

## Short CV

**Name:** Kurosh Djafarian

**Profession:** 1) Professor of Nutrition, Department of Clinical Nutrition and 2) Dean of International College, Tehran University of Medical Sciences

**Date of Birth:** 14 Oct 1971

**Nationality:** Iranian

I hold a Post graduate Diploma (PG Dip) and Ph.D. degrees from Aberdeen University (2001, 2006) and MSc from Tehran University of Medical Sciences (1996-1998). I published more than 200 scientific papers and frequently act as member of scientific committees of nutritional conferences and as reviewer for journals etc. I acted as project leader in more than 40 funded research projects.

## CV

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## Kurosh Djafarian, PhD

### Research Experience

### Professional Membership

*Jan 1998 – present* **Professor**  
Tehran University of Medical Sciences,  
Tehrān, Iran

### Education

PhD:

Human Nutritional Science University of Aberdeen UK

Post Graduate Diploma:

Human Nutrition and Metabolism University of Aberdeen UK

MSC:

Public Health in Nutrition Tehran University of Medical Sciences Iran

BSc:

Human Nutritional Science Shahid Beheshti University Iran

## Professional Membership

1. Iranian Society of Nutrition (Member)
2. British Society of Nutrition (Member)
3. Iranian Society of Sport Medicine (Member)
4. Nutrition Board of Medical Committee of the Football Federation Islamic Republic of IRAN (Director: 2011 to 2015)
5. Nutritional Committee of Iranian Sports Medicine Federation (Head of Education and Research group: 2015 to present)

## Job Experiences

1. Dean of International College. Tehran University of Medical Sciences (TUMS) (2017- to present)
2. Faculty member School of Nutritional Sciences and Dietetics Tehran University of Medical Sciences (TUMS)
3. Dean International College, Tehran University of Medical Sciences (TUMS)
4. Vice Dean School of Nutritional Sciences and Dietetics (2011-2018)
5. Faculty member of School of Paramedical, Tehran University of Medical Sciences (TUMS) (1999-2001)
6. Vice Dean School of Paramedical, TUMS (1999-2001)
7. Director of Ilam center for Nutrition Research Shahid Beheshti Med. Sci. Univ (1998)

## Skills & Activities

*Skills* Body Composition, Physical Activity, Sport Nutrition, Clinical Nutrition, Nutritional Status, Metabolic Syndrome, Energy Expenditure, Malnutrition, Basal Metabolism, Indirect Calorimetry, Vitamin D, Diabetes, Insulin Resistance

## Journal Publications:

- Interaction between major dietary patterns and cardiorespiratory fitness on metabolic syndrome in Iranian adults: a cross-sectional study.* Hossein Shahinfar, Mahtab Ghanbari, Yahya Jalilpiran, Nastaran Payande, Mahshid Shahavandi, Nadia Babaei, Kurosh Djafarian, Cain CC Clark, Sakineh Shab-Bidar 2021  
*Nutrition Journal* 20 (1), 1-17
- Vitamin C reduces interleukin-6 plasma concentration: a systematic review and meta-analysis of randomized clinical trials.* Mohammad Gholizadeh, Said Abdul Ghafour Saeedy, Arash Abdi, Fatemeh Khademi, Keivan Lorian, Cain CT Clark, Kurosh Djafarian. *Clinical Nutrition Open Science* 2021
- The association between meal specific low carbohydrate diet score and cardiometabolic risk factors: a cross sectional study of Iranian adults.* Mahtab Ghanbari, Sanaz Pourreza, Saba Mohammadpour, Elham Bazshahi, Zahra Akbarzade, Kurosh Djafarian, Cain CT Clark, Sakineh Shab-Bidar. *International Journal of Clinical Practice*, e14826 2021
- Higher health literacy score is associated with better healthy eating index in Iranian adults.* Mahshid Shahavandi, Parivash Ghorbaninejad, Saba Mohammadpour, Farhang Djafari, Hossein Shahinfar, Fatemeh Sheikhsossein, Kurosh Djafarian, Sakineh Shab-Bidar 2021  
*Nutrition* 90, 111262
- The joint association of serum vitamin D status and cardiorespiratory fitness with obesity and metabolic syndrome in Tehranian adults.* Mena Farazi, Ahmad Jayedi, Fatemeh Dehghani Firouzabadi, Zahra Noruzi, Hanieh Moosavi, Kurosh Djafarian, Sakineh Shab-Bida. *British Journal of Nutrition*, 1-10 2021
- Melatonin Supplementation and Anthropometric Indices: A Randomized Double-Blind Controlled Clinical Trial.* Salman Mohammadi, Reza Rastmanesh, Farzaneh Jahangir, Zohreh Amiri, Kurosh Djafarian, Mohammad Ali Mohsenpour, Soheil Hassanipour, Ali Ghaffarian-Bahraman. *BioMed Research International* 2021
- Irregular daily energy intake and diet quality in Iranian adults.* Ahmad Jayedi, Azadeh Lesani, Zahra Akbarzadeh, Kurosh Djafarian, Sakineh Shab-Bidar. *British Journal of Nutrition* 126 (3), 401-408 2021
- Association of the dietary phytochemical index with general and central obesity in a sample of Iranian adults.* Elaheh Asgari, Ahmad Jayedi, Fatemeh Dehghani Firouzabadi, Zahra Noruzi, Mena Farazi, Kurosh Djafarian, Sakineh Shab-Bidar. *Journal of Functional Foods* 83, 104546 2021
- Association of Oxidative Balance Score with the Metabolic Syndrome in a Sample of Iranian Adults.* Zahra Noruzi, Ahmad Jayedi, Mena Farazi, Elaheh Asgari, Fatemeh Dehghani Firouzabadi, Zahra Akbarzadeh, Kurosh Djafarian, Sakineh Shab-Bidar. *Oxidative Medicine and Cellular Longevity* 2021

- Major dietary patterns and metabolic syndrome associated with severity of coronary artery disease: A structural equation modeling.* M Kuhail, K Djafarian, S Shab-Bidar, M Yaseri. *Nutrition and Health*, 02601060211020655 2021
- Migraine and Obesity: Is There a Relationship? A Systematic Review and Meta-Analysis of Observational Studies.* Mahsa Hatami, Neda Soveid, Azadeh Lesani, Kurosh Djafarian, Sakineh Shab-Bidar. *CNS & Neurological Disorders Drug Targets* 2021
- Water intake and risk of type 2 diabetes: A systematic review and meta-analysis of observational studies.* Nasim Janbozorgi, Ramesh Allipour, Kurosh Djafarian, Sakineh Shab-Bidar, Mostafa Badeli, Maryam Safabakhsh. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews* 2021
- Does infant formula containing synbiotics support adequate growth in infants? A meta-analysis and systematic review of randomized controlled trials.* Parisa Janmohammadi, Zeinab Nourmohammadi, Siavash Fazelian, Atieh Mirzababaei, Shahab Alizadeh, Mahtab Zarei, Elnaz Daneshzad, Kurosh Djafarian. *Critical Reviews in Food Science and Nutrition*, 1-12 2021
- The association between lunch composition and obesity in Iranian adults.* Zahra Akbarzade, Kurosh Djafarian, Nasim Nasim Saeidifard, Shabnam Aliakbari Majd, Nazila Garousi, Fatemeh Samadi, Hanieh Jebraeili, Maryam Chamari, Cain CT Clark, Sakineh Shab-Bida. *British Journal of Nutrition*, 1-11 2021
- Meal-specific dietary patterns and their relation to metabolic syndrome among Iranian adults.* Fatemeh Mohtashaminia, Yahya Jalilpiran, Zahra Akbarzade, Mohammad Hassan Javanbakht, Sakineh Shab-Bidar, Kurosh Djafarian. *International Journal of Clinical Practice*, e14405 2021
- Effects of chromium supplementation on oxidative Stress biomarkers.* Mohammad Reza Amini, Fatemeh Sheikhhossein, Farhang Djafari, Alireza Jafari, Kurosh Djafarian, Sakineh Shab-Bidar. *International Journal for Vitamin and Nutrition Research* 2021
- The association between carbohydrate quality index and nutrient adequacy in Iranian adults.* Mena Farazi, Ahmad Jayedi, Zahra Noruzi, Fatemeh Dehghani Firouzabadi, Elaheh Asgari, Kurosh Djafarian, Sakineh Shab-Bidar. *Nutrition & Food Science* 2021
- The effect of beetroot juice supplementation on muscle performance during isokinetic knee extensions in male Taekwondo athletes.* S Khosravi, S Ahmadizad, MS Yekaninejad, MR Karami, K Djafarian. *Science & Sports* 2021

- The Association Between the Nordic-Style Diet Score and Metabolic Syndrome and Obesity in Tehranian Adults.* Z Noruzi, A Jayedi, M Farazi, H Moosavi, N Janbozorgi, K Djafarian. *Nutrition Today* 56 (4), 217-228 2021
- Diet and Body Composition of Soccer (Football) Players and Referees in Iran.* AT Jibril, M Beba, S Shab-Bidar, T Seifbarghi, K Djafarian. *Nutrition Today* 56 (4), 209-216 2021
- Vitamin D and the gut microbiota: a narrative literature review.* H Tangestani, HK Boroujeni, K Djafarian, H Emamat, S Shab-Bidar. *Clinical Nutrition Research* 10 (3), 181 2021
- Major Dietary Patterns Relationship with Severity of Coronary Artery Disease in Gaza-Strip, Palestine: A Cross-Sectional Study.* Mohamed Kuhail, Sakineh Shab-Bidar, Mehdi Yaseri, Kurosh Djafarian. *Ethiopian Journal of Health Sciences* 31 (3) 2021
- Comparison of total and activity energy expenditure estimates from physical activity questionnaires and doubly labelled water: a systematic review and meta-analysis.* Mohammad Sharifzadeh, Mino Bagheri, John R Speakman, Kurosh Djafarian. *British Journal of Nutrition* 125 (9), 983-997 2021
- The effects of hesperidin supplementation or orange juice consumption on anthropometric measures in adults: A meta-analysis of randomized controlled clinical trials.* Farhang Djafari, Mahshid Shahavandi, Mohammad Reza Amini, Fatemeh Sheikhhossein, Hossein Shahinfar, Nastaran Payandeh, Alireza Jafari, Kurosh Djafarian, Cain CT Clark, Sakineh Shab-Bidar. *Clinical Nutrition ESPEN* 2021
- The association between dietary inflammatory index, muscle strength, muscle endurance, and body composition in Iranian adults.* Hossein Shahinfar, Mahshid Shahavandi, Aliyu Jibril Tijani, Alireza Jafari, Samira Davarzani, Kurosh Djafarian, Cain CT Clark, Sakineh Shab-Bidar. *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*, 1-10 2021
- The Association of Dietary Phytochemical Index with Metabolic Syndrome in Adults.* Fatemeh Dehghani Firouzabadi, Ahmad Jayedi, Elaheh Asgari, Mena Farazi, Zahra Noruzi, Kurosh Djafarian, Sakineh Shab-Bidar. *Clinical Nutrition Research* 10 (2), 161 2021
- Association of Vitamin D status with Visceral Adiposity Index and Lipid Accumulation Product Index among a Group of Iranian People.* Elham Bazshahi, Sanaz Pourreza, Mahtab Ghanbari, Zeinab Khademi, Mohammad Reza Amini, Kurosh Djafarian, Sakineh Shab-Bidar. *Clinical Nutrition Research* 10 (2), 150 2021
- The lack of association between dietary antioxidant quality score with handgrip strength and handgrip endurance amongst Tehranian adults: A cross-sectional study from a Middle.* Hossein Shahinfar, Farhang Djafari, Mahshid Shahavandi, Yahya Jalilpiran, Samira 2021

- Davarzani, Cain CT Clark, Kurosh Djafarian, Sakineh Shab-Bidar. International Journal of Clinical Practice 75 (4), e13876*
- Habitual and meal-specific carbohydrate quality index and their relation to metabolic syndrome in a sample of Iranian adults. Maryam Majdi, Hossein Imani, Elham Bazshahi, Fatemeh Hosseini, Kurosh Djafarian, Azadeh Lesani, Zahra Akbarzade, Sakineh Shab-Bidar. Research Square 2021*
- The low-carbohydrate-diet score is associated with resting metabolic rate: an epidemiologic study among Iranian adults. Saba Mohammadpour, Parivash Ghorbaninejad, Hossein Shahinfar, Mojdeh Ebaditabar, Nadia Babaei, Samira Davarzani, Kurosh Djafarian, Sakineh Shab-Bidar. Journal of Diabetes & Metabolic Disorders, 1-9 2021*
- Major dietary patterns and metabolic syndrome associated with severity of coronary artery disease: A structural equation modeling. M Kuhail, K Djafarian, S Shab-Bidar, M Yaseri. Nutrition and Health, 02601060211020655 2021*
- The interaction of aging with serum 25 (OH) D and 1, 25 (OH) 2 D status on muscle strength. S Davarzani, K Djafarian, CCT Clark, N Babaei, P Ghorbaninejad. International Journal of Clinical Practice, e14510 2021*
- Association of Oxidative Balance Score with the Metabolic Syndrome in a Sample of Iranian Adults. Zahra Noruzi, Ahmad Jayedi, Mena Farazi, Elaheh Asgari, Fatemeh Dehghani Firouzabadi, Zahra Akbarzadeh, Kurosh Djafarian, Sakineh Shab-Bidar. Oxidative Medicine and Cellular Longevity 2021*
- Classifying people based on fat by a Neuro-Fuzzy System. Mohammadreza Valizadeh, Ali Karamshahi, Kurosh Djafarian, Akbar Azizifar. Journal of Basic Research in Medical Sciences 8 (2), 13-19 2021*
- The association between plant-based diet indices and metabolic syndrome in Iranian older adults. Mohammad Reza Amini\*, Hossein Shahinfar, Farhang Djafari, Fatemeh Sheikhhossein, Sina Naghshi, Kurosh Djafarian, Cain CC Clark, Sakineh Shab-Bidar. Nutrition and Health, 0260106021992672 2021*
- Effects of vitamin D supplementation along with and without endurance physical activity on calcium and parathyroid hormone levels in metabolic syndrome patients: A randomized Trail. bdel Hamid El Bilbeisi, Amany El Afifi, Halgord Ali M Farag, Kurosh Djafarian. Clinical Nutrition Open Science 35, 1-11 2021*
- The association between dietary antioxidant quality score with metabolic syndrome and its components in Iranian adults: A cross-sectional study. Mahshid Shahavandi, Hossein Shahinfar, Nastaran Payande, Fatemeh Sheikhhossein, Kurosh Djafarian, Sakineh 2021*



- A negative association of dietary advanced glycation end products with obesity and body composition in Iranian adults. Parivash Ghorbaninejad, Kurosh Djafarian, Nadia Babae, Samira Davarzani, Mojdeh Ebaditabar, Cain CT Clark, Sakineh Shab-Bidar. British Journal of Nutrition* 125 (4), 471-480 2021
- Beneficial impact of exercise on bone mass in individuals under calorie restriction: a systematic review and Meta-analysis of randomized clinical trials. Habib Yarizadeh, Sara Asadi, Hussein Baharloo, Leila Setayesh, Nader Rahimi Kakavandi, Catherine Hambly, Kurosh Djafarian, Khadijeh Mirzaei. Critical reviews in food science and nutrition* 61 (4), 553-56 2021
- The interaction between the dietary inflammatory index and MC4R gene variants on cardiovascular risk factors. Habib Yarizadeh, Atieh Mirzababaei, Nasim Ghodoosi, Sara Pooyan, Kurosh Djafarian, Cain CT Clark, Khadijeh Mirzaei. Clinical Nutrition* 40 (2), 488-495 2021
- The association between dairy products consumption with risk of type 1 diabetes mellitus in children: a meta-analysis of observational studies. Mahshid Shahavandi, Farhang Djafari, Leila Sheikhi, Fatemeh Sheikhhossein, Hossein Shahinfar, Mohammad Reza Amini, Kurosh Djafarian, Sakineh Shab-Bidar. International Journal of Diabetes in Developing Countries,* 1-8 2021
- The link between plant-based diet indices with biochemical markers of bone turn over, inflammation, and insulin in Iranian older adults. Hossein Shahinfar, Mohammad Reza Amini, Nastaran Payandeh, Sina Naghshi, Fatemeh Sheikhhossein, Kurosh Djafarian, Sakineh Shab-Bidar. Food Science & Nutrition* 2021
- Gut microbiota and depression. Asma Kazemi, Kurosh Djafarian. The Neuroscience of Depression,* 463-472 2021
- The Effects of Nigella sativa Supplementation on Liver Enzymes Levels: a Systematic Review and Meta-analysis of Randomized Controlled Trials. Neda Azizi, Mohammad Reza Amini, Kurosh Djafarian, Sakineh Shab-Bidar. Clinical nutrition research* 10 (1), 72 2021
- Association of Nutrient Patterns and Their Relation with Obesity in Iranian Adults: a Population Based Study. Mohammad Reza Amini, Farhang Djafari, Fatemeh Sheikhhossein, Habib Yarizadeh, Sina Naghshi, Mahshid Shahavandi, Nastaran Payandeh, Zahra Akbarzade, Kurosh Djafarian, Sakineh Shab-Bidar. Clinical Nutrition Research* 10 (1), 59 2021
- The effect of aerobic and resistance training and combined exercise modalities on subcutaneous abdominal fat: a systematic review and meta-analysis of randomized clinical trials. Habib Yarizadeh, Reza Eftekhar, Javad Anjom-Shoae, John R Speakman, Kurosh Djafarian. Advances in Nutrition* 12 (1), 179-196 2021

- The Nordic diet and the risk of non-communicable chronic disease and mortality: a systematic review and dose-response meta-analysis of prospective cohort studies.* Yahya Jalilpiran, Ahmad Jayedi, Kurosh Djafarian, Sakineh Shab-Bidar. *Critical Reviews in Food Science and Nutrition*, 1-13 2020
- Unsuccessful Weight-Loss in Adults Admitted to Health Centers, Ahvaz, Khuzestan: A Phenomenological Study.* arzad Faraji Khiavi, Kurosh Djafarian, Mahbubeh Afrashtabar. *Evidence Based Health Policy, Management and Economics* 4 (4), 254-262 2020
- The association between dietary acid load and muscle strength among Iranian adults.* Saba Mohammadpour, Farhang Djafari, Samira Davarzani, Kurosh Djafarian, Cain CT Clark, Sakineh Shab-Bidar. *BMC research notes* 13 (1), 1-9 2020
- The association between healthy lifestyle score with cardiorespiratory fitness and muscle strength.* Saba Mohammadpour, Mahtab Ghanbari, Hossein Shahinfar, Fateme Gholami, Kurosh Djafarian, Sakineh Shab-Bidar. *International Journal of Clinical Practice* 74 (12), e13640 2020
- Dose-Response Meta-Analysis of the Impact of Body Mass Index on Mortality in the Intensive Care Unit.* Razieh Khalooeifard, Kurosh Djafarian, Maryam Safabakhsh, Jamal Rahmani, Sakineh Shab-Bidar. *Nutrition in Clinical Practice* 35 (6), 1010-1020 2020
- Nitrate-nitrite exposure through drinking water and diet and risk of colorectal cancer: a systematic review and meta-analysis of observational studies.* Fatemeh Hosseini, Maryam Majdi, Sina Naghshi, Fatemeh Sheikhhossein, Kurosh Djafarian, Sakineh Shab-Bidar. *Clinical Nutrition* 2020
- The association between major dietary patterns at dinner and obesity in adults living in Tehran: A population-based study.* Zahra Akbarzade, Kurosh Djafarian, Cain CT Clark, Azadeh Lesani, Hossein Shahinfar, Sakineh Shab-Bidar. *Journal of Cardiovascular and Thoracic Research* 12 (4), 269-279 2020
- Cardiorespiratory fitness is positively associated with both healthy and western dietary pattern in Iranian middle-aged.* Hossein Shahinfar, Farhang Djafari, Nadia Babaei, Samira Davarzani, Mojdeh Ebaditabar, Cain CT Clark, Kurosh Djafarian, Hossein Imani, Sakineh Shab-Bidar. *International Journal for Vitamin and Nutrition Research* 2020
- Irregular daily energy intake and diet quality in Iranian adults.* Ahmad Jayedi, Azadeh Lesani, Zahra Akbarzadeh, Kurosh Djafarian, Sakineh Shab-Bidar. *British Journal of Nutrition*, 1-25 2020
- The effect of chocolate-based products on some appetite-related hormones: a systematic review.* Zahra Shirzadi, Kurosh Djafarian, Maryam Safabakhsh, Cain CT Clark, Sakineh Shab-Bidar. *International journal of food sciences and nutrition* 71 (7), 785-792 2020
- Associations of physical activity with cardiorespiratory fitness, muscle strength, and body composition.* Samira Davarzani, Nadia Babaei, Mojdeh Ebaditabar, Kurosh Djafarian, Sakineh Shab-Bidar. *Pediatric Endocrinology, Diabetes & Metabolism* 26 (4) 2020

- Association of Nutrient Patterns with Metabolic Syndrome and Its Components in Iranian Adults.* 2020  
Zahra Akbarzade, Mohammad Reza Amini, Farhang Djafari, Habib Yarizadeh, Fatemeh Mohtashaminia, Maryam Majdi, Elham Bazshahi, Kurosh Djafarian, Cain CT Clark, Sakineh Shab-Bidar. *Clinical Nutrition Research* 9 (4), 318
- Effects of a psychobiotic supplement on serum brain-derived neurotrophic factor levels in depressive patients: a post hoc analysis of a randomized clinical trial.* 2020  
Nazanin Heidarzadeh-Rad, Hülya Gökmen-Özel, Asma Kazemi, Negin Almasi, Kurosh Djafarian. *Journal of neurogastroenterology and motility* 26 (4), 486
- Breakfast-Based Dietary Patterns and Obesity in Tehranian Adults.* 2020  
Zahra Akbarzade, Saba Mohammadpour, Kurosh Djafarian, Cain CT Clark, Parivash Ghorbaninejad, Maryam Mohtashami, Sakineh Shab-Bidar *Journal of obesity & metabolic syndrome* 29 (3), 222
- The association of plant-based dietary patterns with visceral adiposity, lipid accumulation product, and triglyceride-glucose index in Iranian adults.* 2020  
Mahshid Shahavandi, Farhang Djafari, Hossein Shahinfar, Samira Davarzani, Nadia Babaei, Mojdeh Ebaditabar, Kurosh Djafarian, Cain CT Clark, Sakineh Shab-Bidar *Complementary Therapies in Medicine* 53, 102531
- The association of body mass index and quantitative 24-h urine metabolites in patients with Nephrolithiasis: a systematic review and dose-response meta-analysis.* 2020  
Fatemeh Taheri, Kurosh Djafarian, Cain CT Clark, Maryam Taheri, Farhang Djafari, Elaheh Honarkar-Shafie, Mohadeseh Aghasi, Sakineh Shab-Bidar *Obesity Medicine*, 100262
- Effects of Glucomannan supplementation on weight loss in overweight and obese adults: A systematic review and meta-analysis of randomized controlled trials.* 2020  
Saba Mohammadpour, Mohammad Reza Amini, Hossein Shahinfar, Aliyu Jibril Tijani, Mahshid Shahavandi, Parivash Ghorbaninejad, Kurosh Djafarian, Sakineh Shab-Bidar *Obesity Medicine*, 100276
- Nutrient Patterns and Their Relation With Obesity in Iranian Adults: A Population-based Study.* 2020  
Mohammad Reza Amini, Zahra Akbarzade, Farhang Djafari, Habib Yarizadeh, Mahshid Shahavandi, Fatemeh Sheikhhosseini, Nastaran Payande, Kurosh Djafarian, Sakineh Shab-Bidar. *Research Square*
- The effect of l-carnitine supplementation on exercise-induced muscle damage: a systematic review and meta-analysis of randomized clinical trials.* 2020  
Habib Yarizadh, Sakineh Shab-Bidar, Behzad Zamani, Ali Nazary Vanani, Hussein Baharloo, Kurosh Djafarian. *Journal of the American College of Nutrition* 39 (5), 457-468
- The association between dietary antioxidant quality score and cardiorespiratory fitness in Iranian adults: a cross-sectional study.* 2020  
Hossein Shahinfar, Mahshid Shahavandi, Aliyu Tijani Jibril, Kurosh Djafarian, Cain CT Clark, Sakineh Shab-Bidar *Clinical Nutrition Research* 9 (3), 171

- Effect of calorie restriction or protein intake on circulating levels of insulin like growth factor I in humans: a systematic review and meta-analysis.* Asma Kazemi, John R Speakman, Sepideh Soltani, Kurosh Djafarian. *Clinical Nutrition* 39 (6), 1705-1716 2020
- Serum vitamin D level and carotid intima-media thickness: A systematic review and meta-analysis of observational studies and randomized control trials.* Nasim Säidifard, Hadith Tangestani, Kurosh Djafarian, Sakineh Shab-Bidar *Hormone and Metabolic Research* 52 (05), 305-315 2020
- The association between sleep duration and risk of abnormal lipid profile: A systematic review and meta-analysis.* Ahmed A Abdurahman, Mohammed Bule, Sakineh Shab-Bidar, Shahabeddin Rezaei, Kourosh Djafarian. *Obesity Medicine*, 100236 2020
- Efficacy of vitamin D fortified foods on bone mineral density and serum bone biomarkers: A systematic review and meta-analysis of interventional studies.* Hadith Tangestani, Kurosh Djafarian, Hadi Emamat, Niloufar Arabzadegan, Sakineh Shab-Bidar *Critical reviews in food science and nutrition* 60 (7), 1094-1103 2020
- Association of Dietary Patterns with Visceral Adiposity, Lipid Accumulation Product, and Triglyceride-Glucose Index in Iranian Adults.* Mohammad Reza Amini, Hossein Shahinfar, Nadia Babaei, Samira Davarzani, Mojdeh Ebaditabar, Kurosh Djafarian, Cain CT Clark, Sakineh Shab-Bidar *Clinical nutrition research* 9 (2), 145 2020
- Effect of dark chocolate on flow-mediated dilatation: Systematic review, meta-analysis, and dose-response analysis of randomized controlled trials.* Mojdeh Ebaditabar, Kurosh Djafarian, Nasim Saeidifard, Sakineh Shab-Bidar *Clinical nutrition ESPEN* 36, 17-27 2020
- Beneficial impact of exercise on bone mass in individuals under calorie restriction: a systematic review and Meta-analysis of randomized clinical trials.* Habib Yarizadeh, Sara Asadi, Hussein Baharloo, Leila Setayesh, Nader Rahimi Kakavandi, Catherine Hambly, Kurosh Djafarian, Khadijeh Mirzaei. *Critical reviews in food science and nutrition*, 1-13 2020
- The Beneficial Effects of Alpha Lipoic Acid Supplementation on Lp-PLA2 Mass and Its Distribution between HDL and apoB-Containing Lipoproteins in Type 2 Diabetic Patients:* Nima Baziar, Ensieh Nasli-Esfahani, Kurosh Djafarian, Mostafa Qorbani, Mehdi Hedayati, Mahshid Abd Mishani, Zeinab Faghfoori, Najva Ahmaripour, Saeed Hosseini. *Oxidative medicine and cellular longevity* 2020
- Fermented foods and inflammation: A systematic review and meta-analysis of randomized controlled trials.* Nasim SaeidiFard, Kurosh Djafarian, Sakineh Shab-Bidar *Clinical nutrition ESPEN* 35, 30-39 2020
- The effect of a hydrolyzed collagen-based supplement on wound healing in patients with burn: a randomized double-blind pilot clinical trial.* Katayoun Bagheri Miyab, Elham Alipoor, Reza Vaghardoost, Mohsen Saberi Isfeedvajani, Mehdi Yaseri, Kurosh Djafarian, Mohammad Javad Hosseinzadeh-Attar. *Burns* 46 (1), 156-163 2020

- Effect of probiotic and prebiotic versus placebo on appetite in patients with major depressive disorder: post hoc analysis of a randomised clinical trial.* A Kazemi, AA Noorbala, K Djafarian. *Journal of Human Nutrition and Dietetics* 33 (1), 56-65 2020
- The effects of L-carnitine supplementation on lipid concentrations inpatients with type 2 diabetes: A systematic review and meta-analysis of randomized clinical trials.* Omid Asbaghi, Sara Kashkooli, Mohammad Reza Amini, Hossein Shahinfar, Kurosh Djafarian, Cain CT Clark, Sakineh Shab-Bidar. *Journal of cardiovascular and thoracic research* 12 (4), 246 2020
- Association Between the Dietary Inflammatory Index and Resting Metabolic Rate per Kilogram of Fat-Free Mass in Overweight and Obese Women.* Moein Askarpour, Habib Yarizadeh, Kurosh Djafarian, Khadijeh Mirzaei. *Journal of Iranian Medical Council* 3 (1), 29-35 2020
- Body Mass Index, Adipose Tissue, and Resting Metabolic Rate Could Be Affected by Age at Onset of Obesity in Overweight and Obese Adult Women.* Habib Yarizadeh, Leila Setayesh, Aliyu Jibril Tijani, Kurosh Djafarian, Khadijeh Mirzaei. *Journal of Iranian Medical Council* 3 (1), 41-47 2020
- Association of dietary energy density with cardiometabolic risk factors and metabolic syndrome in Tehranian older adults.* Hossein Shahinfar, Maryam Safabakhsh, Sara Mansouri, Kurosh Djafarian, Cain CT Clark, Sakineh Shab-Bidar *Journal of Cardiovascular and Thoracic Research* 12 (2), 97 2020
- Serum irisin levels in metabolically healthy versus metabolically unhealthy obesity: A case-control study.* omaye Yosae, Reyhane Basirat, Abdolhamid Hamidi, Alireza Esteghamati, Mahmoud Khodadost, Farzad Shidfar, Vida Bitarafan, Kurosh Djafarian. *Medical Journal of the Islamic Republic of Iran* 34, 46 2020
- Effect of l-carnitine Supplementation on Liver Enzymes: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.* Moein Askarpour, Kurosh Djafarian, Ehsan Ghaedi, Omid Sadeghi, Ali Sheikhi, Sakineh Shab-Bidar *Archives of medical research* 51 (1), 82-94 2020
- Association between dietary inflammatory index and components of metabolic syndrome.* Sima Ghorabi, Alireza Esteghamati, Kamal Azam, Elnaz Daneshzad, Omid Sadeghi, Asma Salari-Moghaddam, Leila Azadbakht, Kurosh Djafarian. *Journal of cardiovascular and thoracic research* 12 (1), 27 2020
- The Possible Association Between Circadian Rhythm Chronotypes and Unhealthy Metabolic Phenotypes in Overweight/Obese Women.* Moein Askarpour, Yarizadeh Yarizadeh, Niloofar Rasaei, Negin Badrooj, Kurosh Djafarian, Khadijeh Mirzaei. *Journal of Iranian Medical Council* 2 (6), 184-191 2019
- The effect of daily consumption of different doses of fortified Lavash bread versus plain bread on serum vitamin-D status, body composition, metabolic and inflammatory .* Hadith Tangestani, Kurosh Djafarian, Sakineh Shab-Bidar *Trials* 20 (1), 1-8 2019

- Association between Apolipoprotein E Gene Polymorphism and Alzheimer's Disease in an Iranian Population: A Meta-Analysis.* Morteza Abyadeh, Kurosh Djafarian, Fatemeh Heydarinejad, Shahab Alizadeh, Sakineh Shab-Bidar *Journal of Molecular Neuroscience* 69 (4), 557-562 2019
- Association of anemia with sensorineural hearing loss: a systematic review and meta-analysis.* Shimel Hussien Mohammed, Sakineh Shab-Bidar, Samer Abuzerr, Tesfa Dejenie Habtewold, Shahab Alizadeh, Kurosh Djafarian. *BMC research notes* 12 (1), 283 2019
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