Curriculum vitae



Name & Surname:

Reza Ghiasvand

Nationality: Iranian (Persian)

Languages: Persian (Farsi): native, English: fluent

Field of Researches: Nutrition, Obesity, Metabolic Syndrome, Physical activity

Academic Qualifications:

Graduated from Seifieh High School for Exceptional Talents, Malayer, Iran, 1993.

PhD in Nutrition from Tehran University of Medical Sciences, Tehran, Iran, 2008.

Academic Career:

Faculty member (Associate Professor of Nutrition) at Isfahan University of Medical Sciences.

Honor(s):

Recognized as one of the Stanford/Elsevier "Top 2% Scientists" worldwide ،in 2025

Recognized as one of the Stanford/Elsevier "Top 2% Scientists" worldwide ،in 2024

Scientific Secretary of the First International Sports Nutrition Congress of Iran, 2017. **(http://seminar.mui.ac.ir/snc2017/default.aspx)**

Scientific Secretary of the Fifth International Sports Medicine Congress of Iran, 2013.

The first rank of teaching quality between professors of publich health faculty, 2013, 2014 and 2016**.**

Prize awarding by Isfahan Municipality for public health services, 2015.

Selected by "Medical Affairs Organization of Isfahan" as the best Dietitian and Medical Nutrition Therapist of Isfahan province, 2016 and 2017.

Current Bibliometrics Overview:

From Research Gate and scholar (04/11/2024):

Publications: 152

Citations: 7152

h-index: 48

h10-index: 120

Reads: 42.2 k

Publications:

A) Book Chapters:

1. Reza Ghiasvand, Shima Abdollahi, and Sahar Saraf-Bank. Neurodegenerative and Cognition Losses during Aging (Memory) and Nutraceuticals. In: **Nutraceuticals for Aging and Anti-Aging: Basic Understanding and Clinical Evidence**, by Jayant Nemchand Lokhande and Yashwant Pathak. CRC Press. 2021. ISBN: 978-0-367-61494-2 (hbk),ISBN: 978-0-367-62800-0 (pbk), ISBN: 9 78 -1- 0 0 3 -110 8 6 - 6 (ebk).
2. Maryam Miraghajani, **Reza Ghiasvand**. Cinnamon and Arthritic Care. In: **Bioactive Food as Dietary Interventions for Arthritis and Related Inflammatory Diseases**, 2nd Edition by Ronald Ross Watson et al. **Academic Press (Elsevier)**. **2019**. ISBN-13: 978-0128138205, ISBN-10: 0128138203
3. Nafiseh Shokri Mashhadi, Reza Ghiasvand. The Role of Nutraceuticals in Preeclampsia and Eclampsia. In: Nutraceuticals for Prenatal, Maternal, and Offspring's Nutritional Health. 1st Edition by Priyanka Bhatt et al. CRC Press. 2019. **ISBN-10:** 1138345822. **ISBN-13:** 978-1138345829
4. Maryam Miraghajani, Makan Pourmasoumi, **Reza Ghiasvand.** Dairy as a functional food in cardiovascular disease. In: **Nutrients in Dairy and their Implications on Health and Disease**. 1st Edition by Ronald Ross Watson et al. **Academic Press (Elsevier)**. **2017**. eBook ISBN: 9780128097632, Hardcover ISBN: 9780128097625. DOI: 10.1016/B978-0-12-809762-5.00024-3

5. **Ghiasvand Reza**, Hariri Mitra. Muscle and oxidative stress. In: **Oxidative Stress and Antioxidant Protection: The Science of Free Radical Biology and Disease**, **1st Edition** by Donald Armstrong, Robert D. Stratton. **Wiley publication**, pp. 205-220. **2016**. ISBN-10: 1118832485, ISBN-13: 978-1118832486
6. Mitra Hariri, **Reza Ghiasvand**. Cinnamon and Chronic Diseases. In: **Drug Discovery from Mother Nature**, **1st Edition** by Subash Chandra Gupta, Sahdeo Prasad, Bharat B. Aggarwal. **Springer publication**, pp. 1-24. **2016**. ISBN-10: 3319413414, ISBN-13: 978-3319413419
7. Hosseini S, **Ghiasvand R**. The Role of Diet in Slowing or Accelerating Aging. In: **Handbook of Nutrition in the Aged, 4th Edition** by Ronald Ross Watson, **CRC Press**, pp. 181-189, **2009**. ISBN-10: 1420059718, ISBN-13: 9781420059717

   There are Two book chapters under press.

B) Books in Persian:

1. **Ghiasvand Reza, Namjoo Iman**. Special Diet for Bodybuilders. Farhang Press. 2019. ISBN: 978-622-994942-9.
2. **Ghiasvand Reza**. One hundred and sixty recommendations for weight loss. Horoufchin Press. 2014. ISBN: 9786007419274
3. Rezaei P, **Ghiasvand R**, Heidari-Beni M, Darvishi L. Supplements for Bodybuilding. Horoufchin Press, 2013. ISBN: 9786009393848
4. Maljaei MB, **Ghiasvand R**. Nutrition for soccer players: Do's and Don'ts. Horoufchin Press, 2013. ISBN: 9786009393855
5. Askari Gh, Shokri N, Rajaei S, Kazemi R, **Ghiasvand R**. In-patient diet & food service standards. IUMS Press, 2015. ISBN: 9789645245410

6. Hosseinzadeh J, Hojati A, **Ghiasvand R**. A new approach to practical nutrition in sports. Horoufchin Press, 2014. ISBN: 9786007419472
7. Askari Gh, Soheili Pour Sh, Maghsoudi Z, **Ghiasvand R**, Khademi A. Nutrition and oral health. IUMS Press, 2015. ISBN: 9789645245342

There are four Persian books under press.

1. Some of Selected Articles in English (name marked with an asterisk * is corresponding author):

1. Navab F, Abbasi K, Heidari H, **Ghiasvand R**, Clark CC, Bagherniya M, Hassanizadeh S, Rouhani MH. Associations between dietary inflammatory index (DII) scores and attention deficit hyperactivity disorder (ADHD) in children. Scientific Reports. 2025 Aug 22;15(1):30884.
2. Gao Z, Alishahi F, Faridpour A, Nezamoleslami S, Nezamoleslami S, **Ghiasvand R**, Movahedi A, Shivappa N, Hébert JR, Jalalinejad M, Ataie-Jafari A. The association between dietary inflammatory index with risk rheumatoid arthritis: A case-control study. Prostaglandins & Other Lipid Mediators. 2024 Dec 1;175:106916.
3. Shokri-Mashhadi N, **Ghiasvand R**, Feizi A, Ebrahimi-Monfared M, Vahid F, Banijamali A. Association between major dietary patterns and Parkinson's disease risk: a case–control study. Neurological Sciences. 2024 May;45(5):2003-10.
4. Jamali MR, Heidari-Beni M, Khoshhali M, Naderiboldaji S, **Ghiasvand R**, Kelishadi R. Associations between dietary patterns during pregnancy and

neurodevelopment in children. Iranian Journal of Nutrition Sciences and Food Technology. 2024 Mar 10;19(1):39-58.

5. Ziaei R, Shahshahan Z, Ghasemi-Tehrani H, Heidari Z, Nehls MS, **Ghiasvand R**. Inulin-type fructans with different degrees of polymerization improve insulin resistance, metabolic parameters, and hormonal status in overweight and obese women with polycystic ovary syndrome: A randomized double-blind, placebo-controlled clinical trial. Food Science & Nutrition. 2024 Mar;12(3):2016-28.
6. Haeri F, Nouri M, Sadrmanesh O, Shirani M, **Ghiasvand R**. The relationship between the intake of dietary fatty acids and minerals with sperm parameters in infertile men. Clinical nutrition ESPEN. 2023 Dec 1;58:201-7.
7. Ghasemi F, Abbasi K, Ghiasvand R, Clark CC, Rouhani MH. The association between dietary acid load and risk of attention-deficit hyperactivity disorder: a case-control study. Child Neuropsychology. 2023 Apr 3;29(3):474-85.
8. Darzi M, Abbasi K, **Ghiasvand R**, Akhavan Tabib M, Rouhani MH. The association between dietary polyphenol intake and attention-deficit hyperactivity disorder: a case-control study. BMC pediatrics. 2022 Dec 6;22(1):700.
9. Abbasi K, Foshati S, Mehrabani S, **Ghiasvand R**, Bagherniya M, Rouhani MH. Diet cost plays a key role in determining the risk of pediatric attention deficit hyperactivity disorder: Findings from a case–control study. Food Science & Nutrition. 2022 Dec;10(12):4339-44.
10. Shoaei N, Shokri-Mashhadi N, Feizi A, **Ghiasvand R**. The association between dietary inflammatory index (DII) and risk of hypertension: a case–control study. High Blood Pressure & Cardiovascular Prevention. 2022 Nov;29(6):611-8.
11. Sadat S, Salehi-Sahlabadi A, Pourmasoumi M, Feizi A, Clark CCT, Akkasheh G, **Ghiasvand R**. A healthy dietary pattern may be associated with primary insomnia

among Iranian adults: A case-control study. Int J Vitam Nutr Res. 2020 Mar 11:1-12. doi: 10.1024/0300-9831/a000644.

12. Moradi A, Nezamoleslami S, Clark CC, Sohouli MH, **Ghiasvand R**. The association between dietary total antioxidant capacity with risk of rheumatoid arthritis in adults: a case–control study. Clinical Nutrition ESPEN. 2022 Oct 1;51:391-6.
13. Hatami E, Aghajani M, Pourmasoumi M, Haeri F, Boozari B, Nezamoleslami S, Clark CC, Nezamoleslami S**, Ghiasvand R**. The relationship between animal flesh foods consumption and rheumatoid arthritis: a case-control study. Nutrition Journal. 2022 Jul 30;21(1):51.
14. Ghiasvand R, Marvast LD, Nouri M, Jahanbakhsh A. Role of Dietary Antioxidants and Vitamins Intake in Semen Quality Parameters: A Cross-sectional Study.
15. Ziaei R, Ghavami A, Khalesi S, **Ghiasvand R**, Mokari_yamchi A. The effect of probiotic fermented milk products on blood lipid concentrations: A systematic review and meta-analysis of randomized controlled trials. Nutrition, Metabolism and Cardiovascular Diseases. 2021 Apr 9;31(4):997-1015.
16. Haeri F, Sadrmanesh O, Leilami K, Nouri M, **Ghiasvand R**. Healthy eating index in Iranian infertile men: A cross-sectional study. Clinic.;1(302):520-2644.
17. Haeri F, Pourmasoumi M, **Ghiasvand R**, Feizi A, Salehi-Abargouei A, Marvast LD, Clark CC, Mirzaei M. The relationship between major dietary patterns and fertility status in iranian men: a case–control study. Scientific Reports. 2021 Sep 22;11(1):18861.

18. Salehi-Sahlabadi A, Sadat S, Beigrezaei S, Pourmasomi M, Feizi A, **Ghiasvand R**, Hadi A, Clark CC, Miraghajani M. Dietary patterns and risk of non-alcoholic fatty liver disease. BMC gastroenterology. 2021 Jan 28;21(1):41.
19. **Ghiasvand R** Marvast LD, Shariatpanahi SP, Pourmasoumi M, Clark CCT, Haeri F. The association between animal flesh foods consumption and semen parameters among infertile Iranian men: A cross-sectional study. Nutrition Journal, Volume 19, Issue 1, 6 October 2020, Article number 113. **DOI:** 10.1186/s12937-020-00633-w
20. Shokufeh Nezamoleslami, Reza Ghiasvand, Awat Feizi, Mansour Salesi, Makan Pourmasoumi. The relationship between dietary patterns and rheumatoid arthritis: a case-control study. Nutr Metab (Lond). 2020 Sep 17; 17:75. doi: 10.1186/s12986-020-00502-7. eCollection 2020.
21. Ghiasvand R, Marvast LD, Nouri M, Jahanbakhsh A, haeri f. Role of Dietary Antioxidants and Vitamins Intake in Semen Quality Parameters: A Cross-sectional Study. Preprint 2020, DOI: 10.21203/rs.3.rs-42856/v1
22. Reza Ghiasvand, farahnaz haeri, SeyyedPayam ShariatPanahi, Laleh Dehghan Marvast. Association Between Meat Intake and Semen Parameters Among Iranian Infertile Men: A Cross-sectional Study. Preprint May 2020, DOI: 10.21203/rs.3.rs-29618/v1
23. Shokufeh Nezamoleslami, Saeed Nezamoleslami, Reza Ghiasvand. Mohammadhassan Sohouli The association between Dietary total antioxidant capacity with Rheumatoid Arthritis in adults: A case-control study. Preprint April 2020, DOI: 10.21203/rs.3.rs-25418/v1
24. Farahnaz Haeri, Reza Ghiasvand, Awat Feizi, Amin Salehi Abargouei, laleh Dehghan Marvast, Mehran Nouri, Masoud Mirzaei. The relationship between

major dietary patterns and fertility status in Iranian men: a case- control study. Preprint March 2020, DOI: 10.21203/rs.3.rs-19352/v1

25. Babashahi M, Mirlohi M, **Ghiasvand R**, Azadbakht L, Mosharaf L, Torki-Baghbadorani S. Effects of Probiotic Soy Milk Fermented by Lactobacillus plantarum A7 (KC 355240) added with Cuminum Cyminum Essential Oil on Fasting Blood Glucose Levels, Serum Lipid Profile and Body Weight in Diabetic Wistar Rats. Int J Prev Med. 2020 Jan 24;11:8. doi: 10.4103/ijpvm.IJPVM_541_17.
26. Shahdadian F, **Ghiasvand R***, Abbasi B, Feizi A, Saneei P, Shahshahan Z. Association between Major Dietary Patterns and Polycystic Ovary Syndrome: evidence from a case-control study. **Appl Physiol Nutr Metab**. 2019 Jan; 44(1):52-58. doi: 10.1139/apnm-2018-0145. Epub 2018 Jul 3.. **[impact factor=2.518]**
27. MoradiFili B, **Ghiasvand R***, Pourmasoumi M, Feizi A, Shahdadian F, Shahshahan Z. Dietary patterns are associated with premenstrual syndrome: evidence from a case-control study. **Public Health Nutr**. 2019 Oct 15:1-10. doi: 10.1017/S1368980019002192
28. Ali Lotfi, Parvane Saneei, Azita Hekmatdost, Ammar Salehisahlabadi, Afshin Shiranian, **Reza Ghiasvand*.** The relationship between dietary antioxidant intake and physical activity rate with nonalcoholic fatty liver disease (NAFLD): A case Control study. **Clinical Nutrition** ESPEN, https://doi.org/10.1016/j.clnesp.2019.09.004
29. Ali Mohsenpour M, Fallah-Moshkani R, **Ghiasvand R**, Khosravi-Boroujeni H, Mehdi Ahmadi S, Brauer P, Salehi-Abargouei A. Adherence to Dietary Approaches to Stop Hypertension (DASH)-Style Diet and the Risk of Cancer: A

Systematic Review and Meta-Analysis of Cohort Studies**. J Am Coll Nutr.** 2019 Aug; 38(6):513-525. **[impact factor=2.36]**

30. Abbasi K, Beigrezai S, **Ghiasvand R***, Pourmasoumi M, Mahaki B. Dietary Patterns and Attention Deficit Hyperactivity Disorder Among Iranian Children: A Case-Control Study. **J Am Coll Nutr**. 2019 Jan; 38(1):76-83. doi: 10.1080/07315724.2018.1473819. Epub 2018 Oct 11. **[impact factor=2.36]**
31. Beigrezaei S, Ghiasvand R, Feizi A, Iraj B. Relationship between Dietary Patterns and Incidence of Type 2 Diabetes. Int J Prev Med. 2019 Jul 5; 10:122.
32. Dabbagh-Moghaddam A, Kamali M, Hojjati A, Foroughi M, **Ghiasvand R**, Askari G, Hosseinzadeh J. The Relationship between Dietary Patterns with Blood Pressure in Iranian Army Staffs. **Adv Biomed Res**. 2018 Sep 21; 7:127. doi: 10.4103/abr.abr_35_18. eCollection 2018.
33. Pourmasoumi M, **Ghiasvand R***, Darvishi L, Hadi A, Bahreini N, Keshavarzpour Z. Comparison and assessment of flixweed and fig effects on irritable bowel syndrome with predominant constipation: A single-blind randomized clinical trial. **Explore (NY).** 2018 Sep 11. pii: S1550-8307(18)30187-3. doi: 10.1016/j.explore.2018.09.003. [Epub ahead of print]. **[impact factor=1.363]**
34. Amiri M, **Ghiasvand R**, Kaviani M, Forbes SC, Salehi-Abargouei A. Chocolate milk for recovery from exercise: a systematic review and meta-analysis of controlled clinical trials. **Eur J Clin Nutr**. 2018 Jun 19. doi: 10.1038/s41430-018-0187-x. [Epub ahead of print] **[impact factor=2.954]**
35. Roshanzamir F, Miraghajani M, Rouhani MH, Mansourian M, **Ghiasvand R**, Safavi SM. The association between circulating fetuin-A levels and type 2 diabetes mellitus risk: systematic review and meta-analysis of observational studies. **J Endocrinol Invest**. 2018 Jan; 41(1):33-47. **[impact factor=3.166]**

36. **Ghiasvand R**, Rueegg CS, Weiderpass E, Green AC, Lund E, Veierød MB. The authors reply. **Am J Epidemiol**. 2017 Sep 15; 186(6):749. **[impact factor=4.32]**
37. Miraghajani M, Zaghian N, Mirlohi M, Feizi A, **Ghiasvand R***. The Impact of Probiotic Soy Milk Consumption on Oxidative Stress among Type 2 Diabetic Kidney Disease Patients: A Randomized Controlled Clinical Trial. **J Ren Nutr**. 2017 Sep; 27(5):317-324. **[impact factor=2.65]**
38. Miraghajani M, Zaghian N, Dehkohneh A, Mirlohi M, **Ghiasvand R***. Probiotic Soy Milk Consumption and Renal Function Among Type 2 Diabetic Patients with Nephropathy: a Randomized Controlled Clinical Trial. **Probiotics Antimicrob Proteins.** 2017 Sep 8. doi: 10.1007/s12602-017-9325-3. [Epub ahead of print] **[impact factor=2.34]**
39. Maryam Hajishafiee, Reza Ghiasvand*, Awat Feizi, Gholamreza Askari. Dietary patterns and Ovulatory infertility: A case-control study. **Journal of Nutritional Science and Dietetics**. 2017 Oct; 3(1).
40. Salehi-Abargouei A, **Ghiasvand R***, Hariri M. Prebiotics, Prosynbiotics and Synbiotics: Can They Reduce Plasma Oxidative Stress Parameters? A Systematic Review. **Probiotics Antimicrob Proteins**. 2017 Mar; 9(1):1-11 **[impact factor=2.34]**
41. Hosseinzadeh J, Maghsoudi Z, Abbasi B, Daneshvar P, Hojjati A, **Ghiasvand R***. Evaluation of Dietary Intakes, Body Composition, and Cardiometabolic Parameters in Adolescent Team Sports Elite Athletes: A Cross-sectional Study. **Adv Biomed Res**. 2017 Aug 28; 6:107. **[Pubmed]**
42. Roshanzamir F, Miraghajani M, Mansourian M, **Ghiasvand R**, Safavi SM. Association between Healthy Eating Index-2010 and Fetuin-A Levels in Patients

with Type 2 Diabetes: a Case-Control Study. **Clin Nutr Res**. 2017 Oct; 6 (4):296-305. **[Pubmed]**

43. Abbasi B, **Ghiasvand R***, Mirlohi M. Kidney Function Improvement by Soy Milk Containing Lactobacillus plantarum A7 in Type 2 Diabetic Patients With Nephropathy: a Double-Blinded Randomized Controlled Trial. **Iran J Kidney Dis**. 2017 Jan; 11(1):36-43. **[impact factor=1.19]**
44. Khodadadi S, Sobhani N, Mirshekar S, **Ghiasvand R**, Pourmasoumi M, Miraghajani M, Dehsoukhteh SS. Tumor Cells Growth and Survival Time with the Ketogenic Diet in Animal Models: A Systematic Review. **Int J Prev Med**. 2017 May 25; 8:35. **[ISI]**
45. Miraghajani M, Dehsoukhteh SS, Rafie N, Hamedani SG, Sabihi S, **Ghiasvand R***. Potential mechanisms linking probiotics to diabetes: a narrative review of the literature. **Sao Paulo Med J**. 2017 Mar-Apr; 135(2):169-178. **[impact factor=1.06]**
46. Behnood Abbasi, Mahdis Daniali, Hedieh Ramezani, Masoumeh Derakhshande, **Reza Ghiasvand.** The Effect of Bunium Persicum on gastrointestinal symptoms and inflammatory mediators in Irritable Bowel Syndrome patients. **Food And Health**. 2017; 1(1); 50-56.
47. Mehrabani S, Abbasi B, Darvishi L, Esfahani MA, Maghsoudi Z, Khosravi-Boroujeni H, **Ghiasvand R***. Effects of Yogurt and Yogurt Plus Shallot Consumption on Lipid Profiles in Type 2 Diabetic Women. **Int J Prev Med**. 2017 Jul 25; 8:54 **[ISI]**
48. Babashahi M, Mirlohi M, **Ghiasvand R**, Torki-Baghbadorani S. Evaluation of response surface methodology to predict optimum growth conditions for Lactobacillus plantarum A7 (KC 355240) in probiotic soy milk containing

essential oil of Cuminum cyminum. **Recent Pat Food Nutr Agric**. 2016; 8(2):132-137. **[Pubmed]**

49. Feizollahzadeh S, **Ghiasvand R**, Rezaei A, Khanahmad H, Sadeghi A, Hariri M. Effect of Probiotic Soy Milk on Serum Levels of Adiponectin, Inflammatory Mediators, Lipid Profile, and Fasting Blood Glucose Among Patients with Type II Diabetes Mellitus. **Probiotics Antimicrob Proteins**. 2016 Oct 18. [Epub ahead of print] **[impact factor=2.34]**
50. Hariri M, **Ghiasvand R***. Cinnamon and Chronic Diseases. **Adv Exp Med Biol**. 2016; 929:1-24. **[impact factor=1.76]**
51. Azimi P, **Ghiasvand R***, Feizi A, Hosseinzadeh J, Bahreynian M, Hariri M, Khosravi-Boroujeni H. Effect of cinnamon, cardamom, saffron and ginger consumption on blood pressure and a marker of endothelial function in patients with type 2 diabetes mellitus: A randomized controlled clinical trial. **Blood Press**. 2016; 25(3):133-40. **[impact factor=2.107]**
52. Noori MA, **Ghiasvand R***, Maghsoudi Z, Feizi A, Esmaillzadeh A, Adibi P, Keshteli AH. Evaluation of dietary pattern stability and physical activity in three consecutive generations of women**. Int J Public Health.** 2016; 61: 29-38. **[impact factor=2.617]**
53. Pourmasoumi M, Karimbeiki R, Vosoughi N, Feizi A, **Ghiasvand R**, Barak F, Miraghajani M. Healthy Eating Index/Alternative Healthy Eating Index and Breast Cancer Mortality and Survival: A Systematic Review and Meta-analysis. **Asia Pac J Oncol Nurs**. 2016; 3:297-305. **[ISI]**
54. Alireza Milajerdi, Zahra Maghsoudi, **Reza Ghiasvand**. Different consumed oils and metabolic parameters in type 2 diabetes patients in diabetes society of Natanz. **Diabetes Metab Syndr.** 2016; 10 (2 Suppl 1):S11-5. **[impact factor=2.413]**

55. Bayat A, Azizi-Soleiman F, Heidari-Beni M, Feizi A, Iraj B, **Ghiasvand R**, Askari G. Effect of Cucurbita ficifolia and Probiotic Yogurt Consumption on Blood Glucose, Lipid Profile, and Inflammatory Marker in Type 2 Diabetes. **Int J Prev Med**. 2016; 2: 7:30. **[ISI]**
56. Hajishafiee M, Askari G, Iranj B, **Ghiasvand R**, Bellissimo N, Totosy de Zepetnek J, Salehi-Abargouei A. The Effect of n-3 Polyunsaturated Fatty Acid Supplementation on Androgen Status in Patients with Polycystic Ovary Syndrome: A Systematic Review and Meta-Analysis of Clinical Trials. **Horm Metab Res**. 2016 May;48(5):281-9. doi: 10.1055/s-0042-105288. Epub 2016 Apr 14. **[impact factor=2.56]**
57. Parvaresh A, Razavi R, Rafie N, **Ghiasvand R**, Pourmasoumi M, Miraghajani M. Quercetin and ovarian cancer: An evaluation based on a systematic review. **J Res Med Sci**. 2016; 21:34. **[impact factor=1.39]**
58. Foroughi M, Maghsoudi Z, Khayyatzadeh S, **Ghiasvand R**, Askari G, Iraj B. Relationship between non-alcoholic fatty liver disease and inflammation in patients with non-alcoholic fatty liver. **Adv Biomed Res**. 2016; 15: 5:28. **[Pubmed]**
59. Sadeghi O, Askari G, Maghsoudi Z, **Ghiasvand R**, Khorvash F. The association between abdominal obesity and characteristics of migraine attacks in Iranian adults. **Iran J Nurs Midwifery Res**. 2016; 21(3): 271-7. **[Pubmed]**
60. Amini P, Maghsoudi Z, Feizi A, **Ghiasvand R***, Askari G. Effects of High Protein and Balanced Diets on Lipid Profiles and Inflammation Biomarkers in Obese and Overweight Women at Aerobic Clubs: A Randomized Clinical Trial. Int J Prev Med. 2016; 7:110. **[ISI]**

61. Sadeghi O, Maghsoudi Z, Khorvash F, **Ghiasvand R**, Askari G. Assessment of pyridoxine and folate intake in migraine patients. **Adv Biomed Res**. 2016; 16: 5:47. **[Pubmed]**
62. Amini P, Maghsoudi Z, Feizi A, **Ghiasvand R***, Askari G. Effects of High Protein and Balanced Diets on Lipid Profiles and Inflammation Biomarkers in Obese and Overweight Women at Aerobic Clubs: A Randomized Clinical Trial. **Int J Prev Med**. 2016; 14: 7:110. **[ISI**]
63. Maghsoudi Z, Darvishi L, **Ghiasvand R***. The effect of resveratrol supplementation on malondialdehyde, TNFα and interlukine-2 in elite female volleyball players. **Diabetes, Obesity & Metabolic Disorders** Open Access 2:23-26 (2016). **[google scholar]**
64. **Ghiasvand R***, Maghsoudi Z, Darvishi L, Shoaei T. The effect of jujube powder on several digestive symptoms and C-reactive protein in patients with irritable bowel syndrome. **Diabetes, Obesity & Metabolic Disorders** Open Access 2:27-30 (2016). **[google scholar]**
65. Hariri M, Salehi R, Feizi A, Mirlohi M, **Ghiasvand R***, Habibi N. A randomized, double-blind, placebo-controlled, clinical trial on probiotic soy milk and soy milk: effects on epigenetics and oxidative stress in patients with type II diabetes. **Genes Nutr**. 2015; 10 (6): 52. (epub ahead of print) **[impact factor=3.211]**
66. **Reza Ghiasvand**, Zinat Sharifhosein, Ahmad Esmailzadeh, Awat Feizi, Gholamreza Askari, Mohammad Marandi, Zahra Maghsoudi. Comparison between Preexercise Meals Intake Effect with Different Glycemic Load on Exercise Performance in Female Athletes. **Journal of Food and Nutrition Research**. 2015; 3(2), 88-93. **[impact factor=0.68]**

67. Mitra Hariri, **Reza Ghiasvand**, Afshin Shiranian, Gholamreza Askari, Bijan Iraj, Amin salehi-Abargouei. Does omega-3 fatty acids supplementation affect circulating leptin levels? A systematic review and meta-analysis on randomized controlled clinical trials. **Clin Endocrinol (Oxf).** 2015; 82(2): 221-8. **[impact factor=3.07]**
68. Maghsoudi Z, Ghiasvand R, Salehi-Abargouei A. Empirically derived dietary patterns and incident type 2 diabetes mellitus: a systematic review and meta-analysis on prospective observational studies. Public Health Nutr. 2015; 28: 1-12. [impact factor=2.48]
69. Farsinejad-Marj M, Talebi S, Ghiasvand R, Miraghajani M. Adherence to Mediterranean diet and risk of breast cancer in premenopausal and postmenopausal women. Arch Iran Med. 2015; 18: 786-92. [impact factor=1.25]
70. **Reza Ghiasvand**, Pegah Amini, Zahra Maghsoudi, Awat Feizi, Gholamreza Askari. High Protein (HP) and Balanced Diets (BD) Lead to Weight Loss and Increase of Serum Adiponectin in Obese and Overweight Women at Aerobic Gyms: A Randomized Clinical Trial. **Journal of Food and Nutrition Research**. 2015, 3(2): 99-103. **[impact factor=0.68]**
71. Rafie N, Golpour Hamedani S, **Ghiasvand R**, Miraghajani M. Kefir and Cancer: A Systematic Review of Literatures. **Arch Iran Med**. 2015; 18(12):852-7. **[impact factor=1.25**]
72. Jolfaie NR, Mirzaie S, **Ghiasvand R**, Askari G, Miraghajani M. The effect of glutamine intake on complications of colorectal and colon cancer treatment: A systematic review**. J Res Med Sci.** 2015; 20: 910-8. **[impact factor=1.39**]
73. Hariri M, Salehi R, Feizi A, Mirlohi M, Kamali S, Ghiasvand R*. The effect of probiotic soy milk and soy milk on anthropometric measures and blood pressure

in patients with type II diabetes mellitus: A randomized double-blind clinical trial. ARYA Atheroscler. 2015; 11(Suppl 1): 74-80. [ISI]

74. Sadeghi O, Maghsoudi Z, Khorvash F, Ghiasvand R, Askari G. The relationship between different fatty acids intake and frequency of migraine attacks. Iran J Nurs Midwifery Res. 2015; 20(3): 334-9. [pubmed]
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85. Pooya Daneshvar, Mitra Hariri, **Reza Ghiasvand**, Gholamreza Askari, Leila Darvishi, Bijan Iraj, Nafiseh Shokri Mashhadi. Dietary Behaviors and Nutritional Assessment of Young Male Isfahani Wrestlers. Int J Prev Med. 2013; 4(Suppl 1):48-52. **[ISI]**

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88. Maryam Hajishafiee, **Reza Ghiasvand**, Leila Darvishi, Zahra Maghsoudi, Shekoofe Ghasemi, Mitra Hariri, Fariborz Khorvash, BijanIraj, Gholamreza Askari. Dietary Intake of Different Carbohydrates among Incident Stroke Patients during Previous Year. Int J Prev Med. 2013; 4(Suppl 2):290-293. **[ISI]**
89. Leila Darvishi, **Reza Ghiasvand***, Maryam Ashrafi, Elnaz Ashrafzadeh, Gholamreza Askari, Afshin shiranian, Akbar Hasanzadeh. Relationship between junk foods intake and weight in 6-7 years old children, Shahin Shahr and Meymeh, Iran. **J Educ Health Promot**. 2013; 2(2): 6-10. **[pubmed]**
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91. Shekoofe Ghasemi, Leila Darvishi, Zahra Maghsoudi, Mitra Hariri, Maryam Hajishafiei, Gholamreza Askari, **Reza Ghiasvand**, Fariborz-Khorvash, Bijan Iraj. Dietary intake of minerals in the patients with stroke. **J Res Med Sci**. 2013; 12 (2): 55-58. **[impact factor=1.39**]
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102. Nafiseh Shokri Mashhadi, **Reza Ghiasvand***, Gholamreza Askari, Awat Feizi, Mitra Hariri, Leila Darvishi, Azam Barani, Maryam Taghiyar, Afshin Shiranian, Maryam Hajishafiee. Influence of Ginger and Cinnamon Intake on Inflammation and Muscle Soreness Endued by Exercise in Iranian Female Athletes. Int J Prev Med. 2013; 4(Suppl1):18-22. **[ISI]**

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106. Maryam Taghiyar, **Reza Ghiasvand**, Gholamreza Askari, Awat Feizi, Mitra Hariri, Nafiseh Shokri Mashhadi, Leila Darvishi. The Effect of Vitamins C and E Supplementation on Muscle Damage, Performance, and Body Composition in Athlete Women: A Clinical Trial. Int J Prev Med. 2013; 4(Suppl 1):31-37. **[ISI]**

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108. Nafiseh Shokri Mashhadi, **Reza Ghiasvand**, Gholamreza Askari, Mitra Hariri, Leila Darvishi, Mohammad Reza Mofid, Anti-Oxidative and Anti-Inflammatory Effects of Ginger in Health and Physical Activity: Review of Current Evidence. Int J Prev Med. 2013; 4(Suppl 1):1-7. **[ISI]**

109. Nafiseh Shokri Mashhadi, **Reza Ghiasvand**, Mitra Hariri, Gholamreza Askari, Awat Feizi, Leila Darvishi, Maryam Hajishafiee, Azam Barani. Effect of Ginger and Cinnamon Intake on Oxidative Stress and Exercise Performance and Body

Composition in Iranian Female Athletes. Int J Prev Med. 2013; 4 (Suppl1):38-42. **[ISI]**

110. Gholamreza Askari, **Reza Ghiasvand**, Awat Feizi, Syed Mustafa Ghanadian, Jahangir Karimian. The effect of quercetin supplementation on selected markers of inflammation and oxidative stress. **J Res Med Sci**. 31(1), 2012, 637-641. **[impact factor=1.39**]

111. Soheila Mirzaeian, **Reza Ghiasvand***, Fatemeh Sadeghian, Mahdieh Sheikhi, Zahra S. Khosravi, Gholamreza Askari, Afshin shiranian, Ghasem yadegarfar. Assessing the macronutrient and micronutrient intakes in female students and comparing them with the set standard values. **J Educ Health Promot**. October 2012, 1-5. **[pubmed]**

112. Abolghassem Jazayery, Mahmoud Jalali, Seyed Ali Keshavarz, Mehdi Shakouri, Mohammad Reza Eshraghian, Ali Akbar Saboor Yaraghi, Gholamreza Asgari, **Reza Ghiasvand*.** Inflammatory biomarkers, antioxidant enzayme activities, oxidative stress in Iranian male patients with type 2 diabetes mellitus: Effect of eicosapentaenoic acid and vitamin C supplementation. **J Res Med Sci**, 2012, 38-41. **[impact factor=1.39**]

113. Leila Darvishi, Zahra Rabbani, Sima Goodarzy, Gholamreza Askari, Afshin Shiranian, Mohammad Salehi, Azam Borzooe, **Reza Ghiasvand*.** Investigating and comparing energy and micronutrient intake in female aerobic athletes in two different socio-economic regions. **J Educ Health Promot**. 2012, 1-5. **[pubmed]**

114. Gholamreza Askari, **Reza Ghiasvand** , Jahangir Karimian , Awat Feizi , Zamzam Paknahad, Gholamreza Sharifirad , Maryam Hajishafiei. Does quercetin and vitamin C improve exercise performance, muscle damage, and body

composition in male athletes? **J Res Med Sci**. 2012, 328-331. **[impact factor=1.39**]

115. **Reza Ghiasvand**, Gholamreza Askari, Janmohamad Malekzadeh, Maryam Hajishafiee, Pooya Daneshvar, Fahimeh Akbari, Maryam Bahreynian. Effects of Six Weeks of β-alanine Administration on VO_2 max, Time to Exhaustion and Lactate Concentrations in Physical Education Students. **Int J Prev Med**. 2012; 3(8):559-563. **[ISI]**

116. Soheila Mirzaeian, **Reza Ghiasvand***, Fatemeh Sadeghian, Mahdieh Sheikhi, Zahra S. Khosravi, Gholamreza Askari, Afshin shiranian, Ghasem yadegarfar. Assessing the macronutrient and micronutrient intakes in female students and comparing them with the set standard values. **J Educ Health Promot**. 2012, 1-5. **[pubmed]**

117. Gholamreza Askari, **Reza Ghiasvand**, Awat Feizi, Syed Mustafa Ghanadian, Jahangir Karimian. The effect of quercetin supplementation on selected markers of inflammation and oxidative stress. **J Res Med Sci**. 31(1), 2012, 637-641. **[impact factor=1.39**]

118. Mehdi Shakouri, Mahmoud Djalali, Seyed Abolghasem Djazayery, Seyed Ali keshavarz, Mohammad Reza Eshraghian, Ali Akbar SaboorYaraghi, Gholamreza Asgari, **Reza Ghiasvand**, Mahnaz Zarei. Effects of eicosapentanoic acid and vitamin C on glycemic indices, blood pressure, and serum lipids in type 2 diabetic Iranian males. **J Res Med Sci**. 2011; 16 (Special Issue): 361-367. **[impact factor=1.39**]

119. **R Ghiasvand**, M Djalali, SA Djazayeri, SA Keshavarz, M Hosseini, Gh Askari, N Jani, N Fardad, F Fatehi. Effects of Eicosapentaenoic Acid and Vitamin E on the Blood Levels of Inflammatory Markers, Antioxidant Enzaymes and Lipid

Proxidation in Iranian Basketball Players. **Iranian J Publ Health**, Vol. 39, No.1, 2010, 15-21. . **[impact factor=1.05**]

120. **Reza Ghiasvand**, Mahmoud Djalali, Seyed Abolghassem Djazayery, Seyed Ali Keshavarz, and Mostafa Hosseini. Effects of Eicosapentaenoic Acid and Vitamin E on the Plasma Levels of Antioxidant Vitamins and Inflammatory Markers, and on Erythrocyte Antioxidant Enzyme Activities, in Male Basketball Players. **Acta Media Iranica**. Vol. 47, No. 4, 2009, 269-274. **[pubmed]**

121. Ahmad Esmaillzadeh, Mohammad hasan Entezari, Zamzam Paknahad, Morteza safavi, Mohammad Jalali, **Reza Ghiasvand**, Nimah Bahreini, Mojgan Nourian, Leila Azadbakht. Identification of diet-disease relations through dietary pattern approach: A review. **J Res Med Sci**. 2008; 13 (6): 337-348. **[impact factor=1.39**]

122. **Reza Ghiasvand**, Seyed Abolghassem Djazayery, Mahmoud Djalali, Seyed Ali Keshavarz, Mostafa Hosseini, Effects of Eicosapentaenoic Acid and Vitamin E Supplementation on Serum Lipid Profile, Blood Pressure, Antioxidant Status and Inflammatory, Responses in Male Athletes. **ARYA Atherosclerosis**. 2007, 3 (2): 87-93. **[ISI]**

123. M Djalali, SR A Hoseiny, F Siassi, N Fardad, **R Ghiasvand**, TR Neyestani. Study of Methionine, Vitamin B12, and Folic Acid Status in Coronary Atherosclerotic Male Patients. **Iranian J Publ Health**. Vol. 36, No.3, 2007, 52-59. **[impact factor=1.05**]

2. Some of Selected Articles in Persian:

1- Tayebeh Mottaghi, Fariborz Khorvash, Gholamreza Askari, Bijan Iraj, **Reza Ghiasvand**. Vitamin D and Migraine: Review of Current Evidence. Journal of Isfahan Medical School. 2013; 31(223): 32-40.

2- Maryam Taghiyar, **Reza Ghiasvand**, Awat Feizi, Gholamreza Askari, Nafiseh Shokri. Effects of Vitamins C and E Supplementation on Muscle Damage and Oxidative Stress in Female Athletes: A Double-Blind Clinical Trial. Journal of Isfahan Medical School, 2013; 30(216): 2113-24.

3- Omolbanin Kafeshani, **Reza Ghiasvand**, Leila Darvishi. Effects of Caloric Restriction on Delaying the Aging Process. **Journal of Isfahan Medical School**. 2013; 30 (218): 2270-90.

4- Maryam Zahedi, **Reza Ghiasvand**, Awat Feizi, Gholamreza Asgari. Effects of Quercetin Supplementation on Cardiovascular Risk Factors and Inflammatory Biomarkers in Patients with Type 2 Diabetes. **Journal of Isfahan Medical School**, 2013; 30 (215): 2039-51.

5- **Reza Ghiasvand**, Fahimeh Haghighatdoost, Mitra Hariri. The Effect of Short Sleep Duration on Body Weight: A Review on Evidences, J Health Syst Res. 2013; 9(3): 233-42.

6- Maryam Taghiyar, **Leila Darvishi**, Gholamrez Askari, Awat Feizi, Mitra Hariri, Nafiseh Shokri Mashhadi, Reza Ghiasvand. The Effect of Vitamin C and E Supplementation on Muscle Damage and Oxidative Stress in Female Athletes: A Clinical Trial, International Journal of Preventive Medicine. Vol 4, Feb Supplement 1, 2013, 23-30.

7- Gholamreza Askari, **Reza Ghiasvand**, Maryam Hajishafiee, Fahimeh Akbari. The Effects of Quercetin Supplementation on Endothelial Function, Oxidative Stress,

Athletic Performance, Inflammatory Biomarkers and Muscle Damage Indices in Athletes**. Journal of Isfahan Medical School**. Vol 29, No 165, 2012, 1-7.

8- Awat Feizi, Rehaneh sadat Hosseini, **Reza Ghiasvand**, Katayuon Rabiei. Study of Relationship between Stress and Different Lifestyle Dimensions with Quality of Life in Isfahan's Inhabitants Aged 19 and Older an Application of Latent Class Regression on Latent Factor Predictors. J Health Syst Res, Vol.7, No.6, 2012, 1188-1202.

9- Tabesh M, Modares zadeh M, Ghasem ghanbari Sh, Arian N, Darvishi L, **Ghiasvand R**. Assessment of Nutritional Status and Hematological Indices in Patients with Beta Thalassemia Major. **ZUMS Journal**.Vol. 20, No. 82, 2012, 85-93.

10- Hossein Khosravi Broujeni, **Reza Ghiasvand**. Influence of High Protein Diets on Muscle Hypertrophy and Exercise Performance. Journal of Isfahan Medical School. Vol 30, No 187, 2012, 588-598.

11- Jalal Sabouri, Zahed Mafakheri, Zahra Sadat Khosravi, **Reza Ghiasvand**. The Condition of Macronutrients and Energy Intake and Its Relationship with Anthropometric Indices in Isfahan Veterans. J Health Syst Res, Vol.7, No.1, 2011, 72-80.

12- **Reza Ghiasvand**, Zahra Rabbani, Sima Goodarzy, Gholamreza Asgari, Mohammad Salehi, Azam Borzooe. Comparison of the energy and macronutrient intakes in female aerobic athletes in two different social- economic areas in Isfahan in 2009. **J Health Syst Res**. Vol.6, No.4, 2011, 724-734.

13- **Reza Ghiasvand**, Maryam Ashrafi, Elnaz Ashrafzadeh, Gholamreza Asgari, Akbar Hasanzadeh. Relationship between junk foods intake and weight in 6-7 years old children, Shahinshahr and Meimeh. **J Health Syst Res**. Vol.6, No.2, 2010, 335-343.

14- Sahar Sarraf Bank, Mahsa Malek Ahmadi, Zahra Sadat Khosravi, **Reza Ghiasvand**, Elham Rezaei, Jalal Sabouri. The prevalence of obesity and overweight in Isfahan Veterans. J Health Syst Res. Vol.6, No.3, 2010, 559-566.

15- Soheila Mirzaeian, **Reza Ghiasvand**, Fatemeh Sadeghian, Mahdieh Sheikhi, Zahra Sadat Khosravi, Ghasem Yadegarfar. Assessing the micronutrient and macronutrient intakes in female students of Isfahan University of medical sciences and comparing them to the set standard values. J Health Syst Res, Vol.6, No.3, 2010, 513-521.

16- **Reza Ghiasvand**, Sima Goodarzy, Zahra Rabani, Gholamreza Asgari, Elnaz Daneshzad, Mohammad Salehi. Survey on the antioxidant vitamin intake among athlete women in two different socio-economic regions in Isfahan. J Health Syst Res, Vol.6, No.3, 2010, 450-454.

17- Marjan Tabesh, Maryam Tabesh, **Reza Ghiasvand**, Ghasem Yadegarfar. Prevalence of underweight, overweight and obesity in Isfahan high school girls in 2006. J Health Syst Res. Vol.6, No.3, 2010, 465-472.

18- Jalali M, Hatami M, **Ghiasvand R**, Keshavarz SA, Sabour H, Mostafavi E, Fatehi F. Assessment of Folic Acid and Vitamin B12 Status and Some of the Interactive Factors in Mentally Retarded Patients. **Yumsj**. vol.11, No.3, 2006, 69-79.

19- Jalali M, Siassi F, **Ghiasvand R**, Jarollahi N, Gheibi F, Fatehi F and Mostafavi E. Iron Deficiency Anemia in Pregnant Women in Eslamshahr. **Journal of Kerman University of Medical Sciences**. 2005; 12(4): 271-277.

Some of selected Seminars and Presentation:

1. Leila Darvishi, Mitra Hariri, Reza Ghiasvand. Have macronutrients intake been different in women with stroke in comparison with controls in the previous year before the incidence? 5th national seminar on Stroke. Isfahan, **Iran**, 2013.

2. N. Shokri mashhadi**, R. Ghiasvand**, A. Barani, M. Haji shafii, M. Taghiyar, L. Darvishi. Effect of Ginger and Cinnamon Intake on inflammation and muscle sorness enduced by exercise in Iranian female athletes. 12th Iranian congress of Nutrition. Isfahan, **Iran**, October 2012.

3. Pooya Daneshvar, Gholamreza Barani, Gholamreza Askari, **Reza Ghiasvand,** Mohammad Khoshnevisan. NUTRITIONAL STATUS OF FOOTBALL PLAYERS: SEPAHAN VERSUS ZOBAHAN. 4th AFC Conference on Science and Football Medicine. **Malaysia**, 18-20 March 2011.

4. Djazayery A, **Ghiasvand R**, Djalali M, Keshavarz SA, Hosseini M. Effects of dietary supplementation with eicosapentaenoic acid and vitamin E on the blood C-reactive protein content and antioxidant status in male basketball players. 1st Congress of the International Society of Nutrigenetics/Nutrigenomics (ISNN). **Greece**, November, 2007.

5. Esmaillzadeh A, **Ghiasvand R**, Abdollahzad H, Shoakazemi M, Rahmani Kh. The relationship between dietary calcium intake and incidence of preeclampsia and gestational hypertention. 17th International Congress of Nutrition. **Austria**, August 2001.

And more than 150 other abstracts presented in congresses and seminars as posters and oral presentation.

Scientific membership and positions:

Member of American Nutrition Association (membership no. 2799030871)

Member of American Society for Nutrition (member ID 57903)

Member of Iranian Nutritionists Association

Member of National Breastfeeding Encouragement Committee

Member of Nutrition Board of Iranian Football Federation (http://nutr.mui.ac.ir/-topmenu-17/chairman-in-news/899-dr-ghiasvand.html)

Director of Nutrition and Health Committee in Esfahan Sport Association (http://www.esma.ir/EN_IntPages/?action=Subjects&SubjectID=6)

Director of Graduate Studies Office in Isfahan University of Medical Sciences (http://edu.mui.ac.ir/en/index.php/director-of-graduate-studies-office.html)

Vice-Dean for Education in Nutrition and Food Sciences Faculty

Teaching Experience:

Teaching of more than 300 credits about Nutrition Sciences in the last 10 years for students of Nutrition, Medicine, Dentistry, Pharmacy, Public Health and Nursing disciplines in Isfahan University of Medical Sciences and supervising of 35 MSc students and 10 PhD candidates in Nutrition.

Grant Reviews:

Iranian National Science Foundation (2013), Isfahan Sports Medicine Association (2010, 2012, 2014), Science and Technology Vice-Presidency (2012), Isfahan Municipality Health

Committee (2015) and Iranian Health Ministry's interdisciplinary mega-project joint-venture with Nottingham University (2018, in competition).