

# Zahra Gaeini, M.Sc. \*

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## SUMMARY

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- Research assistant at the [Nutrition and Endocrine Research Center, Research Institute for Endocrine Sciences](#), for more than 6 years with **27 published international peer-reviewed journal articles and H-index 10**.
- Nutritional sciences studied in the [Shahid Beheshti University of Medical Sciences](#) & [Science and Research Branch, Islamic Azad University](#), Tehran, Iran.
- Entitled as the **Bright Talented student** at the Shahid Beheshti University of Medical Sciences.
- Extensive knowledge of nutritional epidemiology, with experiences in longitudinal data analysis and meta-analysis.
- Strong communication and time management skills and the ability to work concurrently on several different projects.

## EDUCATION

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| SEP. 15<br>TO Jan. 18 | <b>Science and Research Branch, Islamic Azad University</b> , Tehran, Iran. (GPA: 4/4)<br>Master of Science in Nutrition in Health Sciences (Advisors: Prof. Dr. Abolghassem Djazayeri, Prof. Dr. Parvin Mirmiran) |
| SEP. 10<br>TO Jun. 14 | <b>Shahid Beheshti University of Medical Sciences</b> , Tehran, Iran. (GPA: 4/4)<br>Bachelor of Science in Nutrition Sciences (Advisor: Dr. Azita Hekmatdoost)   |

## PROFESSIONAL EXPERIENCES

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| April 2017<br>TO Present | <b>Research Assistant</b> , Nutrition and Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran.<br>Supervising Professor: Prof. Dr. Parvin Mirmiran (Email: <a href="mailto:mirmiran@endocrine.ac.ir">mirmiran@endocrine.ac.ir</a> ) |
| March 2016<br>March 2018 | <b>Dietetic internship</b> , Novin Diet Clinic, Tehran, Iran.  |

## RESEARCH INTEREST

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- Nutritional epidemiology, the inter-relationship between dietary intakes and non-communicable diseases especially in type 2 diabetes, metabolic syndrome, cardiovascular disease and chronic kidney disease
- The effects of different types of dietary fats on non-communicable diseases
- Meta-analysis of cohort studies and clinical trials

## AREAS OF STATISTICAL EXPERTISE

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- Statistical Analysis software such as SPSS, STATA
- Linear/Logistic regression
- Factor analysis and cluster analysis
- Generalized Linear Model
- Substitution analysis

## REVIEWER FOR JOURNALS

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- European Journal of Clinical Nutrition
- Public Health Nutrition
- BMC Public Health
- BMC Endocrine Disorders
- Journal of Functional Foods
- British Journal of Nutrition
- International Journal of Endocrinology and Metabolism
- Clinical Nutrition

\* Visit my [LinkedIn profile](#).

- Diabetes/ Metabolism, Research and Reviews
- Journal of the American College of Nutrition
- Journal of Nutritional Science

## COMPUTER SKILLS

Computer software: Microsoft Word, Excel, Power Point, SPSS, STATA

## HONORS AND AWARDS

- Qualified as the executive secretary in the first congress of nutrition students, Islamic Azad University, Tehran, Iran 2016.
- Qualified as “advanced researcher” in the Nutrition and Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, 2020.
- Ranked **3th** among 46 undergraduate students of Nutrition Sciences, School of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences, 2014.
- Entitled as Bright Talented Student at Shahid Beheshti University of Medical Sciences, as a result of obtaining GPA of 18.17/20, 2010-2014.

## BOOK PUBLICATIONS

1. **Gaeini Z**, Razeghi-Jahromi S. Dietary Guideline for Children with Autism (in Persian). Publication of National Nutrition and Food Technology Research Institute, Tehran, Iran. 2018.
2. **Gaeini Z**. Mini habits for weight loss (translated in Persian). Danesh Gostaran Asar Bartar Publication. 2020.

## ARTICLE PUBLICATION

1. **Gaeini Z**, Alvirdizadeh S, Hosseinpour-Niazi S, Mirmiran P, Feyzi Z, Azizi F. Dietary fat quality indices and risk of pre-diabetes and type 2 diabetes mellitus: Tehran Lipid and Glucose Study. *Public Health Nutrition*. 2024
2. **Gaeini Z**, Alvirdizadeh S, Mirmiran P, Azizi F. The Association between the Consumption of Dairy Products and the Risk of Cardiovascular Disease: Tehran Lipid and Glucose Study. *Iranian Journal of Epidemiology*. 2024; 20(2): 69-83.
3. Mirmiran P, **Gaeini Z**, Bahadoran Z, Azizi F. Association of saturated fatty acids received from different food sources with the risk of type 2 diabetes: a prospective study. *Iranian Journal of Endocrinology and metabolism*. 2023; 25(20): 96-109.
4. **Gaeini Z**, Mirmiran P, Azizi F. Association of dietary fat quality indices and the risk of metabolic syndrome: Tehran Lipid and Glucose Study. 2023; 25(20): 110-119.
5. Hosseinpour-Niazi S, Bakhshi B, Mirmiran P, **Gaeini Z**, Hadaegh F, Azizi F. Effect of weight change on the association between overall and source of carbohydrate intake and risk of metabolic syndrome: Tehran lipid and glucose study. *Nutr Metab (Lond)*. 2023; 20, 39.
6. Mirmiran P, **Gaeini Z**, Feizi Z, Azizi F. Dietary fatty acid patterns and risk of metabolic syndrome: Tehran lipid and glucose study. *European journal of medical research*. 2023; 28(1), 358.
7. **Gaeini Z**, Malmir H, Mirmiran P, Feizi Z, Azizi F. Snack consumption patterns and their associations with risk of incident metabolic syndrome: Tehran lipid and glucose study. *Nutr Metab (Lond)*. 2023 Apr 26;20(1):25.
8. **Gaeini Z**, Bahadoran Z, Mirmiran P, Feyzi Z, Azizi F. High-Fat Dairy Products May Decrease the Risk of Chronic Kidney Disease Incidence: A Long-Term Prospective Cohort Study. *J Ren Nutr*. 2022 Oct 19;S1051-2276(22)00192-3.
9. **Gaeini Z**, Bahadoran Z, Mirmiran P. Saturated Fatty Acid Intake and Risk of Type 2 Diabetes: An Updated Systematic Review and Dose-Response Meta-Analysis of Cohort Studies. *Adv Nutr*. 2022 Dec 22;13(6):2125-2135.
10. **Gaeini Z**, Bahadoran Z, Mirmiran P, Norouzirad R, Ghasemi A, Azizi F. Spot urinary microalbumin concentration, metabolic syndrome and type 2 diabetes: Tehran lipid and glucose study. *BMC Endocr Disord*. 2022 Mar 8;22(1):59.
11. **Gaeini Z**, Mirmiran P, Bahadoran Z, Azizi F. Association of Tea, Coffee, Caffeine and Chronic Kidney Disease: Tehran Lipid and Glucose Study. *Iranian Journal of Epidemiology* 2022; 18 (3) :214-223
12. **Gaeini Z**, Mirmiran P, Bahadoran Z, Aghayan M, Azizi F. The association between dietary fats and the incidence risk of cardiovascular outcomes: Tehran Lipid and Glucose Study. *Nutr Metab (Lond)*. 2021 Oct 30;18(1):96.
13. Mirmiran P, Bahadoran Z, **Gaeini Z**, Azizi F. Habitual intake of dietary L-arginine in relation to risk of type 2 diabetes: a prospective study. *BMC Endocr Disord*. 2021 May 31;21(1):113.
14. Mirmiran P, **Gaeini Z**, Bahadoran Z, Ghasemi A, Norouzirad R, Tohidi M, Azizi F. Urinary sodium-to-potassium ratio: a simple and useful indicator of diet quality in population-based studies. *Eur J Med Res*. 2021 Jan 6;26(1):3.
15. Mirmiran P, Bahadoran Z, **Gaeini Z**. Common Limitations and Challenges of Dietary Clinical Trials for Translation into Clinical Practices. *Int J Endocrinol Metab*. 2021 May 1;19(3):e108170.
16. **Gaeini Z**, Mirmiran P, Bahadoran Z. Effects of Ramadan intermittent fasting on leptin and adiponectin: a systematic review and meta-analysis. *Hormones (Athens)*. 2021 Jun;20(2):237-246.

17. Bahadoran Z, Norouzirad R, Mirmiran P, **Gaeini Z**, Jeddi S, Shokri M, Azizi F, Ghasemi A. Effect of inorganic nitrate on metabolic parameters in patients with type 2 diabetes: A 24-week randomized double-blind placebo-controlled clinical trial. *Nitric Oxide*. 2021 Feb 1;107:58-65.
18. **Gaeini Z**, Mirmiran P, Bahadoran Z, Azizi F. Association of the Type and Amount of Dietary Proteins with Microalbuminuria: Tehran Lipid and Glucose Study. *Iranian Journal of Endocrinology and Metabolism* 2021; 22 (5) :443-443.
19. Mirmiran P, Houshialsadat Z, **Gaeini Z**, Bahadoran Z, Azizi F. Functional properties of beetroot (*Beta vulgaris*) in management of cardio-metabolic diseases. *Nutr Metab (Lond)*. 2020 Jan 7;17:3.
20. **Gaeini Z**, Bahadoran Z, Mirmiran P, Azizi F. The Association Between Liver Function Tests and Some Metabolic Outcomes: Tehran Lipid and Glucose Study. *Hepat Mon*. 2020;20(5):e98535.
21. Mirmiran, P., **Gaeini, Z.**, Bahadoran, Z. et al. Elevated serum levels of aminotransferases in relation to unhealthy foods intake: Tehran lipid and glucose study. *BMC Endocr Disord* 19, 100 (2019).
22. **Gaeini, Z.**, Bahadoran, Z., Mirmiran, P. et al. Tea, coffee, caffeine intake and the risk of cardio-metabolic outcomes: findings from a population with low coffee and high tea consumption. *Nutr Metab (Lond)* 16, 28 (2019).
23. Mirmiran P, Bahadoran Z, **Gaeini Z**, Moslehi N, Azizi F. Effects of Ramadan intermittent fasting on lipid and lipoprotein parameters: An updated meta-analysis. *Nutr Metab Cardiovasc Dis*. 2019 Sep;29(9):906-915.
24. **Gaeini Z**, Bahadoran Z, Mirmiran P, Azizi F. Association of Dietary Fat Pattern and Incidence of Cardiovascular Disease, Hypertension and Chronic Kidney Disease: Tehran Lipid and Glucose Study. *Iranian Journal of Endocrinology and Metabolism*. 2019 Mar 10;20(6):332-43.
25. **Gaeini Z**, Bahadoran Z, Mirmiran P, Djazayeri A. The Association between Dietary Fat Pattern and the Risk of Type 2 Diabetes. *Prev Nutr Food Sci*. 2019 Mar;24(1):1-7.
26. Asghari G, Yuzbashian E, Shahemi S, **Gaeini Z**, Mirmiran P, Azizi F. Dietary total antioxidant capacity and incidence of chronic kidney disease in subjects with dysglycemia: Tehran Lipid and Glucose Study. *Eur J Nutr*. 2018 Oct;57(7):2377-2385.
27. **Gaeini, Z.**, Taghinezhad, M., Sohrabvandi, S., Mortazavian, A. M., & Mahdavi, S. M. (2013). Healthful characteristics of pennyroyal essential oil. *Archives of Advances in Biosciences*, 4(4).

## RESEARCH PROJECTS

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- Investigating the relationship between the dietary patterns obtained using the principal component analysis and latent class analysis methods, and incidence of cardio-metabolic outcomes among adults participated in the Tehran Lipid and Glucose Study. (2024)
- Assessment the association between consumption of dietary carotenoids and risk of dyslipidemia among adults participated in the Tehran Lipid and Glucose Study. (2024)
- Assessment the association between egg consumption and incidence of cardio-metabolic outcomes in middle-aged men and women: Tehran Lipid and Glucose Study. (2024)
- Development of self-educated healthy nutrition for subjects with prediabetes and evaluation of its efficacy on prediabetes remission. (2024)
- Investigation the association between intake of ultra- processed food and health-related quality of life: Tehran Lipid and Glucose Study. (2024)
- The association between dietary intake of different dairy products and risk of cardiovascular disease among adults participated in Tehran Lipid and Glucose Study. (2023)
- Investigation of the association between dietary fat quality indices and the incidence of pre-diabetes and type 2 diabetes mellitus in adults: Tehran Lipid and Glucose Study. (2023)
- The association between dietary fatty acid patterns and risk of metabolic syndrome: Tehran Lipid and Glucose Study. (2023)
- The association between snacks patterns and risk of metabolic syndrome incidence among adults participated in Tehran Lipid and Glucose Study. (2022)
- The association between dietary intake of different dairy products and risk of chronic kidney disease among adults participated in Tehran Lipid and Glucose Study. (2022)
- Investigation of the association between different types of dietary saturated fatty acids and the incidence of type 2 diabetes in Tehranian adults, Tehran Lipid and Glucose Study. (2022)
- Investigation of the association between different types of dietary fatty acids and the incidence of cardiovascular disease in Tehranian adults, Tehran Lipid and Glucose Study. (2021)
- Dietary saturated fatty acids and diabetes mellitus incidence: a systematic review and meta-analysis. (2021)
- Review of common study designs of clinical trials in nutritional science. (2020)
- The properties of beetroot (*beta vulgaris*) in glucose and insulin metabolism regulation and management of blood pressure: a systematic review. (2020)

- The association between amount and type of protein intake and dietary pattern of amino-acids with micro-albumin concentration and microalbuminuria: Tehran Lipid and Glucose Study. (2020)
- The association between liver enzyme levels and cardio-metabolic outcomes in adults participated in 6th phase of Tehran Lipid and Glucose Study. (2019)
- Effect of Islamic fasting on basal metabolism and energy expenditure: a systematic review and meta-analysis. (2019)
- Investigation of the association between caffeine, tea, coffee intake and the incidence of chronic kidney disease in Tehranian adults, Tehran Lipid and Glucose Study. (2019)
- Investigation of the association between fast food and non-alcoholic sweetened beverages intakes and liver function indices: Tehran Lipid and Glucose Study. (2019)
- Effect of Islamic fasting on lipid profile in healthy subjects: a systematic review and meta-analysis. (2019)
- Assessment of the relationship between dietary fat pattern and incidence of type 2 diabetes and cardio-metabolic outcomes after 6 years of follow-up, Tehran Lipid and Glucose Study. (2019)

## CONGRESS PRESENTATION

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- Presenting an article entitled “Meal frequency and breakfast consumption are associated with childhood obesity, a systematic review” as poster in the first congress of nutrition students, Islamic Azad university, Tehran, Iran 2016.
- Presenting an article entitled “Effects of pomegranate seed oil on some cardio-metabolic risk factors” as poster in the first congress of nutrition students, Islamic Azad University, Tehran, Iran 2016.

## PROFESSIONAL QUALIFICATION

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- Determining dietary patterns identified with a variety of new statistical methods, including RRR, LCA, PCA, International College of Tehran University of Medical Sciences, September 2023.
- SPSS software in nutritional studies (Basic & Advanced), International College of Tehran University of Medical Sciences, September 2023.
- Systematic review and meta-analysis (Advanced), International College of Tehran University of Medical Sciences, June 2021.
- Systematic review and meta-analysis (Basic), International College of Tehran University of Medical Sciences, June 2021.
- Dose-response meta-analysis of observational studies, International College of Tehran University of Medical Sciences, January 2021.
- Diet therapy in management of diabetes and its complications, August 2019.
- Peer reviewing for scientific journals, June 2019.
- Writing a medical article, September 2017.
- Design scientific poster, March 2016.
- Writing scientific article, May 2016.
- How to write a scientific article, September 2015.
- Research methodology, November 2011.
- Statistical Analyses with SPSS (Basic), 2015, Iran
- Statistical Analyses with SPSS (Advanced), 2015, Iran
- Research Methodology (Basic), 2015, Iran
- Research Methodology (Advanced), 2016, Iran

## LANGUAGE SKILLS

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English: Fluent

Persian: Mother Tongue

## REFERENCES

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- Prof. Dr. Parvin Mirmiran, Nutrition and Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran. [mirmiran@endocrine.ac.ir](mailto:mirmiran@endocrine.ac.ir) , +989123059446
- Dr. Zahra Bahadoran, Nutrition and Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran. [z.bahadoran@endocrine.ac.ir](mailto:z.bahadoran@endocrine.ac.ir) , +989192219462