



Mahdieh Niknam

E-mail: [ma\\_niknam@sbmu.ac.ir](mailto:ma_niknam@sbmu.ac.ir)

ma\_niknam@yahoo.com

### **Academic Qualification**

- P.h.D in Nutrition Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2014-2020)
- M.Sc in Nutrition Sciences, Isfahan University of Medical Sciences, Isfahan, Iran (2010-2013)
- B.Sc in Nutrition Sciences, Shiraz University of Medical Sciences, Shiraz, Iran (2001-20005)

### **Scientific Nutrition Societies Membership**

- American Society for Nutrition
- Iranian Society of Nutrition

### **Honors and Achievements**

- Acknowledged as “Brilliant Talent” .Ranked 3<sup>rd</sup> place in Ph.D. Nationwide Entrance Exam of Nutrition Sciences, 2013-2014

## Professional Experiences

- Dietitian, Dr. Mir Hussein Hospital, Shiraz-Iran (2006-2007)
- Dietitian, Shahid Faghihi Hospital, Shiraz-Iran (2007-2009)
- Researcher, Research Center for Social Determinants of Health, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2021- Present)

## Dissertations

- M.SC: The relationship between dietary fat intake and inflammatory markers in patients with coronary artery
- P.h.D: Assessment of and intervention designing for community readiness for childhood obesity prevention in primary schools of Tehran city (CRITCO study)

## Publications [In English]

1. **Mahdieh Niknam**, Mohammad Saadatnia, Forough Shakeri, Ammar Hassnzadeh Keshteli, Ahmad Esmailzadeh. Consumption of sugar-sweetened beverages in relation to stroke: a case-control study. International Journal of Food Sciences and Nutrition. 2012 Feb; 64(1):1-6.
2. **Mahdieh Niknam**, Zamzam Paknahad, Mohammad Reza Maracy, Mohammad Hashemi. Dietary fatty acids and inflammatory markers in patients with coronary artery disease. Advanced Biomedical Research. 2014 Jul 31; 3:148.
3. **Mahdieh Niknam**, Mohammad Saadatnia, Forough Shakeri, Ammar Hassnzadeh Keshteli, Ahmad Esmailzadeh. Adherence to a DASH-style diet in relation to stroke: a case-control study. Journal of the American College of Nutrition. 2015; 34(5):408-15.
4. **Mahdieh Niknam**, Zamzam Paknahad, Ahmadreza Baghestani, Mohammad Hashemi. Anti-inflammatory effects of dietary antioxidants in patients with coronary artery

disease. *Endocrinology and Metabolic Syndrome*. 2015; 4: 207.

5. **Mahdieh Niknam**, Nasrin Omidvar, Parisa Amiri, Hassan Eini-Zinab, Naser Kalantari. Community readiness for childhood obesity prevention programs: findings from an urban population in Iran. *Health Promotion International*. 2021 Aug 24; 36(3):824-835.
6. **Mahdieh Niknam**, Nasrin Omidvar, Parisa Amiri, Hassan Eini-Zinab, Naser Kalantari. The action plan and strategy development of the Community Readiness Improvement for Tackling Childhood Obesity (CRITCO) study. *International Journal of Endocrinology and Metabolism*. 2022. 19(4):e111371.
7. **Mahdieh Niknam**, Nasrin Omidvar, Hassan Eini-Zinab, Naser Kalantari, Parisa Amiri. Adapting community readiness model and validating a community readiness tool for childhood obesity prevention in Iran. *Journal of Preventive Medicine and Public Health* 2023 Jan 10;56(1):77-87.
8. **Mahdieh Niknam**, Nasrin Omidvar, Hassan Eini-Zinab, Naser Kalantari, Parisa Amiri. Improving community readiness among Iranian local communities to prevent childhood obesity. *BMC Public Health* 2023 Feb 15;23(1):344.
9. Arezoo Haghghighian-Roudsari, **Mahdieh Niknam**, Donya Shahamati, Nasrin Borumandnia, Nasrin Omidvar. Barriers and Challenges of virtual education in Faculty of Nutritional Sciences and Food Technology during the COVID-19 Pandemic: an experience from Iran. *Journal of Medical Education Development* 2023; 15 (48).
10. **Mahdieh Niknam**, Azin Zolfagharipour, Mohammad Masih Mansouri-Tehrani, Parisa Amiri, Nasrin Omidvar. A systematic review on community readiness for childhood obesity prevention: theories and assessments. Under review.
11. Leila Cheraghi, **Mahdieh Niknam**, Hasti Masihay-Akbar, Fereidoun Azizi, Parisa Amiri. How Do Active and Passive Cigarette Smokers Evaluate Their Mental and

Physical Health? Under review.

12. **Mahdieh Niknam**, Somayeh Hosseinpour-Niazi, Sara Jalali-Farahani, Parisa Amiri, Parvin Mirmiran, Firoozeh Hosseini-Esfahani, Elaheh Eini, Fereidoun Azizi. The association between dietary patterns and health-related quality of life among an Iranian adult population: Tehran Lipid and Glucose Study. Under review.

### **Publications [In Persian]**

1. **Mahdieh Niknam**, Ahmad Esmailzadeh. Dietary glycemic index and glycemic load in relation to mortality from cardiovascular disease: a review of epidemiologic evidence [In Persian]. Journal of Shahrekord University of Medical Sciences. 2012. 14(1): 91-100.
2. **Mahdieh Niknam**, Zamzam Paknahad. Association between High Doses Consumption of Niacin and Type 2 Diabetes. [In Persian]. 2012. Journal of Babol University of Medical Sciences; 14(6); 45-54.
3. **Mahdieh Niknam**, Leila Azadbakht. Nutrition and Gastric Cancer: A Review of Epidemiologic Evidences [In Persian]. 2012. Journal of Health-System Research; 8: 724-738.
4. **Mahdieh Niknam**, Nasrin Omidvar, Parisa Amiri. Community readiness, a prerequisite for childhood obesity prevention programs: a scoping review. [In Persian]. Iranian Journal of Endocrinology and Metabolism 2022; 23 (6):397-408

### **Oral Presentation (International Congress)**

- Dietary fatty acids and inflammatory markers in patients. 11th International Food Data Conference, Food Composition and Public Health Nutrition, India, Nov 2015.

### **Abstract & Poster Presentation (International)**

- Zamzam Paknahad, **Mahdieh Niknam**, Mohammad Reza Maracy, Mohammad Hashemi. Dietary fatty acids and inflammatory markers in patients with coronary

artery disease. *Clinical Nutrition* vol 33. Suppl 1.p 177. 36<sup>th</sup> European Society for Clinical Nutrition and Metabolism [ESPEN] Congress, Switzerland 2014.

- **Mahdieh Niknam**, Ahmad Esmailzadeh. Consumption of sugar-sweetened beverages in relation to stroke. 11th International Food Data Conference, Food Composition and Public Health Nutrition, India, Nov 2015.
- **Mahdieh Niknam**, Zamzam Paknahad, Mohammad Hashemi. The Relation between Dietary Antioxidants and Inflammatory Markers in Patients with Coronary Artery Disease. *Clinical Nutrition* vol 34:S125. 37<sup>th</sup> European Society for Clinical Nutrition and Metabolism [ESPEN] Congress, Lisbon, Portugal, 5-8 Sep. 2015.
- **Mahdieh Niknam**, Nasrin Omidvar, Hassan Eini-Zinab, Naser Kalantari, Parisa Amiri. CRITCO intervention: an exploration of pre-and post-community readiness for addressing childhood obesity in Iran. The 13<sup>th</sup> International Congress of Endocrine Disorders, Tehran, Iran, 10-12 November 2021.
- **Mahdieh Niknam**, Nasrin Omidvar, Hassan Eini-Zinab, Naser Kalantari, Parisa Amiri. Customizing the community readiness model and validity assessment of its relevant tool to prevent childhood obesity in Iran. The 13<sup>th</sup> International Congress of Endocrine Disorders, Tehran, Iran, 10-12 November 2021.

### **Oral Presentation (National Congress)**

- Community readiness is a prerequisite for weight control programs in children and adolescents. 8<sup>th</sup> National Congress of Prevention and Treatment of Obesity, International Conference Center of Shahid Beheshti University, Tehran, Iran. January 2023.

### **Abstract & Poster Presentation (National)**

- **Mahdia Niknam**, Azin Zulfaqaripour, Mohammad Masih Mansouri Tehrani, Parisa Amiri, Nasreen Omidhar. Community readiness to participate in childhood obesity prevention programs: a systematic review. 8th National Congress of Prevention and Treatment of Obesity, International Conference Center of Shahid Beheshti University,

January 2023.

### **Teaching Experiences**

- Two-day Webinar on “Designing and implementation of qualitative research in Medical Sciences studies” , INSA Comprehensive Research School and Endocrinology and Metabolism Research Institute, February 2021.
- Two-day Workshop on “Advocacy” , National Nutrition and Food Technology Research Institute, Shahid Beheshti Faculty of Medical Sciences and Health Services, June 2017.

### **Academic Research Projects**

- Assessment of and intervention designing of community readiness for childhood obesity prevention in primary schools of Tehran city (Project No:14992)
- The relationship between dietary fat intake and inflammatory markers in patients with coronary artery, 2011-2012 (Project No:390577)
- Barriers and Challenges of students and faculty members of Nutrition Sciences and Food Industry School in virtual presenting of university courses during the COVID-19 Pandemic (Project No:30811)
- A Systematic review on community readiness for childhood and adolescence obesity prevention (Project No: 14591)

### **Workshops**

- "Research method and aspects of research application", Vice-Chancellor of Research and Technology, Shahid Beheshti University of Medical Sciences, Shahid Beheshti University of Medical Sciences, Tehran, September 2021.
- 60-hour workshop on “Applied statistics using Stata and Medcalce software” , Research Institute of Gastrointestinal and Liver Diseases, Tehran University of Medical Sciences 2018.
- 96-hour workshop on “Comprehensive education on designing and writing of

systematic review and meta-analysis studies” , Institute of Gastrointestinal and Liver Diseases, Tehran University of Medical Sciences, October to December 2018.

- Two-day workshop on “Qualitative research methods in Nutritional studies”, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, October 2017.
- Two-day workshop on “Qualitative Research Methods in Nutritional Studies”, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, December 2015.
- Two-day workshop on “Introductory and Advanced ENDNOTE”, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, February 2014.
- Three-day workshop on “Advanced Search in electronic resources of medical databases”, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, February 2014.
- Three-day workshop on “Teaching methods and educational evaluation”, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, March 2013.
- Two-day workshop on “Advanced article writing”, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, September 2014.
- Two-day workshop on “Type 2 diabetes and diabetic nephropathy”, Iranian Society of Nutrition (Isfahan branch), 2010

#### **Scientific reviewer (International journals)**

1. International Journal of Endocrinology and Metabolism, 2020.
2. Journal of Preventive Medicine and Hygiene, 2022.

3. Obesity Reviews, 2023.

**Scientific reviewer (National journals and Congress)**

1. Iranian Journal of Endocrinology and Metabolism 2022.
2. 8th Obesity Congress 2023. Research Institute for Endocrine Sciences. Shahid Beheshti University of Medical Sciences, Tehran, Iran.