

Curriculum Vitae



Forename: Mehrangiz
Surname: Ebrahimi-Mameghani
Date of Birth: 22/12/1962

Assistant Professor: 2004-2010
Associate Professor: 2010-2015
Professor: 2015 up to now

Education: **BSc** in Nutrition (1983-1988) from Shahid Beheshti University of Medical Sciences, Tehran, Iran
MSPH (Master of Science) in Nutrition (1989-1992) from Tehran University of Medical Sciences, Tehran, Iran
Ph.D in Nutritional Epidemiology (2000-2004) from University of Glasgow, U.K.

Teaching Experiences: Over 24 years for different modules in BSc., MSc. and Ph.D courses in Nutrition, nursing, Medicine, Veterinary and Dentistry residents at Tabriz University of Medical Sciences, Azad University

Research activities:

- 1- Assessment of knowledge, attitude, and practice about IDD and practice about iodized salt in Tabriz
- 2- Evaluation of interventional methods in Iron deficiency anemia in women in childbearing ages
- 3- The role of Zn/Cu ration in etiology and prevalence of Coronary Heart Disease
- 4- Nutritional Status and food pattern of 3-6 year-old children in child care centers in Tabriz
- 5- KAP study on breast-feeding and supplementary foods
- 6- Nutritional status of school-aged children (11-14 years)
- 7- Knowledge and attitude of people about IDD
- 8- Study of bacterial flora of pasteurized milk in Tabriz
- 9- Effect of ripening on bacterial flora of pasteurized cheese
- 10- Staphylococcus aureus in raw and grilled meats
- 11- The effect of processed *Berberis vulgaris* in apple vinegar on metabolic syndrome-related factors in diabetic subjects
- 12- Dietary intake pattern, diet composition and their association with symptoms of Gastro-esophageal reflux disease (GERD): A Case-control study
- 13- Comparison of food pattern with emphasis on junk food consumption between male and female students at Tabriz University of Medical Sciences
- 14- Atkins diet in treatment of epilepsy in children
- 15- A cohort study on the relationship between nutrition and signs and symptoms of GERD
- 16- Dietary pattern of female students
- 17- The effect of Zn supplementation on bone mineral density in osteoporotic women
- 18- Assessment of common health problems and nutritional status in older people living in "Khuban" private nursing home
- 19- Dietary habits in people with Multiple Sclerosis
- 20- A comprehensive study on health status in Northwestern parts of Tabriz, a pilot study of a WHO project in Iran

Papers presented on National and International Congresses

- 1- Iron, Zinc and copper status in children with PKU
 - 2- Smoking, folate and vitamin B12 status
 - 3- Interaction of trace elements and its effect on hematological parameters
 - 4- Food contamination with PAH and the methods for prevention
 - 5- Contributing factors on duration of breast-feeding
 - 6- Nutritional pattern of breast-fed children in rural parts of Tabriz
 - 7- Nutritional status assessment of 0-24 month-old children in rural parts of Tabriz
 - 8- Anthropometric status of under 2-year-old children in rural and urban areas of Tabriz
 - 9- Regulatory parameters of ion-pair effects in amino acid analysis by HPLC
 - 10- Amino acid determination in aminoaciduria
 - 11- Assessment of Iron, vitamin B12 and folic acid indexes in PKU children
 - 12- Measuring 5-hydroxy methyl formaldehyde in honey
 - 13- Attitude and practice of mothers about infant nutrition and its relation to growth monitoring
 - 14- Knowledge, attitude and practice about infant nutrition and supplementary feeding in Tabriz
 - 15- A retrospective study on age and gender prevalence of malnutrition in 0-2-year-old children
 - 16- Comparison of nutritional status of 0-24 month-old children in urban Tabriz from 1370-1375
 - 17- Assessment of growth monitoring in under 3-year-old children in Urban parts of Tabriz district
 - 18- Nutritional anemias in phenylketonuria
 - 19- Differentiative spectrophometry in measuring 5-hydroxymethyl-2-formaldehyde in pharmacology
 - 20- Prevalence of various types of malnutrition in rural and urban areas of Tabriz district in 1373
 - 21- Nutritional behaviours in non-insulin dependent diabetic patients in Tabriz diabetes center
 - 22- Raisin contamination produced in East Azarbaijan province
 - 23- Assessment of body mass index in women in childbearing age and its association with biochemical parameters of iron status
 - 24- Weight change pattern and BMI in elderly
 - 25- Metabolic syndrome- related risk factors among Sofian Cement Company staffs
 - 26- Nutritional behaviors and lifestyle in CVD patients
 - 27- Attitude regarding the role of dietary factors on symptoms of MS patients
 - 28- Dietary pattern before and after diagnosis in patients with Multiple Sclerosis (MS)
 - 29- Anthropometric assessment of female students
 - 30- Assessment of dental health and body mass index in elderly in "Khuban" private nursing home
 - 31- Weight loss pattern in overweight or obese patients
 - 32- Nutritional knowledge, attitude and practice in Patients Undergoing Hemodialysis in Urmia
 - 33- Assessment of food intake adequacy in older people living in "Khuban" private nursing home
 - 34- Gastro-esophageal reflux disease (GERD) : the role of obesity and diet
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B- International Publications

- Nutritional status of Zinc, Copper and serum Zn/Cu ratio in coronary heart disease. 16th International Congress on Nutrition, Canada. July 1997
- Reduction of contamination of smoked long rice with benzo(a)pyrene by passing the smoke through anionic detergents. 16th International Congress on Nutrition, Canada. July 1997
- Trace element status and growth of undergoing treatment for phenylketonuria. 16th International Congress on Nutrition, Canada. July 1997
- Assessment of nutritional knowledge of diabetic patients in Tabriz, city of Iran. 16th International Congress on Nutrition, Canada. July 1997
- Association between food variety and selected socio-demographic and lifestyle characteristics in adults in the West of Scotland. Nutrition Society Summer Meeting (7-10 July 2002- Leeds). *Proceeding of the Nutrition Society*, 2002.
- Eating pattern and perceived healthiness of diet in the West of Scotland. (Nutrition in the Clinical Management of Disease Meeting organised by the Scottish Section jointly with the East of Scotland British Dietetic Association, and the Clinical Nutrition and Metabolism Group Western Infirmary Conference Centre (28-29 March 2003, Glasgow). *Proceeding of the Nutrition Society*, 2003.
- Prevalence of chronic diseases in relation to socio-demographic, lifestyle and dietary factors in Scottish adults. (Nutrition Society Summer Meeting 7-10 July 2003- London) *Proceeding of the Nutrition Society*, 2003.
- Association of weight change and socio-demographic and lifestyle factors in 1991-2000. (The 9th European Nutrition Conference [FENS] Health and Quality of Life in Europe: the Challenge of the Modern European Food System 1-4 October 2003, Rome-Italy). *Annals of Nutrition and metabolism* 2003
- Prevalence of metabolic syndrome and its predictors. The 10th Iranian Researchers Seminar in Europe, 2 July 2003, Glasgow, UK.
- Lifestyle factors and risk of cardiovascular disease. Joint Meeting of the Scottish Society for Experimental Medicine and The Scottish Cardiovascular Forum, 9 January 2004, Glasgow-UK.
- Patterns and demographic predictors of 9-year weight change in men and women in Scotland. (The 13th European Congress on Obesity [ECO], 26-29 May 2004 Prague-Czech Republic). *International Journal of Obesity*, (Suppl) 2004
- Change in waist circumference and associated social factors. The 11th Iranian Researchers Seminar in Europe, 3-4 July 2004, Manchester, UK.
- Is There Any Association Between Overweight, Obesity and Symptoms of Reflux Disease? *Pakistan Journal of Biological Sciences*, 2008
- Nutritional status among postmenopausal osteoporotic women in North West of Iran. *Asia Pacific Journal of Clinical Nutrition*, 2009
- Lifestyle Modification through Dietary Intervention: Health Promotion of Patients with Non-Alcoholic Fatty Liver Disease. *Health Promotion Perspectives*, 2011
- Anthropometric Indices Added the Predictive Ability of Iron Status in Prognosis of Atherosclerosis. *Health Promotion Perspectives*, 2012
- The Relation between Early Pregnancy Anthropometric Indices among Primiparous Women and Macrosomia. *Journal of Caring Sciences*, 2012
- Anthropometric Indices Added the Predictive Ability of Iron Status in Prognosis of Atherosclerosis. *Health Promotion Perspectives*, 2012
- The Effects of Magnesium, L-Carnitine, and Concurrent Magnesium–L-Carnitine Supplementation in Migraine Prophylaxis. *Biol Trace Elem Res*, 2012.
- Association between modifiable lifestyle factors and inflammatory markers in patients with metabolic syndrome. *Eastern Mediterranean Health Journal*, 2012.
- Diagnostic value of anthropometric indices for initial stage of atherosclerosis in adult women. *Asia Pacific Journal of Clinical Nutrition*, 2012.
- Does grape seed oil improve inflammation and insulin resistance in overweight or obese women? *Int J Food Sci Nutr*, 2013.
- Immunomodulatory and therapeutic effects of Hot-nature diet and co-supplemented hemp seed, evening primrose oils intervention in multiple sclerosis patients. *Complementary Therapies in Medicine*, 2013

- Effect of a probiotic preparation (VSL#3) in critically ill patients: A randomized, double-blind, placebo-controlled trial (Pilot Study). *Pakistan Journal of Medical Sciences*, 2013.
- Correlation between Body Mass Index and Central Adiposity with Pregnancy Complications in Pregnant Women. *Health Promotion Perspectives*, 2013
- Perceived Barriers to Weight loss Programs for Overweight or Obese Women, *Health Promotion Perspectives*, 2013
- Erythrocyte membrane fatty acids in multiple sclerosis patients and hot-nature dietary intervention with co-supplemented hemp-seed and evening-primrose oils. *African Journal of Traditional, Complementary and Alternative Medicines*, 2013
- Leiomyoma and Nutrition, a Case-Control Study. *International Journal of Women's Health and Reproduction Sciences*, 2013
- Activity of liver enzymes in multiple sclerosis patients with Hot-nature diet and co-supplemented hemp seed, evening primrose oils intervention. *Complementary Therapies in Medicine*, 2014
- The Effect of *Chlorella vulgaris* Supplementation on Liver Enzymes, Serum Glucose and Lipid Profile in Patients with Non-Alcoholic Fatty Liver Disease. *Health Promotion Perspectives*, 2014
- Adiponectin as a potential biomarker of vascular disease. *Vascular Health and Risk Management*, 2015
- A case-control study: Vitamin D status and sun exposure in multiple sclerosis. *Journal of Multiple Sclerosis*, 2015
- Association of Insulin Resistance with Lipid Profile, Metabolic Syndrome, and Hormonal Aberrations in Overweight or Obese Women with Polycystic Ovary Syndrome. *Journal of Health Population and Nutrition*, 2015
- Social support and dairy products intake among adolescents: a study from Iran. *PMC Public Health*, 2015
- Evaluation of Oxidative DNA Damage and Its Relation with Anthropometric Indices in Healthy Adolescents. *International Journal of Nutrition and Food Sciences*, 2015
- Alteration of delta-6-desaturase (FADS2), secretory phospholipase-A2 (sPLA2) enzymes by Hot-nature diet with co-supplemented hempseed, evening primrose oils intervention in multiple sclerosis patients. *Complementary Therapies in Medicine*, 2015
- Association Between Dietary Patterns and Serum Leptin-to-Adiponectin Ratio in Apparently Healthy Adults. *Journal of the American College of Nutrition*, 2015
- Alteration of delta-6-desaturase (FADS2), secretory phospholipase-A2(sPLA2) enzymes by Hot-nature diet with co-supplemented hempseed, evening primrose oils intervention in multiple sclerosis patients. *Complementary Therapies in Medicine*, 2015
- Conjugated linoleic acid improves glycemic response, lipid profile, and oxidative stress in obese patients with non-alcoholic fatty liver disease: a randomised controlled clinical trial. *Croatian Medical Journal*, 2016
- Relationship Between Vitamin D, PTH and Insulin Resistance in the Development of Non-Alcoholic Fatty Liver Disease (NAFLD). *Malaysian Journal of Nutrition*, 2016
- Predictors of low birth weight infants in the North West province of Iran: a case-control study. *Indian Journal of Pediatrics*, 2016
- Glucose homeostasis, insulin resistance and inflammatory biomarkers in patients with non-alcoholic fatty liver disease: Beneficial effects of supplementation with microalgae *Chlorella vulgaris*: A double -blinded placebo-controlled randomized clinical trial. *Clinical Nutrition*, 2017
- The Immune Response Against Oryzatenin Increase VEGF and MMP-9 Expression in HEP-G2 Cell Line. *MOJ Immunology*, 2017
- Oryzatenin-stimulated PBMCs Increase Cancer Progression In-vitro. *Iranian Journal of Allergy, Asthma and Immunology*, 2017
- Total diet, individual meals, and their association with gastroesophageal reflux disease. *Health Promotion Perspective*, 2017
- The Effects of Raw Red Onion Consumption on Serum Levels of Adiponectin, Leptin, and hs-CRP in Overweight/Obese Females with Polycystic Ovarian Syndrome: A Randomized Controlled-Clinical Trial. *Iranian Red Crescent Medical Journal*, 2017

- The effect of artichoke leaf extract supplementation on lipid and CETP response in metabolic syndrome with respect to Taq 1B CETP polymorphism: A randomized placebo-controlled clinical trial. *European Journal of Integrative Medicine*, 2018
- TCF7L2-rs7903146 polymorphism modulates the effect of artichoke leaf extract supplementation on insulin resistance in metabolic syndrome: a randomized, double-blind, placebo-controlled trial. *Journal of Integrative Medicine*, 2018
- The Effect of Alpha-Lipoic Acid on Liver Function and Metabolic Markers in Obese Patients with Non-Alcoholic Fatty Liver Disease: A Double - Blind Randomized Controlled Trial. *Iranian Red Crescent Medical Journal*, 2018
- Varzaghan Earthquake Affected Mothers' and Their Newborns' Health More Severely, in Socioeconomically Vulnerable Area. *Disaster Medicine and Public Health Preparedness*, 2018
- Raw red onion intake and insulin resistance markers in overweight or obese patients with polycystic ovary syndrome: a randomized controlled-clinical trial. *Progress in Nutrition*, 2018
- The Effect of a Single Intramuscular Injection of Cholecalciferol on the Serum Levels of Vitamin D, Adiponectin, Insulin Resistance, and Liver Function in Women with Non-Alcoholic Fatty Liver Disease (NAFLD): A Randomized, Controlled Clinical Trial. *Iranian Red Crescent Medical Journal*, 2018
- Effects of Alpha-Lipoic Acid Supplementation on Oxidative Stress Status in Patients with Non-Alcoholic Fatty Liver Disease: A Randomized, Double Blind, Placebo-Controlled Clinical Trial. *Iranian Red Crescent Medical Journal*, 2018
- Effects of artichoke leaf extract supplementation on metabolic parameters in women with metabolic syndrome: Influence of TCF7L2-rs7903146 and FTO-rs9939609 polymorphisms. *Phytherapy Research*, 2018
- Antioxidant response to artichoke leaf extract supplementation in metabolic syndrome: A double-blind placebo-controlled randomized clinical trial. *Clinical Nutrition*, 2018
- Serum levels of copper, zinc and magnesium in pregnant women with Impaired Glucose Tolerance test: a case-control study. *Progress in Nutrition*, 2018
- Transplantation of interscapular brown adipose tissue in rats. *Ukrainian Journal of Ecology*, 2018
- The antioxidant activity of artichoke (*Cynara scolymus*): A systematic review and meta-analysis of animal studies. *Phytotherapy Research*, 2019
- Iodine status, and knowledge about iodine deficiency disorders in adolescent school girls aged 14-19 years, 2016. *Health Promotion Perspectives*, 2019.
- The interaction of FTO-rs9939609 polymorphism with artichoke leaf extract effects on cardiometabolic risk factors in hypertriglyceridemia: A randomized clinical trial. *Translational Proteomics*, 2019
- Effect of vitamin D supplementation in combination with weight loss diet on lipid profile and sirtuin 1 in obese subjects with vitamin D deficiency: a double blind randomized clinical trial. *Health Promotion Perspectives*, 2019
- Dietary patterns and socioeconomic status in Iranian adolescent girls, 2015. *Progress in Nutrition*, 2019
- Oral α -lipoic acid supplementation in patients with non-alcoholic fatty liver disease: effects on adipokines and liver histology features. *Food and Function*, 2019
- Socioeconomic Inequality in Fruit and Vegetable Consumptions in Elderly People: A Cross Sectional Study in North West of Iran. *Nutrition and Food Sciences Research*, 2019
- Household food security status and its associated factors in Baft-Kerman, IRAN: a cross-sectional Study. *Ecology of Food and Nutrition*, 2019
- Calorie restriction in combination with prebiotic supplementation in obese women with depression: effects on metabolic and clinical response. *Nutritional Neuroscience*, 2019
- Higher ultra-processed food intake is associated with higher DNA damage in healthy adolescents. *British Journal of Nutrition*, 2020
- The Effects of Grape Seed Oil on the Cardiovascular Risk Factors in Overweight and Obese Women: A Double-Blind Randomized Clinical Trial. *Current Topics in Nutraceutical Research*, 2020

- What are the optimal cut-off points of anthropometric indices for prediction of overweight and obesity? Predictive validity of waist circumference, waist-to-hip and waist-to-height ratios. *Health Promotion Perspectives*, 2020
- Is the modified household food security survey (HFSS) questionnaire a practical tool for screening food insecurity? Evidence from northwest of Iran. *BMC Public Health*, 2020
- Relationship between Leptin to Adiponectin Ratio and Metabolic Syndrome Indices in Apparently Healthy Adults. *Turkish Journal of Endocrinology and Metabolism*, 2020
- The predictors of high dietary salt intake among hypertensive patients in Iran. *International Journal of Hypertension*, 2020
- A systematic review of the association of neuregulin 4, a brown fat–enriched secreted factor, with obesity and related metabolic disturbances. *Obesity Reviews*, 2020
- Potential roles of Citrulline and watermelon extract on metabolic and inflammatory variables in diabetes mellitus, current evidence and future directions: A systematic review. *Clinical and Experimental Pharmacology and Physiology*, 2020
- Can psychobiotics “mood” ify gut? An update systematic review of randomized controlled trials in healthy and clinical subjects, on anti-depressant effects of probiotics, prebiotics, and synbiotics. *Clinical Nutrition*, 2020

- Effect of high dose vitamin D supplementation in combination with weight loss diet on Glucose homeostasis, insulin resistance and matrix metaloproteinases in obese subjects with vitamin D deficiency: a double blind placebo-controlled randomized clinical trial. *Applied Physiology, Nutrition, and Metabolism*, 2020
- Health outcomes and quality of life indices of children receiving blenderized feeds via enteral tube. *Journal of Pediatrics*, 2020
- Spirulina supplementation and anthropometric indices: A systematic review and meta-analysis of controlled clinical trials. *Phytotherapy Research*, 2020
- The association of the steatosis severity, NAFLD fibrosis score and FIB-4 index with atherogenic dyslipidaemia in adult patients with NAFLD: A cross-sectional study. *International Journal of Clinical Practice*, 2021
- The effects of citrulline supplementation on meta-inflammation and insulin sensitivity in type 2 diabetes: a randomized, double-blind, placebo-controlled trial. *Diabetology and Metabolic Syndrome*, 2021
- Age at menarche, eating disorders, and their relationships with some parameters in female adolescents in Iran. *BMC Research Notes*, 2021
- Food Insecurity and Lipid Profile Abnormalities Are Associated with an Increased Risk of Nonalcoholic Fatty Liver Disease (NAFLD): A Case–Control Study. *Ecology of Food and Nutrition*, 2021
- Effects of hydroxy citric acid on body weight and serum hepcidin level in women with non-alcoholic fatty liver disease. *Advances in Integrative Medicine*, 2021
- The effects of citrulline supplementation on meta-inflammation and insulin sensitivity in type 2 diabetes: a randomized, double-blind, placebo-controlled trial. *Diabetology & Metabolic Syndrome*, 2021