




Zohreh Sadat Sangsefidi

PhD in Nutrition Sciences

Contact me

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Skills and interests

- Epidemiological studies in nutrition filed
- Systematic review and Meta-analysis
- Clinical trials in nutrition filed

Member

North Khorasan University of Medical Sciences

Languages

- Farsi-Native
- English-Intermediate

Work Experience

- Faculty member of Esfarayen University of Medical Sciences, Esfarayen, Iran (2015 until 2016)
- Head for faculty affairs related to members of Esfarayen University of Medical Sciences, Esfarayen, Iran (2015 until 2016)
- Member of the faculty's educational council, Esfarayen University of Medical Sciences, Esfarayen, Iran (2015 until 2016)
- Member of the faculty's research council, Esfarayen University of Medical Sciences, Esfarayen, Iran (2015 until 2016)
- Member of the student research committee's research council, Esfarayen University of Medical Sciences, Esfarayen, Iran (2015 until 2016)
- Member of the special commission to support brilliant students, Esfarayen University of Medical Sciences, Esfarayen, Iran (2015 until 2016)
- Faculty member of North Khorasan University of Medical Sciences, School of Public Health, Department of Nutrition, Bojnurd, Iran (2021 until now)
- Scientific advisor for Bachelor of Nutrition students, School of Public Health, North Khorasan University of Medical Sciences (2021 to 2022)
- Head for exams promotion committee at School of Public Health, North Khorasan University of Medical Sciences (2022 until now)
- Advisor professor of nutrition scientific association, School of Public Health, North Khorasan University of Medical Sciences (2022 until now)

Education

<i>Date</i>	<i>Place</i>	<i>Title</i>
2006-2010	Shahid Beheshti University of Medical sciences, Tehran, Iran	BS in Nutritional Sciences
2011-2014	Mashhad University of Medical sciences, Mashhad, Iran	Master in Nutritional Sciences
2016-2021	Shahid Sadoughi University of Medical Sciences, Yazd, Iran	PhD in Nutritional Sciences

Speaker

<i>Course</i>	<i>Hours</i>	<i>Audience</i>
Review studies including systematic review and meta-analysis	2	Undergraduate, postgraduate, PhD students (The seventh annual research school of the country, Shahid Sadoughi University of Medical Sciences, Yazd, Iran)
Nutrition and fatty liver	2	Faculty member of NKUMS
Healthy nutrition principles and its role on health of various age groups	3	Nutrition graduates and physician
Nutrition in patients with diabetes and cardiovascular disease	3	Nutrition graduates and physician
Nutrition in pregnancy	2	Nutrition graduates and physician
Nutrition in chronic kidney disease	2	Nutritional students
CPC training workshop	1	Medical students

Speaker-cont

<i>Course</i>	<i>Hours</i>	<i>Audience</i>
<i>Exclusive breastfeeding and its importance</i>	2	<i>Physician, public health graduates</i>
<i>Nutrition and hypertension</i>	6	<i>Physician, public health graduates</i>
<i>Training course (nutrition) for health care workers</i>	10	<i>public health graduates</i>
<i>Nutrition in school age</i>	2	<i>public health graduates</i>
<i>Health, maturity and adolescence course (nutrition)</i>	2	<i>teachers</i>
<i>Healthy diet and its role in health</i>	6	<i>Kindergarten trainers</i>
<i>Nutrition and diabetes</i>	2	<i>Imam Khomeini hospital staff, Esfarayen city</i>
<i>Healthy nutrition</i>	2	<i>Teachers and parent of students, Farzaneh school, Bojnurd, Iran</i>
<i>Searching in databases</i>	5	<i>Students of Esfarayen University of Medical Sciences, Esfarayen, Iran</i>

Projects

<i>Date</i>	<i>Title</i>	<i>Organizer and held place</i>
2014	<i>The relationship between dietary patterns and thyroid cancer</i>	<i>Mashhad University of Medical Sciences, Mashhad, Iran</i>
2018	<i>Assessment of urinary iodine status, nutritional knowledge, attitude and practice toward iodized salt in pregnant women (first trimester) referring to urban health centers of Jajarm and Esfarayen cities</i>	<i>North Khorasan University of Medical Sciences, Bojnurd, Iran</i>
2019	<i>Assessing effect of coenzyme Q10 on oxidative stress: A systematic review and meta-analysis of RCTs</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>
2020	<i>Assessing relation between low carbohydrate diet and dietary antioxidant quality score with metabolic syndrome in adults in Yazd city</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>
2020	<i>Assessing relation between low carbohydrate diet and dietary antioxidant quality score with psychological disorders (depression, anxiety, stress) in adults in Yazd city</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>
2020	<i>The effect of grape polyphenols on oxidative stress: A Systematic Review and Meta-Analysis of Randomized Controlled Clinical Trials</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>

Projects-cont

<i>Date</i>	<i>Title</i>	<i>Organizer and held place</i>
2021	<i>Assessing effect of anthocyanins on liver enzymes: A Systematic Review and Meta-Analysis of Randomized Controlled Clinical Trials</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>
2022	<i>Assessing effect of dark chocolate on CRP: A Systematic Review and Meta-Analysis of Randomized Controlled Clinical Trials</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>
2022	<i>Assessing effect of quercetin supplementation on oxidative stress: A Systematic Review and Meta-Analysis of Randomized Controlled Clinical Trials</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>
2022	<i>Assessing effect of cornus mas L. fruit extract on fatty liver index, E-selectin, asymmetric dimethyl arginine, nitric oxide, paraoxonase1 activity, and CRP in none alcoholic fatty liver (NAFLD) patients</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>
2022	<i>Assessing effect of cornus mas L. fruit extract on inflammatory (IL-6) and oxidative (GPx) factors in none alcoholic fatty liver (NAFLD) patients</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>
2022	<i>Assessing relationship between PNPLA3 (rs738409) polymorphism with consumption of cornus mas L. fruit extract in none alcoholic fatty liver (NAFLD) patients</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>

Projects-cont

<i>Date</i>	<i>Title</i>	<i>Organizer and held place</i>
2022	<i>Does anthocyanins intake affect weight and body composition? A Systematic Review and Meta-analysis of Randomized Controlled Clinical Trials</i>	<i>Shahid Sadoughi University of Medical Sciences, Yazd, 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 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>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>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>Evaluating relation between maternal nutritional patterns (habits) and gestational diabetes</i>	<i>North Khorasan University of Medical Sciences, Bojnurd, Iran</i>

Publications

Zohreh Sadat Sangsefidi, Rahim Vakili, Ahmadreza Zarifian, Nona Zabolinejad, Abdolreza Norouzy, Fatemeh Ghafouri-Taleghani, Bahare Imani. *Persistent Hyperinsulinemic Hypoglycemia of Infancy: A Rare Case with Multiple Anomalies. Iranian journal of Neonatology. Iranian Journal of Neonatology 2015; 6(3) 53*

Fateme Ghafouri-taleghani, Abdolreza Norouzi, Ahmadreza Zarifian, Gholamreza Khademi, Zarrin Banikazemi, **Zohreh Sadat Sangsefidi**, Bahare Imani. *Long term clinical outcome of small Intestinal atresia in children, a single center experiences. Govareh 2015; 19: 288-91*

Sahar Fallahi-shahabad & Mohsen Mazidi & Alireza Tavasoli & Peyman Rezaie & Fatemeh Rohani & Simindokht Habibzadeh & Emadodin Darchini-Maragheh & **Zohreh Sadat SangSefidi** & Mohammad Safarian & Majid Ghayour Mobarhan & Mohammad Taghi Rajabi & Abdolreza Norouzy & Seyed Mohammad Reza Parizadeh & Saeid Akhlaghi & Shima Tavalai & Fatemeh Firouzi & Mohsen Nematy. *Metabolic improvement of morbid obese patients following Roux-en-Y gastric bypass surgery: A prospective study in Mashhad, Iran. Indian J Gastroenterol (May–June 2016) 35(3):195–200*

Zohre hSadat Sangsefidi, Amin Salehi-Abargouei. *Nutrition and Oral Health: Experiences in Iran (Review). JNFS 2017; 2(3): 243-258*

Vida Rezaei Hachesu, **Zohreh Sadat SangSefidi**, Maryam Askari, Shadi Naderyan Feli. *Metabolic Syndrome and 10-Year Cardiovascular Diseases Risk among Male Taxi drivers in 2016: A Cross-Sectional Study in Yazd, Iran. Journal of Community Health Research 2018; 7(2): 85-94*

Seyede Mahdieh Namayandeh; Mohammad Hassan Lotfi; Vahid Jafari; Vali Dad; Javad Biabani; Mohammad Hossein Razi & **Zohreh Sadat Sangsefidi**. *Salt Content in Traditional and Nontraditional Breads in Yazd City, Iran, 2015-2016. JNFS 2018; 3(4): 185-192*

Zohreh Sadat Sangsefidi, Fatemeh Ghafouri-Taleghani, Seyed Rasoul Zakavi, Abdolreza Norouzy, Roxana Kashanifar, Raheleh Pourbaferani, Mohammad Safarian, Mahdieh Hosseinzadeh. *Major dietary patterns and differentiated thyroid cancer. Clinical Nutrition Espen.2019.05.015*

Zohreh Sadat Sangsefidi, Shirin Hasanizadeh and Mahdieh Hosseinzadeh. *Effect of purified anthocyanins or anthocyanin-rich extracts on C-reactive protein levels: a systematic review and meta-analysis of randomized clinical trials. British journal of nutrition. Volume 120, Issue 12 ,28 December 2018 , pp. 1406-1414*

Publications-cont

Zohreh Sadat Sangsefidi, Zahra Sadat Sangsefidi, Elham Sadat Sharifian, & Habibeh Sadat Shakeri. *Pregnant Women's Iodine Status and Their Knowledge, Attitude, and Practice towards Iodized Salt in Esfarayen and Jajrom Cities in 2016-2017. JNFS 2020; 5(1): 12-19*

Zohreh Sadat Sangsefidi, Abdolreza Norouzy, Mohammad Safarian, Roxana Kashanifar, Raheleh Pourbaferani, Fateme Ghafouri-Taleghani, Sahar Fallahi, Seyed Rasoul Zakavi. *The association between dietary intakes and differentiated thyroid cancer: a cross-sectional study among a sample of patients and healthy subjects in Iran. JNFS 2020; 5(2): 109-117*

Zohreh Sadat Sangsefidi, Masoud Mirzaei and Mahdieh Hosseinzadeh. *The relation between dietary intakes and psychological disorders in Iranian adults: a population-based study. BMC Psychiatry (2020) 20:257*

Zohreh Sadat Sangsefidi, Elnaz Lorzadeh, Mahdieh Hosseinzadeh, and Masoud Mirzaei. *Dietary habits and psychological disorders in a large sample of Iranian adults: a population-based study. Ann Gen Psychiatry (2020) 19:8*

Elnaz Lorzadeh, **Zohreh Sadat Sangsefidi**, Masoud Mirzaei, Mahdieh Hosseinzadeh. *Dietary Habits and their Association with Metabolic Syndrome in a sample of Iranian adults: A population-based study. Food Sci. Nutr. 2020; 00:1–9*

Zohreh Sadat Sangsefidi, Mahdieh Hosseinzadeh, Ali Mohammad Ranjbar, Mohsen Akhondi-Meybodi, Hossein Fallahzadeh and Hassan Mozaffari-Khosravi. *The effect of total anthocyanin-base standardized (Cornus mas L.) fruit extract on liver function, tumor necrosis factor α , malondealdehyde, and adiponectin in patients with non-alcoholic fatty liver: a study protocol for a double-blind randomized clinical trial. Nutrition Journal (2019) 18:39*

Zohreh Sadat Sangsefidi, Fatemeh Yaghoubi, Salimeh Hajiahmadi, Mahdieh Hosseinzadeh. *The effect of coenzyme Q10 supplementation on oxidative stress: A systematic review and meta-analysis of randomized controlled clinical trials. Food Sci Nutr. 2020;00:1–11*

Publications-cont

Zohreh Sadat Sangsefidi and Mahdieh Hosseinzadeh. Obesity and Coronavirus Disease 2019 (COVID-19). *JNFS* 2020; 5(4): 290-292

Zohreh Sadat Sangsefidi, Amin Salehi -Abarghouei, Zahra Sadat Sangsefidi, Masoud Mirzaei and Mahdieh Hosseinzadeh. The relation between low carbohydrate diet score and psychological disorders among Iranian adults. *Nutr Metab (Lond)* (2021) 18:16

Zohreh Sadat Sangsefidi, Hassan Mozaffari-Khosravi, Sahar Sarkhosh-Khorasani, Mahdieh Hosseinzadeh. The effect of anthocyanins supplementation on liver enzymes: a systematic review and meta-analysis of randomized clinical trials. *Food Sci. Nutr.* 2021.00:1–17

Zohreh Sadat Sangsefidi, Faezeh Yarhosseini, Mahdieh Hosseinzadeh, Alimohammad Ranjbar, Mohsen Akhondi- Meybodi, Hossein Fallahzadeh, Hassan Mozaffari-Khosravi. The effect of (*Cornus mas L.*) fruit extract on liver function among patients with nonalcoholic fatty liver: A double-blind randomized clinical trial. *Phytotherapy Research*

Zohreh Sadat Sangsefidi, Elnaz Lorzadeh, Azadeh Nadjarzadeh, Masoud Mirzaei, Mahdieh Hosseinzadeh. The association between low carbohydrate diet score and metabolic syndrome among Iranian adults. *Public Health Nutrition*

Abbas Ali Sangouni, **Zohreh Sadat Sangsefidi**, Faezeh Yarhosseini, Mahdieh Hosseinzadeh, Mohsen Akhondi-Meybodi, Alimohammad Ranjbar, Farzan Madadizadeh, Hassan Mozaffari-Khosravi. Effect of *Cornus mas L.* fruit extract on lipid accumulation product and cardiovascular indices in patients with non-alcoholic fatty liver disease: A double-blind randomized controlled trial. *Clinical Nutrition ESPEN* 47 (2022) 51-57

Azam Ahmadi Vasmehjani, Fatemeh Yaghoubi, Zahra Darabi, Noshin Abdolahi, **Zohreh Sadat Sangsefidi**, Mahdieh Hosseinzadeh. The effect of quercetin on stress oxidative markers; a systematic review and meta-analysis of randomized controlled clinical trials. *Journal of Nutrition and Food Security.* 2022

fatemeh yaghoubi, zahra darabi, azam ahmadi, **zohreh sadat sangsefidi**, mahdie hoseinzade . The effect of dark chocolate on CRP level; A systematic review and meta-analysis of randomized controlled clinical trials. *Journal of Nutrition and Food Security.* 2022

Publications-cont

Sahar Sarkhosh-Khorasani, **Zohreh Sadat Sangsefidi** and Mahdieh Hosseinzadeh. *The effect of grape products containing polyphenols on oxidative stress: a systematic review and meta-analysis of randomized clinical trials. Nutrition Journal, (2021) 20:25*

Elham Shareghfarid, **Zohreh Sadat Sangsefidi**, Mahdieh Hosseinzadeh, Amin Salehi-Abargouei, Mohammad Mohammadi. *Comparison of nutrients intakes in ADHD children with non-ADHD children. JNFS 2020; 5(2): 132-140*

Elham Shareghfarid, **Zohreh Sadat Sangsefidi**, Amin Salehi-Abargouei, Mahdieh Hosseinzadeh. *Empirically derived dietary patterns and food groups intake in relation with Attention Deficit/Hyperactivity Disorder (ADHD): A systematic review and meta-analysis. Clinical Nutrition ESPEN*

Zohreh Sadat Sangsefidi, Hossein Fallahzadeh, Elham Karimi-Nazari, Azadeh Nadjarzadeh. *Relationship of zinc status with depression and anxiety among elderly Population. Zainab Anbari-Nogyni, Reza Bidaki, Farzan Madadzadeh, Clinical Nutrition ESPEN*

آگاهی و عملکرد مردم شهر کرمانشاه در زمینه ایمنی و بهداشت مواد غذایی. حسنا جانجانی، محمد مهرعلیان، زهرا شمسی زاده، زهره سادات سنگ سفیدی، مریم خشیج. مجله دانشکده بهداشت و انستیتو تحقیقات بهداشتی. بهار 1397، دوره 16، شماره اول، صفحه 99-113

Taleghani, Fatemeh Ghafouria; Norouzy, Abdolreza; Samini, Fariborz; Nematy, Mohsena; Safarian, Mohammada; Rahbari, Ashrafa; Amini, Aminreza; **Sangsefidi, Zohreh Sadat**; Mafinezhad, Asghard. *Effects of curd on diarrhea treatment in patients with head trauma receiving enteral feeding in intensive care units. Mediterranean Journal of Nutrition and Metabolism, 2021*

Azam Ahmadi Vasmehjani, Fatemeh Yaghoubi, Zahra Darabi, Noshin Abdolahi, **Zohreh Sadat Sangsefidi**, Mahdieh Hosseinzadeh. *The effect of quercetin on stress oxidative markers; a systematic review and meta-analysis of randomized controlled clinical trials. Journal of Nutrition and Food Security. 2022*

fatemeh yaghoubi, zahra darabi, azam ahmadi, **zohreh sadat sangsefidi**, mahdie hoseinzade . *The effect of dark chocolate on CRP level; A systematic review and meta-analysis of randomized controlled clinical trials. Journal of Nutrition and Food Security. 2022*

Books

<i>Name</i>	<i>Publisher</i>	<i>Authors</i>	<i>Type</i>
<i>Practical book of common children disease (in Farsi)</i>	<i>Sanjesh and Danesh</i>	<i>Zahra Sadat Sangsefidi, Zohreh Sadat Sangsefidi,</i>	<i>Book compilation</i>
<i>Practical book of nutrition principles (in Farsi)</i>	<i>Sanjesh and Danesh</i>	<i>Zohreh Sadat Sangsefidi, Zahra Sadat Sangsefidi</i>	<i>Book compilation</i>
<i>Nutrition principle in Ramadan (in Farsi)</i>	<i>Andishmandan Yazd</i>	<i>Shima Abdollahi Elham Razmpoosh Fahime Zeinali Zohreh Sadat Sangsefidi Sara safi</i>	<i>Book compilation</i>
<i>Public Health in religious instructions (in Farsi)</i>	<i>Basteh Negar</i>	<i>Mohammad Mehralian, Maryam Khashij, Zohreh Sadat Sangsefidi, Zahra Shamsizadeh, Najimeh Mortazavi, Zeinab Anari</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>

Teaching

Course	Hours	Audience
<i>Nutritional physiology (theory)</i>	34	<i>Undergraduate student of nutrition</i>
<i>Basic nutrition (2) (theory)</i>	51	<i>Undergraduate student of nutrition</i>
<i>Medical nutrition therapy (3) (theory)</i>	34	<i>Undergraduate student of nutrition</i>
<i>Nutrition in life cycle (theory)</i>	51	<i>Undergraduate student of nutrition</i>
<i>Drug-food interaction (theory)</i>	17	<i>Undergraduate student of nutrition</i>
<i>Internship in the field (practical)</i>	300	<i>Undergraduate student of nutrition</i>
<i>Genetic and nutrition (theory)</i>	17	<i>Undergraduate student of nutrition</i>
<i>Principles of community nutrition planning (theory)</i>	34	<i>Undergraduate student of nutrition</i>
<i>Interpretation of paraclinical data (theory)</i>	17	<i>Undergraduate student of nutrition</i>
<i>Nutrition services in primary health cares (theory)</i>	34	<i>Undergraduate student of nutrition</i>
<i>Nutrition principles (theory)</i>	34	<i>Undergraduate student of public health</i>
<i>Practical nutrition (theory/practical)</i>	26 h theory and 17 h practical	<i>Undergraduate student of public health</i>
<i>Nutrition principles of mother and children (theory)</i>	8	<i>Undergraduate student of obstetrics</i>
<i>Nutrition and nutritional therapy (theory)</i>	26	<i>Undergraduate student of nursing</i>
<i>Biochemistry and nutrition principles</i>	34	<i>Undergraduate student of Occupational Health Engineer</i>

Awards

<i>Title</i>	<i>Exhibition</i>	<i>award</i>	<i>Year</i>
<i>Selected as top student researcher and receiving research grant in PhD course in Shahid Sadoughi University of Medical Sciences, Yazd, Iran</i>			2020

Additional Information

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