

Curriculum Vitae

Personal information:

Name: Sevana Daneghian

Ph.D in the field of Nutrition

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Work Experience:

1. Work as a lecturer in the field of Nutrition at Islamic Azad University, Tabriz, Iran, from 2014 to 2018.
2. Work as a lecturer in the field of nutrition at Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran, from 2012 to 2014.
3. Vice President of Sports Medicine Federation of East Azarbaijan Province, Tabriz, Iran, from August 2011 to December 2022.
4. Chairman of the Nutrition Committee of the Sports Medicine Federation of East Azarbaijan Province, Iran, from July 2009 to 2022.

Education:

1. PhD in the field of Nutrition, Jundishapur University of Medical Sciences – Ahvaz, Iran from 2013 to 2018.
2. MSc. in the field of Nutrition, Tabriz University of Medical Sciences - Tabriz, Iran, from 2008 to 2013.
3. BSc. in the field of Nutrition, Tabriz University of Medical Sciences, Tabriz, Iran – from 2004 to 2008.

Publications:

1. Barania Adabi S, **Daneghian S**, Khalkhali H, Nejadrahim R, Shivappa N. The association between inflammatory and immune system biomarkers and the dietary inflammatory index in patients with COVID-19. *Frontiers in Nutrition*. 2023;10:1075061.
2. Advanced sports nutrition [**Daneghian S**, Mabani M, trans]: Mabani publication; 2023.
3. Alizadeh M, **Daneghian S**. Functional foods, hormesis, and oxidative stress. *Current Advances for Development of Functional Foods Modulating Inflammation and Oxidative Stress*: Elsevier; 2022. p. 581-603.
4. **Daneghian S**, Amani R, Hosseini SA, Ghandil P, Jafari A, Malehi AS. Effect of herbal antioxidant-rich formula on improvement of antioxidant defense system and heat shock protein-70 expression in recreational female athletes: A randomized controlled trial. *Journal of research in medical sciences: the official journal of Isfahan University of Medical Sciences*. 2019;24.
5. **Daneghian S**, Amani R, Hosseini A, Ghandil P, Jafari A, Malehi AS. The Combined Effect of Herbal Formula and Aerobic Exercise on Lipid Profile, Blood Glucose and

- Body Fat Changes in Recreational Female Athletes. *International Journal of Advanced Biotechnology and Research*. 2018;9(1):867-75.
6. **Daneghian S**, Tehrani M, Karandish M. *Nutritional Epidemiology: Academic Jihad Publishing Organization*; 2017.
 7. Barari AR, **Daneghian S**. *Nutrition and sports adaptations: bamdad ketab*; 2016.
 8. 5. Alizadeh M, Safaeiyan A, Ostadrahimi A, Estakhri R, **Daneghian S**, Ghaffari A, et al. Effect of L-arginine and selenium added to a hypocaloric diet enriched with legumes on cardiovascular disease risk factors in women with central obesity: a randomized, double-blind, placebo-controlled trial. *Annals of Nutrition and Metabolism*. 2012;60(2):157-68.
 9. 6. Alizadeh M, **Daneghian S**, Ghaffari A, Ostadrahimi A, Safaeiyan A, Estakhri R, et al. The effect of hypocaloric diet enriched in legumes with or without L-arginine and selenium on anthropometric measures in central obese women. *Journal of research in medical sciences: the official journal of Isfahan University of Medical Sciences*. 2010;15(6):331.

Translations from English to Persian:

1. Chineses nutrition therapy dietetics in traditional Chinese medicene (TCM) [Tabatabaai M, **Daneghian S**, trans]. 2014.
2. *Advanced sports nutrition* [**Daneghian S**, Mabani M, trans]: Mabani publication; 2023.

Conference Presentations:

1. "The effect of melatonin supplementation on serum levels of leptin and adiponectin: A systematic review and meta-analysis of randomized clinical trials." The 14th International congress of endocrine disorders, Tehran, Iran. 22-24 November 2023.
2. "Nutrition during pregnancy," Continuous Education Program of The Medical Community, Urmia, Iran, July 2023.
3. "Nutrition in COVID-19," Continuous Education Program of The Medical Community. Urmia university of medical sciences, Urmia, Iran, January 2022.
4. "Sport Nutrition supplements," Continuous Education Program of The Medical Community. Urmia university of medical sciences, Urmia, Iran, November 2020. August 2021.
5. "Nutrition in injuries, recovery and rehabilitation in athletes," Continuous Education Program of The Medical Community. Semnan university of medical sciences, Semnan, Iran, November 2020.
6. "Weight management in athletes," The Conference of Sports Medicine Approach to Bodybuilding, Physical Fitness, Nutrition and Sports Supplements, Tehran, Iran. July 2017.
7. "Sport Nutrition for female athletes," The Conference of Sports Medicine Approach to Bodybuilding, Physical Fitness, Nutrition and Sports Supplements, Tehran, Iran. July 2017.
8. "The combined effect of herbal formula and aerobic exercise on lipid profile, blood glucose and body fat changes in recreational female athletes," 1st Iranian Sport Nutrition Congress, Isfahan, Iran. October 2017.
9. "Pro-oxidant and Antioxidant activities of Ginger (*Zingiber officinale*)," ISANH Middle East World congress on Antioxidants, Dubai, April 2016.

10. "Caffeine supplementation and serum creatine kinase concentration and leukocyte level in female athletes,"4th International Congress on Food and Nutrition, Istanbul, Turkey, October 2011.