

Curriculum Vitae

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Publications

Books:

No	Title	Year
1.	Translation of "Epidemiology in Medicine" by GH Henkin Z, JE Booring	1996
2.	Healthy Cooking for Having Healthy Heart	2002
3.	Health Nutrition in Preventive Cardiovascular Disease	2006
4.	Hypertension and Diabetes situation in the Eastern Mediterranean Region: with special Reference to Iran. In: Frontiers in cardiovascular Health	2003

Published Papers:

International Journals (Indexed: Pubmed/ ISI): (* corresponding author)

1. Mohammadifard N, Sarraf-Zadegan N, **Sajadi F**, et al. Effect of cardiac rehabilitation on lipid profile. J Association of Physicians of India 2003; 51: 12-15.
2. Mohammadifard N, Mehrabian F, Sarrafzadegan N, **Sajadi F**. Effect of consumption of fat-modified diets during pregnancy and lactation on the serum lipids. Indian J. Pediatric 2004; 71 (5): 7-11.
3. 1. Asgary S, Sarraf-zadegans N, Ghassemi N, **Sajadi F**. Antihyperlipidemic effects of Crataegus curvisepala lind. Intercontinental Cardiology 1998; 7(2): 73-75
4. **Sajjadi F**, Mohammadifard N, Ghaderian H, et al. Clustering of cardiovascular risk factors in diabetics and IGT cases in Isfahan Provinces 2000-2001: Isfahan Healthy Heart Program. ARYA Atherosclerosis J 2005; 1 (2): 94-100.
5. Sarrafzadegan N, Azadbakht L, Mohammadifard N, Esmailzadeh A, Safavi M, **Sajadi F**, Alikhasi H, Maghroun M, Kelishadi R. Do lifestyle interventions affect dietary diversity score in the general population? Public Health Nutr J. 2009 Feb 23;1-7.
6. N Mohammadifard, N Omidvar, A H Rad, M Maghroon, و F Sajjadi . Does fruit and vegetable intake differ in adult females and males in Isfahan. ARYAAtherosclerosis J 2005; 1 (3): 193-203.
7. Kelishadi R, Shafiee A, Hashemipour M , Rabiee K, Mohammadifard N, Amin Z, Alikhasi H, **Sajadi F**. Cross-sectional and longitudinal correlations of serum leptin concentrations with

- generalized and abdominal obesity in children and adolescents. *J Ped Neonat* 2006; 3 (3-4): PD1-4.
8. Ghaderian N, Mohammadifard N, **Sajjadi F**, Sadri GH, Moattarian A, Maghroon M. Is there any relationship between the type of dietary fat and blood glucose? Results of Isfahan Healthy Heart Program. *ARYA Atherosclerosis J* 2007; 3(3): 162-167.
 9. **Sajjadi F**, Mohammadifard N, Kelishadi R, et al. Clustering of coronary artery disease risk factors in patients with type II diabetes and impaired glucose tolerance: Isfahan Healthy Heart Program. *EMHJ* 2008; 14 (5): 1080-1090.
 10. Mohammadifard N, Kelishadi R, Safavi M, Sarrafzadegan N, **Sajjadi F**, Sadri GH, Maghroon M, Alikhasi H, Heydari S, Sarmadi F. Effect of a community-based intervention on nutritional behaviour in a developing country setting: the Isfahan Healthy Heart Programme. *Public Health Nutr.* 2009 Feb 17:1-9. [Epub ahead of print].
 11. Sarrafzadegan N, Azadbakht L, Mohammadifard N, Esmailzadeh A, Safavi M, **Sajjadi F**, Alikhasi H, Maghroon M, Kelishadi R. Do lifestyle interventions affect dietary diversity score in the general population? *Public Health Nutr J.* 2009 Feb 23:1-7. [Epub ahead of print].
 12. Kelishadi R, **Sajjadi F**, Ghatreh Samani SH, Mohammadifard N, Khavarian N Alikhasy H, Maghroon M. Results of a Non- pharmacological Trial for Weight Loss of Obese Children-Parents Pairs. *ARYA Atherosclerosis J.* 2008; 4 (4): 143-147.
 13. Mohammadifard N, Sarrafzadegan N, Nouri F, **Sajjadi F**, Alikhasi H, Maghroon M, Kelishadi R, Iraji F, Rahmati M. Using factor analysis to identify dietary patterns in Iranian adults: Isfahan Healthy Heart Program. *Int J Public Health.* 2012;57(1):235-41
 14. Boroujeni HK, Sarrafzadegan N, Mohammadifard N, **Sajjadi F**, Asgari S, Maghroon M, Alikhasi H, Esmailzadeh A. The relation between dietary intake of vegetable oils and serum lipids and apolipoprotein levels in central Iran. *ARYA Atheroscler.* 2012 Winter;7(4):168-75
 15. Khosravi-Boroujeni H, Sarrafzadegan N, Mohammadifard N, Alikhasi H, **Sajjadi F**, Asgari S, Esmailzadeh A. Consumption of sugar-sweetened beverages in relation to the metabolic syndrome among Iranian adults. *Obes Facts.* 2012;5(4):527-37.
 16. Khosravi-Boroujeni H, Mohammadifard N, Sarrafzadegan N, **Sajjadi F**, Maghroon M, Khosravi A, Alikhasi H, Rafieian M, Azadbakht L. Potato consumption and cardiovascular disease risk factors among Iranian population. *Int J Food Sci Nutr.* 2012 Dec;63(8):913-20.
 17. Mohammadifard N, Hosseini M, **Sajjadi F**, Maghroon M, Boshtam M, Nouri F. Comparison of effects of soft margarine, blended, ghee, and unhydrogenated oil with

- hydrogenated oil on serum lipids: A randomized clinical trial. *ARYA Atheroscler*. 2013 Nov;9(6):363-71.
18. Mohammadifard N, Nazem M, Sarrafzadegan N, Nouri F, **Sajjadi F**, Maghroun M, Alikhasi H. Body mass index, waist-circumference and cardiovascular disease risk factors in Iranian adults: Isfahan healthy heart program. *J Health Popul Nutr*. 2013 Sep;31(3):388-97.
 19. Haghighatdoost F, Sarrafzadegan N, Mohammadifard N, **Sajjadi F**, Maghroun M, Boshtam M, Alikhasi H, Azadbakht L. Healthy eating index and cardiovascular risk factors among Iranians. *J Am Coll Nutr*. 2013;32(2):111-21.
 20. Khosravi-Boroujeni H, Sarrafzadegan N, Mohammadifard N, **Sajjadi F**, Maghroun M, Asgari S, Rafieian-Kopaei M, Azadbakht L. White rice consumption and CVD risk factors among Iranian population. *J Health Popul Nutr*. 2013 Jun;31(2):252-61.
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 23. **Sajjadi F**, Gharipour M, Mohammadifard N, Nouri F, Maghroun M, Alikhasi H. Relationship between legumes consumption and metabolic syndrome: Findings of the Isfahan Healthy Heart Program. *ARYA Atheroscler*. 2014 Jan;10(1):18-24.
 24. Mohammadifard N, **Sajjadi F**, Maghroun M, Alikhasi H, Nilforoushzadeh F, Sarrafzadegan N. Validation of a simplified food frequency questionnaire for the assessment of dietary habits in Iranian adults: Isfahan Healthy Heart Program, Iran. *ARYA Atheroscler*. 2015 Mar;11(2):139-46.
 25. Mehrabani S, Mohammadifard N, Mehrabani S, Sadeghi M, **Sajjadi F**, Maghroun M, Maracy MR, Safavi SM. The Effect of Nutrition Consultation on Dietary Diversity Score of Cardiac Patients Referred to Cardiac Rehabilitation Research Center Isfahan Cardiovascular Research Institute during 2008-2013. *Int J Prev Med*. 2016 Nov 4; 7:121.
 26. Mohammadifard N, Mansourian M, **Sajjadi F**, Maghroun M, Pourmoghaddas A, Yazdekhashti N, Sarrafzadegan N. Association of glycaemic index and glycaemic load with metabolic syndrome in an Iranian adult population: Isfahan Healthy Heart Program. *Nutr Diet*. 2017 Feb;74(1):61-66.

27. Mente A, Dehghan M, Rangarajan S, McQueen M, Dagenais G, Wielgosz A, Lear S, Li W, Chen H, Yi S, Wang Y, Diaz R, Avezum A, Lopez-Jaramillo P, Seron P, Kumar R, Gupta R, Mohan V, Swaminathan S, Kutty R, Zatonska K, Iqbal R, Yusuf R, Mohammadifard N, Khatib R, Nasir NM, Ismail N, Oguz A, Rosengren A, Yusufali A, Wentzel-Viljoen E, Puoane T, Chifamba J, Teo K, Anand SS, Yusuf S; Prospective Urban Rural Epidemiology (PURE) study investigators. Association of dietary nutrients with blood lipids and blood pressure in 18 countries: a cross-sectional analysis from the PURE study. *Lancet Diabetes Endocrinol*. 2017 Oct;5(10):774-787.
28. Mehrabani S, Asemi M, Najafian J, **Sajjadi F**, Maghroun M, Mohammadifard N*. Association of Animal and Plant Proteins Intake with Hypertension in Iranian Adult Population: Isfahan Healthy Heart Program. *Adv Biomed Res*. 2017 Aug 31; 6:112.
29. **Sajjadi F**, Mohammadifard N, Maghroun M, Shirani F, Karimi S, Taheri M, Sarrafzadegan N. The effect of educational and encouragement interventions on anthropometric characteristics, obestatin and adiponectin levels. *ARYA Atheroscler*. 2019 May;15(3):123-129.
30. Mohammadifard N, Haghighatdoost F, Mansourian M, Hassannejhad R, Sadeghi M, Roohafza H, **Sajjadi F**, Maghroun M, Alikhasi H, Sarrafzadegan N. Long-term association of nut consumption and cardiometabolic risk factors. *Nutr Metab Cardiovasc Dis*. 2019 Sep;29(9):972-982.
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32. Mohammadifard N, **Sajjadi F**, Haghighatdoost F. Effects of soy consumption on metabolic parameters in patients with metabolic syndrome: A systematic review and meta-analysis. *EXCLI J*. 2021 Mar 16; 20:665-685.
33. Hajhashemi P, Hassannejad R, Haghighatdoost F, Mohammadifard N*, Sadeghi M, Roohafza H, **Sajjadi F**, Sarrafzadegan N. The long-term association of different dietary protein sources with metabolic syndrome. *Sci Rep*. 2021 Sep 29;11(1):19394.
34. Grau N, Mohammadifard N, Hassannejhad R, Haghighatdoost F, Sadeghi M, Talaei M, **Sajjadi F**, Mavrommatis Y, Sarrafzadegan N. 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. doi: 10.1080/09637486.2021.1993797.

National Journals (Educational Research):

1. N Mohammadi fard, N Omidvar, A Houshiarrad, M Maghroon, **F Sajadi**. Does fruit and vegetable intake in adult females and males in Isfahan? ARYA Atherosclerosis. 2006;1(3):183-8.
2. **Sajadi F**, Asgary S, et al. The effect of salvia officinalis in diabetic mellitus patients. Research of Medical Sciences. J Research in Medical Sciences 2003; 7(4): 314-19.
3. Mohammadifard N, Sarraf-Zadegan N, **Sajadi F**, et al. The effect of cardiac... rehabilitation on serum lipids. J of Medical council of Islamic Republic of Iran 2002; 20(3): 199-205.
4. Mohammadifard, Mehrabian F, **Sajadi F**, et al. The effect of maternal modifying fat diet on cord serum lipid. J of Isfahan university of Medical Science 2001; 5(4): 307-313.
5. **Sajadi F**, Sarraf-Zadegan N, Mohammadifard N, et al. Prevalence of non-insulin diabete during 1976-1997. Uremia Medical 1999; 10(2): 129-139
6. Sarraf-zadegan N, Rafiei M, Boshtam M, Alikhasi H, Mohammadifard N, **Sajadi F**. The prevalence of hyperlipidemia among people over 19 years of age in Isfahan. J Mashhad University of Medical Sciences 1996; 53: 60-67.
7. **Sajadi F**, Mohammaifard N, Amir M, et al. prevalence of type II diabetes and it's association with cardiovascular risk factor in Isfahan city. Medical Journal of Mashhad University of Medical Science 2003; 81(46): 68-73.
8. Ghaderian N, Mohammadifard N, **Sajadi F**, et al. Is there a relation between the type dietary fat and blood glucose? Results of Isfahan Healthy Heart Program. J Research in Medical Sciences.2004;71:56-63
9. **Sajjadi F**, Mohammadifard N, Ghaderian N, et al. "Clustering of cardiovascular risk factors in diabetics and IGT cases in Isfahan province 2000-2001: Isfahan Healthy Heart Program. J of Qazvin University.2005;9(2):35-43.
10. Mammadifard N, Sarrafzadegan N, Jalali A, Alikhassi H, Rafie M , **Sajadi, F** ; Boshtam, M. ; Mirlohan, S. Food and nutrients intake among adults of Isfahan, Iran. Iranian J. Pulic Health 2000; 1-4: 127-137.
11. Mohammadifard N, Sarafzadgan N., Sadri Gh., Malek Afzali H., Shahrokhi Sh., Toloioe H., Poormoghaddas M., Rafiei M., Tavasoli Ali Akbar, Kelishadi A., Rabiei K., Bashardoust N.A., Asgary M., Naderi Gh., Changiz T., Yousefie A.R. Isfahan Healthy Heart Program:A Comprehensive Integrated Community-Based Program For Cardiovascular Disease Prevention

And Control. Design, Methods and Initial Experience 2000-2001. J. Isfahan University of Medical Science 2002; 7 (1): 1-8.

12. Sarraf-Zadegan N, Rafiei M, Boshtam M, Alikhasi H, Mohammadifard N, **Sajjadi F**, The Prevalence of hyperlipidemia among people over 19 years of age in Isfahan. J. Mashhad University of Medical Sciences 1996; 53: 60-67.

13. **Sajjadi F**, Mohammadifard N, Khosravi A, et al. Nutritional knowledge, attitude and practice of health professional about cardiovascular disease: results of Isfahan Healthy Heart Program. Birjand University of Medical Sciences J.

14). Mohammadifard N, Omidvar N, Houshiarrad A, Soleymani B, **Sajjadi F**, Maghroon M. The relationship between fruit and vegetable intake and serum lipids level in adults of Isfahan city ,Journal of Isfahan Medical School,2009;+ 26 : 447-57

15). Mohammadifard N, Shams H.R., Paknahad Z, **Sajjadi F**, Maghroun M, Safaari H, Ghasemi Ahmad Reza, Rahmati M.R. . Effect of different kinds of obesity on incidence and comorbidity of cardiovascular risk factors in central area of Iran: result of Isfahan Healthy Heart Program, Nutrition Sciences and Food Technology, 2008; 2(4): 19-28

16) Mohammadifard N, Shirani F, **Sajjadi F**, Maghroon M, Alikhasi H and et al. Impact of nutrition intervention in a community based program on the dietary protein pattern: Isfahan Healthy Heart Program, Journal of Isfahan Medical School, 2009; : 571-81

17. Alikhasi H, Rabiei K, Mohammadifard N, **Sajjadi F**, Maghroon M, Aghadadi H, Jamshidi A, Saffaari H, Saberi S. Process Evaluation of Nutritional Community based Interventions: Isfahan Healthy Heart Program Journal of Isfahan Medical School, 2009; : 549-559

18. Maghroon M, Mohammadifard N, **Sajjadi F**, Saffari H, Ehteshami MSH, Iraj F, et al. Association of individual and social factors on fish consumption in central part of Iran: The Isfahan Healthy Heart Program. J. Isfahan Medical School 2009; Special Issue (Supplement) of Health Promotional: 589-597.

19. **Sajjadi F**, Kelishadi R, Maghroun M, Alikhasi H, Mohammadifard N, et al. The effect of two nutritional methods on anthropometric indexes in obese parents and their children. Zahedan J Research in Medical Sciences. 2011; 13 (1): 42-46.

20. Maghroun M, **Sajjadi F**, Sarhanghpour MR, Nouri F, Shariatifar M, Mohammadifard N, Nilforoushzadeh F. Salt and Sodium Content in Iranian Breads; Hakim 2015, 18(3): 209-216

21. Maghroun M, Mohammadifard N*, **Sajjadi F**, Nouri H, Alikhasi H, Rouhafza H, et al. The effect of Isfahan Healthy Heart Program on food trend in smokers and non-smokers. *J Res Behav Sci* 2012; 10(7): 635-44
22. **Sajjadi F**, Maghroun M, Sarhanghpour MR, Nouri F, Shariatifar M, Mohammadifard N*. Assessment of salt and sodium in processed foods, Iran 2011-2013. *Hakim* 2015, 18(3): 209-216.
23. **Sajjadi F**, Nouri F, Mohammadifard N*, Maghroun M, Alikhasi H, Iraj F, Ehteshami MSH. Cardiovascular diseases risk factors in people with normal body mass index and waist circumference. *J Birjand Univ Med Sci*. 2013, 20(3): 317-326.
24. **Sajjadi F**, Mohammadifard N, Maghroun M, Alikhasi H, Nouri F, Iraj F, Ehteshami MSH. Occupation effect on behavioral approach of female in relation to cardiovascular disease: Isfahan Healthy Heart Program. *J Res Behav Sci* 2014; 12(3): 416-424
25. **Sajjadi F**, Ghaderian N, Noshin Mohammadifard N, Maghroun M, Alikhasi A, Roohafza H, Bahonar A, Rahmati M, Salavati B. Comparison of food habits among smokers and non-smokers: Isfahan Healthy Heart Program. *ARYA Atherosclerosis Journal* 2010; 5(4):181
25. Shirani Sh., Khosravi A.R., Ansari R., **Sajjadi F**.
Effect of One-Years Intervention on The Knowledge and Practice of Nutrition in The Community (Public) Center Area of Iran. *JOURNAL OF SHAHREKORD UNIVERSITY OF MEDICAL SCIENCES* 2001; 3 (1) :84 - 96.

Research plans

1. studying connection between prevalence of coronary artery disease and vitamin D serum level in female carpet weavers
2. studying amount of sodium chloride uptake in people aged over 20-60 years old in Isfahan
3. Determining the nutritional composition of the fishes bred in Isfahan country concerning the major nutrients especially fatty acids
4. The amounts of different kind of dietary fiber in adults of Isfahan
5. The effect of modified fat diet in pregnant and lactant women on fatty acid of breast milk

6. Comparative evaluation of the results of cardiac rehabilitation in Isfahan Cardiovascular Research Center and at home and control group
7. study and compare the effects of sunflower oil ,hydrogenated vegetable oil and animal ghee on blood lipids in a regular diet in men
8. Healthy food for healthy community
9. Women Healthy Heart Project
10. Isfahan exercise projected
11. Improving bread cooking with whole in Isfahan city
12. Assessment the efficacy of two diet regimens for obese parent and children in comparison to controls
13. comprehensive out-patient stroke rehabilitation and secondary prevention
14. Assessment of the efficacy of a dairy-rich diet on weight reduction of obese children
15. Validation of a food frequency questionnaire for assessment of fruit and vegetable intake in adults
16. Healthy life for cardiovascular patients (HLCP)
17. Evaluation the effect of studying an education of "heart health book" in literacy campaign on peractice of illiterate women
18. Health improvement of Mobarake Steel Industries: Studying the effect of nutritional interventions on cardiovascular disease risk factors in Mobarake Steel Industries
19. comparing the effect of sunflower oil mixed unhydrogenated oil (new), traditional and Palcam animal ghee,semihydrogenated oil and soft margarine with hydrogenated oil on serum lipids of healthy adult men
20. Determining the amount of trans fatty acid intake in urban adults of Isfahan, Najaf-abad and Arak in 2000-2001
21. Validation of food frequency questionnaire for assessment of food groups in adults of Isfahan

22. food consumption survey by 24-hour recall in adults of Isfahan, Najaf-Abad and Arak cities in 2007
23. Short-term and long-term effects of pomegranate juice consumption in endothelium function and inflammatory factors in hypertensive patients
24. Food consumption survey by 24-hour recall in Isfahan Cohort Samples of Isfahan, Najaf-Abad and Arak counties in 2007
25. chemical analysis of date concentrates and replace it as a sweetener in food industry
26. food consumption survey by 24-hour recall in adolescence of Isfahan, Najaf-Abad and Arak counties in 2007
27. measuring the amount of sodium, color and salt in major food sources of salt in Iran population
28. evaluation of urinary sodium in adult & children in Isfahan urban area
29. the impact of educational and encouragement interventions of weight reduction on anthropometric and biomarker indicators in overweight and obese population
30. the impact of educational and encouragement interventions of weight reduction on anthropometric indicators prelipin level in overweight and obese population
31. validity and reproducibility of food frequency questionnaire for assessment of sodium intake, food group contribution in sodium intake and the association with blood pressure in an Iranian population
32. validity and reproducibility of food frequency questionnaire for assessment of sodium intake, food group contribution in sodium intake and the association with blood pressure in an Iranian population
33. the effect of a combined exercise training program (MRT and HIIT) with nutritional advice on lipid profile, obesity parameter and quality of life in obese and overweight children and teenagers
34. Design and Feasibility of a simple mobile application based on standard components of cardiac rehabilitation program for ischemic heart patients
35. Evaluating the effect of nutritional interventions on knowledge and attitude of

operators

36. Restaurant staff and a suitable platform for integrating interventions
37. Evaluation of food consumption by 24-hour recall method in children Isfahan, Najafabad and Arak
38. Launching bakeries providing healthy bread
39. Production of healthy food products by food industry factories
40. Formulation corrections and how to prepare sweets in confectionery supply units
Healthy
41. Teaching healthy eating habits to general population
42. Distribution of half-press food in restaurants
43. modify preparing of food in restaurants pizza shop and grocery store
44. Modify food labels