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**PuMed Link:** <https://www.ncbi.nlm.nih.gov/sites/myncbi/1V7ubvdTDvh5X/bibliography/52364896/public/?sort=date&direction=ascending>

**Academic Rank:**  Lecturer  
 Assistant Professor  
 Associate Professor  
 Professor

### EDUCATION

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2005 - 2011	Tehran University of Medical Sciences, Tehran, Iran Ph.D. in Nutrition Sciences
2000 - 2004	Tehran University of Medical Sciences, Tehran, Iran MsPH. In Public Health Nutrition
1995- 2000	Shahid Beheshti University of Medical Sciences, Tehran, Iran Bachelor in Nutrition

### WORK EXPERIENCE

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2004 - 2006

Food and Drink Expert staff

Food and Drug Administration, Ministry of Health, Tehran, Iran

## TEACHING EXPERIENCE

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2008 - present

- Nutrition Education and Counselling (Nutrition in Public Health, MsPH), Shahid Sadoughi University of Medical Sciences, Yazd, Iran
- Community Nutrition (Nutrition in Public Health, MsPH), Shahid Sadoughi University of Medical Sciences, Yazd, Iran
- English (Nutrition in Public Health, MsPH), Shahid Sadoughi University of Medical Sciences, Yazd, Iran
- Nutritional Epidemiology (Nutrition in Public Health, MsPH), Shahid Sadoughi University of Medical Sciences, Yazd, Iran
- Nutrition ( Medical Sciences, Pharmacy, Dentistry, Occupational Health), Shahid Sadoughi University of Medical Sciences, Yazd, Iran
- Regulation of Metabolism ( Nutrition Sciences, PhD), Shahid Sadoughi University of Medical Sciences, Yazd, Iran
- Academic Writing ( Nutrition Sciences, PhD), Shahid Sadoughi University of Medical Sciences, Yazd, Iran

## PUBLICATIONS

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### Books/Book Chapter:

1. Aryaeian N, Nadjarzadeh A. Answers to Your Question about Obesity, Tehran, World of Nutrition Publication, 2008

### Journal articles:

1. Artoonian V, Aghamollaii V, Nadjarzadeh A, Bidaki R. Secondary Induced Mania by Vitamin B12 Injection in a 52 Years Old Patient with Refractory Depression. Journal of Nutrition and Food Security.0-.
2. Bidaki R, Aghamolae V, Nadjarzadeh A, Artonian V. Secondary Induced Mania by Vitamin B12 Injection in a 52 Years Old Patient with Refractory Depression. Journal of Nutrition and Food Security.0-.

3. Bidaki R, Mahdavi M, Motamed M, Nadjarzadeh A. Role of Vitamin C in Treating Depression. *Journal of Nutrition and Food Security*.0-
4. Sadeghi S, Khodayarian M, Nadjarzadeh A, Fallahzadeh H. Survey of culture-based nutritional attitudes of pregnant women: A cross-sectional study from Iran. *Journal of Nutrition and Food Security*.0-
5. Soltani T, Mahmoodabad SSM, Nadjarzadeh A. Analysis of the salt consumption situation using SWOT approach and providing solutions related to COMBI strategies.
6. Nadjarzadeh A, Shidfar F, Chamari M, Mostafavi E, Seraji A, editors. ASSOCIATION BETWEEN DIETARY ANTIOXIDANT INTAKE AND SEMEN QUALITY IN INFERTILE MEN. *ANNALS OF NUTRITION AND METABOLISM*; 2009: KARGER ALLSCHWILERSTRASSE 10, CH-4009 BASEL, SWITZERLAND.
7. Nadjarzadeh A, Sadeghi M, Amirjannati N, Vafa M, Motevalian S, Gohari M, et al. Coenzyme Q10 improves seminal oxidative defense but does not affect on semen parameters in idiopathic oligoasthenoteratozoospermia: a randomized double-blind, placebo controlled trial. *Journal of endocrinological investigation*. 2011;34(8):e224-e8.
8. NADJARZADEH A, SADEGHI M, SHIDFAR F, AMIRJANNATI N, VAFA M, GOHARI M, et al. EFFECT OF UBIQUINONE SUPPLEMENTATION ON SEMINAL OXIDATIVE STATUS OF INFERTILE MEN WITH OLIGOASTHENOTERATOZOOSPERIA. 2011.
9. Halvani GH, Nadjarzadeh A, Nodoushan RJ, Nodoushan ES. Nutritional status of farmers in selected communities of Yazd, Iran-2011. *World Applied Sciences Journal*. 2012;20(9):1283-6.
10. Halvani GH, Nodoushan RJ, Nadjarzadeh A. Relation between road accidents and sleep quality of heavy vehicle drivers in Yazd. *International Journal of Environmental Health Engineering*. 2012;1(1):40.
11. Naderi Z, MOZAFFARI KH, Dehghan A, FALLAH HH, Nadjarzadeh A. The effect of ginger (*zingiber officinale*) powder supplement on pain in patients with knee osteoarthritis: a double-blind randomized clinical trial. 2012.
12. Najarzadeh A, MOZAFFARI KH, Mahdavi M, Fallahzadeh H, ZAVAR RJ, Shahmoradi H. Antioxidant status in patients with metabolic syndrome as measured by the stable free radical diphenylpicrylhydrazyl assay. 2012.
13. نادرى, دانشبد, آزاده, وزيرى, ايمنش, نادرى, دانشبد, et al. Assessment of the eating disorders in female students of Shahid Sadoughi University of Medical Sciences, Yazd, Iran, 2011. *مجله تحقيقات سلامت*. ۷۹-۸۴:(۲)۱;۲۰۱۲.
14. Ahadi Z, Nabizadeh-Asl L, Akbari M, Mozaffari-Khosravi H, Nadjarzadeh A. Acceptance level of free milk program and the factors affecting on it in girl high schools in Yazd. *Tolooebehdasht*. 2013;12(3):140-8.
15. Baghianimoghadam M, Fazelpour S, Nadgarzadah A, Falahzadah H, Baghianimoghadam B. A survey about the attitude of peoples about consumption of fast foods, Yazd, Iran. *PROGRESS IN NUTRITION*. 2013;15(4):274-9.
16. Baghianimoghadam M, Nadjarzadeh A, Salehi M. Evaluation of Knowledge, Attitude and Practice of Yazd City High School Students on the Role of Vitamin D in Health. *Tolooebehdasht*. 2013;11(4):59-69.
17. Daneshbodi H, Vaziri N, Nadjarzadeh A, Lotfi M, Mozaffari-Khosravi H. Effect of Omega-3 supplementation on gonadotropins and prolactin levels in women with polycystic ovary

- syndrome: a double blinded randomized controlled trial. *Iranian Journal of Reproductive Medicine*. 2013.
18. Nadjarzadeh A, Firouzabadi RD, Vaziri N, Daneshbodi H, Lotfi MH, Mozaffari-Khosravi H. The effect of omega-3 supplementation on androgen profile and menstrual status in women with polycystic ovary syndrome: A randomized clinical trial. *Iranian journal of reproductive medicine*. 2013;11(8):665.
  19. Nadjarzadeh A, Mehraei A, Mostafavi E, Gohari MR, Shidfar F. The association between dietary antioxidant intake and semen quality in infertile men. *Medical journal of the Islamic Republic of Iran*. 2013;27(4):204.
  20. Nadjarzadeh A, SADRI MNS, MOZAFFARI KH, Shamsi F. Prevalence of obesity and its relationship with birth weight among high school female students. 2013.
  21. Vaziri N, Nadjarzadeh A, Daneshbodi H, Dehghani Firouzabadi R, Lotfi M, Mozaffari-Khosravi H. The effect of Omega3 supplementation on androgen profile and menstrual status in women. *Iranian Journal of Reproductive Medicine*. 2013.
  22. AKBARI M, NADJARZADEH A, ZEINALI A. EFFECT OF COENZYME Q10 ON DIABETIC NEUROPATHY: A DOUBLE BLIND RANDOMIZED CLINICAL TRIAL. 2014.
  23. Akbari M, Zeinali A, Mozaffari Khosravi H, Afkhami Ardekani M, Hadi Nodoushan H, Fallahzadeh H, et al. The Effect of CoQ10 Supplementation on Insulin Resistance and Blood Glucose of Patients with Type Two Diabetes. *Tolooebehdasht*. 2014;12(4):13-23.
  24. ASADI S, MOZAFFARI KH, RAHIMI M, NAGHIZADE M, NADJARZADEH A. ORAL: EFFECT OF L-ARGININE SUPPLEMENTATION ON BLOOD PRESSURE IN PATIENTS WITH TYPE 2 DIABETES: A RANDOMIZED CLINICAL TRIAL. 2014.
  25. Baghianimoghadam MH, Sharifpour Z, Lotfizadeh Dehkordi M, Nadgarzadah A, Hashemi AS. The role of protection motivation theory in predicted of nutritional behavior in prevention cancers in mothers in Yazd city, Iran. *Progress in Nutrition*. 2014;16(3):197-203.
  26. JANI N, KHOSHNEVISAN M, NADJARZADEH A. EFFECT OF VITAMIN D SUPPLEMENTATION ON LIPID PROFILE IN NON-ALCOHOLIC FATTY LIVER ADULTS. 2014.
  27. JANI N, KHOSHNEVISAN M, NADJARZADEH A. EFFECT OF LOW CALORIC DIET WITH VITAMIN D3 ON NONALCOHOLIC FATTY LIVER DISEASE: A STUDY PROTOCOL FOR A RANDOMIZED CONTROLLED CLINICAL TRIAL. 2014.
  28. KHOSHNEVISAN M, JANI N, NADJARZADEH A. SERUM URIC ACID AS A PLAYER IN THE ELEVATION OF BLOOD PRESSURE IN ISFAHAN ADOLESCENTS. 2014.
  29. Mozaffari-Khosravi H, Nodoushan H, Nadjarzadeh A. Effect of Coenzyme Q10 on Oxidative Stress, Glycemic Control and Inflammation in Diabetic Neuropathy: A Double Blind Randomized Clinical Trial. *International Journal for Vitamin and Nutrition research Internationale Zeitschrift fur Vitamin-und Ernährungsforschung Journal International de Vitaminologie et de Nutrition*. 2014;84(5-6):252-60.
  30. Mozaffari-Khosravi H, Talaei B, Jalali B-A, Najarzadeh A, Mozayan MR. The effect of ginger powder supplementation on insulin resistance and glycemic indices in patients with type 2 diabetes: a randomized, double-blind, placebo-controlled trial. *Complementary therapies in medicine*. 2014;22(1):9-16.
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34. Zare R, Heshmati F, Fallahzadeh H, Nadjarzadeh A. Effect of cumin powder on body composition and lipid profile in overweight and obese women. *Complementary therapies in clinical practice*. 2014;20(4):297-301.
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40. Nadjarzadeh A, ZARE RR, HALVANI GH, JAFARI NR. Weight and nutritional intake status of carpet weavers in yazd-1390. 2015.
41. Tabei A, Hosseini F, Fallahzadeh H, Mohammadi Y, Ranaie A, Najarzadeh A. Effect of multivitamin complex supplementation on mood disorders, anxiety, and depression in elderlies. *J Neyshabur Univ Med Sci*. 2015;3(2):1-9.
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- randomized controlled clinical trial. *Journal of Research in Medical Sciences: the Official Journal of Isfahan University of Medical Sciences*. 2016;21.
46. Keshvari-Delavar M, Mozaffari-Khosravi H, Nadjarzadeh A, Farhadian Z, Khazaei S, Rezaeian S. Comparison of Growth Parameters, Apgar score, the Blood Zinc, Magnesium, Calcium and Phosphor between Gestational Diabetic and Non-Gestational Diabetic Pregnant Women: a Prospective Cohort Study. *International Journal of Pediatrics*. 2016;4(5):1767-75.
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48. Naderi Z, Mozaffari-Khosravi H, Dehghan A, Nadjarzadeh A, Huseini HF. Effect of ginger powder supplementation on nitric oxide and C-reactive protein in elderly knee osteoarthritis patients: A 12-week double-blind randomized placebo-controlled clinical trial. *Journal of traditional and complementary medicine*. 2016;6(3):199-203.
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51. Shahvazi S, Mehri Z, Nadjarzadeh A, Salehi-Abargouei A. Prevalence of Metabolic Syndrome Among Iranian Female Teachers Residing in Yazd, Iran. *Mathews Journal of Nutrition & Dietetics*. 2016;1(1):1-8.
52. Shahvazi S, Nadjarzadeh A, Mehri Z, Salehi-Abargouei A. Prevalence of metabolic syndrome in adult females: Comparison between Iranian national definition and currently used international criteria. *Journal of nutrition and food security*. 2016;1(1):49-62.
53. Vafa M, Soltani S, Zayeri F, Niroomand M, Najarzadeh A. The relationship between sodium intake and some bone minerals and osteoporosis risk assessment instrument in postmenopausal women. *Medical journal of the Islamic Republic of Iran*. 2016;30:377.
54. Yazdanpanah Z, Ghadiri-Anari A, Vahidi Mehrjardi A, Dehghani A, Nadjarzadeh A. Evaluation of Glycemic Control in Women with Type 2 Diabetes Mellitus Treated with Ziziphus Fruit. *Iranian Journal of Diabetes and Obesity*. 2016;8(1):10-5.
55. Azadi- Yazdi M, Karimi- Zarchi M, Salehi- Abargouei A, Fallahzadeh H, Nadjarzadeh A. Effects of Dietary Approach to Stop Hypertension diet on androgens, antioxidant status and body composition in overweight and obese women with polycystic ovary syndrome: a randomised controlled trial. *Journal of human nutrition and dietetics*. 2017;30(3):275-83.
56. Azadi-Yazdi M, Nadjarzadeh A, Khosravi-Boroujeni H, Salehi-Abargouei A. The effect of vitamin D supplementation on the androgenic profile in patients with polycystic ovary syndrome: A systematic review and meta-analysis of clinical trials. *Hormone and Metabolic Research*. 2017;49(03):174-9.
57. Goodarzi-Khoigani M, Mahmoodabad SSM, Moghadam MHB, Nadjarzadeh A, Mardanian F, Fallahzadeh H, et al. Prevention of insulin resistance by dietary intervention among pregnant mothers: A randomized controlled trial. *International Journal of Preventive Medicine*. 2017;8.

58. Jafari F, Ehsani S, Nadjarzadeh A, Esmailzadeh A, Noori-Shadkam M, Salehi-Abargouei A. Household food insecurity is associated with abdominal but not general obesity among Iranian children. *BMC public health*. 2017;17(1):1-8.
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63. Falahzade H. Determinants of consumer behavior Breakfast The students in grades four, five Six primary schools in city Abarkuh Based on the theory of planned behavior. *Tolooebehdasht*. 2018;17(3):64-76.
64. Goodarzi-Khoigani M, Moghadam MHB, Nadjarzadeh A, Mardanian F, Fallahzadeh H, Mahmoodabad SSM. Prevention of Excessive Gestational Weight Gain by Nutrition Education Intervention: A Randomized Controlled Trial. *Health Scope*. 2018;7(3).
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66. Hosseini-Yekani A, Nadjarzadeh A, Vossoughi M, Reza JZ, Golkari A. Relationship between physicochemical properties of saliva and dental caries and periodontal status among female teachers living in Central Iran. *Journal of International Society of Preventive & Community Dentistry*. 2018;8(1):48.
67. Jafari-Sfidvajani S, Ahangari R, Hozoori M, Mozaffari-Khosravi H, Fallahzadeh H, Nadjarzadeh A. The effect of vitamin D supplementation in combination with low-calorie diet on anthropometric indices and androgen hormones in women with polycystic ovary syndrome: a double-blind, randomized, placebo-controlled trial. *Journal of Endocrinological Investigation*. 2018;41(5):597-607.
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83. Khajeh M, Mirzaei M, Nadjarzadeh A. Evaluation of the Relationship Between Depression, Anxiety, and Stress with Hypertension: Results of a Health Study in Yazd, Iran. *Journal of Biostatistics and Epidemiology*. 2019;5(3):236-45.
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## RESEARCH INTERESTS

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- The Role of Nutrition in Infertility
- Nutritional Management of obesity, Diabetes, and Metabolic Syndrome
- Oxidative Stress

## SKILLS AND QUALIFICATIONS

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<b>Language:</b>	English: Advanced
	French: Elementary
	Arabic: Elementary
<b>Computer:</b>	SPSS, Nutritionist, EndNote, Office (Word, Powerpoint, ...)
<b>Research:</b>	Nutritional research
<b>Technical skills:</b>	Nutrition counselling and education

## CONFERENCES ATTENDED

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1. The 19<sup>th</sup> International Congress of Nutrition, 2009, Bangkok, Thailand (Poster)
2. The 6<sup>th</sup> Conference of the International Coenzyme Q10 Association, Coenzyme Q10 and idiopathic oligoasthenoteratozoospermia: a randomized double blind, placebo controlled trial, 2009, Brussels, Belgium (Poster)
3. The 3<sup>th</sup> International Congress and Student Award in Reproductive Medicine, Dietary antioxidant intake and male infertility, 2009, Yazd, Iran (Poster)
4. The 11<sup>th</sup> Iranian Nutrition Congress, 2010, Shiraz, Iran (Oral)
5. The 12<sup>th</sup> Iranian Nutrition Congress, 2012, Isfahan, Iran (Oral)
6. The 4<sup>th</sup> International Congress and Student Award in Reproductive Medicine, 2011, Yazd, Iran (Oral)
7. The 7<sup>th</sup> Asia Pacific Conference on Clinical Nutrition, 2011, Bangkok, Thailand (Oral)
8. The 7<sup>th</sup> Conference of the International Coenzyme Q10

Association, 2011 (Poster)

9. The 13<sup>th</sup> National and 1<sup>st</sup> International Congress of Nutrition, 2014, Tehran, Iran (Oral)
10. Euro Global Summit & Medicare Expo on Weight Loss, Traditional herbal remedies: Old things, new insights 2015, Frankfurt, Germany (Oral)
11. 12th Asian Congress of Nutrition, Effect of apple vinegar in glycemic control of diabetes, 2015, Yokohama, Japan (Poster)

## PROFESSIONAL MEMBERSHIP

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1996-present	Ordinary member, Iranian Nutrition Association/Tehran, Iran
2011-2015	Head of Department of Nutrition, Faculty of Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran.
2013-present	Editorial board, Journal of Community Health Research/ Shahid Sadoughi University of Medical Sciences, Yazd, Iran
2014-present	Editorial board, Journal of Food Quality and Hazards Control/ Shahid Sadoughi University of Medical Sciences, Yazd, Iran
2014-present	Editorial board, Journal of Shahid Soughi University of Medical Sciences/ Shahid Sadoughi University of Medical Sciences, Yazd, Iran
2015	Executive Chairman of National Iranian Congress of Nutrition and Cancer, 1393, Yazd, Iran
2016-present	Editorial board, Journal of Nutrition and Food Security/ Shahid Sadoughi University of Medical Sciences, Yazd, Iran
2012-present	Head of Nutrition and Food Security Research Center/ Shahid Sadoughi University of Medical Sciences, Yazd, Iran



2012-present	Member of Food and drink licensing/ Deputy of Food and Drug / Shahid Sadoughi University of Medical Sciences, Yazd, Iran
2013-present	Ethics borad/ School of Public Health/ Shahid Sadoughi University of Medical Sciences, Yazd, Iran
2015-present	Member of EDO (Education Development Office), Faculty of Health, Shahid Sadoughi University of Medical sciences, Yazd, Iran

## HONORS AND AWARDS

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2011	Award winner of the 4 <sup>th</sup> yazd international congress and student award in reproductive medicine, 2011
2014	Award winner of 12 <sup>th</sup> International Congress of Obesity, Kuala Lumpur, Malaysia, 2014

## Affiliation

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