

CURRICULUM VITAE

Date of Revision: 11/18/2024

Name: Mahdiah Golzarand

Education:

Bachelor's degree in Nutrition & Dietetics (1999-2004)
Master's degree in Nutrition & Dietetics (2004-2007)
Philosophy's degree in Nutrition & Dietetics (2012-2019)

Career/Academic Appointments:

Associated professor of Nutrition (2021-present)

Administrative Positions: *(Administrative position should be listed by date from past to present)*

None.

Professional Honors & Recognition: *(Scientific Awards, incentives and obtained scientific points should be mentioned by date from past to present)*

Grant History: *(If you have national or international grants, mention them by date from past to present)*

Completed Grants: *(If you have any national or international completed grants, mention them by date from past to present)*

Lectures, Courses, Web-based Education: *(If you have presented or participated in any lecture, educational courses or web-based education, during the last 5 years mention their subject or title)*

Nutrition therapy in cardiometabolic disorders.
Nutritional management after bariatric surgery.
Nutrition therapy in endocrine disorders.
Nutrition therapy in individuals with obesity.

PROFESSIONAL SERVICE

Peer Review Groups/Grant Study Sections :*(Membership in research committees)*

2024:.....
2023:.....
2022:.....
2021:.....
2020:.....

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Journal Service: (*Membership in the editorial board, being a journal director, chief editor or the journal reviewing board or any related position*)

Critical Reviews in Food Sciences and Nutrition

Nutrition Journal

Diabetes, Obesity, and Metabolism

Obesity Reviews

Frontiers in Nutrition

Phytotherapy Research

Food and Function

Journal of Functional Foods

PLOS one

Clinical Nutrition

Nutrition and cancer

Nutritional neuroscience

British Journal of Nutrition

BMC Endocrine Disorders

Scientific Reports

Public Health Nutrition

Professional Organizations: (*Membership in the Professional and specific Organizations*)

Nutrition and Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences.

Committees Memberships: (*Membership in university committees such as ethics committee in research and other professional committees*)

Scientific committee in the 4th International and 16th Iranian Nutrition Congress

Bibliography:

Peer-Reviewed Original Research: (*List of published articles according to Vancouver style, from past to present*)

- 1- Golzarand M, Moslehi N, Mirmiran P, Azizi F. Consumption of ultra-processed foods and the incidence of hypertension: a cohort study. Food Funct 2024; 15(18): 9488-9496.

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- 2- Golzarand M, Estaki S, Mirmiran P, Azizi F. Sirtfood intake in relation to the 10-year risk of major adverse cardiovascular events: a population-based cohort study. *Nutr Metab* 2024; 21:24.
- 3- Golzarand M, Masrouri S, Soraneh S, Moslehi N, Mirmiran P, Azizi F. Low-carbohydrate dietary score and the incidence of metabolically unhealthy phenotype based on BMI status: a cohort study. *Int J Food Sci Nutr* 2024; 75(3): 325-35.
- 4- Kazemi A, Golzarand M, Shojaei Zarghani S, Babajafari S, Mirmiran P, Azizi F. Is the ingestion of various fruits and vegetables important beyond their amount in relation to cardiovascular disease incidence and mortality? Result from a prospective cohort study. *Int J Food Sci Nutr* 2024; 75(3): 306-16.
- 5- Golzarand M, Toolabi K, Mirmiran P. The effects of protein intake higher than the recommended value on body composition changes after bariatric surgery: A meta-analysis of randomized controlled trials. *Clin Nutr* 2024; 43(3): 708-718.
- 6- Zolfaghari F, Khorshidi Y, Moslehi N, Golzarand M, Asghari G. Nutrient Deficiency After Bariatric Surgery in Adolescents: A Systematic Review and Meta-Analysis. 2024; 34(1): 206-217.
- 7- Hosseini-Esfahani F, Koochakpoor G, Golzarand M, Mirmiran P, Azizi F. Dietary Intakes of Choline and Betaine and Incidence of Type 2 Diabetes: Tehran Lipid and Glucose Study. *Metab Syndr Relat Disord* 2023; 21(10): 573-580.
- 8- Khalili-Moghadam S, Hedayati M, Golzarand M, Mirmiran P. Effects of green coffee aqueous extract supplementation on glycemic indices, lipid profile, CRP, and malondialdehyde in patients with type 2 diabetes: a randomized, double-blind, placebo-controlled trial. *Front Nutr* 2023; 10: 1241844.
- 9- Moslehi N, Golzarand M, Mirmiran P, Hosseinpanah F, Azizi F. Macronutrient quality and the incidence of metabolically unhealthy phenotypes in adults with normal weight and overweight/obesity. *Obes Res Clin Pract* 2023; 17(5): 369-377.
- 10- Mirmiran P, Estaki S, Yadegari A, Golzarand M, Azizi F. Adherence to a modified nordic diet and the risk of cardiovascular events in a non-nordic population: a prospective cohort study. *Eur J Clin Nutr* 2023; 77(9): 919-924.
- 11- Golzarand M, Toolabi K, Douraghi M, Mirmiran P, Djafarian K. Changes in the Gut Microbiota Composition and Their Relation to Dietary Intake After Bariatric Surgery. *Obes Surg* 2023; 33(9):2866-2873.
- 12- Mirmiran P, Moslehi N, Golzarand M, Azizi F. Ultra-processed foods consumption and the risk of metabolically unhealthy phenotype in normal-weight and overweight/obese adults: a prospective investigation. *Int J Food Sci Nutr*. 2023; 74(4): 522-531.
- 13- Golzarand M, Moslehi N, Mirmiran P, Azizi F. Adherence to the DASH, MeDi, and MIND diet scores and the incidence of metabolically unhealthy phenotypes. *Obes Res Clin Pract* 2023; 17(3): 226-232.
- 14- Kazemi A, Soltani S, Mokhtari Z, Khan T, Golzarand M, Hosseini E, Jayedi A, Ebrahimpour S, Akhlaghi M. The relationship between major food sources of fructose and cardiovascular disease, cancer, and all-cause mortality: a systematic review and dose-response meta-analysis of cohort studies. *Crit Rev Food Sci Nutr* 2023; 63(20): 4274–4287.
- 15- Moslehi N, Kamali Z, Golzarand M, Sakak FR, Mirmiran P. Association Between Energy and Macronutrient Intakes and Weight Change After Bariatric Surgery: a Systematic Review and Meta-analysis. *Obes Surg*. 2023; 33(3): 938–949.

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- 16- Mirzaee S, Golzarand M, Parsaei R, Toolabi K, Amirbeigi A. How accurate is the visual estimation of bowel length by endoscopic surgeons? *Front Surg* 2022; 9: 1001329.
- 17- Golzarand M, Bahadoran Z, Mirmiran P, Azizi F. Inulin intake and the incidence of cardiometabolic diseases: a prospective cohort study. *Food Funct* 2022; 13(20): 10516 – 10524.
- 18- Golzarand M, Salari-Moghaddam A, Mirmiran P. Association between alcohol intake and overweight and obesity: a systematic review and dose-response meta-analysis of 127 observational studies. *Crit Rev Food Sci Nutr* 2022; 62(29): 8078-8098.
- 19- Golzarand M, Toolabi K, Eskandari Delfan S, Mirmiran P. The effect of brown rice compared to white rice on adiposity indices, lipid profile, and glycemic markers: a systematic review and meta-analysis of randomized controlled trials. *Crit Rev Food Sci Nutr* 2022; 62(27): 7395-7412.
- 20- Golzarand M, Toolabi K, Parsaei R. Prediction Factors of Early Postoperative Bleeding after Bariatric Surgery. *Obes Surg* 2022; 32(7): 2189–2196.
- 21- Golzarand M, Toolabi K, Parsaei R, Eskandari Delfan S. Incidence of Symptomatic Cholelithiasis Following Laparoscopic Roux-en-Y Gastric Bypass Is Comparable to Laparoscopic Sleeve Gastrectomy: A Cohort Study. *Dig Dis Sci* 2022; 67(8): 4188-4194.
- 22- Shemirani F, Golzarand M, Salari-Moghaddam A, Mahmoudi M. Effect of low-carbohydrate diet on adiponectin level in adults: a systematic review and dose-response meta-analysis of randomized controlled trials. *Crit Rev Food Sci Nutr* 2022; 62(14): 3969-78.
- 23- Golzarand M, Mirmiran P, Azizi F. Adherence to the MIND diet and the risk of cardiovascular disease in adults: a cohort study. *Food Funct* 2022; 13(3): 1651-1658.
- 24- Golzarand M, Mirmiran P, Azizi F. Association between dietary choline and betaine intake and 10.6-year cardiovascular disease in adults. *Nutr J* 2022; 21(1): 1.
- 25- Kazemi A, Mohammadi V, Keshtkar Aghababae S, Golzarand M, Clark CCT, Babajafari S. Association of Vitamin D Status with SARS-CoV-2 Infection or COVID-19 Severity: A Systematic Review and Meta-analysis. *Adv Nutr* 2021; 12(5): 1636-1658.
- 26- Golzarand M, Bahadoran Z, Mirmiran P, Azizi F. Dietary choline and betaine intake and risk of hypertension development: a 7.4-year follow-up. *Food Funct* 2021; 12(9): 4072-4078.
- 27- Toolabi K, Golzarand M, Farid R. Laparoscopic Roux-en-Y Gastric Bypass and Laparoscopic Sleeve Gastrectomy in Terms of Efficacy and Safety: a Comparative Study during 11-Year Experience. *Obes Surg* 2021; 31(6): 2489-2496.
- 28- Golzarand M, Omidian M, Toolabi K. Effect of Garcinia cambogia supplement on obesity indices: A systematic review and dose-response meta-analysis. *Complement Ther Med* 2020; 52: 102451.
- 29- Moslehi N, Golzarand M, Hosseinpanah F, Mirmiran P, Azizi F. Dietary intakes of flavonoids and carotenoids and the risk of developing an unhealthy metabolic phenotype. *Food Funct* 2020; 11(4): 3451-3458.
- 30- Toolabi K, Sarkardeh M, Vasigh M, Golzarand M, Vezvaei P, Kooshki J. Comparison of Laparoscopic Roux-en-Y Gastric Bypass and Laparoscopic Sleeve Gastrectomy on Weight Loss, Weight Regain and Remission of Co-morbidities: A 5 Years of Follow-Up Study. *Obes Surg* 2020; 30(2): 440-445.

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- 31- Aghasi M, Matinfar A, Golzarand M, Salari-Moghaddam A, Ebrahimpour-Koujan S. Internet use in relation to overweight and obesity: a systematic review and meta-analysis of cross-sectional studies. *Adv Nutr* 2020; 11(2): 349–356.
- 32- Golzarand M, Toolabi K, Hedayati M, Azam K, Douraghi M, Djafarian K. Comparative Study of Resting Metabolic Rate and Plasma Amino Acid Profile in Patients Who Underwent Laparoscopic Roux-en-Y Gastric Bypass and Laparoscopic Sleeve Gastrectomy: 6-Month Follow-up Study. *Obes Surg* 2019; 29(10): 3125-3132.
- 33- Aghasi M, Golzarand M, Shab-Bidar S, Aminianfar A, Omidian M, Taheri F. Dairy intake and acne development: a meta-analysis of observational studies. *Clin Nutr* 2019; 38(3): 1067-1075.
- 34- Golzarand M, Toolabi K, Djafarian K. Changes in Body Composition, Dietary Intake and Substrate Oxidation in Patients Underwent Laparoscopic Roux-en-Y Gastric Bypass and Laparoscopic Sleeve Gastrectomy: A Comparative Prospective Study. *Obes Surg* 2019; 29(2): 406-413.
- 35- Hosseini-Esfahani F, Hosseinpour-Niazi S, Asghari G, Bahadoran Z, Moslehi N, Golzarand M, Ejtahed HS, Mirmiran P, Azizi F. Nutrition and Cardio-Metabolic Risk Factors: Findings from 20 Years of the Tehran Lipid and Glucose Study. *Int J Endocrinol Metab* 2018; 16(4Suppl): e84772.
- 36- Shab-Bidar S, Golzarand M, Hajimohammadi M, Mansouri S. A posteriori dietary patterns and metabolic syndrome in adults: a systematic review and Meta-Analysis of Observational Studies. *Public Health Nutr* 2018; 21(9): 1681-92.
- 37- Golzarand M, Toolabi K, Aghasi M. Effect of green tea, caffeine and capsaicin supplements on the anthropometric indices: a meta-analysis of randomized clinical trials. *J Funct Foods* 2018; 46: 320-28.
- 38- Golzarand M, Hollis BW, Mirmiran P, Wagner CL, Shab-Bidar S. Vitamin D supplementation and body fat mass: a systematic review and meta-analysis. *Eur J Clin Nutr* 2018; 72(10): 1345-57.
- 39- Bahadoran Z, Mirmiran P, Golzarand M, Davudabadi-Farahani R, Azizi F. Dietary animal-derived L-arginine intakes and risk of chronic kidney disease. A 6-year follow-up of Tehran Lipid and Glucose Study. *Iran J Kidney Dis* 2017; 11(5): 352-9.
- 40- Daryabeygi-Khotbehsara R, Golzarand M, Ghaffari MP, Djafarian K. *Nigella sativa* improves glucose homeostasis and serum lipids in type 2 diabetes: A systematic review and meta-analysis. *Complement Ther Med* 2017; 35: 6–13.
- 41- Golzarand M, Toolabi K, Farid R. The bariatric surgery and weight losing: a meta-analysis in the long- and very long-term effects of laparoscopic adjustable gastric banding, laparoscopic Roux-en-Y gastric bypass and laparoscopic sleeve gastrectomy on weight loss in adults. *Surg Endosc* 2017; 31(11): 4331-45.
- 42- Mottaghi A, Yeganeh MZ, Golzarand M, Jambarsang S, Mirmiran P. Efficacy of glutamine-enriched enteral feeding formulae in critically ill patients: A systematic review and meta-analysis of randomized controlled trials. *Asia Pac Clin Nutr* 2016; 25(3): 504-12.
- 43- Golzarand M, Shab-Bidar S, Koochakpoor G, Speakman J R, Djafarian K. Effect of vitamin D3 supplementation on blood pressure in adults: An updated meta-analysis. *Nutr Metab Cardiovasc Dis* 2016; 26(8): 663-73.

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- 44- Mirmiran P, Bahadoran Z, Golzarand M, Asghari G, Azizi F. Consumption of nitrate containing vegetables and the risk of chronic kidney disease: Tehran Lipid and Glucose Study. *Ren Fail* 2016; 38(6): 937-44.
- 45- Golzarand M, Bahadoran Z, Mirmiran P, Azizi F. Protein Foods Group and 3-Year Incidence of Hypertension: A Prospective Study from Tehran Lipid and Glucose Study. *J Ren Nutr* 2016; 26(4): 219-25.
- 46- Mirmiran P, Golzarand M, Bahadoran Z, Ataee M, Azizi F. Paradoxical association of dairy intake between men and women with the incidence of hypertension: A 3-year follow-up in Tehran Lipid and Glucose Study. *Nutr Diet* 2016; 73(2): 153-61.
- 47- Golzarand M, Bahadoran Z, Mirmiran P, Zadeh-Vakili A, Azizi F. Consumption of nitrate-containing vegetables is inversely associated with the occurrence of hypertension in adults: A prospective approach in Tehran Lipid and Glucose Study. *J Nephrol* 2016; 29(3): 377-84.
- 48- Toolabi K, Golzarand M, Farid R. Laparoscopic Adjustable Gastric Banding: Efficacy and Consequences Over a 13-year Period. *Am J Surg* 2016; 212(1): 62-8.
- 49- Mirmiran P, Golzarand M, Bahadoran Z, Mirzaiee S, Azizi F. High-fat dairy product consumption is inversely associated with the risk of hypertension in adults: Tehran lipid and glucose study. *Int Dairy J* 2015; 43: 22-6.
- 50- Golzarand M, Bahadoran Z, Mirmiran P, Sadeghian-Sharif S, Azizi F. Dietary phytochemical index is inversely associated with the occurrence of hypertension in adults: a 3-year follow-up (the Tehran Lipid and Glucose Study). *Eur J Clin Nutr* 2015; 69(3): 392-8.
- 51- Golzarand M, Mirmiran P, Bahadoran Z, Alamdari S, Azizi F. Dietary phytochemicals index and subsequent changes of lipid profile: A three years of follow-up in Tehran Lipid and Glucose Study. *ARYA Atheroscler* 2014; 10(4): 203-10.
- 52- Mirmiran P, Bahadoran Z, Golzarand M, Zojaji H, Azizi F. A comparative study of broccoli sprouts powder and standard triple therapy on cardiovascular risk factors following *H.pylori* eradication: A randomized clinical trial in type 2 diabetic patients. *J Diabetes Metab Disord* 2014; 13: 64.
- 53- Mirmiran P, Bahadoran Z, Golzarand M, Rajab A, Azizi F. Ardeh (*Sesamum indicum*) could improve serum triglycerides and atherogenic lipid parameters in type 2 diabetic patients: a randomized clinical trial. *Arch Iran Med* 2013; 16(11): 651-6.
- 54- Mahdaviroshan M, Golzarand M, Taramsari MR, Mahdaviroshan M. Effect of zinc supplementation on serum zinc and calcium levels in postmenopausal osteoporotic women in Tabriz, Islamic Republic of Iran. *East Mediterr Health J* 2013; 19(3): 271-5.
- 55- Bahadoran Z, Golzarand M, Mirmiran P, Saadati N, Azizi F. The association of dietary phytochemical index and cardiometabolic risk factors in adults: Tehran Lipid and Glucose Study. *J Hum Nutr Diet* 2013; 26 (suppl1): 145-53.
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- 57- Mirmiran P, Golzarand M, Serra-Majem L, Azizi F. Iron, iodine and vitamin a in the middle East; a systematic review of deficiency and food fortification. *Iran J Public Health* 2012; 41(8): 8-19.

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- 58- Golzarand M, Toolabi K, Ebrahimi-Mameghani M, Aliasgarzadeh A, Arefhosseini S. Association between modifiable lifestyle factors and inflammatory markers in patients with metabolic syndrome. *East Mediterr Health J* 2012; 18(7): 735-41.
- 59- Bahadoran Z, Golzarand M, Mirmiran P, Shiva N, Azizi F. Dietary total antioxidant capacity and the occurrence of metabolic syndrome and its components after a 3-year follow-up in adults: Tehran Lipid and Glucose Study. *Nutr Metab (Lond)* 2012; 9(1): 70.
- 60- Bahadoran Z, Mirmiran P, Golzarand M, Hosseini-Esfahani F, Azizi F. Fast food consumption in Iranian adults; dietary intake and cardiovascular risk factors: Tehran Lipid and Glucose Study. *Arch Iran Med* 2012; 15(6): 346-51.
- 61- Golzarand M, Mirmiran P, Jessri M, Toolabi K, Mojarrad M, Azizi F. Dietary trends in the Middle East and North Africa: an ecological study (1961 to 2007). *Public Health Nutr.* 2012; 15(10): 1835-44.
- 62- Toolabi K, Arefanian S, Golzarand M, Arefanian H. Effects of laparoscopic Roux-en-Y gastric bypass (LRYGB) on weight loss and biomarker parameters in morbidly obese patients: a 12-month follow-up. *Obes Surg* 2011; 21(12): 1834-42.
- 63- Golzarand M, Ebrahimi-Mamaghani M, Arefhosseini SR, Ali Asgarzadeh A. Effect of processed *Berberis vulgaris* in apple vinegar on blood pressure and inflammatory markers in type 2 diabetic patients. *Iranian Journal of Diabetes and Lipid Disorders* 2008; 8: 15-20.

Chapters, Books: (*List of chapters or published books according to Vancouver style, from past to present*)
Golzarand M, Mirmiran P. Metabolic syndrome from prevention to treatment. Nozhat publisher.

Invited Editorials, Commentaries, Reports and Case Studies: (*List of journals you took part as invited editor, commentator, list of reports and case studies according to Vancouver style, from past to present*)