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Academic Rank: Lecturer
 Assistant Professor
 Associate Professor
 Professor

EDUCATION

2005 - 2011	Tehran University of Medical Sciences, Tehran, Iran Ph.D. in Nutrition Sciences
2000 - 2004	Tehran University of Medical Sciences, Tehran, Iran MsPH. In Public Health Nutrition
1995- 2000	Shahid Beheshti University of Medical Sciences, Tehran, Iran Bachelor in Nutrition

WORK EXPERIENCE

2004 - 2006 Food and Drink Expert staff
Food and Drug Administration, Ministry of Health, Tehran, Iran

TEACHING EXPERIENCE

- 2008 - present
- Nutrition Education and Counselling (Nutrition in Public Health, MsPH), Shahid Sadoughi University of Medical Sciences, Yazd, Iran
 - Community Nutrition (Nutrition in Public Health, MsPH), Shahid Sadoughi University of Medical Sciences, Yazd, Iran
 - English (Nutrition in Public Health, MsPH), Shahid Sadoughi University of Medical Sciences, Yazd, Iran
 - Nutritional Epidemiology (Nutrition in Public Health, MsPH), Shahid Sadoughi University of Medical Sciences, Yazd, Iran
 - Nutrition (Medical Sciences, Pharmacy, Dentistry, Occupational Health), Shahid Sadoughi University of Medical Sciences, Yazd, Iran
 - Regulation of Metabolism (Nutrition Sciences, PhD), Shahid Sadoughi University of Medical Sciences, Yazd, Iran
 - Academic Writing (Nutrition Sciences, PhD), Shahid Sadoughi University of Medical Sciences, Yazd, Iran

PUBLICATIONS

Books/Book Chapter:

1. Aryaeian N, Nadjarzadeh A. Answers to Your Question about Obesity, Tehran, World of Nutrition Publication, ۲۰۰۸

Journal articles:

1. Artoonian V, Aghamollaii V, Nadjarzadeh A, Bidaki R. Secondary Induced Mania by Vitamin B۱۲ Injection in a ۵۲ Years Old Patient with Refractory Depression. Journal of Nutrition and Food Security. ۰-.
۲. Bidaki R, Aghamolae V, Nadjarzadeh A, Artonian V. Secondary Induced Mania by Vitamin B۱۲ Injection in a ۵۲ Years Old Patient with Refractory Depression. Journal of Nutrition and Food Security. ۰-.

۳. Bidaki R, Mahdavi M, Motamed M, Nadjarzadeh A. Role of Vitamin C in Treating Depression. *Journal of Nutrition and Food Security*. ۰-.
۴. Sadeghi S, Khodayarian M, Nadjarzadeh A, Fallahzadeh H. Survey of culture-based nutritional attitudes of pregnant women: A cross-sectional study from Iran. *Journal of Nutrition and Food Security*. ۰-.
۵. Soltani T, Mahmoodabad SSM, Nadjarzadeh A. Analysis of the salt consumption situation using SWOT approach and providing solutions related to COMBI strategies.
۶. Nadjarzadeh A, Shidfar F, Chamari M, Mostafavi E, Seraji A, editors. ASSOCIATION BETWEEN DIETARY ANTIOXIDANT INTAKE AND SEMEN QUALITY IN INFERTILE MEN. *ANNALS OF NUTRITION AND METABOLISM*; ۲۰۰۹: KARGER ALLSCHWILERSTRASSE ۱۰, CH-۴۰۰۹ BASEL, SWITZERLAND.
۷. Nadjarzadeh A, Sadeghi M, Amirjannati N, Vafa M, Motevalian S, Gohari M, et al. Coenzyme Q¹⁰ improves seminal oxidative defense but does not affect on semen parameters in idiopathic oligoasthenoteratozoospermia: a randomized double-blind, placebo controlled trial. *Journal of endocrinological investigation*. ۲۰۱۱;۳۴(۸):e۲۲۴-e۸.
۸. NADJARZADEH A, SADEGHI M, SHIDFAR F, AMIRJANNATI N, VAFA M, GOHARI M, et al. EFFECT OF UBIQUINONE SUPPLEMENTATION ON SEMINAL OXIDATIVE STATUS OF INFERTILE MEN WITH OLIGOASTHENOTERATOZOOSPERIA. ۲۰۱۱.
۹. Halvani GH, Nadjarzadeh A, Nodoushan RJ, Nodoushan ES. Nutritional status of farmers in selected communities of Yazd, Iran-۲۰۱۱. *World Applied Sciences Journal*. ۲۰۱۲;۲۰(۹):۱۲۸۳-۶.
۱۰. Halvani GH, Nodoushan RJ, Nadjarzadeh A. Relation between road accidents and sleep quality of heavy vehicle drivers in Yazd. *International Journal of Environmental Health Engineering*. ۲۰۱۲;۱(۱):۴۰.
۱۱. Naderi Z, MOZAFFARI KH, Dehghan A, FALLAH HH, Nadjarzadeh A. The effect of ginger (*zingiber officinale*) powder supplement on pain in patients with knee osteoarthritis: a double-blind randomized clinical trial. ۲۰۱۲.
۱۲. Najarzadeh A, MOZAFFARI KH, Mahdavi M, Fallahzadeh H, ZAVAR RJ, Shahmoradi H. Antioxidant status in patients with metabolic syndrome as measured by the stable free radical diphenylpicrylhydrazyl assay. ۲۰۱۲.
۱۳. نادری, نادر, ایمنش, وزیری, آزاده, نجارزاده, et al. Assessment of the eating disorders in female students of Shahid Sadoughi University of Medical Sciences, Yazd, Iran, ۲۰۱۱. *مجله تحقیقات سلامت*. ۲۰۱۲;۲۹-۸۴:(۲)۱;۲۰۱۲.
۱۴. Ahadi Z, Nabizadeh-Asl L, Akbari M, Mozaffari-Khosravi H, Nadjarzadeh A. Acceptance level of free milk program and the factors affecting on it in girl high schools in Yazd. *Tolooebehdasht*. ۲۰۱۳;۱۲(۳):۱۴۰-۸.
۱۵. Baghianimoghadam M, Fazelpour S, Nadgarzadah A, Falahzadah H, Baghianimoghadam B. A survey about the attitude of peoples about consumption of fast foods, Yazd, Iran. *PROGRESS IN NUTRITION*. ۲۰۱۳;۱۵(۴):۲۷۴-۹.
۱۶. Baghianimoghadam M, Nadjarzadeh A, Salehi M. Evaluation of Knowledge, Attitude and Practice of Yazd City High School Students on the Role of Vitamin D in Health. *Tolooebehdasht*. ۲۰۱۳;۱۱(۴):۵۹-۶۹.
۱۷. Daneshbodi H, Vaziri N, Nadjarzadeh A, Lotfi M, Mozaffari-Khosravi H. Effect of Omega-۳ supplementation on gonadotropins and prolactin levels in women with polycystic ovary

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۱۸. Nadjarzadeh A, Firouzabadi RD, Vaziri N, Daneshbodi H, Lotfi MH, Mozaffari-Khosravi H. The effect of omega-۳ supplementation on androgen profile and menstrual status in women with polycystic ovary syndrome: A randomized clinical trial. Iranian journal of reproductive medicine. ۲۰۱۳;۱۱(۸):۶۶۵.
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۲۰. Nadjarzadeh A, SADRI MNS, MOZAFFARI KH, Shamsi F. Prevalence of obesity and its relationship with birth weight among high school female students. ۲۰۱۳.
۲۱. Vaziri N, Nadjarzadeh A, Daneshbodi H, Dehghani Firouzabadi R, Lotfi M, Mozaffari-Khosravi H. The effect of Omega۳ supplementation on androgen profile and menstrual status in women. Iranian Journal of Reproductive Medicine. ۲۰۱۳.
۲۲. AKBARI M, NADJARZADEH A, ZEINALI A. EFFECT OF COENZYME Q۱۰ ON DIABETIC NEUROPATHY: A DOUBLE BLIND RANDOMIZED CLINICAL TRIAL. ۲۰۱۴.
۲۳. Akbari M, Zeinali A, Mozaffari Khosravi H, Afkhami Ardekani M, Hadi Nodushan H, Fallahzadeh H, et al. The Effect of CoQ۱۰ Supplementation on Insulin Resistance and Blood Glucose of Patients with Type Two Diabetes. Toloeebehdasht. ۲۰۱۴;۱۲(۴):۱۳-۲۳.
۲۴. ASADI S, MOZAFFARI KH, RAHIMI M, NAGHIZADE M, NADJARZADEH A. ORAL: EFFECT OF L-ARGININE SUPPLEMENTATION ON BLOOD PRESSURE IN PATIENTS WITH TYPE ۲ DIABETES: A RANDOMIZED CLINICAL TRIAL. ۲۰۱۴.
۲۵. Baghianimoghadam MH, Sharifpour Z, Lotfizadeh Dehkordi M, Nadgarzadah A, Hashemi AS. The role of protection motivation theory in predicted of nutritional behavior in prevention cancers in mothers in Yazd city, Iran. Progress in Nutrition. ۲۰۱۴;۱۶(۳):۱۹۷-۲۰۳.
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۲۹. Mozaffari-Khosravi H, Nodoushan H, Nadjarzadeh A. Effect of Coenzyme Q۱۰ on Oxidative Stress, Glycemic Control and Inflammation in Diabetic Neuropathy: A Double Blind Randomized Clinical Trial. International Journal for Vitamin and Nutrition research Internationale Zeitschrift fur Vitamin-und Ernährungsforschung Journal International de Vitaminologie et de Nutrition. ۲۰۱۴;۸۴(۵-۶):۲۵۲-۶۰.
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۳۳. VAZIRI N, NADJARZADEH A, DANESHBODI H. THE EFFECT OF OMEGA^۳ SUPPLEMENTATION ON LIPID PEROXIDATION AND INFLAMMATION IN WOMEN WITH POLYCYSTIC OVARY SYNDROME, A RANDOMIZED CLINICAL TRIAL. ۲۰۱۴.
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۴۵. Javidi A, Mozaffari-Khosravi H, Nadjarzadeh A, Dehghani A, Eftekhari MH. The effect of flaxseed powder on insulin resistance indices and blood pressure in prediabetic individuals: A

- randomized controlled clinical trial. *Journal of Research in Medical Sciences: the Official Journal of Isfahan University of Medical Sciences*. ۲۰۱۶;۲۱.
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۱۵۵. Shareghfarid E, Nadjarzadeh A, Heidarzadeh-Esfahani N, Azamian Y, Hajiahmadi S. The Effect of Flaxseed Oil Supplementation on Body Composition and Inflammation Indices in Overweight Adults With Pre-Diabetes. *Nutrition and Metabolic Insights*. ۲۰۲۲;۱۵:۱۱۷۸۶۳۸۸۲۱۰۹۰۰۸۳.
۱۵۶. Soltani T, Mazloomi Mahmoodabad SS, Vaezi AA, Nadjarzadeh A, Namayandeh SM, Soltani MH, et al. Incentives to Reduce Salt Intake Resulting From Women's Experiences: A Qualitative Study. *Community Health Equity Research & Policy*. ۲۰۲۲;۴۲(۳):۲۸۱-۹.

RESEARCH INTERESTS

- The Role of Nutrition in Infertility
- Nutritional Management of obesity, Diabetes, and Metabolic Syndrome
- Oxidative Stress

SKILLS AND QUALIFICATIONS

Language:	English: Advanced
	French: Elementary
	Arabic: Elementary
Computer:	SPSS, Nutritionist, EndNote, Office (Word, Powerpoint, ...)
Research:	Nutritional research
Technical skills:	Nutrition counselling and education

CONFERENCES ATTENDED

1. The 19th International Congress of Nutrition, 2009, Bangkok, Thailand (Poster)
2. The 7th Conference of the International Coenzyme Q10 Association, Coenzyme Q10 and idiopathic oligoasthenoteratozoospermia: a randomized double blind, placebo controlled trial, 2009, Brussels, Belgium (Poster)
3. The 3rd International Congress and Student Award in Reproductive Medicine, Dietary antioxidant intake and male infertility, 2009, Yazd, Iran (Poster)
4. The 11th Iranian Nutrition Congress, 2010, Shiraz, Iran (Oral)
5. The 12th Iranian Nutrition Congress, 2012, Isfahan, Iran (Oral)
6. The 4th International Congress and Student Award in Reproductive Medicine, 2011, Yazd, Iran (Oral)
7. The 5th Asia Pacific Conference on Clinical Nutrition, 2011, Bangkok, Thailand (Oral)
8. The 6th Conference of the International Coenzyme Q10

Association, ۲۰۱۱ (Poster)

۹. The ۱۳th National and ۱st International Congress of Nutrition, ۲۰۱۴, Tehran, Iran (Oral)
۱۰. Euro Global Summit & Medicare Expo on Weight Loss, Traditional herbal remedies: Old things, new insights ۲۰۱۵, Frankfurt, Germany (Oral)
۱۱. ۱۲th Asian Congress of Nutrition, Effect of apple vinegar in glycemic control of diabetes, ۲۰۱۵, Yokohama, Japan (Poster)

PROFESSIONAL MEMBERSHIP

۱۹۹۶-present	Ordinary member, Iranian Nutrition Association/Tehran, Iran
۲۰۱۱-۲۰۱۵	Head of Department of Nutrition, Faculty of Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran.
۲۰۱۳-present	Editorial board, Journal of Community Health Research/ Shahid Sadoughi University of Medical Sciences, Yazd, Iran
۲۰۱۴-present	Editorial board, Journal of Food Quality and Hazards Control/ Shahid Sadoughi University of Medical Sciences, Yazd, Iran
۲۰۱۴-present	Editorial board, Journal of Shahid Soughi University of Medical Sciences/ Shahid Sadoughi University of Medical Sciences, Yazd, Iran
۲۰۱۵	Executive Chairman of National Iranian Congress of Nutrition and Cancer, ۱۳۹۳, Yazd, Iran
۲۰۱۶-present	Editorial board, Journal of Nutrition and Food Security/ Shahid Sadoughi University of Medical Sciences, Yazd, Iran
۲۰۱۲-present	Head of Nutrition and Food Security Research Center/ Shahid Sadoughi University of Medical Sciences, Yazd, Iran

- ۲۰۱۲-present Member of Food and drink licensing/ Deputy of Food and Drug / Shahid Sadoughi University of Medical Sciences, Yazd, Iran
- ۲۰۱۳-present Ethics board/ School of Public Health/ Shahid Sadoughi University of Medical Sciences, Yazd, Iran
- ۲۰۱۵-present Member of EDO (Education Development Office), Faculty of Health, Shahid Sadoughi University of Medical sciences, Yazd, Iran

HONORS AND AWARDS

- 2011 Award winner of the ۴th yazd international congress and student award in reproductive medicine, ۲۰۱۱
- 2014 Award winner of ۱۲th International Congress of Obesity, Kuala Lumpur, Malaysia, ۲۰۱۴

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