

## Mohammad Bagherniya

### **PERSONAL INFORMATION**



Full name: Mohammad Bagherniya

Date of birth: 07<sup>th</sup> March 1987, Gender: Male

### **CONTACT INFORMATION**

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### **EDUCATION**

2004 Diploma in Experimental Sciences, Imam Mohammad Bagher High School, Isfahan, Iran.

2007-2011 Department of Nutrition, School of Health, Isfahan University of Medical Sciences, Isfahan, Iran.

Degree: Bachelor of Nutrition Sciences (BS in Nutrition)

2011-2014 Department of Clinical Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran

Degree: Master of Science in Public Health in Nutrition (MS.P.H Nutrition)

2014-2018 Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

Degree: PhD in Nutrition Science.

## **WORK HISTORY**

- Head of Student Association of Nutrition and Food Sciences. Mashhad University of Medical Sciences, Mashhad, Iran December. 2015-Present.
- Nutrition specialist, food expert & dietitian at Regal Petrochemical Company, Isfahan, Iran May 2014-Present.
- Nutritionist, food expert & dietitian at Sepahan Oil Company, Isfahan, Iran Dec 2012-March 2014.
- Nutritionist & dietitian at private office. Under the Supervision of the Iranian Medical Council and vice-chancellery for treatment of Isfahan University of Medical Sciences, Isfahan, Iran, July 2011-July 2013.
- Nutrition specialist, food expert & dietitian at Mapna Group Company, Isfahan, Iran Jan 2011- June 2012.
- Main member of executive at Isfahan Nutrition Association. Nutritionist, researcher & dietitian at Isfahan Nutrition Association, Isfahan, Iran May 2008-Present.

## **RESEARCH ACTIVITIES**

Member of food security research center since 2019

<b>Project Title</b>	<b>Role</b>	<b>Year</b>	<b>Source of Found</b>
Effect of curcumin-piperine co-supplementation on duration, severity, clinical symptoms and inflammatory factors in patients with coronavirus: a double-blind randomized clinical trial	Leader	2020- In-progress	Isfahan University of Medical Sciences
The relationship between dietary inflammatory index and plaque control record and gingival index among adults: a cross-sectional study	Leader	2018- in progress.	Isfahan University of Medical Sciences
The effect of cinnamon consumption on symptoms, severity of headache, inflammatory markers and anthropometry in migraine patient	Co-Researcher/Co-Author	2018- 2020	Isfahan University of Medical Sciences
The effect of curcumin-piperine supplementation on cardiometabolic factors, hepatic steatosis and fibrosis of fibroscan results and liver function in patients with non-alcoholic fatty liver disease: a randomized double-blind	Advisor	2018- in progress.	Isfahan University of Medical Sciences

clinical trial			
The effect of curcumin on lipid profile, blood sugar, anthropometric indices, liver function and hepatic fibrosis and steatosis resulting from fibroscan in patients with non-alcoholic fatty liver: a randomized double-blind clinical trial	Advisor	2018- in progress.	Isfahan University of Medical Sciences
The Relationship between dietary inflammatory index and cognitive function in a population of Iranians elders	Advisor	2018- in progress.	Isfahan University of Medical Sciences
Combination therapy of cryolipolysis ultrasound cavitation for reduction with whole body scan	Co-Researcher/Co-Author	2018-2019	Mashhad University of Medical Sciences
The effects of hypo-caloric and full-caloric enteral feeding on metabolic stress indices of patients with multiple trauma, during the first week of admission in the general intensive care unit	Co-Researcher/Co-Author	2018- in progress.	Mashhad University of Medical Sciences
Investigation the association between cardiovascular disease (coronary artery DISEASE) and fatty acid level	Co-Researcher/Co-Author	2018- in progress.	Mashhad University of Medical Sciences
Study on the Effect of Nutrition Education and Physical Activity intervention using Social Cognitive Theory for Overweight and Obese Student Girls of Middle School of Shahinshahr	Leader	2013-2016	Tehran University of Medical Sciences
Evaluation of the perception and experience of Iranian adolescents from obesity using a qualitative approach	Leader	2016-in progress	Mashhad University of Medical Sciences
Effect of Nutrition Education on Healthy Eating Choice (Low-fat), Carbohydrate Counting and Physical Activity in Type 2 Diabetics Adults Using Theory of Planned Behavior (TPB).	Co-Researcher/Co-Author	2013-2016	Tehran University of Medical Sciences
Assessing Reliability and Validity of Food Frequency Questionnaire in School Age Children in Iran	Co-Researcher/Co-Author	2008-2011	Isfahan University of Medical Sciences
Study on the effect of fortified low-fat	Principle Co-	2017- in	National Institute for

dairy products (milk, yogurt, Doogh and cheese) with Nano-encapsulated vitamin D on adult human health in the Mashhad city.	Researcher/ Co-Author	progress.	Medical Research Development (NIMAD)
The effect of Nano-capsule bread containing vitamin D on the serum vitamin D levels, the index of cardio metabolic and renal function in patients with type II diabetes: a randomized, double- blind study.	Co-Researcher/Co-Author	2016- in progress.	Mashhad University of Medical Sciences
The effect of formulation with low inflammatory index on inflammatory factors in multi-traumatic patients admitted to intensive care unit: controlled double-blind randomized clinical trial	Co-Researcher/Co-Author	2018- in progress.	Mashhad University of Medical Sciences
Study of the effect of enteral nutrition hypocalorie diet and full-calorie diet in the first week of admission on the clinical outcomes of patients admitted to the general intensive care unit	Co-Researcher/Co-Author	2018- in progress.	Kermanshah University of Medical Sciences
Preparation, characterization and determination of physicochemical properties of water soluble vitamin D nanoparticles	Co-Researcher/Co-Author	2018- in progress.	Mashhad University of Medical Sciences

## **PUBLICATIONS**

### **✓ Articles**

<b>N</b>	<b>Title</b>	<b>Publication Years</b>	<b>Language</b>	<b>Journal</b>	<b>Impact factor</b>	<b>Index</b>	<b>Author</b>
1	Regulation of apolipoprotein B by natural products and nutraceuticals: a comprehensive review	2020	English	CURRENT MEDICAL CHEMISTRY	3.894	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	First Author
2	The beneficial effects of nutraceuticals and natural products on small dense LDL	2020	English	Lipids in Health and Disease	2.651	ISI Master Journal list, Thomson Reuters,	Second Author

	levels, LDL particle number and LDL particle size: a clinical review					PUBMED, SCOPUS	
3	The effects of statins on dental and oral health: a review of preclinical and clinical studies.	2020	English	Journal of Translational Medicine	4.098	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	Third Author
4	The Effect of the Mediterranean diet on Cognitive function in patients with Parkinson's disease: a randomized clinical controlled trial	2020	English	Complementary Therapies in Medicine	1.979	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	Fourth Author
5	The Relationship between Dietary Patterns and Irritable Bowel Syndrome in Adolescent Girls	2020	English	Journal of nutrition and food security	-	Google scholar	Fourth author
6	Qualitative study of the influence of stress on dietary and physical activity behaviors of overweight and obese adolescents in Iran	2019	English	International journal of preventive medicine	ISI	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	First Author
7	The relationship between adherence to a Dietary Approach to Stop Hypertension (DASH) dietary pattern and insomnia	2019	English	BMC Psychiatry	2.666	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	Fourth author
8	Pre-pregnancy Body Mass Index and Maternal Nutrition in Relation to Infant Birth Size	2019	English	Clinical Nutrition Research	-	PUBMED	Third Author
9	What is the best solution to manage vitamin D deficiency?	2019	English	IUBMB Life	3.051	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	Second Author
10	High dose vitamin D supplementation is associated with an improvement in serum markers of liver function	2019	English	Biofactors	3.589	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	Fourth author
11	Adherence to a healthy dietary pattern is associated with less severe depressive symptoms	2019	English	Psychiatry Research	2.208	ISI Master Journal list, Thomson Reuters, PUBMED,	Fifth author

	among adolescent girls					SCOPUS	
12	Effect of atorvastatin on delirium status of patients in the intensive care unit: a randomized controlled trial	2019	English	Archives of Medical Science	2.380	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	Fourth author
13	The Prevalence of Vitamin D Deficiency in Iran: A Literature Review	2019	English	Current Nutrition & Food Science	ISI	ISI Master Journal list, Thomson Reuters, Scopus	First Author
14	The effect of fasting or calorie restriction on autophagy induction: A review of the literature	2018	English	Ageing Research Reviews	10.39	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	First author
15	Medicinal plants and bioactive natural compounds in the treatment of non-alcoholic fatty liver disease: A clinical review.	2018	English	Pharmacological Research	5.574	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	First Author
16	Western dietary pattern is associated with elevated high sensitive C-reactive protein among Iranian girl adolescents	2018	English	European Journal of Clinical Investigation	2.784	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	First Author (equally)
17	Nutrition Education intervention using Social Cognitive Theory for Overweight and Obese Iranian Girl Adolescents: A Cluster Randomized Control Trial	2018	English	International Quarterly of Community Health Education	ISI	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	First Author
18	Assessment of the Efficacy of Physical Activity Level and Lifestyle Behavior Interventions Applying Social Cognitive Theory for Overweight and Obese Girl Adolescents	2018	English	Journal of research in health sciences	ISI	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	First Author
19	The impact of adolescent friendships on unhealthy eating behaviors of overweight and obese adolescents: A qualitative study	2018	English	International journal of pediatrics		ISI Master Journal list, Thomson Reuters, Scopus.	First Author

20	Obesity Intervention Programs among Adolescents using Social Cognitive Theory: A Systematic Literature Review.	2017	English	Health Education Research	1.3	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	First Author
21	Serum high sensitive C reactive protein is associated with dietary intakes in diabetic patients with and without hypertension: a cross-sectional study	2017	English	Annals of Clinical Biochemistry	1.893	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	First Author
22	High sensitive C reactive protein is related to intake of dietary macronutrients and fibers: Findings from a large representative Persian population sample	2017	English	Journal of Clinical Biochemistry	2.430	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	Third-Author
23	Metabolic syndrome increase the risk of incident depression: A population based study	2017	English	Diabetes & Metabolic Syndrome: Clinical Research & Reviews	ISI	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	First Author
24	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	2017	English	Annals of Nutrition and Metabolism	3.051	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	Fourth author
25	The association of household food insecurity and the risk of calcium oxalate stones	2017	English	Urology Journal	1.463	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	Third-Author
26	Adherence to Hypoglycemic Medication among Insulin-Treated Patients with Type 2 Diabetes	2017	English	Iranian Journal of Medical Sciences	ISI	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	Third Author
27	A randomized-controlled trial investigating the international association of increasing fish consumption with depressive symptom in community-living older people	2017	English	Journal of Gerontology and Geriatrics	ISI	ISI, Scopus	Second Author

28	Application of Social Cognitive Theory in Predicting Childhood Obesity Prevention Behaviors in Overweight and Obese Iranian Adolescents	2015	English	International Quarterly of Community Health Education	ISI	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS	First Author
29	Using Social Cognitive Theory in Predicting Meal Frequency in Overweight and Obese Iranian Adolescents	2014	English	Bulletin of Environment, Pharmacology and Life Sciences (BEPLS)	ISI	ISI Master Journal list, Thomson Reuters	First Author
30	Assessment of the relationship between Self-efficacy and Meal frequency in Overweight and Obese Girl Students of Middle School of Shahinshahr	2016	Persian	Journal of Preventive Medicine	-	Islamic World Science Citation Center (ISC), Information Database (SID), Google Scholar,	First Author
31	Assessment of the relationship between Social support and Nutritional Behaviors in Overweight and Obese Student Girls of Middle School of Shahinshahr	2017	Persian	Journal of Preventive Medicine	-	Islamic World Science Citation Center (ISC), Information Database (SID), Google Scholar,	First Author
32	Effect of Zinc Supplementation on Symptoms and C-Reactive Protein among Patients with Migraine: A Double-blind Randomized Placebo-controlled Clinical Trial	2020	Persian	Journal of Preventive Medicine	-	Islamic World Science Citation Center (ISC), Information Database (SID), Google Scholar,	Fifth Author
33	The relationship between nutrients pattern and hypercholesterolemia	2018	English	Journal of Nutrition and Food Security	-	Google scholar	Third-Author



✓ **Letter to the editor**

N	Title	Publication Year	Language	Book
1	<b>Differences between lignin and lignin</b>	2016	English	Krause's Food & the Nutrition Care Process Book (13 <sup>th</sup> edition)
2	<b>Vitamin C Transportation</b>	2016	English	Krause's Food & the Nutrition Care Process Book (13 <sup>th</sup> edition)

✓ **Oral presentation**

N	Title	Congress	Year	Place/Language
1	Fasting or Calorie Restriction Dramatically Increase Autophagy and Mitophagy: A Comprehensive Review of Preclinical and Clinical Studies	3 <sup>rd</sup> International Nutrition Conference	2020	Mashhad/ English
2	Serum 25- hydroxy vitamin D status and its determinants: the role of lifestyle, dietary pattern, measures of liver function and the presence of irritable bowel syndrome	The International Student Congress of (bio) Medical Sciences (ISCOMS)	2017	The Netherlands/English
3	Metabolic syndrome increase the risk of incident depression: A population based study	The 2nd International and the 14th Iranian Nutrition Congress	2016	Iran/English
4	Western dietary pattern is associated with elevated high sensitive C-reactive protein among Iranian girl adolescents	1 <sup>st</sup> International Congress of " Nutrition: from Laboratory Research to Clinical Studies" (NLRCS)	2017	Iran/English
5	Nutrition Education intervention using Social Cognitive Theory for Overweight and Obese Iranian Girl Adolescents: A Cluster Randomized Control Trial	The 5th Congress of Obesity Prevention and Treatment	2015	Iran/Persian

✓ **Book**

Modern Nutrition in Health and Disease (Eleventh Edition) 2014, Translation in Persian 2014.

### **Peer Reviewer**

<b>N</b>	<b>Journal</b>	<b>Year</b>	<b>Index</b>
1	Journal of Preventive Medicine	2015-Present	Islamic World Science Citation Center (ISC), Information Database (SID), Google Scholar, Information Bank Country, System Science Co. blessing, Iran Journal.
2	International Journal of Preventive Medicine	2018-present	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS
3	Journal of Research in Medical Sciences	2020-present	ISI Master Journal list, Thomson Reuters, PUBMED, SCOPUS
4	Journal of Nutrition, Fasting and Health	2019-present	Google scholar, ISC, SID

### **University Teaching**

<b>N</b>	<b>Title</b>	<b>Unit</b>	<b>Year</b>	<b>Place</b>
1	Diet Therapy	1	2019-2020	Isfahan University of Medical Sciences
2	Nutrition in ICU patients	1.25	2019-2020	Isfahan University of Medical Sciences
3	Basic Nutrition	1.2	2019-2020	Isfahan University of Medical Sciences
4	Nutrition in Oral Health	2	2019-2020	Isfahan University of Medical Sciences
5	Biochemistry and basic nutrition	2	2019-2020	Isfahan University of Medical Sciences
6	Nutrition and nutrition therapy	2	2019-2020	Isfahan University of Medical Sciences
7	Nutrition and nutrition therapy	3.51	2016-2017	Mashhad University of Medical Sciences/ Nursing school
8	Basic nutrition	1	2016	Mashhad University of Medical Sciences/ Health school
9	Practical nutrition	2.14	2016	Mashhad University of Medical Sciences/ Health school

## **Clinical Nutrition Course**

Certificate of Clinical Nutrition course (Nutrition in ICU patients) in Ghaem hospital (Mashhad University of Medical Sciences) for nine months.

Certificate of Clinical Nutrition course (Parenteral Nutrition for ICU patients) hold by ESPEN (LLL course)

Certificate of Clinical Nutrition course (Nutrition for Gastrointestinal Diseases) hold by ESPEN (LLL course)

Certificate of Clinical Nutrition course (Nutrition for cancer patients) hold by ESPEN (LLL course)

## **HONORS AND AWARDS**

- ✓ Selected as “BEST STUDENT OF UNIVERSITY” by Mashhad University of Medical Sciences: 2018
- ✓ Certificate of recognition as "TOP STUDENT" in both comprehensive exam and the average scores of the total PhD courses.
- ✓ Selected as “BEST ORAL PRESENTER” in the 2<sup>nd</sup> international and 14<sup>th</sup> Iranian Nutrition Congress.
- ✓ Selected as “BEST STUDENT OF UNIVERSITY” by Isfahan University of Medical Sciences: 2010
- ✓ Certificate of Recognition as “PIONEER STUDENT OF THE YEAR” by Isfahan University of Medical Sciences: 2007, 2008, 2010

## **INTERNATIONAL ACITIVITIES AND COURSES**

Ambassador of international student congress "The International Student Congress of (bio) Medical Sciences (ISCOMS) 2017" and "Leiden International Medical Students' Conference (LIMSC) 2017" and "European Students' Conference 2016".

Online Courses, Statement of Accomplishment, with Distinction “Child Nutrition and Cooking” Stanford University 2013

Online Courses, Statement of Accomplishment, with Distinction “Nutrition, Health, Lifestyle: Issues and Insight” Vanderbilt University 2013.

## **REFERENCES**

Prof. Manoj Sharma (Professor, Behavioral & Environmental Health, Jackson State University, United States). Email: [manoj.sharma@jsums.edu](mailto:manoj.sharma@jsums.edu) Tel: (601) 979-8850

Prof. Seyed Ali Keshavarz; MSc supervisor (Professor of Nutrition, Head of Department of Clinical Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran) Email: [s\\_akeshavarz@yahoo.com](mailto:s_akeshavarz@yahoo.com) Tel: +989121279306

**Dr. Mohammad Safarian; PhD supervisor (Associate professor, Clinical Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran), Email: [Safarianm@mums.ac.ir](mailto:Safarianm@mums.ac.ir) Tel: +989153151654**

Dr. Ali Taghipour; PhD supervisor (Associate professor, Health Sciences Research Centre, Cancer Research Center, Department of Biostatistics and Epidemiology, School of Health, Mashhad University of Medical Sciences, Mashhad, Iran. Email: [taghipoura@mums.ac.ir](mailto:taghipoura@mums.ac.ir) Tel: +989372729573

**Prof. Majid Ghayour-Mobarhan (Professor of Clinical Nutrition, Department of Modern Sciences and Technologies, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran), Email: [Ghayourm@mums.ac.ir](mailto:Ghayourm@mums.ac.ir) Tel: +989155171478**

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Dr. Majid Darroudi (Assistant professor, Nuclear Medicine Research Center & Department of Modern Sciences and Technologies, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran), Email: [majiddarroudi@gmail.com](mailto:majiddarroudi@gmail.com) Tel: +989153064830

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