



Maryam Gholamalizadeh

Date of birth: Jan, 26th 1985

Place of birth: Langroud, Iran.

CONTACT

Address:

Shahid Beheshti University of
Medical Sciences, Tehran, Iran

Phone:

+98 912 0182665

Email:

mgholamalizade84@yahoo.com

Gholamalizadeh@sbmu.ac.ir

LANGUAGES

Persian (native)

English (very good)

Arabic (Basic)

EDUCATION

- + Bachelor Degree of Nutritional Sciences, Isfahan University of Medical Sciences, Isfahan, Iran (2004 –2008)
- + MSc. of Nutrition Sciences, Isfahan University of Medical Sciences, Isfahan, Iran (2010– 2013)
- + Ph.D. of Nutritional Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2017–2021)

EXPERIENCES

Teaching experiences

- + Lecturer, Guilan University of Medical Sciences, Tehran, Iran (2011–2012)

Clinical experiences

- + Dietitian in the cancer clinic, Shohadaye Tajrish hospital, Tehran, Iran (2017–2018)

Awards

- The best student researcher in the country in 2022,
- The best student researcher award at the Aburihan National Festival in 2021,
- The top researcher of the Cancer Research Center in 2020 and 2021,
- An outstanding researcher and brilliant talent in 2021 selected by the Ministry of Health.

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. Shekari S, Fathi S, Roumi Z, Akbari ME, Tajadod S, Afsharfard M, Ardekanizadeh NH, Bourbour F, Keshavarz SA, Sotoudeh M, **Gholamalizadeh M**. Association between dietary intake of fatty acids and colorectal cancer, a case-control study. Frontiers in Nutrition. 2022;9.
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. Peden AE, Cullen P, Francis KL, Moeller H, Peden MM, Ye P, Tian M, Zou Z, Sawyer SM, Aali A, Abbasi-Kangevari Z. Adolescent transport and unintentional injuries: a systematic analysis using the Global Burden of Disease Study 2019. The Lancet Public Health. 2022 Aug 1;7(8):e657-69.
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. Fathi S, Ahmadzadeh M, Vahdat M, Afsharfard M, Roumi Z, Ardekanizadeh NH, Shekari S, Poorhosseini SM, **Gholamalizadeh M**, Abdollahi S, Kheyran E. The effect of FTO rs9939609 polymorphism on the association between colorectal cancer and dietary fiber. Frontiers in Nutrition. 2022;9.
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. **Gholamalizadeh M**, Afsharfard M, Fathi S, Tajadod S, Mohseni GK, Shekari S, Vahid F, Doaei S, Kachaei HS, Majidi N, Kalantari N. Relationship between breast cancer and dietary inflammatory index; a case–control study. *Clinical Nutrition ESPEN*. 2022 Oct 1;51:353-8.
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 Oct;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, Janipour 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.

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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 Iroquoisrelated 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.

26. Doaei S, Malmir H, Kalantari N, Majidi N, **Gholamalizadeh M**, Shahvegharasl Z, Elahi R. body mass index (bmi) was associated with mental health, but it had no association with self-esteem in iranian girls: a case-control study. *acta medica mediterranea*. 2018;34(4):1017-5.

27. Majidi N, Bahadori E, Shekari S, **Gholamalizadeh M**, Tajadod S, Ajami M, Gholami S, Shadnoush M, Ahmadzadeh M, Dehnadi Moghadam A, Hassanpour Ardekanizadeh N. Effects of supplementation with low-dose group B vitamins on clinical and biochemical parameters in critically ill patients with COVID-19: a randomized clinical trial. *Expert Review of Anti-infective Therapy*. 2022 Sep 30:1-7.

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the Global Burden of Disease Study 2019. *The Lancet Gastroenterology & Hepatology*. 2022 Apr 7.

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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.

32. Mirzaalian Y, Nourian M, **Gholamalizadeh M**, Doaei S, Hatami M, Hassanzadeh A, Askari G, Farahi R. The association of quantitative insulin sensitivity indices (HOMA-IR and QUICKI) with anthropometric and cardiometabolic indicators in adolescents. *Archives of medical sciences. Atherosclerotic diseases*. 2019;4:e32.

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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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 ObesityAssociated Gene Expression Level. *The Malaysian Journal of Medical Sciences: MJMS*. 2019 Mar;26(2):8.

38. Mehrdad M, Norouzy A, Safarian M, Nikbakht HA, **Gholamalizadeh M**, Mahmoudi M. The antiviral immune defense may be adversely influenced by weight loss through a calorie restriction program in obese women. *American Journal of Translational Research*. 2021;13(9):10404.
39. Mehrdad M, Eftekhari MH, Jafari F, Nikbakht HA, **Gholamalizadeh M**. Does vitamin D affect the association between FTO rs9939609 polymorphism and depression?. *Expert Review of Endocrinology & Metabolism*. 2021 Mar 4;16(2):87-93.
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42. Pournaghi SJ, Barazandeh Noveyri F, Mohammad Doust H, Ahmadi A, Hamed A, Rahimi J, Ghasemi M, Hamidi H, **Gholamalizadeh M**, Doaei S, Lashkardoost H. The Association of Consumption of Animal Proteins and the Risk of Esophageal Cancer. *Nutrition and cancer*. 2019 Oct 3;71(7):1094-9.
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. Metaanalysis of Studies Investigating Association between FTO Gene Polymorphisms and Breast Cancer. *Asian Pacific Journal of Cancer Biology*. 2019 Dec 15;4(4):75-9.
45. Doaei S, Jarrahi SM, Moghadam AS, Akbari ME, Kooshesh SJ, Badeli M, Tabesh GA, Torki SA, **Gholamalizadeh M**, Zhu ZH, Montazeri F. The effect of rs9930506 FTO gene polymorphism on obesity risk: a meta-analysis. *Biomolecular Concepts*. 2019 Dec 18;10(1):237-42.
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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. Tran KB, Lang JJ, Compton K, Xu R, Acheson AR, Henrikson HJ, Kocarnik JM, Penberthy L, Aali A, Abbas Q, Abbasi B. The global burden of cancer attributable to risk factors, 2010–19: a systematic analysis for the Global Burden of Disease Study 2019. *The Lancet*. 2022 Aug 20;400(10352):563-91.
54. Aminnejad B, Roumi Z, Hasanpour Ardekanizadeh N, Vahid F, **Gholamalizadeh M**, Kalantari N, Ataei A, Doaei S. Association of dietary antioxidant index with body mass index in adolescents. *Obesity Science & Practice*.2022.
55. **Gholamalizadeh M**, Jarrahi AM, Akbari ME, Bourbour F, Mokhtari Z, Salahshornezhad 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.
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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, Koohepyma 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, Samipoor 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

COVID19: a randomized clinical trial. *Journal of Translational Medicine*. 2021 Dec;19(1):1-9.

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Books

- 1- Nutrition in preschool children (2013).
- 2- Nutritional Genomics (2014).
- 3- Planning and Time Management Booklet (2010).
- 4- Diet therapy in surgery (2019)
- 5- Enteral and Parenteral Feeding (2020)
- 6- Anti-corona diet (2020)
- 7- Diet therapy based on ESPEN guidelines (2022)
- 8- MNT in different cancers

SKILLS

Working with:

- + SPSS
- + R
- + STATA

- + Comprehensive Meta Analysis
- + Polymerase chain reaction (PCR)
- + Bio Impedance Analyzer (BIA)
- + Photoshop
- + Nutritionl indices

RESEARCH INTERESTS

- + Nutritional Education & Health Promotion
- + Nutritional epidemiology
- + Enteral and Parenteral Feeding
- + Nutritional Genomics
- + Nutritional counselling
- + Clinical Nutrition