

**Date of Revision:** April 2025

**Name:** Niloufar Rasaei

**Scopus H index** =9

**Google scholar H index** =14

Micronutrient Research Center, Research Institute for Endocrine Disorders, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Email: [n.rasaei71@gmail.com](mailto:n.rasaei71@gmail.com)

Tel: 09037438699

Fax: +9821-22416264

Work address: No. 24, Parvaneh Street, Yaman Street, Velenjak, Tehran, I.R. Iran. P.O. Box: 19395-4763

**Research profiles:**

- 1- <https://scholar.google.com/citations?user=goRsQKUAAAAJ&hl=en>
- 2- <https://www.researchgate.net/profile/Niloufar-Rasaei>
- 3- <https://www.scopus.com/authid/detail.uri?authorId=57202922204>

EDUCATION			
B.Sc.	2010-2014	Nutrition	Ahvaz University of Medical Sciences, Tehran, Iran.
M.Sc	2016-2018	Nutrition	Tehran University of Medical Science, Tabriz, Iran
Ph.D	2018-2023	Nutrition	Tehran University of Medical Sciences, Tehran, Iran.

**Education:** (Start with the first academic degree according to date; from past to present)

**Career/Academic Appointments:** (Academic positions should be listed by date from past to present )

1. Nutritionist and dietitian in health care center, Varamin, Iran, 2016.
2. Nutritionist and dietitian in health care center, Tehran, Iran, 2017.
3. Nutritionist and dietitian in health care center, Pakdasht, Iran, 2018-2019.
4. Nutritionist and dietitian in health care center, Tehran, Iran, 2020.

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

1. 1<sup>st</sup> place in the entrance exam for Bachelor of Nutrition Sciences, Ahvaz University of Medical Sciences. 2014
2. 7<sup>th</sup> place in the entrance exam for Master of Nutrition Sciences, Tehran University of Medical Sciences. 2016
3. Plenary Poster Presentation Award. The 24<sup>th</sup> National Congress and the 10<sup>th</sup> International Annual Research and Technology Congress of Iranian Medical Sciences Students. 2023
4. 10<sup>th</sup> place in the entrance exam for PhD in Nutrition Sciences, Tehran University of Medical Sciences. 2018
5. Plenary Oral Presentation Award. The Second Annual Student Congress of Medical Sciences Universities in Tehran. 2024
6. Member of the National Organization for Development of Exceptional Talents of Tehran University of Medical Sciences. 2016-2023
7. Member of the National Elites Foundation. Dr. Majid Shahriari Award, Iran's National Elites Foundation, 2024

**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)**

<b>Title</b>	<b>Date</b>	<b>Time</b>
Workshop-Current Nutrition Topics	2022	4 hours
Workshop- Assessing the nutritional status of the community	2022	2 hours
Workshop-Current Nutrition Topics	2023	8 hours
Workshop-Theoretical and practical workshop on the basics of molecular techniques	2023	24 hours
Workshop-Theoretical and practical training in gene expression	2024	16 hours
Workshop-Introduction to types of studies and proposal writing	2024	4 hours
Workshop-Introduction to types of studies and proposal writing	2024	3 hours
Workshop-Introducing Nutrigenomics and Personalized Nutrition	2024	4 hours
Workshop-Introduction to types of studies	2024	4 hours

**Chapters, Books: (List of chapters or published books according to Vancouver style, from past to present)**

<b>Date</b>	<b>Title</b>
2018	Nutrition IQB (Nutrition Master's and Doctoral Exam Question Bank)
2018	Nutrition and Diet Therapy Textbook (5 volumes)
2020	Design of human nutrigenomics studies
2020	Nutritional status assessment
2022	The role of the microbiome in health and disease
2023	Obesity and New Therapeutic Approaches (2 volumes)
2024	Rheumatoid arthritis
2025	Translation of the original instructions european society of clinical nutrition ESPEN
2025	Translation of the original instructions americas society of clinical nutrition ASPEN
2024	Deciphering the Influence of Lifestyle Factors on Immunotherapy Efficacy in Cancer Patients (Chapter in Cancer and Immunology book)
2024	Nutrition and Cancer: from perspective of cellular and molecular (Chapter in Interdisciplinary Cancer Research book)

Abstracts of papers presented at congresses		
Date	Title	Type
2014	The relationship of dairy products intake with menstrual cycle and bleeding period in Ahvaz Jundishapur University of Medical Sciences student girls	Poster
2019	A comparison of the sensitivity and specificity of anthropometric measurements to predict unhealthy metabolic phenotype in overweight and obese women	Poster
2019	Association of Dietary Energy Density with Adiposity Index, Resting Metabolic Rate, and Respiratory Quotient in Overweight and Obese Women	Poster
2019	A Comparison of the Sensitivity and Specificity of Body Measurements to Predict Cardiometabolic disorder in Overweight and Obese Women	Poster
2019	Association between Resting Metabolic Rate (RMR), Respiratory Quotient (RQ) and Dietary Energy Density (DED) in overweight and obese women	Poster
2019	THE ASSOCIATION BETWEEN RESTING METABOLIC RATE AND SARCOPENIC OBESITY IN OVERWEIGHT AND OBESE ADULT WOMEN	Poster
2019	THE ASSOCIATION BETWEEN DASH (DIETARY APPROACHES TO STOP HYPERTENSION) DIET AND SARCOPENIC OBESITY IN OVERWEIGHT AND OBESE ADULT WOMEN	Poster
2024	Association between dietary glycemic index and load with circadian rhythm in overweight and obese women: a cross sectional study	Poster
2024	Interaction of fatty acids quality indices (FAQI) and genetic predisposition and on visceral adiposity index (VAI) and body adiposity index (BAI) among overweight and obese women	Poster
2024	Interaction of genetics risk score (GRS) and fatty acids quality index on circadian rhythm and quality of life among overweight and obese women	Poster
2024	Investigation of the interaction between genetic predisposition and quality of fatty acids intake and on mental health (stress, anxiety and depression) among overweight and obese women	Poster
2024	Investigation the interaction of melanocortin 4 receptor (MC4R) gene variant (rs17782313) and dietary fat quality indices on metabolically healthy and unhealthy overweight and obese women	Poster
2024	The association between Cholesterol/Saturated Fat Index and quality of sleep, and Circadian rhythm among overweight and obese women: A cross-sectional study	Poster
2024	The association of glycemic index and glycemic load with appetite, adiposity and bone health Among Overweight and Obese Women: A Cross-sectional Study	Poster
2024	The interaction between long non-coding RNA MALAT1 and TUG1 with dietary fatty acid quality indices on cardiometabolic risk factors in overweight and obese individuals	Poster
2024	The association between long non-coding RNA MALAT1 and TUG1 with metabolic syndrome among overweight and obese women	Lecture
2024	The interaction between long non-coding RNA MALAT1 and TUG1 with dietary fatty acid quality indices on visceral adiposity index (VAI) and body adiposity index (BAI) in overweight and obese women	Lecture
2024	Investigation the Mediatory effect of Microbiomes on the Relationship between Dietary patterns and Disease	Lecture
2024	Interaction of dietary insulin index and dietary insulin load with lncRNA MALAT1 and TUG1 on metabolically healthy versus unhealthy obesity phenotypes	Poster

2024	Interaction Of Genetics Risk Score (GRS) and Fatty Acids Quality Indices (FAQI) on Metabolically Healthy and Unhealthy Obesity Phenotype	Poster
2024	Investigation of the interaction between cholesterol-saturated fat index (CSI) and the ratio of omega-6/omega-3 ( $\omega$ -6/ $\omega$ -3) essential fatty acids and genetic risk score on components of metabolic syndrome (MetS) among overweight and obese women	Poster
2024	The association between dietary acid load (DAL) and quality of life (QOL) in overweight and obese adult women	Poster
2024	The Association Between Long noncoding RNAs MALAT1 and TUG1 and Mental Disorders: Stress, Depression, and Anxiety among overweight and obese women	Poster
2024	The Interaction Between Long Non-Coding RNAs MALAT1 And TUG1 With Fat Quality Indices On Metabolic Profile In Overweight And Obese Women: A Cross-Sectional Study	Lecture
2024	The Interaction Between Glycemic index and load with Long non-coding RNAs MALAT1 and TUG1 with on Psychological Disorders (Stress, Anxiety, Depression) in Overweight and Obese Women: A cross-sectional study	Poster
2024	Investigating the Interaction Between Long non-coding RNAs MALAT1 and TUG1 with Dietary Fat Quality Indices on Metabolic Syndrome Components in Overweight and Obese Women: A cross-sectional study	Poster
2024	Investigation the Mediatory effect of Microbiomes on the Relationship between Dietary patterns and Overweight and Obesity	Poster
2024	Dietary antioxidant index and the odds of breast cancer in Iranian women: A case-control study	Poster
2024	Interaction of diet and lifestyle score (LLDS) with genetic risk score (GRS) on mental disorders in overweight and obese women	Poster
2024	Investigating the relationship between diet and lifestyle with the quality of life in overweight women who refer to health-care centers in Tehran	Poster
2024	The interaction between dietary glycemic index and load with Melanocortin 4 gene polymorphism on healthy and unhealthy phenotype of obesity in overweight and obese women	Poster
2024	The interaction between long non-coding RNA MALAT1 gene expression with cholesterol-saturated fat index on lipid profile and insulin resistance in overweight and obese women: A cross sectional study	Poster

## Publications in English-Language International Journals

- 1- Rasaei N, Bigdeli R, Jafrasteh S, Norouzirad R, Bahadoran Z. Effect of dietary approaches to stop hypertension (DASH) diet on adiposity indices in children with overweight and obesity: an 8-week triple-blind randomized controlled trial. *Eur J Pediatr*. 2025 Apr 14;184(5):295.
- 2- Rasaei N, Tavakoli A, Mohammadpour S, Karimi M, Khadem A, Mohamadi A, Fatemi SF, Gholami F, Mirzaei K. Exploring the impact of genetic factors and fatty acid quality on visceral and overall Fat levels in overweight and obese women: a genetic risk score study. *BMC Nutr*. 2025 Jan 30;11(1):27.
- 3- Rasaei N, Fatemi SF, Gholami F, Samadi M, Mohammadian MK, Daneshzad E, Mirzaei K. Interaction of genetics risk score and fatty acids quality indices on healthy and unhealthy obesity phenotype. *BMC Med Genomics*. 2025 Jan 21;18(1):16.
- 4- Jafari A, Parsi Nezhad B, Rasaei N, Aleebrahim-Dehkordi E, Rajabi A, Alaghi A. Clinical evidence of sesame (*Sesamum indicum* L.) products and its bioactive compounds on anthropometric measures, blood pressure, glycemic control, inflammatory biomarkers, lipid profile, and oxidative stress parameters in humans: a GRADE-assessed systematic review and dose-response meta-analysis. *Nutr Metab (Lond)*. 2025 Mar 11;22(1):22.
- 5- Fatemi SF, Tehrani H, Khosravi M, Doosti H, Rasaei N, Sobhani SR. Influencing factors of adherence to sustainable diets: a systematic review of behavioral theories. *Frontiers in Sustainable Food Systems*. 2025 Feb 10;9:1465622.
- 6- Rashidbeygi E, Rasaei N, Amini MR, Salavatizadeh M, Mohammadizadeh M, Hekmatdoost A. The effects of ursodeoxycholic acid on cardiometabolic risk factors: a systematic review and meta-analysis of randomized controlled trials. *BMC Cardiovasc Disord*. 2025 Feb 21;25(1):125.
- 7- Kholdebarin M, Pahlavani N, Nikbaf-Shandiz M, Mosallaei H, Rasaei N, Khalse Z, Aali Y, Asbaghi O, Zamanian A, Shiraseb F. A Systematic Review and Meta-Analysis to Evaluate the Effects of Chitosan on Obesity Indicators. *Food Sci Nutr*. 2024 Nov 19;12(12):10030-10048.
- 8- Amini MR, Rasaei N, Jalalzadeh M, Pourreza S, Hekmatdoost A. The Effects of Bitter Melon (*Mormordica charantia*) on Lipid Profile: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Phytother Res*. 2024 Oct 23. doi: 10.1002/ptr.8357. Epub ahead of print. PMID: 39444254.
- 9- Esmaeilnejad M, Rasaei N, Goudarzi K, Behrouz Dehkordi Z, Dolatshahi S, Salehi Omran H, Amirani N, Ashtary-Larky D, Shimi G, Asbaghi O. The effects of conjugated linoleic acid supplementation on cardiovascular risk factors in patients at risk of cardiovascular disease: A GRADE-assessed systematic review and dose-response meta-analysis. *Br J Nutr*. 2024 Oct 14;132(7):919-934. doi: 10.1017/S0007114524001065. Epub 2024 Oct 23. PMID: 39439191.
- 10- Rasaei N, Esmaeili F, Khadem A, Yekaninejad MS, Mirzaei K. lncRNA TUG1 transcript levels and psychological disorders: insights into interplay of glycemic index and glycemic load. *BMC Med Genomics*. 2024 Aug 28;17(1):221. doi: 10.1186/s12920-024-01976-7. PMID: 39198825; PMCID: PMC11351548.
- 11- Gheysari R, Nikbaf-Shandiz M, Hosseini AM, Rasaei N, Hosseini S, Bahari H, Asbaghi O, Rastgoo S, Goudarzi K, Shiraseb F, Behmadi R. The effects of L-carnitine supplementation on cardiovascular risk factors in participants with impaired glucose tolerance and diabetes: a systematic review and dose-response meta-analysis. *Diabetol Metab Syndr*. 2024 Jul 31;16(1):185. doi: 10.1186/s13098-024-01415-8. PMID: 39085907; PMCID: PMC11290177.
- 12- Dehkordi SR, Pahlavani N, Nikbaf-Shandiz M, Bagheri R, Rasaei N, Darzi M, Rastgoo S, Bahari H, Shiraseb F, Asbaghi O. A systematic review, meta-analysis, dose-response, and meta-regression of the effects of acarbose intake on glycemic markers in adults. *J Diabetes Metab Disord*. 2023 Nov 24;23(1):135-172. doi: 10.1007/s40200-023-01336-9. PMID: 38932875; PMCID: PMC11196564.
- 13- Rasaei N, Samadi M, Daneshzad E, Hassan-Zadeh M, Gholami F, SaeedYekaninejad M, Clark CCT, Emamgholipour S, Mirzaei K. The transcript level of long non-coding RNAs; MALAT1 and TUG1, and the association with metabolic syndrome-related parameters in women with overweight and obesity. *J Diabetes Metab Disord*. 2023 Dec 19;23(1):917-929. doi: 10.1007/s40200-023-01367-2. PMID: 38932847; PMCID: PMC11196568.
- 14- Rafiee P, Rasaei N, Amini MR, Rabiee R, Kalantar Z, Sheikhhossein F, Gholizadeh M, Hekmatdoost A. The effects of ursolic acid on cardiometabolic risk factors: a systematic review and meta-analysis. *Future Cardiol*.

2024;20(3):151-161. doi: 10.1080/14796678.2024.2349476. Epub 2024 May 29. PMID: 38923885; PMCID: PMC11216268.

- 15- Rasaei N, Daneshzad E, Khadem A, Gholami F, Samadi M, Mirzaei K. Investigation of the interaction between genetic risk score (GRS) and fatty acid quality indices on metabolic syndrome among overweight and obese women. *BMC Med Genomics*. 2024 Apr 29;17(1):113. doi: 10.1186/s12920-024-01838-2. PMID: 38685080; PMCID: PMC11057091.
- 16- Rasaei N, Heidari M, Esmaeili F, Khosravi S, Baeri M, Tabatabaei-Malazy O, Emamgholipour S. The effects of prebiotic, probiotic or synbiotic supplementation on overweight/obesity indicators: an umbrella review of the trials' meta-analyses. *Front Endocrinol (Lausanne)*. 2024 Mar 20;15:1277921. doi: 10.3389/fendo.2024.1277921. PMID: 38572479; PMCID: PMC10987746.
- 17- Arefpour H, Rasaei N, Amini MR, Salavatizadeh M, Hashemi M, Makhtoomi M, Hajiaqaei M, Gholizadeh M, Askarpour M, Hekmatdoost A. The effects of astaxanthin supplementation on liver enzyme levels. *Int J Vitam Nutr Res*. 2024 Jun;94(5-6):434-442. doi: 10.1024/0300-9831/a000804. Epub 2024 Feb 26. PMID: 38407143.
- 18- Amini MR, Khademi Z, Salavatizadeh M, Rasaei N, Ebrahimi-Daryani N, Esmaillzadeh A, Hekmatdoost A. The association between dietary patterns and disease severity in patients with ulcerative colitis. *Br J Nutr*. 2024 May 28;131(10):1803-1812. doi: 10.1017/S0007114524000187. Epub 2024 Feb 2. PMID: 38305021.
- 19- Gholamrezayi A, Amini MR, Rasaei N, Akhgarjand C, Kalantar Z, Askari G, Hekmatdoost A. What is the influence of policosanol supplementation on liver enzymes? A systematic review and dose-response meta-analysis of randomized controlled trials. *Complement Ther Med*. 2024 Mar;80:103018. doi: 10.1016/j.ctim.2024.103018. Epub 2024 Jan 6. PMID: 38185399.
- 20- Mohammadian A, Fateh ST, Nikbaf-Shandiz M, Gholami F, Rasaei N, Bahari H, Rastgoo S, Bagheri R, Shiraseb F, Asbaghi O. The effect of acarbose on inflammatory cytokines and adipokines in adults: a systematic review and meta-analysis of randomized clinical trials. *Inflammopharmacology*. 2024 Feb;32(1):355-376. doi: 10.1007/s10787-023-01401-y. Epub 2024 Jan 3. PMID: 38170330.
- 21- Rasaei N, Gholami F, Samadi M, Shiraseb F, Khadem A, Yekaninejad MS, Emamgholipour S, Mirzaei K. The interaction between MALAT1 and TUG1 with dietary fatty acid quality indices on visceral adiposity index and body adiposity index. *Sci Rep*. 2024 Jan 2;14(1):12. doi: 10.1038/s41598-023-50162-9. PMID: 38167433; PMCID: PMC10762150.
- 22- Amini MR, Rasaei N, Jalalzadeh M, Akhgarjand C, Hashemian M, Jalali P, Hekmatdoost A. The effects of *Garcinia cambogia* (hydroxycitric acid) on lipid profile: A systematic review and meta-analysis of randomized controlled trials. *Phytother Res*. 2024 Feb;38(2):1028-1043. doi: 10.1002/ptr.8102. Epub 2023 Dec 27. PMID: 38151892.
- 23- Anaraki SR, Aali Y, Nikbaf-Shandiz M, Rasaei N, Khadem A, Bahari H, Khalse Z, Rastgoo S, Shiraseb F, Asbaghi O. The Effects of L-Carnitine Supplementation on Blood Pressure in Adults: A Systematic Review and Dose-response Meta-analysis. *Clin Ther*. 2024 Feb;46(2):e73-e86. doi: 10.1016/j.clinthera.2023.11.002. Epub 2023 Dec 14. PMID: 38101999.
- 24- Mirzababaei A, Mahmoodi M, Keshtkar A, Ashraf H, Abaj F, Khosravinia D, Radmehr M, Rasaei N, Mirzaei K. Association between dietary intakes of Nitrate and Nitrite with Angina and atherogenic index in adults: A cross-sectional study from Tehran University of Medical Sciences employees' cohort (TEC) study. *Curr Probl Cardiol*. 2024 Jan;49(1 Pt C):102206. doi: 10.1016/j.cpcardiol.2023.102206. Epub 2023 Nov 13. PMID: 37967801.
- 25- Ghodoosi N, Rasaei N, Goudarzi K, Hashemzadeh M, Dolatshahi S, Omran HS, Amirani N, Ashtary-Larky D, Shimi G, Asbaghi O. The effects of conjugated linoleic acid supplementation on glycemic control, adipokines, cytokines, malondialdehyde and liver function enzymes in patients at risk of cardiovascular disease: a GRADE-assessed systematic review and dose-response meta-analysis. *Nutr J*. 2023 Oct 5;22(1):47. doi: 10.1186/s12937-023-00876-3. PMID: 37794481; PMCID: PMC10552395.
- 26- Rastgoo S, Fateh ST, Nikbaf-Shandiz M, Rasaei N, Aali Y, Zamani M, Shiraseb F, Asbaghi O. The effects of L-carnitine supplementation on inflammatory and anti-inflammatory markers in adults: a systematic review and dose-response meta-analysis. *Inflammopharmacology*. 2023 Oct;31(5):2173-2199. doi: 10.1007/s10787-023-01323-9. Epub 2023 Sep 1. PMID: 37656233.
- 27- Zamani M, Nikbaf-Shandiz M, Aali Y, Rasaei N, Zarei M, Shiraseb F, Asbaghi O. The effects of acarbose treatment on cardiovascular risk factors in impaired glucose tolerance and diabetic patients: a systematic review and dose-response meta-analysis of randomized clinical trials. *Front Nutr*. 2023 Aug 1;10:1084084. doi: 10.3389/fnut.2023.1084084. PMID: 37599681; PMCID: PMC10433190.

- 28- Gholami F, Samadi M, Rasaei N, Yekaninejad MS, Keshavarz SA, Javdan G, Shiraseb F, Bahrampour N, Mirzaei K. Interactions Between Genetic Risk Score and Healthy Plant Diet Index on Cardiometabolic Risk Factors Among Obese and Overweight Women. *Clin Nutr Res.* 2023 Aug 8;12(3):199-217. doi: 10.7762/cnr.2023.12.3.199. PMID: 37593209; PMCID: PMC10432161.
- 29- Rasaei N, Samadi M, Khadem A, Fatemi SF, Gholami F, Mirzaei K. Investigation of the interaction between Genetic Risk Score (GRS) and fatty acid quality indices on mental health among overweight and obese women. *BMC Womens Health.* 2023 Aug 4;23(1):413. doi: 10.1186/s12905-023-02491-0. PMID: 37542261; PMCID: PMC10403951.
- 30- Khorasanian AS, Fateh ST, Gholami F, Rasaei N, Gerami H, Khayatzadeh SS, Shiraseb F, Asbaghi O. The effects of hesperidin supplementation on cardiovascular risk factors in adults: a systematic review and dose-response meta-analysis. *Front Nutr.* 2023 Jul 12;10:1177708. doi: 10.3389/fnut.2023.1177708. PMID: 37502716; PMCID: PMC10369082.
- 31- Rasaei N, Samadi M, Khadem A, Badrooj N, Hassan Zadeh M, Ghaffarian-Ensaf R, Gholami F, Mirzaei K. The association between cholesterol/saturated fat index (CSI) and quality of sleep, and circadian rhythm among overweight and obese women: a cross-sectional study. *J Health Popul Nutr.* 2023 Jul 27;42(1):75. doi: 10.1186/s41043-023-00414-1. PMID: 37501196; PMCID: PMC10375646.
- 32- Rasaei N, Fallah M, Nemati M, Gholami F, Ghaffarian-Ensaf R, Mirzaei K. Investigation the interaction of dietary fat quality indices and the MC4R gene in metabolically healthy and unhealthy overweight and obese women. *Sci Rep.* 2023 Jul 27;13(1):12183. doi: 10.1038/s41598-023-38988-9. PMID: 37500675; PMCID: PMC10374546.
- 33- Rasaei N, Khadem A, Masihi LS, Mirzaei K. Interaction of fatty acid quality indices and genes related to lipid homeostasis on mental health among overweight and obese women. *Sci Rep.* 2023 Jun 13;13(1):9580. doi: 10.1038/s41598-023-35810-4. PMID: 37311812; PMCID: PMC10262123.
- 34- Setayesh L, Haghighat N, Rasaei N, Rezaei M, Casazza K, Nadery M, Yamrali I, Zamani M, Asbaghi O. The impact of *Emblica Officinalis* (Amla) on lipid profile, glucose, and C-reactive protein: A systematic review and meta-analysis of randomized controlled trials. *Diabetes Metab Syndr.* 2023 Mar;17(3):102729. doi: 10.1016/j.dsx.2023.102729. Epub 2023 Mar 11. PMID: 36934568.
- 35- Gholami F, Bahrampour N, Samadi M, Rasaei N, Yarizadeh H, Naghshi S, Mirzaei K. The association of dietary acid load (DAL) with estimated skeletal muscle mass and bone mineral content: a cross-sectional study. *BMC Nutr.* 2023 Feb 14;9(1):31. doi: 10.1186/s40795-022-00658-w. PMID: 36788599; PMCID: PMC9926757.
- 36- Rasaei N, Fallah M, Gholami F, Karimi M, Noori S, Bahrampour N, Clark CCT, Mirzaei K. The association between glycemic index and glycemic load and quality of life among overweight and obese women: a cross-sectional study. *BMC Nutr.* 2023 Feb 13;9(1):30. doi: 10.1186/s40795-022-00668-8. PMID: 36782338; PMCID: PMC9926726.
- 37- Rasaei N, Daneshzad E, Soveid N, Clark CCT, Mirzaei K. The association between fatty acid quality indices and quality of life among overweight and obese women: A cross-sectional study. *Front Public Health.* 2023 Jan 26;10:1030726. doi: 10.3389/fpubh.2022.1030726. PMID: 36777780; PMCID: PMC9908951.
- 38- Rasaei N, Ghaffarian-Ensaf R, Gholami F, Shiraseb F, Khadem A, Fatemi SF, Mirzaei K. The association between healthy beverage index and sarcopenic obesity among women with overweight and obesity: a cross-sectional study. *BMC Endocr Disord.* 2023 Jan 31;23(1):25. doi: 10.1186/s12902-023-01274-w. PMID: 36717830; PMCID: PMC9887919.
- 39- Zamani M, Pahlavani N, Nikbaf-Shandiz M, Rasaei N, Ghaffarian-Ensaf R, Asbaghi O, Shiraseb F, Rastgoo S. The effects of L-carnitine supplementation on glycemic markers in adults: A systematic review and dose-response meta-analysis. *Front Nutr.* 2023 Jan 10;9:1082097. doi: 10.3389/fnut.2022.1082097. PMID: 36704801; PMCID: PMC9871499.
- 40- Rasaei N, Ghaffarian-Ensaf R, Shiraseb F, Fallah M, Gholami F, Clark CCT, Mirzaei K. The association between healthy beverage index and quality of life among overweight and obese women: a cross-sectional study. *BMC Public Health.* 2023 Jan 26;23(1):176. doi: 10.1186/s12889-022-14501-1. PMID: 36698096; PMCID: PMC9878812.
- 41- Rasaei N, Hosseininasab D, Shiraseb F, Gholami F, Noori S, Ghaffarian-Ensaf R, Daneshzad E, Clark CCT, Mirzaei K. The Association between Healthy Beverage Index and Healthy and Unhealthy Obesity Phenotypes among Obese Women: A Cross-Sectional Study. *Int J Clin Pract.* 2022 Dec 29;2022:7753259. doi: 10.1155/2022/7753259. PMID: 36660267; PMCID: PMC9815920.
- 42- Gholami F, Rasaei N, Samadi M, Yekaninejad MS, Keshavarz SA, Javdan G, Karimi Z, Mirzaei K. The relationship of genetic risk score with cardiometabolic risk factors: a cross-sectional study. *BMC Cardiovasc*

- Disord. 2022 Nov 2;22(1):459. doi: 10.1186/s12872-022-02888-z. PMID: 36324080; PMCID: PMC9632045.
- 43- Shiraseb F, Farazi M, Rasaei N, Clark CCT, Jamili S, Mirzaei K. The interaction between rs 3,807,992 genotypes with the dietary inflammatory index on Leptin, Leptin resistance, and Galectin 3 in obese and overweight women. *BMC Endocr Disord*. 2022 Sep 23;22(1):237. doi: 10.1186/s12902-022-01136-x. PMID: 36151575; PMCID: PMC9508720.
  - 44- Salehi Z, Shiraseb F, Hosseininassab D, Rasaei N, Jamili S, Mirzaei K. Association of energy adjusts nutrient-rich foods on mental health among obese and overweight women: a cross-sectional study. *Eat Weight Disord*. 2022 Dec;27(8):3173-3185. doi: 10.1007/s40519-022-01447-x. Epub 2022 Aug 26. PMID: 36018505.
  - 45- Mirzababaei A, Taheri A, Rasaei N, Mehranfar S, Jamili S, Clark CCT, Mirzaei K. The relationship between dietary phytochemical index and resting metabolic rate mediated by inflammatory factors in overweight and obese women: a cross-sectional study. *BMC Womens Health*. 2022 Jul 25;22(1):313. doi: 10.1186/s12905-022-01894-9. PMID: 35879706; PMCID: PMC9317090.
  - 46- Shiva F, Nourimajd S, Asadi S, Rasaei N, Hasanazadeh M, Qorbani M, Mirzaei K, Aminianfar A, Asadi S. Association of dietary acid-base load and diabetic sensorimotor polyneuropathy in patients with type 2 diabetes mellitus: A case-control study. *Clin Nutr ESPEN*. 2022 Aug;50:118-123. doi: 10.1016/j.clnesp.2022.06.012. Epub 2022 Jul 1. PMID: 35871912.
  - 47- Rasaei N, Ghaffarian-Ensaf R, Shiraseb F, Abaj F, Gholami F, Clark CCT, Mirzaei K. The association between Healthy Beverage Index and psychological disorders among overweight and obese women: a cross-sectional study. *BMC Womens Health*. 2022 Jul 15;22(1):295. doi: 10.1186/s12905-022-01870-3. PMID: 35840954; PMCID: PMC9284886.
  - 48- Mohamadi A, Shiraseb F, Mirzababaei A, Hosseininassab D, Rasaei N, Clark CCT, Mirzaei K. Circulating Inflammatory Markers May Mediate the Relationship between Healthy Plant-Based Diet and Metabolic Phenotype Obesity in Women: A Cross-Sectional Study. *Int J Clin Pract*. 2022 Apr 18;2022:8099382. doi: 10.1155/2022/8099382. PMID: 35685490; PMCID: PMC9159206.
  - 49- Soveid N, Barkhidarian B, Moradi S, Gholami F, Rasaei N, Himmerich H, Mirzaei K. The Potential Effect of Blueberry on Cognitive Health and Mood State based on Human Intervention Studies: Systematic Review and Mini Meta-Analysis. *CNS Neurol Disord Drug Targets*. 2023;22(7):1090-1101. doi: 10.2174/1871527321666220608085852. PMID: 35676847.
  - 50- Mirzababaei A, Zandkarimi R, Moradi S, Rasaei N, Amini MR, Pourreza S, Abaj F, Clark CCT, Daneshzad E, Mirzaei K. The effect of Glucomannan on fasting and postprandial blood glucose in adults: a systematic review and meta-analysis of randomized controlled trials. *J Diabetes Metab Disord*. 2022 Feb 27;21(1):1055-1063. doi: 10.1007/s40200-022-00993-6. PMID: 35673426; PMCID: PMC9167156.
  - 51- Gholami F, Naghshi S, Samadi M, Rasaei N, Mirzaei K. Dietary Acid Load and Bone Health: A Systematic Review and Meta-Analysis of Observational Studies. *Front Nutr*. 2022 May 6;9:869132. doi: 10.3389/fnut.2022.869132. PMID: 35600825; PMCID: PMC9120865.
  - 52- Bahrampour N, Rasaei N, Gholami F, Clark CCT. The Association Between Dietary Energy Density and Musculoskeletal Pain in Adult Men and Women. *Clin Nutr Res*. 2022 Apr 26;11(2):110-119. doi: 10.7762/cnr.2022.11.2.110. PMID: 35559001; PMCID: PMC9065393.
  - 53- Sajjadi SF, Mirzababaei A, Pooyan S, Rasaei N, Yekaninejad MS, Shiraseb F, Mirzaei K. The Association Between Low Carbohydrate Diet and Resting Metabolic Rate in Overweight and Obese Women: A Cross-Sectional Study. *Clin Nutr Res*. 2022 Jan 31;11(1):50-61. doi: 10.7762/cnr.2022.11.1.50. PMID: 35223681; PMCID: PMC8844535.
  - 54- Rasaei N, Asbaghi O, Samadi M, Setayesh L, Bagheri R, Gholami F, Soveid N, Casazza K, Wong A, Suzuki K, Mirzaei K. Effect of Green Tea Supplementation on Antioxidant Status in Adults: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. *Antioxidants (Basel)*. 2021 Oct 29;10(11):1731. doi: 10.3390/antiox10111731. PMID: 34829602; PMCID: PMC8614888.
  - 55- Yarizadeh H, Setayesh L, Majidi N, Rasaei N, Mehranfar S, Ebrahimi R, Casazza K, Mirzaei K. Nutrient patterns and their relation to obesity and metabolic syndrome in Iranian overweight and obese adult women. *Eat Weight Disord*. 2022 May;27(4):1327-1337. doi: 10.1007/s40519-021-01268-4. Epub 2021 Jul 17. PMID: 34273097.
  - 56- Fatemeh G, Sajjad M, Niloufar R, Neda S, Leila S, Khadijeh M. Effect of melatonin supplementation on sleep quality: a systematic review and meta-analysis of randomized controlled trials. *J Neurol*. 2022 Jan;269(1):205-216. doi: 10.1007/s00415-020-10381-w. Epub 2021 Jan 8. PMID: 33417003.



- 57- Bolori P, Setaysh L, Rasaei N, Jarrahi F, Yekaninejad MS, Mirzaei K. Adherence to a healthy plant diet may reduce inflammatory factors in obese and overweight women-a cross-sectional study. *Diabetes Metab Syndr*. 2019 Jul-Aug;13(4):2795-2802. doi: 10.1016/j.dsx.2019.07.019. Epub 2019 Jul 26. PMID: 31405709.
- 58- Rasaei N, Kashavarz SA, Yekaninejad MS, Mirzaei K. The association between sarcopenic obesity (SO) and major dietary patterns in overweight and obese adult women. *Diabetes Metab Syndr*. 2019 Jul-Aug;13(4):2519-2524. doi: 10.1016/j.dsx.2019.06.023. Epub 2019 Jul 9. PMID: 31405671.
- 59- Rasaei N, Mirzababaei A, Arghavani H, Tajik S, Keshavarz SA, Yekaninejad MS, Imani H, Mirzaei K. A comparison of the sensitivity and specificity of anthropometric measurements to predict unhealthy metabolic phenotype in overweight and obese women. *Diabetes Metab Syndr*. 2018 Nov;12(6):1147-1153. doi: 10.1016/j.dsx.2018.06.023. Epub 2018 Jul 8. PMID: 30017504.
- 60- Rasaei N, Mirzababaei A, Arghavani H, Tajik S, Keshavarz SA, Yekaninejad MS, Imani H, Mirzaei K. A comparison of the sensitivity and specificity of anthropometric measurements to predict unhealthy metabolic phenotype in overweight and obese women. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*. 2018 Nov 1;12(6):1147-53.
- 61- Jafarirad S, Rasaie N, Darabi F. Comparison of anthropometric indices and lifestyle factors between healthy university students and those affected by premenstrual syndrome. *Jundishapur Scientific Medical Journal*. 2016 May 21;15(2):217-27.
- 62- Darabi F, Rasaie N, Jafarirad S. The relationship between premenstrual syndrome and food patterns in university student girls. *Jentashapir Journal of Health Research*. 2014 Dec 1;5(6).
- 63- Rasaei N, Sajjadi F, Mirzababaei A, Pooyan S, Rashidbeygi E, Yekaninejad S, Imani H, Mirzaei K. Association of dietary energy density with adiposity index, resting metabolic rate, and respiratory quotient in overweight and obese women. *Iranian Journal of Endocrinology and Metabolism*. 2019 Feb 10;20(5):235-45.