



## Curriculum Vitae (CV)

**Zohreh Hosseini**



**5.Feb. 1988**

**Iranian**

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**Instructor of clinical Nutrition, Varastegan Institute  
for Medical Sciences**



### Education

#### **Master of sciences (MS ):**

Master of Clinical Nutrition, Mashhad University of Medical Science. Mashhad (MUMS) 2012-2014

**Thesis:** “The interaction of VEGF cis- and trans- genetic variants with the levels of trace elements intake in association with metabolic syndrome

by : Dr. Mohamad Safarian, MD-PhD-92-93, Thesis Mark: 19/75/20

#### **Bachelor students (BS):**

Bachelor of Nutrition, Shahid Beheshti University of Medical Science. Tehran 2006-2011



### ***Honors and Awards***

*List relevant awards, fellowships, honors, grants, and academic distinctions in reverse chronological order. Include a short description if necessary*

1. Ranked as the first top Lecturer in introduction of master degree at Mashhad university of medical sciences, Mashhad, Iran, 2014
2. Awarded as the top member in " nutritional program for pregnant women" at Ramian health center, Golestan, Iran, 2011
3. Awarded as the top member in " holding a Healthy food festival " at Ramian health center, Golestan, Iran, 2011
4. Awarded as the top member in " organization of Basij Medical Society " at Ramian health center, Golestan, Iran, 2012
5. Ranked as the first top member at " designing of NAAB software in health system" at Grgan Health center, Gorgan, Iran, 2015

### ***Teaching Experience***

1. Basic Nutrition
2. Medical Nutrition Therapy
3. Nutritional Assessment
4. Principals of Diet Planning
5. Nutrition Seminar Supervisor
6. Nutrition Project Supervisor

### ***Research Experience***

1. Senior Advisor research project "Prototyping bread with high durability in Space missions. Mashhad.
2. Hoseini Z, Safarian M, Azimi Nezhad M: "The interaction of VEGF cis- and trans- genetic variants with the levels of trace elements intake in association with metabolic syndrome, Mashhad" (MUMS) 2014
3. Hoseini Z, Behrooz M, Rashid Khani B" Food dietary patterns and risk of multiple sclerosis: a Case-Control Study, Tehran, 2011
4. Hoseini Z, Norouzy A: "Enteral Nutrition Guideline in ICU patients, Mashhad, 2013
5. Honarvar M, lashkarboloki, Hosseini Z, Assessment of prevalence of food insecurity based on GPS system in 7 state of Iran. 2015-2016
6. Hosseini Z, Dahakzade F, Shariatmadar N, Molavi F, "The Prevalence of Malnutrition in cancer patients of Omid Hospital" Mashhad" 2016-2017



7. Hosseini Z, Azade F, Javid F, "The Prevalence of Eating Disorder and related factors in girl students of Mashhad". Iran 2016-2017
8. Hosseini Z, Rezvani Moghadam. R, Ghadamyari. A, Mohamadi S, Bonyadian. A, Prevalence of Malnutrition in Diabetic Patients and Dietary Related Factors. 2018
9. Hosseini Z, Ebrahimi.S, Noori.F, Tarighat Por.M, Rahnama. I, Shokati.S. The Relationship between Daily Meal Frequency Intake with Anthropometric Indices in Adults Aged 18-60 Years Old of Mashhad City. Iran. 2018
10. Hosseini Z, Pezeshki P "prevalence of malnutrition in hemodialysis patients based on MIS indicator" Mashhad City. Iran. 2019
11. Hosseini Z, Pezeshki P "prevalence of sarcopenia and related factors in adults >55 years olds" Mashhad City. Iran. 2019

### *Research Interests*

1. Nutrigenomics
2. Dietary pattern and prevalence of chronic diseases
3. Nutritional assessment
4. Diet quality indexes
5. Nutritional assessment in critical ill patients

### *Publications*

#### *Journal Publications*

1. **Hoseini Z**, Azimi-Nezhad M, Ghayour-Mobarhan M, Avan A, Eslami S, Nematy M, Mirhafez SR, Ghazavi H, Ferns G, Safarian M. VEGF gene polymorphism interactions with dietary trace elements intake in determining the risk of metabolic syndrome. Journal of Cellular Physiology. 2018 May 22. Index: ISI (IF=2.96)
2. **Hosseini Z**, Behrouz M, Philippou E, Keykhaei F, Nematy M. Food dietary patterns and risk of multiple sclerosis: a Case-Control Study. Journal of Nutritional Sciences and Dietetics. 2017 Aug 8;3(3).
3. Behrooz M, Ghanavati M, **Hosseini Z**, Asghari G, Rashidkhani B. Healthy eating index and risk of multiple sclerosis: a case control study. Journal of Nutritional Sciences and Dietetics. 2017 Feb 28;3(1).
4. Akhoondan M, Behrooz M, Naja F, Jessri M, **Hoseini Z**, Rashid Khani B, Nutrient Patterns and Risk of Multiple Sclerosis: A Case-Control Study, J Neurol Res. 2014;4(2-3):72-80. Index: ISI (IF=2.86)



5. A.R. Heidari-Bakavoli, H. Esmaeili, **Hosseini Z**, M. Moohebbati, M.R. Azarpazhooha M. Mazidi, M. Safarian, M. Nematy, G.A. Fernsd, M. Behrouze and M. Ghayour-Mobarhan. Prevalence of obesity in Iran and its related socio-economic factors, Mediterranean Journal of Nutrition and Metabolism 8 (2015) 109–118. Index: ISI
6. Maryam Behrooz, Golaleh Asghari, **Zohreh Hosseini**, Parvin Mirmiran, Bahram Rashidkhani, Association of Macro- and Micro-nutrients Intake with the Risk of Multiple Sclerosis: A Case Control Study, Nutrition and Food Sciences Research Vol 1, No 2, Oct-Dec 2014, pages: 27-33
7. **Hoseini Z**, Behrooz M, Houshyar-rad A , Askari otaghvari S, Asadi H, Nematy M , The relationship between fruit and vegetable consumption and Multiple Sclerosis: A case –control study, Journal of North Khorasan University 2015;7(3): 573-584
8. Rashidkhani B, Shahneshin M, Rafat R, Omidvar N, Hoshiar rad A, Rezazadeh A , Ramezani A, **Hosseini Z**, Behrooz M, Validity and Reproducibility of a Food Frequency Questionnaire for Assessing Dietary Patterns in 18-45 Years Old Women Supported by Health Care in the North and East of Tehran, Iranian Journal of Endocrinology and Metabolism, 2011;13(1)
9. Behrouz M, Ghanavati M, Mirmiran P , **Hosseini Z**, Rashidkhani B\* , Scientific review of Nutritional beliefs of Traditional Medicine and modern nutrition about multiple sclerosis: a case control study in Tehranian adult , Iranian Journal of Nutrition Sciences & Food Technology;2013 7(5)
10. Behrouz, M, **Hosseini, Z**, Sedaghat, F, Soufi, M, Rashidkhani, B, The relationship between Food Groups and Multiple Sclerosis disease: a case -control study in Tehranian adult, Scientific Journal of School of Public Health and Institute of Public Health Research, 2013;11(3)

#### **Journal Papers in Review**

- 1- Faeze Dahakzade-Nikta Shariatmadar Tehrani- Seyede Fateme Molavi- Fateme Kavooosi- **Zohreh Hosseini\***, Prevalence of Malnutrition with PG-SGA Questionnaire in Cancer Patients admitted to Omid Hospital in Mashhad, Journal of Empirical Health Research, 2017
- 2- Farzaneh Javid, Seyede Fahimeh Azade, Iman Rabbani, **Zohreh Hosseini\***, Prevalence of Eating Disorders and Related Factors in Girl Students in Mashhad, 2017-2018, Journal of Empirical Health Research, 2017
- 3- Raheleh Darsouie, Hamed Ghazavi, **Zohreh Hosseini** ,Sara Setayesh-Rad, Seyed Reza



Mirhafez, Mahmoud Ebrahimi, Mohsen Mazidi, Seyed Mohammad Reza Parizadeh, Gordon A. Ferns, Majid Ghayour-Mobarhan†, Determination of the Prooxidant–antioxidant balance (PAB) in smokers in comparison to Non-smoking controls, **Journal of Nutritional Sciences and Dietetics**’ 2017

### ***Presentations and Invited Lectured***

***Paper Presentation, “Title of Paper,” Name of Conference, Date***

- 1- Presented paper titled as " Prevalence of Sarcopenia and related factors in adults >55 years old " The 3<sup>rd</sup> Iranian Congress of Clinical Nutrition, 2020
- 2- Presented paper titled as " Prevalence of eating disorder and related factors in Mashhad Population " The 3<sup>rd</sup> Iranian Congress of Clinical Nutrition, 2020
- 3- Presented paper titled as “The Interaction of VEGF genetic variants with the level of trace element intake in risk of metabolic syndrome” in 1st International NLRCS Congress: Nutrition: from laboratory Research to Clinical study.Mashhad. 2016
- 4- Presentd paper titled as “food Groups intake and risk of multiple sclerosis “in 13st Iranian Nutrition Congress. Esfahan. Iran 2012
- 5- Presented paper titled as “Healthy Eating Index and risk of multiple sclerosis .A case control study” in 1st international &14th Iranian Nutrition Congress, Tehran.2014
- 6- Presented paper titled as " The Interaction of VEGF genetic variants with the level of trace element intake in risk of Central obesity in men" at the 3rd international and 15th Iranian Nutrition Congress.2017
- 7- Presented paper titled as " Prevalence of Eating Disorders and Related Factors in Girl Students in Mashhad " at the 3rd international and 15th Iranian Nutrition Congress.2017
- 8- Presented paper titled as " Prevalence of Malnutrition with PG-SGA Questionnaire in Cancer Patients admitted to Omid Hospital in Mashhad" at the 3rd international and 15th Iranian Nutrition Congress.2017
- 9- Presented paper titled as " macro and micro-nutrients intake, among 18-30 years old students in Varastegan institute for medical sciences" at the 3rd international and 15th Iranian Nutrition Congress.2017
- 10- Presented paper titled as "Food dietary pattern and risk of multiple sclerosis " at 5<sup>rd</sup> master students conference in Mashhad 2013
- 11- Presented paper titled as "Food groups intake and risk of multiple sclerosis " at 4<sup>rd</sup> master students conference in Mashhad 2012



- 12- Presented paper titled as " Determination of the Prooxidant–antioxidant balance (PAB) in diabetic patients " at 5<sup>rd</sup> master students conference in Mashhad 2013

### ***Professional Training***

#### ***Seminar or Workshop***

#### ***Name of Institution, Location, Date***

1. "Simulation of Genome Wide Association Studies Using Hap Map data", Institute of Biotechnology, Ferdowsi University of Mashhad, 2014
2. "Supplementation and nutritional assessment in athletes", Varastegan Institute for medical sciences , Mashhad ,Iran
3. "New teaching methods" Varastegan Institute for medical sciences , Mashhad ,Iran,2016
4. " Teaching lectures and expressions" Varastegan Institute for medical sciences , Mashhad ,Iran,2017
5. " new nutritional approaches in poly cystic syndrome " Varastegan Institute for medical sciences ,2019- Mashhad ,Iran
6. " assessment of the growing trend of universities around the world" Varastegan Institute for medical sciences ,2019- Mashhad ,Iran
7. " Food rations in emergencies and crises" Institute of Food Science and Technology Research, 2019- Mashhad ,Iran

### ***Patent***

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### ***Membership***

1. Member of Board of Directors of Iranian society of Nutrition .2019 - present
2. Member of Codex International Standards, Iran ,2017-present
3. Member of the Nutrition Committee for "food insecurity assessment in 7 state in Iran" 2015-2016

### ***Community Service***

#### ***Organization [Title/Position/Duty], [Location], Dates***

1. The Head of Nutrition at Health Center, Ramian city. Golestan, Iran, 2011-2012
2. Senior Consultant Nutrition in Imam Reza Hospital, Golestan, Iran, 2011-2012
3. Senior Consultant Nutrition in Niro Malt Company. Mashhad. 2012-2013
4. The Head of Nutrition at Health Center, Gorgan city, Golestan.2014 – 2016
5. Teaching in Nutrition field at school of Nursing, Ali Abad Islamic Azad university.2014-2016
6. Nutritional advisor in Khatam clinic, Gorgan city, Golestan.2014 – 2016
7. Instructor of Clinical Nutrition , Varastegan Institute for Medical Sciences, Mashhad, Iran.2016-now



### ***Technical Lab skills***

#### ***Languages***

Reading (moderate), speaking (moderate), writing (moderate), speaking (Moderate). MHLE exam score : 58

#### ***Computer Skills***

Microsoft Word, Microsoft PowerPoint, Microsoft Excel, EndNote, SPSS, Moodle, VISIO -Camtasia

#### ***References***

1. Prof. Abdol Reza Varasteh, varasteha@mums.ac.ir - varasteha@varastegan.ac.ir Mashhad University of Medical Sciences, Mashhad, Iran
  2. Dr. Mohamad Safarian, SafarianM@mums.ac.ir, Mashhad University of Medical Sciences, Mashhad, Iran
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