

CURRICULUM VITAE

Update time: May 2026

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ADDRESS: Department of food nutrition, school of health and nutrition, Eastern Goldasht, Khorramabad, Iran.



EDUCATION:

1. Doctor of Veterinary Medicine (D.V.M.), Shahrekord University, Iran (2010)
2. Doctor of Philosophy (Ph.D.) in Food Hygiene, Shahrekord University, Iran (2016)
3. Master of Arts (M.A.) in Hadith Sciences and Medical Ethics, Qom University of Medical Sciences, Iran (2026)

ACADEMIC RANK: Assistant professor

AWARDS AND HONORS:

1. Certificate of Appreciation for Serving as Chair of the Executive Committee of the 4th National Veterinary Poultry Congress, Iran (2009)
2. Top Reviewer Award, Lorestan University of Medical Sciences (2022)

EXPERIENCES

ACADEMIC, RESEARCH, AND ADMINISTRATIVE APPOINTMENTS

1. Director, Nutritional Health Research Center, Lorestan University of Medical Sciences, Iran (2023–Present)
2. Director of Postgraduate Studies, School of Health and Nutrition, Lorestan University of Medical Sciences, Iran (2019–2025)
3. Assistant Professor of Food Hygiene, Lorestan University of Medical Sciences, Iran (2018–Present)
4. Member, Research Council, Nutritional Health Research Center, Lorestan University of Medical Sciences, Iran (2018–Present)
5. Member, Research Council, School of Health and Nutrition, Lorestan University of Medical Sciences, Iran (2018–2019)
6. Member, Graduate Council, School of Health and Nutrition, Lorestan University of Medical Sciences, Iran (2019–Present)
7. Instructor of Food Hygiene, Department of Food Hygiene, Shahid Farsi School, University of Applied Science and Technology, Iran (2012–2018)

COURSES TAUGHT

Course Title	Degree Level	Student Major/Program	Academic Year
Experimental Nutrition	Master's	Nutrition Sciences	2021-2026
Food and Nutrition Security	Master's	Community Nutrition	2025-2026
Food Services Management	Undergraduate	Nutrition Sciences	2020-2026
Hygiene and food poisoning	Undergraduate	Nutrition Sciences	2018-2026
Processing effects on food	Undergraduate	Nutrition Sciences	2020-2024
Principles of food storage	Undergraduate	Nutrition Sciences	2020-2022
Food industry internship	Undergraduate	Nutrition Sciences	2018-2024
Chemical Control of Food	Undergraduate	Nutrition Sciences	2018-2022
Microbial Control of Food	Undergraduate	Nutrition Sciences	2018-2024
Food hygiene and safety	Undergraduate	Public Health	2024-2026
Food Hygiene	Undergraduate	Public Health	2018-2024
Food Sampling Internship	Undergraduate	Environmental Health Engineering	2020-2026
Food Hygiene	Undergraduate	Environmental Health Engineering	2018-2024

RESEARCH FIELD

Herbal Medicine, Essential Oils, Risk Assessment, Heavy Metals, Food Chemistry, Food Microbiology, Food Packaging, Food Analysis, Microplastics.

Peer-Reviewed Journal Articles

1. Hossein Hassanpour, Shahab Bahadoran, Sanaz Koosha, Elaheh Askari and Sima Homai. Effect of Diclazuril, Senduramicin, Salinomycin and Maduramycine as preventive anticoccidial drugs on chicken intestinal morphology. *Global Veterinaria* 5 (1): 01-05, 2010.
2. Zamani Moghaddam, A.K., Hosseini, F., Hassanpour, H., Soroori, S., Yadegari, M., Askari, E. Effect of long-term calcium deficiency on the electro- and echocardiography in laying hens. *Iranian Journal of Veterinary Medicine*. (2012), 6(2):105-112.
3. Babaahmadi Milani, Milad, Shahab Bahadoran, Zahra Khosravi, Azizallah Fallah Mehrjerdi, and Elahe Askari. "Effect of Clove (*Syzygium aromaticum*) Essential Oil and Ascorbic Acid on Growth Performance and Intestinal Villi Morphology in Japanese Quail Following Oral Administration of Lead." *Journal of Veterinary Research* 75, no. 2 (2020): 208-217.
4. Khalili, Narjes, Elaheh Askari, Fateme Akrami Mohajeri, Seyedeh Saba Hashemi, and Farkhondeh Banihashemi. "A Comparative Study on Mineral Contents of Soybean by Two

- Methods of Digestion Using ICP-OES Technique: A Risk Assessment Study." *Journal of Environmental Health and Sustainable Development (JEHSD) Sustainable Development* (2020).
5. Khalili Sadrabad, E., Moshtaghi Brojeni, H., Akrami Mohajeri, F., Askari, E. and Heydari, A., 2018. Determination of heavy metal in four varieties of soy bean cultivated in Iran. *Journal of Babol University of Medical Sciences*, 20, pp.0-0.
 6. Bajoulvand R, Hashemi S, Askari E, Mohammadi R, Behzadifar M, Imani-Nasab MH. Post-pandemic stress of COVID-19 among high-risk groups: A systematic review and meta-analysis. *Journal of affective disorders*. 2022 Sep 27.
 7. Askari E, Fallah AA, Dehkordi SH, Bahadoran S, Mohebbi A, Mohamadi S. Effect of Dietary Clove (*Syzygium Aromaticum*) Essential Oil on Growth Performance, Oxidative Indices, Lipid Profile, and Cadmium Accumulation in Cd-exposed Quails. *Journal of Environmental Health and Sustainable Development*. 2022 Sep 20.
 8. Mohamadi S, Fallah AA, Habibian Dehkordi S, Bahadoran S, Mohebbi A, Askari E. Dietary Supplementation of Clove (*Syzygium Aromaticum*) Essential Oil Improves Growth Performance, Oxidative indices, and Lipid Profile of Japanese Quails Exposed to Lead. *Journal of Nutrition, Fasting and Health*. 2022 Sep 1;10(3):241-9.
 9. Khalili Sadrabad E, Hashemi SA, Nadjarzadeh A, Askari E, Akrami Mohajeri F, Ramroudi F. Bisphenol A release from food and beverage containers—A review. *Food Science & Nutrition*. 2023.
 10. Ong KL, Stafford LK, McLaughlin SA, Boyko EJ, Vollset SE, Smith AE, Dalton BE, Duprey J, Cruz JA, Hagins H, Lindstedt PA. Global, regional, and national burden of diabetes from 1990 to 2021, with projections of prevalence to 2050: a systematic analysis for the Global Burden of Disease Study 2021. *The Lancet*. 2023 Jun 22.
 11. Sarafraz Ardakani M, Akrami Mohajeri F, Askari E, Javdan G, Pourramezani F, Fallahzadeh H, Khalili Sadrabad E. Efficacy of different sesame oil refining stages in reduction of heavy metals, antioxidant activity, and oxidative parameters. *Journal of Food Processing and Preservation*. 2023 Jul 11;2023.
 12. Moradi S, Parsaei A, Saeedi Moghaddam S, Aryannejad A, Azadnajafabad S, Rezaei N, Mashinchi B, Esfahani Z, Shobeiri P, Rezaei N, Naghavi M., Askari E. Metabolic risk factors attributed burden in Iran at national and subnational levels, 1990 to 2019. *Frontiers in Public Health*. 2023 Jun 1;11:1149719.
 13. Sharma R, Abbastabar H, Abdulah DM, Abidi H, Abolhassani H, Abrehdari-Tafreshi Z, Absalan A, Ali HA, Abu-Gharbieh E, Acuna JM, Adib N, ..., Askari E. Temporal patterns of cancer burden in Asia, 1990–2019: a systematic examination for the Global Burden of Disease 2019 study. *The Lancet Regional Health-Southeast Asia*. 2024 Jan 2.

14. [Askari E](#), Dehkordi FR, Mokhayeri Y, Amraei M, Behzadifar M, Imani-Nasab MH. Food Insecurity among Iranian Pregnant Women: A Systematic Review and Meta-Analysis. *Iranian Journal of Nursing and Midwifery Research*. 2024 Jul 1;29(4):403-10.
15. Ferrari AJ, Santomauro DF, Aali A, Abate YH, Abbafati C, Abbastabar H, Abd ElHafeez S, Abdelmasseh M, Abd-Elsalam S, Abdollahi A, Abdullahi A, ..., [Askari E](#). Global incidence, prevalence, years lived with disability (YLDs), disability-adjusted life-years (DALYs), and healthy life expectancy (HALE) for 371 diseases and injuries in 204 countries and territories and 811 subnational locations, 1990–2021: a systematic analysis for the Global Burden of Disease Study 2021. *The Lancet*. 2024 May 18;403(10440):2133-61.
16. Khanagaei FS, Akrami Mohajeri F, [Askari E](#), Fallahzadeh H, Khalili Sadrabad E. Effects of Lavender Essential Oil Addition on Oxidative Stability of Canola Oil under Accelerated Condition. *Iranian Food Science and Technology Research Journal*. 2024 Nov 21;20(5):533-45.
17. Babaeenezhad E, Farahmandian N, Sotoudeheian M, Dezfoulian O, [Askari E](#), Taghipour N, Yarahmadi S. Resveratrol Relieves Hepatic Steatosis and Enhances the Effects of Atorvastatin in a Mouse Model of NAFLD by Regulating the Renin-Angiotensin System, Oxidative Stress, and Inflammation. *Food Science & Nutrition*. 2025 Mar;13(3):e70073.
18. Rostamzadeh M, Khalili Sadrabad E, Akrami Mohajeri F, Dehghani-tafti A, [Askari E*](#). Heavy Metals in Foods Consumed by Copper Miners: A Health Risk Assessment. *Food Science & Nutrition*. 2025 May;13(5):e70267.
19. Ansari F, [Askari E*](#), Naderi Boroujeni H, Jahanara M, Forootani B, Khalili Sadrabad E. Determination of Aflatoxin M1, Organochlorine Pesticides, and Heavy Metals in Raw Milk of Iran. *Food Science & Nutrition*. 2025 Nov;13(11):e71135.
20. Yousefi M, Mazaheri Y, Soltani M, Rezagholizade-shirvan A, Sadighara P, [Askari E](#), Salehi A, Alikord M, Shokri S. Microplastics as Emerging Contaminants in the Food Chain: Assessing Exposure and Threats to Consumers. *Food Bioscience*. 2025 Dec 1:108035.
21. Mohamadi S, Fallah AA, Dehkordi SH, Bahadoran S, Mohebbi A, [Askari E*](#). Dietary Supplementation of Clove (*Syzygium Aromaticum*) Essential Oil Improves Growth Performance, Oxidative indices, and Lipid Profile of Japanese Quails Exposed to Lead. *Journal of Nutrition, Fasting & Health*. 2022 Jul 1;10(3).
22. Azimi F, Mohammadi V, [Askari E](#), Karami MA. Investigation of Peroxide Level and Polar Compounds in Edible Oils Used in Fast Food Units: A Case Study in Noorabad City. *Journal of Environmental Health Engineering*. 2024 Feb 10;11(2):216-27.
23. Zamani Moghaddam, A.K., Hosseini, F., Hassanpour, H., Soroori, S., Yadegari, M., Askari, E. Effect of long-term calcium deficiency on the electro- and echocardiography in laying hens. *Iranian Journal of Veterinary Medicine*. (2012), 6(2):105-112.

24. Zamani Moghaddam, A. Bahadoran, Sh. Askari, E. Kiyani, A. The experimental study of effects of Diclazuril coccidiostat in broiler chicken. Fourth National Symposium on Poultry Health and Diseases, Shahrekord – Iran, 241-243, Summer 2008.
25. Akhavan Tahery, M. Pirali Kheirabadi, KH. Askari, E. Yazdani, A. Cheraghchi Bashi, M. Shaker, M. Motaghi, E. Shirvani, F. The evaluation of hematological factors and prevalence of intestinal and hematological parasites in cage finch of Shahrekord province. Fourth National Symposium on Poultry Health and Diseases, Shahrekord – Iran, 401-403, Summer 2008.
26. Jahanabadi, S. Askari, E. Shahedi, M. Bigham Sadegh, A. Kabiri, J. Khalili, E. Clinical evaluation of sedative effects of IN xylazine administration in Pigeon. Fourth National Symposium on Poultry Health and Diseases, Shahrekord – Iran, 265-266, Summer 2008.
27. Boniadian, M, khalili sadrabad, E, Askari, E, Pourmoghadas, M. Effect of peppermint essential oil on growth and survival of some foodborne pathogenic bacteria. Journal of Food Hygiene, Vol. 4, No 14, Summer 2014.
28. Askari E, Fallah Mehrjardi A, Habibian Dehkordi S, Bahadoran Sh, Mohebbi AN. Effect of Clove (*Syzygium aromaticum*) Essential Oil on Oxidation Index and Bioaccumulation of Lead in Japanese Quail. Journal of Tolooebendasht Sci, No 59, 153-167, Winter 2016.
29. Tohidifar SS, Bahadoran S, Hasanpour H, Mehraei Hamzekolaei MH, Askari E, Gholamzadeh J. Dietary Effect of mulberry (*morus alba*) leaves supplementation on intestinal villi morphology of broiler chickens. Iranian Veterinary Journal. 2018 Dec 22;14(4):13-20.

BOOKS

1. Author (s)/Compiler (s): Luca Cocolin, Danilo Ercolini

Translator (s): Dr. Hamdolah Moshtaghi, Dr. Elham Khalili, Dr. Elaheh Askari.

Editor (s): Masoud Forozandeh

Title: Molecular Techniques in the Microbial Ecology of Fermented Foods

Publisher (s): Shahrekord University

Site of Publication: Sharekord

Year of Publication: 2017

2. Author (s)/Compiler (s): Caterina Barone, Luciana Bolzoni , Giorgia Caruso , Angela Montanari , Salvatore Parisi , Izabela Steinka

Translator (s): Dr. Elaheh Askari, Dr. Seyyed Sattar Tohidifar

Editor (s): Hamidreza Kazemeini

Title: Food packaging hygiene

Publisher (s): Lorestan university of medical sciences

Site of Publication: Khorramabad

Year of Publication: 2020

ARTICLES PRESENTED AT NATIONAL AND INTERNATIONAL CONGRESSES AND CONFERENCES (ORAL, POSTER):

1. Pirali KH., Khalili Sadrabad E., Heidari Nasirabadi M., Askari E., Ronagh N. Preliminary study on the effects of some medical (herbal) plants extracts and comparison with Cypermethrin on the *Rhipicephalus (Boophilus) Annulatus (Acariixodidae)*. National Congress on Medicinal Plants. 16,17 May 2012. Kish Island.
2. Boniadian M., Poormoghaddas M., Askari E., Khalili Sadrabad E. Study on the effect of Peppermint essential oils on some bacteria. 2nd National Congress on Medicinal Plants. 15,16 May 2013. Tehran-Iran.
3. Bigham Sadegh A., Askari E., Khalili Sadrabad E., Heidari Nasirabadi M., Jahanabadi S., Shahedi M. Clinical evaluation of sedative effects of intranasal xylazine administration in pigeon. 3rd International veterinary poultry congress. 22-23 February 2012. Tehran- Iran.
4. Pirali KH., Askari E., Khalili Sadrabad E. The evaluation of hematological factors and prevalence of intestinal and hematological parasites in caged finches of Shahrekord province. 3rd International veterinary poultry congress. 22-23 February 2012. Tehran- Iran.
5. Askari E., Zamani Moghaddam A.K., Bigham Sadegh A. The retrospective study of avian surgical conditions referred to departemenr of veterinary surgery of Shahrekord university. The 2nd International symposium of veterinary surgery. 21-24 April 2008. Kerman- Iran.
6. Ronagh N, Khalili Sadrabad E, Askari E., Heidari Nasirabadi M, Koosha S. Study of prevalence of coccidiosis in native chickens of Abadeh province. 8th NICOPA, 16-18 October 2012, Kerman, Iran.
7. Ronagh N, Khalili Sadrabad E, Askari E., Heidari Nasirabadi M, Koosha S. Investigation of Ectoparsites of native chickens in Abadeh province. 8th NICOPA, 16-18 October 2012, Kerman, Iran.

8. Seyyed Sattar Tohidifar, Elaheh Askari, Shahab Bahadoran, Aziz A. Fallah. Comparisomal effects of Nano-selenium and Sodium Selenite on bioaccumulation of cadmium as a heavy metal in liver and muscle of in the Japanese Quail. 7th International veterinary poultry congress. February 2020. Tehran- Iran.
9. Elaheh Askari, Seyyed Sattar Tohidifar, Aziz A. Fallah, Shahab Bahadoran. Evaluation of Effect of Clove (*Syzygium aromaticum*) Essential Oil on the Oxidation Indices and Bioaccumulation of Cadmium Following Oral Administration of Cadmium in the Japanese Quail. 7th International veterinary poultry congress. February 2020. Tehran- Iran.
10. Elaheh Askari, Seyyed Sattar Tohidifar, Shahab Bahadoran. Comparative Study of the Effects of Selenium Nanoparticles and Sodium Selenite on the Serum Parameters of Japanese Quail Following Experimentally Cadmium Poisoning. The 3rd Nanomedicine and Nanosafety Conference. February 2020. Tehran- Iran.
11. Hossein Hassanpour, Shahab Bahadoran, Sanaz Koosha, Elaheh Askari and Sima Homai. Effect of Diclazuril, Senduramicin, Salinomycin and Maduramycine as preventive anticoccidial drugs on chicken intestinal morphology. *Global Veterinaria* 5 (1): 01-05, 2010.
12. Zamani Moghaddam, A.K., Hosseini, F., Hassanpour, H., Soroori, S., Yadegari, M., Askari, E. Effect of long-term calcium deficiency on the electro- and echocardiography in laying hens. *Iranian Journal of Veterinary Medicine*. (2012), 6(2):105-112.
13. Babaahmadi Milani, Milad, Shahab Bahadoran, Zahra Khosravi, Azizallah Fallah Mehrjerdi, and Elahe Askari. "Effect of Clove (*Syzygium aromaticum*) Essential Oil and Ascorbic Acid on Growth Performance and Intestinal Villi Morphology in Japanese Quail Following Oral Administration of Lead." *Journal of Veterinary Research* 75, no. 2 (2020): 208-217.
14. Khalili, Narjes, Elaheh Askari, Fateme Akrami Mohajeri, Seyedeh Saba Hashemi, and Farkhondeh Banihashemi. "A Comparative Study on Mineral Contents of Soybean by Two Methods of Digestion Using ICP-OES Technique: A Risk Assessment Study." *Journal of Environmental Health and Sustainable Development (JEHSD) Sustainable Development* (2020).
15. Khalili Sadrabad, E., Moshtaghi Brojeni, H., Akrami Mohajeri, F., Askari, E. and Heydari, A., 2018. Determination of heavy metal in four varieties of soy bean cultivated in Iran. *Journal of Babol University of Medical Sciences*, 20, pp.0-0.

WORKSHOPS (TEACHING, PRESENCE):

HPLC, GC/mass, ICP/OES

RESEARCH PROJECTS (EXECUTOR, COLLABORATOR):

- Experimental study of the effect of 0.5% diclazuril anticoccidial drug in broilers
- Designing a software to collect information and analyze the data collected from food frequency questionnaire (FFQ)
- Health risk assessment of heavy metals in food consumed by the workers of copper complex in the city of Babak in 1402
- Investigating the effect of matcha plant extract in the prevention of non-alcoholic fatty liver disease in rats fed a high-fat diet
- Investigating the psychometric properties of the Persian version of NIH-HEALS questionnaire among cancer patients
- Investigating parents' knowledge, attitude and practice regarding food hygiene and safety during the COVID-19 in Khorram Abad city
- Investigating the prevalence of stress after the COVID-19 pandemic among high-risk groups in 1400: a systematic review and meta-analysis
- Investigating the prevalence of food insecurity among Iranian pregnant women: a systematic review and meta-analysis
- Investigating the amount of peroxide and polar compounds in edible oils consumed in fast food units in Noorabad city in the year 1400
- A systematic review of parameters affecting the release of bisphenol A from food and beverage storage containers
- Investigating the effect of different stages of the oil refining process on the concentration of heavy metals in sesame oil
- Investigating the effect of antioxidant activity of lavender essential oil on the oxidative stability of refined canola oil
- Investigating the antioxidant activity of thyme essential oil and the effect of adding it on the sensory properties and increasing the shelf life of Ardeh

Reviewer of National and International Scientific Journals:

- Journal of Nutrition and Food Security
- Herbal Medicines Journal