

## **Mohammad Reza Vafa, Professor of Nutritional Sciences**

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### **Degrees:**

B.Sc. (1991) in Nutritional Sciences (Sh. Beheshti Uni Med Sci & Hlth Serv, Tehran)

M.S.P.H. (1994) in Nutritional Sciences (Tehran University of Medical Sciences, Tehran),

Ph.D. (2003) in Nutritional Sciences (Sh. Beheshti Uni Med Sci & Hlth Serv, Tehran)

### **Employment history:**

Lecturer, Faculty of , Rafsanjan University of Medical Sciences (1993-2003)

- Assist. Prof., Faculty of Medicine, Rafsanjan University of Medical Sciences (2003-2006)
- Deputy of Director General, Nutrition Department, Ministry of Health (2006-2007)
- Assist. Prof., School of Public Health, Iran University of Medical Sciences (2006-2009)
- Associate.Prof., School of Public Health, Iran University of Medical Sciences (2009-to 2014)
- Professor., School of Public Health, Iran University of Medical Sciences (2014-to date)
- Dean, School of Public Health.Iran University of Medical Sciences,Tehan, Iran, (2009-to 2010)
- President of Iranian Nutrition Society.(2009-to 2011)
- Member of Endocrine & Metabolisem Research Center, Iran University of Medical Sciences, 2009-to date)
- Head, Dept. of Nutrition, School of Public Health, Iran University of Medical Sciences (2013-to date)
- Deputy for Research, School of Public Health, Iran University of Medical Sciences (2013-to date)

*International Scientific Visits:* Harvard School of Public Health, Boston, USA. Visiting Scholar, 2001-2002

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**Thesis:**

Ph.D.: Study of long-term effects of marginal vitamin A deficiency during gestation and two generations on growth and metabolic indices in rat.

M.Sc.: Effects of Iron supplementation on mental concentration and short-term memory of school-aged children.

Research Experience:

**Awards & Grants:**

Scientific Memberships Iranian Nutrition Society

Books

**Book Chapters**

Mohammadpour-Ahramjani B, Rashidi A, Karandish M, Vafa MR: Magnitude and Possible Contributors of Childhood Obesity in Iran: Implications for Actions. Global dimensions of Childhood Obesity, First edited by Flamenbaum RK, 01/2007: pages 99-126; Nova Science Publishers.

## **Journal Publications**

Farsi F, Vafa M, Ebrahimi-Daryani N, Alamdari NM, Irandoost P, Akbari A, Janani L. Evaluation The Use Of Coenzyme Q10 Supplementation As A Color Protective Agent In Patients With Mild To Moderate Ulcerative Colitis: A Randomized Controlled Clinical Trial. *Clinical Nutrition ESPEN*. 2023 Apr 1;54:645-6.

Dehghani F, Vafa M, Ebrahimkhani A, Gāman MA, Jandaghi SH. Effects of quercetin supplementation on endothelial dysfunction biomarkers and depression in post-myocardial infarction patients: a double-blind, placebo-controlled, randomized clinical trial. *Clinical Nutrition ESPEN*. 2023 May 2.

Sajadi Hezaveh Z, Golafrouz H, Piran A, Vafa M. Validity and Reliability of the Persian Version of the Council on Nutrition Appetite Questionnaire and Its Simplified Version in Iranian Community-Dwelling Older Adults. *Journal of Nutrition and Food Security*. 2023 May 10;8(2):163-71.

Abiri B, Sarbakhsh P, Vafa M. Randomized study of the effects of vitamin D and/or magnesium supplementation on mood, serum levels of BDNF, inflammation, and SIRT1 in obese women with mild to moderate depressive symptoms. *Nutritional neuroscience*. 2022 Oct 3;25(10):2123-35.

Dehghani F, Sezavar Seyedi Jandaghi SH, Janani L, Sarebanhassanabadi M, Emamat H, Vafa M. Effects of quercetin supplementation on inflammatory factors and quality of life in post-myocardial infarction patients: A double blind, placebo-controlled, randomized clinical trial. *Phytotherapy Research*. 2021 Apr;35(4):2085-98.

Tahvilian N, Masoodi M, Faghihi Kashani A, Vafa M, Aryaeian N, Heydarian A, Hosseini A, Moradi N, Farsi F. Effects of saffron supplementation on oxidative/antioxidant status and severity of disease in ulcerative colitis patients: A randomized, double-blind, placebo-controlled study. *Phytotherapy Research*. 2021 Feb;35(2):946-53.

Safarpour P, Daneshi-Maskooni M, Vafa M, Nourbakhsh M, Janani L, Maddah M, Amiri FS, Mohammadi F, Sadeghi H. Vitamin D supplementation improves SIRT1, Irisin, and glucose indices in overweight or obese type 2 diabetic patients: a double-blind randomized placebo-controlled clinical trial. *BMC family practice*. 2020 Dec;21:1-0.

Haidari F, Abiri B, Iravani M, Ahmadi-Angali K, Vafa M. Randomized study of the effect of vitamin D and omega-3 fatty acids cosupplementation as adjuvant chemotherapy on inflammation and nutritional status in colorectal cancer patients. *Journal of Dietary Supplements*. 2020 Jul 3;17(4):384-400.

Adab Z, Egtesadi S, Vafa MR, Heydari I, Shojaii A, Haqqani H, Arablou T, Egtesadi M. Effect of turmeric on glycemic status, lipid profile, hs-CRP, and total antioxidant capacity in hyperlipidemic type 2 diabetes mellitus patients. *Phytotherapy Research*. 2019 Apr;33(4):1173-81.

Leila Sadat Bahrami, Seyed Hashem Sezavar Seyedi Jandaghi, Leila Janani, Mina Pahlavan, Seyed Mostafa Arabi, Homa Sadeghi, Mohammadreza Vafa: Vitamin D supplementation and serum heat shock protein 60 levels in patients with coronary heart disease: A randomized clinical trial. *Nutrition & Metabolism* 12/2018; 15(1)., DOI:10.1186/s12986-018-0292-9.

Nazanin Asghari Hanjani, Mohammadreza Vafa: Protein Restriction, Epigenetic Diet, Intermittent Fasting as New Approaches for Preventing Age-associated Diseases. *International journal of preventive medicine* 06/2018; 9(1):58., DOI:10.4103/ijpvm.IJPVM\_397\_16.

Mohammadreza Vafa, Behnaz Abiri: Dietary omega-3 polyunsaturated fatty acids and treatment of cancer. DOI:10.15406/aowmc.2018.08.00243.

Nazanin Asghari Hanjani, Negar Zamaninour, Narjes Najibi, Agha Fatemeh Hosseini, Tayebeh Rastegar, Mohammad Reza Vafa: The role of time of food intake on upcoming liver disease in male Wistar rat. *Biological Rhythm Research* 06/2018;, DOI:10.1080/09291016.2018.1478635.

L S Bahrami, Sajadi Hezaveh, Tanha K, Vafa M: The Relationship between Exclusive Breastfeeding and Mental Concentration in First and Second Grade Primary School Children of Mashhad.

Peivasteh Safarpour, Mohammad Reza Vafa, Fatemehsadat Amiri, Leila Janani, Mitra Noorbakhsh, Ensieh Rajabpour Nikoo, Homa Sadeghi: A double blind randomized clinical trial to investigate the effect of vitamin D supplementation on metabolic and hepato-renal markers in type 2 diabetes and obesity. *Medical journal of the Islamic Republic of Iran* 04/2018; 32:34-34., DOI:10.14196/mjiri.32.34.

Sepideh Soltani, Nazanin Moslehi, Firoozeh Hosseini-Esfahani, Mohammadreza Vafa: The Association Between Empirical Dietary Inflammatory Pattern and Metabolic Phenotypes in Overweight/Obese Adults. *International Journal of Endocrinology and Metabolism* 03/2018; In Press(In Press)., DOI:10.5812/ijem.60048.

Somayeh Athari Nik Azm, Abolghassem Djazayeri, Majid Safa, Kian Azami, Behzad Ahmadvand, Fatemeh Sabbaghziarani, Mohammad Sharifzadeh, Mohammadreza Vafa: Lactobacillus and Bifidobacterium Ameliorate Memory and Learning Deficits and oxidative stress in A $\beta$  (1-42) Injected Rats. *Applied Physiology Nutrition and Metabolism* 02/2018; 43(7)., DOI:10.1139/apnm-2017-0648.

Ali Gholami, Farhad Moradpour, Maryam Khazae-Pool, Zahra Moosavi Jahromi, Mohammad Reza Vafa, Abbas Abbasi Gharemanlo, Masoudreza Sohrabi, Nader Mahdavi, Yousef Moradi, Hamid Reza Baradaran: Is household food insecurity a determinant of weight status in patients with type 2 diabetes in rural areas?. *Medical journal of the Islamic Republic of Iran* 12/2017; 31(1):908-914., DOI:10.14196/mjiri.31.138.

Sepideh Soltani, Mohammadreza Vafa: The dairy fat paradox: Whole dairy products may be healthier than we thought. *Medical journal of the Islamic Republic of Iran* 12/2017; 31(1):740-742., DOI:10.14196/mjiri.31.110.

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Behnaz Abiri, Mohammadreza Vafa: Nutrition and sarcopenia: A review of the evidence of nutritional influences. *Critical Reviews in Food Science and Nutrition* 12/2017;, DOI:10.1080/10408398.2017.1412940.

Farnaz Farsi, Javad Heshmati, Leila Janani, Pardis Irandoost, Naeimeh Mesri Alamdari, Abbasali Keshtkar, Abolfazl Akbari, Mohammadreza Vafa: Can coenzyme Q10 supplementation effectively reduce human tumour necrosis factor- $\alpha$  and interleukin-6 levels in chronic diseases? Protocol for a systematic review and meta-analysis of randomised controlled trials. *BMJ Open* 10/2017; 7(10):e016841., DOI:10.1136/bmjopen-2017-016841.

Seyed Mohammad Tabatabaee, Seyed Moayed Alavian, Leila Ghalichi, Seyed Mohammad Miryounesi, Kazem Mousavizadeh, Shima Jazayeri, Mohammad Reza Vafa: Green Tea in Non-Alcoholic Fatty Liver Disease; A Double Blind Randomized Clinical Trial. *Hepatitis Monthly* 09/2017; In Press(In Press)., DOI:10.5812/hepatmon.14993.

Sepideh Soltani, Roya Kolahdouz Mohammadi, Sakineh Shab-Bidar, Mohammadreza Vafa, Amin Salehi-Abargouei: Sodium status and the metabolic syndrome: A systematic review and meta-analysis of observational studies. *Critical reviews in food science and nutrition* 08/2017;, DOI:10.1080/10408398.2017.1363710.

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Mohammad Reza Vafa, Behnaz Abiri, Sepideh Haghifar, Asma Malkami, Fatemeh Esmaili, Aida Arefazar, Zohreh Amiri: The Association of Food Intake and Physical Activity with Body Composition, Muscle Strength and Muscle Function in Postmenopausal Women. 02/2017; 4(1):11-16., DOI:10.18869/acadpub.nfsr.4.1.11.

Camellia Akhgarjand ; Msc, Kurosh Djafarian, Hamid Rezvani, Eznollah Azargashb, Mohammadreza: Comparing serum levels of Zinc, Copper, certain antioxidant vitamins and dietary intake in Acute Lymphoblastic Leukemia (ALL) Patients before and after chemotherapy. *Am J Blood Res*, 2018, 8 (3), In Press.

Somayeh Athari Nik Azm, Mohammadreza Vafa, Mohammad Sharifzadeh, Majid Safa, Anis Barati, Abbas Mirshafiey: Effects of M2000 (D -Mannuronic Acid) on Learning, Memory Retrieval, and Associated Determinants in a Rat Model of Alzheimer's Disease. *American*

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N. Zamaninour, H. Ansar, A. Djazayery, H. Pishva, F. Shidfar, R. Mazaheri Nezhad Fard, A. Dilmagbanian, L. Janani, K. Mirzaei, S. Bashiri, M. Vafa: BLACK GRAPES CAN CHANGE THE PHYSIOLOGY OF ADIPOSE TISSUE IN HIGH-FAT DIETS CONTAINING FLAXSEED OIL OR CORN OIL IN C57BL/6J MICE. Current Topics in Nutraceutical Research 11/2016; 14(4):265-272.

ElahehHonarkar Shafie, SeyedAli Keshavarz, MohammadEsmail Kefayati, Fatemeh Taheri, Parvin Sarbakhsh, MohammadReza Vafa: The Effects of Nanoparticles Containing Iron on Blood and Inflammatory Markers in Comparison to Ferrous Sulfate in Anemic Rats. International journal of preventive medicine 10/2016; 7(1):117., DOI:10.4103/2008-7802.193092.

Shahryar Eghtesadi, Mohammad Mohammadi, Mohammadreza Vafa, Iraj Heidari, Masoud Salehi, Haghghian Hossein Khadem, Fatemehsadat Amiri, Rooya Alipour, Maryam Eghtesadi: Effects of hesperidin supplementation on glycemic control, lipid profile and inflammatory factors in patients with type 2 diabetes: a randomized, double-blind and placebo-controlled clinical trial. 10/2016;, DOI:10.1530/endoabs.43.OC16.

Mohammadreza Vafa, Javad Heshmati, Homa Sadeghi, Farzad Shidfar, Nazli Namazi, Hamidreza Baradaran, Behzad Heydarpour: GW27-e0070 Is exclusive breastfeeding and its duration related to cardio respiratory fitness in childhood?. Journal of the American College of Cardiology 10/2016; 68(16):C74., DOI:10.1016/j.jacc.2016.07.275.

Ensiyeh Seyedrezazadeh, Amin Sabri, Abolfazl Barzegari, Saeed Kolahian, Ami-Ali Shahbazfar, Khalil Ansarin, Mohammadreza Vafa, Ebrahim Sakhinia: Dietary Flavonoids and Citrus fruits influence Cytokines and Thyroid transcription factor-1 in a HDM-induced chronic asthma murine model. Journal of Functional Foods 10/2016; 26:709-718., DOI:10.1016/j.jff.2016.08.033.

Behnaz Abiri, Mohammad Reza Vafa, Mohsen Dehghani, Nazanin Moslehi, Javad Sarrafzadeh: Effect of Vitamin D Supplement Consumption on Muscle Strength, Muscle

Function and Body Composition in Vitamin D-deficient Middle-aged Women: A Randomized Clinical Trial. 07/2016; 3(3):17-24., DOI:10.18869/acadpub.nfsr.3.3.17.

Mohammadreza Vafa, Sepideh Soltani, Farid Zayeri, Mahtab Niroomand, Azadeh Najarzadeh: The relationship between sodium intake and some bone minerals and osteoporosis risk assessment instrument in postmenopausal women. Medical journal of the Islamic Republic of Iran 04/2016; 30(1).

Mohammad Reza Vafa: Calorie Restriction, Longevity and Cognitive Function. 02/2016; 3(1), DOI:10.18869/acadpub.nfsr.3.1.1.

Mohammadreza Vafa, Salma Mahmoodianfard: Long-Term Effects of Maternal Nutrition and Childhood Growth on Later Health. DOI:10.4172/2325-9795.1000230.

Atefeh Tahavorgar, Mohammadreza Vafa, Farzad Shidfar, Mahmoodreza Gohari, Iraj Heydari: Whey protein preloads are more beneficial than soy protein preloads in regulating appetite, calorie intake, anthropometry, and body composition of overweight and obese men (vol 34, pg 856, 2014). Nutrition Research 11/2015; 35(11):1028-1029., DOI:10.1016/j.nutres.2015.09.008.

Mohammad Reza Vafa, Salma Mahmoodianfard: Long Term Effects of Maternal Nutrition and Childhood Growth on Later Health. DOI:10.15406/aowmc.2015.03.00058.

Hadis Sabour, Abbas Norouzi Javidan, Sahar Latifi, Hania Shakeri, Farid Arman, Bagher Larijani, Farzad Shidfar, Ramin Heshmat, Seyed-Hassan Emami Razavi, Mohammad Reza Vafa: Does Consumption of Omega-3 Polyunsaturated Fatty Acids Affect Lipid Profile and Fasting Blood Glucose in Patients With Traumatic Spinal Cord Injury? A Double-Blinded Randomized Clinical Trial. Topics in clinical nutrition 10/2015; 30(4):333-343., DOI:10.1097/TIN.0000000000000051.

Mona Mohseni, Mohammadreza Vafa, Mitra Zarrati, Farzad Shidfar, Seyed Javad Hajimiresmail, Abbas Rahimi Forushani: Beneficial Effects of Coenzyme Q10 Supplementation on Lipid Profile and Interleukin-6 and Intercellular Adhesion Molecule-1 Reduction, Preliminary Results of a Double-blind Trial in Acute Myocardial Infarction. International journal of preventive medicine 09/2015; 6(1):73., DOI:10.4103/2008-7802.162461.



Atefeh Tahavorgar, Mohammadreza Vafa, Farzad Shidfar, Mahmoodreza Gohari, Iraj Heydari: Beneficial Effects of Whey Protein Preloads on some Cardiovascular Diseases Risk Factors of Overweight and Obese Men are Stronger than Soy Protein Preloads – A Randomized Clinical Trial. 09/2015; 2(3)., DOI:10.1016/j.jnim.2015.08.002.

Sahar Keshtkar Aghababae, Mohammadreza Vafa, Farzad Shidfar, Atefeh Tahavorgar, Mahmoodreza Gohari, Davod Katebi, Vida Mohammadi: Effects of blackberry (*Morus nigra* L.) consumption on serum concentration of lipoproteins, apo A-I, apo B, and high-sensitivity-C-reactive protein and blood pressure in dyslipidemic patients. Journal of research in medical sciences 07/2015; 20(7):685-691., DOI:10.4103/1735-1995.166227.

Farzad Shidfar, Samira Amani, Mohammadreza Vafa, Ramin Shekarriz, Sharieh Hosseini, Shahrzad Shidfar, Mohammadreza Eshraghian, Seyedeh, Neda Mousavi: Effects of Iron Supplementation With and Without Docosahexaenoic Acid on the Cardiovascular Disease Risk Based on Paraoxonase-1, hs-CRP, and ApoB/ApoA-I Ratio in Women with Iron Deficiency Anemia. Biological Trace Element Research 06/2015; 169(1)., DOI:10.1007/s12011-015-0383-7.

Mahdieh Hosseinzadeh, Mohammadreza Vafa, Ahmad Esmailzadeh, Awat Feizi, Reza Majdzadeh, Hamidreza Afshar, Ammar Hassanzadeh Keshteli, Peyman Adibi: Empirically derived dietary patterns in relation to psychological disorders. Public Health Nutrition 06/2015; -1(2):1-14., DOI:10.1017/S136898001500172X.

Mohammadreza Vafa, Neda Haghghat, Nazanin Moslehi, Shahriar Eghtesadi, Iraj Heydari: Effect of Tocotrienols enriched canola oil on glycemic control and oxidative status in patients with type 2 diabetes mellitus: A randomized double-blind placebo-controlled clinical trial. Journal of research in medical sciences 06/2015; 20(6):540-547., DOI:10.4103/1735-1995.165945.

Mohammad Reza Vafa: The Impact of Infancy Antibiotic Intake on Childhood Obesity; Review of Studies. 03/2015; 2(2)., DOI:10.15406/aowmc.2015.02.00014.

Fatemehsadat Amiri, Mohammadreza Vafa, Linda Gonder-Frederick: Glycemic Control, Self-Efficacy and Fear of Hypoglycemia Among Iranian Children with Type 1 Diabetes. 03/2015; 39(4)., DOI:10.1016/j.jcjd.2014.12.011.

Salma Mahmoodianfard, Mohammadreza Vafa, Fatemeh Golgiri, Mohsen Khoshniat, Mahmoodreza Gohari, Zahra Solati, Mahmood Djalali: Effects of Zinc and Selenium

Supplementation on Thyroid Function in Overweight and Obese Hypothyroid Female Patients: A Randomized Double-Blind Controlled Trial. *Journal of the American College of Nutrition* 03/2015; 34(5):1-9., DOI:10.1080/07315724.2014.926161.

Ensiyeh Seyedrezazadeh, Saeed Kolahian, Amir-Ali Shahbazfar, Khalil Ansarin, Pour Moghaddam M, Masoud Sakhinia, Ebrahim Sakhinia, Mohammadreza Vafa: Effects of the Flavanone combination Hesperetin-Naringenin, and Orange and Grapefruit Juices, on Airway inflammation and Remodeling in a murine asthma model. *Phytotherapy Research* 01/2015; 10.1002/ptr.5292(4)., DOI:10.1002/ptr.5292.

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Mona Mohseni, Mohamad Reza Vafa, Seyed Javad Hajimiresmail, Mitra Zarrati, Abbas Rahimi Forushani, Vida Bitarafan, Farzad Shidfar: Effects of Coenzyme Q10 Supplementation on Serum Lipoproteins, Plasma Fibrinogen, and Blood Pressure in Patients With Hyperlipidemia and Myocardial Infarction. 10/2014; 16(10):e16433., DOI:10.5812/ircmj.16433.

Atefeh Tahavorgar, Mohammadreza Vafa, Farzad Shidfar, Mahmoodreza Gohari, Iraj Heydari: Whey protein preloads are more beneficial than soy protein preloads in regulating appetite, calorie intake, anthropometry, and body composition of overweight and obese men. *Nutrition Research* 09/2014; 34(10)., DOI:10.1016/j.nutres.2014.08.015.

Abbas Norouzi Javidan, Hadis Sabour, Sahar Latifi, Mohammadreza Vafa, Farzad Shidfar, Zahra Khazaeipour, Fatemeh Shahbazi, Abbas Rahimi, Seyed-Hassan Emami Razavi: Calcium and vitamin D plasma concentration and nutritional intake status in patients with chronic spinal cord injury: A referral center report. *Journal of research in medical sciences* 09/2014; 19(9):881-4.

Hadis Sabour, Norouzi Javidan, Sahar Latifi, Reza Hadian, Seyed-Hassan Emami, Farzad Shidfar, Mohammad Reza Vafa, Hamidreza Aghaei Meybodi: Is Lipid Profile Associated with Bone Mineral Density and Bone Formation in Subjects with Spinal Cord Injury?. *Journal of Osteoporosis* 08/2014; 2014(9)., DOI:10.1155/2014/695014.

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Ensiyeh Seyedrezazadeh, Masoud Pour Moghaddam, Khalil Ansarin, Mohammad Reza Vafa, Sangita Sharma, Fariba Kollahdoz: Fruit and vegetable intake and risk of wheezing and asthma: A systematic review and meta-analysis. *Nutrition Reviews* 06/2014; 72(7), DOI:10.1111/nure.12121.

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Sanaz Tavasoli, Amir Hassan Zarnani, Mohamadreza Vafa, Maziar Moradi-Lakeh, Hamidreza Pazoki-Toroudi, Shahryar Eghtesadi: The Effect of Pomegranate Extract on Survival and Peritoneal Bacterial Load in Cecal Ligation and Perforation Model of Sepsis in Rats. *International journal of preventive medicine* 01/2014; 5(1):104-109.

Ateke Mousavi, Mohammadreza Vafa, Tirang Neyestani, Mohammadebrahim Khamseh, Fatemeh Hoseini: The effects of green tea consumption on metabolic and anthropometric indices in patients with Type 2 diabetes. *Journal of research in medical sciences* 12/2013; 18(12):1080-6.

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A Salehpour, F Shidfar, F Hosseinpanah, M Vafa, M Razaghi, F Amiri: Does vitamin D3 supplementation improve glucose homeostasis in overweight or obese women? A double-blind, randomized, placebo-controlled clinical trial. *Diabetic Medicine* 07/2013; 30(12)., DOI:10.1111/dme.12273.

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