



# CV



## 1. PERSONAL DETAILS:

Full name:	Abdollahi, Shima
Address:	Health Faculty, Bojnurd, North Khorasan , I.R.IRAN
E-mail:	Sh.abdollahi@nkums.ac.ir
Birth date:	1990/1/4
Marriage status:	Married

## 2. Education:

Date	Place	Title	Average
2019	<b>Shahid Sadoughi University of Medical Sciences,</b> Nutrition	PhD	18.5
2015	<b>Tehran University of Medical Sciences,</b> Health Science in Nutrition	MS	17.05
2013	<b>Tabriz University of Medical Sciences,</b> Nutrition	BS	16.5

### 3. PROJECTS:

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

2019	The association between maternal dietary pattern and perinatal outcomes: A systematic review and meta-analysis of cohort studies (in process)	North Khorasan University of Medical Sciences, Tehran, Iran
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#### 4. PUBLICATIONS:

##### 4.1. Articles:

###### Published articles

1. **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* (Bethesda, Md). 2019. **IF=7.24**
2. Toupchian O, Sotoudeh G, Mansoori A, **Abdollahi S**, Keshavarz SA, Djalali M, et al. 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;37(1):91-8. **IF= 6.4**
3. **Abdollahi S**, Salehi-Abargouei A, Toupchian O, Sheikhha MH, Fallahzadeh H, Rahmanian M, et al. 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. **IF= 3.7**
4. Abdollahi S, Salehi-Abargouei A, Tabatabaie M, Sheikhha MH, Fallahzadeh H, Rahmanian M, et al. 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 randomized clinical trial. *BMJ open*. 2019;9(7): e026337. **IF= 2.3**

5. **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;3(1):51-9.
  
6. **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;2(2).
  
7. **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;2(2).
  
8. **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;7(4).
  
9. 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;3(3):167-74.
  
10. 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*. 2016:24-30.
  
11. Shahzeidi M, Nadjarzadeh A, Rahmanian M, Salehi Abargouei A, Fallahzadeh H, Mogibian M, **Abdollahi S**. 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;4(1):7-16.

12. Toupchian O, **Abdollahi S**, Samadi M, Zeinali F, HonarkarShafie E, Farsad Naeimi A, et al. Knowledge and Attitude on Cardiovascular Disease Risk Factors and Their Relationship with Obesity and Biochemical Parameters. *Journal of Nutrition and Food Security*. 2016;1(1):63-71.
13. Zeinali F, **Abdollahi S**, Azam K, Habibi N, Djafarian K. Pattern of Objectively Measured Physical Activity in Elderly Individuals and.
14. 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;1(1):73-9.

#### **Article in process**

- Comparison of Calcium, Phosphorus, Iron and Zinc in Some Food Items with The Amounts Presented by Nutritionist Iv Software. Omid Toupchian, Shima Abdollahi. *Journal of North Khorasan Medical Sciences* No 43, Volume 11, Issue 3.

#### **Submitted articles**

1. The Effect of Resveratrol Supplementation on Serum Levels of Asymmetric Dimethyl-Arginine and Paraoxonase 1 Activity in Patients with Type 2 Diabetes: A Randomized, Double-Blind Controlled Trial. Mahtab Tabatabaie, **Shima Abdollahi**, Amin Salehi-Abargouei, Elham Karimi-Nazari, Mohammad Hasan Sheikhha, Hossein Fallahzadeh, Masoud Rahmanian, Hassan Mozaffari-Khosravi
2. Circulating miR-122, miR-126-3p and miR-146a are associated with inflammation in patients with pre-diabetes and type 2 diabetes mellitus: a case control study. Fahime Zeinali; Seyed Mohsen Aghaei Zarch; Alireza Jahan-mihan; **Shima Abdollahi**; Seyed Mehdi Kalantar; Mohammad Yahya Vahidi Mehrjardi; Hossein Fallahzadeh; Mahdieh Hosseinzadeh-Shamsi-Anar; Masoud Rahmanian; Hassan Mozaffari-Khosravi

3. Body Mass Index and Total and Site-specific Cancer Risk in Patients with Type 2 Diabetes: Dose–Response Meta-analysis of Cohort Studies. Sepideh Soltani, **Shima Abdollahi**, Ahmad Jayedi
4. Effects of Calcium and Vitamin D Co-Supplementation on the Lipid Profile: A Systematic Review and Meta-Analysis. Javad Heshmati, Mojgan Morvaridzadeh, Mahdi Sepidarkish, Andriko Palmowski, "Omid Toupchian, "**Shima Abdollahi**"
5. The Effect of Vitamin D Supplementation on Fibroblast Growth Factor- 23: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Fatemeh Meshkini, Sepideh Soltani, **Shima Abdollahi**\*
6. The Effect of Vitamin D Supplementation on Insulin-Like Growth Factor-1: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Fatemeh Meshkini, **Shima Abdollahi**, Sepideh Soltani\*
7. The association between maternal dietary patterns and perinatal outcomes: A systematic review and meta-analyses of cohort studies. **Shima Abdollahi**, Sepideh Soltani, Amin Salehi-Abargouei\*
8. The Effects of Resveratrol Supplementation on the Factors Associated with Vascular Function in Patients with Type 2 Diabetes Mellitus: A Double-Blind Controlled Randomized Trial. **Shima Abdollahi**, Amin Salehi-Abargouei, Omid Toupchian, Mohammad Hasan Sheikhha, Hossein Fallahzadeh, Masoud Rahmanian, Hassan Mozaffari-Khosravi\*

## 5. ADDITIONAL INFORMATION

## 5.1. Professional Affiliations

Department of Nutrition and Public Health, School of Health, North Khorasan University of Medical Sciences, Bojnurd, Iran, 2019- Present
Department of Nutrition, Faculty of Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran, 2016-2019
Department of Clinical Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran, 2015

## 5-2: *Dissertation (PhD)*

Effect of resveratrol supplementation on lipid profile and glycemic index, PPAR $\alpha$  expression, cell growth arrest factors and sCD163/sTWEAK ratio in patients with type 2 diabetes

**Advisors:** Dr. Hassan Mozaffari-Khosravi

**Consultants:** Dr. Amin Salehi, Dr. Mohammad Hasan Sheikhha, Dr. Hossein Fallahzadeh, Dr. Masoud Rahmanian