
Ali Gholami

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EDUCATIONAL PhD degree in Epidemiology

BACKGROUND Faculty of Health Sciences, Iran University of Medical Sciences, Tehran, Iran, (2013-2018)

Thesis title: National and Subnational Cardiovascular Diseases Mortality Attributable to Salt Consumption in Iran by Sex and Age from 1990 to 2016

Supervisors: Prof. Hamid Reza Baradaran and Prof. Farshad Farzadfar

MSc degree in Epidemiology

Faculty of Health Sciences, Urmia University of Medical Sciences, West Azerbaijan, Iran, (2006-2008)

Thesis title: Study the risk factors of acute leukemia in children under 15 years of age in the West Azerbaijan province

Supervisor: Prof. Shaker Salarilak

BSc of Public Health

Faculty of Health Sciences, Kerman University of Medical Sciences,
Kerman, Iran, (2002-2006)

EMPLOYMENT **05/2018 - present**

DETAILS PhD of Epidemiology, Academic member
Neyshabur University of Medical Sciences

08/2011 – 02/2014

MSc of Epidemiology, Academic member
Neyshabur University of Medical Sciences

09/2009 – 08/2011

MSc of Epidemiology
Neyshabur University of Medical Sciences

12/2005 – 09/2007

BSc of Public Health
Neyshabur University of Medical Sciences

- PROFESSIONAL SOCIETIES**
- The Director of Research and Technology, NUMS (2019-2022)
 - The Director of the Public Health Department, NUMS (2018-2022)
 - The Director of the Epidemiology & Biostatistics Department, NUMS (2022-present)
 - The editor-in-chief of Healthy aging perspectives journal
 - The Deputy Director of Research and Technology (2024-present)
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- SCHOLARSHIPS, AWARDS**
- Awards for outstanding MSc Student of Urmia University of Medical Sciences, 2008.
 - Awards for outstanding Researcher in Neyshabur University of Medical Sciences, 2012.
 - Awards for Outstanding Researcher in Neyshabur University of Medical Sciences, 2022.
 - Awards for Outstanding Researcher in Razavi Khorasan province, 2024.
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MEMBERSHIPS

- Member of the Research Council of NUMS (2018- present)
- Member of Biostatistics & Epidemiology Department, NUMS (2018- present)
- Member of Ethics Committee, NUMS (2018- present)
- Member of the Educational Council of NUMS (2018-2022)
- Member of the Educational Council of the Faculty of Health, NUMS (2021- present)
- Member of the Founding Board of the Non-Communicable Diseases Research Center

	Workshop	Target Group
WORKSHOP TEACHING EXPERIENCE	Research methodology (30 times)	Academic members, Medical students, Medical staff
	Software (SPSS, STATA, Endnote, ...) (9 times)	Academic members, Medical students, Medical staff
	Search (5 times)	Academic members, Medical students, Medical staff Academic members, Medical students, Medical staff

	Course	Target Group
TEACHING EXPERIENCE	Epidemiology (40 times)	Medical students (BSc, MD, MSc, PhD)
	Research methodology (23 times)	Medical students (BSc, MSc)
	Statistics (18 times)	Medical students (BSc, MSc)
	Public health (7 times)	Medical students (BSc, MSc)

RESEARCH PROJECTS:

Num	Date	Title	Supporting organization	Role
1	2026	Investigating Risk Factors for Type 2 Diabetes in Iranian Older Adults Using Machine Learning Algorithms: A Cross-Sectional Analysis Based on NeLSA	Neyshabur University of Medical Sciences	Principal Investigator
2	2026	Application of Machine Learning for Predicting Hypertension in Older Adults Using Anthropometric and Body Composition Indices: Findings from the NeLSA Cohort	Neyshabur University of Medical Sciences	Principal Investigator
3	2026	Association between Anthropometric Indices and Blood Pressure among Workers in the Khorasan Steel Industry	Neyshabur University of Medical Sciences	Principal Investigator
4	2026	Multilevel Analysis of Fall Risk in Older Adults: Integrating Individual Clinical Metrics with Neighborhood-Level Environmental Factors in the Neyshabur Ageing Cohort Study	Neyshabur University of Medical Sciences	Principal Investigator
5	2025	The Relationship between Loneliness, Depression, Anxiety and Sleep Qualities Mediated by Inflammatory Markers in Older Adults; Neyshabour Senior Cohort Study in First Phase	Shahid Beheshti University of Medical Sciences	Co-investigator
6	2025	Investigating the association between dietary patterns and the cognitive function in the elderly people participating in the Neyshabur	Zahedan University of Medical Sciences	Supervisor
7	2025	Investigating the mediating role of social support in the relationship between economic status, depression, and quality of life in the elderly; based on the findings of the Neyshabur Aging Cohort Study	Neyshabur University of Medical Sciences	Co-investigator
8	2025	The effect of zinc consumption on lipid profile in children and adolescents: A systematic review on randomized clinical trials	Neyshabur University of	Principal Investigator

Num	Date	Title	Supporting organization	Role
			Medical Sciences	
9	2025	Investigating the association between blood lipid profile and health-related quality of life in elderly Iranian population: A large-scale cross-sectional study based on the Neyshabur Elderly Cohort Study	Neyshabur University of Medical Sciences	Principal Investigator
10	2025	The Relationship Between Serum Vitamin D Levels and Anthropometric Indices in the Elderly: A Large-Scale Cross-Sectional Study Based on the Neyshabur Elderly Cohort Study	Neyshabur University of Medical Sciences	Co-investigator
11	2025	Association between serum vitamin D levels and lipid profiles and liver enzymes: A large-scale cross-sectional study Based on Neyshabur Longitudinal Study on Ageing	Neyshabur University of Medical Sciences	Principal Investigator
12	2025	Study of the association between anthropometric indices and serum liver enzymes level in Iranian elderly population: Based on Neyshabur Longitudinal Study on Ageing	Neyshabur University of Medical Sciences	Principal Investigator
13	2025	Investigating the Knowledge and Attitude Regarding the induced abortion among Women of Reproductive age in Neyshabur in 2025	Neyshabur University of Medical Sciences	Co-investigator
14	2025	calculating willingness to pay and determining preferences of the Employees of Neyshabur University of Medical Sciences for physical activity interventions	Neyshabur University of Medical Sciences	Principal Investigator
15	2025	The association between sleep quality and blood pressure in an elderly Iranian population: A large-scale cross-sectional study based on the Neyshabur Longitudinal Study on Ageing	Neyshabur University of Medical Sciences	Principal Investigator
16	2025	Study of the association between sleep quality and duration with fasting blood sugar and	Neyshabur University of	Co-investigator

Num	Date	Title	Supporting organization	Role
		hemoglobin A1C in the elderly population; Neyshabur Aging Cohort Study	Medical Sciences	
17	2025	The association between sleep duration and quality with anthropometric indicators in an elderly Iranian population: A large-scale cross-sectional study based on Neyshabur Longitudinal Study on Ageing	Neyshabur University of Medical Sciences	Principal Investigator
18	2024	The effect of spirulina intake on serum concentration of inflammatory mediators: A systematic review and meta-analysis on randomized clinical trials	Neyshabur University of Medical Sciences	Principal Investigator
19	2024	Association between the dose of physical activity and depression in the cohort of the elderly in Neyshabur	Neyshabur University of Medical Sciences	Principal Investigator
20	2024	Effects of chromium supplementation on serum concentration of C-reactive protein, interleukin-6, and tumor necrosis factor-alpha: An updated systematic review and meta-analysis on randomized clinical trials	Neyshabur University of Medical Sciences	Principal Investigator
21	2024	Investigating the effect of training based on the motivation theory of protection on health literacy and performing a fit test in people over fifty years old in Neyshabur city, 2023	Mashhad University of Medical Sciences	Co-investigator
22	2024	Association between social support and depression mediated by loneliness in the elderly: A mediation analysis	Mashhad University of Medical Sciences	Co-investigator
23	2024	The effect of magnesium supplementation on serum concentration of lipid profile: A systematic review and meta-analysis on randomized clinical trials	Neyshabur University of Medical Sciences	Principal Investigator
24	2024	Can propolis supplementation reduce the serum concentration of inflammatory mediators? An	Neyshabur University of	Principal Investigator

Num	Date	Title	Supporting organization	Role
		updated systematic review and meta-analysis on randomized clinical trials	Medical Sciences	
25	2023	Effects of Anthocyanin supplementation on serum concentration of C-reactive protein, interleukin-6, and tumor necrosis factor-alpha: A systematic review and meta-analysis on randomized clinical trials.	Neyshabur University of Medical Sciences	Principal Investigator
26	2023	The effect of parenteral selenium supplementation on serum concentration of C-reactive protein and interleukin-6: A systematic review and meta-analysis on randomized clinical trials	Neyshabur University of Medical Sciences	Principal Investigator
27	2023	The effect of selenium supplementation on serum concentration of C-reactive protein: A systematic review and meta-analysis on randomized clinical trials	Neyshabur University of Medical Sciences	Principal Investigator
28	2022	Identifying latent classes of sleep quality in patients with gastrointestinal cancers and investigating the relation of quality of life and the membership of patients in latent classes	Neyshabur University of Medical Sciences	Principal Investigator
29	2021	The effect of almonds on serum concentration of C-reactive protein and Interleukin-6: A meta-analysis and systematic review on randomized clinical trials	Neyshabur University of Medical Sciences	Principal Investigator
30	2021	Determination of women's sleep quality and its relationship with premenstrual syndrome in women referring to health centers in Mashhad in 2021	Neyshabur University of Medical Sciences	Co-investigator
31	2021	The effect of tart cherry on serum concentration of inflammatory mediators: A meta-analysis and systematic review on randomized clinical trials	Neyshabur University of Medical Sciences	Co-investigator

Num	Date	Title	Supporting organization	Role
32	2021	Evaluation of short-term side effects of Covid-19 vaccine in healthcare workers of Neyshabur University of medical Sciences	Neyshabur University of Medical Sciences	Co-investigator
33	2020	Association between sleep duration and sleep quality with serum lipid profile in an elderly Iranian population: a large-scale cross-sectional study Based on Neyshabur Longitudinal Study on Ageing	Neyshabur University of Medical Sciences	Principal Investigator
34	2020	Association between Metabolic syndrome and health-related quality of life in older adults; Findings from the Neyshabur Longitudinal Study on Ageing	Neyshabur University of Medical Sciences	Principal Investigator
35	2020	Clinical epidemiology of COVID 19: Reports from outpatient and inpatient settings Neyshabur 2020	Neyshabur University of Medical Sciences	Co-Investigator
36	2020	COVID 19 risk assessment among healthcare workers (HCW) in Neyshabur, 2020	Neyshabur University of Medical Sciences	Principal Investigator
37	2020	A study of psychological distress among people aged 50 years and older during social distancing due to COVID19, Neyshabur 2020	Neyshabur University of Medical Sciences	Co-Investigator
38	2020	Active case finding for screening of COVID19 in older adults, Neyshabur 2020	Neyshabur University of Medical Sciences	Co-Investigator
39	2020	Sleep duration and sleep quality is associated with health-related quality of life in elderly population: Finding from Neyshabur Longitudinal Study on Ageing	Neyshabur University of Medical Sciences	Principal Investigator

Num	Date	Title	Supporting organization	Role
40	2019	The effect of soy isoflavones and soy protein combination on serum concentration of resistin: A meta-analysis and systematic review on randomized clinical trial	Neyshabur University of Medical Sciences	Principal Investigator
41	2019	Investigation of the frequency and pattern of antibiotic resistance of bacteria isolated from urine samples referred to Firoozeh health centers since 2016-2020	Neyshabur University of Medical Sciences	Co-Investigator
42	2019	The effect of soy isoflavones and soy protein combination on tumor necrosis factor- α and interleukin-6 among postmenopausal women: A meta-analysis and systematic review on randomized clinical trial	Neyshabur University of Medical Sciences	Principal Investigator
43	2019	The effect of soy protein plus soy isoflavones on serum concentration of leptin and adiponectin: A meta-analysis and systematic review on randomized clinical trials	Neyshabur University of Medical Sciences	Co-Investigator
44	2019	Evaluation of short-term survival of patients with coronavirus in Neyshabur city	Neyshabur University of Medical Sciences	Co-investigator
45	2019	The impact of using cell phone before sleep on the sleep quality in students of Neyshabur university of medical sciences.2019	Neyshabur University of Medical Sciences	Principal Investigator
46	2019	The effect of sleep quality on quality of life in dialysis patients of Neyshabur, 2019	Neyshabur University of Medical Sciences	Principal Investigator
47	2019	Survey of students' attitudes toward study field and future career in neyshabur faculty of medical sciences	Neyshabur University of Medical Sciences	Co-investigator

Num	Date	Title	Supporting organization	Role
48	2019	Quality of life in women referred to healthcare centers of Neyshabur	Neyshabur University of Medical Sciences	Principal Investigator
49	2019	Assessment of Spiritual Intelligence and its Related Factors in Students of Neyshabur University of Medical Sciences	Neyshabur University of Medical Sciences	Principal Investigator
50	2019	Study the changes of behaviors associated with lifestyle and its relation to health indicators and academic achievements among Neyshabur medical university students: a longitudinal study (Phase 1)	Neyshabur University of Medical Sciences	Principal Investigator
51	2019	The effect of resistant starch type II on serum concentration of IL-6, TNF- α and CRP: A systematic review and meta-analysis on randomized clinical trials	Neyshabur University of Medical Sciences	Co-investigator
52	2019	The effect of soy on serum concentration of inflammatory mediators: A meta-analysis and systematic review on randomized clinical trials	Neyshabur University of Medical Sciences	Co-investigator
53	2019	Assessment of relationship between the excretion of sodium and potassium of 24-hour urinary sample and spot urinary sample and dietary sodium and potassium intake with blood pressure among elderly population in Neyshabur.	Neyshabur University of Medical Sciences	Co-investigator
54	2018	Cesarean preference rate and factors associated with it on pregnant women in Neyshabur	Neyshabur University of Medical Sciences	Principal Investigator
55	2018	The Quality Gap of Educational Services from the Viewpoint of Students in Neyshabour Faculty of Medical Sciences	Neyshabur University of Medical Sciences	Principal Investigator

Num	Date	Title	Supporting organization	Role
56	2018	Study of prevalence and related factors of injuries from contaminated sharp devices among health – care workers in Neyshabour hospitals	Neyshabur University of Medical Sciences	Principal Investigator
57	2017	Investigation of drug resistance mutants in hepatitis C virus (HCV) infected thalassemia patients before and after treatment with direct acting drugs.	Iran University of Medical Sciences	Co-investigator
58	2017	Household food insecurity prevalence and associated factors among patients with esophageal and gastric cancer referred to Firoozgar hospital in Tehran	Iran University of Medical Sciences	Principal Investigator
59	2017	Evaluation of quality of life in patients with gastroesophageal cancer referring to Firoozgar in Tehran during diagnosis 6 and 12 months after diagnosis	Iran University of Medical Sciences	Co-investigator
60	2017	Comparative study of low-dose chemotherapy gemcitabine regimen and weekly cisplatin with radiotherapy with a conventional fractionation in terms of response to treatment in patients with muscle invasive bladder concussion	Iran University of Medical Sciences	Co-investigator
61	2016	The role of probiotic lactobacillus acidophilus as an auxiliary treatment with standard treatment on immune system and therapeutic efficacy in patients with rectal cancer: Phase 3 randomized clinical trial	Iran University of Medical Sciences	Co-investigator
62	2016	Investigating the Relation Between Smoking and Opioid Addiction Using Mendelian Randomization Study	Iran University of Medical Sciences	Co-investigator
63	2016	Study of methylation of genes involved in activating HSC liver cells and fibrosis in tissue biopsy and serum in patients with NAFLD compared to control group	Iran University of Medical Sciences	Co-investigator

Num	Date	Title	Supporting organization	Role
64	2016	Study of the quality of life and its dimensions in the city of Tehran using the data of Urban-heart 2	Iran University of Medical Sciences	Principal Investigator
65	2016	The prevalence of JC (JCV) Poliooma Virus in samples of patients with colorectal cancer	Iran University of Medical Sciences	Co-investigator
66	2016	Study of the relationship between overweight and obesity and quality of life among residents of Tehran	Iran University of Medical Sciences	Principal Investigator
67	2016	Study of deaths from cardiovascular diseases attributable to salt in Iran from 1990 to 2015	Iran University of Medical Sciences	Principal Investigator
68	2016	Evaluation of human bovine virus prevalence (HBVV) in patients with colorectal cancer	Iran University of Medical Sciences	Co-investigator
69	2016	Quality of life in patients with non-alcoholic steatohepatitis (NASH) in Amol city	Iran University of Medical Sciences	Principal Investigator
70	2016	Study of the relationship between household insecurity and quality of life of residents in 22 districts of Tehran	Iran University of Medical Sciences	Principal Investigator
71	2015	Prevalence of exclusive breastfeeding and its related factors in 6–12-year-old children in Neyshabur in 1394	Neyshabur University of Medical Sciences	Co-investigator
72	2015	Study the quality of life of diabetic patients living in villages of Neyshabur	Neyshabur University of Medical Sciences	Principal Investigator
73	2015	Association of food insecurity with obesity and overweight in diabetic patients in Neyshabur city	Neyshabur University of Medical Sciences	Principal Investigator

Num	Date	Title	Supporting organization	Role
74	2015	Evaluation of quality of life and its dimensions in patients with diabetes mellitus in Tehran	Iran University of Medical Sciences	Principal Investigator
75	2014	The study of spiritual intelligence among students of the Faculty of Health of Iran University of Medical Sciences	Iran University of Medical Sciences	Principal Investigator
76	2014	The prevalence of child abuse and behavior problems among primary school students in the city Neyshabur; 2014	Neyshabur University of Medical Sciences	Co-investigator
77	2014	Quality evaluation of educational services gap in Iran Faculty of Medical Sciences based on service quality scale	Iran University of Medical Sciences	Principal Investigator
78	2014	Investigating the Factors Affecting Preterm Delivery in Rural and Urban Areas of Salsaleh	Iran University of Medical Sciences	Co-investigator
79	2014	Evaluation of anti-inflammatory effects of melatonin in patients with non-alcoholic liver disease	Iran University of Medical Sciences	Co-investigator
80	2013	Quality of life in patients with cataract in the city of Neyshabur - 2013	Neyshabur University of Medical Sciences	Principal Investigator
81	2013	Prevalence of depression and its associated factors in pregnant women in the city of Neyshabur -2013	Neyshabur University of Medical Sciences	Principal Investigator
82	2013	Risk Analysis by Means of a QRA Approach on a LPG Cylinder Filling Installation	Neyshabur University of Medical Sciences	Co-investigator
83	2013	Assessing the safety climate and its structural dimensions and the relationship between risk perception in the Khorasan steel industry	Neyshabur University of	Co-investigator

Num	Date	Title	Supporting organization	Role
			Medical Sciences	
84	2013	A survey on Quality of Life in Women Referred to Health Centers of Neyshabur	Neyshabur University of Medical Sciences	Principal Investigator
85	2013	Prevalence of Depression Symptoms and its Effective Factors in Pregnant Women	Neyshabur University of Medical Sciences	Principal Investigator
86	2013	Attitude of Students toward their Field of Study and Future Career in Neyshabur University of Medical Sciences	Neyshabur University of Medical Sciences	Principal Investigator
87	2013	Studying the knowledge level of students in Neyshabur University of Medical Sciences regarding the role of cancer nutrition in 2013	Neyshabur University of Medical Sciences	Co-investigator
88	2013	Evaluation of Moral Stress and its Related Factors from Nurses' Viewpoints of Hospitals of Neyshabur University of Medical Sciences in 2013	Neyshabur University of Medical Sciences	Co-investigator
89	2013	Correlation between communication and cooperation of nurses with doctors from nurses' viewpoint in hospitals affiliated to Neyshabur University of Medical Sciences in 2013	Neyshabur University of Medical Sciences	Co-investigator
90	2013	Influence of unsafe and excessive use of mobile phone on the sleep quality	Neyshabur University of Medical Sciences	Co-investigator
91	2013	The Prevalence of Self-Therapy and Its Effective Factors in Women in Neyshabur City in 2013	Neyshabur University of Medical Sciences	Co-investigator

Num	Date	Title	Supporting organization	Role
92	2013	A comparative study on the organizational culture of educational hospitals affiliated to the Neyshabur University of Medical Sciences and Mashhad University of Medical Sciences based on the Denison model in 2013	Neyshabur University of Medical Sciences	Principal Investigator
93	2013	Investigating the relationship between patient safety culture and voluntary accidents reporting system in hospitals of Neyshabur	Neyshabur University of Medical Sciences	Co-investigator
94	2013	Evaluation of factors affecting visual impairment in type 2 diabetic patients	Neyshabur University of Medical Sciences	Co-investigator
95	2012	Quality evaluation of educational services gap in Neyshabur Faculty of Medical Sciences based on service quality scale	Neyshabur University of Medical Sciences	Principal Investigator
96	2012	Assessing the knowledge, attitude and practice of doctors in relation to evidence-based medicine	Neyshabur University of Medical Sciences	Co-investigator
97	2012	Factors associated with preference for repeat cesarean in Neyshabur pregnant women	Neyshabur University of Medical Sciences	Principal Investigator
98	2011	Study of Needle Stick Injuries among Health Care Workers at Teaching Hospitals in Neyshabur	Neyshabur University of Medical Sciences	Principal Investigator
99	2011	Prevalence and Influencing Factors of Food Insecurity among Neyshabour Rural Households; 2011	Neyshabur University of Medical Sciences	Principal Investigator

Num	Date	Title	Supporting organization	Role
100	2011	Study the Quality of Life of Employees of Healthcare Centers in Neyshabur City in 2011	Neyshabur University of Medical Sciences	Principal Investigator
101	2011	Food Insecurity Status and Associated Factors among Rural Households in North-East of Iran	Neyshabur University of Medical Sciences	Principal Investigator
102	2009	Study the risk factors of acute leukemia in children under 15 years of age in the West Azerbaijan province	Urmia University of Medical Sciences	Principal Investigator
103	2009	Quality Gap in Primary Health Care in Urmia Health Care Centers	Urmia University of Medical Sciences	Principal Investigator
104	2008	Study of Needle Stick Injuries among Health Care Workers at Teaching Hospitals in Urmia	Urmia University of Medical Sciences	Principal Investigator
105	2008	study Of Prevalence And Related Factors Of Non-Consumption And Irregular Consumption Of Iron Drop In Infants Aged 7-24 Months Urmia City; 2008	Urmia University of Medical Sciences	Principal Investigator
106	2008	Prevalence and effective factors in depression and anxiety in employees of Neyshabur health system	Mashhad University of Medical Sciences	Co-investigator

English articles:

Num	Published	Title	Journal Name	Type of Article	Author Position
1	2026	The effect of zinc supplementation on serum concentration of lipid profile among children and adolescents: A systematic review on randomized controlled trials	Clinical Nutrition Open Science	Review	1
2	2026	Spirulina Supplementation Can Reduce Serum Levels of C-Reactive Protein: A Systematic Review and Meta-Analysis on Randomized Clinical Trials	International Journal for Vitamin and Nutrition Research	Review	Correspond
3	2025	Can soy isoflavones in combination with soy protein change serum levels of C-reactive protein among patients with chronic inflammatory diseases? A systematic review and meta-analysis	Journal of Health, Population and Nutrition	Review	1
4	2025	Factors related to high sodium intake based on 24-hour urinary sodium excretion in population aged 50 years and older	Scientific Reports	Original Article	1
5	2025	Dietary Intakes of Omega-3, Omega-6 and Fiber and Risk of Rectal Cancer: A Case-Control Study	Med J Islam Repub Iran	Original Article	2
6	2025	Dietary inflammatory index and non-alcoholic fatty liver disease risk: a systematic review and meta-analysis of observational studies	Frontiers in Nutrition	Review	4

7	2025	Characterizing acute and chronic care needs: insights from the Global Burden of Disease Study 2019	Nature communications	Original Article	Correspond
8	2025	The effect of magnesium supplementation on serum concentration of lipid profile: an updated systematic review and dose-response meta-analysis on randomized controlled trials	Nutrition Journal	Review	Correspond
9	2025	Can soy isoflavones in combination with soy protein change serum levels of C-reactive protein among patients with chronic inflammatory diseases? A systematic review and meta-analysis on randomized controlled trials	Journal of Health Population and Nutrition	Review	1
10	2024	Global, regional, and national progress towards the 2030 global nutrition targets and forecasts to 2050: a systematic analysis for the Global Burden of Disease Study 2021	Lancet	Original Article	Co-author
11	2024	National and subnational burden of mental disorders in Iran (1990-2019): findings of the Global Burden of Disease 2019 study	Lancet Global Health	Original Article	Co-author
12	2024	Association of depression and anxiety with health-related quality of life in beginning Medical Sciences Student	Scientific Reports	Original Article	Correspond
13	2024	Examining the factor structure of the Pittsburgh Sleep Quality Index and its determinants among GI cancer patients	BMC Cancer	Original Article	2

14	2024	Propolis supplementation can reduce serum level of interleukin-6, C-reactive protein, and tumor necrosis factor-alpha: an updated systematic review and dose-response meta-analysis on randomized clinical trials	Journal of Health Population and Nutrition	Review	1
15	2024	The association of food insecurity with non-alcoholic fatty liver disease (NAFLD) in a sample of Iranian adults: a path analysis of a cross-sectional survey	BMC Research Notes	Original Article	3
16	2024	Global pattern, trend, and cross-country inequality of early musculoskeletal disorders from 1990 to 2019, with projection from 2020 to 2050	Med	Original Article	Co-author
17	2024	Global, regional, and national burden of gout, 1990-2020, and projections to 2050: a systematic analysis of the Global Burden of Disease Study 2021	Lancet Rheumatology	Original Article	Co-author
18	2024	Drug-use disorders in the Eastern Mediterranean Region: a glance at GBD 2019 findings	Social Psychiatry and Psychiatric Epidemiology	Original Article	Co-author
19	2024	The burden of neurological conditions in north Africa and the Middle East, 1990-2019: a systematic analysis of the Global Burden of Disease Study 2019	Lancet Global Health	Original Article	Co-author
20	2024	Global burden and strength of evidence for 88 risk factors in 204 countries and 811 subnational locations, 1990-2021: a systematic analysis for	Lancet	Original Article	Co-author

		the Global Burden of Disease Study 2021			
21	2024	Global, regional, and national burden of disorders affecting the nervous system, 1990-2021: a systematic analysis for the Global Burden of Disease Study 2021	Lancet Neurology	Original Article	Co-author
22	2024	Global, regional, and national burden of neck pain, 1990-2020, and projections to 2050: a systematic analysis of the Global Burden of Disease Study 2021	Lancet Rheumatology	Original Article	Co-author
23	2024	Mortality and disability-adjusted life years in North Africa and Middle East attributed to kidney dysfunction: a systematic analysis for the Global Burden of Disease Study 2019	Clinical Kidney Journal	Original Article	Co-author
24	2024	Poor Sleep Quality and Its Influencing Factors Among Iranian Patients with Esophageal and Gastric Cancer	Middle East Journal of Digestive Diseases	Original Article	Correspond
25	2024	Sleep duration and quality are associated with health-related quality of life in adults aged 60 years and older	Irish Journal of Medical Science	Original Article	Correspond
26	2024	Is poor sleep quality associated with lipid profile in elderly population? Finding from Iranian Longitudinal Study on Ageing	Irish Journal of Medical Science	Original Article	Correspond
27	2024	Effects of purified anthocyanins supplementation on serum concentration of inflammatory mediators: A systematic review and dose–response meta-analysis on randomized clinical trials	Phytotherapy Research	Review	Correspond

28	2024	The Prevalence of Depression and Anxiety and Its Association with Sleep Quality in the First-Year Medical Science Students	Depression Research and Treatment	Original Article	Correspond
29	2023	Is a spot urine sample a good substitution to estimate 24-h urinary sodium excretion in a population ≥ 50 years old? A validation study	European Journal of Nutrition	Original Article	Correspond
30	2023	Examining the Association between Cell Phone Use Addiction and Sleep Quality: A Cross-Sectional Study of Medical Sciences Students	Sleep and Vigilance	Original Article	Correspond
31	2023	The Effect of Parenteral Selenium Therapy on Serum Concentration of Inflammatory Mediators: a Systematic Review and Dose-Response Meta-Analysis of Randomized Clinical Trials	Biological Trace Element Research	Review	Correspond
32	2023	A systematic review and dose-response meta-analysis of the effect of selenium supplementation on serum concentration of C-reactive protein	Journal of Trace Elements in Medicine and Biology	Review	1
33	2023	Is poor sleep quality associated with lipid profile in elderly population? Finding from Iranian Longitudinal Study on Ageing	Irish Journal of Medical Science	Original Article	Correspond
34	2023	Relationship of sleep duration and sleep quality with health-related quality of life in patients on hemodialysis in Neyshabur	Sleep Medicine: X	Original Article	Correspond

35	2023	Metabolic risk factors attributed burden in Iran at national and subnational levels, 1990 to 2019	Frontiers in Public Health	Original Article	Co-author
36	2023	Household Food Insecurity and Associated Factors among Iranian Patients with Esophageal and Gastric Cancers	Middle East Journal of Digestive Diseases	Original Article	Correspond
37	2023	Association of Sleep Duration and Quality With Health-Related Quality of Life in Fresher University Students	Sleep Medicine Research	Original Article	Correspond
38	2023	A systematic review and meta-analysis of almond effect on C-reactive protein and interleukin-6 in adults	Complementary Therapies in Medicine	Review	Correspond
39	2022	Short-term Side Effects of COVID-19 Vaccines (Astrazeneca, Sputnik-V, and Sinopharm) in Health Care Workers: A Cross-Sectional Study in Iran	Medical Journal of Islamic Republic Iran	Original Article	2
40	2022	National and sub-national trends of salt intake in Iranians from 2000 to 2016: a systematic analysis	Archives of Public Health	Original Article	1
41	2022	Risk assessment of coronavirus disease 2019 among healthcare workers in Neyshabur, 2020	Proceedings of Singapore Healthcare	Original Article	Correspond
42	2022	Can soy isoflavones in combination with soy protein change serum concentration of adiponectin and resistin? A systematic review and meta-analysis on randomized clinical trials	Food Science & Nutrition	Review	Correspond

43	2022	The beneficial effect of tart cherry on plasma levels of inflammatory mediators (not recovery after exercise): A systematic review and meta-analysis on randomized clinical trials	Complementary Therapies in Medicine	Review	1
44	2022	Soy isoflavones plus soy protein effects on serum concentration of leptin in adults: A systematic review and meta-analysis of randomized clinical trial	Clinical Nutrition ESPEN	Original Article	1
45	2022	Effect of soy isoflavones on C-reactive protein in chronic inflammatory disorders: A systematic review and meta-analysis	International Journal for Vitamin and Nutrition	Review	1
46	2022	Association between Melatonin Value and Interleukins1B,-18, and-33 Levels in Patients with Different Stages of Non-Alcoholic Fatty Liver Disease	Middle East Journal of Digestive Diseases	Original Article	3
47	2022	The efficacy of soy isoflavones combined with soy protein on serum concentration of interleukin-6 and tumour necrosis factor-alpha among post-menopausal women? A systematic review and meta-analysis of randomized controlled trials	Clinical and Experimental Pharmacology & Physiology	Review	1
48	2021	Evaluating tissue levels of the eight trace elements and heavy metals among esophagus and gastric cancer patients: A	Journal of Trace Elements in Medicine and Biology	Original Article	Correspond

		comparison between cancerous and non-cancerous tissues			
49	2021	Determination of heavy metals and health risk assessment in indoor dust from different functional areas in Neyshabur, Iran	Indoor and Built Environment	Original Article	2
50		Are Serum Levels of Nuclear Factor Kappa B and Forkhead Box Protein P3 in Patients with Non-Alcoholic Fatty Liver Disease Related to Severity of Fibrosis?	Middle East Journal of Digestive Diseases	Original Article	2
51	2021	The effect of soy protein containing soy isoflavones on serum concentration of cell adhesion molecules: A systematic review and meta-analysis of randomized controlled trials	Complementary Therapies in Medicine	Review	Correspond
52	2021	The effect of soy isoflavones and soy isoflavones plus soy protein on serum concentration of tumor necrosis factor- α ? A systematic review and meta-analysis of randomized controlled trials	Phytotherapy Research	Review	Correspond
53	2021	Beneficial effect of soy isoflavones and soy isoflavones plus soy protein on serum concentration of C-reactive protein among postmenopausal women: An updated systematic review and meta-analysis of randomized controlled trials	Complementary Therapies in Medicine	Review	Correspond

54	2021	Melatonin Levels in Patients with Nonalcoholic Fatty Liver Disease Compared with Healthy Individuals according to Fibrosis Level	Middle East Journal of Digestive Diseases	Original Article	2
55	2021	Can soy isoflavones plus soy protein change serum levels of interleukin-6? A systematic review and meta-analysis of randomized controlled trials	Phytotherapy Research	Review	1
56	2021	Associations of Household Food Security with Health-Related Quality of Life in Various Districts of Tehran	Nutrition and Food Sciences Research	Original Article	2
57	2021	Is Melatonin Associated with Pro-Inflammatory Cytokine Activity and Liver Fibrosis in Non-Alcoholic Fatty Liver Disease (NAFLD) Patients?	Gastroenterology and Hepatology From Bed to Bench	Original Article	2
58	2021	Utilization of dental care in Iranian pregnant women: Findings from a population-based study	Dental research journal	Original Article	10
59	2021	Effect of baseline resistance-associated substitutions on thalassemia patients with chronic hcv infection: A two-year follow-up	Middle East Journal of Digestive Diseases	Original Article	9
60	2021	Effect of resistant starch type 2 on inflammatory mediators: A systematic review and meta-analysis of randomized controlled trials	Complementary Therapies in Medicine	Review	2
61	2020	Subgrouping university students based on substance use pattern: A latent class analysis	Substance Abuse and Rehabilitation	Original Article	3

62	2020	Is salt intake reduction a universal intervention for both normotensive and hypertensive people: a case from Iran STEPS survey 2016	European Journal of Nutrition	Original Article	1
63	2020	Comparison of sf-36 and whoqol-bref in measuring quality of life in patients with type 2 diabetes	International Journal of General Medicine	Original Article	Correspond
64	2020	Health related quality of life in patient with type 2 diabetes: The role of household food insecurity on latent class membership	Diabetes & Metabolic Syndrome: Clinical Research & Reviews	Original Article	Correspond
65	2020	A pilot study of the effect of curcumin on epigenetic changes and DNA damage among patients with non-alcoholic fatty liver disease: A randomized, double-blind, placebo-controlled, clinical trial	Complementary Therapies in Medicine	Original Article	2
66	2020	Alpha-lipoic acid effect on leptin and adiponectin concentrations: a systematic review and meta-analysis of randomized controlled trials	European Journal of Clinical Pharmacology	Review	2
67	2020	Comorbidity of metabolic syndrome components in a population-based screening program: A latent class analysis	Medical Journal of Islamic Republic Iran	Original Article	4
68	2020	Household food insecurity and health-related quality of life in an urban adult population in Iran	Current Nutrition and Food Science	Original Article	1
69	2020	Effect of grape polyphenols on selected inflammatory mediators: A systematic review and meta-	EXCLI Journal : Experimental and Clinical Sciences	Original Article	2

		analysis randomized clinical trials			
70	2020	Illicit Drug Use and the Associated Factors Among University Students: A Report in the Southwest of Iran	Journal of Kermanshah University of Medical Sciences	Original Article	4
71	2019	Geographical distribution of death due to cancer in Kerman Province, Southeast Iran (2012-2016): A comparison of proportional mortality and age-adjusted mortality rate	Iranian Journal of Health Sciences	Original Article	4
72	2019	Metabolomic Biomarkers in the Diagnosis of Non-Alcoholic Fatty Liver Disease.	Hepatitis Monthly	Original Article	4
73	2019	The effect of curcumin with piperine supplementation on pro-oxidant and antioxidant balance in patients with non-alcoholic fatty liver disease	Drug Metabolism and Personalized Therapy	Original Article	3
74	2019	Socio-economic risk factors of household food insecurity and their population attributable risk: A population-based study	Medical Journal of Islamic Republic Iran	Original Article	Correspond
75	2019	The Comparison of the Plasma Levels of the Lead Element in Patients with Gastrointestinal Cancers and Healthy Individuals	Asian Pacific Journal of Cancer Prevention	Original Article	3
76	2019	The association of dietary intake of calcium and vitamin d to colorectal cancer risk among Iranian population	Asian Pacific Journal of Cancer Prevention	Original Article	4
77	2019	Survival rate of patients with gastric cancer in Hormozgan Province, Iran	Medical Journal of Islamic Republic Iran	Original Article	2

78	2018	Letter to the editor about “Diet and primary prevention of stroke: Systematic review and dietary recommendations by the ad hoc Working Group of the Italian Society of Human Nutrition	Nutrition, Metabolism and Cardiovascular Diseases	Letter	2
79	2018	Metabolic syndrome is associated with health-related quality of life in suspected patients with nonalcoholic steatohepatitis	Medical Principles and Practice	Original Article	1
80	2018	Trace element and heavy metal levels in colorectal cancer: comparison between cancerous and non-cancerous tissues	Biological trace element research	Original Article	2
81	2018	Erythrocyte membrane fatty acid profile & serum cytokine levels in patients with non-alcoholic fatty liver disease	The Indian journal of medical research	Original Article	5
82	2018	Physical activities (exercises or choruses) during pregnancy and mode of delivery in nulliparous women: A prospective cohort study	Taiwanese journal of obstetrics & gynecology	Original Article	6
83	2018	Pattern of body mass index, chronic diseases, and physical component of quality of life in a population in North of Iran: A latent class analysis	Medical Journal of Islamic Republic Iran	Original Article	1
84	2018	Application of the short form of quality of life instrument version 2 in a large population of Tehran	Medical Journal of Islamic Republic Iran	Original Article	1
85	2018	Salt intake among Iranian population: the first national report on salt intake in Iran	Journal of Hypertension	Original Article	11
86	2018	Cigarette smoking patterns in relation to religiosity and familial	Tobacco Induced Diseases	Original Article	3

		support among Iranian university students: A Latent Class Analysis			
87	2018	Colorectal neoplasia: Are young and female individuals remain at low risk for it?	Journal of Cancer Policy	Original Article	2
88	2018	Identifying the pattern of unhealthy dietary habits among an Iranian population: A latent class analysis	Medical Journal of Islamic Republic Iran	Original Article	1
89	2018	National and Subnational Cardiovascular Diseases Mortality Attributable to Salt Consumption in Iran by Sex and Age from 1990 to 2016	Archives of Iranian medicine	Original Article	1
90	2017	Exploring breast cancer preventive lifestyle and social support of Iranian women: a study protocol for a mixed-methods approach	International journal for equity in health	Original Article	5
91	2017	Illicit Drug Use and its Correlations Among Hookah Users in Khalil Abad, Northeast of Iran	International journal of Epidemiologic Research	Original Article	3
92	2017	Interpretation of Serum Visfatin Level in Relation to Hepatic Injury is Probably Gender Dependent in Nonalcoholic Fatty Liver Disease	Hepatitis Monthly	Original Article	3
93	2017	Spatiotemporal epidemiologic mapping, modeling and prediction of tuberculosis incidence rate in northeast of Iran	Journal of analytical research in clinical medicine	Original Article	3
94	2017	The Association of Nicotinamide Phosphoribosyl transferase Polymorphism with Markers of Hepatic Injury and De Novo	Hepatitis Monthly	Original Article	5

		Lipogenesis in Nonalcoholic Fatty Liver Disease			
95	2017	Household food insecurity is associated with health-related quality of life in rural type 2 diabetic patients	Archives of Iranian medicine	Original Article	1
96	2017	Is household food insecurity a determinant of weight status in patients with type 2 diabetes in rural areas?	Medical journal of the Islamic Republic of Iran	Original Article	1
97	2017	Clinical manifestations and diagnosis of nonalcoholic fatty liver disease	Iranian journal of pathology	Original Article	6
98	2017	Association between Nicotinamide Phosphoribosyl transferase and de novo Lipogenesis in Nonalcoholic Fatty Liver Disease	Medical Principles and Practice	Original Article	5
99	2016	Association between pattern of gastritis and gastroesophageal reflux disease in patients with Helicobacter pylori infection	Middle East journal of digestive diseases	Original Article	10
100	2016	Incidence, prevalence, and mortality rate of gastrointestinal cancer in Isfahan, Iran: Application of the MIAMOD method	Asian Pacific Journal of Cancer Prevention	Original Article	2
101	2016	Application of the world health organization quality of life instrument, short form (WHOQOL-BREF) to patients with cataract	Epidemiology and health	Original Article	1
102	2016	Clustering and combining pattern of metabolic syndrome components among Iranian	Medical journal of the Islamic Republic of Iran	Original Article	3

		population with latent class analysis			
103	2016	Quality of life in epileptic patients compared with healthy people	Medical journal of the Islamic Republic of Iran	Original Article	1
104	2016	Development and psychometric testing of a new instrument to measure factors influencing women's breast cancer prevention behaviors (ASSISTS)	BMC women's health	Original Article	5
105	2016	Population attributable risk of unintentional poisoning in Iranian children	International Journal of Pediatrics	Original Article	5
106	2016	Non-medical factors affecting antenatal preferences for delivery route and actual delivery mode of women in southwestern Iran	The Journal of Maternal-Fetal & Neonatal Medicine	Original Article	7
107	2015	Liquid nitrogen cryotherapy versus 70% trichloroacetic acid in the treatment of anogenital warts: A randomized controlled trial.	Iranian Journal of Dermatology	Original Article	3
108	2016	Evaluation of reliability and validity of PDQ-39: questionnaire in Iranian patients with Parkinson's disease	Zahedan Journal of Research in Medical Sciences	Original Article	6
109	2015	Risk factors for C-section delivery and population attributable risk for C-section risk factors in Southwest of Iran: a prospective cohort study	Medical journal of the Islamic Republic of Iran	Original Article	5
110	2015	Household food security status in the Northeast of Iran: a cross-sectional study	Medical journal of the Islamic Republic of Iran	Original Article	1

111	2014	Factors associated with preference for repeat cesarean in Neyshabur pregnant women	International journal of preventive medicine	Original Article	1
112	2014	Quality evaluation of educational services gap in Neyshabur Faculty of Medical Sciences based on service quality scale	Shiraz E-Medical Journal	Original Article	1
113	2013	Risk factors of needlestick and sharps injuries among healthcare workers	International Journal of Hospital Research	Original Article	1
114	2013	Risk analysis by means of a QRA approach on a LPG cylinder filling installation. Process Safety Progress	American Institute of Chemical Engineers	Original Article	4
115	2013	Food insecurity status and associated factors among rural households in North-East of Iran	International journal of preventive medicine	Original Article	1 Correspond
116	2013	Application of WHOQOL-BREF in measuring quality of life in health-care staff	International journal of preventive medicine	Original Article	1
117	2013	Quality of life in patients with type 2 diabetes: application of WHOQOL-BREF scale	Shiraz E-Medical Journal	Original Article	1
118	2013	The effect of lead acetate on oxidative stress and antioxidant status in rat Broncho alveolar lavage fluid and lung tissue	Toxicology mechanisms and methods	Original Article	5

119	2013	Why do some pregnant women prefer cesarean delivery in first pregnancy?	Iranian journal of reproductive medicine	Original Article	1
120	2013	Birth weight and risk of childhood acute leukemia	EMHJ-Eastern Mediterranean Health Journal	Original Article	1
121	2013	Quality of life in nurses working in Neyshabur hospitals.	Thrita	Original Article	1
122	2013	Parental risk factors of childhood acute leukemia: a case-control study	Journal of research in health sciences	Original Article	1

Persian article:

Num	Published	Title	Journal name	Type of Article	Author Position
1	2021	The effect of soy isoflavones on serum concentration of cell adhesion molecules among postmenopausal women: A systematic review and meta-analysis on randomized clinical trials	Journal of Neyshabur University of Medical Sciences	Original article	1
2	2020	Psychometric properties of a Farsi version of the Dutch Boredom Scale Questionnaire (DUBS) in Iranian University of Medical Sciences employees	Iran Occupational Health	Original article	4
3	2016	Influence of unsafe and excessive use of mobile phone on the sleep quality	Scientific Journal of Kurdistan	Original article	4

			University of Medical Sciences		
4	2016	Attitude of Students toward their Field of Study and Future Career in Neyshabur University of Medical Sciences	Journal of Neyshabur University of Medical Sciences	Original article	1
5	2016	Compare the estimated odds ratios from logistic regression and conditional logistic regression in the case-control study determination risk factors for unintentional childhood poisoning of children in Tehran	Zanko Journal of Medical Sciences	Original article	7
6	2015	Prevalence of Depression Symptoms and its Effective Factors in Pregnant Women	Journal of Holistic Nursing and Midwifery	Original article	1 and Correspond
7	2016	Study of Related Factors to Quality of Life in Students at Neyshabur University of Medical Sciences; 2012	(Teb & Tazkiye, 2016)	Original article	1
8	2015	A survey on Quality of Life in Women Referred to Health Centers of Neyshabur-2012	Bimonthly Journal of Sabzevar University of Medical Sciences	Original article	1
9	2015	A survey of Knowledge, Attitude and Practice of Physicians Related to Evidence-Based Medicine in Hakim and 22 Bahman Hospitals of Neyshabur	Journal of Neyshabur University of Medical Sciences	Original article	4

10	2015	Survey of patient safety culture: A tool for improving patient safety in healthcare providers service organizations	Iran Occupational Health	Original article	2
11	2014	Prevalence of underweight among rural children aged 3 to 6-year-old in Neyshabur	J Neyshabur Univ Med Sci	Original article	1
12	2013	Cesarean Preference Rate and Factors Associated with It among Pregnant Women with Previous Vaginal Delivery in Neyshabur	Journal of Rafsanjan University of Medical Sciences	Original article	1
13	2012	Study of prevalence and related factors of non-consumption and irregular consumption of iron drop in infants aged 7-24 months Urmia city 2008	Urmia Medical Journal	Original article	1
14	2011	Quality gap in primary health care in Neyshabour health care centers.	Daneshvar Medicine	Original article	1 and Correspond
15	2011	Gaps in the quality of primary health care services provided by health centers-Care Nishapur city	Sci J shahed university	Original article	1
16	2010	Hepatitis B Vaccination Coverage among Teaching Hospital Workers in Urmia	The Journal of Urmia Nursing and Midwifery Faculty	Original article	1
17	2010	QUALITY GAP IN PRIMARY HEALTH CARE IN URMIA HEALTH CARE CENTERS, 2009	THE JOURNAL OF URMIA UNIVERSITY OF MEDICAL SCIENCES	Original article	1
18	2010	Study of needle stick injuries among health care workers at teaching hospitals in Urmia.	Iranian Journal of Epidemiology	Original article	1

19	2010	INCIDENCE RATE OF ACUTE LEUKEMIA IN WEST AZARBAIJAN DURING 2003-2008	THE JOURNAL OF URMIA UNIVERSITY OF MEDICAL SCIENCES	Original article	2
20	2010	Incidence Rate of ExtraPulmonary Tuberculosis in Urmia city during 2004-2007	Journal of Urmia Nursing And Midwifery Faculty	Original article	1
21	2009	A STUDY ON CLINICAL SIGNS OF TUBERCULOSIS PATIENTS IN URMIA	Journal of Urmia Nursing And Midwifery Faculty	Original article	1
22	2009	Epidemiologic survey of pulmonary Tuberculosis in Urmia city during 2004-2007	KNOWLEDGE & HEALTH	Original article	1

Reviewing Activities

- PLOS ONE (Reviewer)
- Medical journal of the Islamic Republic of Iran (Reviewer)
- Journal of Neyshabur University of Medical Sciences (Reviewer)

STATISTICAL PACKAGES, OTHER SOFTWARE

- STATA
- SPSS
- AMOS
- Endnote
- Microsoft Office

Research interests

- Nutritional epidemiology
 - Non-communicable diseases
 - Burden of diseases
 - Quality of life
 - Modeling
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