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Academic Rank: Associate professor in Nutritional Sciences

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Personal Information

- **Place of birth:** Urmia, Iran

Tertiary Education

- 2015, PhD in Nutrition
- 2005, M.Sc. in Nutrition
- 2000, B.Sc. in Nutrition
- Tabriz University of Medical Sciences, **Thesis Title:** The effect of coenzyme Q10 supplementation on clinical symptoms, inflammatory factors, matrix metalloproteinases and oxidative status in patients with rheumatoid arthritis: a randomized controlled clinical trial
- Iran University of Medical Sciences, **Thesis Title:** The effect of vitamin C supplementation on lipid profile and serum lipid peroxidation in hemodialysis patients in Shahid Hasheminejad Hospital, Tehran
- Shahid Beheshti University of Medical Sciences

Academic Responsibilities

- Jun 2018 to Aug 2022
- 2018-2021
- The head of nutrition department
- The head of Iranian nutrition society, Kermanshah TASH

Key Areas of Research Expertise

- Nutrition in autism spectrum disorders
- Nutrition in rheumatoid arthritis
- Nutrition in thalassemia
- Dietary patterns
- Antioxidants

Skills

- Language
- Technical
- Software
- English (IELTS)
- Working as a dietitian in clinic
- SPSS, EndNote, N4, AnthroPlus, Meta-analysis

Articles

- Sharifi E, **Abdollahzad H**. Alpha Lipoic Acid Supplementation and Iron Homeostasis: A Meta-Analysis of RCTs. *International Journal for Vitamin and Nutrition Research*. 2024.
- Azamian Y, **Abdollahzad H**, Rezaeian S, Rouhani MH, Fatehi MH. The effect of synbiotic supplementation on plasma levels of advanced glycation end products and cardiovascular risk factors in hemodialysis patients: A double-blind clinical trial. *Food Science & Nutrition*. 2024
- Khazai Y, Azizi M, **Abdollahzad H**, Kamangar A. Junk Food Consumption, Physical Fitness and Academic Grade Point Average among Teenage Girl's Students in Kangavar County, Kermanshah Province, Iran. *International journal of School Health*. 2024; 11(4).
- Sharifi-Zahabi E, Soltani S, Hajizadeh-Sharafabad F, **Abdollahzad H**. Dietary advanced glycation end-products (dAGEs) are not associated with the risk of cancer incidence. A systematic review and meta-analysis of prospective cohort studies. *Food Science & Nutrition*. 2024
- Tafteh N, Rezaeian S, **Abdollahzad H**, Sabzi F. The Association of Serum Vitamin D With Anthropometric Indices, Lipid Profile, ICAM-1, and IL-17 in Patients Undergoing Coronary Artery Bypass Graft Surgery. *Clinical Nutrition Research*. 2024
- Baharirad N, Naghipour A, Soroush A, Naghibifar Z, **Abdollahzad H**, kordloo Y, Nouri R, Daryoushi H. Prevalence and Pattern of Dietary Supplement Use in Bodybuilding Athletes. *Current Nutrition & Food Science*. 2024
- Darand M, Hassanizadeh S, Talebi S, Darabi Z, Bagherniya M, Yaghoubi F, Alizadeh S, Darand Z, Azamian Y, **Abdollahzad H**. Comparison of the Effect of a Low-Carbohydrate Diet with a Low-Fat Diet on Anthropometric Indices and Body Fat Percentage: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Journal of Nutrition and Food Security*. 2023;8(3): 493-520.
- kamari N, Moradinazar M, Qasemi M, Khosravy T, Samadi M, **Abdollahzad H**. Combination of the effect of ginger and anti-inflammatory diet on children with obesity with nonalcoholic fatty liver disease: A randomized clinical trial. *Food Science & Nutrition*. 2023;11:1846–1859.
- Fateh HL, Nachvak M, **Abdollahzad H**, Rezaeian S, Darand M, Bagheri A. Nutritional status of under six years old children in Kalar city, Kurdistan Region, Iraq. *BMC Public Health* 2022;22 (1), 1-6.
- Amjadi A, Pasdar Y, Rezaeian S, Nachvak M, Ghavamzadeh S, Alizadeh M, **Abdollahzad H**, Navabi J. The Association Between Dietary Acidity and Clinical Symptoms in Patients With Rheumatoid Arthritis. *Clinical Nutrition Research* 2022;11 (4), 277-288.
- Elahi N, Elahi H, Gholizadeh-Navashenaq J, **Abdollahzad H**, Mahaki B, Soleimani D, Mostafaei R, Samadi M, Bagheri A, Nachvak M. The relationship between major dietary patterns and disease activity of rheumatoid arthritis. *Clinical nutrition ESPEN* 2022;51, 274-279.
- Moludi J, Khedmatgozar H, Nachvak SM, **Abdollahzad H**, Moradinazar M, Sadeghpour tabaei A. The effects of co-administration of probiotics and prebiotics on chronic inflammation, and depression symptoms in patients with coronary artery diseases: a randomized clinical trial. *Nutritional Neuroscience*, 2021;1-10.
- Moludi J, Tandorost A, Kamari N, **Abdollahzad H**, Pakzad R, Najafi F, Pasdar Y. Dietary total antioxidant capacity and its association with renal function and kidney stones: Results of a RaNCD cohort study. *Food science & nutrition* 2022;10 (5), 1442-1450.
- Baharirad N, Pasdar Y, Nachvak M, Ghavamzadeh S, Soroush A, Saber A, Mostafai S, Naghipour A, **Abdollahzad H**. The relationship of dietary total antioxidant capacity with sarcopenia and cardiometabolic biomarkers in type 2 diabetes patients. *Physiological reports* 2022;10 (3), e15190.
- Azizi R, Azizi M, Tahmasebi W, **Abdollahzad H**. The Effect of 8 Weeks Sodium Alginate Supplementation and High Intensity Interval Training on Lipid Profiles and Liver Enzymes in Metabolic Syndrome Women. *Payavard Salamat* 2022;15 (6), 551-561 [in Persian].
- Mohammadi Sarableh N, Tahmasebi W, Azizi W, **Abdollahzad H**. The effect of eight weeks of progressive resistance training with garlic supplementation on serum levels of C-reactive protein and insulin resistance in overweight women. *Journal of Sport and Exercise Physiology* 2022; 15 (3), 46-56 [in Persian].
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- Soroush A, Naghipour A, Heidarpour B, **Abdollahzad H**, Nouri R, Amani M, Baharirad N. Examining Lifestyle Components in Hospitalized COVID-19 Patients, Iran 2021. *Journal of Lifestyle Medicine* 2022;12 (1), 56.
- Sharifi-Zahabi E, Sharafabad FH, **Abdollahzad H**, Malekhamdi M, Baharirad N. Circulating Advanced Glycation End Products and Their Soluble Receptors in Relation to All-Cause and Cardiovascular Mortality: A Systematic Review and Meta-analysis of Prospective Observational Studies. *Advances in Nutrition* 2021;12 (6), 2157-2171.
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- Jamshidi K, **Abdollahzad H**, Nachvak M, Rezaei M, Golpayegani MR, Zahabi ES. Effects of Alpha-Lipoic Acid Supplementation on Cardiovascular Disease Risk Factors in β -Thalassemia Major Patients: A Clinical Trial Crossover Study. *Journal of Blood Medicine*. 2020;11:131.
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- Sahargahi B, **Abdollahzad H**, Moludi J, Nachvak SM, Pasdar Y, Naderi MR, et al. Anthropometric Indices from primary to high school in the west of Iran: Epidemiologic Trends. *Clinical nutrition research*. 2018;7(3):189.
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Research Projects

- 2021 Comparison of Low-Carbohydrate Diet and Low-Fat Diet effects on anthropometric indices and body fat percentage: A systematic review and meta-analysis of clinical interventions
- 2021 Plasma advanced glycation end products (AGEs) and their soluble receptor (sRAGE) in relation to all cause and cardiovascular mortality: a systematic review and meta-analysis of prospective observational studies
- 2019 Vitamin D supplementation on core symptoms and serum biomarkers in children with autism spectrum disorders
- The survey of exposure to noise frequency components on the risk of metabolic syndrome in bisetun temporal power plant employees
- Internal Evaluation in Department of Nutritional Sciences, Kermanshah University of Medical Sciences
- 2019 The effects of alpha lipoic acid supplementation on lipid profile, oxidative stress and iron overload in patients with thalassemia major
- 2018
- 2018 Effects of Coenzyme Q10 supplementation on serum levels of some vascular inflammatory biomarkers and adipokines in rheumatoid arthritis patient

Conferences

- 2023, Urmia, Iran
- 2023, Urmia, Iran
- 2017, Tehran, Iran
- 2017, Tehran, Iran
- 2017, Tehran, Iran
- 2017, Mashhad, Iran
- 2017, Mashhad, Iran
- 2017, Mashhad, Iran
- 2016, Spain
- First National Food and Drug Safety Congress, Association Between Dietary Advanced Glycation End-products and Cancer Incidence
- First National Food and Drug Safety Congress, The effect of green tea on prostate specific antigen (PSA)
- 3rd international Congress & 15th Congress of Iran Nutrition, Epidemiologic trends: anthropometric indices from primary to high school in the west of Iran
- 3rd international Congress & 15th Congress of Iran Nutrition, Inflammatory potential of diet and the risk of prostate cancer: a case control study in the west of Iran
- 3rd international Congress & 15th Congress of Iran Nutrition, Relationship between nutrients intake and the risk of prostate cancer: a case control study in Kermanshah, Iran
- The first International Congress of " Nutrition: from Laboratory Research to Clinical Studies", Effects of CoQ10 supplementation on CVD risk factors in rheumatoid arthritis patients
- The first International Congress of " Nutrition: from Laboratory Research to Clinical Studies", The validity of resting energy expenditure predictive equations in adults: a cohort study Ravansar
- The first International Congress of " Nutrition: from Laboratory Research to Clinical Studies", Insulin resistance, blood bio-markers and health indices in obese women in Kermanshah
- 5th international conference of Orthopedic surgeons and rheumatology, Coenzyme Q10 supplementation and health status of rheumatoid arthritis patients

Workshops

- 2019
- 2019
- 2019
- 2019
- 2018
- 2018
- Nutrition in Rheumatoid arthritis
- Medical nutrition therapy in fatty liver
- Promoting breastfeeding
- Nutrition in sexual disorders
- Search for electronic resources in databases
- Weight management

- 2018
- 2018
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- 2017
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- 2016
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- 2016
- 2016
- Nutrition and healthy diet
- Survey of food consumption
- Nutrition services in the prevention of non-communicable diseases
- Reference writing with End Note
- Implementation of the country's health care network management fellowship program
- Medical nutrition therapy in anemia
- Medical nutrition therapy in malignancies and cancer
- Medical nutrition therapy in Diabetes

Editorial Board and Reviewing Activities

- Editorial Board
 - Frontiers in Nutrition
 - EC Nutrition Journal
- Reviewer for journals of:
 - Clinical Nutrition
 - Nutrition
 - Journal of the American college of Nutrition
 - Journal of Cardiovascular Translational Research
 - Nutrition and Food Science
 - Complementary Therapies in Medicine
 - European Journal of Integrative Medicine
 - Epidemiology and Health
 - Journal of Child and Adolescent Health
 - Journal of Reports in Pharmaceutical Sciences
 - International Journal of Health and Life Sciences
 - Journal of Kermanshah University of Medical Sciences