

Curriculum Vitae

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Personal Information

Education

- **PhD in Nutrition, Isfahan University of Medical Sciences, Isfahan, IRAN. 2011-2015 (Supervisor: Dr. Leila Azadbakht)**
- **MSc in Nutrition, Tehran University of Medical Sciences, Tehran, IRAN. 2008-2010 (Supervisor: Dr. Mohammadjavad Hosseinzadeh-Attar)**
- **BSc in Nutrition, Isfahan University of Medical Sciences, Isfahan, IRAN. 2004-2008**

Work experience

- **Research assistant in Cardiovascular Research Institute, Isfahan, Iran (December 2019 till now)**
- **Research assistant in Psychosomatic Research Center, Isfahan, Iran (January 2019 to December 2019)**

Research interest

- **Nutritional epidemiology**
- **Cardiovascular diseases**

- **Mental disorders**

Skills

- **SPSS**
- **Stata (meta-analysis)**
- **Language: English (IELTS=7)**

Awards and achievements

- **The selected researcher among PhD students of nutrition (2012)**
- **The 6th person in PhD exam (2011)**
- **The first article in the 11th Iranian Nutrition Congress (2009)**
- **The first person of the MSc exam (2008)**

Research Projects

1. Determining the incidence, recurrence, complication, and mortality rate of non-communicable and communicable diseases among COVID-19 patients in Isfahan: A five year concurrent and non-concurrent cohort study based on hospital registry
2. The association between major dietary patterns and psychosomatic disorders: an application of factor analysis for extracting and classification
3. Comparing vitamin D receptor gene polymorphisms between COVID-19 patients with mild and severe symptoms: A case-control study
4. Determining the frequency of non-communicable disease consequences in non-hospitalized patients with mild symptoms of COVID-19 in a one-year prospective cohort study in Isfahan
5. Determining the frequency and pattern of deaths in COVID-19 hospitalized and outpatients in Isfahan
6. Application of Latent Class Growth Trees for evaluating the changes in lipids profile and glucose indices for classifying of pre-diabetic patients
7. Effects of a low-calorie diet rich in marine omega-3 in comparison with low-calorie diets rich in either plant-derived or both plant- and marine-derived omega-3 on cardio vascular risk factors.
8. Cultural Adaptation and Evaluation of reliability and validity of Persian version of adolescent food habits checklist (AFHC) and adolescent and adult food preference questionnaire (FPQ)
9. The effect of DASH diet on the cardiovascular risks (fibrinolytic and anthropometric) indices in type 2 diabetes

10. Effect of a diverse and low energy dense diet on cardiovascular risks among overweight and obese adolescents
11. Effect of substituting saturated with monounsaturated fatty acids on serum visfatin levels and insulin resistance in overweight women: a randomized cross-over clinical trial.
12. The association of whole grain intake and anthropometric measures in Isfahani female.
13. Effect of consuming salad and yogurt as preload on body weight management and cardiovascular risk factors: a randomized clinical trial.
14. Association of dietary diversity score with obesity and central adiposity among female university students in Isfahan, Iran.
15. The effect of DASH eating plan on cardiovascular diseases risk factors in diabetic patients.
16. The effects of low energy dens diet enriched in functional foods on weight-loss maintenance and cardiovascular diseases risk factors.
17. Effect of resveratrol on lipid profile: An updated systematic review and meta-analysis on randomized clinical trials.
18. Can resveratrol supplement change inflammatory mediators? A systematic review and meta-analysis on randomized clinical trials.
19. Effect of Green Tea on Plasma Adiponectin Levels: A Systematic Review and Meta-analysis of Randomized Controlled Clinical Trials.
20. Effect of Conjugated Linoleic Acid Supplementation on Serum Leptin Concentration: A Systematic Review and Meta-Analysis.
21. The effects of low carbohydrate diets on liver function tests in nonalcoholic fatty liver disease: A systematic review and meta-analysis of clinical trials.
22. Dairy consumption, cardiovascular risk factors and inflammation in elderly subjects.
23. Dietary patterns and cognitive function: a systematic review and meta-analysis of observational studies

24. Salt and obesity: a systematic review and meta-analysis of observational studies
25. Fruit and vegetable intake and cognitive function impairment: a systematic review and meta-analysis of observational studies
26. Longitudinal association of dietary carbohydrate and the risk cardiovascular disease: A dose response meta-analysis
27. The relationship between saturated fatty acid and hypertension: a systematic review and meta-analysis
28. Investigating the Relationship between Dietary Patterns during Pregnancy and Gestational Diabetes (GDM): A Systematic Review and Meta-Analysis
29. Association of omega-6 polyunsaturated fatty acids with blood pressure: A systematic review and meta-analysis
30. An updated systematic review and dose-response meta-analysis of prospective cohort studies to determine the association between dairy consumption and risk of elevated blood pressure
31. Effects of soy consumption on metabolic parameters in patients with metabolic syndrome: A systematic review and meta-analysis
32. The association between vegetarian diet and depression risk: a systematic review and meta-analysis

International papers (Indexed in PUBMED/ISI)

1. Mohammadi M, Nadjarzadeh A, Mirzaei M, Fallahzadeh H, **Haghighatdoost F**, et al. Dietary glycemic index and glycemic load in association with sleep duration: YaHS-TAMYZ and Shahedieh observational studies. *Clin Nutr ESPEN*. 2021 Dec;46:471-476.
2. **Haghighatdoost F**, Sadeghian R, Abbasi B. The Associations Between Tea and Coffee Drinking and Risk of Calcium-Oxalate Renal Stones. *Plant Foods Hum Nutr*. 2021 Dec;76(4):516-522.
3. Grau N, Mohammadifard N, Hassannejhad R, **Haghighatdoost F**, et al. Red and processed meat consumption and risk of incident cardiovascular disease and mortality: Isfahan cohort study. *Int J Food Sci Nutr*. 2021 Oct 28:1-10.
4. Hajihashemi P, Hassannejad R, **Haghighatdoost F**, et al. The long-term association of different dietary protein sources with metabolic syndrome. *Sci Rep*. 2021 Sep 29;11(1):19394. **(Corresponding author)**
5. Mohammadifard N, Mansourian M, Firouzi S, Taheri M, **Haghighatdoost F**. Longitudinal association of dietary carbohydrate and the risk cardiovascular disease: a dose-response meta-analysis. *Crit Rev Food Sci Nutr*. 2021. **(Corresponding author)**
6. Hassannejad R, Sharrouf H, **Haghighatdoost F**, Kirk B, Amirabdollahian F. Diagnostic Power of Circulatory Metabolic Biomarkers as Metabolic Syndrome Risk Predictors in Community-Dwelling Older Adults in Northwest of England (A Feasibility Study). *Nutrients* 2021.
7. Adibi P, Esmailzadeh A, Daghighzadeh H, Hassanzadeh Keshteli A, Feizi A, **Haghighatdoost F**, Jafari M. Low fermentable oligosaccharides, disaccharides, monosaccharides and polyols (FODMAP) diet is associated with increased risk of

uninvestigated chronic dyspepsia and its symptoms in adults. **Minerva Gastroenterol (Torino) 2021.**

8. Silveira EA, da Silva Filho RR, Spexoto MCB, Haghghatdoost F, Sarrafzadegan N, de Oliveira C. The Role of Sarcopenic Obesity in Cancer and Cardiovascular Disease: A Synthesis of the Evidence on Pathophysiological Aspects and Clinical Implications. **Int J Mol Sci 2021.**
9. **Haghghatdoost F**, Feizi A, Esmailzadeh A, Keshteli AH, Afshar H, Adibi P. Breakfast skipping alone and in interaction with inflammatory based quality of diet increases the risk of higher scores of psychological problems profile in a large sample of Iranian adults. **J Nutr Sci 2021.**
10. Heidari Z, Rashidi Pour Fard N, Clark CCT, **Haghghatdoost F**. Dairy products consumption and the risk of hypertension in adults: An updated systematic review and dose-response meta-analysis of prospective cohort studies. **Nutr Metab Cardiovasc Dis. March 2021. (Corresponding author)**
11. Fazelian S, Sadeghi E, Firouzi S, **Haghghatdoost F**. Adherence to the vegetarian diet may increase the risk of depression: a systematic review and meta-analysis of observational studies. **Nutr Rev. 2021. (Corresponding author) (rank=4)**
12. **Haghghatdoost F**, Gholami A, Hariri M. Effect of resistant starch type 2 on inflammatory mediators: A systematic review and meta-analysis of randomized controlled trials. **Complement Ther Med 2021.**
13. Yavari M, Feizi A, **Haghghatdoost F**, Ghaffari A, Rezvanian H. The influence of parathyroidectomy on cardiometabolic risk factors in patients with primary hyperparathyroidism: a systematic review and meta-analysis. **Endocrine 2021.**

14. Mohammadifard N, Sajjadi F, & **Haghighatdoost F.** (2021). Effects of soy consumption on metabolic parameters in patients with metabolic syndrome: A systematic review and meta-analysis. *EXCLI Journal*, **20**, 665-685. (Corresponding author)
15. Mohammadifard N, **Haghighatdust F**, Kelishadi R, et al. Validity and reproducibility of a semi-quantitative food frequency questionnaire for Iranian adults. *Nutr Diet.* **2021 Mar 30.**
16. **Haghighatdoost F**, Sadeghian R, Clark CCT, Abbasi B. Higher Dietary Acid Load Is Associated With an Increased Risk of Calcium Oxalate Kidney Stones. *J Ren Nutr.* **2020 24:S1051-2276(20)30217-X.**
17. Mohammadifard N, **Haghighatdoost F**, Nouri F, et al. Is urinary sodium excretion related to anthropometric indicators of adiposity in adults? *J Res Med Sci.* **2020;25:50. (corresponding author)**
18. **Haghighatdoost F**, Gholami A, Hariri M. Effect of Grape Polyphenols on Selected Inflammatory Mediators: A Systematic Review and Meta-Analysis Randomized Clinical Trials. *EXCLI J.* **2020;19:251-267.**
19. Zakizadeh E, Saraf-Bank S, **Haghighatdoost F**, et al. Associations between dietary patterns and depression and anxiety in middle-aged adults: A large cross-sectional analysis among Iranian manufacturing employees. *Adv Hum Biol.* **2019;9(3):228.**
20. **Haghighatdoost F.** Meta-analysis of Whole-Grain Consumption and Biomarkers of Systemic Inflammation: Methodologic Limitations. *Adv Nutr* **2020 Mar 1;11(2):465-466.**
21. Karimi G, Heidari Z, Firouzi S, **Haghighatdoost F.** A Systematic Review and Meta-Analysis of the Association Between Fish Consumption and Risk of Metabolic Syndrome. *Nutr Metab Cardiovasc Dis.* **2020;30(5):717-729. (corresponding author)**

22. **Haghighatdoost F**, Gholami A, Hariri M. Alpha-lipoic Acid Effect on Leptin and Adiponectin Concentrations: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. **Eur J Clin Pharmacol.** 2020;76(5):649-657.
23. Mohammadifard N, Karimi G, Khosravi A, Sarrafzadegan N, Jozan M, Zahed P, **Haghighatdoost F**. High Dietary Acid Load Score Is Not Associated With the Risk of Metabolic Syndrome in Iranian Adults. **Int J Vitam Nutr Res.** 2020:1-12. (corresponding author)
24. **Haghighatdoost F**. Reply to Sadeghian et al. **J Am Coll Nutr.** 2020:1-2.
25. Sharbafchi MR, Tabatabaiyan S, **Haghighatdoost F**, et al. Personality Traits Are Related to Functional Dyspepsia in a Large Sample of Iranian Adults. **J Psychosom Res.** 2020;129:109912.
26. **Haghighatdoost F**, Feizi A, Esmailzadeh A, et al. The Relationship Between Dietary Inflammatory Index and Psychosomatic Complaints Profiles: Results From SEPAHAN Cross-Sectional Study. **Biopsychosoc Med.** 2019;13:27.
27. Moosavian SP, **Haghighatdoost F**. Dietary Energy Density and Appetite: A Systematic Review and Meta-Analysis of Clinical Trials. **Nutrition.** 2020;69:110551. (corresponding author)
28. **Haghighatdoost F**, Hariri M. The Effect of Green Tea on Inflammatory Mediators: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. **Phytother Res.** 2019;33(9):2274-2287.
29. Mohammadifard N, **Haghighatdoost F**, Mansourian M, et al. Long-term Association of Nut Consumption and Cardiometabolic Risk Factors. **Nutr Metab Cardiovasc Dis.** 2019;29(9):972-982. (corresponding author)

Published papers in Scientific-Research Journals of Iran

1. Moradi M, **Haghighatdoost F**, Feizi A, Azadbakht L. Effect of CO-Q10 supplementation on fasting blood glucose, fasting insulin and HBA1C; a systematic and meta-analysis study. **Iranian journal of Diabetes and Metabolism** 2016; 15(3): 158-171.
2. Moradi M, **Haghighatdoost F**, Azadbakht L. The Association between Dietary Acid Load and Cardiovascular Disease Risk among Diabetic Nephropathy Patients. **Iranian Journal of Nutrition Sciences & Food Technology** 2016; 11(3): 1-10.
3. Milajerdi A, **Haghighatdoost F**, Azadbakht L. Saffron (*Crocus sativus* L.) and its Crocin and Crocetin toxicity against normal and tumor cells: A systematic review. **J Clin Exc** 2015; 4(Special Issue): 33-55 (Persian).
4. **Haghighatdoost F**, Ramezani Jolfaie N, Azadbakht L. An Investigation of the Importance of Macronutrients in the Treatment of Depression in Diabetic Patients. **Diabetes nurse** 2015; 2(4): 69-85.
5. **Haghighatdoost F**, Paknahad Z. Soy food intake and risk of breast cancer. **J Health Syst Res** 2013; 9(5):449-459.
6. Ghiasvand R, Hariri M, **Haghighatdoost F**, Darvishi L. The Effect of Exercise on Appetite And Serum Ghrelin: Implications for Weight Control. **J Health Syst Res** 2013; 9(3): 211-21.
7. Ghiasvand R, **Haghighatdoost F**, Hariri M. The Effect of Short Sleep Duration on Body Weight: A Review on Evidences. **J Health Syst Res** 2013; 9(3): 233-42.
8. **Haghighatdoost F**, Zaribaf F, Azadbakht L, Esmailzadeh A. Association between major dietary patterns and risk factors for cardiovascular disease among women. **Iranian Journal of Nutrition Sciences & Food Technology**. 2012; 7 (3) :19-30.

Reviewer for International journals

- 1.** BMC Public Health
- 2.** Journal of American College of Nutrition
- 3.** Public Health Nutrition
- 4.** International Journal of obesity
- 5.** Phytotherapy Research
- 6.** Nutrition, Metabolism and Cardiovascular Disease.
- 7.** Critical Reviews in Food Science and Nutrition
- 8.** Nutrition
- 9.** Pediatric Obesity
- 10.** International Journal of Clinical Practice

Books

1-Trace minerals. Handbook of Food Bioactive Ingredients; Properties and Applications. Jafari SM, Rashidinejad A, Simal-Gandara J, Xiao J. Springer 2022.

Conference speaker/poster

- 1-The 2nd international and the 14th Iranian Nutrition Congress, Sep 2016. (Invited Speaker)
- 2-The 11th Iranian Nutrition Congress, Sep 2010. (Speaker)
- 3-Consumption of energy-dense diets in relation to metabolic syndrome and inflammatory markers in Iranian female nurses, Sep 2016. (Poster)
- 4- Glycemic index, glycemic load, and common psychological disorders, Sep 2016. (Poster)
- 5- Adherence to the DASH and Mediterranean diets is associated with decreased risk for gestational diabetes mellitus, Sep 2016. (Poster)
- 6- Healthy eating index and cardiovascular risk factors among Iranians. Oct 2012. (Poster)
- 7- Sleep deprivation is associated with lower diet quality indices and higher rate of general and central obesity among young female students in Iran, Oct 2012. (Poster)
- 8- Is the association between salt intake and blood pressure mediated by body mass index and central adiposity? Oct 2012. (Poster)
- 9- Assessing body shape index as a risk predictor for cardiovascular diseases and metabolic syndrome among Iranian adults. Dec 2014. (Poster)
- 10- Association of dietary acid load with cardiovascular disease risk factors in patients with diabetic nephropathy. Dec 2014. (Poster)
- 11- The effects of low carbohydrate diets on liver function tests in nonalcoholic fatty liver disease: A systematic review and meta-analysis of clinical trials. Dec 2014. (Poster)
- 12- Family Dinner Frequency is Inversely Related to Mental Disorders and Obesity in Adolescents: the CASPIAN-III Study. Dec 2014. (Poster)

Workshops

- Research methods
- Teaching methods
- Advanced search methods
- Systematic review
- Meta-analysis
- Advanced and network meta-analysis
- Diet therapy in critically ill patients
- Diet therapy in renal diseases
- Diet therapy in cancer
- Leadership