



## **1. Personal and Contact Information:**

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**Date of Birth:**

**Marital Status: Married**

## **2. Education:**

**BSc: (Field of Study, Name of University, Year Graduated):**

**General Hygiene, Nutrition sciences, Ahvaz University of Medical Sciences, Ahvaz, Iran**

**BSc Thesis: (Title, Supervisor, Advisors) -----**

**MSc: (Field of Study, Name of University, Year Graduated):**

**Health Sciences in Nutrition, Tehran University of medical Sciences, Tehran, Iran**

**MSc Thesis: (Title, Supervisor, Advisors):**

**Investigation of the low birth weight prevalence and its causes in infants in Khorramabad city,**

**Supervisor: Prof Minudokht Forouzani**

**Advisor: Prof Alavi Naeeni**

**PhD: (Field of Study, Name of University, Year Graduated):**

**Nutrition sciences, The University of Sheffield, Sheffield, UK, 2004**

**PhD Thesis: (Title, Supervisor, Advisors):**

**Investigation of the assembly of chylomicrons in hamster enterocytes using pluronic-L81 acid as a probe**

**Supervisor: Prof Joan A Higgins**

**Advisor: Prof Eric Carey**

**MD: (Field of Study, Name of University, Year Graduated)--**

**MD Thesis: (Title, Supervisor, Advisors)**

**Resident: (Field of Study, Name of University, Year Graduated)**

**Resident Thesis: (Title, Supervisor, Advisors)**

**Fellowship: (Field of Study, Name of University, Year Graduated)**

**Fellowship Thesis: (Title, Supervisor, Advisors)**

### **3. Awards & Honors:**

- a. The highest scientific rank of the Lorestan University of medical sciences, 2008.
- b. Achievement of distinguished researcher title from Lorestan governor, 2010
- c. Achievement of distinguished researcher title from Lorestan University of Medical Sciences, 2010, 2015, 2016, 2017,
- d. Obtaining the status of exemplary lady of the Lorestan University of Medical Sciences, 2012
- e. Obtaining the status of exemplary lady of the Ministry of Health of Iran, 2012
- f. Obtaining of the first rank of mobilizing teacher of the Lorestan Medical community mobilization, 2015
- g. Obtaining the status of Exemplary instructor of the Lorestan medical community mobilization, 2015
- h. Obtaining the first rank of cultural teacher of the Lorestan University of Medical Sciences, 2016
- i. Winning the first place in the research festival of the Country's Basijis. 2016
- j. Obtaining the top rank of Secretary of thought of all the Universities of Iran, 2017
- k.

### **4. Scientific Position:**

**1. Assistant Professor of Nutrition (Department of Health & Nutrition, The University of medical Sciences, during: 2005 - 2011)**

**2. Associate Professor of Nutrition (Department of Health & Nutrition, The University of medical Sciences, during: 2012 until now)**

**3. Professor of Medicine (Department of ..., .... University, during)**

### **5. Executive Position:**

**1. Head of Nutritional Health Research Center, 2016 until now**

**2. Vice Chancellor for Research, School of Health and Nutrition, Lorestan University of Medical sciences, 2015 until now**

**3. Head of Nutrition Department, Lorestan University of Medical sciences, 2008 – 2011, and 2019 until now.**

4. **Vice Chancellor for Education, School of Medicine, Lorestan University of Medical Sciences, 2005 – 2007**
5. **Director of Educational Affairs and Graduate Studies of Lorestan University of Medical Sciences, 2007 – 2014**
6. **Head of Khorramabad School of Nursing, Lorestan University of Medical Sciences, from 1987 to 1989**

## **6. Teaching Experiences:**

### **Course teaching**

#### **\*\*BSc.**

**Essential Nutrition 1**

**Nutrition for Special groups**

**Nutrition in the Life Cycles**

**Specific English language for Nutrition Students**

**Medical terminology**

**Nutrition training and counseling**

**Computer application in nutrition**

#### **\*\*M.Sc.**

**Nutritional Epidemiology**

**Research methodology in health sciences**

**Advanced Nutrition1**

**Seminar**

**Current topics of nutrition**

#### **\*\*PhD by Research**

**Ethics in animal Field**

## **7. Clinical Experiences:**

**Nutrition counseling and diet therapy in the Governmental hospital, since 2014 until now**

## **8. Research Field:**

Nutrition, Cellular & Molecular Field, traditional medicine, Community Nutrition

## **9. Grants:**

## **10. Supervisor:**

1. - Investigation of the prevalence of iron deficiency anemia and anemia in children under 5 years of age in urban and rural areas of Lorestan province. For Research Deputy of the Ministry of Health and Medical Education, 1997.
2. Investigation of the prevalence of malnutrition in children under 5 years of age in urban and rural areas of Lorestan province, For Research Deputy of the Ministry of Health and Medical Education, 1997.
3. Determining the prevalence of iron deficiency anemia in preschool children in Khorramabad, For Lorestan Medical Sciences Research Deputy, 2006.
4. Study of the levels of aflatoxins A1, A2, B2, B1 in Kashkineh, For Lorestan Medical Sciences Research, 2006. , completed
5. The effect of emergency clinical skills training on clinical skills of medical internship and internship students, For Lorestan Medical Sciences Research, 2008.
6. The relationship between the scores of basic sciences of medical students and the evaluation scores of the faculty members of basic sciences, For Lorestan Medical Sciences Research, 2010, has been completed.
7. Comparison of marine and farmed fish compounds in Khorramabad city in terms of nutrition and heavy metals, For Lorestan Medical Sciences Research, 2010, completed.
8. Comparison of the effect of routine diet of hospital and standard formula in patients admitted to intensive care units of Khorramabad Shohadaye Ashayer Training Hospital, For Lorestan Medical Sciences Research, 2011.

9. The effect of emergency clinical skills training on clinical skills of medical internship and internship students, 2008, For Lorestan Medical Sciences Research, completed.
10. Investigating the probiotic capacity of traditional dairy products in Khorramabad, For Lorestan Medical Sciences Research 2012, completed.
11. Investigating the nutritional status of dialysis patients referred to the dialysis ward of Shohada Ashayer Hospital, For Lorestan Medical Sciences Research 2012, completed.
12. Determination of urinary iodine and goiter in primary school children in Khorramabad, completed in 1991-92. For Lorestan Medical Sciences Research 2012, completed.
13. Investigation of iron deficiency anemia in pregnant women referred to health centers in Khorramabad, For Lorestan Medical Sciences Research 2013.
14. Comparison of the effect of sorrel with elastin on serum cholesterol in cardiovascular patients in Khorramabad, For Lorestan Medical Sciences Research 2012.
15. Investigation of underweight and short stature in children in primary schools in Khorramabad, For Lorestan Medical Sciences Research 2013.
16. Investigation of metabolic syndrome in students of Lorestan University of Medical Sciences, For Lorestan Medical Sciences Research 2013.
17. Investigating the nutritional status of the Elderly Nursing Home Residents in Khorramabad, For Lorestan Medical Sciences Research 2013.
18. Assessment of nutritional status of primary school children in primary schools in Isfahan, For Lorestan Medical Sciences Research 2014.
19. Investigating the level of awareness and nutritional performance of professional athletes and sports coaches in Khorramabad, For Lorestan Medical Sciences Research 2013.
20. The study of the prevalence of abdominal obesity based on demographic indicators and its relationship with high blood pressure in the staff of the Vice Chancellor for Education of Lorestan University of Medical Sciences in 2013, For Lorestan Medical Sciences Research 2013.

21. Prevalence of preeclampsia and some of the factors involved in its occurrence in pregnant women referring to health centers in Khorramabad from 2007 to 2012. For Lorestan Medical Sciences Research 2013.
22. The study of the effect of the number of meals on obese subjects in female students of Lorestan Medical University in 1992, For Lorestan Medical Sciences Research 2013.
23. The survey of the level of awareness and performance of high school female students about iron deficiency anemia in Khorramabad in 2014, For Lorestan Medical Sciences Research 2014.
24. Investigating the relationship between body mass index and nutritional attitude in students of Lorestan University of Medical Sciences in 2014, For Lorestan Medical Sciences Research 2014.
25. Investigating the Relationship between Breastfeeding and Anthropometric Indicators of High School Girls in Khorramabad, For Lorestan Medical Sciences Research 2016.
26. Assessment of iron, zinc, calcium, phosphorus and serum status of children under 15 years of age referred to Khorramabad Children's Hospital and their relationship with body mass index. For Lorestan Medical Sciences Research 2017.
27. Assessment of the nutritional status of children in public and private nursery in Khorramabad city, For Lorestan Medical Sciences Research 2017.

### **11.Advisor:**

The study of the relationship between serum levels of IgG and IgM antibodies against chlamydia pneumonia in suspected patients with cardiac ischemia referred to Shahid Madani Angiography Center, 2011

### **12.Papers:**

#### **English:**

1. Mardani M, Higgins JA. The effect of pluronic acid on the TAG and cholesterol profiles of plasma lipoproteins. Journal of cellular & molecular Biology letters, 2004, Vol .9, supplement 2P: 37.

- 2- Mardani M, Rezapour S, Higgins JA. Assembly and secretion of chylomicron using pluronic L-48 as a probe. *Acta Medica Iranica* 2011; 49(6): 341-351.
- 3- Mardani M, Rezapour S, Rezapour P. Survey of aflatoxins in kashkineh: a traditional Iranian food, *Iran J Microbiol.* Sep 2011; 3(3): 147–151.
- 4-Toulabi T, Khosh Niyat Nikoo M, Amini F, Nazari H, Mardani M. The influence of behavior modification interventional program on body mass index in obese adolescents, *Journal of the Formosan Medical Association* (2012) 111, 153-159.
- 5- Ghahremani E, Mardani M, Rezapour S. Phenotypic and Genotypic Characterization of Lactic Acid Bacteria from Traditional Cheese in Khorramabad City of Iran with Probiotic Potential. *Appl Biochem Biotechnol.* Volume 175, Issue 5, 2015, Pages 2516-2527.
- 6- Mardani M, Khalkhalirad A, Rossta S, Rezapour P. Evaluation of the Prevalence of Macrosomia and the Maternal Risk Factors. *Iranian Journal of Neonatology* 2014; 5(3): 5-9.
- 7- Rezapour S, Ghahremani E, Mardani M. Analysis of Antibiotic Resistance and Antimicrobial Effects of *Enterococcus faecium* and *Lactococcus lactis* Isolated from Khorramabad Traditional Cheeses. *Journal of Applied Biotechnology Reports*, Volume 2, Issue 1, winter 2015: 211-214.
- 8- Mardani M, Gholaami F, Rezapour P, Ebrahimzadeh F. The Prevalence of Endemic Goiter and Its Relationship to Urine Iodine in Primary School Age Children in Khoramabad. *J Health Sci Surveillance Sys* April 2015; Vol 3; No 2. 71 -75.
- 9- Mohsenzadeh A, Ahmadipour Sh, Anbari Kh, Mardani M, Shahkarami K, Hasanvand A and Soleymaninejad M. Relationship between serum selenium level and febrile seizure in children. *Journal of Chemical and Pharmaceutical Research*, 2015, 7(12):13-18.
- 10- Studying preeclampsia incidence and some risk factors in pregnant woman referring to health care centers of KhorramAbad, under press.
- 11- Mardani, M, Rezapour, S, Ahmadipour S, Mohsenzadeh A, Khalkhali Rad A.H, Roosta S, Ebrahimzadeh F . Prevalence of anemia and its risk factors among pregnant women referring to the health care centers of Khorramabad city. *The Journal of Maternal-Fetal &*



Neonatal Medicine. Journal of Maternal-Fetal and Neonatal Medicine Volume 30, Issue 7, 3 April 2017, Pages 826-829.

12- Mardani M, Mahmoud B, Moradmamand J S, Salehi A, Davoodi M, Ghobadi S,

Rezapour P, Rafieian-Kopaei M. Comparison of the Descurainia Sophia and Levostatin effect on the LDL cholesterol reduction, a clinical trial study. Journal of Chemical and Pharmaceutical Sciences. Volume 9, Issue 3, 2016, Pages 1329-1333.

13- Mardani M, Asadi-Samani M, Rezapour S, Rezapour P. Evaluation of freshwater and sea water fish in terms of nutritional value, and heavy metals. Journal of Chemical and Pharmaceutical Sciences. Volume 9, Issue 3, 2016, Pages 1277-1283.

14- Mardani M, Rezapour S, Eftekhari Z, Asadi-Samani M, Rashidipour M, Afsordeh O, Kazemzadeh F, Bahmani F. Chemical composition of Elamit Scrophularia deserti, International Journal of PharmTech Research. Volume 9, Issue 6, 2016, Pages 285-290.

15- Mardani M, Afsordeh O, Eftekhari Z, Rafieian-Kopaei M, Bahmani F, Rashidipour M. Chemical composition of Elamit Menta longifolia(L.)Huds. International Journal of PharmTech Research. Volume 9, Issue 6, 2016, Pages 293-298.

16- The nutritional status of hemodialysis patients admitted to Khoramabad's Shohadie Ashaier hospital, Korramabad, Iran, 2016, Journal of Preventive Epidemiology.

17- Rezvanirad, A., Mardani, M., Hassanzadazar, H., (...), Eftekhari, Z., Balimani, M. An overview on the most important native medicinal plants against flour beetle. Journal of Chemical and Pharmaceutical Sciences. 2016. 9 (4), pp. 3449-3459.

18- Rezvanirad, A., Mardani, M., Shirzad, H., (...), Naimi, A., Mahmoudi, G. Curcuma longa: A review of therapeutic effects in traditional and modern medical references. Source of the Document Journal of Chemical and Pharmaceutical Sciences. 2016. 9 (4), pp. 3438-3448.

19- Tajallaie-Asl F, Mardani, M, Shahsavari, S, Abbaszadeh, S. Menstruation phytotherapy according to iran ethnobotanical sources. Journal of Pharmaceutical Sciences and Research Volume 9, Issue 6, June 2017, Pages 986-990.

20 - Ghamari, S, Mohammadrezaei-Khorramabadi, R, Mardani, M, Shahsavari, S. An overview of the most important medicinal plants with anti-toothache property based on

ethnobotanical sources in Iran (Review). *Journal of Pharmaceutical Sciences and Research* Volume 9, Issue 6, 2017, Pages 796-799.

21- Ghamari, S, Abbaszadeh, S, Mardani, M, Shahsavari, S. Identifying medicinal plants affecting the teeth from the Southern district of Ilam province, Iran (Article). *Journal of Pharmaceutical Sciences and Research* Volume 9, Issue 6, 2017, Pages 800-803

22- Ghamari S, Mohammadrezaei-Khorramabadi R, Mardani M, Shahsavari S. An overview of the most important medicinal plants used as Mouth Freshener. *Journal of Pharmaceutical Sciences and Research*. Volume 9, Issue 6, 2017, Pages 804-807.

23- Karimi M, Mardani M. Wound antiseptic plants: An overview of the most important medicinal plants in Iran affecting wound infections (Article). *Journal of Global Pharma Technology*. Volume 8, Issue 8, 1 August 2016, Pages 18-23.

24- Karimi M, Mardani M, Parsaei P. An overview of the effectiveness of the most important native medicinal plants of Iran on hemorrhoid based on Iranian traditional medicine textbooks (Article). *Journal of Global Pharma Technology*. Volume 8, Issue 9, 2016, Pages 24-26.

25- Mardani M, Kazemi K, Mohsenzadeh A, Ebrahimzade F. Investigation of frequency and risk factors of macrosomia in infants of Asali Hospital of Khorramabad city. *Iranian Journal of Epidemiology*. Volume 8, Issue 4, 2013, Pages 47-53.

26- Mardani M, Higgins JA. Investigations of the effect of molecular and intracellular transit and secretion of chylomicron lipids using 3H treolin administered in vivo as a probe. *Iranian Journal of Public Health* 2005, Volume - , Number Supplementary Issue; Page(s) 78 - 78.

27- Mardani M, Bazgir B, Beigi Bazgir A, Mansurnezhad H, Rezapour M. Nutritional Knowledge and Behavior of Professional Athletes in Khorramabad. *Journal of Life Sciences*. 2017, vol 11, p: 65-73.

28- Parsaei P, Karimi M, Mardani M. The most important Iranian medicinal plants effective on intra-abdominal adhesions: A systematic review. *International Journal of Advanced Biotechnology and Research*. 2017, vol 8, P: 2041-2049.

- 29- Parsaei P, Karimi M, Mardani M. A review of treatments for leishmaniasis wound using the prescriptions of traditional medicine. *International Journal of Advanced Biotechnology and Research*. 2017, vol 8, P: 2050-2058.
- 30- Mardani M, Rezapour P, Baba H, Balavar S, Naghdi. N. The nutritional status of hemodialysis patients admitted to Khoramabad Shohadie Ashaier hospital, Korramabad, Iran. *Journal of Preventive Epidemiology*. 2016, vol 1(1).
- 31- Mardani M, Abbasnezhad A, Rezapour M, Rostami S, Bonyadi M, Ebrahimzadeh F, Choghakhori R. Mini Nutritional Assessment and its Correlation with Elderly Nursing Home Residents in Khorramabad, Iran. *Iranian Rehabilitation Journal*. June 2018, Volume 16, Number 2, P: 177-184.
- 32- Rezapour S, Shiravand M, Mardani M. Epigenetic changes due to physical activity. *Biotechnology and Applied Biochemistry*. 2018, 65 (6), 761-767.
- 33- Mohsenzadeh A, Ahmadipour S, Mardani M, Ebrahimzadeh F, Shahkarami K. The effect of self-care education on the quality of life in children with allergic asthma. *Comprehensive Child and Adolescent Nursing*. 2019, 42 (4), 304-312.
- 34- Saboori S, Yousefi Rad E, Mardani M, Zeinali Khosroshahi M, Nouri Y, Falahi E. Effect of Q10 supplementation on body weight and body mass index: A systematic review and meta-analysis of randomized controlled clinical trials. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews* 2019, Volume 13, Issue 2, Pages 1179-1185.
35. Momeni A, Maghsoodi H, Rezapour S, Shiravand M, Mardani M. Reduction of expression of IL-18, IL-1 $\beta$  genes in the articular joint by sumac fruit extract (*Rhus coriaria* L.). *Molecular genetics & genomic medicine*. 2019, 7, 6, P: 664.
36. Ahmadipour S, Mardani M, Mohsenzadeh A, Baharvand P, Nazeri MG. The Lowering of Bilirubin Levels in Full-Term Newborns by the Effect of Combined Massage Therapy and Phototherapy Practice. *American journal of perinatology*. 2019
37. Naghavi moghadam AA, Shiravand M, Rezapour S, Khoshdel A, Bazgir B, Mardani M. Effect of a session of intensive exercise with ginseng supplementation on histone H3 protein methylation of skeletal muscle of nonathlete men. *Molecular Genetics & Genomic Medicine*. 2019, 7, 5, P: 651.

38. Behzadifar M, Saki M, Behzadifar M, Mardani M, Yari F, Ebrahimzadeh F, Majidi Mehr, Abdi Bastami Sh, Luigi Bragazzi N. Prevalence of exclusive breastfeeding practice in the first six months of life and its determinants in Iran: a systematic review and meta-analysis. *BMC pediatrics*. 2019, 19, 1, P: 384.
39. Yousefi Rad S, Eslampour E, Falahi E, Mardani M, Hekmatdoost A, Asbaghi O, Saboori S. Effects of carnitine supplementation on liver aminotransferase enzymes: A systematic review and meta-analysis of randomized controlled clinical trials. *Indian Journal of Gastroenterology*. 2019,
40. Mardani M , Abbasnezhad A, Ebrahimzadeh F, Roosta S, Rezapour M, Choghakhori R. Assessment of Nutritional Status and Related Factors of Lactating Women in the Urban and Rural Areas of Southwestern Iran: A Population-Based Cross-Sectional Study. *International Journal of Community Based Nursing & Midwifery*, 2020, vol: 8, issue:1, P: 73-83.
- 41. Mardani M, Teymouri F, Rezapour M. Risk Factors of Preeclampsia among Pregnant Women in Khorramabad (West of Iran). *Current Women's Health Reviews*. 2020, 16 (4), 313-317.**
- 42. Mardani M, Rezapour S, Hajipour F. Relationship between breastfeeding and obesity in high school girls. *Journal of Pediatric Endocrinology and Metabolism*. 2020, 33 (8), 1003-1008.**
- 43. MZ Khosroshahi, O Asbaghi, S Moradi, M Kaviani, M Mardani, C Jalili. The effects of supplementation with L-arginine on anthropometric indices and body composition in overweight or obese subjects: A systematic review and meta-analysis. *Journal of Functional Foods*. 2029, 71, 104022.**
- 44. O Asbaghi, M Sadeghian, S Rahmani, M Mardani, M Khodadost, V Maleki, The effect of green coffee extract supplementation on anthropometric measures in adults: A A systematic review and meta-analysis. *Complementary Therapies in Medicine*, 2020, 102424.**
- 45.

### **Persian:**

1. Motlagh ME, Mardani M. Anemia and Iron deficiency anemia in Lorestan Province. *Feyz Journal of Kashan University of Medical Sciences*. 1999, vol; 3.
2. Farhud D, Mardani M, Rezapour S, Poursadegh Fard M. Study of Association between some genetic markers and Oesophageal carcinoma in Northern Iran. *Iranian Journal of Public Health*, 1999, vol: 28, P: 1-2.
3. Mardani M, Motlagh ME, Rezapour S. Investigation of the prevalence of malnutrition in children under 5 years of age in urban and rural areas of Lorestan province, *Hakim Journal*, 2000.
4. Mardani M, Rezapour S. The role of vegetarianism in health and disease. *Yafteh Journal*, 1997, Volume 6, Number 11.
5. Mardani M, A Mohsenzade, M Yaripour. A survey Mother's knowledge about the benefits of breast milk in the city of Khorramabad. *Journal of Lorestan University of Medical Sciences*, 2007, vol; 4 , no: 9 , P; 3-11.
6. Mardani M, Mohsenzadeh ,A Ardakani A, Dehestani A, birjandi M. Study of relationship between nutritional status and duration of hospitalization in the children under 2 years old with gastroenterities. *Yafteh*, 2008, vol: 10, issue: 236, P: 21-30.
7. Mohsenzade A, Mardani M, Shahkarami K, Ebrahimzadeh F. Failure of exclusive breast feeding in first 6 months of life of infants referred to health centers of Khorramabad. *Yafteh*, 2008, vol 35, no: 1, P: 55-62.
8. Malekshahi F, Mardani M. Abilities and limitations of crisis management in Shohadaye Ashayer and Social Security hospitals of Khorramabad in 2007. *Iranian Journal of Critical Care Nursing (IJCCN)* , 2009, 1 (1), 29-34.
9. Raoufi A, Mardani M, Sabagh M, Delfan B, Tarahi MJ. A Study on The Effects of *Rhus Coriaria* (Somac) on LDL Cholesterol Level Compared with Lovastatin. *Journal of Ilam University of medical Sciences*. 2009, vol 17, no 3, P: 51-56.

10. Hossainzadegan H, Baharvand B, Mardani M, Ebrahimzadeh F, Gadiri MM. Study of Anti-Chlamydia pneumoniae IgG and IgM, and risk factors in suspected cardiac ischemic, s referred to Shahid Madany angiography center, Khorramabad. Yafteh. 2009, vol 11, no 2, P: 3-11.
11. Mardani M, Eshaghi E, Rezapour S, Ebrahimzadeh F. Association of waist to hip ratio and hypertension among people referred to urban health clinics in Arak city in. Yafteh, 2008, vol 11, no 3, P: 63-71.
12. Jahanbani N, ebrahimzadeh F, salim K, mardani M,. Study of supervising control over the foodstuff offered to the students, and nutritional-hygienic knowledge of the parents and educators at the primary schools located in the. Yafteh, 2010 12 (345), 79-87.
13. Mardani M, Shams Khorramabadi, Mosadegh AA. Investigation of educational impact on emergency clinical skills of medical students of Lorestan University of Medical Sciences. Yafteh, 2010, 12 (345), 45-50.
14. Namdari P, EbrahimzadehF, Mardani M. Study of effective factors on comprehensive test of basic medical sciences of the medical students of Lorestan University of Medical Sciences. Yafteh, 2010, 12 (143), 5-12.
15. Mohsenzadeh A, Mardani M, Ahmadipourm S, Ebrahimzadeh F. Factors related to reduction of height and weight in children under two years of Aleshtar township of Lorestan province. Yafteh, 2013 14 (5), 41-49.
16. Mardani M, Khalkhali Rad AH, Ebrahimzadeh F, Farhadi A, Roosta S, Hajiali S. Changes in body weight, fasting serum glucose and stress in the first semester's final exams during the academic year (2011-12), Lorestan university of medical sciences students. Yafteh, 2014, 16 (361), 5-21.
17. Mardani M, Rezapour S, Ebrahimzade F, Ahmadi P, Rezapour P. Investigation of the relation between University teacher's assessments of Lorestan University of medical Sciences and medical student's score of Basic Science for Medicine's. The Journal of Medical Education and Development, 2014, 6 (2), 38-44.

18. Mardani M, Ghanavati S, Rezapour S, Ebrahimzade F. The prevalence of overweight and obesity and their relation with stunting among primary school children of Khorramabad city. *Iranian Journal of Pediatrics*, 2014, 24 (S2), S20.
19. Mardani M, Reafie E, Houshang B, Balavar S. Prevalence of metabolic syndrome among students of Lorestan University of Medical Sciences during 2011-2012. *Medical Journal of Mashhad University of Medical Sciences*. 2015, 57 (8), 918-925.
20. Mardani M, Hajati S, Zahre S, Mohsenzadeh A, Abdi Bastami Sh. Knowledge, attitude and practice among mothers of 6-36 months infants in Khoramabad health centers on proper feeding (in 2015). *Yafte*, 2016, 18 (2).
21. Ebrahimzadeh F, Ghorbani M, Nasseryan J, Mardani M. Incidence of academic failure and its underlying factors in Lorestan University of medical sciences. *Yafteh*, 2016, 17 (4), 14-24.
22. M Mardani, M Rezapour. Agro terrorism, Definition, effects and prevention. *Yafteh* , 2017, 19 (3), 24-32
23. [Delfan B, Jebraeili R, mardani M, Kordi A, Niknam H. Skin Complications of Lipiodol in Khorramabad City. 2003, *yafteh*, vol 5, no 3(16), P: 35-38.
24. Mardani M, Rezapour P, Baba H, Balavar S, Naghdi N. The nutritional status of hemodialysis patients admitted to Khoramabad's Shohadie Ashaier hospital, Korramabad, Iran. *Journal of preventive epidemiology*, 2016, vol:1, no: 1, P: 1-5.
25. Mohsen Akbarpour Bani, Fazlollah Fathollahi Shoorabeh, M.R moradpourian, Mahnaz Mardani, Sakineh Khajeh Heydari. The effect of eight weeks of resistance training with pomegranate juice supplementation on inflammatory. Anti-inflammatory factors and some lipoproteins in women with type 2 diabetes. *Pars Journal of Medical Sciences*, 2020, Vol.18, No.2, Summer.
- 26.

### **13. Thesis Supervision**

1. Investigating the relationship between waist circumference to hip circumference and blood pressure in people referring to Arak health centers in 2008, Elham Ishaqi, medical student.
2. A study of the relationship between nutritional status of children under two years of age with gastroenteritis with the duration of their hospitalization in Shahid Madani Hospital in Khorramabad in 2007, Mr. Ghodratollah Dehestani, medical student.
3. Investigation of hyperlipidemia in cardiovascular patients admitted to Shahid Ayatollah Madani Hospital in Khorramabad in 2007, medical student.
4. Determining the prevalence of iron deficiency anemia in preschool children in Khorramabad, Medical Student, 2006.
5. Investigating the nutritional status of hospitalized patients in the orthopedic department of Shohada-e-Ashayer Hospital during hospitalization and discharge in the second quarter of 2010, medical student,
6. Investigation of the frequency of macrosomia and its effective factors in infants born in Asali Hospital in Khorramabad in the second quarter of 1989, medical student.
7. Investigation of the prevalence of endemic goiter and urinary iodine levels in 6-10 year old children in Khorramabad in 2012, medical student.
8. Separation and identification of lactic acid bacteria in the traditional yogurt dairy product of Khorramabad city with probiotic ability, M.Sc. student of Microbiology, 2012.
9. Separation and identification of lactic acid bacteria in the traditional cheese dairy product of Khorramabad city with probiotic ability, M.Sc. student of Microbiology, 2012.
10. Investigating the prevalence of overweight and obesity and its relationship with short stature in primary school children in Khorramabad. Mahsa Qanavati, medical student 2013.
11. Investigation of the prevalence of food insecurity and the factors affecting it in high school girls in Khorramabad in the 2015-2016 academic year, medical student.
12. Investigating the relationship between breast milk and overweight and obesity in high school girls in Khorramabad in the 2015-2016 academic year. medical student
13. Assessment of iron, zinc, calcium, phosphorus and serum status of children under 15 years of age referred to Khorramabad Children's Hospital and their relationship with body mass index, 2017 medical student.
14. Investigating the nutrition of children in public and private kindergartens in Khorramabad, 2017, medical student.



## **14. Thesis counseling**

1. Attitudes and performance of mothers referring to the use of antibiotics in children under 7 years of age (Shahid Ayatollah Madani Hospital in Khorramabad), 2010, medical student
2. A Study of the Awareness of Breastfeeding Mothers regarding the Importance of Breastfeeding in Visitors to Haj Karim Asali Hospital, 2007, Medical Student,
3. Investigating the relationship between serum levels of IgG and IgM antibodies against *Camidia pneumoniae* in suspected patients with cardiac ischemia referred to Shahid Madani Angiography Center, medical student,
4. Evaluation of breast cancer risk factors in patients referred to Shohada-e-Ashayer Hospital from October 2008 to July 2009, Medical Student
5. Determining the awareness of medical staff of child-friendly hospitals in Khorramabad city in the field of promoting breastfeeding, 2006, medical student,
6. - A study of height and weight growth reduction and related factors in infants under 2 years of age in Aleshtar city in 2006, medical student, 2007.
7. Investigating the effect of medical students' parties on the educational status of incoming students 70-80. Yousef Reza Jahanian, Medical Student, 2009
8. How to deal with focal fever in children aged 3 months to 3 years in Ayatollah Madani Hospital in Khorramabad from April 2003 to March 2007. Medical student 2009
9. Evaluation of breast cancer risk factors in patients referred to the clinic of Shohada-e-Ashayer Hospital from October 1987 to July 88. Medical student
10. Investigating the causes of failure of exclusive breastfeeding in the first six months of life of infants referring to Khorramabad health centers in 2006. Medical student, 2006

## **15. Books (Compilation, Translation, Conflation):**

1. **Ingredients and properties of fruits and vegetables, 2010**

2. **Diet Therapy, A Guide for Nurses, 2011**
3. **The miracle of nature, 2011**
4. **Medicinal properties of the bee products, 2014**
5. **Principles and guidelines for healthy eating in schools, 2018**
6. **Diet therapy for cancer patients, 2018**

#### **16. Articles presented at national and international congresses and conferences (Oral, Poster):**

Present Many Posters and oral Presentation in national and International Congresses and Conferences

#### **17. Workshops (Teaching, Presence):**

1. Nutrition in pregnancy, several courses for GPs and BSc of Nutrition & BSc of Midwifery
2. Nutrition in lactating Mothers, several courses for GPs and BSc of Nutrition & BSc of Midwifery
3. Nutrition in under 5 years children, several courses for GPs and BSc of Nutrition & BSc of Midwifery
4. Nutrition in adolescent, several courses for GPs and BSc of Nutrition & BSc of Midwifery
5. Diet therapy for diabetic Patients, several courses for GPs and BSc of Nutrition & BSc of Midwifery
6. Diet therapy Kidney Diseases, several courses for GPs and BSc of Nutrition & BSc of Midwifery
7. Iranian Nutritional Guidelines, several courses for BSc of Nutrition
8. Diet therapy for Cancers, several courses for GPs and BSc of Nutrition & BSc of Midwifery
9. The role of calcium in health for lecturers of Lorestan University
10. GM Foods, for lecturers of Lorestan University

11. Diet therapy in blood pressure, several courses for GPs and BSc of Nutrition & BSc of Midwifery and lecturers of Lorestan University
12. Preliminary research method workshop for Students (medical students, BSc and MSc students of Nutrition, BSc students of Midwifery, nursing, health)
13. Ethics in publishing research results, several workshops for lectures of Lorestan University of Medical sciences.

### **18. Inventions and Inventions:**

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### **19. Research Projects (Executor, Collaborator):**

### **20. Reviewer of National and International Scientific Journals:**

1. Yafteh Journal
2. Aflac Journal
3. Herbal medicines Journal

### **21. Editorial Board of Medical Journals:**

1. Editorial Board Member of Plant Biotechnology Persa

### **22. Membership in Scientific Associations:**

1. Member of the Iranian Nutrition Association
2. Member of the Iranian Nutrition Association, Lorestan branch

### **23. General Skills:**

1. fluent in English
2. fluent in, End Note, SPSS, N3, NUT4, Power point, excel

## **24. General interests:**

1. Community Nutrition,
2. Nutrition and chronic diseases
3. Micronutrients
4. Herbal Medicine
5. Cellular and Molecular Nutrition
6. Food Security