



# Shima Abdollahi

## PhD in Nutrition Sciences

### Contact me

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 +98-58-3151-3445

### Skills and interests

- Epidemiological nutrition
- Meta-analysis studies

### Member

North Khorasan University of  
Medical Sciences

### Languages

- Farsi-Native
- English-Intermediate

### Work Experience

- Faculty member of north Khorasan university of medical sciences, school of public health (2019 until now)
- Head of department of nutrition (2021 until now)
- Head of Education Development Office of school health (2020 until now)
- Scientific advisor for Bachelor of Nutrition students (2021 to 2022)
- Member of the faculty's educational council (2020 until now)
- Member of the faculty's educational council (2021 until now)
- Head for the evaluation committee of the university (2021 until now)
- Member of the Accreditation Committee of the Faculty of Health

### Education

<i>Date</i>	<i>Place</i>	<i>Title</i>
2007-2009	Saadat High School, Qazvin	Diploma in natural sciences
2008-2011	Tabriz University of Medical sciences, Tabriz, Iran	BS in Nutritional Sciences
2011-2014	Tehran University of Medical sciences, Tehran, Iran	Master in Health Sciences in Nutrition
2015-2019	Shahid Sadoughi University of Medical Sciences, Yazd, Iran	PhD in Nutritional Sciences

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### Speaker

<i>Course</i>	<i>Hours</i>	<i>Audience</i>
<i>Systematic review and meta-analysis studies</i>	<i>4</i>	<i>Students and researchers</i>
<i>Nutrition and cancer</i>	<i>2</i>	<i>Faculty member of NKUMS</i>
<i>Nutrition in childhood</i>	<i>2</i>	<i>Nutrition graduates and physician</i>
<i>Nutrition in COVID-19 pandemic</i>	<i>2</i>	<i>Nutrition graduates and physician</i>
<i>Nutrition and epilepsy</i>	<i>2</i>	<i>Nutrition graduates</i>
<i>Nutrition and cardiovascular diseases</i>	<i>2</i>	<i>Nutrition graduates and physician</i>
<i>Meal frequency and CVD risk factors</i>	<i>2</i>	<i>3rd Edition of International Nutrition Research Conference”</i>

### Projects

<i>Date</i>	<i>Title</i>	<i>Organizer and held place</i>
<i>2014</i>	<i>The relationship between sleep pattern and dietary pattern with quality of life in the elderly in district 5 of Tehran</i>	<i>Tehran University of Medical Sciences, Tehran, Iran</i>
<i>2014</i>	<i>The relationship between physical activity pattern and dietary pattern with body composition in the elderly in district 5 of Tehran</i>	<i>Tehran University of Medical Sciences, Tehran, Iran</i>
<i>2019</i>	<i>Frequency and Factors Related to Food Insecurity in Households of Bojnourd City</i>	<i>North Khorasan University of Medical Sciences, Bojnourd, Iran</i>
<i>2019</i>	<i>The effects of vitamin D supplementation on fibroblast growth factor 23: A systematic review and meta-analysis of RCTs</i>	<i>North Khorasan University of Medical Sciences, Bojnourd, Iran</i>
<i>2019</i>	<i>The effects of vitamin D supplementation on IGF-1: A systematic review and meta-analysis of RCTs</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>

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### Projects-cont

<i>Date</i>	<i>Title</i>	<i>Organizer and held place</i>
2019	<i>The association between maternal dietary pattern and perinatal outcomes: A systematic review and meta-analysis of cohort studies</i>	<i>North Khorasan University of Medical Sciences, Bojnurd, Iran</i>
2020	<i>The Effect of Meal Frequency on Biochemical Cardio-Metabolic Factors: A Systematic Review and Meta-Analysis of Randomized Controlled Trials</i>	<i>North Khorasan University of Medical Sciences, Bojnurd, Iran</i>
2020	<i>The Association Between Preconception Diet and Assisted Reproductive Treatment Outcomes in Women Attempting Fertility: A Systematic Review and Meta-Analysis of Cohort Studies</i>	<i>North Khorasan University of Medical Sciences, Bojnurd, Iran</i>
2021	<i>The Effect of Probiotics/synbiotics Supplementation on Renal and Liver Biomarkers in Patients with Type 2 Diabetes: A Systematic Review and Meta-Analysis</i>	<i>North Khorasan University of Medical Sciences, Bojnurd, Iran</i>
2021	<i>Investigating food intake and lifestyle in relation to demographic factors of the residents of North Khorasan province during the Covid-19 epidemic in 2021</i>	<i>North Khorasan University of Medical Sciences, Bojnurd, Iran</i>
2021	<i>Serum Adropin Levels in Patients with Type 2 Diabetes in Comparison with Healthy Individuals: A Systematic Review and Meta-Analysis of Observational Studies</i>	<i>North Khorasan University of Medical Sciences, Bojnurd, Iran</i>
2021	<i>Effects of Probiotics Supplementation on Anthropometric Measures and body composition in Patients with Type 2 Diabetes: A Systematic Review and Meta-Analyses of Randomized-Controlled Trials</i>	<i>North Khorasan University of Medical Sciences, Bojnurd, Iran</i>
2021	<i>Vitamin D Supplementation and Body Weight in Children and Adolescents: A Systematic Review and Meta-analysis of Randomized Controlled Trials</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>
2021	<i>The effect of probiotic supplementation on BDNF: A Systematic Review and Meta-analysis of Randomized Controlled Trials</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>

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### Projects-cont

<i>Date</i>	<i>Title</i>	<i>Organizer and held place</i>
2022	<i>The Effect of Resveratrol Supplementation on liver Health: A Systematic Review and Meta-analysis of Randomized Controlled Clinical Trials</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>
2022	<i>The Effect of Resveratrol Supplementation on Renal Health: A Systematic Review and Meta-analysis of Randomized Controlled Clinical Trials</i>	<i>North Khorasan University of Medical Sciences, Bojnurd, Iran</i>
2022	<i>Design and development of whey protein-alginate gum hydrogel containing Nisome as iron carrier: improving bioavailability</i>	<i>North Khorasan University of Medical Sciences, Bojnurd, Iran</i>
2022	<i>The effects of grape on inflammatory and oxidative stress markers in adults: Systematic Review and Meta-Analysis of Randomized Controlled Trials</i>	<i>North Khorasan University of Medical Sciences, Bojnurd, Iran</i>
2022	<i>The effects of grape on liver and renal biomarkers in adults: Systematic Review and Meta-Analysis of Randomized Controlled Trials</i>	<i>North Khorasan University of Medical Sciences, Bojnurd, Iran</i>
2022	<i>Design, implementation and evaluation of the diet therapy training web application for nutritional students (and graduates)</i>	<i>North Khorasan University of Medical Sciences, Bojnurd, Iran</i>
2022	<i>Optimization of gluten-free doughnut formulation enriched with quinoa flour</i>	<i>North Khorasan University of Medical Sciences, Bojnurd, Iran</i>
2022	<i>The effects of olive leaf extract on cardiovascular risk factors in the general adult population: a systematic review and meta-analysis of randomized controlled trials</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>

### Publications

Ali Sangouni, A., **Abdollahi, S.** & Mozaffari-Khosravi, H. Effect of resveratrol supplementation on hepatic steatosis and cardiovascular indices in overweight subjects with type 2 diabetes: a double-blind, randomized controlled trial. *BMC Cardiovasc Disord* 22, 212 (2022). <https://doi.org/10.1186/s12872-022-02637-2>

Dehghani F, **Abdollahi S**, Shidfar F, Clark CC, Soltani S. Probiotics supplementation and brain-derived neurotrophic factor (BDNF): a systematic review and meta-analysis of randomized controlled trials. *Nutritional Neuroscience*. 2022 Aug 23:1-1.

Razmpoosh, E., **Abdollahi, S.**, Mousavirad, M. et al. The effects of olive leaf extract on cardiovascular risk factors in the general adult population: a systematic review and meta-analysis of randomized controlled trials. *Diabetol Metab Syndr* 14, 151 (2022). <https://doi.org/10.1186/s13098-022-00920-y>

Fatemeh Meshkini, Sepideh Soltani, Cain CT Clark, Vivian Tam, David Meyre, Omid Toupchian, Sahar Saraf-Bank, **Shima Abdollahi\***. The effect of vitamin D supplementation on serum levels of fibroblast growth factor-23: A systematic review and meta-analysis of randomized controlled trials. *The Journal of Steroid Biochemistry and Molecular Biology*. 2021

**Shima Abdollahi**, Fatemeh Meshkini, Cain CT Clark, Javad Heshmati, Sepideh Soltani. The Effect of Probiotics/synbiotics Supplementation on Renal and Liver Biomarkers in Patients with Type 2 Diabetes: A Systematic Review and Meta-Analysis of Randomized trials. *British Journal of Nutrition*. 2021

Mojgan Morvaridzadeh, Shahram Agah, Pooya Alibakhshi, Hafez Heydari, Ava Sadat Hoseini, Andriko Palmowski, Omid Toupchian, **Shima Abdollahi**, Gholamreza Rezamand, Javad Heshmati. Effects of Calcium and Vitamin D Co-supplementation on the Lipid Profile: A Systematic Review and Meta-analysis. *Clinical therapeutics*. 2021

Javad Heshmati Mojgan Morvaridzadeh, Shahram Agah, M. Dulce Estêvão, Ava Sadat Hosseini, Hafez Heydari, Omid Toupchian, **Shima Abdollahi**, Emma Persad, Ahmed Abu-Zaid, Gholamreza Rezamand. Effect of saffron supplementation on oxidative stress parameters: A systematic review and meta-analysis of randomized placebo-controlled trials. *Food Science & Nutrition*. 2021

Fatemeh Meshkini, Sepideh Soltani, Zachary Stephen Clayton, **Shima Abdollahi\***. The effect of vitamin D on fibroblast growth factor 23: a systematic review and meta-analysis of randomized controlled trials. *European Journal of Clinical Nutrition*. 2021

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### Publications-cont

Somaye Yosaei, Zahra Keshtkaran, **Shima Abdollahi**, Farzad Shidfar, Jerome Sarris, Sepideh Soltani. The effect of vitamin C supplementation on mood status in adults: a systematic review and meta-analysis of randomized controlled clinical trials. *General Hospital Psychiatry*. 2021

Omid Toupchian, **Shima Abdollahi**, Amin Salehi-Abargouei, Javad Heshmati, Cain C. T. Clark, Mohammad Hasan Sheikhha, Hossein Fallahzadeh, Hassan Mozaffari-khosravi. The effects of resveratrol supplementation on PPAR $\alpha$ , p16, p53, p21 gene expressions, and sCD163/sTWEAK ratio in patients with type 2 diabetes mellitus: A double-blind randomized clinical trial. *Phytotherapy Research*. 2021

**Shima Abdollahi**, Sepideh Soltani, Russell Souza J de, Scott Forbes C, Omid Toupchian, Amin Salehi-Abargouei. Associations between Maternal Dietary Patterns and Perinatal Outcomes: A Systematic Review and Meta-Analysis of Cohort Studies. *Advances in Nutrition*. 2021

**Abdollahi S**, Kazemi A, de Souza RJ, Clark CC, Soltani S. The effect of meal frequency on biochemical cardiometabolic factors: A systematic review and meta-analysis of randomized controlled trials. *Clinical Nutrition*. 2021.

**Abdollahi S**, Soltani S, de Souza RJ, Forbes SC, Toupchian O, Salehi-Abargouei A. Associations between Maternal Dietary Patterns and Perinatal Outcomes: A Systematic Review and Meta-Analysis of Cohort Studies. *Advances in nutrition*. 2021.

Meshkini F, Soltani S, Clayton ZS, **Abdollahi S**. The effect of vitamin D on fibroblast growth factor 23: a systematic review and meta-analysis of randomized controlled trials. *European Journal of Clinical Nutrition*. (letter) 2021;1-2.

Soltani S, **Abdollahi S**, Aune D, Jayedi A. Body mass index and cancer risk in patients with type 2 diabetes: a dose-response meta-analysis of cohort studies. *Scientific reports*. 2021;11(1):1-9.

Tabatabaie M, **Abdollahi S**, Salehi-Abargouei A, Clark CC, Karimi-Nazari E, Fallahzadeh H, et al. The effect of resveratrol supplementation on serum levels of asymmetric de-methyl-arginine and paraoxonase 1 activity in patients with type 2 diabetes: A randomized, double-blind controlled trial. *Phytotherapy research*. 2020;34(8):2023-31.

### Publications-cont

Toupchian O, **Abdollahi S**, Salehi-Abargouei A, Heshmati J, Clark CC, Sheikhha MH, et al. The effects of resveratrol supplementation on PPAR $\alpha$ , p16, p53, p21 gene expressions, and sCD163/sTWEAK ratio in patients with type 2 diabetes mellitus: A double-blind controlled randomized trial. *Phytotherapy*

**Abdollahi S**, Toupchian O, Jayedi A, Meyre D, Tam V, Soltani S. Zinc supplementation and body weight: A systematic review and dose–response meta-analysis of randomized controlled trials. *Advances in nutrition*. 2020 Mar 1;11(2):398-411.

**Abdollahi S**, Salehi-Abargouei A, Toupchian O, Sheikhha MH, Fallahzadeh H, Rahmanian M, Tabatabaie M, Mozaffari-Khosravi H. The effect of resveratrol supplementation on cardio-metabolic risk factors in patients with type 2 diabetes: A randomized, double-blind controlled trial. *Phytotherapy research*. 2019 Dec;33(12):3153-62.

**Abdollahi S**, Salehi-Abargouei A, Tabatabaie M, Sheikhha MH, Fallahzadeh H, Rahmanian M, Toupchian O, Karimi-Nazari E, Mozaffari-Khosravi H. The effect of resveratrol supplementation on the expression levels of factors associated with cellular senescence and sCD163/sTWEAK ratio in patients with type 2 diabetes mellitus: study protocol for a double-blind controlled randomised clinical trial. *BMJ open*. 2019 Jul 1;9(7): e026337.

Toupchian O, Sotoudeh G, Mansoori A, **Abdollahi S**, Keshavarz SA, Djalali M, Nasli-Esfahani E, Alvandi E, Chahardoli R, Koohdani F. DHA-enriched fish oil upregulates cyclin-dependent kinase inhibitor 2A (P16INK) expression and downregulates telomerase activity without modulating effects of PPAR $\gamma$  Pro12Ala polymorphism in type 2 diabetic patients: A randomized, double-blind, placebo-controlled clinical trial. *Clinical nutrition*. 2018 Feb 1;37(1):91-8.

Meshkini F, **Abdollahi S**, Clark CC, Soltani S. The effect of vitamin D supplementation on insulin-like growth factor-1: A systematic review and meta-analysis of randomized controlled trials. *Complementary Therapies in Medicine*. 2020 May 1; 50:102300.

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### Publications-cont

Toupchian O, **Abdollahi S**, Samadi M, Zeinali F, HonarkarShafie E, Farsad Naeimi A, Norouzi A. Knowledge and Attitude on Cardiovascular Disease Risk Factors and Their Relationship with Obesity and Biochemical Parameters. *Journal of Nutrition and Food Security*. 2016 Oct 10;1(1):63-71.

**Abdollahi S**, Toupchian O, Rahmati M, Shafie EH, Djafarian K. The association between obesity and quality of life among the elderly. *International Journal of Health Studies*. 2016 Aug 6;2(2).

**Abdollahi S**, Razmpoosh E, Toupchian O, Salehi-Abargouei A. Nutritional Status of Patients with Chronic Kidney Disease in Iran: A Narrative Review. *Journal of Nutrition and Food Security*. 2018 Jan 10;3(1):51-9.

**Abdollahi S**, Zeinali F, Azam K, Toupchian O, Djafarian K. Identifying major dietary patterns among the elderly in Tehran health homes. *Jundishapur Journal of Health Sciences*. 2015 Oct 1;7(4):e30395.

Zeinali F, Asadi Samani H, Toupchian O, **Abdollahi S**, Samadi M. A review of the relationship between dietary glycemic index and glycemic load and type 2 diabetes. *Journal of Nutrition and Food Security*. 2016 Oct 10;1(1):73-9.

Toupchian O, **Abdollahi S**. Comparison of Calcium, Phosphorus, Iron and Zinc in Some Food Items with The Amounts Presented by Nutritionist Iv Software. *Journal of North Khorasan University of Medical Sciences*. 2019 Dec 1;11(3):64-71

**Abdollahi S**, Shahzeidi M, Nadjarzadeh A, Rahmanian M, Salehi Abargouei A, Fallahzadeh H, Mogibian M. The Effect of Oat Bran Supplement on Fasting Blood Sugar and Glycosylated Hemoglobin in Patients with Gestational Diabetes Mellitus: Single-blind Randomized Clinical Trial. *Journal of Nutrition and Food Security*. 2019 Feb 10;4(1):7-16

**Abdollahi S**, Toupchian O, Azam K, Rahmati M, Djafarian K. Association between Objectively Sleep Pattern and Obesity in the Elderly. *International Journal of Health Studies*. 2016 Jun 12;2(2)

Shafie EH, Taheri F, Dorosty AR, **Abdollahi S**, Toupchian O. Food security status, Intelligence Quotients and associated factors in village of Qehi, Esfahan. *Journal of Nutritional Sciences and Dietetics*. 2016 Jan 28:24-30.

Razmpoosh E, **Abdollahi S**, Salehi Abargouei A. The Relationship of Nutrition Components and Life Style to Dental Caries: A Review Article. *Journal of Nutrition and Food Security*. 2018 Aug 10;3(3):167-74

F Zeinali, **S Abdollahi**, K Azam, N Habibi, K Djafarian. Pattern of Objectively Measured Physical Activity in Elderly Individuals and its associated characteristics. *Journal of Appl. Environ. boil. sci.* 5(10): 83-90



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### Books

<i>Name</i>	<i>Publisher</i>	<i>Authors</i>	<i>Type</i>
<i>Book chapter: Neuro-degenerative &amp; Cognition losses during Aging (Memory) &amp; Nutraceuticals” a chapter of book titled “Nutraceuticals for Aging and Anti-Aging: Basic Understanding and Clinical Evidence”</i>	<i>CRC Press</i>	<i>Reza Ghiasvand, <b>Shima Abdollahi*</b>, Sahar Saraf-Bank</i>	<i>Book compilation</i>
<i>Book chapter: Dietary supplements and functional foods in the management of endocrine disorders</i>	<i>CRC Press</i>	<i>Elham Razmpoosh, <b>Shima Abdollahi</b>, Sepideh Soltani</i>	<i>Book compilation</i>
<i>Functional Foods and Nutraceuticals for Chronic Diseases: Volume 1: focused on diseases</i>	<i>CRC Press</i>	<i>Editors: Syam Mohan, <b>Shima Abdollahi</b>, Yashwant Pathak</i>	<i>Book compilation</i>
<i>Molecular mechanism of action of functional foods and nutraceuticals for chronic diseases Volume 2: focused on mechanism</i>	<i>CRC Press</i>	<i>Editors: <b>Shima Abdollahi</b>, Syam Mohan, Yashwant Pathak</i>	<i>Book compilation</i>
<i>Nutrition principle in Ramadan (in Farsi)</i>	<i>Andishmandan Yazd</i>	<i><b>Shima Abdollahi</b> Elham Razmpoosh Fahime Zeinali Zohreh Sangsefidi Sara safi</i>	<i>Book compilation</i>
<i>Main Author of “Lifestyle of Population of Yazd”, based on recent cohort studies -2018 in Farsi</i>			<i>Book compilation</i>

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### Teaching

<i>Course</i>	<i>Hours</i>	<i>Audience</i>
<i>Nutritional assessment (Theoretical)</i>	32	<i>Undergraduate student of nutrition</i>
<i>Nutritional assessment (practical)</i>	32	<i>Undergraduate student of nutrition</i>
<i>Nutritional physiology</i>	32	<i>Undergraduate student of nutrition</i>
<i>Principles of diet planning</i>	16	<i>Undergraduate student of nutrition</i>
<i>Basic nutrition (1)</i>	32	<i>Undergraduate student of nutrition</i>
<i>Basic nutrition (2)</i>	40	<i>Undergraduate student of nutrition</i>
<i>Malnutrition borne diseases</i>	32	<i>Undergraduate student of nutrition</i>
<i>Medical nutrition therapy (1)</i>	40	<i>Undergraduate student of nutrition</i>
<i>Research methodology</i>	8	<i>Undergraduate student of nutrition</i>
<i>Nutrition in life cycle</i>	32	<i>Undergraduate student of nutrition</i>
<i>Drug-food interaction</i>	16	<i>Undergraduate student of nutrition</i>
<i>Internship in the field</i>	300	<i>Undergraduate student of nutrition</i>
<i>Nutritional supplements</i>	16	<i>Undergraduate student of nutrition</i>

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## Awards

<i>Title</i>	<i>Exhibition</i>	<i>award</i>	<i>Year</i>
<i>Iran national science foundation (insf) grant for PhD thesis</i>			<i>2019</i>
<i>Selected as top researcher in North Khorasan university of medical sciences</i>			<i>2021</i>

## Additional Information

- *Experience in performing Randomized Clinical Trials and designing projects*
- *Experience in performing systematic reviews and meta-analyses*
- *Experience in performing research in nutritional epidemiology and health sciences*
- *Experience in teaching and running seminars and workshops*
- *Experience in receiving research grants*
- *Experience in nutrition consultant and dietitian*
- *Reviewer/Editorial Board member of well-known international journals*