials* 2022.
https://scholar.google.com/citations?view_op=view_citation&hl=en&user=LrL1yjUAAAAJ&sortby=pubdate&citation_for_view=LrL1yjUAAAAJ:isC4tDSrTZIC

[LrL1yjUAAAAJ&sortby=pubdate&citation_for_view=LrL1yjUAAAAJ:j3f4tGmQtD8C](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=LrL1yjUAAAAJ&sortby=pubdate&citation_for_view=LrL1yjUAAAAJ:iH-uZ7U-co4C)

8. Yousef Ri, Panahi Moghaddam SA, Salahi H, Woods R, Abolhasani M, Eini-Zinab H, **Saidpour A***. *Food Addiction and Binge Eating Disorder in Relation to Dietary Patterns and Anthropometric Measurements: A Descriptive-Analytic Cross-Sectional Study in Iranian Adults with Obesity. Behavioral Medicine, 2022.*
https://scholar.google.com/citations?view_op=view_citation&hl=en&user=LrL1yjUAAAAJ&sortby=pubdate&citation_for_view=LrL1yjUAAAAJ:iH-uZ7U-co4C
9. Haghgoo M, Saadeghzadeh H, Saidpour A, Rabiei S. Association of sleep quality with body fat mass and metabolic factors in Iranian adults in 2020. *Advancements in Life Sciences 2023.*
https://scholar.google.com/citations?view_op=view_citation&hl=en&user=LrL1yjUAAAAJ&sortby=pubdate&citation_for_view=LrL1yjUAAAAJ:maZDTaKrznsC
10. Hejazi E, Emamat H, Sharafkhah M, **Saidpour A**, Poustchi H, Sepanlou S, Sotoudeh M, Dawsey S, Boffetta P, Abnet C C, Kamangar F, Etemadi A, Pourshams A, Fazeltabar Malekshah A, Berennan P, Malekzadeh R, Hekmatdoost A. Dietary acid load and mortality from all causes, CVD and cancer: results from the Golestan Cohort Study. *British Journal of Nutrition, 2021.*
<https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/abs/dietary-acid-load-and-mortality-from-all-causes-cvd-and-cancer-results-from-the-golestan-cohort-study/65E38015099B609AD30F6D46F6D3E149>
11. Javanmardi F, Nayebzadeh K, **Saidpour A**, Barati M, Mohammad Mortazavian A. Optimization of a functional food product based on fibers and proteins: Rheological, textural, sensory properties, and in vitro gastric digestion related to enhanced satiating capacity. *LWT, 2021.*
<https://www.sciencedirect.com/science/article/abs/pii/S0023643821007398>
12. Yousefi R, Parandoosh M, Khorsandi H, Madani Tonkaboni M, Ghorbani A, **Saidpour A***, Babaei Hossein. Grape seed extract supplementation along with a restricted-calorie diet improves cardiovascular risk factors in obese or overweight adult individuals: A randomized, placebo-controlled trial. *Phytotherapy research, Page 1-9, 2021.*
<https://doi.org/10.1002/ptr.6859>
13. Haghgoo M, **Saidpour A**, Saadeghzadeh H, Rabiei R. Obesity, Fasting Blood Sugar, Triglyceride and Physical Activity in Association With Sleep Quality in Iranian Adults in 2019. *Research Square. 2021.*
<https://doi.org/10.21203/rs.3.rs-141320/v1>

14. Hasani M, **Saidpour A**, Irandoost P, Golab F, Khazdouz M, Qorbani M, Agh F, Sharifi AM, Vafa M. Beneficial effects of Se/Zn co- supplementation on body weight and adipose tissue inflammation in high- fat diet- induced obese rats. **Food Science & Nutrition** 2021.
https://scholar.google.com/citations?view_op=view_citation&hl=en&user=LrL1yjUAAAAJ&sortby=pubdate&citation_for_view=LrL1yjUAAAAJ:hFO9nPyWt4C
15. Irandoost P, Mesri Alamdari N, **Saidpour A**, Shidfar F, Roshanravan N, Asghari Jafarabadi M, Farsi F, Asghari Hanjan Ni, Vafa M. The effects of royal jelly and tocotrienol- rich fraction on impaired glycemic control and inflammation through irisin in obese rats. **Journal of Food Biochemistry**. 2020
16. Irandoost P, Mesri Alamdari N, **Saidpour A**, Shidfar F, Roshanravan N, Asghari Jafarabadi M, Farsi F, Asghari Hanjan Ni, Vafa M. The effect of royal jelly and tocotrienol-rich fraction along with calorie restriction on hypothalamic endoplasmic reticulum stress and adipose tissue inflammation in diet-induced obese rats. **BMC Research Notes** 2020
17. Narmaki E, Borazjani B, Ataie-Jafari A, Hariri N, Hekmatdoost A, Qorbani M, **saidpour A***. Combined effects of probiotics and restricted calorie diet on anthropometric indices, eating behavior, and hormone levels in obese women with food addiction: A randomized, clinical trial. **Nutritional Neuroscience**. 2020
[DOI: 10.1080/1028415X.2020.1826763](https://doi.org/10.1080/1028415X.2020.1826763)
18. Panahi A, Amiri P, **Saidpour A***. Validity and Reliability of the Iranian version of the Yale Food Addiction Scale in obese women. **Public Health Nutrition**. Page 1-9. 2020
19. [DOI: 10.1017/S1368980020003560](https://doi.org/10.1017/S1368980020003560)
20. Harriri N, Narmaki I, **Saidpour A***. The beneficial effects of sumac (*Rhus coriaria L.*) supplementation along with restricted calorie diet on anthropometric indices, oxidative stress, and inflammation in overweight or obese women with depression: A randomized clinical trial. **Phytotherapy research**, 2020
<https://doi.org/10.1002/ptr.6737>
21. Kadkhodai G, Zarkesh M, **Saidpour A***, Hajizadeh oghaz M, Hedayati M, Khalaj A. Association of dietary intake of fruit and green Vegetables with PTEN and P53 mRNA gene expression in visceral and subcutaneous adipose tissues of obese and non-obese adults. **Gene**, 2019.
[DOI: 0.1016/j.gene.2020.144353](https://doi.org/10.1016/j.gene.2020.144353)
22. Khorsandi H, Nikpayam O, Yousefi R, Parandoosh M, Hosseinzadeh N, **Saidpour A***, Ghorbani A. Zinc supplementation improves body weight management, inflammatory biomarkers and insulin resistance in individuals with obesity: a randomized, placebo-controlled, double-blind trial. **Diabetology & Metabolic Syndrome**, 2019 **volume 11**, number

[DOI: 10.1186/s13098-019-0497-8](https://doi.org/10.1186/s13098-019-0497-8)

23. Parandoosh M, Yousefi R, Khorsandi H, Nikpayam O, **Saidpour A***, Babaei H. The effects of grape seed extract (*Vitis vinifera*) supplement on inflammatory markers, neuropeptide Y, anthropometric measures, and appetite in obese or overweight individuals: A randomized clinical trial. **Phytother Res**. 2019 Nov 11. doi: 10.1002/ptr.6529

[DOI: 10.1002/ptr.6529](https://doi.org/10.1002/ptr.6529)

24. PanahiMoghaddam SA, Amiri P, **Saidpour A***, Hosseinzadeh N, Abolhasani, Arman M, Ghorbani A. The prevalence of food addiction and its associations with plasma oxytocin level and anthropometric and dietary measurements in Iranian women with obesity. **Peptides**. Volume 122, December 2019, 170151
[DOI: 10.1016/j.peptides.2019.170151](https://doi.org/10.1016/j.peptides.2019.170151)

