

Curriculum Vitae

(as of October 24, 2024)

Hossein Shahinfar

Assistant Professor of Nutrition
Department of Nutrition
School of Health and Nutrition
Lorestan University of Medical Sciences

Personal Information

Name: Hossein
Surname: Shahinfar
Sex: male
Place of Birth: Isfahan
Citizenship: Isfahan
Religion: Muslim, Shia'
Nationality: Iranian
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Citations: 1333

Qualifications

2020- 2024 Iran University of Medical Sciences, School of Public Health,
Tehran, Iran Ph.D in Nutrition
GPA= 18.63 out of 20

2018-2020 Tehran University of Medical Sciences, School of Nutritional Sciences and Dietetics,
Tehran, Iran MSc in Public Health in Nutrition
GPA= 18.37 out of 20

2014-2018 Ahvaz Jondishapur University of Medical Sciences, Ahwaz, Iran
BSc in Nutrition
GPA= 17.91 out of 20

2014 Nilipour High School, Isfahan, Iran
GPA= 19.54 out of 20

Academic Appointments

2024- present Assistant Professor of Nutrition, Department of Nutrition, School of Health and
Nutrition, Lorestan University of Medical Sciences

Internship

2017-2018 Nutritionist /Hospitals and clinics affiliated with Ahvaz Jondishapur University of Medical

Sciences, Iran

2019-2020 Nutritionist /Hospitals and clinics affiliated with Tehran University of Medical Sciences, Iran

2021-2023 Nutritionist /Hospitals and clinics affiliated with Iran University of Medical Sciences, Iran

Academic & Research Experiences

Published Papers

1. ***Shahinfar H.*** Akbarzade Z, Djafari F, Shab-Bidar S. Association of nutrient patterns and metabolic syndrome and its components in adults living in Tehran, Iran. *Journal of Diabetes & Metabolic Disorders*. 2020;1-9
2. ***Shahinfar H.*** Safabakhsh M, Babaei N, Ebaditabar M, Davarzani S, Amini MR, et al. Association of major dietary patterns with muscle strength and muscle mass index in middle-aged men and women: Results from a cross-sectional study. *Clinical Nutrition ESPEN*. 2020
3. ***Shahinfar H.*** Shahavandi M, Jibril AT, Djafarian K, Clark CC, Shab-Bidar S. The association between dietary antioxidant quality score and cardiorespiratory fitness in Iranian adults: a cross-sectional study. *Clinical Nutrition Research*. 2020;9(3):171
4. ***Shahinfar H.*** Safabakhsh M, Mansouri S, Djafarian K, Clark CC, Shab-Bidar S. Association of dietary energy density with cardiometabolic risk factors and metabolic syndrome in Tehranian older adults. *J Cardiovasc Thorac Res*. 2020;12(1):2
5. ***Shahinfar H.*** Amini MR, Sheikhhossein F, Djafari F, Jafari A, Shab-Bidar S. The effect of chromium supplementation on apolipoproteins: A systematic review and meta-analysis of randomized clinical trials. *Clinical Nutrition ESPEN*.
6. ***Shahinfar H.*** Djafari F, Babaei N, Davarzani S, Ebaditabar M, Clark C, Djafarian K, Shab-Bidar S. Cardiorespiratory fitness is positively associated with both healthy and western dietary pattern in Iranian middle-aged. *International Journal for Vitamin and Nutrition Research*.
7. ***Hossein Shahinfar.*** Farhang Djafari, Mahshid Shahavandi, Yahya Jalilpiran, Samira Davarzani, Cain C. T. Clark, Kurosh Djafarian, Sakineh Shab-Bidar: The lack of association between dietary antioxidant quality score with handgrip strength and handgrip endurance among Tehranian adults: a cross-sectional study from a Middle East country. *International Journal of Clinical Practice*, doi:10.1111/IJCP.13876
8. ***Hossein Shahinfar.*** Mahshid Shahavandi, Aliyu Jibril Tijani, Alireza Jafari, Kurosh Djafarian, Cain C.T. Clark, Sakineh Shab-Bidar: The association between dietary inflammatory index, muscle strength, muscle endurance, and body composition in Iranian adults. *Eating and weight disorders*. <https://doi.org/10.1007/s40519-020-01096-y>
9. ***Hossein Shahinfar.*** Mojdeh Ebaditabar, Nadia Babaei, Samira Davarzani, Kurosh Djafarian, Sakineh Shab-Bidar: Association of major dietary patterns and resting metabolic rate and body fatness in middle-aged men and women: Results from a cross-sectional study. *Nutrition and Health*. DOI: 10.1177/02601060211063070
10. ***Hossein Shahinfar.*** Mahtab Ghanbari, Nastaran Payandeh, Mahshid Shahavandi, Yahya Jalilpiran, Nadia Babaei, Cain C.C. Clark, Sakineh Shab-Bidar: Interaction between major dietary patterns and cardiorespiratory fitness on metabolic syndrome in Iranian adults: a cross-sectional study. *Nutrition Journal*. **Nutrition Journal**, <https://doi.org/10.1186/s12937-021-00695-4>

11. ***Hossein Shahinfar***, Mohammad Reza Amini, Nastaran Payandeh, Fatemeh Sheikhhossein, sina naghshi, Sakineh Shab-Bidar. The link between plant-based diet indices with biochemical markers of bone turn over, inflammation, and insulin in Iranian older adults. Food science and Nutrition. DOI: 10.1002/fsn3.2258
12. ***Hossein Shahinfar***, Nastaran Payandeh, Maryam ElhamKia, Fatemeh Abbasi, Alireza Alaghi, Farhang Djafari, Masoumeh Eslahi, Narjes Sadat Farizani Gohari, Parivash Ghorbaninejad, Mohaddeseh Hasanzadeh, Alireza Jafari, Aliyu Tijani Jibril, Reihane Khorasaniha, Elahe Mansouri, Vahid Monfared, Soroush Rezaee, Adel Salehian, Mahshid Shahavandi, Leila Sheikhi, Alireza Milajerdi. Administration of dietary antioxidants for patients with inflammatory bowel disease: A systematic review and meta-analysis of randomized controlled clinical trials. Complementary Therapies in Medicine. <https://doi.org/10.1016/j.ctim.2021.102787>
13. ***Hossein Shahinfar***, Elham Bazshahi, Mohammad Reza Amini, Nastaran Payandeh, Sanaz Pourreza, Zahra Noruzi, Sakineh Shab-Bidar. Effects of artichoke leaf extract supplementation or artichoke juice consumption on lipid profile: A systematic review and dose-response meta-analysis of randomized controlled trials. Phytotherapy Research. DOI: 10.1002/ptr.7247
14. ***Hossein Shahinfar***, Ahmad Jayedi, Tauseef Ahmad Khan, Sakineh Shab-Bidar. Coffee Consumption and Cardiovascular Diseases and Mortality in Patients with Type 2 Diabetes: A Systematic Review and Dose-Response Meta-Analysis of Cohort Studies. Nutrition, Metabolism and Cardiovascular Diseases. <https://doi.org/10.1016/j.numecd.2021.05.014>
15. Nastaran Payandeh, ***Hossein Shahinfar***, Alireza Jafari, Nadia Babaei, Kurosh Djafarian, Sakineh Shab-Bidar. Mediterranean diet quality index is associated with better cardiorespiratory fitness and reduced systolic blood pressure in adults: A cross-sectional study. Clinical Nutrition ESPEN. <https://doi.org/10.1016/j.clnesp.2021.10.008>
16. Saba Mohammadpour, Parivash Ghorbaninejad, ***Hossein Shahinfar***, Mojdeh Ebaditabar, Nadia Babaei, Samira Davarzani, Kurosh Djafarian, Sakineh Shab-Bidar. The low-carbohydrate-diet score is associated with resting metabolic rate: an epidemiologic study among Iranian adults. Journal of Diabetes & Metabolic Disorders. <https://doi.org/10.1007/s40200-021-00832-0>
17. Nastaran Payandeh, ***Hossein Shahinfar***, Mohammad Reza Amini, Alireza Jafari, Maryam Safabakhsh, Hossein Imani, Sakineh Shab-Bidar. The Lack of Association between Plant-Based Dietary Pattern and Breast Cancer: a Hospital-Based Case-Control Study. Clinical Nutrition Research. doi: 10.7762/cnr.2021.10.2.115
18. Mahshid Shahavandi, Parivash Ghorbaninejad, Saba Mohammadpour, Farhang Djafari, ***Hossein Shahinfar***, Kurosh Djafarian, Sakineh Shab-Bidar. Higher health literacy score is associated with better healthy eating index in Iranian adults. Nutrition, <https://doi.org/10.1016/j.nut.2021.111262>
19. Askari M, Heshmati J, ***Shahinfar H***, Tripathi N, Daneshzad E. Ultra-processed food and the risk of overweight and obesity: a systematic review and meta-analysis of observational studies. International Journal of Obesity. 2020:1-12
20. Sheikhhossein F, Amini MR, ***Shahinfar H***, Djafari F, Safabakhsh M, Shab-Bidar S. Effects of chromium supplementation on inflammatory biomarkers: A systematic review and dose-response meta-analysis of randomized controlled trials. European Journal of Integrative Medicine. 2020:101147

21. Shahavandi M, Amini MR, ***Shahinfar H***, Shab-Bidar S. Major dietary patterns and predicted cardiovascular disease risk in an Iranian adult population. *Nutrition and Health*. 2020:0260106020952591
22. Shahavandi M, Djafari F, ***Shahinfar H***, Davarzani S, Babaei N, Ebaditabar M, et al. The association of plant-based dietary patterns with visceral adiposity, lipid accumulation product, and triglyceride-glucose index in Iranian adults. *Complementary Therapies in Medicine*. 2020:102531
23. Mohammadpour S, Ghanbari M, ***Shahinfar H***, Gholami F, Djafarian K, Shab-Bidar S. The association between healthy lifestyle score with cardiorespiratory fitness and muscle strength. *International Journal of Clinical Practice*. 2020:e13640
24. Mohammadpour S, Amini MR, ***Shahinfar H***, Tijani AJ, Shahavandi M, Ghorbaninejad P, et al. Effects of Glucomannan supplementation on weight loss in overweight and obese adults: A systematic review and meta-analysis of randomized controlled trials. *Obesity Medicine*. 2020:100276
25. Amini MR, ***Shahinfar H***, Babaei N, Davarzani S, Ebaditabar M, Djafarian K, et al. Association of Dietary Patterns with Visceral Adiposity, Lipid Accumulation Product, and Triglyceride-Glucose Index in Iranian Adults. *Clinical Nutrition Research*. 2020;9(2):145
26. Djafari F, ***Shahinfar H***, Safabakhsh M, Shab-Bidar S. Vegetable and fruit consumption and its association with bone turnover biomarkers in older adults. *Nutrition & Food Science*. 2020
27. Amini MR, Sheikhhossein F, Naghshi S, Djafari F, Askari M, ***Shahinfar H***, et al. Effects of berberine and barberry on anthropometric measures: A systematic review and meta-analysis of randomized controlled trials. *Complementary Therapies in Medicine*. 2020;49:102337
28. Shahavandi M, Amini MR, ***Shahinfar H***, Shab-Bidar S. Major dietary patterns and predicted cardiovascular disease risk in an Iranian adult population. *Nutrition and Health*. 2020:0260106020952591
29. Omid Asbaghi, Sara Kashkooli, Mohammad Reza Amini, ***Hossein Shahinfar***, Sakineh Shab-bidar. Effects of L-carnitine supplementation on lipid concentrations in patients with type 2 diabetes: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. *Journal of Cardiovascular and Thoracic research*. *J Cardiovasc Thorac Res*, 2020, 12(4), 246-255, doi:10.34172/jcvtr.2020.43
30. Farhang Djafari, Mahshid Shahavandi, Mohammad Reza Amini, Fatemeh Sheikhhossein, ***Hossein Shahinfar***, Nastaran Payande, Alireza Jafari, Kurosh Djafarian² PhD, Cain C.T. Clark, Sakineh Shab-bidar. The effects of hesperidin supplementation or orange juice consumption on anthropometric measures and oxidative stress biomarkers in adults: A systematic review and meta-analysis of randomized controlled clinical trials. *Clinical Nutrition ESPEN*. <https://doi.org/10.1016/j.clnesp.2021.03.036>
31. Mahshid Shahavandi, Mohammad Reza Amini, Fatemeh Sheikhhossein, Farhang Djafari, ***Hossein Shahinfar***, Leila Sheikhi, Sakineh Shab-bidar. The association between dairy products consumption with risk of type 1 diabetes mellitus in children: a meta-analysis of observational studies. *International Journal of Diabetes in Developing Countries*. <https://doi.org/10.1007/s13410-021-00923-x>
32. Zahra Akbarzade, Kurosh Djafarian, Cain C. T. Clark, Azadeh Lesani, ***Hossein Shahinfar***, Sakineh Shab-Bidar. The association between major dietary patterns at dinner and obesity in adults living in Tehran: a population-based study. *Journal of Cardiovascular and Thoracic research*. *J Cardiovasc Thorac Res*. 2020; 12(4): 269–279. doi: 10.34172/jcvtr.2020.45

33. Mohammad Reza Amini, Elham Bazshahi, ***Hossein Shahinfar***, Neda Azizi, Hadi Eghbaljoo Gharegheshlaghi, Raana Babadi Fathipour, Sina Naghshi, The effects of capsinoid and fermented red pepper paste supplementation on blood pressure: A systematic review and meta-analysis of randomized controlled trials. *Clinical Nutrition*. <https://doi.org/10.1016/j.clnu.2020.10.018>
34. Mahshid Shahavandi, ***Hossein Shahinfar***, Nastaran payandeh, Kurosh Djafarian, Sakineh Shab-Bidar The association between dietary antioxidant quality score with metabolic syndrome and its components in Iranian middle-aged adults: a cross-sectional study. *Food Science and Nutrition*. DOI: 10.1002/fsn3.2067
35. Mohammad Reza Amini, ***Hossein Shahinfar***, Fatemeh Sheikhhossein Farhang Djafari, Sakineh Shab-Bidar. The association between plant-based diet indices and metabolic syndrome in Iranian older adults *Nutrition and Health*. DOI: 10.1177/0260106021992672
36. A Jafari, M Ghanbari, ***H Shahinfar***, N Bellissimo, L Azadbakht. The association between dietary acid load with cardiometabolic risk factors and inflammatory markers amongst elderly men: A cross-sectional study. *International Journal of Clinical Practice*. <https://doi.org/10.1111/ijcp.14109>
37. Farhang Djafari, Saba Mohammadpour, Mohammad Reza Amini, ***Hossein Shahinfar*** Nadia babaei, Samira Davarzani, Kurosh Djafarian, Sakineh Shab-bidar. The association of dietary acid load with skeletal muscle mass index in adults: A result from a developing country. *Journal of Nutritional Science and Dietetics*. **Accepted**.
38. Ahmad Jayedi, Sepideh Soltani, Sheida zeraatalab motlagh, ***Hossein Shahinfar***, Hanieh Mousavi. Anthropometric Measures and Risk of Type 2 Diabetes: Systematic Review and Dose-Response Meta-Analysis of 253 Cohorts with 2.4 Million Cases among 27.3 Million Participants. *BMJ*2022;376 :e067516 <http://dx.doi.org/10.1136/bmj-2021-067516>
39. Mahtab Ghanbari, ***Hossein Shahinfar***, Hossein Imani, Maryam Safabakhsh, Sakineh Shab-Bidar. Association of empirically derived food-based inflammatory potential of the diet and breast cancer: A hospital based case-control study. *Clinical Breast Cancer*. 2022 Jan 21 <https://doi.org/10.1016/j.clbc.2021.12.010>
40. Ahmad Jayedi, Sheida Zeraattalab-Motlagh, Bahareh Jabbarzadeh, Yasaman Hosseini, Aliyu Tijen Jibril, ***Hossein Shahinfar***, Amin Mirrafiei, Fatemeh Hosseini, Sakineh Shab- Bidar, Dose-dependent effect of carbohydrate restriction for type 2 diabetes management: a systematic review and dose-response meta-analysis of randomized controlled trials, *The American Journal of Clinical Nutrition*, 2022;, nqac066, <https://doi.org/10.1093/ajcn/nqac066>
41. Sanaz Pourreza, ***Hossein Shahinfar***, Elham Bazshahi, Fateme Gholami, Kurosh Djafarian, Sakineh Shab-Bidar. Association of the Mediterranean Dietary Quality Index with handgrip strength and muscle endurance: A cross-sectional study. *Food Science & Nutrition*, 00, 1– 11. <https://doi.org/10.1002/fsn3.2878>
42. ***Hossein Shahinfar***, Ahmad Jayedi, Sakineh Shab-Bidar. Dietary iron intake and the risk of type 2 diabetes: A systematic review and dose-response meta-analysis of prospective cohort studies. *European Journal of Nutrition* (2022). <https://doi.org/10.1007/s00394-022-02813-2>
43. Behnaz Pourrajab, Elham Sharifi-Zahabi, Sepideh Soltani, ***Hossein Shahinfar***, Farzad Shidfar. Comparison of canola oil and olive oil consumption on the serum lipid profile in adults: a systematic review and meta-analysis of randomized controlled trials. *Critical Reviews in Food Science and Nutrition*. 2022 Jul 11:1-5. doi: 10.1080/10408398.2022.2100314. Epub ahead of print. PMID: 35866510.

44. Jafari A, Naghshi S, **Shahinfar H**, Salehi SO, Kiany F, Askari M, Azadbakht L. Relationship between maternal caffeine and coffee intake and pregnancy loss: A grade assessed, dose-response meta-analysis of observational studies. *Frontiers in Nutrition*.:1652.
45. Nastaran Payandeh, **Hossein Shahinfar**, Nadia Babaei, Samira Davarzani, Mojdeh Ebaditabar, Kurosh Djafarian, Sakineh Shab-Bidar. Association of the empirical dietary inflammatory index and cardiorespiratory fitness in Tehranian adults in 2017-2018. *Frontiers in Nutrition*, 9, 928308.
46. **Hossein Shahinfar**, Mohammad Reza Amini, Nastaran Payandeh, Kimia Torabynasab, Sanaz Pourreza, Shima Jazayeri. "Dose-dependent effect of vinegar on blood pressure: A GRADE-assessed systematic review and meta-analysis of randomized controlled trials." *Complementary Therapies in Medicine* (2022): 102887
47. Esmail Alipour Nosrani, Maryam Majd, Elham Bazshahi, Fatemeh Mohtashaminia, Hanieh Moosavi, Reza Ramezani, **Hossein Shahinfar**, Farhang Djafari, Sakineh Shab-Bidar, Abolghassem Djazayeri. The association between meal-based diet quality index-international (DQI-I) with obesity in adults. *BMC nutrition*, 8.1 (2022): 1-11
48. Mohammad Reza Amini, Nastaran Payandeh, Fatemeh Sheikhhossein, **Hossein Shahinfar**, Sanaz Pourreza, Azita Hekmatdoost. Effect of Tart Cherry Juice Consumption on Body Composition and Anthropometric Measures: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Clinical Nutrition Research*. 12.1 (2023): 65
49. Kimia Torabynasab, **Hossein Shahinfar**, Mohammad Effatpanah, Shima Jazayeri, Leila Azadbakht, Jamileh Abolghasemi, Soulmaz Jamali. Association between empirical dietary inflammatory index, odds, and severity of anxiety disorders: A case–control study. *Food Science & Nutrition* (2023).
50. Kimia Torabynasab, **Hossein Shahinfar**, Nastaran Payandeh, Shima Jazayeri. Association between dietary caffeine, coffee, and tea consumption and depressive symptoms in adults: A systematic review and dose-response meta-analysis of observational studies. *Frontiers in Nutrition* 10 (2023): 128.
51. Ahmad Jayedi, Sheida Zeraattalab-Motlagh, **Hossein Shahinfar**, Edward W Gregg, Sakineh Shab-Bidar. Effect of calorie restriction in comparison to usual diet or usual care on remission of type 2 diabetes: a systematic review and meta-analysis of randomized controlled trials. *The American Journal of Clinical Nutrition* (2023).
52. Ahmad Jayedi, Long Ge, Bradley C Johnston, **Hossein Shahinfar**, Maryam Safabakhsh, Saba Mohamadpur, Parivash Ghorbaninejad, Morteza Abyadeh, Sheida Zeraattalab-Motlagh, Sepideh Soltani, Aliyu Tijani Jibril, Sakineh Shab-Bidar. Comparative effectiveness of single foods and food groups on body weight: a systematic review and network meta-analysis of 152 randomized controlled trials. *European Journal of Nutrition* 62.3 (2023): 1153-1164.
53. **Hossein Shahinfar**, Nastaran Payandeh, Kimia Torabynasab, Mahshid Shahavandi, Saba Mohammadpour, Nadia Babaei, Mojdeh Ebaditabar, Kurosh Djafarian, Sakineh Shab-Bidar. The combined association of dietary inflammatory index and resting metabolic rate on cardiorespiratory fitness in adults. *Journal of Health, Population and Nutrition* 42.1 (2023): 68.
54. Morvarid Noormohammadi, Zeinab Ghorbani, **Hossein Shahinfar**, Farzad Shidfar. Is there any hepatic impact associated with Rice Bran Arabinoxylan Compound supplementation? A systematic review and dose-response meta-analysis of Randomized Controlled Trials. *Clinical Nutrition ESPEN* (2023).

55. Yasaman Vahedi-Mazdabadi, **Hossein Shahinfar**, Mohammad Toushieh, Farzad Shidfar. Effects of berberine and barberry on selected inflammatory biomarkers in adults: A systematic review and dose–response meta-analysis of randomized clinical trials. *Phytotherapy Research* (2023).
56. Mostafa Norouzzadeh, Minoos Hasan Rashedi, **Hossein Shahinfar**, Seyedeh Tayebeh Rahideh. Dose-dependent effect of tart cherry on blood pressure and selected inflammation biomarkers: A GRADE-assessed systematic review and meta-analysis of randomized controlled trials. *Heliyon* (2023).
57. **Hossein Shahinfar**, Ahmad Jayedi, Kimia Torabynasab, Nastaran Payandeh, Fahimeh Martami, Hanieh Moosavi, Elham Bazshahi, Sakineh Shab-Bidar. Comparative effects of nutraceuticals on body weight in adults with overweight or obesity: a systematic review and network meta-analysis of 111 randomized clinical trials. *Pharmacological Research* (2023): 106944.
58. Farhang Djafari, Parivash Ghorbaninejad, Fatemeh Dehghani Firouzabadi, Fatemeh Sheikhhossein, **Hossein Shahinfar**, Maryam Safabakhsh, Hossein Imani, Sakineh Shab-Bidar. Adherence to Mediterranean dietary quality index and risk of breast cancer in adult women: a case-control study. *BMC Women's Health* 23.1 (2023): 1-8.
59. Kimia Torabynasab, **Hossein Shahinfar**, Shima Jazayeri, Mohammad Effatpanah, Leila Azadbakht, Jamileh Abolghasemi. Adherence to the MIND diet is inversely associated with odds and severity of anxiety disorders: a case–control study. *BMC psychiatry* 23.1 (2023): 1-9.
60. Ahmad Jayedi, Azadeh Aletaha, Sheida Zeraattalab-Motlagh, **Hossein Shahinfar**, Saba Mohammadpour, Amin Mirrafiei, Aliyu Tijani Jibril, Akbar Soltani, Sakineh Shab-Bidar. Comparative efficacy and safety of probiotics, prebiotics, and synbiotics for type 2 diabetes management: A systematic review and network meta-analysis. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, 102923.
61. Maryam Safabakhsh, Hossein Imani, **Hossein Shahinfar**, Masoud Mohammadpour, Pejman Rohani, Sakineh Shab-Bidar. Efficacy of dietary supplements on mortality and clinical outcomes in adults with sepsis and septic shock: a systematic review and network meta-analysis. *Clinical Nutrition*. 2024 Apr 10.
62. Torabynasab K, **Shahinfar H**, Zeraattalab-Motlagh S, Jazayeri S, Effatpanah M, Azadbakht L. The association of major dietary patterns with odds and severity of anxiety disorders: a case–control study. *Nutritional Neuroscience*. 2024 Apr 9:1-0.
63. Heydarian A, Tahvilian N, **Shahinfar H**, Abbas-Hashemi SA, Bahari H, Cheshmeh S, Aryaeian N. The effect of consumption Ziziphus jujuba on metabolic factors: a systematic review and meta-analysis of randomized clinical trials. *Clinical Nutrition Open Science*. 2024 Mar 9.
64. Norouzzadeh M, Rashedi MH, Payandeh N, Harijani AM, **Shahinfar H**. The effects of dietary nitrate on blood pressure and vascular Health: An umbrella review and updated Meta-Analysis and meta-regression. *Journal of Functional Foods*. 2024 Mar 1;114:106082.
65. Heydarian A, Tahvilian N, **Shahinfar H**, Abbas-Hashemi SA, Daryabeygi-Khotbehsara R, Aryaeian N. Effect of cardamom consumption on inflammation and blood pressure in adults: A systematic review and meta-analysis of randomized clinical trials. *Food Science & Nutrition*. 2024 Jan;12(1):3-12.
66. Sikaroudi MK, Soltani S, Kolahdouz-Mohammadi R, Imanifard R, Abdolahi S, **Shahinfar H**, Farsani GM. The association between dietary folate intake and risk of colorectal cancer incidence: A systematic review and dose–response meta-analysis of cohort studies. *Heliyon*. 2024 Jun 26.

67. Norouzzadeh M, Rashedi MH, **Shahinfar H**, Rahideh ST. Dose-Dependent Effect of Tart Cherry on Selected Cardiometabolic Risk Factors: A GRADE-Assessed Systematic Review and Dose-Response Meta-Analysis of Randomized Controlled Trials. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*. 2024 May 8:103026.
68. **Shahinfar H**, Shab-Bidar S, Effatpanah M, Askari R, Jazayeri S. Dietary Networks Identified by Gaussian Graphical Model and Odds of Major Depressive Disorder: A Case-Control Study. *International Journal of Clinical Practice*. 2024;2024(1):8749041.
69. Ramezani R, Majd M, Mohammadpour S, Nosrani EA, **Shahinfar H**, Djafari F, Shab-Bidar S, Djazayeri A. Evaluation of the Relationship Between Meal-Based Dietary Anti-Oxidant Quality Score with Obesity in Apparently Healthy Adults Attended to Health Care Centers in Tehran. *Advanced Biomedical Research*. 2024 Sep 1;13(1):87.
70. Talandashti MK, **Shahinfar H**, Delgarm P, Jazayeri S. Effects of selected dietary supplements on migraine prophylaxis: A systematic review and dose-response meta-analysis of randomized controlled trials. *Neurological Sciences*. 2024 Oct 15:1-20.

In progress Articles

1. Ahmad Jayedi, Tauseef Ahmad Khan, Amin Mirrafiei, Bahareh Jabbarzadeh, Yasaman Hosseini, Sheida Motlagh, Aliyu Tijani Jibril, **Hossein Shahinfar**, Sakineh Shab-Bidar. Dose-dependent effect of nuts on blood pressure: a systematic review and meta-analysis of randomized controlled trials. **Under Review**
2. Nastaran Payandeh, **Hossein Shahinfar**, Alireza Jafari, Banafsheh Jafari azad, Farhang Djafari, Sakineh Shab-Bidar. The effect of glycemic load and glycemic index on cognitive function: A systematic review and meta-analysis of randomized controlled trials. **Under Review**
3. Alijani F, Ahmadi A, Mohammadpour N, Jazayeri S, Abolghasemi J, **Shahinfar H**, Khorasanian AS, Rimaz S. The relationship between amino acid intake patterns and both general and central obesity.

Books

- Fundamental Nutrition 2 (as an author), ISBN:978-622-306-208-7

Thesis

Accomplished

- Academic year 2018-2020, **Master Thesis** entitled “Cardiorespiratory fitness is positively associated with both healthy and western dietary pattern in Iranian middle-aged” (Supervisors: Dr. Sakineh Shabbidar, Dr. Hossein Imani)
- Academic year 2022-2024, **Ph.D. Thesis** entitled "The comparative association of identified habitual and meal-based dietary patterns using principle component analysis and gaussian graphical models with odds of major depression in adults" (Supervisors: Dr. Shima Jazayeri, Dr. Sakineh Shabbidar)

Projects

Accomplished

- The effect of chromium supplementation on apolipoproteins: A systematic review and meta-analysis of randomized clinical trials. Code number:45511, **Chief investigator**
- The relationship between empirically derived food-based inflammatory potential of the diet and the severity and duration of headache in migraine patients. Code number:21770, **Executive member**
- The effect of Rice Bran Arabinoxylan Compound supplementation on serum alanine aminotransferase and aspartate aminotransferase; A systematic review and dose-response meta-analysis of Randomized Controlled Trials. Code number:24715, **Executive member**
- Effects of berberine and barberry on selected inflammatory biomarkers in adults: a systematic review and dose-response meta-analysis of randomized clinical trials. Code number:24716, **Executive member**
- Dose-dependent effect of tart cherry on selected cardiometabolic risk factors: A systematic review and dose-response meta-analysis. Code number:24726, **Executive member**
- Association between dietary caffeine, coffee, and tea consumption and depressive symptoms in adults: A systematic review and dose-response meta-analysis of observational studies. Code number:24730, **Executive member**
- The effect of consumption Ziziphus jujuba on cardiometabolic factors: a systematic review and meta-analysis of randomized clinical trials. Code number:24772, **Executive member**
- The association index of nutritional quality and risk of irritable bowel syndrome: a case- control study. Code number:26064, **Executive member**
- The comparative association of identified habitual and meal-based dietary patterns using principle component analysis and gaussian graphical models with odds of major depression in adults. Code number:24312, **Chief investigator**
- The relationship between dietary glycemic index and cognitive performance in adults: a systematic review and meta-analysis. Code number:30220, **Executive member**
- The relationship between dominant food patterns and cardiorespiratory fitness in adults in Tehran. Code number:44461, **Executive member**
- The relationship between coffee consumption and mortality from all causes and mortality from cardiovascular diseases and cancer in type 2 diabetic patients: a systematic review and dose-response meta-analysis of cohort studies. Code number:50713, **Executive member**
- The relationship between plant-based diet profile and biomarkers of bone metabolism and inflammation in the elderly living in Tehran. Code number:52505, **Executive member**
- The effect of nutraceuticals on weight loss in adults: a systematic review and network meta-analysis. Code number:64979, **Chief investigator**

Executive duties

- **Executive member** of 3rd International and 15th Iranian Congress of Nutrition Congress, Sustainable Nutrition for an Active Happy Life. (2018)
- **Chief member** of Student Research Committee, Faculty of Public Health Branch, Iran University of Medical Sciences, Tehran, Iran. **Head of Technology Department** (2022)

Research Interests

- Nutritional Epidemiology
- Data science and artificial intelligence in nutritional studies
- Nutritional care in Cancer
- Metabolic Syndrome

Professional Memberships:

- Islamic Republic of Iran Medical Council, No.7527, 2018-present
- American Society for Nutrition (ASN), No.2945, 2022- present

Languages:

- Persian (native)
- English

speaking: Good, writing: Good, Reading: Good, Listening: Good

Ministry of Health Language Exam (MHLE) score= 66

Professional Qualifications:

- ▶ Expert in Statistical programs: SPSS, STATA, and familiar with R, LISREL, M plus, SAS, Cytoscape, GPower, Graph Pad Prism and python
- ▶ Expert in Nutritional programs: Nutritionist IV
- ▶ Expert in MS-Office (Word, Excel, Access, PowerPoint)
- ▶ Expert in Reference manger programs: EndNote

Special Skills

- Writing **Systematic Review and Meta-analysis in Nutrition Research**
- Conducting **Dose-response Meta-analysis in Nutrition Research**
- Writing **Umbrella reviews in Nutrition Research**
- Writing **Network meta-analysis in Nutrition Research**
- **Machine learning and data science** in nutrition by **Jupyter** and **python**

Certifications

- Certificate of attendance a workshop on basic meta-analysis at TUMS international college.
- Certificate of attendance a workshop on basic local weight-loss devices at Iran Nutrition Association
- Certificate of attendance a workshop on advanced local weight-loss devices at Iran Nutrition Association
- Certificate of attendance a workshop on analyzing data in medicine by SPSS
- Certificate of attendance a workshop on application of MS-Office
- Certificate of attendance a workshop on systematic search
- Certificate of attendance a workshop on research methods and writing proposal
- Certificate of attendance a workshop on Electrocardiography (ECG)
- Certificate of attendance a workshop on application of laboratory tests
- Certificate of attendance a workshop on Structural Equation Modeling (SEM)
- Certificate of attendance a workshop on data science by python
- Certificate of serving a review for Food Science & Nutrition journal
- Certificate of serving a review for International Journal of Clinical Practice

Honors and Distinctions:

- Top researcher of Nutritional Health Team (an interest group of USERN)
- Selected as Review Editor on the Editorial Board of Clinical Nutrition (specialty section of Frontiers in Nutrition)
- Outstanding researcher of The Iran University of Medical Sciences in 2022
- 1st place, Ph.D graduated student – Iran University of Medical Sciences -Iran
- First rank of comprehensive exam during Ph.D program

Teaching Experience:

- Seminar course for master students
- Nutrition and diet therapy for bachelor students
- Systematic review and meta-analysis workshop
- Dietary pattern workshop for nutrition students
- Clinical nutrition for master students

• Work Experience

2019-2020	Worked in Imam Khomeini hospital as a dietitian
2022- 2023	Worked in private clinic as a dietitian
2023 - Now	Worked in MACSA (Iranian cancer control center) as a dietitian
2023 - Now	Worked in Navard Lole Kowsar Sanat Espadana (steel pipe company) as a dietitian

References

- **Sakineh Shab-Bidar**, Professor of Nutrition
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