



Leila Nikniaz

Associate Professor of Nutrition
Tabriz Health Services Management Research Center
Tabriz University of Medical Sciences, Tabriz, Iran



❖ Personal

Surname: **Nikniaz**

Given name: **Leila**

Gender: **Female**

Date of Birth: **1983/02/22**

Place of Birth: **Tabriz, Iran**

Nationality: **Iranian**

Marital Status: **Married, with no children**

Address: **Tabriz Health Services Management Research Center, Deneshgah Street,
Tabriz University of Medical Sciences (TUOMS), Tabriz , I.R.Iran**

Cell-phone: **+98 - 914 - 419-1384**

Fax: **+98 - 41-33373741**

Email: nikniazleila@gmail.com , Nikniaz_l@yahoo.com

❖ Qualifications

1. Master of nutrition; Tabriz University of Medical Sciences , Tabriz , Iran (2008).
2. Doctor of Philosophy (Ph.D. Degree); Tabriz University of Medical Sciences , Tabriz , Iran (2013).

❖ Academic Position

Associate Professor of Nutrition , Tabriz Health Services Management Research Center,
Deneshgah Street, Tabriz University of Medical Sciences (TUOMS), Tabriz , I.R. Iran.

❖ Administrative Responsibilities

1. Manager of Student Research Committee, Tabriz University of Medical Sciences, Tabriz, Iran (Since 2019).
2. Manager of Health Management and Safety Promotion institute, Tabriz University of Medical Sciences, Tabriz, Iran (Since 2016).
3. Statistical Consultant, Deputy of Research and Technology, Tabriz University of Medical Sciences, Tabriz, Iran (Since 2016).
4. Research Methodology Advisor, Deputy of Research and Technology, Tabriz University of Medical Sciences, Tabriz, Iran (Since 2016).
5. Member of Tabriz Health management research center, Tabriz University of Medical Sciences, Tabriz, Iran (Since 2013).
6. Member of Iranian Center for Evidence-Based Medicine, Tabriz University of Medical Sciences, Tabriz, Iran (Since 2016).
7. Research Colleague in validation of Mothers and neonates Registration System project, Ministry of Health and Medical Education (2015-2016).
8. Member of Health Management and Safety Promotion institute, Tabriz University of Medical Sciences, Tabriz, Iran (since 2017).
9. Member of Development Unit for systematic review and meta-analysis studies, Tabriz University of Medical Sciences, Tabriz, Iran (since 2016).
10. Director of Development Unit for HSR, Tabriz University of Medical Sciences, Tabriz, Iran (since 2016).

❖ Teaching Experiences

Title of Course	Level	Dates		Name of Institution
		From	To	
Nutrition	B.S & M.SC	2011	2014	School of Nutrition , TUOMS
Research Methodology	Ph.D.& M.SC	2016	cont'd	School of Medicine , TUOMS
Biostatistics & SPSS	Ph.D.& M.SC	2016	cont'd	NPMC , TUOMS
HSR	M.SC	2016	cont'd	School of Medicine , TUOMS

Academic writing	Academic staff, M.SC, Ph.D.	2016	cont'd	School of Medicine , TUOMS
Proposal preparation	Academic staff, M.SC, Ph.D	2016	cont'd	School of Medicine , TUOMS
Nutrition roles in healthy life style	Ph.D.& M.SC	2014	2017	Tabriz health province center , TUOMS
Scientific Supervisor of Proposal writing workshops	Research Council of University	2016	cont'd	TUOMS
Critical appraisal of articles	Research Council of University	2016	cont'd	TUOMS
Principles of peer review	Research Council of University	2016	cont'd	TUOMS
Writing a systematic review manuscript and protocol	Research Council of University	2016	cont'd	TUOMS

❖ Publications

A : Books

Title	Type of Work		Publisher	Date of Publication
	Translation	Compilation		
Medical journalism		✓	Tabriz University of Medical Sciences	2017
In book: Nutricion enteral Y parenteral Chapter: Glutamina en nutricion especializada		✓	MCGRAW HILL	2014
In book: probiotics, prebiotics and synbiotics Chapter: Probiotics and Synbiotics in Lactating Mothers		✓	Science direct	2016

B: Journal Papers

- 1- Nikniaz, Leila; Tabrizi, Jafar Sadegh, Sadeghi-Bazargani, Homayoun, Farahbakhsh, Mostafa Nikniaz, Zeinab. Is Food Insecurity Associated With Lipid Profile and Atherogenic Indices in Iranian Adults? A Population-Based Study. Topics in Clinical Nutrition. 2018.
- 2- L Nikniaz, R Mahdavi, A Ostadrahimi, Z Nikniaz, S Aliasgharzadeh. Does Maternal Synbiotic Supplementation Affect Conjugated Linoleic Acid Level in Breast Milk? A Randomized Placebo-Controlled Clinical Trial. Breastfeeding Medicine. 2018.

- 3- Nikniaz L, Nikniaz Z, Tabrizi JS, Sadeghi-Bazargani H, Farahbakhsh M. Is within-normal range liver enzymes associated with metabolic syndrome in adults? *Clinical research in hepatology and gastroenterology*. 2018.
- 4- Ebrahim Ahmadi, Mohammad Mosaferi, Leila Nikniaz, Jafar Sadegh Tabrizi, Mohammad Asghari Jafarabadi, Gholamhoseyn Safari, Mina Bargar. Frying oils quality control: necessity for new approach of supervision. *British food journal*. 2018.
- 6- Manizheh Azarikia, Reza Mahdavi, Leila Nikniaz. Occurrence and dietary factors associated with the presence of aflatoxin B1 and M1 in breast milk of nursing mothers in Iran. *Food Control*. 2018.
- 7- L.nikniaz-M.shirmohamadi-J.S.tabrizi-H.Sadeghi bazargai-M.Farahbaksh. Positive Association Between Serum 25-Hydroxy-Vitamin D and Liver Enzymes Levels in Healthy Individuals: A Population-Based Study from Iran. *International Journal for Vitamin and Nutrition Research*. 2018.
- 8- Khodabandeh, Mahnaz and Avarasin, Sadegh Maleki and Nikniaz, Leila. The Relationship between Health Literacy, Perceived Self-efficacy and Self-care Performance of Female Senior High School Students in Health Promoting Schools. *Journal of Health literacy*. 2017.
- 9- Leila Nikniaz, Zeinab Nikniaz, Jafar Sadegh Tabrizi, Homayoun Sadeghi-Bazargani, Mostafa Farahbakhsh. Correlates and pattern of physical activity among urban and suburban Iranian adults: a population-based study. *Sport Sciences for Health*. 2017.
- 10- Leila Nikniaz, Jafar S. Tabrizi, Homayoun Sadeghi-Bazargani, Mostafa Farahbakhsh, Zeinab Nikniaz. Food insecurity increases the odds of obesity among Iranian women: A population-based study of northwestern Iran. *Nutrition and dietetics*. 2017.
- 11- Z Nikniaz, L Nikniaz, N Bilan, MH Somi, E Faramarzi. Does probiotic supplementation affect pulmonary exacerbation and intestinal inflammation in cystic fibrosis: a systematic review of randomized clinical trials. *World Journal of Pediatrics*. 2017.
- 12- Z Nikniaz, MH Somi, S Nagashi, L Nikniaz. Impact of early enteral nutrition on nutritional and immunological outcomes of gastric cancer patients undergoing gastrectomy: a systematic review and meta-analysis. *Nutrition and cancer*. 2017.
- 13- JS Tabrizi, L Nikniaz, H Sadeghi-Bazargani, M Farahbakhsh, Z Nikniaz. Determinants of the food safety knowledge and practice among Iranian consumers: A population-based study from northwest of Iran. *British Food Journal*. 2017.
- 14- R Mahdavi, L Nikniaz, A Ostadrahimi, Z Nikniaz, Z Khamnian. Lactobacillus intake for 60 days favors antioxidant status of human breast milk: an RCT. *Asia Pacific journal of clinical nutrition*. 2017.
- 15- LeilaNikniaz, JsTabrizi, H. Sadeghi-Bazargani, M.Farahbakhsh, S.Tahmasei, S. Noroozi, Reliability and relative validity of short-food frequency questionnaire. *British Food Journal*. 2017.
- 16- Z Nikniaz, R Mahdavi, L Nikniaz, A Ebrahimi, A Ostadrahimi. Effects of *Elaeagnus angustifolia* L. on lipid profile and atherogenic indices in obese females: a randomized controlled clinical trial. *Journal of dietary supplements*. 2016.
- 17- JS Tabrizi, H Sadeghi-Bazargani, M Farahbakhsh, L Nikniaz, Z Nikniaz. Prevalence and associated factors of prehypertension and hypertension in Iranian Population: The Lifestyle Promotion Project (LPP). *PloS one*. 2016.
- 18- Zeinab Nikniaz a, Reza Mahdavi b, Samira Amiri c, Alireza Ostadrahimi b, Leila Nikniaz. Factors associated with body image dissatisfaction and distortion among Iranian women. *Eating Behaviors*. 2016.
- 19- Zeinab Nikniaz¹, Reza Mahdavi^{2*}, Seyed Jamal Ghaemmaghami³, Neda Lotfi Yagin, Leila Nikniaz. Effect of different brewing times on antioxidant activity and polyphenol content of

- loosely packed and bagged black teas (*Camellia sinensis* L.). *Avicenna Journal of Phytomedicine Mashhad University of medical sciences*. 2016.
- 20- Z Nikniaz, R Mahdavi, A Ostadrahimi, A Ebrahimi, L Nikniaz, A Vatankhah. Effects of *Elaeagnus angustifolia* L. powder supplementation on serum total antioxidant capacity and malondialdehyde levels in females with knee osteoarthritis. *Journal of Herbal Medicine*. 2015.
 - 21- Z Nikniaz, R Mahdavi, A Ostadrahimi, L Nikniaz. Perceived underlying causes of obesity among overweight and obese women: An exploratory factor analysis. *Mediterranean Journal of Nutrition and Metabolism*. 2015.
 - 22- Reza Mahdavi, Sharare Taghipour, Alireza Ostadrahimi, Leila Nikniaz, Seyed Jamal Ghaemmaghami Hezaveh. A pilot study of synbiotic supplementation on breast milk mineral concentrations and growth of exclusively breast fed infants. *Journal of Trace Elements in Medicine and Biology*. 2015.
 - 23- Jafar Sadegh Tabrizi; Mostafa Farah Bakhsh; Homayoun Sadeghi Bazargani; Leila Nikniaz. Introducing the Objectives, Procedures and Structure of Lifestyle Promotion Project (LPP); Phase I. *Taṣvīr-i salāmat*. 2016.
 - 24- AA Ebrahimi, Z Nikniaz, A Ostadrahimi, R Mahdavi, L Nikniaz. The effect of *Elaeagnus angustifolia* L. whole fruit and medulla powder on women with osteoarthritis of the knee: A randomized controlled clinical trial. *European Journal of Integrative Medicine*. 2014.
 - 25- Z Nikniaz, A Ostadrahimi, R Mahdavi, A asghar Ebrahimi, L Nikniaz. Effects of *Elaeagnus angustifolia* L. Supplementation on serum levels of inflammatory cytokines and matrix metalloproteinases in females with knee osteoarthritis. *Complementary therapies in medicine*. 2014.
 - 26- R Mahdavi, Z Nikniaz, A Ostadrahimi, L Nikniaz. Physical Activity in Overweight and Obese Women: Association with Body Mass Index and Demographic Characteristics. *Applied Research in Quality of Life*. 2014.
 - 27- SJ Gaemmaghami, L Nikniaz, R Mahdavi, Z Nikniaz, F Razmifard. Effects of infants' birth order, maternal age, and socioeconomic status on birth weight. *Saudi medical journal*. 2013.
 - 28- A Ostadrahimi, L Nikniaz, R Mahdavi, MA Hejazi, Z Nikniaz. Effects of synbiotic supplementation on lactating mothers' energy intake and BMI, and infants' growth. *International journal of food sciences and nutrition*. 2013.
 - 29- Leila Nikniaz, Reza Mahdavi, Alireza Ostadrahimi, Mohammad Amin Hejazi, Amir Mansour Vatankhah. Effects of Synbiotic Supplementation on Total Antioxidant Capacity of Human Breastmilk. *Breastfeeding Medicine*. 2013.
 - 30- Leila Nikniaz, Alireza Ostadrahimi, Reza Mahdavi. Effects of Synbiotic Supplementation on Breast Milk Levels of IgA, TGF- β 1, and TGF- β 2. *Journal of Human Lactation*. 2013.
 - 31- HassanArgani-RezaMahdavi-AmirGhorbani-haghjo-RezaRazzaghi-LeilaNikniaz-Seyed JamalGaemmaghami. Effects of zinc supplementation on serum zinc and leptin levels, BMI, and body composition in hemodialysis patients. *Journal of Trace Elements in Medicine and Biology*. 2014.
 - 32- R Mahdavi , L Nikniaz , B Pourghassem Gargari , J Ghaemmaghami. Evaluation of Zinc, Copper and Iron Concentrations in Breast Milk of Mothers Belonging to Different Economic Classes and their Correlations with Infants Growth. *Journal of Shahid Sadoughi University of Medical Sciences*. 2011.
 - 33- Reza Mahdavi, Leila Nikniaz, Seyed jamal Gayemagami. Association Between Zinc, Copper, and Iron Concentrations in Breast Milk and Growth of Healthy Infants in Tabriz, Iran. *Biological Trace Element Research*. 2010.

- 34- Nikniaz, L.; Mahdavi, R.; Arefhosesseini, S.; Khiabani, M. Sowti. Association Between Fat Content of Breast Milk and Maternal Nutritional Status and Infants' Weight in Tabriz, Iran. *Malaysian Journal of Nutrition*. 2010.
- 35- R. Mahdavi, L. Nikniaz, S. R. Arefhosseini-M. Vahed Jabbari. Determination of Aflatoxin M1 in Breast Milk Samples in Tabriz–Iran. *Maternal and Child Health Journal*. 2010.
- 36- Leila Nikniaz¹, Reza Mahdavi², Bahram Pourghassem Gargari³, Seyed Jamal Gayemmagami³, Zeinab Nikniaz. Maternal Body Mass Index, Dietary Intake and Socioeconomic Status: Differential Effects on Breast Milk Zinc, Copper and Iron Content. *Health Promotion Perspectives*. 2011.
- 37- MAHDAVI REZA, NIKNIAZ L., AREF HOSSEINI S.R. Determination of the Nutritional Pattern in Lactating Mothers and Its Effect on Infants' Growth in Tabriz and Its Rural Districts. *Journal of Tabriz University of Medical Sciences*. 2009.
- 38- MAHDAVI REZA, NIKNIAZ L.*, AREF HOSSEINI S.R. Energy, Fluids Intake and Beverages Consumption Pattern among Lactating Women in Tabriz, Iran. *Pakistan Journal of Nutrition*. 2009..
- 39- Jafar sadegh Tabrizi, Leila Nikniaz L. Stevia rebaudiana Bertoni, A Rich Source of a Natural Sweetener&58; A Complete Review on the Biochemical, Nutritional and Functional Features. *Taşvîr-i salâmat*, 2015.
- 39- Mohammad Mohammadzadeh, Morteza Ghojatzadeh, Leila Nikniaz, Sakineh Hajebrahim, , Nahideh Kheiri, Mortaza Raeisi, Seyed Ali Mousavi Aghdas. Dendritic cells pulsed with prostate specific membrane antigen in metastatic castration resistant prostate cancer patients, a systematic review and meta-analysis. *Prostate international*. 2018.
- 40- Yaseen Rashidi, Hesam Manafloouyan, Fatemeh Pournaghi Azar, Zeinab Nikniaz, Leila Nikniaz, and Samad Ghaffari. Knowledge, attitude and practice of Iranian hypertensive patients regarding hypertension. *J Cardiovasc Thorac Res*. 2018.
- 41- Jafar Sadegh TABRIZI, Mostafa FARAHBAKHSH, Homayoun SADEGHI-BAZARGANI, and Leila NIKNIAZ. Prevalence and Associated Factors of Overweight or Obesity and Abdominal Obesity in Iranian Population: A Population-based Study of Northwestern Iran. *Iran J Public Health*. 2018..
- 42- Jafar Sadegh TABRIZI, Mostafa FARAHBAKHSH, Homayoun SADEGHIBAZARGANI, Leila NIKNIAZ. Prevention and Control of Non-communicable Diseases in Iranian Population: Life Style Promotion Project Phase II: Study. *Iran J Public Health*. 2018.
- 43- Sanaz Tahmasebi, Leila Nikniaz, Reza Mahdavi. Predictive performance of obesity indexes for the risk of high blood pressure in an adult population. *Nutrition Clinique et Métabolisme*. 2018.
44. Jafar Sadegh Tabrizi, Leila Nikniaz, Homayoun Sadeghi-Bazargani, Mostafa Farahbakhsh, Zeinab Nikniaz. (Corresponding author). Socio-demographic determinants of household food insecurity among Iranian: A population-based study from northwest of Iran. *Iranian Journal of Public Health*, 2018.
45. Farhangi, M.A., Nikniaz, L., Nikniaz, Z. Higher dietary acid load potentially increases serum triglyceride and obesity prevalence in adults: An updated systematic review and meta-analysis. *Plos one*, 2019.
46. Jafar Sadegh Tabrizi, Leila Nikniaz, Homayoun Sadeghi-Bazargani, Mostafa Farahbakhsh, Zeinab Nikniaz, Mahdieh Abbasalizad Farhangi, Elham Eghbali .Prevalence of dyslipidemia in urban and rural areas of the Northwest of Iran: The sociodemographic, dietary and psychological determinants .*Iranian Journal of Public Health*. 2019.

47. Hossein Mashhadi Abdolahi, Morteza Ghojzadeh, Salman Abdi, Mahdieh Abbasalizad Farhangi, Zeinab Nikniaz, Leila Nikniaz (Corresponding author) Effect of cognitive behavioral therapy on anxiety and depression of infertile women: A meta-analysis. *Asian Pacific Journal of Reproduction*. 2019.
48. Reza Nabie, Shalaleh Raoufi, Elmira Hassanpour, Leila Nikniaz, Banafsheh Kharrazi, Shokooh Mamaghani. Comparing graded anterior transposition with myectomy in primary inferior oblique overaction e A clinical trial. *Journal of Current Ophthalmology*. 2019.
49. Nazanin Ommati, Leila Nikniaz, Reza Mahdavi Title: Association of serum irisin levels with anthropometric, biochemical, and atherogenic indices in healthy adults. *Progress in Nutrition*. 2019.
50. Nemat Bilan, Effat Marefat, Masoud Nouri-Vaskeh, Leila Nikniaz, Zeinab Nikniaz (corresponding author) Effects of synbiotic supplementation on the pulmonary manifestations and anthropometric measurements in children with cystic fibrosis-a randomized clinical trial. *European Journal of Integrative Medicine*. 2019.
51. Reza Nabie*, Hadi Soleimani, Leila Nikniaz, Shalaleh Raoufi, Elmira Hassanpour, Shokooh Mamaghani, Erfan Bahremani. A prospective randomized study comparing incision and curettage with injection of triamcinolone acetonide for chronic chalazia. *Journal of Current Ophthalmology*. 2019.
52. Zeinab Nikniaz,, Reza Mahdavi, Leila Nikniaz, Zahra Akbari Namvar, Masoud Shirmohammadi, Mojgan Akhavan Sabbagh. Comparison of diet quality between celiac patients and non-celiac people in East Azerbaijan-Iran: *Nutrition Journal*, 2020.
53. Mahdieh Abbasalizad Farhangi, Mahdi Vajdi, Leila Nikniaz, Zeinab Nikniaz. Interaction between Vascular Endothelial Growth Factor-A (rs2010963) Gene Polymorphisms and Dietary Diversity Score on Cardiovascular Risk Factors in Patients with Metabolic syndrome: *Lifestyle Genomics*. 2020.
54. Mahdieh Abbasalizad Farhangi, Leila Nikniaz, Zeinab Nikniaz, Parvin Dehghan. Dietary inflammatory index potentially increases blood pressure and markers of glucose homeostasis among adults: findings from an updated systematic review and meta-analysis. *Public Health Nutrition*. 2020.
- 55- Ali Kazemi, Seyed Jamal Ghaemmaghami Hezaveh, Leila Nikniaz, Zeinab Nikniaz (corresponding author). Is Food Insecurity Associated With Iron Deficiency Anemia and Vitamin D Deficiency Among Women of Reproductive Age? *Topics in Clinical Nutrition*, 2020.
56. Nika Soltani, Mahdieh Abbasalizad Farhangi*, Leila Nikniaz and Mahsa Mahmoudinezhad. Association between a novel dietary lipophilic index (LI) with metabolic phenotypes in a community-based study in Tabriz- Iran. *BMC Endocrine Disorders*. 2020.
57. Mahdieh Abbasalizad Farhangi*, Leila Nikniaz and Mahdieh Khodarahmi. Sugar-sweetened beverages increases the risk of hypertension among children and adolescence: a systematic review and dose-response meta-analysis. *J Transl Med*. 2020.
58. Mahdi Vajdi, Mahdieh Abbasalizad Farhangi* and Leila Nikniaz. Diet-derived nutrient patterns and components of metabolic syndrome: a cross-sectional community- based study. *BMC Endocrine Disorders*. 2020.

59. Mahdi Vajdi, Leila Nikniaz, Asghar Mohammad Pour Asl, Mahdieh Abbasalizad Farhangi. Lifestyle patterns and their nutritional, sociodemographic and psychological determinants in a community-based study: A mixed approach of latent class and factor analyses. PLoS ONE. 2020.
60. Parvin Dehghan, Mahdieh Abbasalizad Farhangi, Leila Nikniaz, Zeinab Nikniaz, Mohammad Asghari-Jafarabadi .Gut microbiota-derived metabolite trimethylamine N-oxide (TMAO) potentially increases the risk of obesity in adults: An exploratory systematic review and dose-response meta-analysis. Obesity Reviews.2020.
61. Jafar Sadegh Tabrizi, Majid Karamouz, Homayoun Sadegh Bazarghani, Alireza Nikniaz, Leila Nikniaz, Roya Hasanzadeh, Jalal Hanaee, *Mostafa Farahbakhsh. Health Complex Model as the Start of a New Primary Healthcare Reform in Iran: Part B: The Intervention Protocol. Iran J Public Health. 2019.
62. M Rahimi, M Taban-Sadeghi, L Nikniaz, F Pashazadeh. The relationship between preoperative serum vitamin D deficiency and postoperative atrial fibrillation: A systematic review and meta-analysis. Journal of Cardiovascular and Thoracic Research.2021.
63. ZEInab Nikniaz, Reza Mahdavi, Leila Nikniaz, Mosoud Shirmohammadi. Assessment of Diet Diversity in Patients with Celiac Disease in East Azerbaijan-Iran: A Cross-Sectional Study. Depiction of Health. 2021.
64. Fatemeh Abbasalizadeh, Sajjad Pourasghary, *Maryam Shirizadeh, Sanaz Mousavi, Morteza Ghojzadeh, Hossein Hoseinifard, Fatemeh Salehnia, Leila Nikniaz. Prevalence of Group B Streptococcus in Vagina and Rectum of Pregnant Women of Islamic & Non-Islamic Countries: A Sys-tematic Review and Meta-Analysis. Iran J Public Health. 2021.
65. Zeinab Nikniaz, Mahdieh Abbasalizad Farhangi, Leila Nikniaz. A systematic review and meta-analysis of the prevalence and odds of eating disorders in patients with celiac disease and vice-versa. International Journal of Eating Disorders. 2021.
66. Leila Nikniaz, Mahdieh Abbasalizad-Farhangi, Mahdi Vajdi, Zeinab Nikniaz. The association between Sugars Sweetened Beverages (SSBs) and lipid profile among children and youth: A systematic review and dose-response meta-analysis of cross-sectional studies. Pediatric Obesity. 2021.
67. Pooya Ebrahimi, Mahdi Hadilou, Ferdos Naserneysari, Amirmohammad Dolatabadi, Rana Tarzemy, Nafiseh Vahed, Leila Nikniaz, Reza Fekrazad & Leila Gholami. Effect of photobiomodulation in secondary intention gingival wound healing—a systematic review and meta-analysis. BMC Oral Health. 2021.

❖ Research Grants

NO	Organization Name providing grant	Project name	Role in project
1	TUOMS	Factors affecting microcephaly in children under 2 years of age in Tabriz	Main co-investigator
2	TUOMS	Breast milk contamination to Aflatoxin M1 and its relation with nutritional status of mothers and infants in Tabriz city and surrounding	Main co-investigator

3	TUOMS	Effects of <i>Elaeagnus angustifolia</i> L. Supplementation on Clinical Signs, Anti-inflammatory Factors, Matrix Metalloproteinase Enzymes, Oxidative Stress and Nutritional Status in Patients with Knee Osteoarthritis	Main co-investigator
4	TUOMS	The effect of probiotic supplementation on the presence of supplemented bacteria in breast milk, some immune and oxidative factors, maternal nutritional status and growth of infants	Principal investigator
5	TUOMS	The effect of synbiotic supplementation on breast milk zinc, selenium, copper, iron, magnesium and calcium concentration and infant growth	Principal investigator
6	TUOMS	Determination and comparison of zinc, copper and iron in mother's milk and its relation with diet and anthropometric indices of mothers and infants in Tabriz and its surrounding villages	Main co-investigator
7	TUOMS	Evaluation of peroxide levels and management of edible oils in food distribution centers in Tabriz	Main co-investigator
8	TUOMS	Effect of Sugar Replacement with Stevia on Physical and Chemical Characteristics of Soda Beverages	Principal investigator
9	TUOMS	The Effectiveness of Lifestyle promotion Program on the Prevalence of non-communicable diseases, Clinical and Behavioral risk factors in East Azarbaijan Province	Principal investigator
10	TUOMS	Investigation of breast milk contamination with aflatoxin B1, M1 and its relationship with the nutritional status of mothers and infants in Mahabad	Main co-investigator
11	TUOMS	The effect of sugar substitution with stevia on physicochemical and sensory properties of fruit juice	Principal investigator
12	TUOMS	Effectiveness of nutritional support for pregnant mothers in East Azarbaijan Province	Principal investigator
13	TUOMS	The effectiveness of a meal program and nutrition education in on the growth status of 3-6 year old children in villages of East Azarbaijan province	Principal investigator
14	TUOMS	The effectiveness of equipping health houses with local kitchens and educating mothers on the growth status of children under 1 year and knowledge, attitude and practice of mothers in some villages in East Azarbaijan province	Principal investigator
15	TUOMS	The effect of educational intervention on knowledge, attitude and practice of students about iron deficiency anemia in schools of East Azarbaijan Province	Principal investigator
16	TUOMS	The Effect of Synbiotic Supplementation in Lactating Mothers on the Profile of Breast milk Fatty Acids and its Relationship with the Growth of Infants	Principal investigator
17	TUOMS	The effect of Varzaghan earthquake on weight gain and hemoglobin status of pregnant mothers and birth weight of infants	Main co-investigator
18	TUOMS	Comparison of serum levels of irisin, beta-trophin and lipoquin-2 in normal and obese subjects and their association with food intake and some anthropometric indices	Main co-investigator
19	TUOMS	Comparing the predictive power of body mass index (BMI), body mass index (BMI) and body mass index (ABSI) in predicting high blood pressure, lipid profiles and fasting blood glucose in subjects aged 18 to 50 years old living in Tabriz	Main co-investigator

20	TUOMS	The effect of peer-based nutrition education on elderly's awareness about nutrition in elderly	Main co-investigator
21	TUOMS	Validation, Data Mining and Analysis of Data on Iranian Mother and Infant National System (IMAN)	Main co-investigator
22	TUOMS	A systematic review of community-based practices to reduce fat intake	Principal investigator
23	TUOMS	A systematic review of community-based practices to reduce sugar consumption	Principal investigator
24	TUOMS	A systematic review of community-based practices to increase dairy consumption	Principal investigator
25	TUOMS	A systematic review of community-based practices to reduce salt intake	Principal investigator

❖ Skills

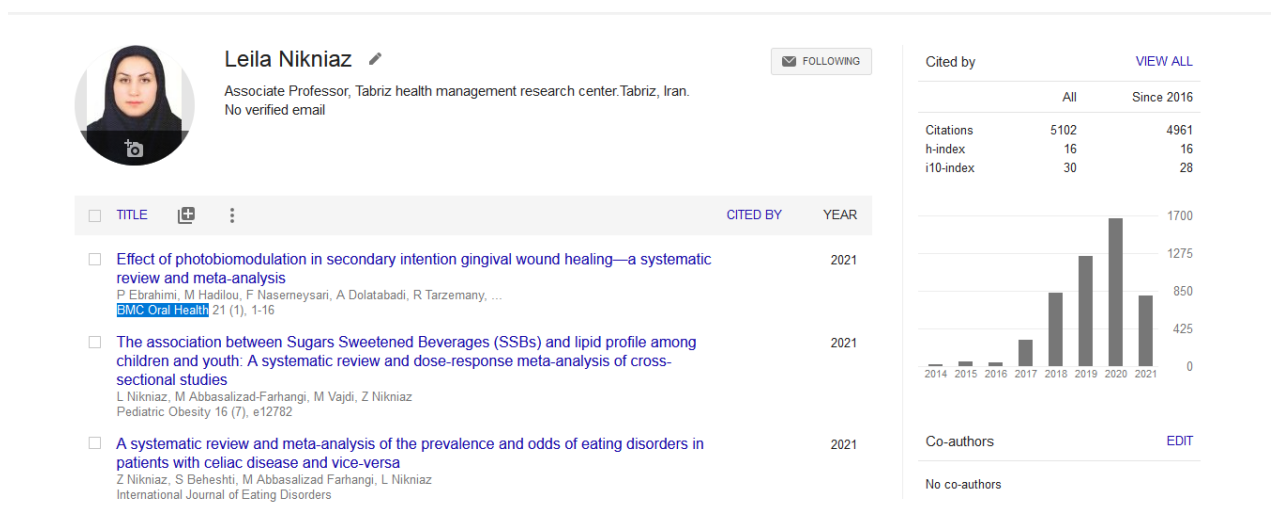
Computer :Microsoft Office Softwares , SPSS , Medcalc , Reference Manager , Endnote , Comprehensive Meta-Analysis(CMA) , Epi info

Languages :Turkish-Azeri (native) , Farsi (Native) , English (Fluent).

❖ Research Interests

Nutrition , Biostatistics , Biotechnology , Epidemiology , Clinical Research

Google scholar citations



❖ Abbreviations

TUOMS : Tabriz University of Medical Sciences

EDC : Education Development Center

EBM : Evidence-Based Medicine