



Personal Information

Family Name: Dehghani Kari Bozorg

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Academic information

- Medical Council Number: 4143 T
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- ResearchGate: <https://www.researchgate.net/profile/Azadeh-Dehghani>

Employment position

- Assistant professor, Department of Food and Nutrition Policy and Planning Research, National Nutrition & Food Technology Research Institute, Shahid Beheshti University of Medical Sciences (SBMU), since 2026.

Research Interests

- Food and Nutrition Policy,
- Inclusive Food System,
- Multi-Stakeholder Partnership,
- Sustainable Development,
- Community Nutrition,

- NCDs and Nutrition Transition,
- Nutrition Economics,
- Rights Based Approach to Food and Nutrition Security,
- Food and Nutrition Economics,
- Human Development and Food Security,

Education

Postdoc Micronutrient Research Center, Research Institute for Endocrine Disorders, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran, Aug 2025 to Aug 2026

Ph.D. Department of Community Nutrition, Faculty of Nutrition and Food Science, Tabriz University of Medical Sciences, Tabriz, Iran, Sep 2019 to Feb 2025

M.Sc. Department of Community Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran, Sep 2014 to Aug 2016 (Public Health in Nutrition)

B.Sc Islamic Azad University, Science & Research Branch Tehran, Iran, Sep 2007 -Aug 2011 (Nutrition Sciences)

Awards

- Top National Student Researcher "Band K" - Ministry of Health and Medical Education, Iran (Year 1404)

Publications

- Mohammadi SG, Haghighat N, **Dehghani A**, Rafiei MM, Pam P, Amirkhan- Dehkordi M, Goudarzi MA, Asbaghi O, Naderian M, Hosseini A, Karimi M. Effects of Kiwifruit Consumption on Blood Pressure in Adults: A Systematic Review and Meta- Analysis. Health Science Reports. 2026 Sep;9(9): e73126.
- Jadidi P, Mirzababaei A, Abaj F, **Dehghani A**, Fallah M, Khosravinia D, Aali Y, Mirzaei K. Total Dietary Polyphenols and Their Components Intake Associated With Quality of Life Among Women With Obesity and Overweight: A Cross- Sectional Study. Health Science Reports. 2026 Jul;9(7): e72827.
- Mazandarani M, Lashkarbolouk N, Ejtahed HS, **Dehghani A**, Molani-Gol R, Hasani-Ranjbar S, Larijani B. The impact of probiotics and synbiotics supplementation on bone health; an umbrella review of systematic reviews and meta-analysis. Sage Open Medicine. 2026 Jun; 14:20503121261460585.
- **Dehghani A**, Mohammadi-Nasrabadi F, Khodayari-zarnaq R, Bahadoran Z. Developing a Policy Package for Salt Reduction in Iranian Population: Study Protocol. International Journal of Qualitative Methods. 2026 Apr; 25:16094069261429270.
- Ghorbani Nejad B, Mirshafiei ZS, Darijani MH, Mehravar F, Zarei M, **Dehghani A**, Rahimzadegan M, Karami-Mohajeri S, Alizadeh H. Aflatoxin B1 exposure during

pregnancy and neonatal outcomes: A systematic review. Archives of Environmental & Occupational Health. 2026 Feb 7;81(1-2):1-2.

- **Dehghani A**, Rafrat M, Mohammadi Nasrabadi F, Khodayari Zarnaq R. Prevention of Iron Deficiency Anemia in Iran: A policy Brief. Iranian Journal of Nutrition Sciences and Food Technology. 2026 Jan 10;20(5):157-62.
- Mohamadinarab M, Saidpour A, **Dehghani A**, Rahbarinejad P, Ranjbar G, Norouzy A, Safarian M. The effect of dietary interventions on brain-derived neurotrophic factor (BDNF) levels in adults: a systematic review of clinical trials. BMC nutrition. 2026 Jan 10;12(1):8.
- Jadidi P, Mirzababaei A, Abaj F, **Dehghani A**, Valisoltani N, Ghorbani M, Clark CC, Mirzaei K. Food Insecurity Associated with Higher Odds of Hypertriglyceridemic Waist Phenotype in Women: A Cross- Sectional Study. Food Science & Nutrition. 2025 Dec;13(12): e71244.
- Veysi Z, Shahrdami F, Mohammadi-Nasrabadi F, Abdolahi M, Pourghaderi M, Abdollahi Z, **Dehghani A**. Stakeholder Analysis of Developing Desirable, Affordable, and Sustainable Food Baskets in Iran–2023. Iranian Journal of Nutrition Sciences and Food Technology. 2025 Oct 10;20(3):37-50.
- Jafari N, Oskouie FH, **Dehghani A**, Rad A, Mirmohammadali SN, Alaeian MJ, Nia FB, Asbaghi O, Hosseini A, Naderian M, Goudarzi MA. The Effects of Purslane Consumption on Blood Pressure and Anthropometric Indices: A Systematic Review and Meta-analysis. Journal of Herbal Medicine. 2025 Aug 1; 52:101005.
- Foroumandi E, **Dehghani A**, Abbasalizad Farhangi M, Abdi F. The role of cultural capital in food choice patterns: The mediatory role of educational inequalities. Journal of Iranian Medical Council. 2025 Apr 1;8(2):350-63.
- Bahadoran Z, **Dehghani A**. Micronutrient Provision in Crisis Situations: A Review of Global Resources and Strategies. Iranian Journal of Endocrinology and Metabolism. 2025 Mar 10;27(1):1-9.
- An S, Kong J, Ghorbani A, **Dehghani A**, Alizadeh S. Effect of Pro- , Pre- and Synbiotic Supplementation on the Growth of Infants and Children: An Umbrella Systematic Review and Meta- Analysis. Journal of Paediatrics and Child Health. 2025 Mar;61(3):354-68.
- **Dehghani A**, Farhoudi F, Bigdeli Y, Ghiasi A, Ajami M. Selenium-Enriched Microalgae: A Novel Bioactive Strategy for Immune System Enhancement.
- **Dehghani A**, Rafrat M, Mohammadi-Nasrabadi F, Khodayari-Zarnaq R, Tavakoli N. Agenda-setting for iron deficiency anaemia prevention and control policies in Iran by multiple streams framework. Health Research Policy and Systems. 2024 Dec 18;22(1):166.
- **Dehghani A**, Molani-Gol R, Mohammadi-Narab M, Norouzy A, Abolhassani MH, Tabatabaee Jabali SM, Pazouki A, Soheilipour F, Mohammadi-Nasrabadi F. The prevalence of obesity and overweight among Iranian population: an umbrella systematic review and meta-analysis. BMC public health. 2024 Dec 5;24(1):3377.
- Khoshro S, Jahangiry L, **Dehghani A**, Iravani O, Abbasalizad Farhangi M, Shekarchi B. Validity, Reliability and Psychometric Properties of the Exercise Dependence

Questionnaire among Physically Active Young Adults. Journal of Iranian Medical Council. 2024 Oct 14;7(4):657-67.

- **Dehghani A**, Rafrat M, Mohammadi-Nasrabadi F, Khodayari-Zarnaq R. What is the best strategy for iron deficiency anemia prevention and control in Iran? a policy analysis study protocol. Plos one. 2024 Oct 3;19(10): e0311276.
- **Dehghani A**, Rafrat M, Mohammadi-Nasrabadi F, Khodayari-Zarnaq R. What is the best strategy for iron deficiency anemia prevention and control in Iran? a policy analysis study protocol. Plos one. 2024 Oct 3;19(10): e0311276.
- Esfarjani F, Abedi A, **Dehghani A**, Fadavi G, Mohammadi-Nasrabadi F. Health risk assessment of heavy metal pollutants in Iranian hen eggs: a systematic review and meta-analysis. Environmental Science and Pollution Research. 2024 May;31(21):30323-35.
- **Dehghani A**, Sadrykia F, Aghapour B, Sobouti B, Iravani O, Abbasalizad-Farhangi M. A comprehensive systematic review of health claims, food marketing and food advertising via television for children: using the nutrient profile Model. Journal of Iranian Medical Council. 2024 Apr 1;7(2):223-37.
- Mirzababaei A, Mahmoodi M, Abaj F, Barkhidarian B, **Dehghani A**, Khalili P, Roumi Z, Mirzaei K. The association of dietary nitrates/nitrites intake and the gut microbial metabolite trimethylamine N-oxide and kynurenine in adults: a population-based study. Frontiers in nutrition. 2024 Feb 21; 11:1346074.
- Veysi Z, **Dehghani A**, Sanjari M, Maghbooli Z, Mirzaei K. Interaction of Vitamin D Receptor Gene FokI Variants and Omega-3 Fatty Acids on Perceived Stress Score and Serum Cortisol Levels in Nurses: A Cross-Sectional Study. Journal of Nutrition and Food Security. 2024 Feb 10;9(1):92-103.
- Molani- Gol R, **Dehghani A**, Rafrat M. Effects of curcumin/turmeric supplementation on the liver enzymes, lipid profiles, glycemic index, and anthropometric indices in non-alcoholic fatty liver patients: An umbrella meta- analysis. Phytotherapy research. 2024 Feb;38(2):539-55.
- Nejad BG, Mostafaei Z, Rezaabad AB, Mehravar F, Zarei M, **Dehghani A**, Estabragh MA, Karami-Mohajeri S, Alizadeh H. A systematic review with meta-analysis of the relation of aflatoxin B1 to growth impairment in infants/children. BMC pediatrics. 2023 Dec 5;23(1):614.
- Jafari N, Bahreini N, **Dehghani A**, Lak Y, Mirmohammadali SN, Samavat S, Shami A, Karimizand M, Goudarzi MA, Asbaghi O. The effects of purslane consumption on lipid profile and C- reactive protein: A systematic review and dose-response meta- analysis. Food Science & Nutrition. 2023 Nov;11(11):6728-48.
- Jafari N, Oskouie FH, **Dehghani A**, Rad A, Mirmohammadali SN, Alaeian MJ, Nia FB, Asbaghi O, Hosseini A, Naderian M, Goudarzi MA. The Effects of Purslane Consumption on Blood Pressure and Anthropometric Indices: A Systematic Review and Meta-analysis. Journal of Herbal Medicine. 2025 Aug 1; 52:101005.
- Jafari N, Shoaibinobarian N, **Dehghani A**, Rad A, Mirmohammadali SN, Alaeian MJ, Hamed Y, Zamani M, Goudarzi MA, Asbaghi O. The effects of purslane consumption on

glycemic control and oxidative stress: A systematic review and dose–response meta-analysis. *Food Science & Nutrition*. 2023 Jun;11(6):2530-46.

- Zarezadeh M, **Dehghani A**, Faghfour AH, Radkhah N, Naemi Kermanshahi M, Hamed Kalajahi F, Mohammadzadeh Honarvar N, Ghoreishi Z, Ostadrahimi A, Ebrahimi Mamaghani M. Inositol supplementation and body mass index: A systematic review and meta-analysis of randomized clinical trials. *Obesity science & practice*. 2022 Jun;8(3):387-97.
- Ghorbani Nejad B, Raeisi T, Janmohammadi P, Mehravar F, Zarei M, **Dehghani A**, Bahrapour N, Darijani MH, Ahmadipour F, Mohajeri M, Alizadeh S. Mercury Exposure and Risk of Type 2 Diabetes: A Systematic Review and Meta- Analysis. *International Journal of Clinical Practice*. 2022;2022(1):7640227.
- Hamed Kalajahi F, Zarezadeh M, **Dehghani A**, Musazadeh V, Kolahi A, Shabbidar S, Djafarian K. A systematic review and meta-analysis on the impact of oral vitamin E supplementation on apolipoproteins A1 and B100. *Clinical nutrition ESPEN*. 2021 Dec 1; 46:106-14.
- Rashidi K, Darand M, Garousi N, **Dehghani A**, Alizadeh S. Effect of infant formula supplemented with prebiotics and probiotics on incidence of respiratory tract infections: A systematic review and meta-analysis of randomized clinical trials. *Complementary Therapies in Medicine*. 2021 Dec 1; 63:102795.
- Askari M, **Dehghani A**, Abshirini M, Raeisi T, Alizadeh S. Glycemic index, but not glycemic load, is associated with an increased risk of metabolic syndrome: Meta- analysis of observational studies. *International journal of clinical practice*. 2021 Oct;75(10): e14295.
- Rashidi K, Razi B, Darand M, **Dehghani A**, Janmohammadi P, Alizadeh S. Effect of probiotic fermented dairy products on incidence of respiratory tract infections: a systematic review and meta-analysis of randomized clinical trials. *Nutrition journal*. 2021 Jun 28;20(1):61.
- Jafarabadi MA, **Dehghani A**, Khalili L, Barzegar A, Mesrizad M, Hassanililou T. A meta-analysis of randomized controlled trials of the effect of probiotic food or supplement on glycemic response and body mass index in patients with type 2 diabetes, updating the evidence. *Current diabetes reviews*. 2021 Mar 1;17(3):356-64.
- **Dehghani Kari Bozorg A**, Sanjari M, Salemi S, Maghbooli Z, Mirzaei K. Association of low-carbohydrate diet score with perceived stress score: a cross-sectional study in Iranian nurses. *Koomesh*. 2020 Jan 1;22(22):452-60.
- Askarpour M, Hadi A, **Dehghani Kari Bozorg A**, Sadeghi O, Sheikhi A, Kazemi M, Ghaedi E. Effects of L-carnitine supplementation on blood pressure: a systematic review and meta-analysis of randomized controlled trials. *Journal of human hypertension*. 2019 Oct;33(10):725-34.
- Moradi S, Khorrami-Nezhad L, Ali-Akbar S, Zare F, Alipour T, **Dehghani Kari Bozorg A**, Yekaninejad MS, Maghbooli Z, Mirzaei K. The associations between dietary patterns and bone health, according to the TGF- β 1 T869→ C polymorphism, in postmenopausal Iranian women. *Aging Clinical and Experimental Research*. 2018 Jun;30(6):563-71.

- Jalali, Mostafa S, Abdollahi M, Hosseini A, **Dehghani Kari Bozorg A**, Ajami, Azadeh M, Moiniafshar K. The positive effects of Mediterranean-neutropenic diet on nutritional status of acute myeloid leukemia patients under chemotherapy. *Frontiers in Biology*. 2018 Dec;13(6):475-80.
- Khorrami-nezhad L, Moradi S, **Dehghani A**, Veysi Z, saeed Yekaninejad M, Maghbooli Z, Mirzaei K. Association between bone discordance and dietary pattern among Iranian postmenopausal women. *Journal of Nutritional Sciences and Dietetics*. 2016.

Research projects as executor or cooperator

- Developing a policy package to provide nutrients to vulnerable groups in crisis
- Developing a salt intake reduction policy package for the Iranian population
- Prevention and management of vitamin D deficiency in the Iranian population: a policy brief.
- Analysis for policy-making to reduce sodium-chloride in the main sodium food products (bread, cheese, Dough, tomato paste, and canned tuna fish) to improve community health and feasibility of its industrial production
- Assessing the validity and reliability of the Sports Concussion Assessment Tool 6 (SCAT6) and the prevalence of concussions among the premier football league players in the season 1402-1403
- The association between the Nova index and the odds of Diabetic Nephropathy on woman in Semnan city: A case-control study
- Investigating the interaction between genetic risk score with dietary inflammation and lifestyle index with body Composition and insulin resistance in obese and overweight woman: A Subgroup study
- Interaction of the total dietary antioxidant capacity with genetic risk score on cardiometabolic risk factors in overweight and obese women in Tehran.
- Effects of curcumin on non-alcoholic fatty liver patients: An umbrella review of systematic reviews
- Designing Iranian nutritional protocol based on evidence and applicable in adult hematopoietic stem cell transplant centers
- Policy analysis and development of upcoming policy options to prevention of iron deficiency anemia in Iran
- Review on policies and programs to reduce the amount of heavy metal pollutants in hen eggs with the aim of policy-making safety in the basket of Iranian households
- inositol supplementation and body mass index: A Systematic Review and meta-analysis of controlled clinical trials
- Adherence to Plant Based Diet Associated with Lower Plasminogen Activator Inhibitor-I, Transforming Growth Factor-Beta and Galectin, Among over weight and obese women who referring to health center in Tehran
- Investigation of the Association of Dietary Diversity and Serum Levels of Folic Acid and Cobalamin with Perceived Stress Scores among Nurses in Hospitals Affiliated with Tehran University of Medical Sciences

Books

- **Dehghani A**, Rahimlou M. (Book Chapter) Functional Foods and Nutraceuticals and Respiratory Diseases. In Applications of Functional Foods and Nutraceuticals for Chronic Diseases 2023 Feb 9 (pp. 341-360). **CRC Press**.
- Rahimlou M, **Dehghani A**. (Book Chapter) Functional Food and Obesity and Metabolic Syndrome. Molecular Mechanisms of Action of Functional Foods and Nutraceuticals for Chronic Diseases: Volume II. 2023 Apr 19:101. **CRC Press**.
- Khalili L, Eslamnezhad K, Barzegar A, **Dehghani A**, Zakeri N, Mehrabi E. (Book Chapter) Role of probiotics in diabetes control. In Microbiome-Gut-Brain Axis: Implications on Health 2022 Jan 3 (pp. 337-353). Singapore: **Springer Nature**.
- Nutrition and Metabolism from a Cellular and Molecular Perspective, Heydari Publishing
- Personalized Nutrition: A Unique Path to Wellness, Heydari Publishing
- Functional Foods: Applications and Health Effects - under the supervision of the Endocrinology and Metabolism Research Institute, Tehran University of Medical Sciences, Heydari Publishing
- Translation of Clinical Nutrition Guidelines of the American Society for Parenteral and Enteral Nutrition (ASPEN), Heydari Publishing
- Translation of Clinical Nutrition Guidelines of the European Society for Clinical Nutrition and Metabolism (ESPEN), Heydari Publishing
- Application of Systems Thinking in Health Policy and Public Health Ethics, under the supervision of Tabriz University of Medical Sciences
- Obesity and Novel Therapeutic Approaches, under the supervision of the Endocrinology and Metabolism Research Institute, Tehran University of Medical Sciences
- Translation of Nutrition in 30 Seconds — Hatami Publishing
- Translation of Krause and Mahan's Food & the Nutrition Care Process, 2020- 5 volumes- Heydari Publishing
- Translation of Understanding Nutrition, 2021- 2 volumes, Heydari Publishing
- Translation of krause's food & the nutrition care process, 2017, Heydari Publishing

Teaching

- **2019 to 2020:** Instructor (Teaching Assistant), Malnutrition Related Diseases, Tabriz University of Medical Sciences, Department of Community Nutrition, Tabriz, Iran

Executive Records

- Chair, Healthy Nutrition and Social Health Committee, Specialized Council of Iranian Food Industries, Organization of Iranian Professionals and Managers, 2026
- Scientific Secretary and executor of "Policy Brief Development Workshop," Tehran, 2025.
- Member of the Scientific Committee for the Evaluation and Peer Review for the 5th National Student Team Competition in (Korsi-haye Azad-Andishi), 2025

- Member of the Special Working Group on the Healthy Nutrition Promotion Campaign, National Network for the Prevention of Noncommunicable Diseases, 2025
- Member of the Working Group on Enhancing Nutritional Resilience and Household Food Security, Food Security Headquarters, Iran University of Medical Sciences, 2025
- Member of the Scientific Committee for the Evaluation and Peer Review of Abstracts and Papers, International Congress on clinical nutrition in pediatrics, September 24–26, 2025
- Member of the Scientific Committee for the Evaluation and Peer Review of Abstracts and Papers, The First National Conference on Soil Health, Human Health, and Food Security, held in March 2025.
- Member of the Scientific Committee for the Evaluation and Peer Review of Abstracts and Papers, 5th International Conference on Clinical Nutrition in Iran, October 16–18, 2024
- Member of the Scientific Committee for the Evaluation and Peer Review of Abstracts and Papers, National Conference on Quality Improvement and Excellence in the Health System, November 2024
- Secretary of the Research Committee, Iran Football Medical Assessment and Rehabilitation Center (IFMARC), 2024
- Member of the Scientific Committee for the Evaluation and Peer Review of Abstracts and Papers, “8th Annual Research Conference of Semnan University of Medical Sciences”, March 2023
- Member of the Executive Committee, 1st Iranian Sports Nutrition Congress, October 18–20, 2019, Isfahan, Iran

Oral and Poster Presentations

- An oral presentation entitled “**Nutrient profile models, application to food advertisements and food marketing via television for children: a systematic review**” at the 4th International and 16th Iranian Nutrition Congress, Tehran, Iran, 2024.
- Presented a poster entitled “**Policy Analysis of Iron Deficiency Anemia Prevention in Iran: A Qualitative Study**” at the 4th International and 16th Iranian Nutrition Congress, Tehran, Iran, 2024.
- Presented a poster entitled “**Association between serum levels of hsCRP with perceived stress score among nurses working in hospitals of TUMS**” at the 2ND Community Medical Congress, Tehran, Iran, 2019.
- Presented a poster entitled “**Investigating the role of probiotic and prebiotic in osteoporosis: a review article**” at the 12th International Congress of Endocrine Disorders, Tehran, Iran, 2018.
- Presented a poster entitled “**The association between adherence to low carbohydrate and perceived stress among nurses**” at the 3th International and 15th Iranian Nutrition Congress, Tehran, Iran, 2018.
- Presented a poster entitled “**The role of nutritional supplements in healing pressure ulcers**” at the 3th International and 5th national Congress of Wound and tissue repair, Tehran, Iran, 2018.

- Presented a poster entitled “**The Role of Nutrition in the Prevention and Improvement of Multiple Sclerosis**” at the 9th International MS Congress, Tehran, Iran, 2012.

Workshops

- Scientific Secretary and Workshop Instructor for the workshop titled “**Policy Brief Writing**”, held in December 2025 at the Endocrinology and Metabolism Research Institute, Shahid Beheshti University of Medical Sciences.
- Instructor of the workshop entitled “**Food Security and Passive Defense,**” August 2025, Food Security Headquarters, Iran University of Medical Sciences, Tehran, Iran.
- Instructor of the workshop entitled “**Systematic Review and Meta-Analysis Studies**” **November 2024**, Fasa University of Medical Sciences
- Instructor at the conference titled “**Food Safety, Security, and Hygiene,**” held in December 2023 at the International Conference Center of Alzahra University.
- Instructor of the workshop entitled “**Nutrition and Diet Therapy in Pediatric Diseases,**” held at the Deputy of Treatment, Iran University of Medical Sciences, on August 17, 2022.
- Instructor of the workshop entitled “**An Overview of Nutrition and Dietary Therapy in Cardiovascular Diseases**” held at the Deputy of Treatment, Iran University of Medical Sciences, on February 15, 2021.

Peer Review Experience

- BMC Nutrition
- BMC Public Health
- BMC Health Services Research
- Journal of Human Rights and Social Work
- Journal of diabetes and metabolic disorder
- Frontiers in nutrition
- Globalization and health
- Discover Health Systems
- Journal of health, population and nutrition
- Journal of Nutrition, Fasting and Health
- British Journal of Nutrition
- Research Project Evaluator, SBMU
- Research Project Evaluator, Sarabums

Language Skills

- Persian: Native
- English: High level
- Azeri: Intermediate level

Other Skills

Proficient with software such as SPSS, STATA, MAXQDA, POLICY MAKER.

Proficient with reference software such as EndNote.

Proficient with nutritional software such as Nutritionist IV, etc.

Proficient with computer literate such as Microsoft office, Internet, etc.