



## Maryam Rafrat, Ph.D.

<b>C.V updated:</b>	20 May 2021
<b>Title:</b>	Ph.D., Professor of Nutrition.
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## Educational Background

Major	Minor	Degree	University	City	Country	Year	
						From	To
Nutrition		BS	Tabriz University of Medical Sciences	Tabriz	Iran	1983	1988
Nutrition		MS	Tehran University of Medical Sciences	Tehran	Iran	1991	1994
Nutrition		Ph.D	Tabriz University of Medical Sciences	Tabriz	Iran	1997	2003



## Positions Held

Faculty Member,

Professor of Nutrition.



## Teaching Experiences

Basics of Nutrition,

Developed Nutrition,

Nutritional Epidemiology

Nutrition in community



## Research Experiences

*(Chronic disease) ,obesity,Type 2 Daibetes,Non alcolic Fatty Liver disease, Poly Cystic Ovary Syndrome, Adolescent Nutrition,women's nutitonal status*



## Fields of Interest

*Chronic disease*

*Adolescent Nutrition,women's nutritonal status*



**Professional memberships**

**Iranian Nutrition Society.**



**Honors and Awards**

Award of Ministry of Health and Medical Education, Iran. As a top researchers from Tabriz University of Medical Sciences for weekly iron supplementation in childbearing age women in Marand district,Iran.



**Books**

**Food Borne Disease**

**Stress and Nutrition**

**The management of Nutrition in Major Emergencies**



### **Published Articles (In English)**

#### **In English (Retrieved from [www.scopus.com](http://www.scopus.com)):**

1. Determination and Comparison of Total Polyphenol and, 2010 vitamin C contents of natural fresh commercial fruit juices. R Mahdavi, Z Nikniaz, M Rafrat, A Jouyban . Pakistan Journal of Nutrition,2010. 9 (10), 968-972
2. Effects of omega-3 fatty acids supplementation on serum adiponectin levels and some metabolic risk factors in women with polycystic ovary syndrome. E Mohammadi, M Rafrat, L Farzadi, M Asghari-Jafarabadi, S Sabour .Asia Pacific journal of clinical nutrition,2012. 21 (4), 511-518
3. Prevalence of prehypertension and hypertension among adolescent high school girls in Tabriz, Iran. M Rafrat, BP Gargari, A Safaiyan Food and Nutrition Bulletin, 2010. 31 (3), 461-465
4. Omega-3 fatty acids improve glucose metabolism without effects on obesity values and serum visfatin levels in women with polycystic ovary syndrome. M Rafrat, E Mohammadi, M Asghari-Jafarabadi, L Farzadi. Journal of the American College of Nutrition, 2012. 31 (5), 361-368
5. Effect of dietary supplementation with *Nigella sativa* L. on serum lipid profile, lipid peroxidation and antioxidant defense system in hyperlipidemic rabbits. B Pourghassem-Gargari, V Ebrahimzadeh-Attary, M Rafrat, A GorbaniJournal of Medicinal Plants Research, 2009. 3 (10), 815-821
6. Effects of probiotic yogurt consumption on metabolic factors in individuals with nonalcoholic fatty liver disease. S Nabavi, M Rafrat, MH Somi, A Homayouni-Rad, M Asghari-Jafarabadi Journal of dairy science, 2014. 97 (12), 7386-7393
7. Serum selenium levels in healthy women in Tabriz, Iran. M Rafrat, R Mahdavi, MR Rashidi Food and nutrition bulletin, 2008. 29 (2), 83-86

8. Effects of Vitamin E and Zinc Supplementation on Antioxidants in Beta-Thalassemia Major Patients. M Rashidi, M Aboomardani, M Rafrat, SRA Arefhosseini, A Keshkar, ...Iranian journal of pediatrics, 2011. 21 (1), 8-1
9. Osteoporosis-related life habits and knowledge about osteoporosis among women in Tabriz, Iran. M Rafrat, B Bazyun, F Afsharnia .The International Medical Journal of Malaysia, 2009. 8 (2)
10. Benefits of omega-3 fatty acids supplementation on serum paraoxonase 1 activity and lipids ratios in polycystic ovary syndrome. E Mohammadi, M Rafrat. Health Promot Perspect, 2012. 2 (2), 197-204.
11. Effectiveness of chamomile tea on glycemic control and serum lipid profile in patients with type 2 diabetes. M Rafrat, M Zemestani, M Asghari-Jafarabadi .Journal of endocrinological investigation, 2015. 38 (2), 163-170
12. Vitamin D status and its relationship with metabolic syndrome risk factors among adolescent girls in Boukan, Iran. M Rafrat, SK Hasanabad, MA Jafarabadi. Public health nutrition, 2014. 17 (04), 803-809
13. Prevalence of Overall and Abdominal Obesity among Adolescent High School Girls in Tabriz, Iran. M Rafrat, E Mohamadi, BP Gargari. International Medical Journal Malaysia, 2013. 12 (1)
14. Chamomile tea improves glycemic indices and antioxidants status in patients with type 2 diabetes mellitus. M Zemestani, M Rafrat, M Asghari-Jafarabadi. Nutrition, 2016. 32 (1), 66-72
15. Total phenols and vitamin C contents of Iranian fruits. Z Nikniaz, R Mahdavi, M Rafrat, A Jouyban. Nutrition & Food Science, 2009. 39 (6), 603-608

16. Food habits related to osteoporosis in women in iran. M Rafrat, B Bazyun. Health promotion perspectives, 2011. 1 (2), 111
  
17. Relationship of body mass index with daily calcium intake, and physical activity in childbearing age women. MARYAM Rafrat, BEHNAZ Bazyun, Seyed Jamal Ghaemmaghami. Medical Journal of Tabriz University of Medical Sciences and Health Services, 2010. 32(5)
  
18. Effect of L-carnitine supplementation in comparison with moderate aerobic training on serum inflammatory parameters in healthy obese women. M Rafrat, M Karimi, A Jafari. The Journal of sports medicine and physical fitness, 2015. 55 (11), 1363-1370
  
19. Effect of fenugreek seeds on serum metabolic factors and adiponectin levels in type 2 diabetic patients. M Rafrat, M Malekiyan, M Asghari-Jafarabadi, A Aliasgarzadeh. Int. J. Vitamin Nutr. Res, 2014. 84, 196-205
  
20. Determination and comparison of the total polyphenol contents of fresh and commercial fruit juices, 2011. R Mahdavi, Z Nikniaz, M Rafrat, A Jouyban. British Food Journal, 2011. 113 (6), 744-752
  
21. Effect of Ground Black Seed (Nigella Sativa L.) on Serum Lipid Profile, Body Weight and Food Intake in Hyperlipidemic Rabbits. V Ebrahimzadeh Attari, B Pourghassem Gargari, M Rafrat, A Gorbani, ...ZUMS Journal, 2010. 18 (70), 31-43
  
22. Effects of  $\omega$ -3 Fatty Acid Supplementation on Glycemic Status and High Sensitive C-Reactive Protein in Women with Polycystic Ovary Syndrome. M Rafrat, E Mohammadi, L Farzadi, M Asghari-Jafarabadi, S Sabour Journal of Ardabil University of Medical Sciences, 2012. 12 (4), 373-383

23. Effect of L-carnitine supplementation in comparison with moderate aerobic training on insulin resistance and anthropometric indices in obese women. M Rafrat, M Karimi, MR Rashidi, A Jafari. ZUMS Journal, 2012. 20 (83), 17-30
24. Impact of Vitamin E Supplementation on Blood Pressure and Hs-CRP in Type 2 Diabetic Patients. M Rafrat, B Bazyun, MA Sarabchian, A Safaeiyan, SJG Hezaveh. Health promotion perspectives, 2012. 2 (1), 72
25. Assessment of some effective factors on the weight gain during pregnancy and birth weight of newborns. M Rafrat, SM Milani, S Mahboub, R Mahdavi. Medical Journal of Tabriz University of Medical Sciences, 2002.55, 31-37
26. The effects of probiotic yogurt on metabolic factors in nonalcoholic fatty liver disease. S Nabavi, M Rafrat, MH Somi, A Homayouni-Rad, M Asghari-Jafarabadi. Scientific Journal of Kurdistan University of Medical Sciences, 2015. 20 (6)
27. Effect of vitamin E supplementation on metabolic status and serum lipoprotein (a) level in type 2 diabetics, M Rafrat, B Bazyun, MA Sarabchian, A Safaeiyan. ZUMS Journal, 2014. 22 (91), 84-94
28. Effect of l-carnitine supplementation with or without moderate aerobic training on serum lipid profile and body fat percentage in obese women. M Karimi, M Rafrat, M Rashidi, A Jafari. Iranian Journal of Endocrinology and Metabolism, 2013. 14 (5), 445-454
29. Effect of flaxseed (*Linum usitatissimum*) on serum lipid profile and malondialdehyde in hyperlipidemic rabbits. AV EBRAHIMZADEH, GB POURGHASEM, M RAFRAF, AAF GHORBANI, ...PHARMACEUTICAL SCIENCES, 2009. 15 (2), 195-204

30. Comparison of serum 25-hydroxyvitamin D levels in women of childbearing age, oral contraceptive users, postmenopausal and who take hormone replacement therapy. M Rafrat, MR RASHIDI, R Mahdavi, M Mesgari. *MEDICAL JOURNAL OF TABRIZ UNIVERSITY OF MEDICAL SCIENCES*, 2007. 29 (1), 43-47
  
31. Effects of Turmeric on Homocysteine and Fetuin-A in Patients With Nonalcoholic Fatty Liver Disease: A Randomized Double-Blind Placebo-Controlled Study. A Ghaffari, M Rafrat, R Navekar, B Sepehri, M Asghari-Jafarabadi, ...*Iranian Red Crescent Medical Journal*, 2017.
  
32. Pomegranate (*Punica granatum L.*) peel hydro alcoholic extract ameliorates cardiovascular risk factors in obese women with dyslipidemia: A double blind, randomized, placebo controlled pilot study. MK Haghghian, M Rafrat, A Moghaddam, S Hemmati, MA Jafarabadi, ...*European Journal of Integrative Medicine*, 2016. 8 (5), 676-682
  
33. Pomegranate (*Punica Granatum L.*) Peel Hydroalcoholic Extract Supplementation Reduces Pain and Improves Clinical Symptoms of Knee Osteoarthritis: A Randomized Double-Blind Placebo Controlled Study. M Rafrat, S Hemmati, MA Jafarabadi, A Moghaddam, MK Haghghian. *Iranian Red Crescent Medical Journal*, 2016.
  
34. Vitamin E Improves Serum Paraoxonase-1 Activity and Some Metabolic Factors in Patients with Type 2 Diabetes: No Effects on Nitrite/Nitrate Levels. M Rafrat, B Bazyun, MA Sarabchian, A Safaeiyan, BP Gargari. *Journal of the American College of Nutrition*, 2016. 35 (6), 521-528
  
35. A Journal on Applied Physiology, Biomechanics, Preventive Medicine, Sports Medicine and Traumatology, Sports Psychology. M Rafrat, M Karimi, A Jafari. *The Journal of Sports Medicine and Physical Fitness*, 2015. 55 (11), 1363-70



36. Probiotic yogurt improves body mass index and fasting insulin levels without affecting serum leptin and adiponectin levels in non-alcoholic fatty liver disease (NAFLD). S Nabavi, M Rafrat, M Somi, A Homayouni-Rad, M Asghari-Jafarabadi. *Journal of Functional Foods*, 2015. 18, 684-691
  
37. Effect of Fenugreek Deeds on Serum Metabolic Factors and ICAM-1 (Intercellular adhesion molecule-1) levels in type 2 Diabetic Patients. M Rafrat, M Malekiyan, M Asghari Jafarabadi, AA Asgarzadeh, ...*ZUMS Journal*, 2015. 23 (96), 11-21
  
38. PREVALENCE OF VITAMIN D DEFICIENCY AND ITS RELATIONSHIP WITH BODY MASS INDEX AND WAIST CIRCUMFERENCE IN FEMALE ADOLESCENTS 17-14 YEARS, BOUKAN. S Karimi-Hasanabad, M Rafrat, M Asghari-Jafarabadi. *Iranian Journal of Diabetes and Metabolism*, 2014. 14 (1), 55-62
  
39. List Of Journal Paper (s). AM NURI, B MAHMUDIEH, A DAMIRCHI, N RAHMANI, H EMAMI, ...*JOURNAL OF ZANJAN UNIVERSITY OF MEDICAL SCIENCES AND HEALTH SERVICES*, 2014. 22 (91)
  
40. PP104-MON: Omega-3 Fatty Acids Improves Oxidative Stress in Women with Polycystic Ovary Syndrome. M Rafrat, E Mohamadi. *Clinical Nutrition*, 2014. S168
  
41. VITAMIN D STATUS AND ITS RELATIONSHIP GLYCEMIC AMONG ADOLESCENT GIRLS IN BOUKAN IRAN. M RAFRAF, HAS KARIMI, JM ASGHARI. *NUTRITION AND FOOD SCIENCES RESEARCH*, 2014. 1 (1), 226-226
  
42. PREVALENCE OF VITAMIN D DEFICIENCY AND ITS RELATIONSHIP WITH BLOOD PRESSURE IN FEMALE ADOLESCENTS 17-14 YEARS, BOUKAN. HS KARIMI, M RAFRAF, JM ASGHARI. *NUTRITION AND FOOD SCIENCES RESEARCH*, 2014. 1 (1), 166-166.

43. Omega-3 Fatty Acids Improves Oxidative Stress In Women With Polycystic Ovary Syndrome. M Rafrat, E Mohamadi. *Annals of Nutrition and Metabolism*, 2013. 63, 486
44. Omega-3 Fatty Acids Improve Oxidative Stress In Women With Polycystic Ovary Syndrome. M Rafrat, E Mohamadi. *Annals of Nutrition and Metabolism*, 2013. 63, 1164
45. Comparing The Effect Of Probiotic And Conventional Yoghurt Consumption On Lipid Profile In Patients With Non-alcoholic Fatty Liver Disease (nafld). S Nabavi, M Rafrat, F Bagherzadeh. *Annals of Nutrition and Metabolism*, 2013. 63, 180
46. Effect of zinc supplementation on serum malondialdehyde and lipid profiles on beta thalassemia major patients. M Aboomardani, M Rafrat, R Arefhosseini, MR Rashidi. *Pharmaceutical Sciences*, 2012. 18 (1), 25-32
47. Effects of vitamin E supplementation on activity of serum Paraoxonase, SOD, GPX enzymes and lipid profiles in beta major thalassemia patients. M Aboomardani, MR Rashidi, M Rafrat, SR Arefhosseini, AA Keshtkar, ...*Journal of Gorgan University of Medical Sciences*, 2011. 13 (4), 35-43
48. Lipid lowering effect of dietary supplementation with *Nigella sativa* L. in hyperlipidemic rabbits. V Ebrahimzadeh-Attary, B Pourghassem-Gargari, M Rafrat, A Gorbani. *Journal of Medicinal Food Plants*, 2009. 1 (2)
49. Risk Factors For Osteoporosis Among Women Of Healthcare Providers And Who Attending Health Centers In Tabriz, Iran. M Rafrat. *Annals of Nutrition and Metabolism*, 2009. 55, 481
50. Effects Of Flaxseed (*linum Usitatissimum*) And Black Seed (*nigella Sativa* Linn) On Serum Lipid Profile In Hyperlipidemic Rabbits. BP Gargari, VE Attari, M Rafrat, A Gorbani, H Tabibi, AM Vatankhah. *Annals of Nutrition and Metabolism*, 2009. 55, 165-166

51. Osteoporosis health beliefs and practices among women in Tabriz. M Rafraf, B Bazyon. ANNALS OF NUTRITION AND METABOLISM, 2007. 51, 331-331
52. SERUM VITAMIN A STATUS IN WOMEN USERS OF LOWDOSE ORAL CONTRACEPTIVES AND IN POSTMENOPAUSAL WOMEN TAKING HORMONE REPLACEMENT THERAPY. M RAFRAF, R MAHDAVI, MR RASHIDI, H KOUSHAVAR, L FARZADI, 2005.YAFT-E 7 (124), 61-68
53. Serum vitamin E status in women users of low-dose oral contraceptives and in postmenopausal women taking hormone replacement therapy. R Mahdavi, M Rafraf, MR Rashidi .PHARMACEUTICAL SCIENCES, 2005.
54. SERUM COPPER STATUS IN WOMEN USERS OF LOW-DOSE ORAL CONTRACEPTIVES AND IN POSTMENOPAUSAL WOMEN TAKING HORMONE REPLACEMENT THERAPY. M RAFRAF, R MAHDAVI, MR RASHIDI, D HASANZADEH. PHARMACEUTICAL SCIENCES, 2003.
55. Serum copper status in women users of low-dose oral contraceptives and in postmenopausal women taking hormone replacement therapy. M Rafraf, R Mahdavi, MR Rashidi, D Hasanzadeh. J. Epidemiol, 1991. 134, 268-76
۵۶. نیماتیو تیعضو E زود ابی کاروخ یی رادر اب دض یی اھ صرقه زا هدننگ هداقتسا نانز رد مرس نومروه یی نینزگیاج نامرد تحت هسئای نانز رد و نیناپ
57. PREVALENCE OF VITAMIN D DEFICIENCY AND ITS RELATIONSHIP WITH BODY MASS INDEX AND WAIST CIRCUMFERENCE IN FEMALE ADOLESCENTS 17-14 YEARS, BOUKAN. SK Hasanabad, M Rafraf, M Asghari-Jafarabadi, مجله دیابت و لیپید ایران, (14) 1 55-62

58. Effect of French maritime pine bark extract supplementation on metabolic status and serum vascular cell adhesion molecule-1 levels in patients with type 2 diabetes and microalbuminuria,, Complementary Therapies in MedicineOpen AccessVolume 58May 2021, number 102689
59. Effectiveness of theobromine on inhibition of 1,2-dimethylhydrazine-induced rat colon cancer by suppression of the Akt/GSK3 $\beta$ / $\beta$ -catenin signaling pathway.Journal of Functional ,Volume 75,December 2020, number 104293
- Effectiveness of Genistein Supplementation on Metabolic Factors and Antioxidant Status in Postmenopausal Women With Type 2 Diabetes Mellitus.Canadian Journal of DiabetesVolume 43, Issue 7, Pages 490 – 497,October 2019
60. Effects of turmeric and chicory seed supplementation on antioxidant and inflammatory biomarkers in patients with non-alcoholic fatty liver disease (NAFLD).Advances in Integrative Medicine, 2018, 5(3), pp. 89–95

1. *Linum usitatissimum* (رې مرسد حطسدي افورډ پيل لیبید د ي)

***In English (Retrieved from other indexing systems):***

**Published Articles (In Persian)**



**Presentations in Congresses**

