

Mohammad Javad Hosseinzadeh-Attar

mhosseinzadeh@tums.ac.ir
Hosseinzadeh.MD.PhD@gmail.com

Phone number: +98 9123717305

Office number: +98 21 88955698

Education

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| 2001-2004 | Ph.D. in Medicine & Nutrition (Clinical Studies) Department of Medicine, University College London, London, UK |
| 2000-2004 | Postgraduate Certificate in Nutritional Medicine, University of Surrey, Guildford, UK |
| 1982-1989 | MD (Doctor of Medicine), Kerman University of Medical Sciences, Kerman, Iran |
| 1982 | Diploma in Natural Sciences |
| 1981 | Diploma in Mathematics and Physics |

Work Experience

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| 2016-present | Professor, Department of Clinical Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran |
| 2016-present | Professor, Department of Disaster Public Health, School of public health, Tehran University of Medical Sciences, Tehran, Iran |
| 2022-2025 | Director, National Scientific Board Committee of Nutritional Sciences/Food and Nutrition policy, Iran |
| 2023-2025 | Head, Department of Clinical Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran |
| 2018-2023 | Dean, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran |
| 2016-2017 | Visiting Professor, Centre of Research Excellence (CRE) in Translating Nutritional Science to Good Health, Royal Adelaide Hospital, Discipline of Medicine, The University of Adelaide, Australia |

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| 2012- 2016 | Vice Dean for Education, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran |
| 2012- 2016 | Vice Dean for Students Affairs, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran |
| 2012- 2016 | Head of Graduate Council, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran |
| 2012- 2016 | Member of University Educational council; Tehran University of Medical Sciences, Tehran, Iran |
| 2015-2015 | Visiting A/Professor, Nutrition in Critically ill patients, Department of Gerontology and Metabolic Care, Medical Faculty, Charles University, Hradec Kralove, Czech Republic |
| 2012-2014 | Member of research council; School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran |
| 2010- 2014 | Acting Dean, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran |
| 2012- 2016 | Associate professor, Department of Clinical Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran |
| 2012- 2016 | Associate professor, Department of Disaster Public Health, School of public health, Tehran University of Medical Sciences, Tehran, Iran |
| 2011-2012 | Assistant professor, Department of Disaster Public Health, School of public health, Tehran University of Medical Sciences, Tehran, Iran |
| 2005- 2012 | Assistant professor, Department of Nutrition and Biochemistry, School of public health, Tehran University of Medical Sciences, Tehran, Iran |
| 2011-present | Member of Disaster and Emergency Health Academia, Tehran University of Medical Sciences, Tehran, Iran |
| 2010- 2014 | Member of Curriculum Revision Committee of Basic Medical Sciences, Medical School, Tehran University of Medical Sciences, Tehran, Iran |
| 2008-2013 | Head of Nutritional Congress Organizing Committee, Iranian Nutrition Society, Tehran, Iran |
| 2008-2012 | Member of Research Council; Nutrition and Biochemistry Department; School of Public Health; Tehran University of Medical Sciences, Tehran, Iran |

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| 2006-2012 | Member of Educational council; School of Public Health; Tehran University of Medical Sciences, Tehran, Iran |
| 2001-2004 | Research in Basic and Clinical Studies, Whittington Hospital, Middle Sex Hospital and Department of Medicine, University College London, London, UK. |
| 2001-2004 | Clinical attachment in obesity Clinic, Addison Building, St. Georges Hospital, London, UK. |
| 2002-2004 | Clinical attachment in diabetes and endocrine clinic, Outpatient Department of Middle sex Hospital (University College London Hospitals), London, UK. |
| 2000-2001 | Clinical attachment in diabetes and endocrine clinic, Clinical Investigation Department, Surrey County Hospital, Guildford, UK. |
| 1990-1999 | Private Practice as a General Practitioner, Kerman and Tehran, Iran |
| 1995-1997 | Practice as a General Practitioner in Iranian Companies |
| 1993-1994 | Lecturer at Zarand Nursing School, Kerman University of Medical Science, Kerman, Iran. |
| 1991-1994 | Head of Sina Hospital, Zarand, Kerman, Iran. |

Specialties and techniques

- Well-educated and expert in Nutritional medicine, Clinical Nutrition, Nutrition in critically ill patients, and Nutrition in Disaster
 - Attending and conducting related courses and also international workshops
 - Well-educated and expert in techniques
 - Cell Culture (Adipocyte Culture)
 - Organ Culture of adipose tissue
 - RNA isolation
 - cDNA Synthesis
 - End-Point Polymerase Chain Reaction (PCR)
 - Taq-man Real time PCR analysis
 - Enzyme-Linked Immunosorbent Assay (ELISA)
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Skills

- Experience of more than 20 years of education, mentorship, supervision and teaching of post-graduate students and residents at the best University of the country
- Experience in leadership, team work and coordination with policy makers
- Supervision and monitoring of the curricula of various subjects including public health in nutrition/community nutrition, nutrition in disaster, food and nutrition policy and clinical nutrition
- Experience of Diet therapy and management of patients with various diseases concentrating on the effect of Nutrition on the process of diseases and their complications.
- Experience of more than 35 years of practicing medicine and 20 years as a Clinical Nutritionist on diet therapy in Weight Management, Obesity, Diabetes, Cardiovascular Diseases, Renal Diseases, Endocrine disorders and also expert in counselling Nutrition in critically ill patients including Enteral and parenteral Nutrition, Nutrition in cancer, Nutrition in athletics and sports nutrition.

Teaching

- Basic & advanced nutrition; Clinical nutrition; Nutritional support in critically ill patients, Nutrition and disaster; Nutrition and Diseases; Nutrition and obesity; Nutrition, growth and development; Nutrition and cardiovascular disease; Nutrition and diabetes; Nutrition and cancer; Nutrition and Osteoporosis; Nutrition and elderly; Nutrition and pregnancy; Nutrition and anemia; Nutrition and IDD; Nutrition and dental care; Sports Nutrition
 - Course trainer in Clinical Nutrition; Nutrition in critically ill patients, Enteral and parenteral Nutrition, training courses by Tehran University of Medical Sciences
 - Course trainer in Nutrition and Disaster; Disaster Health Management & Risk Reduction (DHMR1-2-3-4-5-6-7) training courses were held by Tehran University of Medical Sciences, Disaster and Emergency Management Center and World Health Organization; June- July 2009; May 2011; February 2011; December 2011; March 2015; September 2015
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Research (Initiating, planning and executing research projects and grants)

- ❖ The effect of Ecosapent Ethyl supplementation on UCP1, PRDM16, CIDEA gene expression, epicardial adipose tissue thickness, and clinical outcomes in overweight and obese patients with heart failure: a randomized, double-blind clinical trial
- ❖ Survey of nutritional status and sarcopenia in patients with advanced heart failure treated with diuretic infusion and other heart failure patients
- ❖ The effect of alpha-lipoic acid supplement on biomarkers of myocardial injury in patients undergoing coronary artery bypass surgery: a randomized, double-blind, placebo-controlled clinical trial
- ❖ Investigating the effects of MCT-modified ketogenic diet on clinical symptoms, systemic inflammation and the expression of gene coding B-catenin in patients with endometriosis: A parallel randomized clinical trial
- ❖ Assessment of nutritional status using GLIM and MNA criteria based on ejection fraction in patients with heart failure and its association with disease prognosis
- ❖ The effect of modified psychobiotic diet on the severity of depression, anxiety and dietary related-reward systems in overweight/obese subjects with depression
- ❖ The effects of virgin coconut oil on serum brain-derived neurotrophic factor level, antioxidant status, and insulin resistance in adults with metabolic syndrome
- ❖ The effects of naringenin supplementation on insulin resistance, NAFLD fibrosis score and adiponectin in overweight or obese patients with non-alcoholic fatty liver disease
- ❖ The effects of naringenin supplement on aminotransferase level, lipid profile and NRG4 batokine in overweight or obese patients with non-alcoholic fatty liver disease
- ❖ The study of the effect of nano-curcumin supplementation on the plasma level of the adipokine adiponectin in overweight or obese patients with coronary slow flow phenomenon
- ❖ Effect of hydrolyzed collagen alone, or in combination with fish oil on wound healing, metabolic disorders and adipose tissue derived peptides in patients with burn
- ❖ The effect of hydrolyzed collagen supplement alone or in combination with fish oil on gut microbiome in patients with burn
- ❖ Comparison of serum levels of the novel adipose derived factor neuregulin 4 in patients with major burns compared with healthy controls
- ❖ Effect of diet restricted in advanced glycation end products (low-AGEs) on appetite, energy expenditure, brown adipose tissue activity and nesfatin-1 in patients treated with angioplasty
- ❖ Assessment of changes in subclinical factors of atherosclerosis, grade of fatty liver and visceral fat due to consumption of diet restricted in advanced glycation end products (Low-dAGEs) in patients with fatty liver treated with angioplasty

- ❖ Effect of nanocurcumin supplementation on the severity of symptoms and length of hospital stay in patients with Covid-19
- ❖ The relationship of dietary inflammatory potential with coronary artery disease and some parameters of systemic inflammatory and anti-oxidant status in people with angiography
- ❖ The relationship of nerve growth factor and heat shock protein 60 with coronary artery atherosclerosis
- ❖ To assess the effects of coconut oil consumption on metabolic syndrome indices in adults
- ❖ The relationship between circulating levels of novel adipokines glypican-4 and WISP1 with coronary atherosclerosis in patients with angiography
- ❖ The relationship between dietary insulin index and low carbohydrate diet score with obesity in healthy adult individuals
- ❖ Comparison of dietary inflammatory index and parameters of diet quality between normal weight, overweight and obese adults
- ❖ Effect of diet restricted in advanced glycation end products (low-AGEs) on body composition, vascular adhesion, inflammatory markers, vascular vasodilation (FMD) and omentin in patients treated with angioplasty
- ❖ The study of the effect of nano-curcumin supplementation on endothelial function, serum endocan and homocysteine levels in overweight or obese patients with coronary slow flow phenomenon
- ❖ The study of the Nano-Curcumin supplementation effects on serum Visfatin and some inflammatory biomarkers levels in overweight or obese patients of Coronary Slow Flow Phenomenon
- ❖ The comparison of dietary inflammatory and anti-oxidant potential and serum anti-oxidant markers between individuals with coronary slow flow phenomenon and healthy control group
- ❖ Efficacy of Vitamin D on serum levels of Visfatin and vascular endothelial growth factor (VEGF) among Ulcerative Colitis Patients
- ❖ Circulating level of adipolin and Asymmetric Dimethylarginine (ADMA) and their relationship with insulin resistance in normal weight and obese patients with hemodialysis
- ❖ Comparison effects of high-protein high-calorie supplement on wound healing in patients with 20-30 percent burns: controlled double blind clinical trial
- ❖ The effect of quercetin supplementation on plasma level of resistin and its gene expression in peripheral blood mononuclear cells and metabolic risk factors in women with polycystic ovary syndrome
- ❖ Developing a Ready-to-Use Supplementary Food (RUSF) for malnourished children and its impacts on indicators of malnutrition
- ❖ Comparative effects of vitamin D and vitamin C supplements along with endurance physical activity on metabolic syndrome
- ❖ The effects of nanocurcumin supplementation along with weight loss diet and physical activity on insulin resistance index, lipids, inflammatory factors and nesfatin in overweight and obese patients with non-alcoholic fatty liver disease (NAFLD)
- ❖ Effect of vitamin D on Asymmetric dimethylarginine, Interleukin 4, Interleukin 10, Interleukin 12, Interferon gamma, tumor necrosis factor alpha, hs-CRP and Parathormone serum levels and Cathelicidin gene expression in ulcerative colitis

- patients
- ❖ The effect of low copper diet and penicillamine combination on VEGF, IL-6, IL-8, TNF- α and Karnovski performance score in high grade brain glioma after Gamma knife radiosurgery in Iran Gamma Knife center
 - ❖ The effect of Selenium supplementation on serum asymmetric dimethylarginine (ADMA) and free androgen index (FAI) and visceral adiposity index in women with polycystic ovary syndrome; randomized clinical trial
 - ❖ Assessment of the effect of High Calorie-High fat induced weight on PTZ model of seizure activity and its association with changes in blood levels of adipocytokines and inflammatory factors in male rat
 - ❖ The comparison of zinc alpha 2 glycoprotein serum levels, markers of vascular endothelial function, cardiovascular risk factors and nutrition status between obese and normal weight hemodialysis patients
 - ❖ Comparison of serum 25-Hydroxy-vitamin D levels between Healthy and pre-eclamptic women
 - ❖ The effects of CoQ10 supplementation on plasma adipolin in type 2 diabetic patients
 - ❖ Comparison of serum nesfatin-1 and Asymmetric dimethylarginine (ADMA) in patients with overweight and obese and normal weight patients with rheumatoid arthritis
 - ❖ Adropin, Nesfatin-1, glucose, insulin and lipid profile serum level in obese and normal weight adults
 - ❖ Effect of Supplementation of quercetin on inflammatory factor and adiponectin and gene expression of its receptors in women's PBMC with polycystic ovary syndrome (PCOS)
 - ❖ Serum apelin levels in persistent and permanent atrial fibrillation patients in comparison to coronary artery disease patients with overweight and obesity
 - ❖ Assessment of serum levels of adiponectin and ADMA in Patients with persistent and permanent atrial fibrillation following supplementation with fish oil
 - ❖ Effects of garlic supplementation on serum levels of resistin and tumor necrosis factor- α in post menopause overweight and obese women with knee osteoarthritis
 - ❖ Effects of quercetin on Asymmetric Dimethylarginine in patients in the chronic Phase of Ischemic Stroke
 - ❖ Effects of CoQ10 supplementation on plasma ADMA (asymmetric dimethylarginine), in type 2 overweight and obese diabetic patients
 - ❖ The effects of energy density of daily food intake on inflammatory markers and adipocytokines in patients with type 2 diabetes
 - ❖ The comparison between serum levels of visfatin, vaspin and 25hydroxyvitamin D in obese and normal weight women
 - ❖ The evaluation of serum visfatin changes after olive oil consumption and weight reduction in overweight women
 - ❖ The effect of Omega3 on serum Visfatin concentration in patients with type 2 diabetes
 - ❖ The effect of olive oil rich diet consumption on plasma omentin concentration in overweight women
 - ❖ The effects of zinc supplementation on adiponectin, glycemic control and insulin resistance in patients with type II diabetes mellitus
 - ❖ The comparison of circulating levels of chemerin, adiponectin, insulin and glucose

- ❖ in obese with normal weight adolescent girls
- ❖ Evaluation of serum and portal system visfatin levels in morbidly obese patients
- ❖ The effect of weight reduction on plasma adipokine levels in morbidly obese subjects before and 1 month after bariatric surgery
- ❖ Determination of circulating visfatin levels in patients with myocardial infarction
- ❖ Determination of circulating serum visfatin level in patient with gestational diabetes
- ❖ The effect of leptin administration on biomarkers of longevity, inflammation and hormonal adaptation after undergoing calorie restriction in rat
- ❖ Plasma visfatin concentration in patients with metabolic syndrome and its contributing factors
- ❖ The effects of green tea extract and association of common polymorphisms in the promotor of visfatin gene on blood visfatin and insulin resistance in patients with type II diabetes

Awards & Honors

Winner of the Hakim Jorjani award for education as an Outstanding Mentoring and distinguished professor at the 16th Avicenna Festival, Tehran University of Medical Sciences, 2015

Publications

Publishing of more than **136** peer reviewed papers in the prestigious journals and also the **H-index of 32** with more than **3500 citations** (Scopus)
H-index of 38 with more than **4750 citations** (google scholar)
<https://scholar.google.com/citations?hl=en&user=ce2DmgYAAAAJ>

- ❖ Association between dietary inflammatory and antioxidant potential and systemic inflammatory and oxidative status with the risk and severity of coronary artery disease. Namkhah Z, Alipoor E, Salmani M, Ebrahimi N, Ahmadpanahi M, Vasheghani-Farahani A, Yaseri M, Wirth MD, Zhao L, Hebert JR, Hosseinzadeh-Attar MJ. PLoS One. 2025 Jun 17;20(6):e0325716.
- ❖ Effects of bariatric surgeries on Binge eating disorders, Food addiction, and eating behaviors: A comprehensive systematic review of RCTs. Morad-Abbasi R, Zare-Shahne F, Naeini F, Saidpour A, Etesam F, Hosseinzadeh-Attar MJ. Clin Nutr ESPEN. 2025 Jun;67:222-232. doi: 10.1016/j.clnesp.2025.03.016. Epub 2025 Mar 18. PMID: 40112924
- ❖ MCT-modified ketogenic diet as an adjunct to standard treatment regimen could alleviate clinical symptoms in women with endometriosis. Fatemeh Naeini, Fatemeh Davari Tanha, Maryam Mahmoudi, Hastimansooreh Ansar, Mohammad Javad Hosseinzadeh-Attar. BMC Womens Health. 2025 May 16;25:232
- ❖ Effects of anti-inflammatory dietary supplements on pelvic pain in females with

- endometriosis: A GRADE-assessed systematic review and meta-analysis of RCTs. Naeini F, Tanha FD, Ansar H, Hosseinzadeh-Attar MJ. *Int J Gynaecol Obstet*. 2024 Dec 18. doi: 10.1002/ijgo.16103.
- ❖ Asymmetric dimethylarginine serum concentration in normal weight and obese CKD patients treated with hemodialysis. Alipoor E, Salehi S, Dehghani S, Yaseri M, Hosseinzadeh-Attar MJ. *BMC Nephrol*. 2024 Sep 5;25(1):294. doi: 10.1186/s12882-024-03736-2.
 - ❖ Dietary patterns and micronutrients in respiratory infections including COVID-19: a narrative review, Z Salehi, M Askari, A Jafari, B Ghosn, PJ Surkan, MJ Hosseinzadeh-Attar, Hamed Pouraram, Leila Azadbakht. *BMC Public Health* 24 (1), 1-17
 - ❖ Effect of nano-curcumin supplementation on cardiometabolic risk factors, physical and psychological quality of life, and depression in patients with coronary slow flow phenomenon: a randomized double-blind clinical trial. Soltani M, Hosseinzadeh-Attar MJ, Rezaei M, Alipoor E, Vasheghani-Farahani A, Yaseri M, Rezayat SM. *Trials*. 2024 Jul 31;25(1):515. doi: 10.1186/s13063-024-08354-9.
 - ❖ Effect of nano-curcumin supplementation on angina status, and traditional and novel cardiovascular risk factors in overweight or obese patients with coronary slow flow phenomenon: a randomized double-blind placebo-controlled clinical trial. Rezaei M, Soltani M, Alipoor E, Rezayat SM, Vasheghani-Farahani A, Yaseri M, Firouzi A, Hosseinzadeh-Attar MJ. *BMC Nutr*. 2024 May 13;10(1):73. doi: 10.1186/s40795-024-00877-3
 - ❖ Effects of virgin coconut oil consumption on serum brain-derived neurotrophic factor levels and oxidative stress biomarkers in adults with metabolic syndrome: a randomized clinical trial Mansouri E, Asghari S, Nikooei P, Yaseri M, Vasheghani-Farahani A, Hosseinzadeh-Attar MJ. *Nutr Neurosci*. 2024 May;27(5):487-498. doi: 10.1080/1028415X.2023.2223390. Epub 2023 Jul 6.
 - ❖ Effects of hydrolyzed collagen alone or in combination with fish oil on the gut microbiome in patients with major burns Salehi S, Hosseinzadeh-Attar MJ, Alipoor E, Dahmardehei M, Yaseri M, Emami MR, Siadat SD. *Burns*. 2024 Mar;50(2):444-453. doi: 10.1016/j.burns.2023.08.017. Epub 2023 Aug 28.
 - ❖ Effects of oleoylethanolamide supplementation on the expression of lipid metabolism-related genes and serum NRG4 levels in patients with non-alcoholic fatty liver disease: A randomized controlled trial. Tutunchi H, Ebrahimi-Mameghani M, Hosseinzadeh-Attar MJ, Roshanravan N, Mobasseri M, Najafipour F, Naeini F, Naghshi S, Asghari S, Akbarzadeh M, Soleimanzadeh H, Ostadrahimi A. *Clin Nutr ESPEN*. 2023 Dec;58:311-319. doi: 10.1016/j.clnesp.2023.10.013. Epub 2023 Oct 21.
 - ❖ The effect of vitamin C on oxidative stress indices and skin regimentation of vitiligo patients. Fallah M, Abedini R, Mahiabadi SA, Montazeri S, Hosseinzadeh-Attar MJ, Ebrahimpour-Koujan S. *Arch Dermatol Res*. 2023 Nov;315(9):2655-2660. doi: 10.1007/s00403-023-02687-2. Epub 2023 Aug 22.
 - ❖ Effect of diet low in advanced glycation end products on appetite, body composition, and brown adipose tissue markers in patients with coronary artery disease treated with angioplasty: A randomized controlled trial. Taheri F, Vasheghani-Farahani A, Honarkar-Shafie E, Poorhosseini H, Yaseri M, Hosseinzadeh-Attar MJ. *J Res Med Sci*. 2023 Oct 26;28:75. doi: 10.4103/jrms.jrms_293_23. eCollection 2023.

- ❖ The relationship of circulating neuregulin 4 and irisin, and traditional and novel cardiometabolic risk factors with the risk and severity of coronary artery disease. Alipoor E, Hosseinzadeh-Attar MJ, Vasheghani-Farahani A, Salmani M, Rezaei M, Namkhah Z, Ahmadpanahi M, Jenab Y, Alidoosti M, Yaseri M. *Cytokine*. 2023 Oct;170:156314. doi: 10.1016/j.cyto.2023.156314. Epub 2023 Aug 15. PMID: 37591135
- ❖ Reply - Letter to the Editor: "Effect of a collagen-enriched beverage with or without omega-3 fatty acids on wound healing, metabolic biomarkers, and adipokines in patients with major burns." Alipoor E, Jazayeri S, Dahmardehei M, Salehi S, Yaseri M, Emami MR, Rezayat SM, Hosseinzadeh-Attar MJ. *Clin Nutr*. 2023 Jul;42(7):1104-1105. doi: 10.1016/j.clnu.2023.05.016. Epub 2023 May 23. PMID: 37268539
- ❖ Effect of a collagen-enriched beverage with or without omega-3 fatty acids on wound healing, metabolic biomarkers, and adipokines in patients with major burns. Alipoor E, Jazayeri S, Dahmardehei M, Salehi S, Yaseri M, Emami MR, Rezayat SM, Hosseinzadeh-Attar MJ. *Clin Nutr*. 2023 Mar;42(3):298-308. doi: 10.1016/j.clnu.2022.12.014. Epub 2023 Jan 6. PMID: 36724726
- ❖ Impact of Dietary Advanced Glycation End-Product Restriction on Insulin Resistance and Anthropometric Indices in Coronary Artery Patients Treated with Percutaneous Coronary Intervention: A Randomized Controlled Trial. Honarkar-Shafie E, Hosseinzadeh-Attar MJ, Taheri F, Moosavi NS, Yaseri M, Alidoosti M, Vasheghani-Farahani A. *J Tehran Heart Cent*. 2023 Jan;18(1):1-9. doi: 10.18502/jthc.v18i1.12574. PMID: 37252224
- ❖ The relationship between low-carbohydrate diet score, dietary insulin index and load with obesity in healthy adults. Karimbeiki R, Namkhah Z, Alipoor E, Yaseri M, Hosseinzadeh-Attar MJ. *Eat Weight Disord*. 2022 Dec;27(8):3341-3350. doi: 10.1007/s40519-022-01464-w. Epub 2022 Aug 22. PMID: 35995887
- ❖ Effects of naringenin supplementation on cardiovascular risk factors in overweight/obese patients with nonalcoholic fatty liver disease: a pilot double-blind, placebo-controlled, randomized clinical trial. Naeini F, Namkhah Z, Tutunchi H, Rezayat SM, Mansouri S, Yaseri M, Hosseinzadeh-Attar MJ. *Eur J Gastroenterol Hepatol*. 2022 Mar 1;34(3):345-353. doi: 10.1097/MEG.0000000000002323. PMID: 34860705
- ❖ Effect of nanocurcumin supplementation on the severity of symptoms and length of hospital stay in patients with COVID-19: A randomized double-blind placebo-controlled trial. Honarkar Shafie E, Taheri F, Alijani N, Okhovvat AR, Goudarzi R, Borumandnia N, Aghaghazvini L, Rezayat SM, Jamalimoghadamsiahkali S, Hosseinzadeh-Attar MJ. *Phytother Res*. 2022 Feb;36(2):1013-1022. doi: 10.1002/ptr.7374. Epub 2022 Jan 12.
- ❖ Association between the dietary inflammatory index and obesity in otherwise healthy adults: Role of age and sex. Karimbeiki R, Alipoor E, Yaseri M, Shivappa N, Hebert JR, Hosseinzadeh-Attar MJ. *International Journal of Clinical Practice*. 2021 Jun 24:e14567. doi: 10.1111/ijcp.14567.
- ❖ Dietary inflammatory index is a better determinant of quality of life compared to obesity status in patients with hemodialysis. Yaseri M, Alipoor E, Hafizi N, Maghsoudi-Nasab S, Shivappa N, Hebert JR, Hosseinzadeh-Attar MJ. *Journal of Renal Nutrition*. 2021 May;31(3):313-319. doi: 10.1053/j.jrn.2020.07.006. Epub 2020 Sep 18.

- ❖ Effects of curcuminoids on inflammatory and oxidative stress biomarkers and clinical outcomes in critically ill patients: A randomized double-blind placebo-controlled trial. Zahedi H, Hosseinzadeh-Attar MJ, Shadnough M, Sahebkar A, Barkhidarian B, Sadeghi O, Najafi A, Hosseini S, Qorbani M, Ahmadi A, Ardehali SH, Norouzy A. *Phytotherapy research*. 2021 Aug;35(8):4605-4615. doi: 10.1002/ptr.7179. Epub 2021 Jun 2.
- ❖ A comprehensive systematic review of the effects of naringenin, a citrus-derived flavonoid, on risk factors for nonalcoholic fatty liver disease. Naeini F, Namkhah Z, Ostadrahimi A, Tutunchi H, Hosseinzadeh-Attar MJ. *Advances in Nutrition*. 2021 Mar 31;12(2):413-428. doi: 10.1093/advances /nmaa106
- ❖ Association of obesity with mortality and clinical outcomes in children and adolescents with transplantation: A systematic review and meta-analysis. Yaseri M, Alipoor E, Seifollahi A, Rouhifard M, Salehi S, Hosseinzadeh-Attar MJ. *Reviews in Endocrine and Metabolic Disorders*. 2021 Mar 17. doi: 10.1007/s11154-021-09641-5.
- ❖ The association of the adipokine zinc-alpha2-glycoprotein with non-alcoholic fatty liver disease and related risk factors: A comprehensive systematic review. Namkhah Z, Naeini F, Ostadrahimi A, Tutunchi H, Hosseinzadeh-Attar MJ. *International Journal of Clinical Practice*. 2021 Jul;75(7):e13985. doi: 10.1111/ijcp.13985. Epub 2021 Jan 21.
- ❖ Effect of Collagen Hydrolysate and Fish Oil on High-Sensitivity C-Reactive Protein and Glucose Homeostasis in Patients with severe Burn; a Randomized Clinical Trial. Alipoor E, Hosseinzadeh-Attar MJ, Salehi S, Dahmardehei M, Yaseri M, Emami MR, Hajian M, Rezayat SM, Jazayeri S. *Arch Acad Emerg Med*. 2021 Jul 5;9(1):e50. doi: 10.22037/aaem.v9i1.1289.
- ❖ A Systematic Review of the Nutritional Consequences of the Earthquake in East Azerbaijan Earthquake 2012. Nouri, M., Ostadtaghizadeh, A., Hosseinzadeh-Attar, M., Fallah-aliabadi, S., Bagheri, S., AlJasem, M., Avazaghaci, H., Barghi shirazi, F. (2021). *Journal of Nutrition, Fasting and Health*, 9(3), pp. 186-195. doi: 10.22038/jnfh.2021.56661.1329
- ❖ Consumption of Dietary Fiber in Relation to Psychological Disorders in Adults. Saghaifan F, Sharif N, Saneei P, Keshteli AH, Hosseinzadeh-Attar MJ, Afshar H, Esmailzadeh A, Adibi P. *Front Psychiatry*. 2021 Jun 24;12:587468. doi: 10.3389/fpsy.2021.587468. eCollection 2021. PMID: 34248690
- ❖ Effects of virgin coconut oil consumption on metabolic syndrome components and asymmetric dimethylarginine: A randomized controlled clinical trial. Nikooei P, Hosseinzadeh-Attar MJ, Asghari S, Norouzy A, Yaseri M, Vasheghani-Farahani A. *Nutrition, Metabolism & Cardiovascular Diseases*. 2021 Mar 10;31(3):939-949. doi: 10.1016/j.numecd.2020.11.020. Epub 2020 Nov 27.
- ❖ Therapeutic effects of supplementation with Curcuminoids in critically ill patients receiving enteral nutrition: a randomized controlled trial protocol. Zahedi H, Hosseinzadeh-Attar MJ, Sahebkar A, Ranjbar SH, Najafi A, Hosseini S, Qorbani M, Ahmadi A, Ardehali SH, Moravvej H, Pourmand G, Norouzy A, Shadnough M. *Journal of Diabetes & Metabolic Disorders*. 2020 Sep 26;19(2):1609-1614. doi: 10.1007/s40200-019-00451-w. eCollection 2020 Dec
- ❖ Nutritional Status in Intensive Care Unit: Meta-Analysis and Systematic Review. Gubari MIM, Hosseinzadeh-Attar MJ, Hosseini M, Mohialdeen FA, Othman H, Hama-ghareeb KA, Norouzy A. *Galen Medical Journal*, Oct 2020 v. 9, p. e1678.

- ❖ Increased efficacy of a garlic supplement on knee osteoarthritis symptoms in patients with obesity. Hosseinzadeh-Attar MJ, Alipoor E, Dehghani S, Salimzadeh A. *Journal of Herbal Medicine* 24 (2020) 100392
- ❖ The relationship between serum adipokines and glucose homeostasis in normal-weight and obese patients on hemodialysis: a preliminary study. Alipoor E, Yaseri M, Mehrdadi P, Mahdavi-Mazdeh M, Murphy T, Hosseinzadeh-Attar MJ. *International Urology and Nephrology* 2020 Aug 6. doi: 10.1007/s11255-020-02582-z.
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Membership

Member of the Iranian Medical Organization

Member of Iranian Nutrition Society (ATA)

Member of National Scientific Board Committee of Nutritional Sciences/Food and Nutrition policy in Iran

Member of National Scientific Board Committee of Health in Disaster in Iran

Member of the Scientific Board of the 17th congress of Parenteral and Enteral Nutrition Society of Asia, Tehran 2016

Member of the Scientific and Executive Board of the 2nd International and the 14th Iranian Nutrition Congress, Tehran 2016

Member of the Scientific Board of the 13th Iranian Nutrition Congress, Tehran, 2014

Member of the Scientific Board of the 12th Iranian Nutrition Congress, Isfahan 2012

Member of the Scientific Board of the 11th Iranian Nutrition Congress, Tehran 2010

Member of the Scientific Board of the 10th Iranian Nutrition Congress

Member of the Scientific Board of the 12th Iranian Congress of Biochemistry & the 4th International Congress of Biochemistry & Molecular Biology