

Atieh Mehdizadeh Hakkak



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EDUCATIONAL BACKGROUND

1. PhD Candidate in Nutritional Sciences (Feb 2014-Nov 2018), Mashhad University of Medical Sciences, Mashhad, Iran. (score: 19.75/20)
2. Doctor of Medicine (Oct 2000-May 2008), Mashhad University of Medical Sciences, Mashhad, Iran. (score:3.2/4)

PROFESSIONAL EXPERIENCES

1. Clinical Nutritionist, Qaem Educational, Research and Treatment Center, Mashhad, Iran. (Current Position)
2. Private practice as Nutritionist, May 2019-present
3. Private practice, February 2011-June 2013, Tehran, Iran
4. General Practitioner, Cystic Fibrosis Clinic, Dr. Sheikh Pediatric Hospital, 2010- 2011, Mashhad, Iran
5. General Practitioner, Shahid Kamyab Trauma Hospital, May 2008-May 2010, Mashhad, Iran

TEACHING EXPERIENCES

1. "Nutrition and Fertility Health", PhD level, 1393-present. (0.7 unit)
2. "Nutrition in Oral Health", Dentistry Undergraduate, 1393-present. (0.8 unit)
3. "Principles of Nutrition" for MSc students, 1st semester 94-95. (2 units)
4. "Practical Nutrition", residency level, 2nd semester 95-96. (1 unit)
5. "Current Topics in Nutrition" for MSc students, 1st semester 95-96. (0.8 unit)
6. "Essentials of Nutrition" for MSc students, 2nd semester 95-96. (1.76 units)
7. "Studentship in Clinical Fields", MSc Level, 1397-present. (8.5 practical units)

PUBLISHED PAPERS

1. Jafari A, Mehdizadeh A, Kianifar HR, Hebrani P, Ahanchian H, Abbasnejad E. Effects of Probiotics on Quality of Life in Children with Cystic Fibrosis; A Randomized Controlled Trial. Iranian Journal of Pediatrics 2013;23;6:669-674. (Index: ISI)

2. Mehdizadeh A, Keramatipour M, Talebi S, Brook S, Tavakol Afshari J, et al. Analysis of CFTR Gene Mutations in Children with Cystic Fibrosis, First Report from North-East of Iran. *Iranian Journal of Basic Medical Sciences* 2013;16:8;917-922. (Index: ISI)
3. Kianifar H, Fazeli F, Mehdizadeh A. Clinical Profile and Growth Status in Patients with Cystic Fibrosis; a 2-Year Follow up Study. *Govaresh* 2010;15:1:73-76. (Index: Scopus)
4. Nematy M, Mehdizadeh A, Razmpour F. A Review on Nutrition and Skin Aging. *Iranian Journal of Dermatology* 2015;18: 20-24. (Index: Scopus)
5. Kianifar HR, Hebrani P, Behdani F, Akhlaghi S, Dadpour MN, Mehdizadeh A. Evaluating Quality of Life and Psychiatric Comorbidity in Children and Adolescents with Constipation (with or without Fecal Incontinence) and Comparison with Healthy Counterparts, *Govaresh* 2016;21(3):94-199. (Index: Scopus)
6. Mazidi M, Rezaie P, Norouzy A, Saeb MH, Mehdizadeh A, Balali S, et al. Investigating the relation between macronutrients intake and anthropometric indices. *Mediterranean Journal of Nutrition and Metabolism* 2015; 8(2):131-138. (Index: Scopus)
7. Mohammadi F, Karimi B, Norouzy A, Mehdizadeh A. Comparing the effects of intralipid 10% and 20% on peripheral catheter ablation in pediatric intensive care unit. *Iranian Journal of Neonatology* 2015;7(1):58-61. (Index: Scopus)
8. Kianifar H, Hebrani P, Mehdizadeh A, Fazeli F. Evaluating the Effects of Omega-3 on Quality Of Life in Children with Cystic Fibrosis. *Govaresh* 2010;15:3:239-242. (Index: SID, Iranmedex, Magiran)
9. Boskabadi H, Mehdizadeh A, Alboumiri Z. Effect of the Number of Ramadan Fasting Days on Maternal and Neonatal Outcomes. *Journal of Fasting and Health* 2014; 2(2): 84-89. (Index: ISC)
10. Nematy M, Mehdizadeh A, Saeb MH, Norouzy A, Khajedaloui M, Mazidi M. Assessing serum concentration of zinc among disadvantaged young females under cover of a relief foundation. *Journal of Nutritional Sciences and Dietetics* 2015;1(4). (Index: SID, Iranmedex, Magiran)
11. Kianifar H, Hebrani P, Mehdizadeh A, et al. Study the Effects of Omega-3 on Growth Indicators and Quality of Life in Children with Cystic Fibrosis. *Child: care, health and development* 36(S1),65. (Abstract, Index: ISI)
12. Kianifar HR, Keramatipour M, Mehdizadeh A, et al. Determining the Frequency of Fifteen Mutations of CFTR Gene in Patients with Cystic Fibrosis Referred to Dr. Sheikh Hospital CF Clinic. *Acta Paediatrica*,100 (S463),80. (Abstract, Index: ISI)
13. Kianifar HR, Hebrani P, Behdani F, Akhlaghi S, Dadpour MN, Mehdizadeh A. Evaluating Quality of Life and Psychiatric Comorbidity in Children and Adolescents with Constipation (with or without Fecal Incontinence) and Comparison with Healthy Counterparts. *Pediatrics* 2015;135(S1):pS15. (Abstract, Index:ISI)
14. Zarei-Shargh P, Youzbashian E, Mehdizadeh A, Imani B, Khademi G. Impact of nutrition support team on postoperative nutritional status and clinical outcome in pediatric patients with congenital gastrointestinal anomalies. *Clinical Nutrition* 2016;35(S1):S50. (Abstract, Index: PubMed)
15. Nematy M, Norouzy A, Mehdizadeh A. The 17th Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA) and the First Symposium on Fasting and Health, 6th -8th December 2016, Tehran, Iran. *Journal of Fasting and Health* 2016;4(1):38. (Index: ISC)

16. Nematy M, Mehdizadeh A. Introducing the Practical Guideline for Diabetes and Ramadan, Developed by International Diabetes Federation in Collaboration with Diabetes and Ramadan International Alliance, 2016. *Journal of Fasting and Health* 2016;4(3):95-96. (Index: ISC)
17. Zarei-Shargh P, Mehdizadeh A, Bagherniya M, Jarahi L, Mousavi Z, Safarian M. Adherence to Hypoglycemic Medication among Insulin-Treated Patients with Type 2 Diabetes. *Iranian Journal of Medical Sciences* 2017;42(4):420-21. (Index: PubMed)
18. Keshavarz P, Nobakht F, Mirhafez R, Nematy M, Aziminezhad M, Ayati S, Esmaily H, Pourali L, Mehdizadeh A., et al. Alterations in Lipid Profile, Zinc and Copper Levels and Superoxide Dismutase Activities in Normal Pregnancy and Preeclampsia. *The American Journal of the Medical Sciences* 2017;353(6):552-58. (Index: PubMed)
19. Amiri-Moghadam Sh, Nematy M, Eghtesadi Sh, Khalili M, Mojarrad M, Jazayeri Sh, Vosooghnia H, Khosravi A, Salehi M, Beheshti-Namdar A, Mehdizadeh A. Effects of L-carnitine supplementation on body composition in patients with nonalcoholic steatohepatitis (NASH). *Clinical Nutrition* 2017;36(S1):76. (Abstract, Index: PubMed)
20. Ahmadi F, Nematy M, Shafiee M, Norouzy A, Taefi M, Esmaeili H, Arabi M, Hashemi M, Mehdizadeh A. Plasma n-3 polyunsaturated fatty acids are associated with both overall and abdominal obesity in Iranian adults. *Journal of Experimental Food Chemistry* 2017;3:2(S):103. (Abstract)
21. Mehdizadeh A, Nematy M, Ghayour-Mobarhan M, Khadem-Rezaiyan M, Sardar MA, Leis A, et al. A Customized Intervention Program Aiming at Improving Healthy Eating and Physical Activity among Preschool Children: Iran Healthy Start Study Protocol. *JMIR Res Protoc* 2018;7(12):e11329. (PubMed, IF:4.671)
22. Khademi Gh, Imani B, Mehdizadeh A. Assessment, Intervention and Monitoring: Stepwise Nutritional Management in Pediatric Intensive Care Unit. *Journal of Comprehensive Pediatrics* 2019;10(1):e66474. (Index: Scopus)
23. Mehdizadeh A, Shafiee M, Khadem-Rezaiyan M, Sardar MA, Vatanparast H, Rose E, Rajabzadeh M, Nematy M. Evidence for the validity of the children's attraction to physical activity (CAPA) scale in Iranian preschool children. *Journal of Pediatric Nursing* 2019;44:e52-e57. (PubMed, IF:1.56)
24. Mehdizadeh A, Nematy M, Khadem-Rezaiyan M, Norouzy A, Sardar MA, Vatanparast H. Implementing and Pilot Testing of a Customized Intervention to Increase Physical Activity and Healthy Eating Among Preschool Children: A Randomized Controlled Trial. *Clinical Nutrition* 2019;38(S1):51. (Abstract, Index: PubMed)
25. Mehdizadeh A, Nematy M, Vatanparast H, Khadem-Rezaiyan M, Emadzadeh M. Impact of Parent Engagement in Childhood Obesity Prevention Interventions on Anthropometric Indices among Preschool Children: A Systematic Review. *Childhood Obesity* 2019. (ISI, IF:2.42)
26. A. Mehdizadeh, H. Vatanparast, M. Khadem-Rezaiyan, et al., Validity and reliability of the Persian version of Nutrition Screening Tool for Every Preschooler (NutriSTEP®) in Iranian preschool children, *Journal of Pediatric Nursing* 2020. (PubMed, IF:1.5)
27. Jafari SA, Otley A, Vahed, HR, et al., Validation of the Persian Version of IMPACT-III Quality of Life Questionnaire in Iranian Children with Inflammatory Bowel Disease. *Iranian Journal of Pediatrics* 2020. (ISI, IF:0.58)
28. Co-author, "Standard of Service, Medical Nutrition Therapy in Admitted Adult Patients with Cancer", published by The Ministry of Health and Medical Education, Iran, 1398.

29. Co-author, “Standard of Service, Weight Management in Outpatient Adults with Overweight and Obesity”, published by The Ministry of Health and Medical Education, Iran, 1398.

PUBLISHED BOOKS:

1. “Care and Treatment in Cystic Fibrosis”, published by Mashhad University of Medical Sciences Publication, winter 1390
2. “Learn more about CF, a book for parents of children with Cystic Fibrosis,” published by “Varastegan Publication,” winter 1391
3. Training Book for Cystic Fibrosis patients in three volumes, published by “Varastegan Publication” in winter 1391
4. “Knowledgeable Parents, Healthier Children”, Published by “Soroush and Setareh” Publication, Summer 1396
5. “Literacy, Education, Activity, Play (Healthy Nutrition)”, Published by “Soroush and Setareh” Publication, Summer 1396
6. “Literacy, Education, Activity, Play (Healthy Nutrition)”, Published by “Soroush and Setareh” Publication, Summer 1396

AWARDS AND HONORS

1. Superior PhD student in 19th “Motahari Festival”, 1397(2018), Mashhad University of Medical Sciences, Mashhad, Iran
2. Top score in PhD board exam
3. Mashhad University of Medical Sciences Scholarship Award for 6-months Education Completion
4. The best poster award in Excellence in Pediatrics Congress 2012, Madrid, Spain
5. The best oral presentation award in 17th Congress of PENSA, 2016, Tehran, Iran
6. ESPEN 2017 Travel Fellowship Grant for the best abstract, The Hague, The Netherlands
7. The best University Calligraphy artwork award in the 8th Cultural Festival of the Ministry of Health
8. Local Organizer of the 1st European Society of Clinical Nutrition and Metabolism (ESPEN) Life-long Learning Program (LLL), directed by the “Iranian Parenteral and Enteral Nutrition (PEN) Society”, February 2020, Mashhad, Iran
9. Certificate of a 25-month residency completion in “Clinical Nutrition” in hospital inpatient and outpatient departments, Mashhad, Iran
10. Certificate of 14 workshops in Clinical Nutrition and Metabolism (ESPEN Life Long Learning live courses), Spain, Philippine and The Netherlands
11. Designing and establishing a 9-unit comprehensive course plan and logbook entitled “Studentship in Clinical Field” for training MSc graduates of Nutritional Sciences (Educational Process)
12. Vice Chancellor and member of director board of Iranian Nutrition Society (Khorasan branch)

13. Member of founder and director board of “Pooyadam Cystic Fibrosis Association”, 1388-present
14. Representative in “Students Consultation Committee”, 1394-1397
15. Member of Excellence in Pediatrics Community
16. Member of European Society for Clinical Nutrition and Metabolism (ESPEN)
17. Member of Iranian Society of Nutrition (ISN)
18. Member of American Society of Nutrition
19. Executive team member, “The 1st Food Festival”, held by Department of Nutrition, Mashhad Medical School, 2019
20. Lecturer and Executive Secretary, “World Diabetes Day 2019”, held by Department of Nutrition, Mashhad Medical School, 2019
21. Executive team member, “The 3rd International Clinical Nutrition Conference”, 17-19 February 2020, Mashhad, Iran
22. Operating a 24-hour “Clinical Nutrition Workshop” for specialty assistants in Qaem Educational Hospital, Fall, 2019, Mashhad, Iran
23. Lecturer, “Nutrition in Diabetic Patients”, Continuous Medical Education, 2019 (code: 112862)
24. Lecturer, “Nutrition in ICU”, Continuous Medical Education, 2019 (code: 144188)
25. Lecturer, “Updates in Pediatric Nutrition”, Continuous Medical Education, 2019 (code: 146301)
26. Lecturer, “Review on Dermatology Updates”, Continuous Medical Education, 2019 (code: 139332)
27. Lecturer, “Hospital Nutrition”, Continuous Medical Education, 2019 (code: 145975)
28. Lecturer and Executive Secretary, “Diagnosis and Treatment of Overweight and Obesity”, Continuous Medical Education, 2019 (code: 149564)
29. Lecturer and Executive Secretary, “Case Scenario Periodical Conference”, Continuous Medical Education, 2019
30. Lecturer/Teacher in the ESPEN LLL program/workshop, February 2020, Mashhad, Iran

INTERNATIONAL AND NATIONAL PRESENTATIONS

1. “Investigating the Effects of Fish Oil on Growth Indicators in Children with Cystic Fibrosis.” The 17th Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA), Dec 2016, Tehran, Iran. (Oral)
2. “Introducing the Practical Guideline for Diabetes and Ramadan”. The 17th Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA), Dec 2016, Tehran, Iran (Oral)
3. “Introducing a Long-term Ketogenic Diet for Epileptic Pediatric Patients”. The 17th Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA), Dec 2016, Tehran, Iran (Oral)
4. “Assessment, Intervention and Monitoring: Stepwise Nutritional Management in Pediatric Intensive Care Unit”. The 2nd International and the 14th Iranian Nutrition Congress, Sep 2016, Tehran, Iran (Poster)
5. “Can Nutrition Support Team Improve Post-operative Nutritional Status in Pediatric Patients Undergoing Gastrointestinal Surgery?” The 2nd International and the 14th Iranian Nutrition Congress, Sep 2016, Tehran, Iran (Poster)

6. "How do Probiotics Affect Growth, Quality of Life and Pulmonary Exacerbation in Children with Cystic Fibrosis." Excellence in Pediatrics Congress, 2012, Madrid, Spain (Poster)
7. "Determining the Frequency of Fifteen Mutations of CFTR Gene in Patients with Cystic Fibrosis Referred to Dr. Sheikh Hospital CF Clinic." Excellence in Pediatrics Congress, Dec 2011, Istanbul, Turkey (Poster)
8. "Designing and Operating a Center for Management of Children with Cystic Fibrosis." Sarvar Pediatric Festival, 1389, Mashhad, Iran (Poster)
9. "Study the Effects of Omega-3 on Growth Indicators and Quality of Life in Children with Cystic Fibrosis." Excellence in Pediatrics Congress, Dec 2009, Florence, Italy (Poster)
10. "A Review on Management of Sarcopenia." 1st Razavi Congress in Clinical Nutrition, August 2014, Mashhad, Iran (Poster)
11. "Evaluating quality of life and psychiatric comorbidity in children and adolescents with constipation (with or without fecal incontinence) and comparison with healthy counterparts." Excellence in Pediatrics Conference, December 2014, Dubai, UAE (Poster)
12. "Assessing serum concentration of zinc among females aged 18-30 under cover of a relief foundation." 1st International Nutrition Congress, December 2014, Tehran, Iran (Poster)
13. IUNS Symposium on Capacity and Leadership Development in Nutritional Sciences, March 2014, Tokyo, Japan
14. "Epigenetic changes in early life and future risk of obesity." Mashhad Medical School English journal club session, April 2015, Mashhad, Iran (Oral)
15. "Plasma n-3 polyunsaturated fatty acids are associated with both overall and abdominal obesity in Iranian adults." 2nd International Conference on Food Chemistry and Nutrition. July 2017, Vancouver, Canada (Poster)
16. "Effects of L-carnitine supplementation on body composition in patients with nonalcoholic steatohepatitis (NASH)". 39th ESPEN Congress, September 2017, The Hague, The Netherlands (Poster)
17. "The role of nutrition support team on improving post-operative nutritional status in pediatric patients undergoing gastrointestinal surgery". The 18th Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA), Nov 2017, Manila, Philippines (Poster)
18. "Association between dysglycemia and mortality in children receiving parenteral nutrition in pediatric intensive care unit". The 18th Congress of Parenteral and Enteral Nutrition Society of Asia (PENSA), Nov 2017, Manila, Philippines (Poster)
19. "A Customized Intervention Program Aiming at Improving Healthy Eating and Physical Activity among Preschool Children: Iran Healthy Start Study Protocol". The 3rd International Congress and the 15th Iranian Nutrition Congress, Dec 2018, Tehran, Iran (Poster)
20. "Evidence for the validity of the children's attraction to physical activity (CAPA) scale in Iranian preschool children". The 3rd International Congress and the 15th Iranian Nutrition Congress, Dec 2018, Tehran, Iran (Poster)
21. "Validity and Reliability of the Nutrition Screening Tool for Every Preschooler (NutriSTEP®) in Iranian Preschool Children". The 3rd International Congress and the 15th Iranian Nutrition Congress, Dec 2018, Tehran, Iran (Oral)

22. "Appetite Suppressant Hormones and Diet Planning Strategies in Management of Obesity". The 3rd International Clinical Nutrition Congress, Feb 2020, Mashhad, Iran (Oral)
23. "Comparison of NutritionDay Results of 2019, 2017 and 2010 in Iran: Trends and Changes". The 3rd International Clinical Nutrition Congress, Feb 2020, Mashhad, Iran (Oral)
24. "A Customized Intervention Program Aiming at Improving Healthy Eating and Physical Activity among Preschool Children: Iran Healthy Start Study Protocol". 15th Iranian Nutrition Congress of Children and Adolescents, Feb 2020, Tehran, Iran (Oral)
25. "Parent Engagement and Prevention of Childhood Obesity: A Systematic Review". European and International Congress on Obesity (Online), 2020.
26. "Validity and reliability of the Persian version of Nutrition Screening Tool for Every Preschooler (NutriSTEP®) in Iranian preschool children". European Society for Clinical Nutrition and Metabolism (ESPEN) Virtual Congress, 2020.
27. "Validity and reliability of the Persian version of Nutrition Screening Tool for Every Preschooler (NutriSTEP®) in Iranian preschool children". 42nd European Society for Clinical Nutrition and Metabolism (ESPEN) Virtual Congress, 2020.

WORKS IN PROGRESS

1. Implementing the Iran Healthy Start program in national level
2. Designing a protocol for promotion of hospital nutrition in cooperation with Deputy of Treatment (MUMS)
3. "Case Scenario" monthly sessions, registered at Continuing Medical Education System.

WORKSHOPS ATTENDED

1. "Scientific Writing, Editing and Communication Skills" (2 days), Mashhad, Iran
2. "Essentials of SPSS, Excel, Endnote, Article Review, Writing Proposal, Search Skills (24 hours), Mashhad, Iran
3. "Systematic Review and Meta-Analysis" (8 hours), Mashhad, Iran
4. "English Skills for Scientific Writing" (16 hours), Mashhad, Iran
5. "Sport Nutrition" (4 hours), Tehran, Iran
6. "Advanced Weight Management" (4 hours), Tehran, Iran
7. ESPEN Life Long Learning Program: "Oral-Enteral Nutrition", Tehran, Iran
8. ESPEN Life Long Learning Program: "Nutritional Support in Perioperative Period", Tehran, Iran
9. ESPEN Life Long Learning Program: "Nutritional Support in Intensive Care Unit (ICU) Patients, Tehran, Iran
10. ESPEN Life Long Learning Program: "Nutritional Support in Liver and Pancreatic Diseases", The Hague, The Netherlands
11. ESPEN Life Long Learning Program: "Nutrition in the Respiratory Diseases", The Hague, The Netherlands

12. ESPEN Life Long Learning Program: “Nutritional Support in Diabetes and Dyslipidemia”, The Hague, The Netherlands
13. ESPEN Life Long Learning Program: “Nutritional Assessment and Techniques, Body Composition and Energy Balance”, The Hague, The Netherlands
14. ESPEN Life Long Learning Program: “Let’s Talk about Nutrition”, The Hague, The Netherlands
15. ESPEN Life Long Learning Program: “Nutritional Support in Pediatric Patients”, The Hague, The Netherlands
16. ESPEN Life Long Learning Program: “Nutritional Support Outside the Hospital: Home Parenteral Nutrition in Adult patients”, Manila, Philippines
17. ESPEN Life Long Learning Program: “Nutritional Support in Neurological Diseases”, Manila, Philippines
18. ESPEN Life Long Learning Program: “Nutritional Support in Cancer”, Mashhad, Iran
19. ESPEN Life Long Learning Program: “Nutritional Support in Gastrointestinal Diseases”, Mashhad, Iran
20. ESPEN Life Long Learning Program: “Approach to Parenteral Nutrition”, Mashhad, Iran
21. Evidence-Based Medicine” workshop, by National Institute for Medical Research Development (NIMAD), Mashhad, Iran (12 hours)

SKILLS, INTERESTS AND ACTIVITIES

1. Certificated for operation of SphygmoCor XCEL Pulse Wave Velocity Measurement System
2. Diploma for “Genetic Engineering and Biotechnology” from “Iran Technical and Vocational Training Organization”, 1391, (score: 98/100)
3. Television performance, 12 episodes (Topic: Healthy Eating), summer 1394.
4. TV and radio performance, 15 episodes (Topic: Healthy Eating and Physical Activity in Children), winter 1396. (available from: www.IranHealthyStart.com)
5. Television performance, 30 episodes (Topic: Children Tales), spring and summer 1383-84
6. Participation in “Newborn Nutrition Congress” as an executive member, 1383, Mashhad, Iran.
7. Participation as moderator of opening and closing ceremonies in “7th International Endodontics Congress” Mashhad, Iran, summer 1383.
8. Public Education: Several lectures about “Healthy Nutrition in Children” in many education complexes.
9. Language:
 - Farsi: native language
 - English: Upper-Intermediate, (MHLE exam score: 76/100)
 - Turkish: almost fluent
10. “International Computer Driving License (ICDL)”, winter 1390.
11. Participation in conduction of a training film in the field of “Newborn Resuscitation”. Performing both narration and displays
12. Designing a website, addressed www.pooyadam.ir for “Pooyadam Cystic Fibrosis Association”
13. Art:
 - Calligraphy, (certificate of superior level from Iran Calligraphy Association)

Iranian painting (Miniature)

14. Sports: Tennis