

Pardis Irandoost Ph.D.

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Google scholar: <https://scholar.google.com/citations?hl=en&user=vEnlZqQAAAAJ>

Resided in: Tehran

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Education & Certificates

Ph.D. candidate of Nutrition Science. GPA:19.03/20 (Second rank) 2015-2020
Iran university of Medical Science, Tehran, Iran
I was selected as **the outstanding researcher by the Ministry of Health & Medical Education in my country** 2021

Thesis title: “The effects of royal jelly and tocotrienol consumption along with calorie restriction diet and high fat diet on UCP1 expression through PPARs and PGC-1 α in animal model” (20/20)
Under the supervision of professor Mohammreza Vafa and Atoosa Saidpour

MSc. in Nutrition Science. GPA:18.04/20, Fifth rank in MSc entrance exam 2009-2013
Tabriz University of Medical Sciences, Tabriz, Iran

Thesis title: “The effect of grape seed oil on inflammatory factors and insulin resistance in overweight and obese women” (19.75/20)
Under the supervision of professor Mehrangiz Ebrahimi-Mameghani

BSc. Nutrition science, GPA: 17.21/20 2004-2008
Nutrition Faculty, Tabriz University of Medical Science, Tabriz, Iran

Work experiences:

Hazrat-e Rasool General Hospital, Iran University of Medical Sciences, 2021-Now
Tehran, Tehran

- Clinical nutritionist and manager of clinical nutrition department 2021-2023
- Clinical nutritionist in Surgical ICU

Diabetes Center, Jahad daneshgahi, East Azerbaijan, Tabriz 2009-2013

- Nutrition Consultant

Sheykholrais Clinic, East Azerbaijan, Tabriz 2008-2014

- Nutrition Consultant

Research work and teaching experience

Teaching clinical and basic nutrition to nutrition student (Ph.D. and MSc) 2021-Now

Master of assessing student research project 2015-2016

- Student Research committee, Health Faculty, Iran university of medical sciences, Tehran, Iran

Teaching the Nutrition Internship in Hospital course (gastroenterology unit) 2019
to master students of Nutrition

- Rasul Akram hospital, Iran university of medical sciences, Tehran, Iran

Teaching the webinar of “Interpretation of Laboratory Tests for Diet therapy” 2021
to nutritionists

Published papers:

1. Relation between nutritional status on clinical outcomes of critically ill patients: emphasizing nutritional screening tools in a prospective cohort investigation. *BMC Nutrition*. 2024
2. Evaluation of the effect of Modafinil in the improvement of the level of consciousness in patients with COVID-19 encephalopathy: A randomized controlled trial. *Neuropsychopharmacology Reports*. 2024
3. Meta-analysis of community-based interventions on fruits and vegetables consumption in adults. *Nutrition & Food Science*. 2024, 54 (1), 164-191
4. Antioxidant Effects of Selenium in Adult Critically Ill Patients: A Systematic Review and Meta-analysis of Randomized Controlled Trials. *Topics in Clinical Nutrition* 2023, 38 (3), 224-238.
5. Evaluation The Use Of Coenzyme Q10 Supplementation As A Color Protective Agent In Patients With Mild To Moderate Ulcerative Colitis: A Randomized Controlled Clinical Trial. *Clinical Nutrition ESPEN*, 2023, 54, 645-646
6. Role of Traffic Light Labeling on Point of Purchase Behaviors: A Systematic Review. *Journal of Nutrition and Food security*. 2022, 7(3), 398-406.
7. Beneficial effects of Se/Zn co-supplementation on body weight and adipose tissue inflammation in high-fat diet-induced obese rats. *Food Science & Nutrition*. 2021;9:3414 25.
8. A randomized controlled trial on the coloprotective effect of coenzyme Q10 on immune-inflammatory cytokines, oxidative status, antimicrobial peptides and microRNA-145a expression in patients with mild to moderate ulcerative colitis. *Eroupean Clinical Journal of Nutrition*. 2021 (Accepted).
9. Beneficial effects of Se/Zn co-supplementation on body weight and adipose tissue inflammation in high-fat diet-induced obese rats. *Food Science & Nutrition*. 2021 (Accepted).
10. Effects of coenzyme Q10 on health-related quality of life, clinical disease activity and blood pressure in patients with mild to moderate ulcerative colitis: a randomized clinical trial. *Medical Journal of the Islamic Republic of Iran (MJIRI)*. 2021; 35 (1), 22-32.
11. Television food advertisements and childhood obesity: A systematic review. *International Journal for Vitamin and Nutrition Research*. 2021; 91: 3-9.
12. Association between Consumed Foods and Musculoskeletal Disorder in Staff Workers. *Journal of Nutrition and Food Security*. 2021. 6 (1), 43-57.
13. The effect of Capsaicinoids or Capsinoids in red pepper on thermogenesis in healthy adults: A systematic review and meta-analysis. *Phytotherapy Research*. 2020. Early view.

14. The effects of royal jelly and tocotrienol-rich fraction on impaired glycemic control and inflammation through irisin in obese rats. *Journal of Food Biochemistry*. 2020. 44 (12), e13493.
15. Potential of favorable effects of probiotics fermented milk supplementation on blood pressure: a systematic review and meta-analysis. *International Journal of Food Properties*. 2020; 23(1): 1925-40.
16. The Effects of Grape Seed Oil on the Cardiovascular Risk Factors in Overweight and Obese Women: A Double-Blind Randomized Clinical Trial. *Current Topics in Nutraceutical Research*. 2020;18(3).
17. The effect of royal jelly and tocotrienol-rich fraction along with calorie restriction on hypothalamic endoplasmic reticulum stress and adipose tissue inflammation in diet-induced obese rats. *BMC Research Notes*. 2020;13(1):1-6.
18. Effects of Royal Jelly and Tocotrienol Rich Fraction in obesity treatment of calorie-restricted obese rats: a focus on white fat browning properties and thermogenic capacity. *Nutrition & Metabolism*. 2020;17:1-13.
19. Is there any association between fruits consumption and the risk of gestational diabetes mellitus?: A systematic review and meta-analysis. *Complementary Therapies in Medicine*. 2020:102445.
20. The association between fat mass and the risk of breast cancer: A systematic review and meta-analysis. *Clinical Nutrition*. 2019;38(4):1496-503.
21. The effects of supplementation with conjugated linoleic acid on anthropometric indices and body composition in overweight and obese subjects: A systematic review and meta-analysis. *Critical reviews in food science and nutrition*. 2019;59(17):2720-33.
22. Can coenzyme Q10 supplementation effectively reduce human tumor necrosis factor- α and interleukin-6 levels in chronic inflammatory diseases? A systematic review and meta-analysis of randomized controlled trials. *Pharmacological Research*. 2019;148:104290.
23. Can coenzyme Q10 supplementation effectively reduce human tumour necrosis factor- α and interleukin-6 levels in chronic diseases? Protocol for a systematic review and meta-analysis of randomised controlled trials. *BMJ open*. 2017;7(10).
24. Does grape seed oil improve inflammation and insulin resistance in overweight or obese women? *International journal of food sciences and nutrition*. 2013;64(6):706-10.

Oral presentation:

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| Different diet in preparing calorie and protein in critically ill patients | 2024 |
| • 1 th International congress of Nutrition | |
| Nutrition in Critical ill patients | 2024 |
| • Updates on nutrition in ICU | |
| Nutrition in ICU | 2022 |
| • 8 th International Congress of Critical Care; 2022 | |
| The effect of grape seed oil consumption on lipid profile in over weight and obese women | 2014 |
| • 4 th Iranian congress of obesity prevention and treatment | |

Posters:

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| • Effect of royal jelly on thermogenesis induction an active brown adipose tissue production in animal model | 2019 |
| <i>7th Iranian congress of obesity prevention and treatment</i> | |
| • The role of tocotrienol in HFD-induced obesity manamgmt: Focus on thermogenic effects and beige fat formation | 2019 |
| <i>7th Iranian congress of obesity prevention and treatment</i> | |
| • Prevalence of type 2 diabetes among professional truck drivers: | 2012 |
| <i>the international diabetes update congress, Tehran, Iran</i> | |
| • Effect of grape seed oil on weight management: | 2012 |
| <i>1st international & 13st Iranian nutrition congress, Isfahan, Iran</i> | |

Book:

All you should know about fatty liver 2022

Iranian Diabetes Clinical Guideline, Nutrition in diabetes: P35-40 (Published). 2018

- Prepared in: Endocrinology and Metabolism Research Institute

My completed projects and Thesis :

- **Comparison of RSBI and diaphragm ultrasonographic parameters in predicting successful weaning in patients hospitalized in the critical care unit of Rasool Akram Hospital-** Iran University of Medical Sciences: **Role: Adviser**
- **Comparison of sarcopenia index and rectus femoris ultrasound measurements and SGA and NUTRIC score as malnutrition screening tools in intensive care unit patients-** Iran University of Medical Sciences: **Role: Adviser**
- **Comparison of changes in Renal Resistance Index with serum creatinine in predicting acute renal failure in patients receiving vasopressors hospitalized in the Intensive care unit of Rasool Akram Hospital- 2023-2024-** Iran University of Medical Sciences: **Role: Adviser**
- **Investigating the relationship between sarcopenic index (SI) and the liberation indicators of patients under mechanical ventilation in intensive care units of Rasool Akram Hospital-** Iran University of Medical Sciences: **Role: Adviser**
- **The effect of protein with different doses on nitrogen balance and clinical outcomes in critical care patients-** Iran University of Medical Sciences: **Role: Adviser**
- **The Effect of L-carnitine supplementation administration rout on inflammatory and metabolic markers and the prognosis of patients admitted to the intensive care unit-** Iran University of Medical Sciences: **Role: Adviser**
- **The assessment of the ultrasonography in comparison with common methods determining enteral feeding intolerance in critically ill patients admitted to the intensive care unit-** Iran University of Medical Sciences: **Role: Adviser**
- **Validation of nutritional status assessment tools and their relationship with clinical outcomes in patients admitted to the intensive care unit-** Iran University of Medical Sciences: **Role: Adviser**

- **Assessment of nutritional status and clinical outcomes in intensive care unit patients based on the screening tools.** Iran University of Medical Sciences: **Role: Adviser**
- **Effect of Royal jelly and Tocotrienol administration with calorie restriction or high fat diet on the expression of UCP-1 gene through PPARs and PGC-1 α in animal model.** Iran University of Medical Sciences: Role: **Project co-manager**
- **Effect of Royal Jelly and gamma Tocotrienol administration on the expression of UCP-1 gene through PRDM-16 and BPMs in male rats undergo calorie restriction and high fat diets.** Iran University of Medical Sciences: Role: **Project co-investigator**
- **The effect of coenzyme Q10 on inflammatory markers, antioxidant status and the expression of microRNA-146a in patients with ulcerative colitis: double-blind clinical trial.** Iran University of Medical Sciences: Role: **Project co-investigator**
- **A systematic review and meta-analysis on the effect of using colored food labeling on consumer's food choices.** National Nutrition & Food Technology Research Institute: Role: **Project co-investigator**
- **The effect of grape seed oil on inflammatory factors and insulin resistance in overweight and obese women.** Tabriz University of Medical Sciences: Role: **Project co-investigator**
- **Relationships between Calcium intake and Obesity in High School Girls in Tabriz.** Tabriz University of Medical Sciences: Role: **Project co-investigator**
- **Dietary pattern before and after diagnosis in patients with multiple sclerosis and their attitudes about the role of dietary factors in the disease process.** Tabriz University of Medical Sciences: Role: **Project co-manager**

Reviewing experiences:

Reviewing experiences for following Journals

- Evidence-Based Complementary and Alternative Medicine
- Obesity Science & Practice
- Journal of Herbal medicine
- Critical Reviews in Food Science and Nutrition

Skills:

Statistical software: familiar with **SPSS** and **STATA**

Have a good experience in **meta-analysis** and **related analysis**

Have a good experience in **human study** and **performing clinical trials**

Laboratory skills: I've done my entire **thesis' laboratory exams (molecular experiments)** by myself.

I am experienced in **animal studies, protein and RNA extraction, RT-qPCR, Western blot, cell culture and primer designing for PCR**

I am learning **bioinformatics and gene cloning as well as flow cytometry**

Interests:

- Nutrition in ICU
- Obesity
- Diabetes
- Nutrigenomics and personalized weight management
- Plant-derived components and Dietary polyphenols
- chronic diseases prevention
- Mitochondrial biogenesis
- Molecular nutrition and metabolism
- Adipose tissue remodeling
- Oxidative stress
- Non-alcoholic fatty liver disease