


	PERSONAL INFORMATION
	SEYEDEH TAYEBEH RAHIDEH
	 Nutrition Department, faculty of Public Health, Iran University of Medical Sciences, Tehran, Iran
	 +98 2186704843
	 t.rahide@iums.ac.ir , tayebeh_rahideh@yahoo.com
	Birth Date: 12 Jan. 1981 Marital Status: Married, one son

Employment History:

[Since 2017] Assistant professor at Iran University of Medical Sciences, Iran
 [2009-2012] Teaching at Jundishapoor University of Medical Sciences, Qom University of Medical Sciences, Science and Research Branch Islamic Azad University
 [2008-2012] Diabetes educator at Gabric NGO in Tehran, Iran

Education:

[2010-2016] Ph. D. in Nutrition Sciences, Iran University of Medical Sciences, Tehran, Iran
 [2004-2007] M. Sc. in Nutrition Sciences, Jundishapoor University of Medical Sciences, Ahwaz, Iran
 [2000-2004] B. Sc. in Nutrition Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Activities:

[Since 2017] Member of Education Development Office at faculty of Public Health, Iran University of Medical Sciences
 [Since 2020] Educational Agent of Nutrition Sciences Group at faculty of Public Health, Iran University of Medical Sciences
 [Since 2020] Head of Laboratory of Nutrition Sciences Group at faculty of Public Health, Iran University of Medical Sciences
 [Since 2021] Secretary (elected) of Iranian Nutrition Scientific Society
 [Since 2021] Board member (elected) of Iranian Nutrition Scientific Society
 [Since 2023] Vice President of Student and Cultural Affairs of Public Health, Iran University of Medical Sciences

Languages:

Persian (mother tongue), English (fluent in written and spoken English)

Award:

The best oral presentation in "The 2st International & 14th Iranian Nutrition Congress" in September 4-7, 2016, Tehran University of Medical Sciences, Tehran, Iran

Book:

Pathophysiology: alterations in nutritional status. Translated by: Seyedeh Tayebeh Rahideh. 2009.

Publications:

1. Rimaz S, **Rahideh ST**, Abolghasemi J, Jazayeri S, Jamshidi S, Motevalian M, Solaymani-Dodaran M, Taghizadeh M, Gholamrezayi A, Aryaeian N. The effect of Cornus mas fruit extract on vasomotor symptoms and sex hormones in postmenopausal women: a randomized, double-blind, clinical trial. *Menopause*. 2023 Feb 1;30(2):201-207.
2. Hoseini, A.S., Dehdari, T., Solhi, M., Janani, L., **Rahideh, S.T.** Development of an Instrument to Measure Dietary Supplement Health Literacy. *Health literacy research and practice*, 2022; 6(2): e159–e166.
3. Lari, A., Sohoul, M.H., Fatahi, S., Cerqueira, H.S., Santos, H.O., Pourrajab, B., Rezaei, M., Saneie, S., **Rahideh, S.T.** Authors' reply to the comment by Deng and Qin. *Nutrition, Metabolism and Cardiovascular Diseases*, 2022; 4: 1065-1067.
4. Moaveni, A., Feyzi, YF., **Rahideh, S.T.**, Arezoomandan, R. The relationship between serum brain-derived neurotrophic level and neurocognitive functions in chronic methamphetamine users. *Neuroscience Letters*, 2022; 772, 136478
5. Safaei Ardestani, S.Z., **Rahideh, S.T.** The effect of omega-3 fatty acid supplementation on clinical and biochemical parameters of critically ill patients with COVID-19: a randomized clinical trial. *J Transl Med*, 2022; 15;20(1):32.
6. Sohoul, M.H., Fatahi, S., Lari, A., Lotfi, M., Seifshahpar, M., Găman, M.-A., **Rahideh, S.T.**, AlBatati, S.K., AlHossan, A.M., Alkhalifa, S.A., Alomar, S.A., Abu-Zaid, A. The effect of paleolithic diet on glucose metabolism and lipid profile among patients with metabolic disorders: a systematic review and meta-analysis of randomized controlled trials. *Critical Reviews in Food Science and Nutrition*, 2022; 62 (17):4551-4562.
7. Lari, A., Sohoul, M.H., Fatahi, S., Cerqueira, H.S., Santos, H.O., Pourrajab, B., Rezaei, M., Saneie, S., **Rahideh, S.T.** The effects of the Dietary Approaches to Stop Hypertension (DASH) diet on metabolic risk factors in patients with chronic disease: a systematic review and meta-analysis of randomized controlled trials. *Nutrition, Metabolism & Cardiovascular Diseases*, 2021; 31(10): 2766–2778.
8. Hashemi Tari, S., Sohoul, M.H., Lari, A., Fatahi, S., **Rahideh, S.T.** The effect of Inositol supplementation on blood pressure: a systematic review and meta-analysis of randomized-controlled trials. *Clinical Nutrition ESPEN*, 2021; 44: 78–84.
9. Aryaeian, N., Amiri, F., **Rahideh, S.T.**, Abolghasemi, J., Jazayeri, S., Gholamrezayi, A., Motevalian, M., Solaymani-Dodaran, M., Taghizadeh, M., Heshmati, E., Rimaz, S. The effect of Cornus mas extract consumption on bone biomarkers and inflammation in postmenopausal women: A randomized clinical

- trial. *Phytotherapy Research*, 2021; 35(8): 4425-4432.
10. Hoseini, A., Dehdari, T., Solhi, M., **Rahideh, S.T.**, Janani, L. Qualitative exploration of the factors influencing the use of dietary supplements in Iranian women: introduction to areas of focus for developing interventions. *Heliyon*, 2021; 7(4), e06672.
 11. **Rahideh, S.T.**, Shidfar, F. The Mediterranean diet and nonalcoholic fatty liver disease in individuals at high cardiovascular risk. *Hepatobiliary Surgery and Nutrition*, 2020; 9 (5), 654.
 12. Khadem al-hosseini, M., **Rahideh, S.T.**, Saadati, A., Rahmati, N., Azadeh, F., Janani, L., Shidfar, F. The effect of vitamin C supplementation in the last month of pregnancy on neonatal bilirubin levels; A double-blind randomized clinical trial. *Complementary Therapies in Medicine*, 2020; 50: 102359.
 13. Taghizadeh, R., Amiri, I., Khadem al-hosseini, M., **Rahideh, S.T.** Monitoring the Growth of Working Children within the Age Range of 5-6 Years in the 15th District of Tehran, Iran, in 2018". *Qom University of Medical Sciences Journal*, 2020; 14 (9), 39-49
 14. **Rahideh, S.T.**, Keramatipour, M., Nourbakhsh, M., Koohdani, F., Hoseini, M., Talebi, S., Shidfar, F. Comparison of the effects of nobiletin and letrozole on the activity and expression of aromatase in the MCF-7 breast cancer cell line. *Biochemistry and Cell Biology*, 2017; 95: 468-473
 15. **Rahideh, S.T.**, Keramatipour, M., Nourbakhsh, M., Koohdani, F., Hoseini, M., Shidfar, F. The effects of Nobiletin, Hesperetin, and Letrozole in a combination on the activity and expression of aromatase in breast cancer cells. *Cellular and Molecular Biology*, 2017; 63: 9-13
 16. **Rahideh, S.T.**, Shidfar, F., Nourbakhsh, M., Hoseini, M., Koohdani, F., Entezam, M., Keramatipour, M. The individual or combinational effects of Hesperetin and Letrozole on the activity and expression of aromatase in MCF-7 cells". *Cellular and Molecular Biology*; (2016), 62 (6): 38-43.
 17. Shidfar, F., Rajab, A., **Rahideh, T.**, Khandouzi, N., Hosseini, S., Shidfar, S. The effect of ginger (*Zingiber officinale*) on glycemic markers in patients with type 2 diabetes. *Journal of Complementary and Integrative Medicine*, 2015; 12(2): 165-170.
 18. Khandouzi, N., Shidfar, F., Rajab, A., **Rahideh, T.**, Hosseini, P., Taheri, M.M. The Effects of Ginger on Fasting Blood Sugar, Hemoglobin A1c, Apolipoprotein B, Apolipoprotein A-I and Malondialdehyde in Type 2 Diabetic Patients. *Iranian Journal of Pharmaceutical Research*, 2015;14 (1): 131-140
 19. **Rahideh, S.T.**, Shidfar, F., Khandouzi, N., Rajab, A., Hosseini, S.P., Mirtaher, S.M. The effect of sumac (*Rhus coriaria L.*) Powder on insulin resistance, malondialdehyde, hs-CRP, and paraoxonase 1 activity in type 2 diabetic patients. *Journal of Research in Medical Sciences*, 2014 Oct; 19(10): 933-938.
 20. Shidfar, F., **Rahideh, S.T.**, Rajab, A., Khandouzi, N., Hosseini, S., Shidfar, S., Mojab, F. The Effect of Sumac (*Rhus coriaria L.*) Powder on Serum Glycemic Status, ApoB, ApoA-I and Total Antioxidant Capacity in Type 2 Diabetic Patients. *Iranian Journal of Pharmaceutical Research*, 2014; 13 (4):1249-55.
 21. Karandish, M., **Rahideh, S.T.**, Moghaddam, A.Z. Effect of Vitamin C Supplementation on Oxidative Stress Markers Following 30 Minutes Moderate Intensity Exercise in Healthy Young Women. *Journal of Biological Sciences*,

2008; 8(8): 1333-37.

Computer Skills:

- Statistical software: SPSS
- Nutritional software: N4
- Genetic software: LinReg, REST
- E-learning software: Camtasia, Story line

Lab Skills:

- HPLC
- Cell Culture techniques
- PCR
- Real time PCR

Workshops organizers:

- Nutrition in type 1 & 2 diabetes
- Health nutritional pattern
- Nutrition in pregnancy and lactation
- Dietary supplement in life cycles and diseases
- Trading Endocrine Disorder in Infertility

Invited speaker:

- The Global Webinar on Public Health and Healthcare Management, 2022
- The 10th Conference on Food and Dietary Supplement, 2021
- The 9th Conference on Food and Dietary Supplement, 2021
- 2nd International Personalized Medical Congress, 2018
- The Nutrition and Diabetes Symposium, 2016