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Date of Birth: February 1, 1982

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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 3rd 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 (2021-2022)

- Assistant Professor, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2023 to present)
- Collaboration with Salamat Network, the National Television of the Islamic Republic of Iran (2023–present)

Dissertations

- M.Sc.: The relationship between dietary fat intake and inflammatory markers in patients with coronary artery disease.
- 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**, Somayeh Hosseinpour-Niazi, Sara Jalali-Farahani, Parisa Amiri, Parvin Mirmiran, Firoozeh Hosseini-Esfahani, Elaheh Ainy, Fereidoun Azizi. Exploring the relationship between dietary patterns and health-related quality of life among the Iranian adult population: Tehran lipid and glucose study. BMC Nutrition. 2025 Dec;11(1):1-3.
2. Parisa Mohseni, Davood Khalili, **Mahdieh Niknam**, Neda Izadi. The interplay of physical activity and smoking with metabolic syndrome and its components in the STEPS survey. Scientific Reports 15.1 (2025): 12590.
3. Marie N, Gakidou E, Lo J, Abate YH, Abbafati C, Abbas N, Abbasian M, Abd ElHafeez S, Abdel-Rahman WM, Abd-Elsalam S, Abdollahi A. Global, regional, and national prevalence of adult overweight and obesity, 1990–2021, with forecasts to 2050: a forecasting study for the Global Burden of Disease Study 2021. The Lancet 2025.
4. Kerr JA, Patton GC, Cini KI, Abate YH, Abbas N, Abd Al Magied AH, Abd ElHafeez S, Abd-Elsalam S, Abdollahi A, Abdoun M, Abdulah DM. Global, regional, and national prevalence of child and adolescent overweight and obesity, 1990–2021, with forecasts to 2050: a forecasting study for the Global Burden of Disease Study 2021. The Lancet. 2025 Mar 3.
5. **Mahdieh Niknam**, Keyvan Olazadeh, Mobin Azami, Saeedeh Boroumandieh, Reza Yari-

- Boroujeni, Neda Izadi, Fereidoun Azizi, Parisa Amiri. Health-related quality of life in adults with metabolic syndrome: a multi-level analysis of family and individual level variation. *BMJ Open* 2024.
6. **Mahdieh Niknam**, Azin Zolfagharypoor, Leila Cheraghi, Neda Izadi, Fereidoun Azizi, Parisa Amiri. Blood pressure status, quality of life, and emotional states in adults with different disease awareness and treatment adherence. *Scientific Reports*. 2024 Nov 4;14(1):26699.
 7. Neda Izadi, Reza Yari-Boroujeni, Moslem Soofi, **Mahdieh Niknam**, Parisa Amiri, Farid Najafi. Socioeconomic inequalities and dyslipidaemia in the adult population of the Ravansar Non-Communicable Disease Cohort Study: the role of sex and age. *BMJ Open*. 2024 Nov 1;14(11):e085035.
 8. Somayeh Hosseinpour-Niazi, **Mahdieh Niknam***, Parisa Amiri, Parvin Mirmiran, Elahe Einy, Neda Izadi, Zahra Gaeini, Fereidoun Azizi. The association between ultra-processed food consumption and health-related quality of life differs across lifestyle and socioeconomic strata. *BMC Public Health*. 2024 Jul 22;24(1):1955.
 9. Neda Izadi, Arman Shafiee, **Mahdieh Niknam**, Reza Yari-Boroujeni, Fereidoun Azizi, Parisa Amiri. Socio-behavioral determinants of health-related quality of life among patients with type 2 diabetes: comparison between 2015 and 2018. *BMC Endocrine Disorders*. 2024 May 20;24(1):73.
 10. Farid Najafi, Parisa Mohseni, **Mahdieh Niknam**, Yahya Pashar, Neda Izadi. Dietary amino acid profile and risk of hypertension: Findings from the Ravansar Cohort Study. *BMC Nutrition*. 2024 May 2;10(1):68.
 11. Farid Najafi, Parisa Mohseni, Yahya Pashar, **Mahdieh Niknam**, Neda Izadi. The association between dietary amino acid profile and the risk of type 2 diabetes: Ravansar non-communicable disease cohort study. *BMC Public Health* 2023 Nov 18;23(1):2284.
 12. Leila Cheraghi, **Mahdieh Niknam**, Hasti Masihay-Akbar, Fereidoun Azizi, Parisa Amiri. How Do Active and Passive Cigarette Smokers Evaluate Their Mental and Physical Health? *Nicotine & Tobacco Research*. 2023 Aug 31;ntad157.
 13. Arezoo Haghighian-Roudsari, **Mahdieh Niknam**, Donya Shahamati, Nasrin Borumandnia, Nasrin Omidvar. Barriers and Challenges of Virtual Education in the Faculty of Nutritional Sciences and Food Technology during the COVID-19 Pandemic: an experience from Iran. *Journal of Medical Education Development* 2023; 15 (48).
 14. **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.

15. **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.
16. **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.
17. **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.
18. **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.
19. **Mahdieh Niknam**, Mohammad Saadatnia, Forough Shakeri, Ammar Hassanzadeh 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.
20. **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.
21. **Mahdieh Niknam**, Mohammad Saadatnia, Forough Shakeri, Ammar Hassanzadeh 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.

Publications [In Persian]

1. Parushat Shirvani, Benazir Niknam, Neda Izadi, Aram Halimi, **Mahdieh Niknam***. A narrative review of the evidence and mechanisms of the effect of dietary fat on cardiovascular diseases. Iranian Journal of Endocrinology and Metabolism, a bimonthly research journal of the Endocrinology and Metabolism Research Center. Volume 26, Issue 1, pp. 1-20, 2024.
2. Aram Halimi, Saba Yavari, Parisa Amiri, Parushat Shirvani, Neda Izadi, **Mahdieh Niknam***. The effect of community-based obesity prevention interventions on body image

satisfaction in adolescents: a systematic review. Iranian Journal of Endocrinology and Metabolism, a bimonthly research journal of the Endocrinology and Metabolism Research Center. Volume 26, Issue 1, Pages 1-15, 2024.

3. Neda Izadi, Arman Shafiei, **Mahdieh Niknam**, Fereydoun Azizi, Davoud Khalili, Parisa Amiri. Mortality rate and years of life lost due to all causes in the data of the Tehran Longitudinal Study of Glucose and Lipids. Iranian Journal of Endocrinology and Metabolism, a bimonthly research journal of the Endocrinology and Metabolism Research Center. Volume 26, Issue 1, Pages 1-16, 2024.

4. **Mahdieh Niknam**, Nasrin Omidvar, Parisa Amiri. Community readiness, a prerequisite for childhood obesity prevention programs: a scoping review. Iranian Journal of Endocrinology and Metabolism 2022; 23 (6):397-408.

5. **Mahdieh Niknam**, Ahmad Esmailzadeh. Dietary glycemic index and glycemic load in relation to mortality from cardiovascular disease: a review of epidemiologic evidence. Journal of Shahrekord University of Medical Sciences. 2012. 14(1): 91-100.

6. **Mahdieh Niknam**, Zamzam Paknahad. Association between High Dose Consumption of Niacin and Type 2 Diabetes. 2012. Journal of Babol University of Medical Sciences; 14(6); 45-54.

7. **Mahdieh Niknam**, Leila Azadbakht. Nutrition and Gastric Cancer: A Review of Epidemiologic Evidence 2012. Journal of Health-System Research; 8: 724-738.

Oral Presentation (International Congress)

- Metabolic Health in Individuals with Different Self-efficacy in Healthy Behaviors. ISA 2024, 20th International Symposium on Atherosclerosis, Muscat, Oman. December 2024.
- The association between blood pressure, quality of life states in adults with different disease awareness and commitment to treatment. 14TH International Congress of Endocrine Disorders, Tehran, Iran. November 2023.
- Dietary fatty acids and inflammatory markers in patients. 11th International Food Data Conference, Food Composition and Public Health Nutrition, India, Nov 2015.

Oral presentation (National Congress)

- Obstacles and challenges of virtual education at the University of Nutrition and Food Sciences during the Corona era: An experience from Iran, National Conference on Corona Lessons Learned, 2024.
- Community readiness is a prerequisite for weight control programs in children and

Abstract & Poster Presentation (International)

- **Mahdieh Niknam**, Azin Zolfagharypour, Fereidoun Azizi, Leila Cheraghi, Parisa Amiri. Blood pressure, quality of life, and emotional states. ISA 2024, 20th International Symposium on Atherosclerosis, Muscat, Oman. December 2024.
- **Mahdieh Niknam**, Keyvan Olazadeh, Fereidoun Azizi, Parisa Amiri. Quality of life in adults with metabolic syndrome: a multi-level analysis. ISA 2024, 20th International Symposium on Atherosclerosis, Muscat, Oman. December 2024.
- **Mahdieh Niknam**, Keyvan Olazadeh, Fereidoun Azizi, Parisa Amiri. Social well-being and weight status: a multi-level analysis. ISA 2024, 20th International Symposium on Atherosclerosis, Muscat, Oman. December 2024.
- **Mahdieh Niknam**, Somayeh Hosseinpour-Niazi, Sara Jalali-Farahani, Parisa Amiri, Parvin Mirmiran, Firoozeh Hosseini-Esfahani, Fereidoun Azizi. Dietary pattern and health-related quality of life among a large Iranian adult population: Tehran Lipid and Glucose Study. 1st International Congress Of the Iranian Society Of Nutrition, Isfahan, Iran. February 2024.
- **Mahdieh Niknam**, Nasrin Omidvar, Hassan Eini-Zinab, Naser Kalantari, Keyvan Olazadeh, Parisa Amiri. The readiness of Iranian local communities to engage in childhood obesity prevention programs after a theory-based intervention: The CRITCO study. 1st International Congress Of the Iranian Society Of Nutrition, Isfahan, Iran. February 2024.
- **Mahdieh Niknam**, Somayeh Hosseinpour-Niazi, Sara Jalali-Farahani, Parisa Amiri, Parvin Mirmiran, Firoozeh Hosseini-Esfahani, Fereidoun Azizi. 14TH International Congress of Endocrine Disorders, Tehran, Iran. November 2023.
- **Mahdia Niknam**, Azin Zolfagharypour, Mohammad Masih Mansouri Tehrani, Parisa Amiri, Nasrin Omidvar. 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.
- **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 13th International Congress of Endocrine Disorders, Tehran, Iran, 10-12 November 2021.
- **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 13th International Congress of Endocrine Disorders, Tehran, Iran, 10-12 November 2021.

- **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. 37th European Society for Clinical Nutrition and Metabolism [ESPEN] Congress, Lisbon, Portugal, 5-8 Sep. 2015.
- **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.
- 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. 36th European Society for Clinical Nutrition and Metabolism [ESPEN] Congress, Switzerland 2014.

Teaching Experiences

- Research Methodology Workshop with a Focus on Diabetes and Metabolic Syndrome. Endocrinology and Metabolism Research Institute, Shahid Beheshti University of Medical Sciences, September 2024.
- 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

- 1- Investigating the effect of community-based obesity prevention interventions on adolescent self-efficacy: A systematic review of quasi-experimental trial studies, 2025 (Project 43016395).
- 2- Examining the application of the community readiness model in community-based programs for the prevention of childhood and adolescent obesity: A systematic review, 2025, (Project 43015929).
- 3- The effect of a practical healthy lifestyle intervention on physical activity in adults' leisure time: Tehran Glucose and Lipid Study, 2025 (Project 43015951).

- 4- Investigating the relationship between metabolic syndrome and emotional states of spouses of affected individuals: Tehran Glucose and Lipid Study, 2025 (Project 43014380).
- 5- Investigating the relationship between dietary antioxidant intake and health-related quality of life: Tehran Glucose and Lipid Study, 2025 (Project 43015210).
- 6- Investigating the relationship between the course of change in body mass index and waist circumference with depression, anxiety, and stress during 15 years of follow-up: Tehran Glucose and Lipid Study, 2025 (Project 43015036).
- 7- The relationship between triglyceride-glucose index and stress, anxiety, and depression: Tehran Lipid and Sugar Study, 2025 (Project 4302449).
- 8- Investigating the relationship between behavioral factors of "8 essentials of life" with the incidence of hypertension and diabetes: A nested case-control study in the adult population of the Ravansar cohort, 2024 (Project 43012931).
- 9- Investigating the relationship between nutritional parenting practices and physical activity with weight status and quality of life of children aged 6-12 and health literacy and mental health of parents, 2024 (Project 43008835).
- 10- Investigating the relationship between intake of ultra-processed foods and health-related quality of life: Sugar Study and Lipid Tehran, 2024 (Project 43008752).
- 11- Investigating childhood predictors of the incidence of hypertension in adulthood using prediction models: Tehran Lipid and Sugar Study, 2024 (Project 43010712).
- 12- Investigating the relationship between physical activity and smoking status with the chance of having metabolic syndrome and its components: using STEPS survey data, 2024. (Project 43010548).
- 13- Investigating the role of social vulnerability in diabetes and its management: a systematic review and meta-analysis, 2024 (Project 43010900).
- 14- Investigating the relationship between socio-behavioral risk score and mortality from non-communicable diseases: Tehran Lipid and Sugar Study, 2024 (Project 43010571)
- 15- Investigating the relationship between perceived self-efficacy and metabolic syndrome and its components in adults participating in phase seven of the Tehran Lipid and Sugar Study, 2023 (Project 43008258).
16. Identifying the barriers and challenges facing students and professors of nutrition and food industries in providing virtual education for university courses during the Covid-19 pandemic, 2022 (Project 30811).
- 17- Investigating the relationship between socioeconomic inequality and lipid disorders in an

adult population: The Ravansar Cohort Study, 2022 (Project 43007063).

18- Investigating the relationship between blood pressure status and quality of life in adults with different levels of awareness about the disease and commitment to treatment, 2019.

19- The relationship between dietary patterns and quality of life in adults: The Tehran Sugar and Lipid Study, 2021 (Project 43003351).

20- The impact of community-based obesity prevention interventions on mental health and wellness outcomes among adolescents: A systematic review, 2020 (Project 32128).

21- Determining the status and designing and testing a social readiness intervention for childhood obesity prevention programs in elementary schools in Tehran, 2018 (Project 14992).

Workshops

- "Fasting and Health", Endocrine and Metabolic Sciences Research Institute of Shahid Beheshti Medical Sciences, Tehran, January 2024.
- "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. Obesity Reviews (IF: 8.0, Q1)
2. BMJ Open (IF: 2.4, Q1)
3. Scientific Reports (IF: 3.8, Q1)
4. BMC Public Health (IF: 3.5, Q1)
5. Journal of Ovarian Research (IF: 3.8, Q1)
6. Journal of Preventive Medicine and Hygiene (Q2)
7. International Journal of Endocrinology and Metabolism (IF: 2.1, Q3)

Scientific reviewer (National journals and Congress)

1. Iranian Journal of Endocrinology and Metabolism
2. Iranian Journal of Nutrition and Food Science
3. Research Projects of the Shahid Beheshti University of Medical Sciences Research System
4. The 7th Congress on Obesity Prevention and Treatment 2021, Research Institute of Endocrinology and Metabolism, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
5. The 8th Congress on Obesity Prevention and Treatment 2024, Research Institute of Endocrinology and Metabolism, Shahid Beheshti University of Medical Sciences, Tehran, Iran.