

# Curriculum Vitae (CV)

**Name:** Monir Dahri

**Date of Birth:** 1980

**Place of Birth:** Mashhad, Iran

**Email:** Dahrim@varastegan.ac.ir



## Education

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- **Ph.D. in Nutritional Sciences** – Tabriz University of Medical Sciences (2012–2017)
- **M.Sc. in Nutritional Sciences** – Shahid Beheshti University of Medical Sciences (2007–2009)
- **B.Sc. in Nutritional Sciences** – Isfahan University of Medical Sciences (1999–2003)

## Academic Position

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- Faculty Member at Varastegan Institute for Medical Sciences
- Head of the Department of Nutritional Sciences

## Teaching Experiences

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- **Medical Nutrition Therapy I** – Varastegan Institute for Medical Sciences (2018–Present)
- **Medical Nutrition Therapy II** – Varastegan Institute for Medical Sciences (2018–Present)
- **Medical Nutrition Therapy III** – Varastegan Institute for Medical Sciences (2021–Present)
- **Medical Nutrition Therapy IV** – Varastegan Institute for Medical Sciences (2021–Present)
- **Principles of Epidemiology** – Varastegan Institute for Medical Sciences (2022–Present)
- **Nutrition for Special Groups** – Varastegan Institute for Medical Sciences (2018 & 2022)
- **Principles of Meal Planning** – Varastegan Institute for Medical Sciences (2018–Present)
- **Research Methods in Nutrition Sciences** – Varastegan Institute for Medical Sciences (2018–Present)
- **Undergraduate Seminar in Nutrition** – Varastegan Institute for Medical Sciences (2018–Present)
- **Student Research Projects in Nutrition** – Varastegan Institute for Medical Sciences (2018–Present)
- **Clinical Internship in Nutrition** – Varastegan Institute for Medical Sciences (2018–Present)
- **Clinical Internship in Nutrition** – Tabriz University of Medical Sciences (2013–2017)

- **Maternal and Child Nutrition (Midwifery Program)** – Islamic Azad University, Mashhad Branch (2011)
- **Nutrition and Medical Nutrition Therapy (Nursing Program)** – Islamic Azad University, Mashhad Branch (2010)

## Professional Training & Webinars

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1. **Speaker**, Continuing Medical Education (CME) Webinar titled "*Perspective on Screening for Inborn Metabolic Diseases*" – Varastegan Institute for Medical Sciences, May 2025
2. **Speaker**, Continuing Medical Education (CME) Webinar titled "*Eating Disorders*" – Varastegan Institute for Medical Sciences, June 2024
3. **Instructor**, Two educational courses on "*Nutrition and Healthy Lifestyle*" for the employees of Mashhad Water and Wastewater Company and Opal Mining Company (Sarakhs)
4. **Speaker**, CME Webinar titled "*Nutrition in Patients with Kidney Disease*" – Varastegan Institute for Medical Sciences, September 2022
5. **Instructor**, Training course titled "*Medical Nutrition Therapy in Type 1 Diabetic Patients – Insulin and Carbohydrate Matching*" for nutrition experts in Health Centers of Districts 1 and 3 in Mashhad – July 2022
6. **Workshop Instructor**, "*Nutrition in Eating Disorders: Updates, Diagnostic Criteria, and Subtypes*" – on the sidelines of the 4th International Congress on Clinical Nutrition, CME accredited – Mashhad, May 2022
7. **Speaker**, National Congress on Therapeutic and Nutritional Challenges in Pediatric Nephrology, titled "*The Role of Probiotics, Prebiotics, and Synbiotics in Patients with Chronic Kidney Disease*", CME accredited – Mashhad, February 2022
8. **Speaker**, Two sessions of CME Webinar titled "*Laboratory Diagnosis and Nutritional Care in COVID-19 Patients*" – Varastegan Institute for Medical Sciences, December 2020
9. **Keynote Speaker**, "*Medical Nutrition Therapy in Patients with Phenylketonuria*" – 3rd International Congress on Clinical Nutrition – Mashhad University of Medical Sciences, February 2020
10. **Workshop Instructor**, "*Therapeutic Nutrition in Diabetic Athletes*" – National Conference on Physical Education, Nutrition, and Sports Medicine – Mashhad, September 2019
11. **Workshop Instructor**, "*Therapeutic Nutrition in Patients with Rheumatic Diseases*" – Varastegan Institute for Medical Sciences, 2018
12. **Workshop Instructor**, "*Research Proposal Writing*" – Varastegan Institute for Medical Sciences, 2018
13. **Speaker**, One-day Scientific Conference on Adolescent Diabetes, titled "*Nutrition in Type 1 Diabetes*" – Mashhad University of Medical Sciences, 2015
14. **Speaker**, First National Educational Course on Nutritional Support in Intensive Care Units, titled "*Introduction to World Nutrition Day*" – Mashhad University of Medical Sciences, 2011
15. **Speaker**, Symposium at the 11th International Congress on Nutrition in Iran, titled "*Special Nutritional Care in Hospitals*" – Shiraz University of Medical Sciences, 2010
16. **Instructor**, Educational course titled "*Nutrition and Medical Diet Therapy*" – Dr. Sheikh Pediatric Hospital, 2005
17. **Instructor**, Educational course titled "*Nutrition and Medical Diet Therapy*" – Dr. Sheikh Pediatric Hospital, 2004

## Research Background

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## Journal Publications

1. Negar Ghashghaei, Asma Rashki Kemmak , Elham Goli1 , Shima Shishebor Astaneh, **Monir Dahri** and Mohammad Reza Mazaheri Habibi. Beneficial effects of ginger on prevention of obesity through Modulation of gut microbiota. *Journal of Health, Population and Nutrition* (2025)
2. Zahra Dehnavi, Shima Sabbaghi, Ali Jafarzadeh Esfehiani, Mahnaz Namazi, Fahimeh Hoseinzadeh, Hanieh Barghchi1, **Monireh Dahri** , Reza Rezvani , Mahdi Shadnoush and Mohammad Safarian. How animal and plant-based proteins affect energy metabolism during the postprandial phase in overweight and obese men: a cross-over design study .*Nutrition Journal* (2025)
3. Ali Zeyghami, Hanieh Keikhay Moghadam, Arvin Babaei, Ali-Reza Bari, Soudabeh Hamed Shahraki, Soodabeh Shahidsales, **Monir Dahri\***. Evaluation of the prevalence, and relationship between nutritional status, malnutrition, and quality of life in cancer patients undergoing chemotherapy in Mashhad, Iran in 2023. *World Nutrition Journal* (2025)
4. Mohammad Safarian , Majid Hajifaraji , **Monireh Dahri \***, Naseh Pahlavani , Elyas Nattagh-Eshtivani , Alireza Farsad Naeimi , Anahita Houshiar Rad. The Association of Overweight and Obesity with Menarche Age in Girls Aged 11-15 Years in Iran; A Cross-sectional Study .*Reviews in Clinical Medicine* (2023)
5. **Monireh Dahri**, Atefeh Sarafan Sadeghi , Naseh Pahlavani , Elyas Nattagh-Eshtivani , Mazyar Hashemilar , Mohammad Asghari-Jafarabadi , Hanieh Barghchi , Ali Tarighat-Esfanjani. The Effects of Coenzyme Q10 Supplementation on Oxidative Status and Lipid Profile in Migraine Patients: A Randomized Double-Blinded Controlled Clinical Trial . *Clin Nutr Res.* (2023)
6. **Monireh Dahri**, Parisa Zarei Shargh, Atiyeh Sahebzamani, Reyhaneh Ghasemi, Mostafa Jahangir, Fateme Moghbeli. Design and Usability Evaluation of Nutritional Counseling Web App (Virtual Clinic) for Pregnant Women. *Frontiers in Health Informatics* (2023)
7. Majid Ghayour-Mobarhan; Rahim Vakili; Mohammad Safarian; **Monireh Dahri**; Maral Amini; Mostafa Abrishami; Gordon Ferns; Mohsen Nematy. Comparison of The Effect of Ketogenic Diet and Low Caloric Diet On Weight Loss in Iranian Obese and Overweight Children. *Journal of nutrition fasting and health.*(2018)
8. Elyas Nattagh-Eshtivani, **Monireh Dahri**, Mazyar Hashemilar, Ali Tarighat-Esganjani. The effect of Coenzyme Q10 supplementation on serum levels of lactate, pyruvate, matrix metalloproteinase 9 and nitric oxide in women with migraine. A double blind, placebo, controlled randomized clinical trial. *European journal of integrative medicine.* (2018)
9. Elyas Nattagh-Eshtivani, Mahmood Alizadeh Sani, **Monireh Dahri**, Faezeh Ghalichi, Abed Ghavami, Pishva Arjang, Ali Tarighat-Esfanjani. The role of nutrients in the pathogenesis and treatment of migraine headaches: Review. *Biomedicine & Pharmacotherapy* (2018)
10. Hamid Reza Kianifar, Hamid Ahanchian, Mohammad Safarian, Asma Javid, Alireza Farsad-Naeimi, Seyed Ali Jafari, Mohammad Ali kiani, **Monireh Dahri\***. Effects of Synbiotics on

- Anthropometric Indices of Obesity in Children: A Randomized Double-blind Placebo-Controlled Pilot Study. *Topics in clinical nutrition* (2018)
11. **Monireh Dahri**, Ali Tarighat-Esfanjani, Mohammad Asghari-Jafarabadi, Mazyar Hashemilar. Oral coenzyme Q10 supplementation in patients with migraine: Effects on clinical features and inflammatory markers. *Nutritional Neuroscience* . (2018)
  12. **Monireh Dahri**, Mazyar Hashemilar, Mohammad Asghari-Jafarabadi Ali Tarighat-Esfanjani. Efficacy of coenzyme Q10 for the prevention of migraine in women: A randomized, double-blind, placebo-controlled study. *European journal of integrative medicine*. (2017)
  13. Beytollah Alipour, Mahdieh Abbasalizad Farhangi, Somayye Asghari, Farshad Amirkhizi, **Monireh Dahri**, Nasim Abedimanesh, Alireza FarsadNaimi & Shiva Hojegan. Child-Specific Food Insecurity and Its Sociodemographic and Nutritional Determinants among Iranian Schoolchildren. *Ecology of Food and Nutrition* (2016)
  14. A Khodabakhshi, M Ghayour-Mobarhan, H Rooki, R Vakili, S-I Hashemy, SR Mirhafez, M-T Shakeri, R Kashanifar, R Pourbafarani, H Mirzaei, **M Dahri**, M Mazidi, G Ferns and M Safarian. Comparative measurement of ghrelin, leptin, adiponectin, EGF and IGF-1 in breast milk of mothers with overweight/obese and normal-weight infants. *European Journal of Clinical Nutrition* (2014), 1–5
  15. Seyedeh Neda Mousavi, **Monireh Dahri**, Mohsen Nematy, Fatemeh Kazemi, Abdolreza Norouzy, Seyed Javad Purafzali Firouzabadi. 2011 World Nutrition Day Report in Training, Research and Clinical Ghaem Hospital in Mashhad . *GMJ*. 2012;1(2):84-87
  16. *Journal of the European Society for Clinical Nutrition and Metabolism: Clinical Nutrition* (special Congress supplement, published by Elsevier), Influence of obesity on timing of menarche
  17. Mohammad Safarian, Rahim Vakili, Amirhossein Sahebkar, Mohsen Nematy, **Monireh Dahri**, Shima Tavallaie, Elham Lotfian, Mona Khorashadizadeh, Gordon Ferns, Majid Ghayour-Mobarhan. Effect of a High Dairy Diet on Serum Antibody Titers to Heat Shock Protein 27 in Overweight and Obese Children .*Iranian Journal of Pediatrics*, 2009;19(1) : 41-46
  18. Ghayour-Mobarhan M, Sahebkar A, Vakili R, Safarian M, Nematy M, Lotfian E, Khorashadizadeh M, Tavallaie S, **Dahri M**, Ferns G. Investigation of the effect of high dairy diet on body mass index and body fat in overweight and obese children. *Indian J Pediatr*. 2009 Nov;76(11):1145-50

## Publications in Persian Language

1. **Dahri, M.**, Safarian, M., Hajifaraji, M., Houshiar Rad, A., Abadi, A.  
*"The Relationship Between Overweight/Obesity and Age of Menarche and Nutritional Status Among Girls Aged 11–15 in Mashhad"*  
*Journal of Mashhad University of Medical Sciences*, Winter 2011, Vol. 53, No. 3, pp. 245–253.
2. Zilaei, M., Norouzi, A., Imani, B., Khademi, G., Safarian, M., **Dahri, M.**  
*"Assessment of the Adequacy of Nutritional Support in NPO Pediatric Patients at Dr. Sheikh Pediatric Subspecialty Hospital, Mashhad"*  
*Journal of Mashhad University of Medical Sciences*, December 2013, No. 5, pp. 307–312.
3. Dovangi, S., Tarighat-Esfanjani, A., **Dahri, M.**  
*"Relationship Between Nutritional Factors and Physical Activity with Pain Severity in Primary Dysmenorrhea"*  
*Journal of Health and Care (Nursing and Midwifery Faculty of Ardabil)*, Summer 2016, No. 2, pp. 93–100

## Conference Presentations

1. **5th International Congress of Clinical Nutrition of Iran**, Tehran, 2024 (Poster – with Varastegan students)  
*"The Anti-inflammatory Effect of Curcumin Supplementation on Adult Hemodialysis Patients: A Systematic Review"*
2. **5th International Congress of Clinical Nutrition of Iran**, Tehran, 2024 (Poster – with Varastegan students)  
*"Evaluating the Effectiveness of Mobile App-based Dietary Intervention on Glycemic Control in Patients with Diabetes Mellitus: A Systematic Review"*
3. **1st International Congress of the Iranian Nutrition Scientific Association**, Isfahan, 2023 (Poster – with Varastegan students)  
*"Investigating the Effect of Glutamine Supplementation in the Treatment and Prevention of Oral Mucositis in Chemotherapy and Radiotherapy Patients"*
4. **1st International Congress of the Iranian Nutrition Scientific Association**, Isfahan, 2023 (Poster – with Varastegan students)  
*"Fecal Microbiota Transplantation (FMT) as a Promising Therapeutic Technique in Obese People: A Systematic Review"*
5. **2nd International Congress on Translational Nutrition – From Lab to Clinic**, Mashhad, 2023 (Poster – with Varastegan students)  
*"Assessment of Muscle and Fat Mass Loss in Cancer Patients Undergoing Chemotherapy in 2023"*
6. **6th International Congress on Cancer**, Tehran, 2023 (Poster – with Varastegan students)  
*"Evaluation of Nutritional Status and Malnutrition Prevalence in Cancer Patients in Mashhad (2023)"*
7. **1st International Congress on Cancer Genomics**, Tehran, 2023 (Poster – with Varastegan students)  
*"Do Dietary Factors Impact Breast Cancer Prognosis? A Focus on BRCA Mutation Carriers"*

8. **5th International Congress on Mobile Health**, Shiraz, 2022 (Poster – with Varastegan students)  
*“Evaluating the Role of Mobile Health in the Treatment of Anorexia Nervosa: A Systematic Review”*
9. **5th International Congress on Mobile Health**, Shiraz, 2022 (Poster – with Varastegan students)  
*“Investigating the Role of Mobile Health in the Treatment of Bulimia Nervosa: A Systematic Review”*
10. **4th International Congress of Clinical Nutrition of Iran**, Mashhad, 2022 (Poster – with Varastegan students)  
*“Potential Roles of Selenium in the Prevention of Alzheimer's Disease”*
11. **4th International Congress of Clinical Nutrition of Iran**, Mashhad, 2022 (Poster – with Varastegan students)  
*“Effect of Liraglutide on Adult Obesity and Weight Loss”*
12. **National Congress on Pediatric Nephrology Challenges**, Mashhad, 2021 (Poster – with Varastegan students)  
*“Plant-Based Diets to Ameliorate the Complications of Chronic Kidney Disease”*
13. **National Congress on Pediatric Nephrology Challenges**, Mashhad, 2021 (Poster – with Varastegan students)  
*“Vitamin D Supplementation on Bone Markers in Chronic Kidney Disease”*
14. **3rd International and 15th Iranian Congress of Nutrition**, Tehran, 2018 (Poster)  
*“Oral Coenzyme Q10 Supplementation in Patients with Migraine: Effects on Clinical Features and Inflammatory Markers”*
15. **3rd International and 15th Iranian Congress of Nutrition**, Tehran, 2018 (Poster)  
*“Efficacy of Coenzyme Q10 for the Prevention of Migraine in Women: A Randomized, Double-Blind, Placebo-Controlled Study”*
16. **1st International and 13th Iranian Congress of Nutrition**, Tehran, 2014 (Poster)  
*“Association Between Household Food Insecurity and Nutritional Status of Children Aged 7–11 in Tabriz, Iran”*
17. **1st International and 13th Iranian Congress of Nutrition**, Tehran, 2014 (Poster)  
*“Household Food Security and Associated Factors Among Primary-School Students in Tabriz, Iran”*
18. **12th International Congress of Nutrition of Iran**, Isfahan, 2012 (Oral Presentation)  
*“Three-Year Follow-Up of Esophageal Atresia Patients Undergoing Surgery at Dr. Sheikh Hospital ICU”*
19. **1st National Conference on Organizational Excellence in Healthcare**, Mashhad, 2012 (Poster)  
*“Establishment of Clinical Nutrition Audit Unit at Ghaem Hospital and Its Outcomes in Improving Patient Nutritional Services”*
20. **1st International Congress on Nutrition, Growth, and Development in Infants and Children**, Mashhad, 2011 (Poster)  
*“Growth Pattern Comparison of Urban and Rural Boys Under 5 Years in Khorasan Razavi Province”*
21. **1st International Congress on Nutrition, Growth, and Development in Infants and Children**, Mashhad, 2011 (Poster)

*“Growth Pattern Comparison of Urban and Rural Girls Under 5 Years in Khorasan Razavi Province”*

22. **11th International Congress of Nutrition of Iran**, Shiraz, 2010 (Oral Presentation)  
*“Results of World Nutrition Day Implementation at Ghaem Hospital and Comparison with Global Statistics”*
23. **32nd ESPEN Congress (European Society for Clinical Nutrition and Metabolism)**, France, September 2010 (Poster)  
*“Influence of Obesity on Timing of Menarche”*
- **Awarded ESPEN 2010 Travel Fellowship for Young Researchers**
24. **2nd National Congress on Metabolic Syndrome, Obesity, and Diabetes**, Zanjan, 2010 (Poster)
25. **2nd National Congress on Obesity Prevention and Treatment**, Tehran, 2009 (Oral Presentation)  
*“Relationship Between Overweight/Obesity, Nutrition Status, and Age of Puberty in Girls Aged 11–15 in Mashhad”*
26. **10th International Congress of Nutrition of Iran**, Tehran, 2008 (Poster)  
*“Prevalence of Underweight, Overweight, and Obesity and Their Socioeconomic Correlates Among Adolescent Girls in Mashhad”*
27. **10th International Congress of Nutrition of Iran**, Tehran, 2008 (Poster)  
*“Prevalence of Underweight, Overweight, and Obesity and Its Association with Body Fat Distribution in Adolescent Girls in Mashhad”*
28. **9th International Congress of Nutrition of Iran**, Tabriz, 2006 (Oral Presentation)

## Books Authored

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- **Nutritional Support in Cancer Patients: How to Eat Before, During, and After Cancer Treatment** (2022) – Co-authored with Varastegan students
- **Practical Guide to Nutritional Supplements in Children** (2025) – Co-authored with Varastegan Students
- **Principles of Pediatric Nutrition** (2025) – Co-authored with Varastegan Students

## Theses

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### *Ph.D. in Nutritional Sciences and Diet Therapy*

*Tabriz University of Medical Sciences – Tabriz, Iran (2012–2017)*

**Dissertation Title:** *“The Effect of Oral Coenzyme Q10 Supplementation on Nutritional Status, Migraine Attacks, Inflammatory Markers, Oxidative Stress, and CGRP Levels in Women with Migraine”*

**Supervisor:** Dr. Ali Tarighat-Esfanjani – Professor, Department of Nutrition, Tabriz University of Medical Sciences

*M.Sc. in Nutritional Sciences and Diet Therapy*

*Shahid Beheshti University of Medical Sciences, National Nutrition and Food Technology Research Institute – Tehran, Iran (2007–2009)*

**Thesis Title:** *"The Relationship Between Overweight/Obesity and Age of Puberty in Girls Aged 11–15 in Mashhad"*

**Supervisors:** Dr. Majid Hajifaraji – Associate Professor, Department of Nutrition, Shahid Beheshti University of Medical Sciences

Dr. Mohammad Safarian – Professor, Department of Nutrition, Mashhad University of Medical Sciences

## Hospital Audit Experience

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Supervisor of hospital audit projects for M.Sc. Nutrition students, as part of a two-credit course, Mashhad University of Medical Sciences (2010–2012)

1. **World Nutrition Day Audit (2009):** Comparison with global standards at Ghaem Educational, Research, and Treatment Center – General Hospital Unit
2. **World Nutrition Day Audit (2010):** Comparison with global standards at Ghaem Educational, Research, and Treatment Center – Surgical and Internal Medicine ICU
3. **World Nutrition Day Audit (2011):** Comparison with global standards at Kamyab Hospital – Trauma ICU
4. **Standardization and Optimization of Hospital-Prepared Enteral Feeding Formulas**
5. **Evaluation and Optimization of Patient Meals; Development of Dietary Standards for General Inpatients**
6. **Nutritional Assessment of Inpatients at Ghaem Hospital**
7. **Analysis of Nutritional Supplement and Drug Interactions at Ghaem Hospital**
8. **Development of a Visual Leftover Food Chart for Inpatients**
9. **Assessment of NPO (Nothing by Mouth) Cases:** Frequency, causes, duration, pre-NPO diet, and nutritional care during NPO status at Ghaem Hospital
10. **Comparative Nutritional Assessment:** Internal ICU vs. Neurology ICU at Ghaem Hospital
11. **Three-Year Follow-Up of Esophageal Atresia Surgery Patients** – Dr. Sheikh Hospital, Intensive Care Unit
12. **NPO Case Review:** Frequency, causes, duration, and related nutritional care in Dr. Sheikh Hospital
13. **Three-Year Follow-Up of Intestinal Atresia Surgery Patients** – Dr. Sheikh Hospital, Intensive Care Unit
14. **Comparative Study:** Impact of Commercial Formulas vs. Hospital-Prepared Enteral Nutrition on Nutritional Status and Recovery of ICU Patients at Ghaem Hospital

## Research Projects

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1. **Prevalence and Association of Nutritional Status and Quality of Life in Cancer Patients in Mashhad (2022)**  
Department of Nutrition, Varastegan Institute for Medical Sciences
2. **Prevalence and Contributing Factors of Malnutrition in Children Under 5 in Mashhad (2019)**  
Department of Nutrition, Varastegan Institute for Medical Sciences
3. **Frequency and Causes of Sports Supplement Use Among Male Gym Athletes in Mashhad (2018)**  
Department of Nutrition, Varastegan Institute for Medical Sciences
4. **The Effect of Oral Coenzyme Q10 Supplementation on Nutritional Status, Migraine Attacks, Inflammatory Markers, Oxidative Stress, and CGRP Levels in Women with Migraine**  
Department of Nutrition, School of Nutrition and Food Sciences, Tabriz University of Medical Sciences
5. **The Effect of Oral Coenzyme Q10 Supplementation on Serum Levels of Lactate, Pyruvate, Nitric Oxide, and Matrix Metalloproteinase-9 in Women with Migraine**  
Department of Nutrition, School of Nutrition and Food Sciences, Tabriz University of Medical Sciences
6. **Comparative Study of Energy Content, Hormones, and Growth Factors in Breast Milk of Mothers with Overweight Infants Versus Normal-Weight Infants**  
Department of Nutrition, Mashhad University of Medical Sciences
7. **Effect of Probiotic Supplementation on Clinical Obesity Indices in Obese Children Attending Pediatric Endocrinology and Gastroenterology Clinics**  
Department of Nutrition, Mashhad University of Medical Sciences
8. **Comparative Study of Oral Arginine and Citrulline Supplementation on Prognosis of Critically Ill ICU Patients Receiving Enteral Nutrition**  
Department of Nutrition, Mashhad University of Medical Sciences
9. **Comparison of the Effectiveness of Hospital-Prepared Enteral Formulas Versus Standard Formulas in Trauma Patients in Intensive Care Units**  
Department of Nutrition, Mashhad University of Medical Sciences
10. **Relationship Between Birth Weight and Age of Puberty in Girls Aged 11–15 in Mashhad**  
Department of Nutrition, Mashhad University of Medical Sciences
11. **Effectiveness of a High-Calcium Diet Compared to a Low-Calorie Diet in Weight Reduction in Children**  
Department of Nutrition, Mashhad University of Medical Sciences
12. **Investigation of Insulin Resistance in Obese Children**  
Department of Nutrition, Mashhad University of Medical Sciences
13. **Comparative Study of High-Fat Diet Versus Low-Calorie Diet in Weight Reduction in Obese Adolescents**  
Department of Nutrition, Mashhad University of Medical Sciences

## Workshops and Training Courses Attended

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1. Participation in 75 one-day scientific webinars as part of CME programs over the past 5 years
2. Participation in 8 scientific conferences as part of CME programs over the past 5 years
3. Participation in 6 offline CME programs over the past 3 years
4. 15th Symposium and 7th International Virtual Congress – Indonesia, September 2020
5. 16th Symposium and 8th International Virtual Congress – Indonesia, September 2021

6. 17th Symposium and 8th International Virtual Congress – Indonesia, September 2022
7. Live webinar by Catalyst titled “*Weight Loss Plateau & Weight Regain*” – under supervision of the Academy of Nutrition and Dietetics (USA), 2021
8. Online course “*Level 1 Research Fellowship*” (44 hours) – Office of Research and Technology, Mashhad University of Medical Sciences, 2021
9. Workshop: *Academic Advisor Empowerment – Education Transformation Plan* – Varastegan Institute of Medical Sciences, 2021
10. Workshop: *Communication Skills* – Varastegan Institute of Medical Sciences, 2021
11. Workshop: *Recent Advances in Nutrition and Diet Therapy in PKU* – 15th National Pediatric Nutrition Congress, Iran Nutrition Institute, February 2020
12. Workshop: *Recent Advances in Nutrition and Diet Therapy in PCOS* – Varastegan Institute, 2019
13. Workshop: *Understanding Personality Types (DISC Model)* – Varastegan Institute, 2019
14. Workshop: *Student Evaluation Methods* – Varastegan Institute, 2018
15. Workshop: *Designing Standard PowerPoint Presentations and Course Plans* – Varastegan Institute, 2018
16. Workshop: *Public Speaking and Presentation Skills* – Varastegan Institute, 2018
17. Workshop: *Interpretation of Laboratory Results Related to Nutritional Status* – Varastegan Institute, 2018
18. Scientific Conference: *Supplementation and Sports Nutrition* – Varastegan Institute, 2018
19. Workshop: *Advanced Public Speaking Skills* – Varastegan Institute, 2018
20. Workshop: *Designing Standard Presentations and Course Outlines* – Varastegan Institute, 2018
21. Workshop: *Statistical Analysis of Case-Control Studies* – School of Nutrition, Tabriz University of Medical Sciences, 2017
22. Workshop: *Statistical Analysis of Cross-Sectional Studies* – Tabriz University of Medical Sciences, 2017
23. One-day training course on *Localized Fat Loss Devices (Introductory Level)* – Iranian Nutrition Society, 2017
24. Workshop: *Prescription Writing and Lab Result Interpretation* – Iranian Nutrition Society, East Azerbaijan Branch, 2014
25. Workshop: *Scientific Writing in English* – Tabriz University of Medical Sciences, 2014
26. Workshop: *Research Proposal Writing* – Tabriz University of Medical Sciences, 2013
27. Three-Year Clinical Nutrition Internship in ICU and hospital wards – Mashhad University of Medical Sciences (2009–2012)
28. Workshop: *Interpretation of Laboratory Tests in Nutrition Counseling* – Iran Nutrition Research Institute, June 2011
29. Workshop: *Diabetes and Diet Therapy* – Mashhad, December 2010
30. Workshop: *EndNote Software* – Mashhad University of Medical Sciences, March 2010
31. Advanced Workshop: *Internet Research and EndNote Software* – Shahid Beheshti University of Medical Sciences, July 2009
32. Workshop: *Advanced Research Methods* – Shahid Beheshti University of Medical Sciences, August 2008
33. Four-Day Workshop: *Nutrition and Therapeutic Diets* – Mashhad University of Medical Sciences, March 2006
34. One-Day Provincial Seminar: *Nutrition and Diet Therapy and Optimal Food Use in Hospitals* – Mashhad University of Medical Sciences, March 2005

## Professional Activities

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## Work Experience

- **June 2004 – June 2007:**  
Chief Dietitian, **Dr. Sheikh Pediatric Subspecialty Hospital**, Mashhad
- **June 2005 – June 2007:**  
Head of Nutrition and Diet Therapy Unit, **Child Health Pediatric Specialty Clinic**, Mashhad  
*Responsible for establishing the unit*
- **May 2011 – March 2013:**  
Head of the Nutrition and Diet Therapy Unit, **Child Health Pediatric Specialty Clinic**, Mashhad
- **March 2006 – Present:**  
Research collaborator with the **Department of Nutrition**, Mashhad University of Medical Sciences(*Participated in multiple research projects*)

### *2009–2012: Clinical and Academic Collaborations – Ghaem Hospital, Mashhad*

- Member of the founding team for the **Clinical Nutrition Unit** at Ghaem Hospital
- Senior Nutritionist, **ICU Team** at Ghaem Hospital
- Supervisor for **M.Sc. student audits** in clinical nutrition
- **Organizer of World Nutrition Day** activities (2009–2011), executed as part of an international project under Austrian coordination, making Ghaem Hospital the only Iranian center officially participating

### *2010–2012: Oil Industry Health Services (Northeast Region)*

- Nutritionist at **Diabetes and Nutrition Clinics**
- Member of the setup team for the **Oil Industry Diabetes Clinic**

### *October 2010 – June 2011:*

Lecturer, **Islamic Azad University of Mashhad**

- Courses taught: *Maternal and Child Nutrition* (Midwifery) and *Nutrition and Diet Therapy* (Nursing)

### *Scientific Media Collaboration*

- Contributor to **Shahrara Newspaper**, Mashhad (2010–2011)
- Contributor to **Sabzineh Newspaper** (2018)

### *April 2018 – Present: Varastegan Institute for Medical Sciences*

- **Faculty Member** and **Head of the Nutrition Department** (Since July 2019)
- **Scientific Secretary** for accredited CME conferences, including:

- *Supplementation and Sports Nutrition*
- *Nutrition and Diet Therapy in PCOS*
- **Member**, Educational and Research Councils
- **Executive Committee Member**, *First Healthy Food Festival*, in collaboration with Mashhad University of Medical Sciences (2019)
- Collaborated on the **World Nutrition Day 2019 international project**, alongside Varastegan nutrition students
- **Member**, Strategic Taskforce for the Development of Nutrition Sciences and Food Security – Region 9, Amap (macro-regional initiative)
- **Organizing Committee Member**, *4th International Congress on Clinical Nutrition* – Mashhad, May 2022 (in collaboration with Mashhad University of Medical Sciences)

## Supervision of Student Theses

1. **Academic Advisor**, M.Sc. Thesis in Nutrition  
**Thesis Title:** *“The Effect of Macronutrient Composition of a Meal on Appetite Control in the Postprandial Phase in Obese and Normal-Weight Individuals”*  
**Student:** Mr. Reza Shirazian  
**Supervisor:** Dr. Mohammad Safarian  
 Department of Nutrition, Mashhad University of Medical Sciences
2. **Academic Advisor**, Ph.D. Thesis in Nutrition  
**Thesis Title:** *“The Effect of Dietary Protein Source on Postprandial Metabolic Responses and Arterial Stiffness Indices in Overweight and Obese Men”*  
**Student:** Ms. Zahra Dehnavi  
**Supervisor:** Dr. Mohammad Safarian  
 Department of Nutrition, Mashhad University of Medical Sciences

## Journal Peer Review

1. **Reviewer**, 3rd Shahid Motahari Educational Student Festival – Tabriz University of Medical Sciences (May 2014)
2. **Reviewer**, *Journal of Nutrition Fasting and Health*
3. **Reviewer**, *World Nutrition Journal*
4. **Reviewer**, *Journal of Empirical Health Research*
5. **Reviewer**, *Ecology of Food and Nutrition*
6. **Reviewer**, *Journal of Clinical Pharmacy and Therapeutics*
7. **Reviewer**, *Diabetes Research and Clinical Practice*

## Evaluation of Academic Theses

### *Ph.D. Thesis Evaluations in Nutritional Sciences*

1. **Title:** *“The Effect of Pycnogenol on Inflammatory Markers, Nutritional, and Clinical Status in Patients with Traumatic Brain Injury in the ICU: A Randomized Clinical Trial”*  
**Candidate:** Dr. Mahsa Malek Ahmadi
2. **Title:** *“The Effect of Propolis Supplementation and High-Dose Melatonin on Oxidative Stress Markers, Inflammatory Factors, and Clinical Status in Patients with Systemic Inflammatory*

*Response Syndrome in the ICU”*

**Candidate:** Dr. Nasseh Pahlavani

3. **Title:** *“The Effect of Synbiotic Supplementation on Energy Homeostasis, Macronutrient Metabolism, and Muscle Wasting in ICU Patients: A Randomized Clinical Trial”*

**Candidate:** Dr. Najmeh Seifi

4. **Title:** *“The Effect of Macronutrient Composition of Meals on Postprandial Metabolic Responses and Arterial Stiffness in Obese and Normal-Weight Individuals”*

**Candidate:** Dr. Safieh Firoozi

5. **Title:** *“The Effect of Propolis Supplementation on Inflammatory Markers and Oxidative Status in Women with Rheumatoid Arthritis”*

**Candidate:** Dr. Elyas Nattagh

6. **Title:** *“Design and Psychometric Evaluation of a Food Choice Assessment Tool for Adolescents: A Mixed-Methods Study”*

**Candidate:** Dr. Zahra Namkhoh

7. **Title:** *“Investigating the Effect of Fasting and Ketogenic Diet Compared to a Balanced Low-Calorie Diet on Weight in Obese Individuals with Eating Disorders: A Randomized Clinical Trial”*

**Candidate:** Dr. Maryam Mohammadi Narab

## Awards and Honors

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1. **Winner of the ESPEN Travel Fellowship Award** (Young Investigator Category) – Among Top 30 Poster Presenters at the **32nd ESPEN Congress**, France, 2010
2. **Top-Ranked Student** among the 15 admitted students in the 2007 M.Sc. cohort – **Shahid Beheshti University of Medical Sciences**, National Nutrition and Food Technology Research Institute
3. **Outstanding Teaching Faculty Award**, Varastegan Institute for Medical Sciences – Virtual Semester 992

## Skills

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- Clinical diet therapy for various diseases
- SPSS data analysis
- HPLC operation
- ELISA laboratory testing