

Curriculum vitae

Neda Dolatkhah

Assistant Professor of Nutritional Sciences
Department of Nutrition, School of Public Health
Iran University of Medical Sciences
Date of Birth: 21/09/1981

Scopus Author ID: 49862914200, H-index=15

ORCID ID: orcid.org/0000-0003-1358-1003

Researcher ID: L-5828-2017

Google Scholar:

ResearchGate:

<https://www.researchgate.net/profile/Neda-Dolatkhah>

Education

Sep/1989...Jul/1996.

Experimental Sciences diploma, National Organization of Exceptional Talents Training, Iran Ministry of Education, Tabriz, Iran

Grade Point Average: A (3.79 on a 4.0 GPA scale)

Sep/1996...Sep/2003.

Medical Doctor, School of Medicine, Tabriz University of Medical sciences, Tabriz, Iran.

Grade Point Average: A (3.65 on a 4.0 GPA scale)

Thesis: Knowledge, Attitude and Practice of medical interns about Physician – Patient communication.

Supervisor: Ali Fakhari, Professor

Feb/2012...Dec/2015.

Doctor of Philosophy (Nutrition Sciences), National Nutrition and Food Technology Research Institute, School of Nutrition, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Grade Point Average: A (3.76 on a 4.0 GPA scale)

Thesis: Effect of Probiotics on glucose metabolism, weight changes and inflammatory and, oxidative stress indices in women with gestational diabetes mellitus.

Supervisor: Majid Hajifaraji, Research Associate Professor

Language: Persian: Native, English: Proficient, Turkish: Intermediate, Azeri: Native

Skills

- ✓ **Strong English language skill, both spoken and written**
- ✓ **Epidemiological Methods**
- ✓ **Expert knowledge in statistics and statistical softwares**
- ✓ **Recording and analyzing of biological data, epidemiology and biostatistics**
- ✓ **Professional experience in the area of Nutritional Epidemiology**
- ✓ **Computer skills including: Office suites, Presentation software, Communication and collaboration tools, and Social media**
- ✓ **Laboratory Skills**
- ✓ **Project Management**
- ✓ **Clinical Nutrition Care**
- ✓ **Medical Education**
- ✓ **Collaborate with industry, research institutes, hospitals and academia**
- ✓ **Team Collaboration: Strong communication and teamwork skills**
- ✓ **Organizational Skills**
- ✓ **Presentation and public speaking skills in seminars and conferences**
- ✓ **Scientific Writing**
- ✓ **Experience in comprising research proposals**
- ✓ **Teach and supervise post graduate and doctoral students**
- ✓ **Publications in International peer review journals**
- ✓ **Leadership**
- ✓ **International Collaboration**

Executive History

Nov/2003...Sep/2005: Researcher, Health System Research Committee, Treatment Vice Chancellor of Tabriz University of Medical Sciences, Tabriz, Iran

Jun/2004...Sep/2005: Representative, Food and Nutrition Security Program, Treatment Vice Chancellor, Tabriz University of Medical Sciences, Tabriz, Iran

Aug/2004... July /2005: Research Council Member, Treatment Vice Chancellor, Tabriz University of Medical Sciences, Tabriz, Iran

Apr/2007...Apr/2009: Senior Researcher, Heart Research Center, Emam Reza Hospital, Tabriz University of Medical Sciences, Tabriz, Iran

Feb/2016...July/2025: Assistant Professor, School of Medicine, Tabriz University of Medical Sciences, Tabriz, Iran

Jul/2025...Now: Assistant Professor, School of Public Health, Iran University of Medical Sciences, Tabriz, Iran

Feb/2016...July/2025: Deputy, Physical Medicine, and Rehabilitation Research Center, Tabriz University of Medical Sciences, Tabriz, Iran

Jun/2020...Now: Editorial Board Member, BMC Research Notes, BioMed Central

Sep/ 2024...Now: Editorial Board Member, Trials, BioMed Central

March/2021...July/2025: Education Deputy, Physical Medicine and Rehabilitation Department, Faculty of Medicine, Tabriz University of Medical Sciences, Tabriz, Iran

Sep/2022...Feb/2023: Clinical Nutrition Deputy, Sina Educational, Medical and Research Center, Tabriz University of Medical Sciences, Tabriz, Ira

Clinical Activities

Apr 2007...Apr 2009: General Practitioner, Heart Emergency Center, Madani Hospital, Tabriz University of Medical Sciences, Tabriz, Iran

Apr/2011...Jan/2012: General Practitioner, Gynecology Emergency Center, Taleghani Hospital, Tabriz University of Medical Sciences, Tabriz, Iran

Feb/2012...Dec/2015: General Practitioner, Health Vice Chancellor, Tabriz University of Medical Sciences, Tabriz, Iran

Feb 2014...Feb 2015: Medical Nutrition Therapist, inpatients, and supportive nutrition, Tabriz International Hospital, Tabriz, Iran

Feb 2015 ... Jul 2025: Specialized Medical Nutrition therapist, Outpatient Clinic, Tabriz University of Medical Sciences, Iran

Nutritional assessments, Nutrition counseling, Development of meal plans, Healthy eating education, Eating disorders, Cancer and Palliative Medicine, Lipid Management, Weight Management, Musculoskeletal Health, Aging, Women's Health, Diabetes, Nutrition throughout the lifespan, Food and/or nutritional supplements per recommendation

Educational Activities

Feb 2015 ... Jul 2025 Weight Management, The target group: Physical Medicine and Rehabilitation Residents

Feb 2015 ... Jul 2025 Medical Nutrition Therapy in Diabetes, The target group: Physical Medicine and Rehabilitation Residents

Feb 2015 ... Jul 2025 Medical Nutrition Therapy in Inflammatory Disease, The target group: Physical Medicine and Rehabilitation Residents

Feb 2015 ... Jul 2025 Medical Nutrition Therapy in CNS & PNS Disorders, The target group: Physical Medicine and Rehabilitation Residents

Feb 2015 ... Jul 2025 Medical Nutrition Therapy in Athletes, The target group: Physical Medicine and Rehabilitation Residents

Feb 2015 ... Jul 2025 Medical Nutrition Therapy in Elderly, The target group: Physical Medicine and Rehabilitation Residents

Feb 2015 ... Jul 2025 Medical Nutrition Therapy in Bone Disorders, The target group: Medical Students (term 6)

Feb 2015 ... Jul 2025 How to present journal club, The target group: Physical Medicine and Rehabilitation Residents

Feb 2015 ... Jul 2025 Supportive Nutrition, The target group: Pain and Palliative Medicine Fellowships

Feb 2015 ... Jul 2025 Medical Nutrition Therapy in Palliative Medicine, The target group: Pain and Palliative Medicine Fellowships

Feb 2015 ... Jul 2025 Advance Research Methods, The target group: Physical Medicine and Rehabilitation Residents

Research Trainings

Jun/2004 Tabriz University of Medical Sciences,
Tabriz, Iran

Health System Research

Jun/2004 Tabriz University of Medical Sciences,
Tabriz, Iran

Preliminary Research Methods

Jul/2004 Tabriz University of Medical Sciences,
Tabriz, Iran

Statistical Methods in Public Health and Basic and Clinical Science

Feb 2012 Shahid Behesti University of Medical Sciences,
Tehran, Iran

Advanced research method

April/2013 Shahid Behesti University of Medical
Sciences, Tehran, Iran

Designing and Implementing cross sectional studies

April/2013 Shahid Behesti University of Medical
Sciences, Tehran, Iran

Designing and Implementing cross sectional studies

May/2013 Shahid Behesti University of Medical
Sciences, Tehran, Iran

Designing and implementing case control studies

Jun/2013 Shahid Behesti University of Medical
Sciences, Tehran, Iran

Designing and implementing cohort studies

Aug/2013 Shahid Behesti University of Medical
Sciences, Tehran, Iran

Designing and implementing clinical trial studies

Sep/2013 Shahid Behesti University of Medical
Sciences, Tehran, Iran

Statistical software, SPSS & stata

Sep/2017 Tabriz University of Medical Sciences,
Tabriz, Iran

Ethics in Research

Nov/2017 Tabriz University of Medical Sciences,
Tabriz, Iran

Scientific Writing

Dec/2017 Tabriz University of Medical Sciences,
Tabriz, Iran

Ethics in Publication

Dec/2017 NIMAD National Institute of Medical Sciences
Research, Tehran, Iran:

Evidence Based Medicine

Feb/2018 Tabriz University of Medical Sciences,
Tabriz, Iran

Writing and Publishing Scientific Articles

Feb/2018 Tabriz University of Medical Sciences,
Tabriz, Iran:

Criticism and Review of Scientific Papers

Aug/2018 Tabriz University of Medical Sciences,
Tabriz, Iran

Clinical Information Sources and Their Role in Effective Medical Decision

Dec/2018 Tabriz University of Medical Sciences,
Tabriz, Iran

Systematic Reviews and Meta-analysis

Dec/2018 Tabriz University of Medical Sciences,
Tabriz, Iran

Designing and Psychometrics of the Educational Research Studies

Feb/2019 Tabriz University of Medical Sciences,
Tabriz, Iran

Principles of refereeing systematic review and meta-analysis articles

Aug/2022 Tabriz University of Medical Sciences,
Tabriz, Iran

Introduction to Cancer Epidemiology

Jun/2023 International Agency for Research on
Zotero resource management software training

Nov/2024 Tabriz University of Medical
Sciences, Tabriz, Iran

Cancer, World Health Organization, Lyon, France: IARC
Summer School

Introduction to automated tools to support systematic reviews

Jul/2024 Tabriz University of Medical Sciences,
Tabriz, Iran

Achievements

Annual Research Grants of the 30% most active researchers of the university, 2018 to 2025, Tabriz University of Medical Sciences, Tabriz, Iran

Supervision of 34 and Consultation of 28 postgraduate and doctoral thesis from 2015 to 2025

Designing and implementing 85 approved Research Proposals & Theses from 2015 to 2025

Publishing 68 papers in scientific peer-reviewed journals

International Papers 34%, Papers in Citescorl
Top 10% Journals 15%, i10 Papers: 25%

Referee of national research projects, NIMAD National Institute of Medical Sciences Research, 2024, Tehran

Reviewing more than 120 papers for medical-peer reviewed journals

Member of Global Burden of Disease Collaborative Network

Membership of the European Association of Cancer Research (EACR)

Membership of the European Society for Clinical Nutrition and Metabolism (ESPEN)

Membership of the Iranian Society of Nutrition and the Iranian Clinical NUTRITION society

Achieving Level 1, 2, and 3 Certificate of Medical Education

Directing 5 In-person Continuing Education Programs, Tabriz University of Medical Sciences, Tabriz, Iran

Designing 3 Medical Nutrition Therapy Software, Continuing Education Programs, Tabriz University of Medical Sciences, Tabriz, Iran

Full Scholarship of International Agency for Research on Cancer, World Health Organization, Lyon, France: IARC Summer School 2023, Introduction to Cancer Epidemiology

Publications

As Correspondence

1. Jahanjoo F, Farshbaf-Khalili A, Shakouri SK, Dolatkah N. Maternal and neonatal metabolic outcomes of Vitamin D supplementation in gestational diabetes mellitus: A systematic review and meta-analysis. *Annals of Nutrition and Metabolism*. 2018; 73(2):145-59.

2. Bonyadi N, Dolatkah N, Salekzamani Y, Hashemian M. Effect of berry-based supplements and foods on cognitive function: A systematic review. *Scientific reports*. 2022;12(1):3239.

3. Asghari KM, Dolatkah N, Ayromlou H, Mirnasiri F, Dadfar T, Hashemian M. The effect of probiotic

supplementation on the clinical and para-clinical findings of multiple sclerosis: a randomized clinical trial. *Scientific Reports*. 2023;13(1):18577.

4. Aghamohammadi D, Dolatkah N, Bakhtiari F, Eslamian F, Hashemian M. Nutraceutical supplements in management of pain and disability in osteoarthritis: A systematic review and meta-analysis of randomized clinical trials. *Scientific Reports*. 2020;10(1):20892.

5. Aghamohammadi D, Ayromlou H, Dolatkah N, Jahanjou F, Shakouri SK. The effects of probiotic *Saccharomyces boulardii* on the mental health, quality of life, fatigue, pain, and indices of inflammation and oxidative stress in patients with multiple sclerosis: Study protocol for a double-blind randomized controlled clinical trial. *Trials*. 2019;20(1):1-9.

6. Toopchizadeh V, Dolatkah N, Aghamohammadi D, Rasouli M, Hashemian M. Dietary inflammatory index is associated with pain intensity and some components of quality of life in patients with knee osteoarthritis. *BMC Research Notes*. 2020;13(1):1-7.

7. Aghamohammadi D, Dolatkah N, Shakouri SK, Hermann P, Eslamian F. Ginger (*Zingiber officinale*) and turmeric (*Curcuma longa* L.) supplementation effects on quality of life, body composition, bone mineral density and osteoporosis related biomarkers and micro-RNAs in women with postmenopausal osteoporosis: a study protocol for a randomized controlled clinical trial. *Journal of Complementary and Integrative Medicine*. 2020;18(1):131-7.

8. Salekzamani Y, Shakouri SK, Dolatkah N, Saleh P, Hashemian M. The effect of ginger and curcumin co-supplementation in postmenopausal women with osteoporosis: a randomised, triple-blind, placebo-controlled clinical trial. *Journal of Herbal Medicine*. 2023;42:100746.

9. Hajifaraji M, Jahanjou F, Abbasalizadeh F, Aghamohammadzadeh N, Abbasi MM, Dolatkah N. Effect of probiotic supplements in women with gestational diabetes mellitus on inflammation and oxidative stress biomarkers: a randomized clinical trial. *Asia Pacific Journal of clinical nutrition*. 2018;27(3):581-91.

10. Aghamohammadzadeh N, Dolatkah N, Hashemian M, Shakouri SK, Hasanpour S. The relationship between serum 25-hydroxy vitamin D and blood pressure and quality of life in overweight and obese patients with type 2 diabetes mellitus compared with healthy subjects. *Caspian Journal of Internal Medicine*. 2020;11(3):267.

11. Pishgahi A, Dolatkah N, Shakouri SK, Hashemian M, Amiri A, Delkosh Reihany M, et al. Lower serum 25-hydroxyvitamin D3 concentration is associated with higher

pain and disability in subjects with low back pain: a case-control study. *BMC Research Notes*. 2019;12:1-6.

12. Toopchizadeh V, Aghamohammadi D, Dolatkah N, Asef S, Rahbar M, Hashemian M. Diet quality is associated with pain intensity and quality of life in a sample of patients with knee osteoarthritis: a cross-sectional study. *Journal of Research in Clinical Medicine*. 2020;8(1):6-.

13. Hajifaraji M, Jahanjou F, Abbasalizadeh F, Aghamohammadzadeh N, Abbasi MM, Dolatkah N. Effect of Probiotic Supplementation on Blood Pressure of Females with Gestational Diabetes Mellitus: A Randomized Double Blind Controlled Clinical Trial. *Iranian Red Crescent Medical Journal*. 2017;19(6).

14. Hajifaraji M, Dolatkah N. Gestational diabetes mellitus and associated challenges from the perspective of nutrition science: A review article. *Journal of Mazandaran University of Medical Sciences*. 2017;27(149):202-24.

15. Ayromlou H, Pourvahed P, Jahanjou F, Dolatkah H, Shakouri SK, Dolatkah N. Dietary and serum level of antioxidants in the elderly with mild impaired and normal cognitive function: a case-control study. *Iran Red Crescent Me*. 2018.

16. Eftekharsadat B, Aghamohammadi D, Dolatkah N, Hashemian M, Salami H. Lower serum levels of alpha tocopherol and lycopene are associated with higher pain and physical disability in subjects with primary knee osteoarthritis: A case-control study. *International Journal for Vitamin and Nutrition Research*. 2020.

17. Barghandan N, Dolatkah N, Eslamian F, Ghafarifar N, Hashemian M. Association of depression, anxiety and menopausal-related symptoms with demographic, anthropometric and body composition indices in healthy postmenopausal women. *BMC women's health*. 2021;21(1):1-12.

18. Shakouri SK, Dolatkah N, Omidbakhsh S, Pishgahi A, Hashemian M. Serum inflammatory and oxidative stress biomarkers levels are associated with pain intensity, pressure pain threshold and quality of life in myofascial pain syndrome. *BMC Research Notes*. 2020;13:1-8.

19. Rahbar M, Samandarian M, Salekzamani Y, Khamnian Z, Dolatkah N. Effectiveness of extracorporeal shock wave therapy versus standard care in the treatment of neck and upper back myofascial pain: a single blinded randomised clinical trial. *Clinical Rehabilitation*. 2021;35(1):102-13.

20. Eftekharsadat B, Fasaie N, Golalizadeh D, Babaei-Ghazani A, Jahanjou F, Eslampoor Y, et al. Comparison of efficacy of corticosteroid injection versus extracorporeal

shock wave therapy on inferior trigger points in the quadratus lumborum muscle: a randomized clinical trial. *BMC Musculoskeletal Disorders*. 2020;21:1-11.

21. Rahbar M, Salekzamani Y, Jahanjou F, Eslamian F, Niroumand A, Dolatkah N. Effect of hippotherapy simulator on pain, disability and range of motion of the spinal column in subjects with mechanical low back pain: A randomized single-blind clinical trial. *Journal of back and musculoskeletal rehabilitation*. 2018;31(6):1183-92.

22. Rahbar M, Ranjbar Kiyakalayeh S, Mirzajani R, Eftekharsadat B, Dolatkah N. Effectiveness of acromioclavicular joint mobilization and physical therapy vs physical therapy alone in patients with frozen shoulder: A randomized clinical trial. *Clinical Rehabilitation*. 2022;36(5):669-82.

23. Gholian S, Pishgahi A, Shakouri SK, Eslamian F, Yousefi M, Kheiraddin BP, et al. Use of autologous conditioned serum dressings in hard-to-heal wounds: a randomised prospective clinical trial. *Journal of wound care*. 2022;31(1):68-77.

24. Aghamohammadi D, Shakouri SK, Jahanpanah N, Dolatkah N. Effects of adjuvant ozone autohemotherapy combined with routine treatment on clinical and paraclinical features of mechanically ventilated COVID-19 patients in the intensive care unit: a pilot randomized controlled trial. *Medical Gas Research*. 2024;14(2):67-74.

25. Hajifaraji M, Dolatkah N. Probiotics and metabolic outcomes of gestational diabetes: A review article. *Journal of Mazandaran University of Medical Sciences*. 2018;28(162):155-74.

26. Rahbar M, Dolatkah N. Vasculitis presenting as carpal tunnel syndrome: a case report. *Journal of Medical Case Reports*. 2023;17(1):84.

27. Aghamohammadi D, Eydi M, Pishgahi A, Esmaeilnejad A, Dolatkah N. Pilot prospective open-label one-arm trial investigating intrathecal Adenosine in neuropathic pain after lumbar discectomy. *BMC Research Notes*. 2020;13(1):1-5.

28. Gotalizadeh D, Toopchizadeh V, Fasaie N, Dolatkah N. Body composition indices in a sample of female adolescents with postural deformity: a case control study. *BMC research notes*. 2019;12(1):1-5.

29. Shahsavarinia K, Niaki NM, Taghizadieh A, Habibi P, Separham A, Gilani N, et al. Serum Concentrations of Cardiac Troponin I Is Correlated With the Outcomes of Patients With Chronic Obstructive Pulmonary Disease Exacerbation Referred to Emergency Department. *Acta Medica Iranica*. 2022:275-82.

30. Aghamohammadi D, Sharifi S, Shakouri SK, Eslampour Y, Dolatkah N. Autologous conditioned serum (Orthokine) injection for treatment of classical trigeminal neuralgia: results of a single-center case series. *Journal of Medical Case Reports*. 2022;16(1):183.

31. Rahbar M, Kargar A, Eslamian F, Dolatkah N. Comparing the efficacy of dry needling and extracorporeal shock wave therapy in treatment of plantar fasciitis. *Journal of Mazandaran University of Medical Sciences*. 2018;28(164):53-62.

32. Salekzamani Y, Fakhree NA, Azimpouran M, Ebrahimi A, Heravi H, Dolatkah N. The reliability and validity of body vision system for assessing posture. *Journal of Research in Clinical Medicine*. 2021;9(1):3-.

33. Rahbar M, Eslamian F, Toopchizadeh V, Jahanjou F, Kargar A, Dolatkah N. A comparison of the efficacy of dry-needling and extracorporeal shockwave therapy for plantar fasciitis: a randomized clinical trial. *Iran Red Crescent Med J*. 2018;20(9):e68908.

34. Raofi S, Toopchizadeh V, Babaie S, Dolati S, Motlagh K, Saleh P, et al. A systematic review of clinical trials on the effectiveness of conservative management and physical therapy modalities in pregnancy-related back and pelvic girdle pain. *The Iranian Journal of Obstetrics, Gynecology and Infertility*. 2023

35. F Eslamian, SK Shakouri, N Mohammadpour, N Dolatkah. Reproductive history is associated with functional disabilities and symptoms in women with knee osteoarthritis: a case-control study. *BMC Research Notes*, 2024

36. N Dolatkah, A Jafari, F Eslamian, V Toopchizadeh. *Saccharomyces boulardii* improves clinical and paraclinical indices in overweight/obese knee osteoarthritis patients: a randomized triple-blind placebo-controlled trial. *European Journal of Nutrition*. 2024.

37. KM Asghari, P Saleh, Y Salekzamani, N Dolatkah. The effect of curcumin and high-content eicosapentaenoic acid supplementations in type 2 diabetes mellitus patients: a double-blinded randomized clinical trial. *Nutrition & Diabetes*, 2024

38. SK Shakouri, Y Salekzamani, N Dolatkah, S Dolati, M Hashemian. The effect of ginger (*Zingiber officinale* Roscoe) and turmeric (*Curcuma longa*) supplementation on 17- β estradiol level, quality of life and body composition in postmenopausal women: Secondary Outcomes of a randomized, placebo-controlled trial. *Current Traditional Medicine*.

39. F Bakhshimoghaddam, D Baez, N Dolatkah, M Sheikh, et al. Which dietary patterns fend off nonalcoholic fatty liver disease? A systematic review of

As First Author

1. Dolatkah N, Toopchizadeh V, Barmaki S

Salekzamani Y, Najjari A, Farshbaf-Khalili A, et al. The effect of an anti-inflammatory in comparison with a low caloric diet on physical and mental health in overweight and obese women with knee osteoarthritis: a randomized clinical trial. *European Journal of Nutrition*. 2023;62(2):659-72.

2. Dolatkah N, Afshar AA, Sharifi S, Rahbar M, Toopchizadeh V, Hashemian M. The effects of topical and oral *Nigella sativa* oil on clinical findings in knee osteoarthritis: A double-blind, randomized controlled trial. *Journal of Herbal Medicine*. 2022;33:100562.

3. Dolatkah N, Hajifaraji M, Abbasalizadeh F, Aghamohammadzadeh N, Mehrabi Y, Mesgari Abbasi M. Is there a value for probiotic supplements in gestational diabetes mellitus? A randomized clinical trial. *Journal of Health, Population and Nutrition*. 2015;33(1):1-8.

4. Dolatkah N, Nourizadeh M, Abbasalizadeh E, Aghamohammadzadeh N, Yahyavi Sh, Eslamian M, Hashemian M. Is there a value for probiotic supplements in gestational diabetes mellitus? A randomized clinical trial. *Nutrition and Diabetes*. In Press

5. Dolatkah N, Hajifaraji M, Shakouri SK. Nutrition therapy in managing pregnant women with gestational diabetes mellitus: a literature review. *Journal of family & reproductive health*. 2018;12(2):57.

6. Dolatkah N, Aghamohammadi D, Farshbaf-Khalili A, Hajifaraji M, Hashemian M, Esmaeili S. Nutrition knowledge and attitude in medical

students of Tabriz University of Medical Sciences in 2017–2018. *BMC research notes*. 2019;12:1-6.

7. Dolatkah N, Hajifaraji M, Abbasalizadeh F, Aghamohammadzadeh N, Jahanjou F, Shakouri SK. Effect of probiotics on quality of life and depression in pregnant women with gestational diabetes: A randomized double-blinded clinical trial. *Journal of Research in Applied and Basic Medical Sciences*. 2019;5(1):18-29.

8. Dolatkah N, Toopchizadeh V, Khalili AF, Emamizad S, Salekzamani Y, Tabrizi NT, et al. Correlation of Dietary Protein Intake with Body Composition and Physical Status in Patients with Knee Osteoarthritis. *Journal of Advances in Medical & Biomedical Research*. 2023;31(145).

9. Dolatkah N, Hajifaraji M. Probiotics and Metabolic Outcomes of Gestational Diabetes: A Review Article. *Journal of Research in Applied and Basic Medical Sciences*. 2019;5(2):82-97.

10. Dolatkah N, Aghamohammadi D, Zakipour A, Hashemian M. Understanding and Using Patterns of Food Labeling Systems and their Determinants by Medical Students of Tabriz University of Medical Sciences, Iran. *Nutrition and Food Sciences Research*. 2020;7(4):19-26.

11. Dolatkah N, Hajifaraji M, Abbasalizadeh F, Aghamohammadzadeh N, Mehrabi Y. Probiotic Supplements in Gestational Diabetes Mellitus: Study Protocol for a Placebo-Controlled Randomized Clinical Trial. *Journal of Clinical Research & Governance*. 2014;4(2).

As Co-Author

1. GBD 2021 Adult BMI Collaborators. Global, regional, and national prevalence of adult overweight and obesity, 1990–2021, with forecasts to 2050: a forecasting study for the Global Burden of Disease Study 2021. *The Lancet*. 2025 Mar 8;405(10481):813-38.
2. GBD 2021 Adolescent BMI Collaborators. Global, regional, and national prevalence of child and adolescent overweight and obesity, 1990–2021, with forecasts to 2050: a forecasting study for the Global Burden of Disease Study 2021. *The Lancet*. 2025 Mar 8;405(10481):785–812.
3. Dolatkah R, Somi MH, Dastgiri S, Jafarabadi MA, Abdolahi HM, Shانهbandi D, et al. Cross-cultural validation of stool Based Colorectal cancer screening methods in the North West of Iran. *Annals of Medicine and Surgery*. 2022;76:103494.
4. Dolatkah R, Hosseinalifam M, Sanaat Z, Dolatkah N, Dastgiri S. Molecular Epidemiology of Breast Cancer in Iran: A Review Article. *Journal of Obstetrics, Gynecology and Cancer Research*. 2023;8(5):422-30.
5. Barnous R, Somi MH, Sanaat Z, Jabbaripoor P, Dolatkah N, Dolatkah R. Epidemiological aspects of colorectal cancer in East Azerbaijan, Northwest Iran: five year survival analysis. *Universa Medicina*. 2021;40(3):190-9.
6. Eslamian F, Dolatkah N, Pourostadi M, Pirani A. Determination of Body Composition Analysis in Association with Pain and Functional Status of Patients with Chronic Mechanical Low Back Pain. *JPMRE*. 2019;1(3):125-35.
7. Kheiridoost H, Shakouri SK, Shojaei-Zarghani S, Dolatkah N, Farshbaf-Khalili A. Efficacy of nanomicelle curcumin, *Nigella sativa* oil, and their combination on bone turnover markers and their safety in postmenopausal women with primary osteoporosis and osteopenia: A triple-blind randomized controlled trial. *Food Science & Nutrition*. 2022;10(2):515-24.
8. Amirtaheri Afshar A, Toopchizadeh V, Dolatkah N, Jahanjou F, Farshbaf-Khalili A. The efficacy of *Nigella sativa* L. oil on serum biomarkers of inflammation and oxidative stress and quality of life in patients with knee osteoarthritis: A parallel triple-arm double-blind randomized controlled trial. *Food Science & Nutrition*. 2023.
9. Salehi-Pourmehr H, Dolatkah N, Gassab-Abdollahi N, Farrin N, Mojtahedi M, Farshbaf-Khalili A. Screening of depression in overweight and obese pregnant women and its predictors. *Journal of Obstetrics and Gynaecology Research*. 2019;45(11):2169-77.
10. Dolati S, Shakouri SK, Dolatkah N, Yousefi M, Jadidi-Niaragh F, Sanaie S. The role of exosomal non-coding RNAs in aging-related diseases. *Biofactors*. 2021;47(3):292-310.
11. Diba-Bagtash F, Shahnazi M, Ghasemzadeh A, Jahanjou F, Dolatkah N, Farshbaf-Khalili A. Association between dietary inflammatory index and inflammatory biomarkers with outcomes of in vitro fertilization treatment. *Journal of Obstetrics and Gynaecology Research*. 2021;47(1):287-95.
12. Eslamian F, Jahanjou F, Dolatkah N, Pishgahi A, Pirani A. Relative effectiveness of electroacupuncture and biofeedback in the treatment of neck and upper back myofascial pain: A randomized clinical trial. *Archives of Physical Medicine and Rehabilitation*. 2020;101(5):770-80.
13. Eslamian F, Dolatkah N, Fallah L, Jahanjou F, Toopchizadeh V, Talebi M. Effectiveness of botulinum toxin on hand tremor intensity and upper limb function in patients with Parkinson's disease: results of a systematic review. *Tremor and Other Hyperkinetic Movements*. 2023;13.
14. Azimi-Shomali S, Farshbaf-Khalili A, Eslamian F, Dolatkah N, Ghassab-Abdollahi N. The relationship between usual daily physical activity with serum markers related to bone metabolism and demographic characteristics in postmenopausal women aged 50–65 years. *Journal of Physical Activity and Health*. 2022;19(6):417-24.
15. Dolatkah R, Khoshbaten M, Kermani IA, Bonyadi MR, Ghojazadeh M, Sanaat Z, et al. Upper gastrointestinal bleedings in patients with hereditary coagulation disorders in Northwest of Iran: prevalence of: *Helicobacter pylori*: infection. *European journal of gastroenterology & hepatology*. 2011;23(12):1172-7.
16. Gotalizadeh D, Toopchizadeh V, Farshbaf-Khalili A, Salekzamani Y, Dolatkah N, Pirani A. Faulty posture: Prevalence and its relationship with Body Mass Index and Physical Activity among female adolescents. *Biomedical Human Kinetics*. 2020;12(1):25-33.
17. Taleschian-Tabrizi N, Alinezhad F, Pezeshki MZ, Dastgiri S, Eftekharsadat B, Dolatkah N. Prevalence of Spinal Deformities among School Age Children in Iran: A Systematic Review and Meta-Analysis. *International Journal of Pediatrics*. 2022;10(7):16402-16.
18. Sadighpour A, Dolatkah N, Khanzadeh S, Baradaran Binazir M, Heidari F. The prevalence and determinant factors of high-risk behaviours among medical students in North-West of Iran. *International*

Journal of Health Promotion and Education. 2023;61(4):158-68.

19. Salekzamani Y, Fakhree NA, Ebrahimi A, Heravi H, Dolatkah N. Motorized Leg Length Discrepancy Measure: A New Device for Clinical Use-A Cross-sectional Study. Crescent Journal of Medical & Biological Sciences. 2022;9(3).

20. Hossein Somi M, Dolatkah H, Movahedian A, Aghazade AM, Esfahani A, Dolatkah N, et al. The effect of omega fatty acids oral administration on apoptotic regulatory proteins in patients with gastric adenocarcinoma under chemotherapy: A double-blind

clinical trial study. Journal of Research in Applied and Basic Medical Sciences. 2020;6(3):123-33.

21. Fakhari A, Kheradmand N, Dolatkah N. Sleep duration the night before an exam and its relationship to students' exam scores. British Journal of Medicine and Medical Research. 2016;15(8):1-6.

22. N Rashedi, B Eftekharsadat, N Dolatkah. Assessment of Knee Angular Deformities: Correlation between Photogrammetric, Clinical and Radiographic Methods. Journal of Rehabilitation Sciences & Research, 2024

Research Proposals Approved

Principal Investigator	Co-Principal Investigator
<p>2025-4-9 Tabriz University of Medical Sciences</p> <p>Title: Studying the effect of a modified Mediterranean diet (ModiMed) combined with Pomegranate seed oil supplement (puniceic acid) supplementation on bone health and metabolic profile in post-menopause overweight and obese treated breast cancer survivors</p>	<p>2018-3-11 Tabriz University of Medical Sciences</p> <p>Title: Ginger (Zingiber officinale) and turmeric supplementation effects on quality of life, body composition and osteoporosis related biomarkers and micro-RNAs in women with postmenopausal osteoporosis</p>
<p>2025-3-9 Tabriz University of Medical Sciences</p> <p>Title: To investigate the effect of a 5:2 intermittent fasting diet with high protein content versus daily calorie restriction balanced diet on anthropometric indices, body composition analysis, functional status, pain intensity, and serum markers of inflammation and oxidative stress in overweight and obese postmenopausal women with knee osteoarthritis.</p>	<p>2018-10-8 Tabriz University of Medical Sciences</p> <p>Title: Effect of educational intervention according family-centered empowerment model (FCEM) on some of the serum glycemic indices, lipid profile, calcium and vitamin D in elderly women: a randomised controlled trial.</p>
<p>2024-6-14 Tabriz University of Medical Sciences</p> <p>Title: Effect of a medium-chain triglyceride (MCT)-Based Ketogenic Dietary Intervention along with high-dose intravenous ascorbic acid among Overweight/Obese patients with triple-negative breast cancer</p>	<p>2018-12-6 Tabriz University of Medical Sciences</p> <p>Title: Assessment of primary osteoporosis status in postmenopausal women of Tabriz and effect of three interventions (Curcumin, Nigella Sativa Extract and combined Curcumin and Nigella Sativa Extract) on cellular- molecular and clinical outcomes.</p>
<p>2017-3-5 Tabriz University of Medical Sciences</p> <p>Title: Dietary Patterns, Healthy Eating Index and dietary inflammation index in association with body composition, functional status, pain and quality of life in patients with knee osteoarthritis</p>	<p>2019-2-19 Tabriz University of Medical Sciences</p> <p>Title: Stature and Postural Disorders Evaluation Project with Corrective Movement and Exercise Therapy in Tabriz University of Medical Sciences,' Pilot project to promote the health of children and adolescents in East Azerbaijan along with the establishment of Research Educational Reference Center'</p>
<p>2018-5-9 Tabriz University of Medical Sciences</p> <p>Title: The effect of anti-inflammatory compared with the low-</p>	<p>2019-6-17 Tabriz University of Medical Sciences</p> <p>Title: Frequency of genetic polymorphism in postmenopausal</p>

calorie diet on anthropometric indices, anxiety, depression, functional status, pain and quality of life and serum indices of inflammation and oxidative stress in overweight and obese patients with knee osteoarthritis

2019-12-2 Tabriz University of Medical Sciences

Title: The effect of Curcumin and/or omega-3 polyunsaturated fatty acids supplementation on anthropometric indices, glucose hemostasis, markers of cardio metabolic risk and gene expression of vascular endothelial growth factor and serum concentrations of inflammatory and oxidative stress indices in type 2 diabetic patients

2021-1-26 Tabriz University of Medical Sciences

Title: The effect of probiotic supplement vs. Placebo on anthropometric indices, quality of life, body composition, blood pressure, lipid profile and serum levels of adipokines and atherosclerosis dependent indices in elderly with type 2 diabetes and high cardiovascular risk

2023-6-6 Tabriz University of Medical Sciences

Title: Efficacy and safety of the daily oral supplementation of fish oil with high-dose Docosahexaenoic acid content and cobalamin in patients with painful diabetic neuropathy

2023-10-30 Tabriz University of Medical Sciences

Title: The effect of oral administration and topical application of *Linum usitatissimum* L. (flaxseed) oil along with a calorie-restricted diet on anthropometric indices, pain, physical function, and serum indices of oxidative stress in patients with knee osteoarthritis

2023-06-14 Tabriz University of Medical Sciences

Title: Investigation of the effect of high-dose vitamin D3 with alpha-linoleic acid (flaxseed oil) supplementation on serum indices of inflammation and oxidative stress in the elderly with type 2 diabetes.

2023-05-14 Tabriz University of Medical Sciences

Title: The effect of the *Boswellia serrata*, *Apium graveolens*, *Zingiber officinale* and *Curcuma longa* supplementation on pain intensity, physical function and range of motion in shoulder tendinitis patients: Randomized controlled trial

women with and without primary osteoporosis: a case-control study.

2019-7-8 Tabriz University of Medical Sciences

Title: Effect of berry based food products/supplements on cognition in middle and old aged subjects: a systematic review

2020-12-11 Tabriz University of Medical Sciences

Title: Design of biosensors for detection of hyaluronic acid in serum samples of patients with osteoarthritis

2020-12-11 Tabriz University of Medical Sciences

Title: Design and evaluation of biosensors for detection of telomerase in serum samples of patients with osteoporosis

2021-12-11 Tabriz University of Medical Sciences

Title: Sensitive and accurate detection of hyaluronic acid by biosensor technology in serum samples of patients with rheumatoid arthritis

2022-5-22 Tabriz University of Medical Sciences

Title: The effect of oral lavender essential oil on menopausal symptoms, serum lipid profile and cortisol concentration in postmenopausal women: A triple-blind, randomized, controlled trial

2024-08-06 Tabriz University of Medical Sciences

Title: Utility of Miotic Figures in Upper Layers of Epithelium as Characteristic Markers in Cervical High-Grade Lesions: Correlation with Immunohistochemistry Findings and Cervical Conization Results

2023-06-06 Tabriz University of Medical Sciences

Title: Efficacy and safety of the daily oral supplementation of fish oil with high-dose docosahexaenoic acid content and cobalamin in patients with painful diabetic neuropathy

2023-07-18 Tabriz University of Medical Sciences

Title: Investigating the level of expression of inflammatory and anti-inflammatory microRNAs in patients with breast cancer-related lymphedema compared to the control group

2022-05-22 Tabriz University of Medical Sciences

Title: The effect of oral lavender essential oil on menopausal symptoms, serum lipid profile and cortisol concentration in postmenopausal women: A triple-blind, randomized, controlled trial

**Post-Graduate
Theses Supervision
Approved**

Advisor: 34	Consultant: 27
<p>2017-3-5 Tabriz University of Medical Sciences</p> <p>Title: Effect of oral administration and topical application of black seed oil (<i>Nigella Sativa</i>) on pain, function, and serum indices of inflammation and oxidative stress in patients with knee osteoarthritis</p>	<p>2017-10-3 Tabriz University of Medical Sciences</p> <p>Title: Postural disorders and body composition analysis in high school girl students-Tabriz</p>
<p>2017-4-12 Tabriz University of Medical Sciences</p> <p>Title: Healthy Eating Index (HEI) in association with functional status and pain in patients with knee osteoarthritis</p>	<p>2017-12-28 Tabriz University of Medical Sciences</p> <p>Title: The relationship between body composition parameters and anthropometric indices with blood pressure levels and quality of life in patients with type 2 diabetes in comparison with healthy subjects</p>
<p>2017-4-12 Tabriz University of Medical Sciences</p> <p>Title: Body composition and dietary intake of protein in patients with knee osteoarthritis</p>	<p>2018-3-7 Tabriz University of Medical Sciences</p> <p>Title: Effect of anti-inflammatory diet on depression and anxiety in overweight and obese patients with knee osteoarthritis</p>
<p>2017-5-8 Tabriz University of Medical Sciences</p> <p>Title: Serum levels of 25(OH) D3 and its relationship with anthropometric indices, pain severity, quality of life and disability in patients with non-specific low back pain</p>	<p>2018-5-9 Tabriz University of Medical Sciences</p> <p>Title: The relationship between stress coping styles and lifestyle with severity of pain and functional dysfunction among patients with chronic low back pain referred to physical medicine and rehabilitation outpatient clinics in Tabriz, 2018-2019.</p>
<p>2017-7-22 Tabriz University of Medical Sciences</p> <p>Title: Dietary Inflammation Index (DII) in association with disability, pain severity and quality of life in patients with knee osteoarthritis (OA)</p>	<p>2018-5-21 Tabriz University of Medical Sciences</p> <p>Title: Inflammation and oxidative stress parameters in association with pain severity and quality of life in patients with Myofascial pain syndrome</p>
<p>2017-10-3 Tabriz University of Medical Sciences</p> <p>Title: The relationship of physical activity and nutritional status with depression in obese and overweight pregnant women referred to the health care centers in Tabriz, 2017: a cross sectional study</p>	<p>2018-5-21 Tabriz University of Medical Sciences</p> <p>Title: The relationship of indices of body composition analysis with pain and functional status in patients with mechanical chronic low back pain referring to physical medicine and rehabilitation clinic of imam reza hospital in 1396-97</p>
<p>2017-10-3 Tabriz University of Medical Sciences</p> <p>Title: Body composition parameters and anthropometric indices and their correlation with the severity of menopausal symptoms, depression and anxiety in postmenopausal women</p>	<p>2018-6-27 Tabriz Azad University, School of Medicine</p> <p>Title: Serum levels and dietary intakes of alpha-tocopherol and lycopene in patients with knee osteoarthritis in relation with pain and functional status as compared with healthy controls</p>
<p>2017-10-25 Tabriz University of Medical Sciences</p> <p>Title: Anthropometric indices, body composition analysis, circumference of the arm and the leg and their association with cognitive status and functional ability in elderlies</p>	<p>2018-7-29 Tabriz University of Medical Sciences</p> <p>Title: The relationship between dietary inflammatory index and some serum inflammatory factors with the fertility results in infertile women</p>
<p>2017-11-15 Tabriz University of Medical Sciences</p>	

<p>Title: General and health Literacy in association with self-care behaviors and quality of life in patients with knee osteoarthritis in Tabriz (2017-2018)</p>	<p>undergoing IVF treatment.</p>
<p>2018-1-8 Tabriz University of Medical Sciences</p> <p>Title: Nutritional Knowledge and attitude of medical students (interns and externs) of Tabriz University of Medical Sciences</p>	<p>2018-10-6 Tabriz University of Medical Sciences</p> <p>Title: Frequency of high-risk behaviors among medical students of Tabriz University of Medical Sciences</p>
<p>2018-2-5 Tabriz University of Medical Sciences</p> <p>Title: Correlation between serum levels of vitamin D with blood pressure levels and quality of life in overweight and obese patients with type 2 diabetes in comparison with non-diabetic healthy subjects</p>	<p>2018-12-16 Tabriz University of Medical Sciences</p> <p>Title: Anterior, lateral and posterior Static postural test by photogrammetric method in students with and without backpack</p>
<p>2018-5-8 Tabriz University of Medical Sciences</p> <p>Title: Understanding and use of food labels and its determinants between the students of Tabriz University of medical sciences</p>	<p>2019-2-5 Tabriz University of Medical Sciences</p> <p>Title: Effect of Nigella Sativa Extract and Curcumin on bone turn over biomarkers in postmenopausal women with primary osteoporosis: a triple blinded randomized controlled trial.</p>
<p>2018-5-30 Tabriz University of Medical Sciences</p> <p>Title: Health literacy in association with quality of life in subjects with diabetes mellitus, Tabriz 2018-2019</p>	<p>2019-2-19 Tabriz University of Medical Sciences</p> <p>Title: Anterior, lateral and posterior Static postural test by photogrammetric method in students with and without shoulder bag</p>
<p>2018-10-17 Tabriz University of Medical Sciences</p> <p>Title: Knowledge about osteoporosis and bone health in postmenopausal women and its relation to their healthy lifestyle</p>	<p>2019-6-1 Tabriz University of Medical Sciences</p> <p>Title: Association between health promoting life style and primary osteoporosis in postmenopausal women.</p>
<p>2018-10-22 Tabriz University of Medical Sciences</p> <p>Title: Association of life style, quality of life and mental health with health literacy in healthy middle-aged women in Tabriz, 2018</p>	<p>2019-6-19 Tabriz University of Medical Sciences</p> <p>Title: Investigating students' healthy lifestyle indicators and their relationship with their learning styles at Tabriz University of Medical Sciences</p>
<p>2019-1-15 Tabriz University of Medical Sciences</p> <p>Title: Social support, self-efficacy, life satisfaction and their determinants in patients with multiple sclerosis</p>	<p>2019-7-8 Tabriz University of Medical Sciences</p> <p>Title: The Effect of a combination of corrective exercise and kinesio taping on postural kyphosis in adolescents</p>
<p>2019-1-28 Tabriz University of Medical Sciences</p> <p>Title: Reproductive history in 50 and higher years old women with knee osteoarthritis in relation with pain and function disorder in Tabriz, 2017</p>	<p>2019-7-22 Tabriz University of Medical Sciences</p> <p>Title: Comparing clinical, radiographic and photogrammetric measurements of angular deformities of knee</p>
<p>2019-2-5 Tabriz University of Medical Sciences</p> <p>Title: Life satisfaction and coping styles in diabetic patients in comparison with non-diabetic subjects</p>	<p>2019-12-2 Tabriz University of Medical Sciences</p> <p>Title: Evaluation of the health literacy and its association with quality of life in patients with Breast Cancer, Referring to Ghazi Tabatabai Hospital</p>
<p>2019-9-4 Tabriz University of Medical Sciences</p>	<p>2020-1-11 Tabriz University of Medical Sciences</p> <p>Title: Photogrammetric assessment of head & neck</p>

<p>Title: The effect of probiotic saccharomyces boulardii on anthropometric indices, functional status, pain and quality of life and serum indices of inflammation and oxidative stress in overweight and obese patients with knee osteoarthritis</p>	<p>and vertebral column in patient with myofascial pain syndrome</p>
<p>2019-9-25 Tabriz University of Medical Sciences</p>	<p>2020-1-12 Tabriz University of Medical Sciences</p>
<p>Title: Knowledge, attitude and practice of students of Tabriz University of Medical Sciences regarding dietary supplements and micronutrients</p>	<p>Title: Association of body composition with bone density and quality of life in postmenopausal women suffering from primary osteoporosis</p>
<p>2020-1-5 Tabriz University of Medical Sciences</p>	<p>2020-1-18 Tabriz University of Medical Sciences</p>
<p>Title: Knowledge, attitude and practice regarding vitamin D and its determinant factors in patients referred to outpatient clinics of physical medicine and rehabilitation of Tabriz University of Medical Sciences in 2020-2021</p>	<p>Title: Knowledge, attitude and practice of the students of Tabriz University of medical sciences regarding to prevention and control of diabetes in 2020-2021</p>
<p>2020-1-5 Tabriz University of Medical Sciences</p>	<p>2020-6-6 Tabriz University of Medical Sciences</p>
<p>Title: Effect of oral probiotic supplementation on indices of inflammation and oxidative stress in patients with Multiple Sclerosis (MS)</p>	<p>Title: The effects medical Ozone Autohemotherapy on clinical and paraclinical features of patients with Covid19</p>
<p>2020-1-11 Tabriz University of Medical Sciences</p>	<p>2020-8-25 Tabriz University of Medical Sciences</p>
<p>Title: Effect of oral probiotic supplementation on mental health, quality of life, fatigue and pain in Multiple Sclerosis (MS)</p>	<p>Title: Abundance of foot and ankle pain and its determinant factors in the adults referred to the outpatient clinic of physical medicine and rehabilitation in 2020-2021</p>
<p>2020-1-12 Tabriz University of Medical Sciences</p>	<p>2021-5-19 Tabriz University of Medical Sciences</p>
<p>Title: The obesity knowledge and its determinants in medical students of Tabriz University of medical sciences, 2020</p>	<p>Title: The therapeutic efficacy of capsules containing Melissa officinale on the clinical and electrodiagnostic findings of patients with type 2 diabetes: A Randomized Double-Blind Clinical Trial</p>
<p>2020-6-8 Tabriz University of Medical Science</p>	<p>2021-12-20 Tabriz University of Medical Sciences</p>
<p>Title: Obesity risk knowledge and diet and health-related attitude in association with anthropometric indices among pregnant women referred to outpatient gynecology clinics of Tabriz University of Medical Sciences in 2020-2021</p>	<p>Title: Comparison the impact of steroid and intra-articular ozone on improving the symptoms of osteoarthritis of knee</p>
<p>2020-8-3 Tabriz University of Medical Sciences</p>	<p>2022-1-29 Tabriz University of Medical Sciences</p>
<p>Title: Knowledge and practice regarding the food label information and its determinant in faculty members of Tabriz University of Medical Sciences, 2020</p>	<p>Title: Comparison between clinical effects of intra-articular ozone and intra-articular steroid injection in the treatment of chronic ankle osteoarthritis</p>
<p>2020-10-21 Tabriz Azad University, Faculty of Medicine</p>	<p>2022-4-30 Tabriz University of Medical Sciences</p>
<p>Title: Validity and reliability of the Persian version of the updated general nutritional awareness questionnaire in healthy adults</p>	<p>Title: Comparison of Orthokine therapy and radiofrequency ablation in the treatment for idiopathic trigeminal neuralgia</p>
	<p>2022-12-12 Tabriz University of Medical Sciences</p>
	<p>Title: Comparison of local ozone injection vs. corticosteroid injection in the treatment of shoulder adhesive capsulitis</p>

<p>2021-1-18 Tabriz University of Medical Sciences</p> <p>Title: The therapeutic effects of Crocus sativus on clinical and electrodiagnostic symptoms of patients with type 2 diabetes: a double-blind clinical trial</p>	
<p>2021-5-2 Tabriz University of Medical Sciences</p> <p>Title: Effect of probiotic supplement vs. placebo on the anthropometric indices, lipid profile and serum concentrations of adipokine in elderlies with type 2 diabetes and high cardiovascular risk</p>	
<p>2021-8-15 Tabriz Azad University</p> <p>Title: knowledge, attitude, and practice of medical students regarding the prevention, diagnosis, and treatment of pre-diabetes</p>	
<p>2022-6-21 Tabriz University of Medical Sciences</p> <p>Title: The Effectiveness of dietary and botanical supplements in management of pain and disability in patients with knee osteoarthritis: a systematic review of clinical trials</p>	
<p>2023-5-14 Tabriz University of Medical Sciences</p> <p>Title: The effect of the Boswellia serrata, Apium graveolens, Zingiber officinale and Curcuma longa supplementation on pain intensity, physical function and range of motion in shoulder tendinitis patients: Randomized controlled trial</p>	
<p>2023-6-14 Tabriz University of Medical Sciences</p> <p>Title: Effect of high-dose vitamin D3 with alpha-linolenic acid supplementation on serum indices of inflammation and oxidative stress in the elderly with type 2 diabetes.</p>	

**Congress,
Conferences, and
Workshops**

Oral Presentation	Poster
<p>8th -11th Oct 2015, 12th International Congress of Women and Midwifery, Tehran</p> <p style="text-align: center;">Gestational Diabetes from the Perspective of Nutrition Science</p> <p>25th -27th Nov 2015, 26th Annual Congress of Cancer Institute</p>	<p>12th -15th Nov 2005, 7th National Congress on Medical Education, Tabriz</p> <p style="text-align: center;">Evaluation of Knowledge, Attitude and Practice of Medical Interns about Physician – Patient Communication</p> <p>15th -18th Apr 2015, 8th International DIP Symposium, Berlin</p>

<p>of Iran, Tehran</p> <p>Polyphenols and Prevention of Cell Proliferation and Induction of Cell Apoptosis in Cancer Cells</p> <p>6th Oct 2016, Medical Nutrition Therapy in the Elderly Workshop, Tabriz</p> <p>Nutritional Screening, Nutritional Needs, Dehydration and Drug Therapy in the Elderly</p> <p>7th Dec 2016, Autoimmune and Rheumatic Diseases Workshop, Tabriz</p> <p>Relationship between Nutrition and Autoimmune Diseases</p> <p>19th Jan 2017, Osteoporosis Conference, Tabriz</p> <p>Nutrition in the Prevention and Treatment of Osteoporosis</p> <p>16th Feb 2017, Nutrition of Athletes in championship sports Workshop, Tabriz</p> <p>Macronutrients in Athletes</p> <p>17th May 2017, Supplements in the performance of athletes Workshop, Tabriz</p> <p>Ergogenic Supplements Derived From Food or Nutrients</p> <p>10th Aug 2017, Fibromyalgia Conference, Tabriz</p> <p>Nutrition in Fibromyalgia</p> <p>9th Dec 2017, Neuromuscular Disorders: Diagnosis and Treatment Workshop, Tabriz</p> <p>Accurate Nutrition in Patients with Neuropathy</p> <p>14th Dec 2017, Obesity Updates Conference, Tabriz</p> <p>Supplements for Weight Management</p> <p>23th Jan 2018, Less Invasive Treatments of Spinal Discopathy Conference, Tabriz</p> <p>Nutrition in Low Back Pain</p> <p>6th Feb 2018, Attention Deficit Hyperactivity Disorder (ADHD) Conference Tabriz</p> <p>Nutrition in ADHD children</p> <p>9th Feb 2018, Schizophrenia and Its Metabolic Complications Conference, Tabriz</p> <p>Nutrition in Schizophrenia</p>	<p>Effect of Probiotic Supplements Daily Consumption on the Inflammation and Oxidative Stress among Pregnant Women with Gestational Diabetes Mellitus: A Randomized Clinical Trial</p> <p>15th -18th Apr 2015, 8th International DIP Symposium, Berlin</p> <p>Effect of Probiotic Supplements Daily Consumption on the Metabolic Profile and Weight Changes among Pregnant Women with Gestational Diabetes Mellitus: A Randomized Clinical Trial</p>
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19th-21st Dec 2018, the 3rd International Congress and the 15th Iranian Nutrition Congress, Tehran

Are probiotic supplements effective in preventing increased blood sugar caused by increased blood pressure related to childbirth?

31st Dec 2020, Peripheral Neuropathies Symposium, Tehran

Nutrition in Peripheral Neuropathies

11th May 2022, Musculoskeletal disorders in the elderly webinar, Tabriz

Nutrition in the Health of Bone and Muscle

10th Jun 2023, Scientific Issues in the Rehabilitation of Low Back Pain Webinar, Tabriz

Low Back Pain Patients' Nutrition and Anti-Pain Nutrients

13th July 2023, Physical health and physical structure of students and sports Conference, Tabriz

Healthy eating and prevention of obesity in students

7th Dec 2023, Principles of anthropometry and body composition and the role of exercise in weight management Conference, Tabriz

1. The principles of determining ideal weight, and height for diet therapy
2. Sports supplements for weight loss and gain

Books

Authorship

Homayoun Dolatkhah, Neda Dolatkhah, Asghar Hosseinzadeh. "Biochemistry and Genetic of Hormones". 2011, Nabati Publication, Tabriz, Iran, ISBN: 9786005892574

Translation

Guideline: daily iron supplementation in adult women and adolescent girls. WHO TEAM, Nutrition and Food Safety (NFS), EDITORS: World Health Organization (Persian Version)

Guideline: sugars intake for adults and children. WHO TEAM, Guidelines Review Committee, Nutrition and Food Safety (NFS), SEARO Regional Office for the South East Asia (RGO), WHO South-East Asia, EDITORS: World Health Organization (Persian Version)