

Seyed Mohammad Mousavi



Ph.D. Student of Nutritional Sciences
Department of Community Nutrition
Tehran University of Medical Sciences
Tehran, Iran

Phone: (+98) 2188990282

Mobile: (+98) 9126075321

Email: smmousavi1993@yahoo.com

ResearchGate: <https://www.researchgate.net/profile/Seyed-Mohammad-Mousavi-3>

Google Scholar: <https://scholar.google.com/citations?user=An8y1qEAAAAJ&hl=en>

EDUCATION

Doctor of Philosophy

Nutritional Sciences, Tehran University of Medical Sciences, Tehran, Iran, 2019 – present

Thesis Title: The effect of moderately-restricted carbohydrate diet on intestinal microbiota and metabolic parameters in women with metabolic syndrome: a randomized controlled trial

Committee: Profs. Ahmad Esmailzadeh, Bagher Larijani, Seyed Davar Siadat, Shirin Hasani-Ranjbar

Master of Science

Nutritional sciences, Tehran University of Medical Sciences, Tehran, Iran, 2019

Thesis Title: Adherence to Alternative Healthy Eating Index (AHEI-2010) and risk of stroke in Iranian adults: a case-control study

Advisor: Prof. Ahmad Esmailzadeh

Bachelor of Science

Nutritional sciences, Shiraz University of Medical Sciences, Shiraz, Iran, 2015

Undergraduate advisor: Dr. Shiva Faghih

RESEARCH INTERESTS

- Nutritional epidemiology; dietary factors influencing chronic disease, with a focus on dietary patterns
- Evidence-based nutrition, with a focus on systematic reviews and meta-analyses

AWARDS AND HONOURS

- Best Researcher in the 5th Student Avicenna Medical Science Research Festival. 2019
- Achievement of distinguished researcher title from Iranian Ministry of Health (based on outstanding academic and research achievements and publications at the national levels). 2020.

- Distinguished Ph.D. Student of School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences (based on outstanding academic and research achievements and publications. 2020)
- Ranking the second in the Ph.D. entrance exam of Nutrition. 2019
- The third oral presentation award in the 1st International Congress on Health Sciences and Multidisciplinary Approaches

TEACHING AND MENTORING

- Lecturer, Introduction and conducting a systematic review and meta-analysis, Shiraz University of Medical Sciences (April to June 2021)
- Guest Lecturer, Introduction to systematic review and meta-analysis, Shahid Beheshti University of Medical Sciences, May 2019
- Lecturer, Introduction to systematic review and meta-analysis, Tehran University of Medical Sciences, 2019
- Invited in the Scientific Committee of the "1st International Congress of Health Sciences and Multidisciplinary Approaches", Erzurum Technical University, Turkey, November 2021
- Mentor, Dept. of Community Nutrition, Tehran University of Medical Sciences (2019-present)
 - Trained the following students in data collection and statistical analysis
 - Ahmad Mujtaba Barezai (2019-2020), Freshta Amiry (2020-2021), Somaye Rigi (2019 – present), Farzaneh Asoudeh (2020-2021), Fatemeh Dashti (2020-2021), Sara Ebrahimi-Mousavi (2020-2021)

PUBLICATIONS

Published (800+ citations)

1. **Mousavi SM**, Jalilpiran Y, Karimi E, Aune D, Larijani B, Mozaffarian D, Willett WC, Esmailzadeh A. Dietary Intake of Linoleic Acid, Its Concentrations, and the Risk of Type 2 Diabetes: A Systematic Review and Dose-Response Meta-analysis of Prospective Cohort Studies. *Diabetes care.* 2021;44(9):2173-81. **Impact factor: 19.1**
2. **Mousavi SM**, Milajerdi A, Sheikhi A, Kord-Varkaneh H, Feinle-Bisset C, Larijani B, Esmailzadeh A. Resveratrol supplementation significantly influences obesity measures: a systematic review and dose-response meta-analysis of randomized controlled trials. *Obesity reviews : an official journal of the International Association for the Study of Obesity.* 2019;20(3):487-98. **Impact factor: 9.2**
3. **Mousavi SM**, Zargarzadeh N, Rigi S, Persad E, Pizarro AB, Hasani-Ranjbar S, Larijani B, Willett WC, Esmailzadeh A. Egg Consumption and Risk of All-Cause and Cause-Specific Mortality: A Systematic Review and Dose-Response Meta-Analysis of Prospective Studies. *Advances in Nutrition.* 2022 Apr 9. **Impact factor: 8.7**
4. **Mousavi SM**, Jayedi A, Jalilpiran Y, Hajishafiee M, Aminianfar A, Esmailzadeh A. Dietary intake of total, animal and plant proteins and the risk of coronary heart disease and hypertension: a systematic review and dose-response meta-analysis of prospective cohort studies. *Critical reviews in food science and nutrition.* 2020:1-14. **Impact factor: 11.1**

5. **Mousavi SM**, Shayanfar M, Rigi S, Mohammad-Shirazi M, Sharifi G, Esmailzadeh A. Adherence to the Mediterranean dietary pattern in relation to glioma: A case-control study. *Clinical nutrition (Edinburgh, Scotland)*. 2021;40(1):313-9. **Impact factor: 7.3**
6. **Mousavi SM**, Rigi S, Shayanfar M, Mohammad-Shirazi M, Sharifi G, Esmailzadeh A. Refined grains consumption is associated with a greater odds of glioma. *Nutritional neuroscience*. 2020:1-9. **Impact factor: 4.9**
7. **Mousavi SM**, Shayanfar M, Rigi S, Mohammad-Shirazi M, Sharifi G, Esmailzadeh A. Adherence to plant-based dietary patterns in relation to glioma: a case-control study. *Scientific Reports*. 2021 8;11(1):21819.**Impact factor: 4.4**
8. **Mousavi SM**, Ebrahimi-Mousavi S, Keshteli AH, Afshar H, Esmailzadeh A, Adibi P. The association of plant-based dietary patterns and psychological disorders among Iranian adults. *Journal of Affective Disorders*. 2022 Mar 1;300:314-21. **Impact factor: 4.8**
9. **Mousavi SM**, Milajerdi A, Pouraram H, Saadatnia M, Shakeri F, Keshteli AH, Tan SC, Esmailzadeh A. Adherence to Alternative Healthy Eating Index (AHEI-2010) is not associated with risk of stroke in Iranian adults: A case-control study. *International journal for vitamin and nutrition research*. 2021;91(1-2):48-55. **Impact factor: 1.8**
10. Milajerdi A, Shakeri F, Keshteli AH, **Mousavi SM**, Benisi-Kohansal S, Saadatnia M, Esmailzadeh A. Dietary total antioxidant capacity in relation to stroke among Iranian adults. *Nutritional neuroscience*. 2020;23(6):465-70. **Impact factor: 4.9**
11. Rigi S, **Mousavi SM**, Shakeri F, Keshteli AH, Benisi-Kohansal S, Saadatnia M, Esmailzadeh A. Dietary phytochemical index in relation to risk of stroke: a case-control study. *Nutritional neuroscience*. 2021:1-8. **Impact factor: 4.9**
12. Milajerdi A, Bagheri F, **Mousavi SM**, Hassanzadeh Keshteli A, Saneei P, Esmailzadeh A, Adibi P. Breakfast skipping and prevalence of heartburn syndrome among Iranian adults. *Eating and weight disorders : EWD*. 2021;26(7):2173-81. **Impact factor: 4.6**
13. Rigi S, **Mousavi SM**, Benisi-Kohansal S, Azadbakht L, Esmailzadeh A. The association between plant-based dietary patterns and risk of breast cancer: a case-control study. *Scientific reports*. 2021;11(1):3391. **Impact factor: 4.4**
14. Salari-Moghaddam A, Keshteli AH, **Mousavi SM**, Afshar H, Esmailzadeh A, Adibi P. Adherence to the MIND diet and prevalence of psychological disorders in adults. *Journal of affective disorders*. 2019;256:96-102. **Impact factor: 4.8**
15. Rigi S, Shayanfar M, **Mousavi SM**, Mohammad-Shirazi M, Sharifi G, Esmailzadeh A. Dietary phytochemical index in relation to risk of glioma: a case-control study in Iranian adults. *Nutrition journal*. 2021;20(1):31. **Impact factor: 3.2**
16. Mirjalili F, Rezazadegan M, Jalilpiran Y, **Mousavi SM**, Jafari A, Mohajeri SAR, Faghih S. The Association between Dietary Diversity Score and Risk of Prostate Cancer:(A Case-Control Study). *Nutrition and cancer*. 2021:1-9. **Impact factor: 2.9**
17. Barezai AM, Aminianfar A, **Mousavi SM**, Esmailzadeh A. The Association between Dietary Inflammatory Potential and Gastric Cancer: A Case Control Study. *Nutrition and cancer*. 2021:1-10. **Impact factor: 2.9**
18. Milajerdi A, Abbasi F, **Mousavi SM**, Esmailzadeh A. Maternal vitamin D status and risk of gestational diabetes mellitus: A systematic review and meta-analysis of prospective cohort studies. *Clinical nutrition (Edinburgh, Scotland)*. 2021;40(5):2576-86. **Impact factor: 7.3**

19. **Mousavi SM**, Karimi E, Hajishafiee M, Milajerdi A, Amini MR, Esmailzadeh A. Anti-hypertensive effects of cinnamon supplementation in adults: A systematic review and dose-response Meta-analysis of randomized controlled trials. *Critical reviews in food science and nutrition*. 2020;60(18):3144-54. **Impact factor: 11.1**
20. **Mousavi SM**, Milajerdi A, Varkaneh HK, Gorjipour MM, Esmailzadeh A. The effects of curcumin supplementation on body weight, body mass index and waist circumference: a systematic review and dose-response meta-analysis of randomized controlled trials. *Critical reviews in food science and nutrition*. 2020;60(1):171-80. **Impact factor: 11.1**
21. **Mousavi SM**, Beatriz Pizarro A, Akhgarjand C, Bagheri A, Persad E, Karimi E, Wong A, Jayedi A. The effects of *Anethum graveolens* (dill) supplementation on lipid profile and glycemic control: a systematic review and meta-analysis of randomized controlled trials. *Critical reviews in food science and nutrition*. 2021:1-12. **Impact factor: 11.1**
22. **Mousavi SM**, Mokhtari P, Asbaghi O, Rigi S, Persad E, Jayedi A, Rezvani H, Mahamat-Saleh Y, Sadeghi O. Does saffron supplementation have favorable effects on liver function indicators? A systematic review and meta-analysis of randomized controlled trials. *Critical reviews in food science and nutrition*. 2021:1-13. **Impact factor: 11.1**
23. **Mousavi SM**, Rahmani J, Kord-Varkaneh H, Sheikhi A, Larijani B, Esmailzadeh A. Cinnamon supplementation positively affects obesity: A systematic review and dose-response meta-analysis of randomized controlled trials. *Clinical nutrition (Edinburgh, Scotland)*. 2020;39(1):123-33. **Impact factor: 7.3**
24. **Mousavi SM**, Hajishafiee M, Clark CCT, Borges do Nascimento IJ, Milajerdi A, Amini MR, Esmailzadeh A. Clinical effectiveness of zinc supplementation on the biomarkers of oxidative stress: A systematic review and meta-analysis of randomized controlled trials. *Pharmacological research*. 2020;161:105166. **Impact factor: 7.6**
25. **Mousavi SM**, Mofrad MD, do Nascimento IJB, Milajerdi A, Mokhtari T, Esmailzadeh A. The effect of zinc supplementation on blood pressure: a systematic review and dose-response meta-analysis of randomized-controlled trials. *European journal of nutrition*. 2020;59(5):1815-27. **Impact factor: 5.6**
26. **Mousavi SM**, Jayedi A, Bagheri A, Zargarzadeh N, Wong A, Persad E, Akhgarjand C, Koohdani F. What is the influence of cinnamon supplementation on liver enzymes? A systematic review and meta-analysis of randomized controlled trials. *Phytotherapy Research*. 2021. **Impact factor: 5.8**
27. **Mousavi SM**, Djafarian K, Mojtahed A, Varkaneh HK, Shab-Bidar S. The effect of zinc supplementation on plasma C-reactive protein concentrations: A systematic review and meta-analysis of randomized controlled trials. *European journal of pharmacology*. 2018;834:10-6. **Impact factor: 4.4**
28. **Mousavi SM**, Shab-Bidar S, Kord-Varkaneh H, Khorshidi M, Djafarian K. Effect of alpha-lipoic acid supplementation on lipid profile: A systematic review and meta-analysis of controlled clinical trials. *Nutrition*. 2019;59:121-30. **Impact factor: 4**
29. **Mousavi SM**, Sheikhi A, Varkaneh HK, Zarezadeh M, Rahmani J, Milajerdi A. Effect of *Nigella sativa* supplementation on obesity indices: A systematic review and meta-analysis of randomized controlled trials. *Complementary therapies in medicine*. 2018;38:48-57. **Impact factor: 2.4**
30. **Mousavi SM**, Milajerdi A, Fatahi S, Rahmani J, Zarezadeh M, Ghaedi E, Varkaneh HK. The effect of L-arginine supplementation on obesity-related indices: A systematic review and meta-analysis of randomized clinical trials. *International Journal for Vitamin and Nutrition Research*. 2019. **Impact factor: 1.8**

31. Jalilpiran Y, Hajishafiee M, Khorshidi M, Rezvani H, Mohammadi-Sartang M, Rahmani J, **Mousavi SM**. The effect of Alpha-lipoic acid supplementation on endothelial function: A systematic review and meta-analysis. *Phytotherapy Research*. 2021;35(5):2386-95. **Impact factor: 5.8**
32. Ghanbari-Gohari F, **Mousavi SM**, Esmailzadeh A. Consumption of whole grains and risk of type 2 diabetes: A comprehensive systematic review and dose–response meta-analysis of prospective cohort studies. *Food Science & Nutrition*. 2022 Jun;10(6):1950-60. **Impact factor: 2.5**
33. Asbaghi O, Sadeghian M, Sadeghi O, Rigi S, Tan SC, Shokri A, **Mousavi SM**. Effects of saffron (*Crocus sativus* L.) supplementation on inflammatory biomarkers: A systematic review and meta-analysis. *Phytotherapy research*. 2021;35(1):20-32. **Impact factor: 5.8**
34. Khorshidi M, Zarezadeh M, Sadeghi A, Teymouri A, Emami MR, Kord-Varkaneh H, Aryaeian N, Rahmani J, **Mousavi SM**. The effect of zinc supplementation on serum leptin levels: A systematic review and meta-analysis of randomized controlled trials. *Hormone and Metabolic Research*. 2019;51(08):503-10. **Impact factor: 2.9**
35. Mofrad MD, Rahmani J, Varkaneh HK, Teymouri A, **Mousavi SM**. The effects of garlic supplementation on weight loss: A systematic review and meta-analysis of randomized controlled trials. *International Journal for Vitamin and Nutrition Research*. 2019. **Impact factor: 1.8**
36. Kord-Varkaneh H, Rinaldi G, Hekmatdoost A, Fatahi S, Tan SC, Shadnoush M, Khani V, **Mousavi SM**, Zarezadeh M, Salamat S. The influence of vitamin D supplementation on IGF-1 levels in humans: A systematic review and meta-analysis. *Ageing research reviews*. 2020;57:100996. **Impact factor: 10.8**
37. Darooghegi Mofrad M, Mozaffari H, **Mousavi SM**, Sheikhi A, Milajerdi A. The effects of psyllium supplementation on body weight, body mass index and waist circumference in adults: A systematic review and dose-response meta-analysis of randomized controlled trials. *Critical reviews in food science and nutrition*. 2020;60(5):859-72. **Impact factor: 11.1**
38. Dashti F, **Mousavi SM**, Larijani B, Esmailzadeh A. The effects of vitamin D supplementation on inflammatory biomarkers in patients with abnormal glucose homeostasis: A systematic review and meta-analysis of randomized controlled trials. *Pharmacological research*. 2021;170:105727. **Impact factor: 7.6**
39. Yang X, Kord-Varkaneh H, Talaei S, Clark CC, Zanghelini F, Tan SC, Zarezadeh M, **Mousavi SM**, Rahmani J, Zhang Y. The influence of metformin on IGF-1 levels in humans: a systematic review and meta-analysis. *Pharmacological research*. 2020;151:104588. **Impact factor: 7.6**
40. Milajerdi A, **Mousavi SM**, Sadeghi A, Salari-Moghaddam A, Parohan M, Larijani B, Esmailzadeh A. The effect of probiotics on inflammatory biomarkers: a meta-analysis of randomized clinical trials. *European journal of nutrition*. 2020;59(2):633-49. **Impact factor: 5.6**
41. Nouri-Majd S, Ebrahimzadeh A, **Mousavi SM**, Zargarzadeh N, Eslami M, Santos HO, Taghizadeh M, Milajerdi A. Higher intake of dietary magnesium is inversely associated with COVID-19 severity and symptoms in hospitalized patients: A Cross-Sectional Study. *Frontiers in nutrition*. 2022;9. **Impact factor: 6.5**
42. Amiry F, Mousavi SM, Barekzai AM, Esmailzadeh A. Adherence to the Mediterranean Diet in Relation to Gastric Cancer in Afghanistan. *Frontiers in Nutrition*. 2022;9. **Impact factor: 6.5**
43. Zarezadeh M, Khorshidi M, Emami M, Janmohammadi P, Kord-Varkaneh H, **Mousavi SM**, Mohammed SH, Saedisomeolia A, Alizadeh S. Melatonin supplementation and pro-inflammatory mediators: a systematic review and meta-analysis of clinical trials. *European journal of nutrition*. 2020;59(5):1803-13. **Impact factor: 5.6**

44. Ghaedi E, Varkaneh HK, Rahmani J, **Mousavi SM**, Mohammadi H, Fatahi S, Pantovic A, Darooghegi Mofrad M, Zhang Y. Possible anti-obesity effects of phytosterols and phytostanols supplementation in humans: A systematic review and dose–response meta-analysis of randomized controlled trials. *Phytotherapy Research*. 2019;33(5):1246-57. **Impact factor: 5.8**
45. Karimi E, Bitarafan S, **Mousavi SM**, Zargarzadeh N, Mokhtari P, Hawkins J, Meysamie A, Koohdani F. The effect of vitamin D supplementation on fibroblast growth factor-23 in patients with chronic kidney disease: A systematic review and meta-analysis. *Phytotherapy Research*. 2021. **Impact factor: 5.8**
46. Khorshidi M, Zarezadeh M, Moradi Moghaddam O, Emami MR, Kord-Varkaneh H, **Mousavi SM**, Alizadeh S, Heshmati J, Olang B, Aryaeian N. Effect of evening primrose oil supplementation on lipid profile: A systematic review and meta-analysis of randomized clinical trials. *Phytotherapy Research*. 2020;34(10):2628-38. **Impact factor: 5.8**
47. Rahmani J, Clark C, Kord Varkaneh H, Lakiang T, Vasanthan LT, Onyeche V, **Mousavi SM**, Zhang Y. The effect of Aronia consumption on lipid profile, blood pressure, and biomarkers of inflammation: A systematic review and meta-analysis of randomized controlled trials. *Phytotherapy Research*. **Impact factor: 5.8**
48. Effatpanah M, Rezaei M, Effatpanah H, Effatpanah Z, Varkaneh HK, **Mousavi SM**, Fatahi S, Rinaldi G, Hashemi R. Magnesium status and attention deficit hyperactivity disorder (ADHD): A meta-analysis. *Psychiatry research*. 2019;274:228-34. **Impact factor: 2.3**
49. Fatahi S, Ghaedi E, **Mousavi SM**, Bawadi H, Rahmani J, Pezeshki M, Varkaneh HK. The association between osteocalcin and C-reactive protein; A relation of bone with inflammation: A systematic review and meta-analysis. *Hormone and Metabolic Research*. 2019;51(06):353-61. **Impact factor: 2.9**
50. Fatahi S, Pezeshki M, **Mousavi S**, Teymouri A, Rahmani J, Varkaneh HK, Ghaedi E. Effects of folic acid supplementation on C-reactive protein: A systematic review and meta-analysis of randomized controlled trials. *Nutrition, Metabolism and Cardiovascular Diseases*. 2019;29(5):432-9. **Impact factor: 4.2**
51. Milajerdi A, Sadeghi A, **Mousavi SM**, Larijani B, Esmailzadeh A. Influence of Statins on Circulating Inflammatory Cytokines in Patients With Abnormal Glucose Homeostasis: A Meta-analysis of Data From Randomized Controlled Trials. *Clinical therapeutics*. 2020;42(2):e13-e31. **Impact factor: 3.3**
52. Zargarzadeh, N., Severo, J. S., Pizarro, A. B., Persad, E., & Mousavi, S. M. (2021). The Effects of Folic Acid Supplementation on Pro-inflammatory Mediators: a Systematic Review and Dose-Response Meta-Analysis of Randomized Controlled Trials. *Clinical Therapeutics*. **Impact factor: 3.3**
53. Nazary-Vannani A, Ghaedi E, **Mousavi SM**, Teymouri A, Rahmani J, Varkaneh HK. The effect of L-carnitine supplementation on serum leptin concentrations: a systematic review and meta-analysis of randomized controlled trials. *Endocrine*. 2018;60(3):386-94. **Impact factor: 3.6**
54. Rahmani J, Manzari N, Thompson J, Gudi S, Chhabra M, Naik G, **Mousavi S**, Varkaneh H, Clark C, Zhang Y. The effect of metformin on biomarkers associated with breast cancer outcomes: a systematic review, meta-analysis, and dose–response of randomized clinical trials. *Clinical and Translational Oncology*. 2020;22(1):37-49. **Impact factor: 3.4**
55. Rahmani J, Miri A, Černevičiūtė R, Thompson J, de Souza NN, Sultana R, Varkaneh HK, **Mousavi SM**, Hekmatdoost A. Effects of cereal beta-glucan consumption on body weight, body mass index, waist circumference and total energy intake: A meta-analysis of randomized controlled trials. *Complementary therapies in medicine*. 2019;43:131-9. **Impact factor: 2.4**
56. Rahmani J, Miri A, Namjoo I, Zamaninour N, Maljaei MB, Zhou K, Cernevičiute R, **Mousavi SM**, Varkaneh HK, Salehisahlabadi A. Elevated liver enzymes and cardiovascular mortality: a systematic

review and dose–response meta-analysis of more than one million participants. *European journal of gastroenterology & hepatology*. 2019;31(5):555-62. **Impact factor: 2.5**

57. Sadeghi A, **Mousavi SM**, Mokhtari T, Parohan M, Milajerdi A. Metformin therapy reduces obesity indices in children and adolescents: a systematic review and meta-analysis of randomized clinical trials. *Childhood Obesity*. 2020;16(3):174-91. **Impact factor: 2.9**
58. Xiong P, Niu L, Talaei S, Kord-Varkaneh H, Clark CC, Găman M-A, Rahmani J, Dorosti M, **Mousavi SM**, Zarezadeh M. The effect of berberine supplementation on obesity indices: A dose–response meta-analysis and systematic review of randomized controlled trials. *Complementary therapies in clinical practice*. 2020;39:101113. **Impact factor: 2.4**
59. Salari-Moghaddam A, Hajhashemi P, Basirat R, **Mousavi SM**, Salehi-Abargouie A, Larijani B, Esmailzadeh A. Household socioeconomic status in relation to childhood general and central obesity in Farrokhsahr, Iran. *ARYA atherosclerosis*. 2019;15(5):211-7.
60. Abbasi F, Pourjalali H, do Nascimento IJ, Zargarzadeh N, **Mousavi SM**, Eslami R, Milajerdi A. The effects of exercise training on inflammatory biomarkers in patients with breast cancer: A systematic review and meta-analysis. *Cytokine*. 2022 Jan 1;149:155712. **Impact factor: 3.1**

Under review/revision

1. Asoudeh F, **Mousavi SM**, Keshteli AH, Hasani-Ranjbar S, Larijani B, Esmailzadeh A, Adibi P. The association of plant-based dietary patterns with general and abdominal obesity: A large cross-sectional study. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity* (submitted September 26, 2021).
2. Ebrahimi-Mousavi S, **Mousavi SM**, Shakeri F, Keshteli AH, Saadatnia M, Esmailzadeh A. The association between dietary inflammatory potential (DIP) and stroke: a case-control study. *Scientific reports* (submitted August 14, 2021).

ABSTRACTS

1. **Mousavi SM**. Shab-bidar S. The effect of zinc supplementation on plasma C-reactive protein concentrations: A systematic review and meta-analysis of randomized controlled trials. *6th Iranian Joint Cardiovascular Congress*, Tehran, February 2018. Poster presentation
2. **Mousavi SM**. Milajerdi A. Effect of *Nigella sativa* supplementation on obesity indices: A systematic review and meta-analysis of randomized controlled trials. *6th Iranian Joint Cardiovascular Congress*, Tehran, February 2018. Poster presentation
3. **Mousavi SM**. Esmailzadeh A. The relation between breakfast consumption and psychological symptoms among Iranian adults. *3rd International Congress and 15th Iranian Nutrition Congress*, Tehran, December 2018. Poster presentation
4. **Mousavi SM**. Esmailzadeh A. The effects of curcumin supplementation on body weight, body mass index and waist circumference: a systematic review, meta-analysis and dose-response of randomized controlled trials. *3rd International Congress and 15th Iranian Nutrition Congress*, Tehran, December 2018. Poster presentation
5. **Mousavi SM**. Esmailzadeh A. Dietary total antioxidant capacity in relation to depression and anxiety in Iranian adults: results from a cross-sectional study. *3rd International Congress and 15th Iranian Nutrition Congress*, Tehran, December 2018. Poster presentation

6. **Mousavi SM.** Esmailzadeh A. Dietary total antioxidant capacity in relation to stroke among Iranian adults: a case-control study. *3rd International Congress and 15th Iranian Nutrition Congress*, Tehran, December 2018. Poster presentation
7. **Mousavi SM.** Esmailzadeh A. Adherence to alternative healthy eating index (AHEI-2010) in relation to stroke: a case-control study. *3rd International Congress and 15th Iranian Nutrition Congress*, Tehran, December 2018. Poster presentation
8. **Mousavi SM.** Shab-bidar S. Effect of alpha-lipoic acid supplementation on lipid profile: a systematic review and meta-analysis of controlled clinical trials. *3rd International Congress and 15th Iranian Nutrition Congress*, Tehran, December 2018. Poster presentation
9. **Mousavi SM.** Kord-Varkaneh H. The effect of L-arginine supplementation on obesity-related indices: a systematic review and meta-analysis of randomized clinical trials. *3rd International Congress and 15th Iranian Nutrition Congress*, Tehran, December 2018. Poster presentation
10. **Mousavi SM.** Kord-Varkaneh H. The effect of zinc supplementation on serum leptin levels: a systematic review and meta-analysis of randomized controlled trials. *3rd International Congress and 15th Iranian Nutrition Congress*, Tehran, December 2018. Poster presentation
11. **Mousavi SM,** Sadeghi O, Afshar H, Esmailzadeh A. The relationship between Mediterranean diet and depression, anxiety and psychological distress in Iranian adults: a cross-sectional study. *12th International Congress on psychology and sociology*, Tehran, November 2018. Oral presentation
12. **Mousavi SM,** Esmailzadeh A. Relationship between total dietary antioxidant capacity and depression and anxiety in Iranian adults. *12th International Congress on psychology and sociology*, Tehran, November 2018. Oral presentation
13. **Mousavi SM,** Esmailzadeh A. The relationship between whole grains and refined grains consumption with mental disorders: A cross-sectional study. *12th International Congress on psychology and sociology*, Tehran, November 2018. Oral presentation

CERTIFICATION/TRAINING

- A basic introductory course in statistical analysis with R
- Analysis with Stata for Public Health certificate, Tehran university of medical sciences
- Advanced Statistics Certificate using SPSS, Tehran university of medical sciences
- Endnote Certificate, Tehran university of medical sciences
- International Computer Driver's License (ICDL), Pasargad Computer Institute

Reviewer for Academic Journals:

- Phytotherapy Research
- Critical Reviews in Food Science and Nutrition
- International Journal of Clinical Practice
- Food & Function
- Cytokine
- Nutrition & Dietetics
- The journal of nutrition
- Frontiers in nutrition
- Clinical therapeutics

REFERENCES

Ahmad Esmailzadeh, MSc, PhD

Professor of Nutrition

Department of Community Nutrition

Tehran University of Medical Sciences, Tehran, Iran

Keshavarz Blvd, Naderi St., Hojjat-dost Alley, No 44,

Tehran City, P.O. Box 14155-6117.

Phone: +98 2188990282

Email: a-esmailzadeh@tums.ac.ir

Relationship: Supervisor (2016 – present)

Alireza Milajerdi, MSc, PhD

Professor (Assistant)

Department of Biochemistry and Nutrition

Kashan University of Medical Sciences, Kashan, Iran

Medical school, Pezeshk Blvd, Ravand road, Kashan

Kashan City, P.O. Box 87159-81151.

Phone: +98 2155540021

Email: amkhv@yahoo.com

Relationship: Mentor (2016 – 2020)

Leila Azadbakht, MSc, PhD

Professor of Nutrition

Department of Community Nutrition

Tehran University of Medical Sciences, Tehran, Iran

Keshavarz Blvd, Naderi St., Hojjat-dost Alley, No 44,

Tehran City, P.O. Box 14155-6117.

Phone: +98 2188990282

Email: azadbakhtleila@gmail.com