

Curriculum Vitae

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CURRENT ADDRESS

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EDUCATION

1998 -2002 B.Sc. (Nutritional Sciences), Isfahan University of Medical Sciences
2010 -2013 M.Sc. (Nutritional Sciences), Isfahan University of Medical Sciences
2013 - 2018 Ph.D. Candidate (Nutritional Sciences), Ahvaz Jundishapur University of Medical Sciences.
2017-2018 Training research, College of Health and Biomedicine, Victoria University, Melbourne, Australia.

Articles:

In International Journals:

1. Arab A, Rafie N, Amani R, **Shirani F***. The Role of Magnesium in Sleep Health: a Systematic Review of Available Literature. Biological Trace Element Research. 2022 Feb 19:1-8.
2. **Shirani F**, Foshati S, Tavassoly M, Clark CC, Rouhani MH. The effect of red pepper/capsaicin on blood pressure and heart rate: A systematic review and meta-analysis of clinical trials. Phytotherapy Research. 2021 Nov;35(11):6080-8.
3. Arab A, Karimi E, Vingrys K, **Shirani F***. Is phase angle a valuable prognostic tool in cancer patients' survival? A systematic review and meta-analysis of available literature. Clinical Nutrition (acceptance your paper subject to you making the minor revisions)
4. **Shirani F**, Khorvash F, Arab A, Review on selected potential nutritional intervention for treatment and prevention of viral infections: possibility of recommending these for Coronavirus 2019. Int J Food Prop 2020 Oct; 23(1): 1722-1736
5. **Shirani F**, Teimoori A, McAinch AJ, Rashno M, Latifi SM, Karandish M. Human adenovirus 36 improves insulin sensitivity and lipid profiles and increases inflammatory markers in Wistar rats. J. Investig. Med 2020 Jun 1; 68(5):980-4.
6. Sajjadi F, Mohammadifard N, Maghroun M, **Shirani F**, Karimi S, Taheri M, Sarrafzadegan N. The effect of educational and encouragement interventions on anthropometric characteristics, obestatin and adiponectin levels. ARYA Atheroscler. 2019 May; 15(3): 123–129.

7. Shirani F, Teimoori A, Rashno M, Latifi SM, Karandish M. Using rats as a research model to investigate the effect of human adenovirus 36 on weight gain. ARYA Atheroscler, 2017; 13(4):167-171.
8. Soltani S, Shirani F, Chitsazi MJ, Salehi-Abargouei A. The effect of dietary approaches to stop hypertension (DASH) diet on weight and body composition in adults: a systematic review and meta-analysis of randomized controlled clinical trials. Obes Rev. 2016; 17(5):442-54.
9. Shishehbor F, Mohammad shahi M, Zarei M, Saki A, Zakerkish M, Shirani F, Zare M. Effects of Concentrated Pomegranate Juice on Subclinical Inflammation and Cardiometabolic Risk Factors for Type 2 Diabetes: A Quasi-Experimental Study. Int J Endocrinol Metab. 2016; 14(1): e33835.
10. Nourian M, Maghsoudi Z, Shirani F. Assessment of mineral intake in Adolescent School Children of Isfahan. Diab Obes Metab Disor OA 2016; 2: 100110
11. Shirani F, Esmaillzadeh A, Keshteli AH, Adibi P, Azadbakht L. Low-carbohydrate-diet score and metabolic syndrome: An epidemiologic study among Iranian women. Nutrition. 2015; 31(9):1124-30.
12. Karandish M, Shirani F. Controversies in obesity treatment. Nutr Food SCI Res. 2015; 2(3): 5-14.
13. Daneshzad E, Azadbakhat L, Neamani F, Abasi S, Shirani F, Adibi P. Nutritional assessment in critically ill patients. J Nutr Sci & Diet 2015; 1(3): 157-64.
14. Haghizadeh MH, Karandish M, Ghoreishi M, Soroor F, Shirani F*.Body weight changes during the menstrual cycle among university students in Ahvaz, Iran. Pak J Biol Sci. 2014; 17(7):915-9.
15. Salehi-Abargouei A, Maghsoudi Z, Shirani F, Azadbakht L. Effects of dietary approaches to stop hypertension (DASH)-style diet on fatal or nonfatal cardiovascular diseases- incidence: a systematic review and meta-analysis on observational prospective studies. Nutrition. 2013; 29(4):611-8.
16. Shirani F, Salehi-Abargouei A, Azadbakht L. Effects of Dietary Approaches to Stop Hypertension (DASH) diet on some risk for developing type 2 diabetes: A systematic review and meta-analysis on controlled clinical trials. Nutrition. 2013; 29(7-8):939-47.

Posters Presentations in International Congresses:

1. Insulin sensitivity and lipid profile in rats infected with human adenovirus 36 presented in 28th European Congress of Clinical Microbiology and Infectious Diseases (ESCMID). Madrid, Spain, 2018.
2. Investigation of the effect of human adenovirus-36 on weight gain and lipid metabolism in a rat model. Postgraduate research conference, Victoria University, Melbourne, Australia 2017.

3. The effect of Human adenovirus-36 on lipid metabolism in a rat model presented in 10th Asia Pacific Conference on Clinical Nutrition. Adelaide, Australia, 2017.
4. The frequency of nut consumption associated with decreased metabolic syndrome among Iranian population presented in 10th Asia Pacific Conference on Clinical Nutrition. Adelaide, Australia, 2017.
5. Human adenovirus 36 and weight gain in a rat model, presented in 27th European Congress of Clinical Microbiology and Infectious Diseases (ESCMID). Vienna, Austria, 2017.

Journal assistance as reviewer:

1. Journal of Research in Medical Sciences (JRMS)
2. International Journal of Preventive Medicine (IJPVM)
3. ARYA Atherosclerosis Journal, Iran.
4. Journal of Health system research (HSR)
5. Koomesh Journal
6. Journal of Herbal Medicine
7. Nutrition Research
8. Explore

Oral Presentations:

1. Effects of Dietary Approaches to Stop Hypertension (DASH) diet on some risk of developing type 2 diabetes: a systematic review and meta-analysis on controlled clinical trials, presented in 12th national congress of nutrition, Isfahan, Iran, 2012.
2. Diet, nutrition and the prevention of cardiovascular diseases, presented in Isfahan cardiovascular diseases conference, Isfahan, Iran, 2011.
3. Evaluation of the calcium, magnesium, zinc and iron of Iranian breads, presented in 11th national congress of nutrition, Shiraz, Iran, 2010.
4. Nutrition, depression and mental illnesses, presented in 1th national congress of medical students, Shahid Beheshti University, Tehran, Iran, 2001.
5. Food security, nutrition and population growth, presented in national conference of Health, Isfahan, Iran, 2000.

APPOINTMENTS

2003-2006: Member of "Food Security Research Center", Isfahan University of Medical Science

2005-2006: Participant in: "Nutrition Projects", Isfahan Healthy Heart Program. Isfahan University of Medical Sciences

2006- 2012: Member of "Community Nutrition Improvement Unit", Isfahan University of Medical Sciences.

2012-2013: Participant in "National Integrated Micronutrients Survey (NIMS2)", Isfahan University of Medical Sciences.

Laboratory Experiences:

* PCR

* Cell Culture

LOCAL WORKSHOPS & TRAINING COURSES:

2006: Interpretation of Laboratory Results

2007: Sport Nutrition

2011: Endnote

2011: Systematic Review and Meta-Analysis Workshop (level I)

2012: Systematic Review and Meta-Analysis Workshop (level II)

2014: Mandalay, Reference manager

2014: The Nutrition Leadership Workshop (level I)

2015: The Nutrition Leadership Workshop (level II)

2015: Arbitration Rules and Research Methodologies

2015: Basics of Diabetes Education, Gabric Diabetes Education Association

TEACHING EXPERIENCES

***Undergraduate**

* 2005-2007: Teaching 'applied nutrition in the field' to B.Sc. students

* 2008-2011: Nutrition Planning

* 2019-2021: nutrition internship

* 2020-2021: Basic Nutrition

Membership in Nutrition or other scientific societies

1. Member of Iranian nutrition society since 2006.

2. Iran's scientific association for healthy food and nutrition.

Research Interests:

* Obesity-Weight-Loss Strategies and Programs

* Nutritional Epidemiology

* Diet, Nutrition and the Prevention of Chronic Diseases (Nutritional Diseases)

* Nutrition and Metabolic Diseases in particular on Diet Therapy in Diabetes Mellitus

* Infectobesity

Revised March 11, 2022