

بسمه تعالی

نام و نام خانوادگی: بهناز عبیری

مدرک تحصیلی: دکتری تخصصی (Ph.D) علوم تغذیه

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• فعالیت‌های پژوهشی

• مقالات

- 1. Behnaz Abiri**, Majid Valizadeh, Lara Nasreddine, Farhad Hosseinpanah. Dietary determinants of healthy/unhealthy metabolic phenotype in individuals with normal weight or overweight/obesity: a systematic review, *Critical Reviews in Food Science and Nutrition* 2022, DOI: 10.1080/10408398.2021.2025036. [Epub ahead of print]
- 2. Erfan Tasdighi**, Maryam Barzin, Kamal K. Mahawar, Farhad Hosseinpanah, Amir Ebadinejad, Nazanin Taraghikhah, Anahita Mansoori, Alireza Khalaj, Mahtab Niroomand, Majid Valizadeh, **Behnaz Abiri***. Effect of biliopancreatic limb length on weight loss, postoperative complications and remission of comorbidities in One Anastomosis Gastric Bypass: a systematic review and meta-analysis. *Obesity Surgery*. (Accepted)
- 3. Behnaz Abiri**, Parvin Sarbakhsh, Mohammadreza Vafa. Randomized study of the effects of vitamin D and/or magnesium supplementation on mood, serum levels of BDNF, inflammation, and SIRT1 in obese women with mild to moderate depressive symptoms. *Nutritional neuroscience*. 2021 Jul 2:1-13. doi: 10.1080/1028415X.2021.1945859. Epub ahead of print. PMID: 34210242.

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8. Fatemeh Haidari, **Behnaz Abiri**, Masood Iravani, et al. "Effects of vitamin D and omega-3 fatty acids co-supplementation on inflammatory biomarkers, tumor marker CEA, and nutritional status in patients with colorectal cancer: a study protocol for a double blind randomized controlled trial." *Trials*. 20,1 682. 9 Dec. 2019.
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57. Nastaran Hariri, Sahar Darafshi Ghahroudi, Siroos Jahangiri, Asal Ataie-Jafari, Nima Hosseinzadeh, **Behnaz Abiri**, Atoosa Saidpour. Sumac (*Rhus coriaria* L.) powder

supplementation has beneficial effects on appetite in overweight/obese women with depression: A randomized controlled trial. *Complementary Therapies in Clinical Practice* 51 (2023) 101734.

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59. Fateme Ghafouri-Taleghani, **Behnaz Abiri**, Ali Zamanian, Atoosa Saidpour. Effects of probiotic supplementation with weight reducing intervention on anthropometric measures, body composition, eating behavior, and related hormone levels in patients with food addiction and weight regain after bariatric surgery: a study protocol for a randomized clinical trial. *BMC Nutrition* (2023) 9:63.

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• طرح‌های پژوهشی:

1. The Association of Food Intake and Physical Activity with Body Composition, Muscle Strength and Muscle Function in Postmenopausal Women.
2. The Association of Intelligence Quotient with Obesity and Some Related Factors in Children Girls
3. The association of breastfeeding with eating preferences and behaviors in children girls in Tehran

- 4.** Comparing the effectiveness of vitamin D plus iron vs vitamin D on inflammation, oxidative stress, and glucose and lipid profile in non-menopausal women
- 5.** Prevalence of overweight, obesity and associated risk factors in healthy female adolescents in Tehran, Iran
- 6.** Effect of Vitamin D Supplement Consumption on Muscle Strength, Muscle Function and Body Composition in Vitamin D-deficient Middle-aged Women
- 7.** The Effect of Vitamin D Supplement Consumption on Premenstrual Syndrome in Young Girls
- 8.** The relationship between emotional intelligence with obesity and some associated factors in children girls
- 9.** Effect of vitamin D and omega-3 fatty acids co-supplementation on liver function, inflammation, and oxidative stress in colorectal cancer patients
- 10.** Association of breastfeeding with cellular senescence in children
- 11.** Effects of vitamin D and/or magnesium supplementation on mood, serum levels of BDNF, inflammatory biomarkers, and SIRT1 in obese women
- 12.** Association of nutrition status and food intake with mental health among elderly population in Shiraz
- 13.** Effect of vitamin D and omega-3 fatty acids co-supplementation as adjuvant chemotherapy on tumor marker CEA, inflammation and nutritional status in colorectal cancer patients
- 14.** Association between eating behaviors with anthropometric indices and perceived stress in healthy adult women
- 15.** The effect of consumption of some micronutrients on Thyroid function, lipid profile and glycemic status in hypothyroid patients
- 16.** The association of plant-based dietary index with occupational stress, general health, anthropometric status, and biochemical factors in office, shift, and operational staff

- 17.** Effects of synbiotic and/or vitamin D supplementation on gut-muscle axis in overweight and obese women: a study protocol for a double-blind, randomized, placebo controlled trial
- 18.** Comparison of alterations in bone turnover markers after sleeve gastrectomy or Roux-en-Y gastric bypass: a systematic review and meta-analysis
- 19.** Comparison of the weight loss, postoperative complications, and remission of comorbidities between one anastomosis gastric bypass and sleeve gastrectomy in super obese patients: a systematic review and meta-analysis
- 20.** Mental health and health-related quality of life in different obesity phenotypes: a systematic review
- 21.** Effect of Empagliflozin and Topiramate co-administration on anthropometric indices and metabolic markers in individuals with excess weight on a calorie restricted diet
- 22.** Effects of sodium-glucose co-transporter-2 inhibitors on anthropometric indices and metabolic markers in overweight/obese individuals without diabetes: a systematic review and meta-analysis
- 23.** Prevalence in overweight and obesity in Iranian population during the last decade: a systematic review and meta-analysis
- 24.** Association between adiposity indicators and risk of kidney disease: a systematic review and meta-analysis
- 25.** Association between metabolic syndrome and risk of kidney disease: a systematic review and meta-analysis
- 26.** Defining metabolically healthy/unhealthy obesity in children and adolescents: a systematic review
- 27.** Investigating the association of vitamin D levels with anthropometric and adiposity indicators across all age groups: a systematic review
- 28.** Relationship between body composition with intima media thickness in young adults: Tehran Lipid and Glucose Study

29. Prevalence of appendicular skeletal muscle mass loss and its predictive factors in the population over 60 years of age: Tehran Lipid and Glucose Study

30. Reliability and validity of two hand dynamometer for measurement of handgrip •

• کتاب‌های ترجمه شده به فارسی:

۱. تغذیه، باروری و عملکرد تولیدمثلی انسان (بهناز عبیری، نازنین اصغری، دکتر محمدرضا وفا. انتشارات نواندیشان آریاکهن، ۱۳۹۵)
۲. تغذیه بالینی و سالمندی: سارکوپنی و متابولیسم عضلانی (بهناز عبیری، دکتر محمدرضا وفا. انتشارات نواندیشان آریاکهن، ۱۳۹۵)
۳. نمایه گلیسمی: کاربردهای عملی (دکتر محمدرضا وفا، بهناز عبیری. انتشارات نواندیشان آریاکهن، ۱۳۹۵)
۴. تغذیه، ورزش، و اپیژنتیک: مداخلات پیری (بهناز عبیری، دکتر محمدرضا وفا. انتشارات نواندیشان آریاکهن، ۱۳۹۶)
۵. مواد مغذی ضد پیری (بهناز عبیری، امیرحسین رضانی، نازنین اصغری، دکتر محمدرضا وفا. انتشارات نواندیشان آریاکهن، ۱۳۹۶)
۶. اصول تغذیه و رژیم درمانی ویلیام (امیرحسین رضانی، مهدی صادقیان، بهناز عبیری، دکتر محمدرضا وفا. انتشارات نواندیشان آریاکهن، ۱۳۹۷)
۷. تندرستی با انتخاب غذای سالم (دکتر محمدرضا وفا، بهناز عبیری. انتشارات نواندیشان آریاکهن، ۱۳۹۷)
۸. ارتقاء عملکرد ورزشی طی گرسنگی و محدودیت رژیمی (بهناز عبیری، ریحانه موسوی، دکتر محمدرضا وفا. انتشارات نواندیشان آریاکهن، ۱۳۹۷)
۹. تغذیه بالینی ویلیام (امیرحسین رضانی، مهدی صادقیان، بهناز عبیری، دکتر محمدرضا وفا. انتشارات نواندیشان آریاکهن، ۱۳۹۷)
۱۰. مقدمه‌ای بر اصول علم تغذیه ویلیام (امیرحسین رضانی، مهدی صادقیان، بهناز عبیری، دکتر محمدرضا وفا. انتشارات نواندیشان آریاکهن، ۱۳۹۷)

۱۱. تغذیه در دوره‌های مختلف زندگی ویلیام (امیرحسین رضانی، مهدی صادقیان، بهناز عبیری، دکتر محمدرضا وفا. انتشارات نواندیشان آریاکهن، ۱۳۹۸)

۱۲. تغذیه و مراقبت بهداشتی جامعه ویلیام (امیرحسین رضانی، مهدی صادقیان، بهناز عبیری، دکتر محمدرضا وفا. انتشارات نواندیشان آریاکهن، ۱۳۹۸)

۱۳. چربی‌های خوراکی برای عملکرد سالم مغز (دکتر محمدرضا وفا، دکتر بهناز عبیری. انتشارات نواندیشان آریاکهن، ۱۳۹۹)

۱۴. تغذیه و عضله اسکلتی (یاسمن خزائی، سارا ابراهیمی، زهرا محمدیان، فاطمه بحرانی، دکتر بهناز عبیری، دکتر محمدرضا وفا. در دست چاپ، انتشارات نواندیشان آریاکهن)

۱۵. تغذیه سالم در دوران سالمندی (گروه مؤلفان، انتشارات اندیشه ماندگار، ۱۴۰۱)

۱۶. خوراکی‌ها و مغز ما (پرستو مقیمی، دکتر بهناز عبیری، دکتر محمدرضا وفا. در دست چاپ)

• کتاب‌های تألیف شده به فارسی:

۱. تغذیه و سرطان: کاربردهای عملی جهت پیشگیری و طی درمان (دکتر محمدرضا وفا، بهناز عبیری، دکتر مسعود ایروانی. انتشارات نواندیشان آریاکهن، ۱۳۹۶)

۲. اثرات تکاملی و بلندمدت تغذیه با شیر مادر بر سلامت (دکتر محمدرضا وفا، بهناز عبیری. انتشارات نواندیشان آریاکهن، ۱۳۹۶)

۳. راهنمای کاربردی تغذیه سالم و کنترل وزن در سال‌های ابتدایی زندگی (دکتر محمدرضا وفا، بهناز عبیری. انتشارات نواندیشان آریاکهن، ۱۳۹۷)

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1. Behnaz Abiri, Mohammadreza Vafa. Dietary Restriction, Cardiovascular Aging and Age-Related Cardiovascular Diseases: A Review of the Evidence. In: P. C. Guest (ed.), Reviews on Biomarker Studies in Aging and Anti-Aging Research.

2. Behnaz Abiri, Mohsen Dehghani, Mohammadreza Vafa. Effect of Vitamin D Supplementation on Muscle Strength, Muscle Function and Body Composition in Vitamin D-deficient Middle-aged Women. In: P. C. Guest (ed.), Clinical and Pre-clinical Models for Maximizing Healthspan: Methods and Protocols.
3. Mohammadreza Vafa, Behnaz Abiri, Mohsen Dehghani. The Association of Food Intake and Physical Activity with Body Composition, Muscle Strength and Muscle Function in Postmenopausal Women. In: P. C. Guest (ed.), Clinical and Pre-clinical Models for Maximizing Healthspan: Methods and Protocols.
4. Fatemeh Haidari, Behnaz Abiri, Masood Irvani, Seyed-Mohsen Razavi, Mohammadreza Vafa. Randomized Study Design to Test Effects of Vitamin D and Omega-3 Fatty Acid Supplementation as Adjuvant Therapy in Colorectal Cancer Patients. In: P. C. Guest (ed.), Clinical and Pre-clinical Models for Maximizing Healthspan: Methods and Protocols.
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7. Behnaz Abiri, Mohammadreza Vafa. Micronutrients that affect immunosenescence. In: P. C. Guest (ed.), Reviews on New Drug Targets in Age-Related Disorders.
8. Behnaz Abiri, Mohammadreza Vafa. Antioxidant vitamins in acute lymphoblastic leukemia. In Preedy & Patel (ed) - Cancer, 2e: Oxidative Stress and Dietary Antioxidants.
9. **Behnaz Abiri**, Paul C. Guest, Mohammadreza Vafa*. Experience in Nutrition Management of Diabetes-affected COVID-19 Patients. In: P. C. Guest (ed.), Clinical, Biological, Molecular Aspects of COVID-19.

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13. Behnaz Abiri, Mohammadreza Vafa*. Effect of school programs for healthy eating and active living to prevent childhood obesity. In: Roya Kelishadi (ed.), *Childhood Obesity: Causes, Prevention and Management*.

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• داوری در مجلات: داخلی و مجلات خارجی *Frontiers in Endocrinology*, *Trials Journal*