

Atieh Mehdizadeh Hakkak



Date of Birth: 07/06/1982

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EDUCATIONAL BACKGROUND

1. Doctor of Philosophy (PhD) 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. Head of Nutrition Department, Razavi Hospital, Mashhad, Iran (Current Position)
2. Private practice as Physician, Nutritionist, May 2019-present
3. Private “online visit” in a virtual platform (my website: www.dramehdizadeh.com), May 2019-present
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

AWARDS AND HONORS

1. Head of Nutrition Department, Razavi Hospital, Mashhad, Iran
2. President of Iranian Nutrition Society (Khorasan-Razavi)
3. Manager of Educational Issues and Member of Director Board in “Iranian Society for Clinical Nutrition”
4. Head of “Prevention Section, Health Committee” of Khorasan Commerce Room
5. Holder of European Society of Clinical Nutrition and Metabolism (ESPEN) Diploma, September 2021
6. Holder of “Obesity Fellowship”, dedicated by “World Obesity Federation”, August 2020
7. Certified as “International Teacher (T-III)”, dedicated by European Society of Clinical Nutrition and Metabolism (ESPEN) Life-long Learning Program
8. Winner of ESPEN Education Grant for a-3-month training program in Intestinal Failure Unit, Salford Royal Hospital, United Kingdom, 2023
9. Superior PhD student in 19th “Motahari Festival”, 1397(2018), Mashhad University of Medical Sciences, Mashhad, Iran
10. Top score in PhD board exam
11. Mashhad University of Medical Sciences Scholarship Award for 6-months Education Completion

12. The best poster award in Excellence in Pediatrics Congress 2012, Madrid, Spain
13. The best oral presentation award in 17th Congress of PENSA, 2016, Tehran, Iran
14. ESPEN 2017 Travel Fellowship Grant for the best abstract, The Hague, The Netherlands
15. Travel Grant winner for the International Congress of Obesity, October 2022, Melbourne, Australia
16. The best University Calligraphy artwork award in the 8th Cultural Festival of the Ministry of Health
17. Local Organizer of the European Society of Clinical Nutrition and Metabolism (ESPEN) Life-long Learning Program (III), directed by the “Iranian Nutrition Society (Khorasan-Razavi)”
18. Executive Manager for holding workshops during 3rd, 4th and 5th International Clinical Nutrition Congresses (Mashhad 2021/Mashhad 2022/Tehran 2024)
19. Member of “Education Management Committee”, Qaem Educational, Research and Treatment Center, Mashhad, Iran.
20. Member of Tariff Commission, Mashhad Medical Council
21. Member of founder board of “Pooyadam Cystic Fibrosis Association”, 1388-present
22. Representative in “Students Consultation Committee”, 1394-1397
23. Member of Excellence in Pediatrics Community
24. Member of European Society for Clinical Nutrition and Metabolism (ESPEN)
25. Member of Iranian Society of Nutrition (ISN)
26. Member of American Society of Nutrition
27. Certificate of qualification for “Skin Care”, from the Canadian Maple Instrument, August 2020.
28. Member of Scientific Committee, 4th Colorectal Disease Congress, July 2024, Mashhad, Iran
29. Setting-up a webpage for Nutrition Department of Ghaem Education, Research and Treatment Center

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. *Govareh* 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, *Govareh* 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. *Govareh* 2010;15:3:239-242. (Index: SID, Iranmedex, Magiran)
9. Boskabadi H, Mehdizadeh A, Alboumieri 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, Vosooghinia 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, Esmacili 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-Rezaian 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-Rezaian 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-Rezaian 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-Rezaian 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-Rezaian, 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.

30. Co-author, “Standard of Service, “Medical Devices for Local Fat Reduction and Skin Tightening”, published by The Ministry of Health and Medical Education, Iran, 1399.
31. Alireza Akhavan Rezayat, Amir Abbas Asadpour, Amir Yarahmadi, et al. Association Between Serum Vitamin D Concentration with Spermogram Parameters and Reproductive Hormones Among Infertile Iranian Males: A Cross-sectional Study. Reproductive Sciences, 2022. (ISI, IF:3.06)
32. Emadzadeh M, Mehdizadeh A, Sharifan P, et al. The Effects of Vitamin D Fortified Products on Bone Biomarkers: A Systematic Review and Meta-Analysis. Iranian Journal of Public Health, 2022. (PubMed, IF:1.42)

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
7. “Formulation Engineering of Food”, published by “Jahad Daneshgahi” Publication, 1399
8. “A comprehensive study of Muslim Fasting and Health Benefits, (A Chapter)”, published by “Behnashr” Publication, 1400.
9. “Nutrition Requirements in Pregnancy and Lactation (ESPEN Guideline), July 2024

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 (PENZA), Dec 2016, Tehran, Iran. (Invited Speaker)
2. “Introducing the Practical Guideline for Diabetes and Ramadan”. The 17th Congress of Parenteral and Enteral Nutrition Society of Asia (PENZA), Dec 2016, Tehran, Iran (Invited Speaker)
3. “Introducing a Long-term Ketogenic Diet for Epileptic Pediatric Patients”. The 17th Congress of Parenteral and Enteral Nutrition Society of Asia (PENZA), Dec 2016, Tehran, Iran (Invited Speaker)
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 (Invited Speaker)
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 (Invited Speaker)
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 (Invited Speaker)
25. "Parent Engagement and Prevention of Childhood Obesity: A Systematic Review". European and International Congress on Obesity (Online), 2020. (Poster)
26. "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. (Poster)
27. "Fish Oil Supplementation for Children with Cystic Fibrosis", Parenteral and Enteral Nutrition Society of Asia (PENSA) Virtual Congress, 2021. (Oral)
28. "Diet Therapy in Treatment of Obesity". 4th International Clinical Nutrition Congress, May 2022, Mashhad, Iran (Invited Speaker)
29. "Principles of Body Contouring: Criteria for Patient Selection". 4th International Clinical Nutrition Congress, May 2022, Mashhad, Iran (Invited Speaker)
30. "Double Burden of Malnutrition in Developing Countries". Diagnostic Therapeutic Challenges in Pediatric Gastrointestinal Disorders. May 2022, Mashhad, Iran (Invited Speaker)
31. "The Effects of Vitamin-D Fortified Products on Bone Biomarkers: A Systematic Review and Meta-Analysis", 44th European Society for Clinical Nutrition and Metabolism (ESPEN), 2022, Vienna, Austria (Poster)
32. "The Effects of a Multi-level Intervention to Increase Physical Activity among Preschool Children in Iran: A Randomized Controlled Trial", 22th Parenteral and Enteral Nutrition Society of Asia (PENSA) Congress, 2022, Hyderabad, India (Invited Speaker)
33. "The Relation between Malnutrition and Psychologic Status in Patients with Esophageal Cancer", 22th Parenteral and Enteral Nutrition Society of Asia (PENSA) Congress, 2022, Hyderabad, India (Poster)
34. "Diet Therapy in Treatment of Obesity, Stay Update", 22th Parenteral and Enteral Nutrition Society of Asia (PENSA) Congress, 2022, Hyderabad, India (Invited Speaker)
35. "The Effects of a Multi-level Intervention to Increase Physical Activity among Preschool Children in Iran: A Randomized Controlled Trial", International Congress of Obesity, 2022, Melbourne, Australia (Poster)
36. "New Approach to Treatment of Obesity". General Physicians Congress. May 2023, Mashhad, Iran. (Invited Speaker)
37. "Principles of Nutrition Management in Cancer", 4th Colorectal Disease Congress, July 2024, Mashhad, Iran. (Invited Speaker)

38. "Pharmacotherapy in Treatment of Obesity". General Physicians Congress. July 2024, Mashhad, Iran. (Invited Speaker)
39. Lecturer/Teacher in the ESPEN life-long learning program/workshop: "Nutrition Support in Cancer", February 2020, Mashhad, Iran. (Invited Lecturer and Director of the Workshop)
40. Lecturer/Teacher in the ESPEN life-long learning program/workshop: "Nutritional Assessment and Techniques (Module 3.3), June 2021, Mashhad, Iran. (Invited Lecturer and Director of the Workshop)
41. Lecturer/Teacher in the ESPEN life-long learning program/workshop: "Approach to Oral and Enteral Nutrition in Adults (Module 8.2), June 2021, Mashhad, Iran
42. Lecturer/Teacher in the ESPEN life-long learning program/workshop: "Nutrition in Obesity (Module 23.1), June 2021, Mashhad, Iran. (Invited Lecturer and Director of the Workshop)
43. Lecturer/Teacher in the ESPEN life-long learning program/workshop: "Nutrition in Obesity (Module 23.3), June 2021, Mashhad, Iran. (Invited Lecturer and Director of the Workshop)
44. Lecturer/Teacher in the ESPEN life-long learning program/workshop: "Nutrition in Metabolic Syndrome (Module 24.4), October 2021, Mashhad, Iran (Invited Lecturer)
45. Lecturer/Teacher in the ESPEN life-long learning program/workshop: "Nutrition in Perioperative Period (Module 17.1), February 2022, Mashhad, Iran. (Invited Lecturer and Director of the Workshop)
46. Lecturer/Teacher in the ESPEN life-long learning program/workshop: "Nutrition in Perioperative Period (Module 17.3), February 2022, Mashhad, Iran. (Invited Lecturer and Director of the Workshop)
47. Lecturer/Teacher in the ESPEN life-long learning program/workshop: "Nutrition in Prevention of Diseases (Module 20.4), February 2022, Mashhad, Iran (Invited Lecturer)
48. Lecturer/Teacher in the ESPEN life-long learning program/workshop: "Protein Needs and Optimal Administration (Module 18.2), February 2022, Soleimani, Iraq. (Invited Lecturer and Director of the Workshop)
49. Lecturer/Teacher in the "Case Scenario" workshop, 4th International Clinical Nutrition Congress, February 2022, Mashhad, Iran
50. Lecturer/Teacher in the ESPEN life-long learning program/workshop: "Nutritional Management in Short Bowel Syndrome (Module 12.2), 22th Parenteral and Enteral Nutrition Society of Asia (PENSA) Congress, 2022, Hyderabad, India (Invited Lecturer)
51. Lecturer/Teacher in ESPEN life-long learning program/workshop: "Nutritional Screening and Assessment", 2nd International Congress Nutrition: From Laboratory Research to Clinical Studies, October 2023
52. Lecturer/Teacher in ESPEN life-long learning program/workshop: "Energy in the ICU Patients", 4th International Congress of Nutrition, February 2024, Tehran, Iran
53. Lecturer/Teacher in ESPEN life-long learning program/workshop: "Protein Requirement in the ICU Patients", 4th International Congress of Nutrition, February 2024, Tehran, Iran
54. Lecturer/Teacher in ESPEN life-long learning program/workshop: "Lifestyle Intervention in Metabolic Syndrome", 5th International Clinical Nutrition Congress, October 2024, Tehran, Iran
55. Lecturer/Teacher in ESPEN life-long learning program/workshop: "From Theory to Practice: Communication Skills for Health Care Professionals", 5th International Clinical Nutrition Congress, October 2024, Tehran, Iran

56. Lecturer/Teacher in ESPEN life-long learning program/workshop: “Challenges in Treating the Patient with Short Bowel Syndrome”, 2024, Shiraz, Iran
57. Lecturer of SCOPE Accredited Workshop, 4th International Clinical Nutrition Congress, February 2022, Mashhad, Iran. (Invited Lecturer and Director of the Workshop)
58. Certificate of a 25-month residency completion in “Clinical Nutrition” in hospital inpatient and outpatient departments, Mashhad, Iran
59. Certificate of 14 workshops in Clinical Nutrition and Metabolism (ESPEN Life Long Learning live courses), Spain, Philippine and The Netherlands
60. 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)
61. Executive team member, “The 1st Food Festival”, held by Department of Nutrition, Mashhad Medical School, 2019
62. Lecturer and Executive Secretary, “World Diabetes Day 2019”, held by Department of Nutrition, Mashhad Medical School, 2019
63. Executive team member, “The 3rd International Clinical Nutrition Conference”, 17-19 February 2020, Mashhad, Iran
64. Operating of 24 hours “Clinical Nutrition Workshop” for specialty assistants in Qaem Educational Hospital, Fall, 2019, Mashhad, Iran
65. Lecturer, “Nutrition in Diabetic Patients”, Continuous Medical Education, 2019 (code: 112862)
66. Lecturer, “Nutrition in ICU”, Continuous Medical Education, 2019 (code: 144188)
67. Lecturer, “Updates in Pediatric Nutrition”, Continuous Medical Education, 2019 (code: 146301)
68. Lecturer, “Review on Dermatology Updates”, Continuous Medical Education, 2019 (code: 139332)
69. Lecturer, “Hospital Nutrition”, Continuous Medical Education, 2019 (code: 145975)
70. Lecturer and Executive Secretary, “Diagnosis and Treatment of Overweight and Obesity”, Continuous Medical Education, 2019 (code: 149564)
71. Lecturer and Executive Secretary, “Case Scenario Periodical Conference”, Continuous Medical Education, 2019
72. Lecturer and Executive Secretary, “Nutrition Management in Metabolic Disorders (1)”, Continuous Medical Education, 2021 (code: 162070)
73. Executive Secretary, “Nutrition Management in Metabolic Disorders (2)”, Continuous Medical Education, 2021 (code: 162197)
74. Lecturer and Executive Secretary, “World Obesity Day 2021”, held by Iranian Nutrition Society (Khorasan-Razavi) and Department of Nutrition, Mashhad Medical School, 2021
75. Lecturer, “The Role of Nutrition Treatment and Food Safety in Control of COVID-19 Infection”, Continuous Medical Education, 2021 (code: 161724)
76. Lecturer and Executive Secretary, “Nutrition in Metabolic Disorders”, Continuous Medical Education, 2021 (code: 165892)

77. Lecturer, "Approach to Shock, Metabolic and Endocrine Issues", Continuous Medical Education, 2021 (code: 165775)
78. Lecturer, "Metabolic Syndrome", Continuous Medical Education, 2021 (code: 154976)
79. Lecturer and Executive Secretary, "Nutrition Management in Metabolic Disorders: Approach to Diabetes, Hypertension and Fatty Liver", Continuous Medical Education, 2021 (code: 165892)
80. Lecturer and Executive Secretary, "Diet Therapy in Malignancies and Cancers", Continuous Medical Education, 2021 (code: 170706)
81. Lecturer and Executive Secretary, "Principles of Nutrition Considerations in Pregnancy, Lactation and Childhood", Continuous Medical Education, 2021 (code: 170720)
82. Lecturer, "Nutritional Management in Childhood Obesity", Continuous Medical Education, 2021 (code: 178189)
83. Lecturer of Workshop "Nutrition in Perioperative Period", Continuous Medical Education, 2022 (code: 174724)
84. Lecturer of Workshop, "Nutritional Management in Overweight and Obesity", Continuous Medical Education, 2022 (code: 175003)
85. Lecturer of Workshop, "Nutritional Management in Gastrointestinal Disorders: Evidence and Challenge based Education", Continuous Medical Education, 2022 (code: 174720)
86. Executive team member, "The 4rd International Clinical Nutrition Conference", May 17-19, 2022, Mashhad, Iran
87. Lecturer, "Diet Therapy in Cancers", Continuous Medical Education, May 2023 (code: 195677)
88. Lecturer and Executive Secretary, "Diet Therapy during Chemotherapy", Continuous Medical Education, July 2023 (code: 196072)
89. Lecturer, "Nutrition in Intensive Care Unit", Continuous Medical Education, May 2023 (code: 195684)
90. Lecturer, "Diet Therapy in Fatty Liver Disease", Continuous Medical Education, May 2023 (code: 195898)
91. Lecturer, "Diet Therapy in Obesity and Fatty Liver", Continuous Medical Education, August 2023 (code: 200566)
92. Lecturer, "Diagnosis and Treatment of Weight Disorders", Continuous Medical Education, November 2023 (code: 206852)
93. Lecturer, "Management of Childhood Obesity", Continuous Medical Education, December 2023 (code: 207116)
94. Lecturer, "Recent Approaches to Treatment of Obesity", Continuous Medical Education, February 2024 (code: 209220)
95. Lecturer, "Management of Energy and Macronutrients in ICU Patients", Continuous Medical Education, February 2024 (code: 209904)
96. Lecturer and Executive Secretary, "The 1st 2-day Workshop for Body Contouring Techniques", November 2022, Mashhad, Iran
97. Lecturer and Executive Secretary, "The 2nd 2-day Workshop for Body Contouring Techniques", June 2023, Tehran, Iran

98. Lecturer and Executive Secretary, “The 3rd Workshop for Body Contouring Techniques”, 4th International Congress of Nutrition, February 2024, Tehran, Iran
99. Lecturer of Workshop, “Obesity”. 2nd International Congress of Nutrition: From Laboratory Research to Clinical Studies, October 2023
100. Lecturer of Workshop, “A Review on Recent Guidelines in Management of Obesity”. 1st Medical Council Congress: Personalized Medicine, December 2023, Mashhad, Iran
101. Lecturer, “Treatment of Genetic-related Obesity in Children”, Continuous Medical Education, October 2025 (code: 239058)
102. Lecturer, “Body Contouring: Acoustic Wave Therapy”, Continuous Medical Education, August 2025 (code: 238553)
103. Lecturer, “Nutritional Management in Anemia”, Continuous Medical Education, December 2025 (code:244043)

WORKS IN PROGRESS

1. Conduction of “Strategic Centre for Obesity Professional Education program (SCOPE)” workshops in Iran, as an international representative of World Obesity Federation
2. Conduction of “ESPEN life-long learning (III)” workshops in Iran, as a registered certified III-Teacher
3. Establishing empowerment courses for graduates of Nutrition Science in Iranian Nutrition Society (Khorasan-Razavi) for a more effective job recruitment.

WORKSHOPS ATTENDED

1. “European Society for Clinical Nutrition and Metabolism (ESPEN) Advanced Course in Clinical Nutrition”, November 2025, Budapest, Hungary (7 days, containing 43 European CME Credits)
2. “Scientific Writing, Editing and Communication Skills” (2 days), Mashhad, Iran
3. “Essentials of SPSS, Excel, Endnote, Article Review, Writing Proposal, Search Skills (24 hours), Mashhad, Iran
4. “Systematic Review and Meta-Analysis” (8 hours), Mashhad, Iran
5. “English Skills for Scientific Writing” (16 hours), Mashhad, Iran
6. “Sport Nutrition” (4 hours), Tehran, Iran
7. “Advanced Weight Management” (4 hours), Tehran, Iran
8. ESPEN Life Long Learning Program: “Oral-Enteral Nutrition”, Tehran, Iran
9. ESPEN Life Long Learning Program: “Nutritional Support in Perioperative Period”, Tehran, Iran
10. ESPEN Life Long Learning Program: “Nutritional Support in Intensive Care Unit (ICU) Patients, Tehran, Iran
11. ESPEN Life Long Learning Program: “Nutritional Support in Liver and Pancreatic Diseases”, The Hague, The Netherlands

12. ESPEN Life Long Learning Program: “Nutrition in the Respiratory Diseases”, The Hague, The Netherlands
13. ESPEN Life Long Learning Program: “Nutritional Support in Diabetes and Dyslipidemia”, The Hague, The Netherlands
14. ESPEN Life Long Learning Program: “Nutritional Assessment and Techniques, Body Composition and Energy Balance”, The Hague, The Netherlands
15. ESPEN Life Long Learning Program: “Let’s Talk about Nutrition”, The Hague, The Netherlands
16. ESPEN Life Long Learning Program: “Nutritional Support in Pediatric Patients”, The Hague, The Netherlands
17. ESPEN Life Long Learning Program: “Nutritional Support Outside the Hospital: Home Parenteral Nutrition in Adult patients”, Manila, Philippines
18. ESPEN Life Long Learning Program: “Nutritional Support in Neurological Diseases”, Manila, Philippines
19. ESPEN Life Long Learning Program: “Nutritional Support in Cancer”, Mashhad, Iran
20. ESPEN Life Long Learning Program: “Nutritional Support in Gastrointestinal Diseases”, Mashhad, Iran
21. ESPEN Life Long Learning Program: “Approach to Parenteral Nutrition”, Mashhad, Iran
22. 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)

Singer

14. Sports: Tennis