

Curriculum Vitae of A/Professor Rasoul Zarrin

Personal information:

Name: Rasoul

Family name: Zarrin

Religion: Islam

Marital status: Married

Job: Academic member of Urmia University of Medical Sciences

Academic ranking: Associate Professor

Work address: Nutrition Department, School of Medicine, Nazloo Campus, Urmia University of Medical Sciences, Urmia, West Azerbaijan, Iran.

Academic Email: rasoul.zarrin@uqconnect.edu.au

Non-Academic Email: wwzarrin@hotmail.com

Educational information:

- PhD in the field of Nutrition from the University of Queensland, Australia
- Master of Science in Public Health Nutrition (GDPH) from the University of Queensland, Australia
- Master of Science in Public Management, from Urmia Educational Center of Management.
- Bachelor in Nursing from Urmia University of Medical Sciences

Job experiences:

Research deputy of Nutrition Department, School of Medicine, Urmia University of Medical Sciences for three years

Academic member of Urmia University of Medical Sciences for about twelve years

Head of Urmia Imam Khomeini Educational Hospital for about ten years

Head of School of Population Health for about two years

Head of Urmia Seied-ol-Sohada Educational Hospital for about three years

Manager of student affairs in Urmia University of Medical Sciences for about two years

Head Nurse of Neurology Wards in Motahari educational hospital for two years

Language proficiency:

Fluency in English, Persian, Turkish and Azari languages (6.5 score in IELTS in 2006)

Clinical Experiences:

Working in the Tadbir Clinic of Urmia University of Medical Sciences as a Medical Nutritional Therapist for about 5 years.

Publications:

1. **Zarrin R**, Ibiebele Tur The positive effect kishI, Marks GC. Development and validity assessment of a diet quality index for Australians. Asia Pac J Clin Nutr. 2013;22(2):177-87.
2. Bagheri M, Rad IA, Jazani NH, **Zarrin R**, Ghazavi A. Association Between PAH Mutations and VNTR Alleles in the West Azerbaijani PKU Patients. Maedica (Buchar). 2014 Sep;9(3):242-7.

3. Bagheri M, Abdi-Rad I, Hosseini-Jazani N, **Zarrin R**, Nanbakhsh F, Mohammadzaie N. An Association Study between INSR/NsiI (rs2059806) and INSR/PmlI (rs1799817) SNPs in Women with Polycystic Ovary Syndrome from West Azerbaijan Province, Iran. *J Reprod Infertil*. 2015 Apr-Jun;16(2):109-12.
4. Bagheri M, Abdi Rad I, Hosseini Jazani N, **Zarrin R**, Ghazavi A. Molecular Genetic Analysis of the Variable Number of Tandem-Repeat Alleles at the Phenylalanine Hydroxylase Gene in Iranian Azeri Turkish Population. *Iran Biomed J*. 2015;19(3):183-7.
5. Bagheri M, Rad IA, Jazani NH, **Zarrin R**, Ghazavi A. Frequency of the VNTR-Polymorphisms at the PAH Gene in the Iranian Azeri Turkish Patients with Phenylketonuria. *Maedica (Buchar)*. 2015 Sep;10(4):310-4.
6. Bagheri M, Rad IA, Jazani NH, **Zarrin R**, Ghazavi A. Mutation analysis of the phenylalanine hydroxylase gene in Azerbaijani population, a report from West Azerbaijan province of Iran. *Iran J Basic Med Sci*. 2015 Jul;18(7):649-53.
7. Safaeiyan A, Pourghassem-Gargari B, **Zarrin R**, Fereidooni J, Alizadeh M. Randomized controlled trial on the effects of legumes on cardiovascular risk factors in women with abdominal obesity. *ARYA Atheroscler*. 2015 Mar;11(2):117-25.
8. Naseri H, Ayremlou P, Aghdashi A, Seyyed Mardani M, **Zarrin R**. The effect of ginger powder supplementation on lipid profile in rheumatoid arthritis patients. *Razi Journal of Medical Sciences*. 2017;23(152).
9. **Zarrin R**, Ghasempour Z, Rezazadeh Bari M, Alizadeh M, Moghaddas E. Investigating the effects of microalgae spirulina platensis and zedo gum on probiotic yogurt *Journal of research and innovation in food science and technology* 2014;3(3):197-210.
10. Pourghassem Gargari B, Alizadeh M, Safaeiyan A, **Zarrin R**. Effect of L-arginine and selenium on metabolic features, insulin resistance and hepatic function tests in obese women. *Current Nutrition and Food Science*. 2015;11(2):93-8.
11. Golmohamadi M, Ayremlou P, **Zarrin R**. Association of vitamin D intake with fasting blood glucose and HbA1C in the patients with type 2 diabetes. *SJKU*. 2016 Nov_Dec;21(5):31-40.
12. **Zarrin R**, Ayremlou P, Ghasemi F. The Effect of Vitamin D Supplementation on the Glycemic Status and the Percentage of Body Fat Mass in Adults with Prediabetes: A Randomized Clinical Trial. *Iranian red crescent medical journal*. 2017;19(3).
13. **Zarrin R**, Bagheri M, Mehdizadeh A, Ayremlou P, Faghfour A. The association of FokI and ApaI polymorphisms in vitamin D receptor gene with autoimmune thyroid diseases in the northwest of Iran. *Medical Journal of The Islamic Republic of Iran* 2018.

14. Faghfouri A, Bagheri M, Mehdizadeh A, Ayremlou P, **Zarrin R**. Vitamin D level and vitamin D receptor gene polymorphisms in Iranian Azeri Turkish patients with autoimmune thyroid diseases. *Acta Med Iran*, 2018.
15. Najafi N, Khalkhali H, Moghaddam Tabrizi F, **Zarrin R**. Major Dietary Patterns in Relation to Menstrual Pain: A Nested Case Control Study. *BMC Women's Health*, 2018.
16. Purbehi F, Ayremlou P, **Zarrin R**. The effect of psyllium (soluble fiber) supplementation on insulin resistance and lipid profile in non-diabetic women with polycystic ovary syndrome: A randomized, Placebo- controlled trial. *International Journal of Women's Health and Reproduction Sciences*, 2018
17. Sadeghi K, Haghigi M, **Zarrin R**. Effects of omega-3 fatty acids supplementation on cigarette craving and oxidative stress index in heavy smoker males: A double-blind, randomized, placebo- Controlled clinical trial. *Journal of Psychopharmacology Editorial Office*, 2018
18. Zamani T, Esmaeli Shahmerzadi F, **Zarrin R**. The Effect of Oral Supplementation of Cinnamon on Weight Loss and Blood Pressure in Patients with Type 2 Diabetes, *Journal of Nutritional Sciences and Dietetics* 2017. 3(1):.
19. Faghfouri AH, Bagheri M, Mehdizadeh A, Ayremlou P, Teymour Azar M, **Zarrin R**. Association of vitamin D status and BSMI polymorphism in vitamin D receptor gene with Hashimoto disease in Urmia. *J Urmia Univ med Sci*. 2017; 28 (9) :572-581
20. Ghassemi F, Ayremlou P, **Zarrin R**. Effect of vitamin D supplementation on the blood pressure in prediabetic adults: a randomized clinical trial. *The Journal of Urmia University of Medical Sciences*, Vol. 27(11), February 2017
21. Gholinejad Z, Faghfouri AH, **Zarrin R**, Rasmi Y. Association of glutathione peroxidase 1 gene polymorphism (rs1050450) with Hashimoto's thyroiditis in Northwest Iran, *Meta Gene*, 2018
22. Shojasaadat F, Ayremlou P, **Zarrin R**. A randomized controlled trial comparing effects of a low-energy diet with omega-3 fatty acid supplementation in obese patients with non-alcoholic fatty liver disease, *J Res Med Sci*, Vol.24(21), April 2019
23. Alizadeh Khaledabad M, Ghasempour Z, Moghaddas kia E, Rezazad Bari M, **Zarrin R**. Probiotic yoghurt functionalised with microalgae and Zedo gum: chemical, microbiological, rheological and sensory characteristics, *International Journal of Dairy Technology*, July 2109
24. Sadeghi P, Namdar Areshtanab H, **Zarrin R**, Ebrahimi H, Sabanloei R. Adjustment and its association with demographic and clinical factors among Iranian population with type 2 diabetes mellitus: The first native diabetes adjustment scale, *Acta facultatis medicae Naissensis*, 2019;36(2):110-119
25. Golmohammadi M, Ayremlou P, **Zarrin R**. Higher Oxidative Balance score is associated with better glycemic control among Iranian adults with type 2 diabetes, *Int J Vitam Nutr Res* (2019), 1-9.

26. Esnaasharan F, Alizadeh M, Ayremlou P, **Zarrin R**. The positive effect of the pH and volume of fluid intake on kidney stones in adult men, *Nutrition & Food Science Emerald Publishing Limited* (2020), DOI 10.1108/NFS-07-2020-0248
27. Abbasipour Motlagh Moghaddam F, Motarjemizadeh G, Ayremlou P, **Zarrin R**. Major dietary patterns in relation to age-related cataract, *Clinical Nutrition ESPEN*, (20121), 325-330
28. Faghfour AH, **Zarrin R**, Maleki V, Payahoo L, Khajebishak Y. A comprehensive mechanistic review insight into the effects of micronutrients on toll-like receptors functions, *Pharmacological Research* (2020), 152.
29. Golmohammadi M, **Zarrin R**, Ayremlou P. Adaptation and validity assessment of a diet quality index for patients with type 2 diabetes, *Journal of Diabetes & Metabolic Disorders* (2020)
30. Naseri H, **Zarrin R**, , Ayremlou P, Aghdashi MA, Seyedmardani MM. Evaluating the relationship between dietary intake with inflammatory factors, lipid profile and clinical symptoms in patients with rheumatoid arthritis, *Clinical Nutrition ESPEN* 40 (2020) 138e143
31. Zamanian A, **Zarrin R**, Faraji S, Ayramloy P, Rahimi Darabad B. The Effect of Omega-3 Fatty Acids Supplementation on the Improvement of Metabolic Syndrome in Patients with Ischemic Heart Disease: A Double-blind, Randomised, Placebo-controlled Trial, *Journal of Clinical and Diagnostic Research*. 2020 Nov, Vol-14(11)
32. Faraji S, **Zarrin R**, Zamanian A, Hajizadeh R, Ayremlou P, Rahimi B. The Role of Vitamin D Supplementation in the Treatment of Primary Hypertension: A Double-Blinded Randomized Placebo-Controlled Clinical Trial, *Iran Red Crescent Med J*. 2020; 22(7): e102785
33. Faghfour, A.H, **Zarrin R**, Maleki, V, Payahoo, L, Khajebishak, Y, A comprehensive mechanistic review insight into the effects of micronutrients on toll-like receptors functions, *Pharmacol Res*. 2020; 152, 104619\
34. Doran F, Haghighi M, **Zarrin R**, Effectiveness of Counselling on Diet Quality and Physical Activity with Cognitive Counselling for Overweight and Obese Women-A Randomized Clinical Trial, *An Interdisciplinary Journal*, 2021; 25(3), 199-219.
35. Hajizadeh-Sharafabad F, Zahabi ES, Malekhamadi M, **Zarrin R** Alizadeh, M, Carotenoids supplementation and inflammation: a systematic review and meta-analysis of randomized clinical trials, *Crit Rev Food Sci Nutr*. 2022; 62(29), 8161-8177.
36. Faraji S, Hajizadeh R, **Zarrin R**, Rahimi-Darabad B The Relationship of Plasma Vitamin D Status with Markers of Metabolic Syndrome and Ambulatory Blood Pressure Monitoring Parameters in Patients with Primary Hypertension, *jims*. 2020; v38i599.12772.
37. Mahdieh Zare'i, Masoumeh Rabiiepour, Rasoul Ghareaghaji, **Rasoul Zarrin**, Amir Hossein Faghfour, Nanocurcumin supplementation improves

pulmonary function in severe COPD patients: A randomized, double blind, and placebo-controlled clinical trial, *Phytotherapy Research*, 2024; 1(11).

Cooperation:

Judgment and decision making for the Journal of Clinical Nutrition ESPEN

Head of West Azerbaijan Celiac Association

Teaching and advising:

- Advising and dissertation consulting of Master and PhD students
- Lecturing of the following subjects:

1. Nutrition Research Methodology
2. English for Nutrition students
3. Nutritional Epidemiology
4. Diet therapy 1, 2
5. Basic Nutrition
6. Nutrition therapy 1, 2, 3
7. Principles of nutrition for Nursing students
8. Principles of nutrition for Medical students
9. Principles of nutrition for Operating room technician students
10. Principles of nutrition for Public Health students
11. Food hygiene for Public Health students
12. Nutrition and diseases 1, 2 for PhD. students
13. Seminar for PhD students
14. Advanced Research Methodology for PhD students