

Curriculum Vitae

Reza Amani (Ph.D, R. Nutr)



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Reza Amani (MSc, Ph.D, R Nutr)

Current Academic Position:

Professor of Nutrition Science

Current Address:

Department of Nutrition
Faculty of Paramedicine,
Jondishapour University
Ahvaz
Iran

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Educational Background:

- **Ph.D in Nutrition** : University of Tabriz (formerly Azarabadegan) ; 1997-2002
- **MSc. in Nutrition** : University of Tabriz; 1999-1994
- **BSc. in Nutrition** : Ahvaz Jundishapur University of Medical Sciences (AJUMS) ; 1988-1991

Professional Qualifications:

- **Fellowship:** Healing (Therapeutic) RF on cellulite: Certificate IV; Sydney; 2011
- **Registered Nutritionist (R Nutr.):** Australian Nutrition Society; 2010

Employment History:

- **Feb 2016- present:**

Duties: Professor of Nutrition Science at Isfahan University of Medical Sciences:

- Supervising Ph.D theses and teaching PG courses
- Head, University Food Security Center; Nov 2017-present
- Head, Continuous Nutrition Education Programs, Isfahan University of Medical Sciences
- Consultant to Ministry of Health, Subdivision on Community Nutrition
- Member of Nutrition Board at the Ministry of Health, Iran
- Member of University Publication Planning Committee
- Member of Academic Promotion Committee
- Member of Postgraduate Council, School of Nutrition and Food Science

- **Nov. 2011-Feb 2016:**

Duties- Professor of Nutrition Science at Jundishapur University of Medical Sciences: Teaching, supervising post-graduate theses, presenting lectures; doing two extra-university research projects

Member of Nutrition Board at the Ministry of Health, Iran

Member of Academics Promotion Committee, AJUMS

Consultant to the Vice-chancellor in Education.

Nutrition consultant to National Iranian Petrochemical Company (NIPC)

- **Nov. 2010-Nov. 2011:**

Fellowship course on local fats and FR devise application in obesity (Clinical Nutrition)

- **Nov. 2009-Nov. 2010:**

Visiting Scholar at the University of Sydney, Australia

Duties- Participating in joint research projects, local seminars, writing a systematic review, periodic University research and educational workshops and presenting lectures.

- **Nov. 2005-Nov. 2009:**

Head of Department, Dept. of Nutrition, Jundishapur University of Medical Sciences; Associate Professor

Duties- Provide academic leadership, guidance and strategic input into the effective operation of the Department and to oversee the development; implementation of educational curriculum and research programs of the members. Co-ordinating between students, education office and the academic members of the Department on teaching the units.

Scientific Nutrition Consultant to National Iranian Oil Company (NIOC), National Iranian Drilling Company (NIDC) and Nestle Company (regional branch) regarding nutritional assessments, requirements and scientific seminars.

- **Oct. 2002-Nov. 2005:**

Vice-Dean in Research Affairs;

Duties- Overseeing the research activities of members of the Faculty, leadership and guidance of research proposal at both under- and post-graduate levels.

Reporting of research improvements and demands to the Dean of Faculty.

- **Feb. 1998- Oct. 2002:**

Head, University Research Workshops, Head, University Students Research Centre (Ph.D studentship),

Manager, University International Relation Office, Jundishapur University, Ahvaz, Iran.

Duties- Organizing research workshops for academics and post-graduate students.

Co-ordinating of students' research activities; providing facilities for approving studentship research grants at University level.

Overseeing International relations with Overseas Universities, inviting professors and organizing international conferences at both University and national levels.

Major Professional Experiences:

A- Educational experiences:

Twenty two years experience in teaching the following courses:

- 1-** Human nutrition, nutritional physiology, sport nutrition, applied nutrition and dietetics (Obesity, CVD, Diabetes, Cancer and GI disorders), nutritional assessment, nutritional projects management, mother-children nutrition, medical nutrition therapy (MNT) for undergraduate nutrition, midwifery, nursing and also medical (GP level) students;
- 2-** Advanced diet therapy (MNT), advanced scientific language, current topics in human nutrition, nutritional assessment methods, Lipids and Carbohydrates, advanced sport nutrition and advanced nutritional physiology for MSc. And Ph.D students and MPH medical specialist residents.
- 3-** Medical Nutrition Therapy in specific diseases for PhD students.
- 4-** Invited speaker of the University Workshops and Continuing Medical Educational Center (CME) programs for academic members at AJUMS.
- 5-** External examiner of final Ph.D disseminations.
- 6-** As a visiting academic at the University of Sydney, I worked on the following areas:
 - Behavioral aspects of soft drink consumption in adolescents;
 - Nutrition and shift-working at worksites (Systematic Review);
 - Designing a practical framework for nutritional studies in industries:

<http://www.medfac.usyd.edu.au/people/academics/profiles/ramani.php>

B- Administrative/executive positions:

- Head, University Food Security Center, Nov 2017-present
- Vice-Dean for Research, Faculty of Paramedicine : Feb. 2009 until Nov. 2009.
- Head, Department of Nutrition, Since Dec. 2005 until Nov. 2009.
- Member of editorial board, Nutrition and Metabolic Insights (www.lapress.com/journal). 2008-2012
- Editor-in-Chief, Jundishapur Journal of Paramedical Sciences; Oct 2008-2012.
- Scientific consultant to National Oil Company in Medical Research Projects: Aug. 2004-Oct. 2009.
- Member of Editorial Board, World of Nutrition Magazine; 2004- present.

- Member of Editorial Board, Scientific Medical Journal of AJUMS: March 2003 – March 2006.
- Vice-Dean for Research, Faculty of Paramedicine : Jul 2003-Apr 2005.
- Manager of International Relations of AJUMS: Aug 2002- Aug 2003.
- Head, Student Research Center of AJUMS: from Feb 2000 until Feb. 2006.
- Head, Research Priorities Setting Council of AJUMS: 2000.
- Head, Research Workshops of AJUMS: from Feb 2000 until Feb. 2006.
- Member of Iodine Deficiency Disorders Prevention Scientific Committee of Khuzestan Province: 1994-1996.
- Dietitian consultant to University Medical Center at AJUMS: 1994-1996.
- Member of Breast Feeding Promotion Scientific Committee of Khuzestan Province: 1994-1996.
- Head, Computer Center, Faculty of Paramedicine; AJUMS : 1994-6.

C- Membership of Scientific Committees of Congresses:

- Member of Scientific Committee, International Congress on Prevention, Health and Treatment of Marine staff. Iranian Marine Forces. Bandar Abbass. Since Jan 2015-present
- Member of Scientific Committee of 11th , 12th , 13th , 14th National Nutrition Congress; 2010-2016 (biannually held)
- Member of Scientific Committee, Scientific Meeting of Iranian PhD Students in Australia. 23-25 April; 2010, Sydney, Australia
- Member of Scientific Committee of 10th National Nutrition Congress; Oct 2008; Tehran, Iran.
- Member of Scientific Committee; First National Congress on Cancer Prevention, Treatment and Care: May 2009; Tehran, Iran.
- Member of Scientific Committee of 1st National Metabolic Syndrome Congress; June 12-13: 2008; Tabriz, Iran.
- Member of Scientific Committee of 9th National Nutrition Congress; Sep. 4-7: 2006; Tabriz, Iran.
- Chair, Scientific Committee. 1st Azad University Regional Congress on Obesity and Weight Control; May10-12: 2004; Ahvaz, Iran.
- Member of Scientific Committee of 7th National Iranian Congress of Biochemistry; Feb 5-8: 2004; Ahvaz, Iran.
- Director, Executive Committee, 6th International Epidemiology Association Scientific Meeting in Eastern Mediterranean Region ; Dec 9-11 2003 : Ahvaz , Iran.
- Member of Scientific Committee of 6th National Iranian Congress of Nutrition; Feb 13-16: 2001; Ahvaz , Iran.
- Member of University Continuing Medical Education (CME) in Nutrition courses; AJUMS, 2001 till present.

D- Academic Skills:

- Planning/Designing Research Projects in Nutritional Subjects
- Supervising Post-graduate Theses
- Nutrition and Dietetics Consultant to National Iranian Oil Company (NIOC)

- Nutrition and Dietetics Consultant to National Iranian Petrochemical Company (NIPC)
- Experience in Planning Research Projects within Industries
- Planning Scientific/Educational Workshops
- Planning Scientific Symposiums/Seminars
- Developing Curriculums for Under- and Post-graduate Courses in Nutrition Science
- Writing Original Research Papers
- Conducting Systematic Review of the Literature
- Teaching Basic and Advanced/Applied Nutrition Courses
- Experience in Clinical Nutrition Consultation
- Performing Statistical Analysis using SPSS Software
- Experience in Preparing Simple and Advanced Nutrition Education Materials (e.g. Pamphlets, booklets, etc.)
- Nutrition Consultant to Oil and Petrochemical Companies
- Nutrition Consultant to University Health Center
- Nutrition Consultant to National and Province TV and Radio station.

E- Membership in Scientific Societies/bodies:

- Nutrition Society of Australia, since Dec. 2009 (Mem. No. 2075)
- British Nutrition Society; 2005. (Mem. No. 00932181)
- Iranian Nutrition Society; from 1996 till now. (Mem. No. 370)
- Member of National Nutrition Board at Ministry of Health; Since Jan 2007 till present

F- Research Projects Management:

- Main Investigator of 37 approved University Research Projects;
- Supervisor of 10 PhD, 21 MSc., 6 Medical Specialist and 4 Medical GP theses.
- Co-investigator of 12 approved University Research Projects (non-student theses).
- Supervisor and chief investigator of 6 Extra-University comprehensive research projects.

Grants Achieved from Extra-University Organizations at National and Intl' levels:

1- Evaluation and Designing a Nutritional Program for the Personnel of **Province Water and Power Company**; 2004 (Granted by the Ministry of Power; USD 7,500; Finished).

2- Evaluation of Fish Consumption and Its Relation with Disease Pattern in Ahvazi Women. (Province Fish Study); 2007 (Granted by the **Province Management Organization**; USD 15,700; Finished)

3- Correlation between Dietary Zinc Intakes and Its Serum Levels with Depression Scales in Young Female Students. Dec. 2008 (Collaborative research approved and supported by the grant of **United Nations**, No. 600UU-6629; USD15,000; Finished).

4- Comprehensive Nutritional Assessment of the Personnel of National Iranian Drilling Company; 2008 (USD 65,000; a Collaborative study Granted by NIDC; Finished).

5- Prevalence of Fatty Liver Disease and Its Nutritional risk factors in Mahshahr Petrochemical Zone, Mahshahr, Khuzestan Province. Finished. (USD 6,000)

6- Improving CVD riskfactors in National Iranian Petrochemical Staff using a modified Nutrition Education model. Finished. (USD 5,000)

Major Research Interests and Study Fields:

- New aspects of vitamin D roles in chronic diseases
- Obesity trends/prevalence in different job settings
- Nutritional related lifestyle Patterns in different settings
- Nutrition and Learning/Behavior Relationships
- MNT in Diabetes/Cardiovascular diseases
- Antioxidant status and Diseases

Major Approved University project titles:

1- Determining local cut-off points of coronary heart disease in patients referred to Ahvaz University teaching hospitals: A case-control study.

(Cardiology Residency final thesis); 2005-2007: A collaborative study with Dept. of Cardiology- (finished.)

2- Evaluation of fish consumption and its relationship with reported diseases in women referred to Ahvaz city health centers: 2006-2007- (finished.)

3- Comparison of dietary zinc intakes and its serum levels between depressed female University students and healthy subjects: 2007-2008 – (published.)

4- Evaluation of dietary pattern and nutritional status in patients with multiple sclerosis (Neurology Residency final thesis): 2008- (published.)

5- Assessment of total antioxidant status and serum 25-OH vitamin D3 in patients with multiple sclerosis. (MSc of Nutrition final thesis): 2008- (finished.)

6- Evaluation of dietary pattern and nutritional status of National Iranian Petrochemical Company (NIPC) male staff: 2007- (finished.)

7- Evaluation of three different carbohydrate solutions on sport performance and competence time in elite male swimmers: 2008. Finished.

8- Lifestyle and nutritional patterns of myocardial infarction patients: 2007-2008 - (A collaborative study with School of Public Health and Dept. of Cardiology)- Finished.

9- Evaluation of dietary patterns in hemodialysis patients in University teaching hospitals (General Practitioner final thesis): 2006- Finished.

10- Dietary Patterns and cardiovascular disease risk factors among firefighters in city of Ahvaz; (Msc of Nutrition final thesis): 2007-8.; Published.

11- Mercury contamination in Persian Gulf fishes. (Msc of Nutrition final thesis); 2009- (finished)

12- Comparison of riboflavin status, serum vitamin D and C-reactive protein levels between nurses with major depressive disorders and healthy subjects in University educational hospitals- (published.)

- 13- Effect of breakfast composition on school children memory (in collaboration with Nestle local; finished.)
- 14- Prevalence of Metabolic syndrome in city of Ahvaz (Diabetes Research Center Province Study; published).
- 15- Effects of freeze dried strawberry on oxidative stress and inflammatory biomarkers in subjects with type 2 diabetes: A randomized-double blind controlled trial, 2011-2012. (published.)
- 16- Relationship between zinc status and school performance, anxiety scores and depression scales of high school students 2011-2012, (published).
- 17- Relationship between serum antioxidants status and depression scales in University students 2012. (published.)
- 18- Effects of vitamin D supplement on biomarkers of inflammatory and oxidative stress of patients with non-alcoholic fatty liver disease (published)
- 19- Comparison of serum vitamin D, antioxidant enzymes and pro-oxidant/antioxidant levels in patients with ischemic stroke (published).
- 20- Relationship between dietary patterns, RBC fatty acids profile with PCOS scales in women referred to University infertility clinics (published).
- 21- Effects of riboflavin supplementation on spatial memory and inflammatory biomarkers in animal model of MS (published).
- 22- Effects of vitamin D supplementation on IBS patients (accepted for publication).
- 23- Relations between personality traits and food preferences in University female students (accepted for publication).
- 24- Relations between anxiety and stress scores and RBC fatty acids profile in University female students (manuscript under review).
- 25- Relations between anxiety and stress scores, vitamin D and antioxidant status in University female students (published).
- 26-

Publications:

A- Books :

- a. **Amani R. Nutrition Education** (in Farsi) ; AJUMS Publication ; 2000
- b. **Amani R, Amani M. Hand book of Nutrition in Cancer Patients** (translated of a book published by NIH to Farsi); 2000.
- c. **Amani R, Vahabzadeh D. Nutrition: A Foundation for Development ;** Translated from a formal document of United Nations SCN to Farsi ; 2005; available at the website: <http://www.who.int>
- d. **What a Diabetic Patient Should Know.** As a book contributor; 2004.
- e. **Amani R, Mostafavi SA. Nutrition and Behavior;** AJUMS Publication; 2008.
- f. **Amani R, Naghashpour M. Antioxidants in health and disease.** AJUMS Publication; 2012.
- g. As a book contributor: **Amani R, Sharifi N. Cardiovascular riskfactors. In: Cardiovascular system.** Intech Pub Co.; 2012.

Link:

www.intechopen.com/books/...cardiovascular.../cardiovascular-risk-factors

- h. **Amani R, Alipour M. Nutrition Assessment: A clinical approach.** AJUMS Publication; 2014. Approved as the reference book by Ministry of Health for BSc students in Nutrition.
- i. **Amin S, Amani R. Introductory Nutrition.** Winter; 2014.
- j. **Amani R, Fathi N. Nutrition and Cellulite** Winter 2016.

B- Published Articles:

In English:

1. Tahmasebi K, Amani R, Nazari Z, Ahmadi K, Moazzen S, Mostafavi SA. Association of Mood Disorders with Serum Zinc Concentrations in Adolescent Female Students. *Biol Trace Elem Res.* 2017 Jan 7. doi: 10.1007/s12011-016-0917-7.
2. Fathizadeh S, **Amani R**, Haghhighizadeh MH, Hormozi R. Comparison of serum zinc concentrations and body antioxidant status between young women with premenstrual syndrome and normal controls: A case-control study. *Int J Reprod Biomed (Yazd).* 2016 Nov;14(11):699-704.
3. Anari R, **Amani R**, Latifi SM, Veissi M, Shahbazian H. Association of obesity with hypertension and dyslipidemia in type 2 diabetes mellitus subjects. *Diabetes Metab Syndr.* 2016 Jul 21. pii: S1871-4021(16)30133-3. doi: 10.1016/j.dsx.2016.07.004.
4. Abbasnezhad A, **Amani R**, Hajiani E, Alavinejad P, Cheraghian B, Ghadiri A. Effect of vitamin D on gastrointestinal symptoms and health-related quality of life in irritable bowel syndrome patients: a randomized double-blind clinical trial. *Neurogastroenterol Motil* 2016 May 7. doi: 10.1111/nmo.12851. PMID:27154424
5. Naghashpour M, **Amani R**, Sarkaki A, Ghadiri A, Samarbafzadeh A, Jafarirad, S, Saki A. Brain derived neurotrophic and immunologic factors: beneficial effects of riboflavin on motor disability in murine model of multiple sclerosis. *Ir J Basic Med Sci.* Vol 4, No 4, Apr 2016:439-448.
6. Ghaffarzad A, **Amani R**, Darabi M, Sadaghiani MM, Cheraghian B. Correlation of Serum Lipoprotein Ratios with Insulin Resistance in Infertile Women with Polycystic Ovarian Syndrome: A Case Control Study. *International Journal of Fertility and Sterility.* Vol 10, No 1, Apr-Jun 2016, Pages: 29-35
7. Veissi M, Anari R, **Amani R**, Shahbazian H, Latifi SM. Mediterranean diet and metabolic syndrome prevalence in type 2 diabetes patients in Ahvaz, southwest of Iran. *Diabetes Metab Syndr.* 2016 Jan 16. pii: S1871-4021(15)30078-3.
8. Anari R, **Amani R**, Veissi M. Obesity and poor glycemic control in patients with type 2 diabetes. *Int J Res Med Sci.* 2016; 4(2): 584-588.
9. Sharifi N, **Amani R**, Hajiani E, Cheraghian B. Women may respond different from men to vitamin D supplementation regarding cardiometabolic biomarkers. *Exp Biol Med (Maywood).* 2016 Jan 24.

10. Saeedian Kia A, **Amani R**, Cheraghian B. The Association between the Risk of Premenstrual Syndrome and Vitamin D, Calcium, and Magnesium Status among University Students: A Case Control Study. *Health Promot Perspect*. 2015 Oct 25;5(3):225-30.
11. Afshari L, **Amani R**, Soltani F, Haghhighizadeh MH, Afsharmanesh MR. The relation between serum Vitamin D levels and body antioxidant status in ischemic stroke patients: A case-control study. *Adv Biomed Res*. 2015 Sep 28;4:213.
12. **Amani R**, Moazen S, Shahbazian H, Ahmadi K, Jalali MT. Flavonoid-rich beverage effects on lipid profile and blood pressure in diabetic patients. *World J Diabetes*. 2014 Dec 15;5(6):962-8.
13. Sharifi N, **Amani R**, Hajiani E, Cheraghian B. Does vitamin D improve liver enzymes, oxidative stress, and inflammatory biomarkers in adults with non-alcoholic fatty liver disease? A randomized clinical trial. *Endocrine*. 2014 Sep;47(1):70-80.
14. Hejazi E, **Amani R**, SharafodinZadeh N, Cheraghian B. Comparison of Antioxidant Status and Vitamin D Levels between Multiple Sclerosis Patients and Healthy Matched Subjects. *Mult Scler Int*. 2014;2014:539854.
15. Bassir L, **Amani R**, Khaneh Masjedi M, Ahangarpur F. Relationship between dietary patterns and dental health in type I diabetic children compared with healthy controls. *Iran Red Crescent Med J*.
16. Prohan M, **Amani R**, Nematpour S, Jomehzadeh N, Haghhighizadeh MH. Total antioxidant capacity of diet and serum, dietary antioxidant vitamin intake, and serum hs-CRP levels in relation to depression scales in university male students. *Redox Report* 2014 (under publication).
17. Mohammadi S, Sulaiman S, Koon PB, **Amani R**, Hosseini SM. Association of nutritional status with quality of life in breast **cancer** survivors. *Asian Pac J Cancer Prev*. 2013 ;14 (12) :7749-55.
18. Jafarirad S, Siassi F, Harirchian MH, **Amani R**, Bitarafan S, Saboor-Yaraghi A. The effect of vitamin a supplementation on biochemical parameters in multiple sclerosis patients. *Iran Red Crescent Med J*. 2013 Mar;15(3):194-8.
19. **Amani R**, Gill T. Shiftworking, Nutrition and Obesity: Implications for Workforce Health- A Systematic Review. *Asia Pac J Clin Nutr* 2013 22(4).
20. Naghashpour M, **Amani R**, Nematpour S, Haghhighizadeh MH. Dietary, Anthropometric, Biochemical and Psychiatric Indices in Shift Work Nurses. *Food and Nutrition Sciences*, 2013, 4, 1239-1246.
21. Moazen S, **Amani R**, Shabazian H, Ahmadi K, Jalali MT. Effects of freeze dried strawberry supplementation on metabolic biomarkers of atherosclerosis in subjects with type 2 diabetes: A Randomized Double Blind Controlled Trial. *Annals Nutr Metab* 2013; 63:256–264.

22. Shahbazian H, Latifi SM, Jalali MT, Shahbazian H, **Amani R**, Nikhoo A, Aleali AM. Metabolic syndrome and its correlated factors in an urban population in South West of Iran. *J Diabetes Metab Disord*. 2013 Feb 8;12(1):11.
23. Mohammadi S, Sulaiman S, Koon PB, **Amani R**, Hosseini SM. Impact of Healthy Eating Practices and Physical Activity on Quality of Life among Breast Cancer Survivors. *Asian Pac J Cancer Prev*. 2013;14(1):481-7.
24. Jafarirad S, Siassi F, Harirchian MH, Sahraian MA, Eshraghian MR, Shokri F, **Amani R**, Bitarafan S, Mozafari S, Saboor-Yaraghi A. The effect of vitamin A supplementation on stimulated T-cell proliferation with myelin oligodendrocyte glycoprotein in patients with multiple sclerosis. *J Neurosci Rural Pract*. 2012 Sep;3(3):294-8.
25. Naghashpour M, **Amani R**, Nematpour S, Haghizadeh MH. Riboflavin status and its association with serum hs-CRP levels among clinical nurses with depression. *J Am Coll Nutr* 2011 Oct;30(5):340-7
26. **Amani R**, Noorizadeh M, Afzali N, Rahmanian S, Haghizadeh MH. Nutritional related cardiovascular risk factors in patients with coronary artery disease in IRAN: A case-control study. *Nutr J*. 2010;26;9(1):70.
27. **Amani R**. Saeidi S, Nematpour, S, Nazari Z. Correlation between dietary zinc intakes and its serum levels with depression Scales in young female students. *Biol Trac Elem Res*. 2010;137(2):150-8
28. **Amani R**, Hajiani E , Hejazi E, Vaziri N. Comparison of serum levels of vitamins E and C and dietary antioxidants Intakes between patients with inflammatory bowel disease and healthy subjects. *Int J Endocrinol Metab* 2009;3: 187-192.
29. Azabdaftari N, **Amani R**, Jalali MT. Biochemical and nutritional indices as cardiovascular riskfactors among Iranian firefighters. *Ann Clin Biochem*. 2009 Sep;46(Pt 5):385-9.
30. Sarkaki A, **Amani R**, Badavi M, Safahani M, Aligholi H. Effect of ovariectomy on reference memory version of morris water maze in young adult rats. *Iran Biomed J*. 2008 Apr;12(2):123-8.
31. Sarkaki A, **Amani R**, Badavi M, et al. Pre-treatment effect of different doses of soy isoflavones on spatial learning and memory in an ovariectomized animal model of Alzheimer's disease. *Pak J Biol Sci* 2008;11(8):1114-19.
32. **Amani R**, Boustani F. Prevalence of obesity and dietary practices in Jondi-Shapour University female personnel, Ahvaz, Iran. *Pak J Med Sci* 2008;24(5) : 748-52.
33. Shahbazian H, **Amani R**. Siadatan J, et al. Beneficial effects of soy protein isoflavones on lipid and blood glucose concentrations in type 2 diabetic subjects. *Saudi Med J*. 2007; 28 (4):652-4.
34. **Amani R**. Is dietary pattern of schizophrenia patients different from healthy subjects? *BMC Psychiatry* 2007; 7 (15).

35. **Amani R**, Mostafavi A. Nutritional Related Lifestyle of Type 2 Diabetic Patients in Ahvaz-Iran. *Int J Endocrinol Metab* 2006; 4: 127-133.
36. **Amani R**. Comparison between bioelectrical impedance analysis and body mass index methods in determination of obesity prevalence in Ahvazi women. *Eur J Clin Nutr* 2007;61 (4):478-82.
37. **Amani R**, Soflaei M. Nutrition education alone improves dietary practices but not hematologic indices of adolescent girls in Iran. *Food and Nutrition Bulletin* 2006; 27(3):260-264.
38. **Amani R**, Ansari N. Prevalence of obesity in Iranian students. *Obesity Reviews* 2005; 6: 197.
39. Jazayeri SMH, **Amani R** . Nutritional knowledge and practices of bodybuilding trainers in Ahwaz , Iran . *Pakistan J Nutr*; 2004; 3(4): 2288-231;16. Jazayeri SMH, **Amani R** , Khaje-Mougahi N . Effects of breakfast on memory in healthy young adults. *Neurosciences*. 2004; 2 :29-34;
40. **Amani R.**, Baghdadchi J, Zand-Mogaddam A. Effects of soyprotein isoflavones on lipid profiles and hormones of hypercholesterolemic rabbits. *Int J Endocrinol Metab* 2005; 2 : 87-92.
41. **Amani R.**, Zand-Mogaddam A, Jalali MT, Hatamizadeh MA . Effects of soy isoflavones on lipid profiles and hormones of hypercholesterolemic men. *Int J Endocrinol Metab* 2004 ;(2): 29-34.

In Farsi (Persian):

1. Naghashpour M, Amani R *, MH , Nematpour S. The association of diet and anthropometric indices with high-sensitive C-reactive protein (hs-CRP), among depressed and healthy female nurses. *J Shahrekord Univ Med Sci* 2012, 14(2): 11-22.
2. Basir L, **Amani R**, Khane Masjedi, Ahangarpour, F. Comparison of diet among type I diabetic and non-diabetic children and its effect on dental caries. *Scientific Medical Journal of Ahvaz Jundi-Shapour University of Medical Sciences*. 2008; 7(2): 181-8.
3. Hejazi E, **Amani R**, Sharafoddinzadeh N. Dietary intake of antioxidants and serum levels of total antioxidant status in multiple sclerosis patients. *Yafteh J (Lorestan Medical University)* 2008;9(3): 57-65.
4. **Amani R**, Shoyouei R. Kazemi M. Comparison of dietary antioxidant intake between female patients with rheumatoid arthritis and healthy subjects. *Med J of Iran University*. Winter 2008:

5. Amiri F, **Amani R**, Rashidkhani B, Khaje Mougahi N. Effect of breakfast composition on school children memory. *Ir J Endocrinol Metab* 2008; 10(2):245-254.
6. Hejazi E, **Amani R**, Sharafodinzadeh N, Cheraghian B. Comparison of dietary intake of vitamin D and serum 25-OH vitamin D3 levels between multiple sclerosis patients and healthy subjects. *Ir J Nutr Sci Food Technol.* 2008;2(4):59-66.
7. **Amani R**, Sharifi A, Hamidipour N. Prevalence of obesity and its related factors in female administrative staff of Ahvaz Jondi-Shapour University of Medical Sciences. *Ir J Endocrinol Metab* 2008,10(2):233-7.
8. **Amani R**, Khaje Mougahi N. Comparison of nutritional pattern of attention deficit hyperactive children with normal subjects. *Medical Journal of Iran University* . 45:37-42; 2005.
9. **Amani R** . Nutritional transition in Iranian adolescences and young people . *World of Nutrition* 2005 .35: 10-11.
10. **Amani R**. Nutrition and skin health. *World of Nutrition* .26 ; 2004. 10. **Amani R**. Evaluation of nutritional related lifestyle pattern of female university students in dormitories. *Scientific Medical Journal of Ahvaz Jundi-Shapour University of Medical Sciences.*2004; 42 :54-59.
11. **Amani R**. Nutrition and Diabetes Mellitus. *Journal of Continuing Medical Education Center* 2004; 2 :21-30.
12. **Amani R**. Evaluation of nutritional pattern of pre-school children in day-care centers of Ahvaz Universities. *Scientific Medical Journal of Ahvaz Jundi-Shapour University of Medical Sciences* 2003; 36.
13. **Amani R**. Nutrition, brain development, and behavior. *Journal of Research in Behavioral Sciences.* 2002, 1:49-53.
14. **Amani R**. The women's roles in promotion of nutritional culture of the communities. *World Health; WHO publication (Persian version)* 2001;2:45-7.
15. Baghdadchi J, **Amani R**, Khaje-Mougahi N .The effects of breakfast on short-term memory and concentration span of school children. *Medical Journal of Iran University;* 2001; 27:535-540.

16. **Amani R** , Afzali N. Assessment of knowledge, attitude, and practice of nursing mothers about breastfeeding and complementary feeding . Scientific Medical Journal of Ahvaz Jundi-Shapour University of Medical Sciences.2000; 28:2-6.
17. **Amani R** , Lahijanzadeh M. The effects of work stress on biochemical, clinical and anthropometric indices of steel company workers . Scientific Medical Journal of Ahvaz Jundi-Shapour University of Medical Sciences. ; 1999;26: 34-39.
18. **Amani R**, Ghani AR . Assessment of the effect of ascorbic acid supplement on hematologic indices in hemodialysis patients .Medical Journal of Urumieh University ; 1998; 2 : 25-29.
19. **Amani R** , Egtesadi S. Growth pattern and nutritional status of school- age children in city of Isfahan . Medical Journal of Isfahan University. 1997; 47.
20. **Amani R**, Ahmadi M. Evaluation of nutritional pattern in city of Semnan , Iran . Medical Journal of Gilan University. 1994; 12: 13-16.

Papers Presented at Congresses and Scientific Meetings:

A- International:

1. Abbasnezhad A, Amani R, Choghakhori R. Effect of vitamin D on inflammatory and antioxidant biomarkers, gastrointestinal symptoms and quality of life in irritable bowel syndrome patients. ISANH Middle East World Congress. 12-14. April; Dubai (Oral presentation).
2. Daneghian S, **Amani R**, Daneghian M. Pro-oxidant and Antioxidant activities of Ginger (*Zingiber officinale*). ISANH Middle East World Congress. 12-14. 2015April; Dubai (Oral presentation). *Selected as Outstanding presentation.*
3. Amani R, Sharifi N, Hajiani E, Cheraghian B. The effects of vitamin D supplementation on cardiometabolic biomarkers in non-alcoholic fatty liver disease: A double blind randomized controlled trial. ISA 2015, 23- 26 May; 2015; Amsterdam, the Netherlands (Oral presentation)
4. Amani R, Moazzen S, Shahbazian H, Ahmadi K, Jalali MT. Effects of freeze-dried strawberries on biomarkers of oxidative stress and inflammation in type 2 diabetes: A double blind randomized control trial. Excellence in Diabetes, 6-9 February; 2013; Istanbul, Turkey (Poster).

5. Naghashpour M, **Amani R**. The comparison of obesity related life style pattern among day-time and shift work clinical nurses. 19th European Congress on Obesity (ECO2012). 9-12 May; 2012; Lyon, France (Poster)
6. Naghashpour M, Amani R, Haghizadeh MH. Association between hs-CRP levels with nutritional factors in depressed and healthy nurses. Nutrition congress. 19-22 September 2010; Durban, South Africa. (Oral presentation)
7. **Amani R**, Gill T. Soft drink consumption in Asian adolescents: A psychologic and behavioral approach. 5th Asian Congress of Dietetics. 10-12 Nov. 2010; Bangkok, Thailand. (Oral presentation)
8. **Amani R**, Noorizadeh M, Afzali N, Rahmanian S, Haghizadeh MH. Nutritional related cardiovascular risk factors in patients with coronary artery disease in IRAN: A case-control study. Scientific Meeting of Iranian PhD Students in Australia. 23-25 April, 2010, Sydney, Australia. (Oral presentation)
9. Shahbazian HB, **Amani R**, J, Shahbazian H. Beneficial effects of soyprotein isoflavones on lipid levels and blood glucose in type 2 diabetic patients. 13th Asia-Oceania Congress of Endocrinology. May 10-12, 2006 ; Tehran, Iran.
10. **Amani R**. Soy isoflavones: What are the cancer and cardiovascular links in Asian diets. 2nd Health Worlds Asia Congress and Exhibition, Nov. 11-13 2005; Singapore. (Poster).
11. **Amani R**, Khaje-Mougahi N. Is nutritional pattern of school children with attention deficit/hyperactivity disorder different from normal subjects? 5th International Forum on Mood and Anxiety Disorders, Nov. 9-11, 2005 Vienna, Austria.
12. **Amani R**. Zand-Moghaddam A. Effects of soyprotein isoflavones on lipid profile and serum hormones in hypercholesterolemic men. 12th World Congress on Heart Disease, July 16-19, 2005. Vancouver, Canada.
13. **Amani R**. Obesity in South-West of Iran : A comparison between body mass index and bioelectrical impedance analysis methods . 1st Health worlds Asia Congress and Exhibition, Sep 2-5, 2004 . Kuala Lumpur; Malaysia. (Oral presentation)
14. **Amani R**. Evaluation of nutritional related lifestyle pattern of female university students. 6th International Epidemiology Association Scientific Meeting in Eastern Mediterranean Region ; Dec 9-11 2003 : Ahvaz , Iran.
15. Egtesadi S, Ansari N, Dastgiri S, **Amani R**, Mamaghani ME. Assessment of nutritional status and growth pattern of 11-14 years old urban adolescent girls in Ahvaz junior high schools. Aug. 27-31;2001. Vienna, Austria.
16. **Amani R** , Ghani AR. Assessment of the effect of ascorbic acid supplement on hematologic indices in hemodialysis patients. XVI International Congress of Nutrition. Jul 27-Aug 1; 1997. Montreal; Canada.

B- National:

There are more than 80 articles (in abstract books and proceedings) submitted to national congresses and scientific meetings. (Attendance certificates are available.)

Awards and Scientific Achievements:

- Outstanding MSc. Student (1994).
- Achieving 2nd place in National Ph.D Exam (1996).
- Outstanding PhD student (2002).
- Outstanding researcher of AJUMS* for three consecutive years (2000-2002)
- Outstanding researcher of AJUMS (Dec.; 2005).
- 3rd place in 1st National Sports Medicine Federation Festival (Dec. 2005).
- Outstanding Young Academics Ministry of Health (*National Award of Teacher's Memorial Day*; May 2007).
- Outstanding Researcher of AJUMS (Dec. 2007); 3rd place in the University
- Outstanding Researcher of AJUMS (Dec. 2008); 2nd place in the University
- Outstanding academic of AJUMS : Innovation in teaching (*Award of Teacher Memorial Day*; May 2009)
- Outstanding Researcher of AJUMS and *Award of Innovations in Management* for approval of PhD course in the University (Dec. 2009).
- Outstanding Researcher of AJUMS (Dec. 2010); 1st place in the Faculty.
- Outstanding Researcher of AJUMS (Dec. 2014); 1st place in the Faculty.

Titles of Final Thesis/Dissertation:

- ***PhD:*** Assessment of the effects of soy isoflavones on lipid profile and serum hormones of hypercholesterolemic rabbits. (Minor courses: Nutritional Physiology)
- ***MSc.:*** Assessment of growth pattern and nutritional status of school age students, City of Isfahan, Iran.
- ***BSc.:*** Nutritional status of CHD patients in Shariati Hospital, Isfahan, Iran; 1991.

Participation in Training/Educational Workshops till 2010:

Training Workshops			
Year	Length of Workshop	Name of Organisation	Subject
1991-1992	4 mo	Tabriz University	Computer, Basic and Advanced
1994	2 weeks	Ahvaz University	Internet- Basic
1995	1 week	Ahvaz University	Internet- Advanced
1996	2 weeks	Ahvaz University	SPSS software- Basic and Advanced
1996	2 weeks	Ahvaz University	Research Training- Preliminary
1997	1 week	Tabriz University	Research Project Supervision- Advanced
1998	1 week	Tabriz University	Internet Searching Strategies- Advanced
2001	1 week	Ahvaz University	Problem Based Learning (PBL)
2004	1 week	Ahvaz University	Reference Manager Software
2005	1 week	Ahvaz University	Time Management Workshop
Nov. 2005	1 week	Ahvaz University	Scientific Writing in English- Advanced
19 Apr 2010	1 day	University of Sydney	Doctoral Thesis Supervision
22 May 2010	1 day	University of Sydney	Nutrition Society of Australia- Nestle Nutrition Update Day
9-10 June 2010	2 days	University of Sydney	Principles and Practice of University Teaching and Learning Program

* AJUMS : Ahvaz Jundishapur University of Medical Sciences.