

(Curriculum Vitae)

Sayyed Saeid Khayyatzadeh

Permanent Address: Alem Square, Shohadye Gomnam Street, Paradise Oloom Pezeski, Yazd, IRAN

Phone (University): +983531492228

Phone (mobile): +989133501227

Email: khayyatzadeh@yahoo.com

Biographical Information:

First Name: Sayyed Saeid

Last Name: Khayyatzadeh

Gender: Male

Nationality: Iranian

Date of Birth: July 12th, 1989

Birth place: Yazd, IRAN

Assistant Professor of Nutrition in Shahid Sadoughi University of Medical Sciences

Affiliation: Department of Nutrition, Faculty of Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran

EDUCATION:

2014-2017: PhD in Nutrition at Mashhad University of Medical Sciences (MUMS), MASHHAD, IRAN.

GPA: 18.27 out of 20.

2011-2013: Master of Health Sciences and Nutrition at Isfahan University of Medical Sciences (IUMS), Isfahan, IRAN.

GPA: 17.40 out of 20

2007-2011: Bachelor of Science in Nutrition Sciences at Isfahan University of Medical Sciences (IUMS), Isfahan, IRAN

GPA: 16 out of 20

PUBLICATIONS:

1. **Khayyatzadeh SS**, et al. A variant in CYP2R1 predicts circulating vitamin D levels after supplementation with high-dose of vitamin D in healthy adolescent girls. *J cell Physio.* 2019 Jan 9.
2. Tavakoli H, Rostami H, Avan A, Bagherniya M, Ferns GA, Ghayour-Mobarhan M, **Khayyatzadeh SS (Corresponding author)**. High dose vitamin D supplementation is associated with an improvement in serum markers of liver function. *Biofactors.* 2019 Feb 13.
3. **Khayyatzadeh SS**, et al. What is the best solution to manage vitamin D deficiency? *IUBMB life.* March 2019.
4. **Khayyatzadeh SS**, et al. Adherence to a healthy dietary pattern is associated with less severe depressive symptoms among adolescent girls. *Psychiatry Res.* 2019 Feb; 272:467-473.
5. **Khayyatzadeh SS**, et al. Dietary behaviours in relation to prevalence of irritable bowel syndrome in adolescent girls. *J Gastroenterol Hepatol.* 2018 Feb;33 (2):404-410. doi: 10.1111/jgh.13908.
6. **Khayyatzadeh SS**, et al. A Western dietary pattern is associated with elevated level of high sensitive C-reactive protein among adolescent girls. *Eur J Clin Invest.* 2018 Apr; 48(4). doi: 10.1111/eci.12897.
7. **Khayyatzadeh SS**, et al. Adherence to a Dash-style diet in relation to depression and aggression in adolescent girls. *Psychiatry Res.* 2018 Jan; 259:104-109. doi: 10.1016/j.psychres.2017.09.075
8. **Khayyatzadeh SS**, et al. Serum Transaminase Concentrations and the Presence of Irritable Bowel Syndrome Are Associated with Serum 25-Hydroxy Vitamin D Concentrations in Adolescent Girls Who Are Overweight and Obese. *Ann Nutr Metab.* 2017;71 (3-4):234-241. doi: 10.1159/000484634.
9. **Khayyatzadeh SS**, et al. High dose vitamin D supplementation is associated with an improvement in several cardio-metabolic risk factors in adolescent girls: a nine-week follow up study. *Ann Clin Biochem.* 2017 Jan 1:4563217707784.

10. **Khayyatzadeh SS**, et al. Serum high C reactive protein concentrations are related to the intake of dietary macronutrients and fiber: Findings from a large representative Persian population sample. *Clin Biochem.* 2017 Sep; 50 (13-14):750-755. doi: 10.1016/j.clinbiochem.2017.03.016
11. **Khayyatzadeh SS**, et al. Serum high-sensitive C-reactive protein is associated with dietary intakes in diabetic patients with and without hypertension: a cross-sectional study. *Ann Clin Biochem.* 2017 Jan. doi: 10.1177/0004563217733286.
12. **Khayyatzadeh SS**, et al. Nutrient patterns and their relationship to metabolic syndrome in Iranian adults. *Eur J Clin Invest.* 2016 Oct; 46(10):840-52.
13. **Khayyatzadeh SS**, et al. Dietary patterns and prevalence of irritable bowel syndrome in Iranian adults. *Neurogastroenterol Motil.* 2016 Dec; 28(12):1921-1933.
14. **Khayyatzadeh SS**, et al. Dietary intake of Zinc, serum levels of Zinc and risk of gastric cancer: A review of studies. *Adv Biomed Res.* 2015 May 29; 4:118.
15. **Khayyatzadeh S**, et al. Vitamin D intake, serum Vitamin D levels, and risk of gastric cancer: A systematic review and meta-analysis. *J Res Med Sci.* 2015 Aug; 20(8):790-6.
16. Mazidi M, Heidari-Bakavoli A, **Khayyatzadeh SS**, et al. Serum hs-CRP varies with dietary cholesterol, but not dietary fatty acid intake in individuals free of any history of cardiovascular disease. *Eur J Clin Nutr.* 2016 Dec; 70(12):1454-1457.
17. Mehramiz M, **Khayyatzadeh SS**, et al. Associations of vitamin D binding protein variants with the vitamin D-induced increase in serum 25-hydroxyvitamin D. *Clin Nut Espen.*
18. Bahrami A, Kayhan gonoodi, **Khayyatzadeh SS**, et al. The association of trace elements with premenstrual syndrome, dysmenorrhea and irritable bowel syndrome in adolescents. *Eur J Obstet Gynecol Reprod Biol.*
19. Foroughi M, Maghsoudi Z, **Khayyatzadeh S**, et al. Relationship between non-alcoholic fatty liver disease and inflammation in patients with non-alcoholic fatty liver. *Adv Biomed Res.* 2016 Feb 15; 5:28.
20. Bagherniya M, **Khayyatzadeh SS**, et al. Metabolic Syndrome and its components are related to psychological disorders: A population based study. *Diabetes Metab Syndr.* 2017 Dec;11 Suppl 2:S561-S566. doi: 10.1016/j.dsx.2017.04.005
21. Jafari-giv, Hamidi F, Avan a, **Khayyatzadeh SS**, et al. Nutrients intake and serum calcium and phosphorus levels: an evidence-based study. *Journal of Clinical Laboratory Analysis.* 2018 Feb; 32(2). doi: 10.1002/jcla.22235.

22. Bahrami A, Mazloun SR, Maghsoudi S, Soleimani D, **Khayyat-zadeh SS**, et al. High Dose Vitamin D Supplementation Is Associated With a Reduction in Depression Score Among Adolescent Girls: A Nine-Week Follow-Up Study. *J Diet Suppl.* 2018 Mar 4;15(2):173-182. doi: 10.1080/19390211
23. Rashidi A, Heidari Bakavoli AR, **Khayyat-zadeh SS**, et al. Dietary Intake and Its Relationship to Different Body Mass Index Categories: A Population Based Study. *J Res Health Sci.* 2018 Sep 8;18(4):e00426.
24. Soleimani S, Nematy M, Hashemi M, **Khayyat-zadeh SS**. Effects of Ramadan fasting on cardiovascular risk factors: A narrative review. *Journal of Fasting and Health.* Volume 4, Issue 4, Autumn 2016, Page 140-144
25. Amir-kalali MS, **Khayyat-zadeh SS**, et al. Nutrient patterns and their relations to hypercholesterolemia presence. *Journal of Nutrition and Food Security* 2017 Vol.2 No.4.
26. **Khayyat-zadeh SS**, Consumption of energy-dense diets in relation to cardiometabolic abnormalities among Iranian women (In Persian). 2013 Vol. 20 No. 1.
27. Sanei P, **Khayyat-zadeh SS**, Favourable effects of the Dietary Approaches to Stop Hypertension diet on glucose tolerance and lipid profiles in gestational diabetes: a randomised clinical trial (In Persian). *Diabetes and Lipid.* 2012 Vol. 12 No. 1.
28. **Khayyat-zadeh SS**, et al. Trans fatty acid consumption and cardiovascular diseases (In Persian). *Journal of Neyshabur medical Sciences.* 2014 Vol. 2 No. 5.
29. Banazadeh V, Jaber N, **Khayyat-zadeh SS**, et al. The association between dietary patterns and irritable bowel syndrome in adolescent (Accepted in *Journal of Nutrition and Food Security*).
30. Rostami H, **Khayyat-zadeh SS**, et al. The relationship between adherence to a Dietary Approach to Stop Hypertension (DASH) dietary pattern and insomnia. *BMC Psychiatry.* 2019 Jul 30; 19(1):234.
31. Farahmand SK, Emadzadeh M, **Khayyat-zadeh SS**, et al. The relationship between short stature and menstrual pattern in a large cohort of Iranian girls. *J Obstet Gynaecol.* 2020 Feb;40(2):228-232.

32. Bahrami A, **Khayyatzadeh SS**, et al. Common Polymorphisms in Genes Related to Vitamin D Metabolism Affect the Response of Cognitive Abilities to Vitamin D Supplementation. *J Mol Neurosci*. 2019 Sep; 69(1):150-156
33. **Khayyatzadeh SS**, et al. Dietary intake of carotenoids and fiber is inversely associated with aggression score in adolescent girls. *Nutr Health*. 2019 Sep; 25(3):203-208.
34. **Khayyatzadeh SS**. Nutrition and Infection with COVID-19. (Accepted in *Journal of Nutrition and Food Security*)

ORAL and Poster PRESENTATIONS:

1. Consumption of energy-dense diets in relation to cardio metabolic abnormalities among tehranian women. "12th Iranian Nutrition Congress and the First International Nutrition Congress of Iran". Organized by Isfahan University of Medical Sciences (IUMS).
2. Favourable effects of the Dietary Approaches to Stop Hypertension diet on glucose tolerance and lipid profiles in gestational diabetes: a randomized clinical trial. "12th Iranian Nutrition Congress and the First International Nutrition Congress of Iran". Organized by Isfahan University of Medical Sciences (IUMS).
3. Inflammatory bowel disease: role of diet. 1st Razavi International Congress on Inflammatory Bowel Disease & Gluten Related Disorders.
4. Higher intake of dietary antioxidant and fibre is inversely related to aggression. International Congress Nutrition: From Laboratory Research to Clinical Studies. 2017.
5. Prevalence of Obesity, incidence of cardiovascular diseases (CVDs): the outcome for MASHAD Study
6. Healthy diet for fatty liver in children. International congress of updates on pediatric gastrointestinal and liver diseases.
7. Vitamin D intake, serum vitamin D levels and risk of gastric cancer: a systematic review and meta-analysis. Food and cancer congress.
8. Higher adherences to western dietary pattern in relation to aggression. International Congress Nutrition: From Laboratory Research to Clinical Studies. 2017.
9. The importance of breastfeeding in the Quran, Hadith and modern scientific literature. Health Conference in the light of Quran.
10. Dietary patterns and prevalence of irritable bowel syndrome in Iranian adults. "13th Iranian Nutrition Congress and the second International Nutrition Congress of Iran". Organized by Shahid Beheshti University of Medical Sciences.
11. Dietary intake of iron and risk of gastric cancer: a review of studies. The 1st Razavi Congress in Clinical Nutrition & the 2nd International Symposium on Nutrition.
12. The association between higher scores of aggression and depression with prevalence of irritable bowel syndrome. International Congress Nutrition: From Laboratory Research to Clinical Studies. 2017.
13. Vitamin D intake, serum vitamin D levels and risk of gastric cancer: a systematic review and meta-analysis. The 1st Razavi Congress in Clinical Nutrition & the 2nd International Symposium on Nutrition.
14. Dietary intake of Zinc, serum levels of Zinc and risk of gastric cancer: a review of studies. The 1st Razavi Congress in Clinical Nutrition & the 2nd International Symposium on Nutrition.
15. Dietary intake of fibre is inversely associated with irritable bowel syndrome in adolescent girls. International Congress Nutrition: From Laboratory Research to Clinical Studies. 2017

Educational experiences

1. Teaching nutrition therapy for nursing students.
2. Teaching principles of nutrition for occupational health students.
3. Teaching principles of nutrition for medical students.
4. Teaching practical nutrition for public health students.
5. Teaching nutrition and diet therapy for students of nutrition sciences.
6. Teaching current report in nutrition for students of nutrition sciences.
7. Teaching nutrition and diet therapy in cancer for PhD students of nutrition sciences.
8. Teaching medical writing for PhD students of nutrition sciences.
9. Teaching nutrition and diet therapy in surgery for resident students of oral surgery.
10. Teaching nutrigenomics and nutrigenetics for PhD students of nutrition sciences.
11. Teaching advanced nutrition for MSc students of nutrition sciences
12. Teaching nutrition and metabolism for PhD students of nutrition sciences.
13. Teaching nutrition basics for bachelor students of nutrition sciences

طرح های پژوهشی مصوب

۱. ارتباط الگوهای غذایی با سندرم روده تحریک پذیر در افراد بزرگسال ایرانی
۲. بررسی تاثیر مکمل یاری ویتامین دی بر جنبه های مختلف سلامت فیزیکی و ذهنی در دختران دبیرستانی شهرهای مشهد و سبزوار
۳. غنی سازی نمک با میکروکپسول های ویتامین دی، تعیین خصوصیات میکروکپسول ها و ارزیابی اثرات آن بر سطوح سرمی ویتامین دی، حساسیت انسولینی، شاخص های کاردیو متابولیک و عملکرد کلیوی در بیماران با دیابت نوع دوم: یک کارآزمایی بالینی دوسوکور
۴. دریافت ویتامین دی رژیم غذایی، سطوح سرمی ویتامین دی و ریسک سرطان معده: یک مطالعه مروری و متاآنالیز
۵. بررسی ارتباط شاخص های عملکرد کبدی و پلی مورفیسم ژن های GC و CYP2R1 در پاسخ به مکمل یاری ویتامین دی
۶. بررسی ارتباط سندرم متابولیک و مصرف مکمل ها در بزرگسالان ۳۵-۷۰ سال شاهدیه ی یزد در سال ۹۴-۱۳۹۳
۷. بررسی میزان تاثیر آموزش تغذیه از طریق برنامه کاربردی تلفن همراه بر رفتارهای تغذیه ای و فراسنج های تن سنجی در نوجوانان دارای اضافه وزن و چاقی
۸. بررسی وضعیت پیروی از الگوهای پیشین غذایی و رابطه ی آن با پروفایل لیپیدی، شاخص های تن سنجی، فشارخون و میزان گرفتگی عروق در افراد مراجعه کننده به منظور آنژیوگرافی کرونری در بیمارستان افشار یزد
۹. بررسی ارتباط بین نوبت کاری و سطح فعالیت فیزیکی غیر شغلی و شغلی در بالغین شاهدیه یزد
۱۰. بررسی ارتباط بین مواجهه شغلی با صدا و میزان بروز سندرم متابولیک در کارکنان کارخانه ذوب آهن اصفهان: یک مطالعه کوهورت گذشته نگر
۱۱. بررسی تاثیر مصرف روغن های خوراکی کنجد، کانولا و کنجد-کانولا بر پروفایل لیپیدی و شاخص های گلایسیمیک در ژنوتایپ های مختلف پلی مورفیسم ژن های SREBP-1c و PPAR
۱۲. طراحی و اجرای سامانه ثبت داده های مطالعات مداخله ای در حیطه اثر تغذیه بر سلامتی

۱۳. بررسی ارتباط عادات غذایی با شیوع سندرم متابولیک در بزرگسالان ساکن یزد در سال ۹۶-۱۳۹۴: مطالعه کوهورت

شاهدیه

۱۴. بررسی ارتباط عادات غذایی با شیوع دیابت نوع دو در بزرگسالان ساکن یزد در سال ۹۶-۱۳۹۴: مطالعه کوهورت

شاهدیه