

Curriculum Vitae

Vahideh Behrouz
Assistant Professor

1. Personal Information

- **Academic Rank:** Assistant Professor
- **Faculty:** Public Health
- **Department:** Nutrition
- **Address:** Kerman University of Medical Sciences, Medical University Campus, Haft-Bagh Highway, Kerman, Iran.
- **Tel:** 03431325086
- **E-mail:** Vahideh.behrouz@gmail.com

2. Education

- Ph. D. in Nutrition Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2016-2020 (minor: nutrition in metabolic and endocrine diseases).
- M.Sc. in Nutrition Sciences, Iran University of Medical Sciences, Tehran, Iran, 2013-2016.
- B.Sc. in Nutrition Sciences, Shiraz University of Medical Sciences, Shiraz, Iran, 2008-2012.

3. Research Fields

- Clinical nutrition
- Non-communicable diseases (endocrine diseases, cancer, gastroenterology and hepatology, kidney diseases, ...)
- Dietary Patterns and health outcomes

4. Experiences and Position Hold

- Dietitian and Nutrition Manager in Shahid Beheshti Hospital, Kerman University of Medical Sciences (2012-2013).
- Dietitian in Afzalipoor Hospital, Kerman University of Medical Sciences (2013).
- Dietitian and Nutrition Manager in Javadolaemeh Clinic, Kerman University of Medical Sciences (2015-2016).
- consultant of Nutrition & Dietitian, Kerman, Iran (2014-2016).
- Researcher, Gastroenterology and Hepatology Research Center, Kerman University of Medical Sciences, Kerman, Iran (2015-now).

5. Books Translations and Compilation

- Krause's Food and the Nutrition Care Process 2012. (Translation).
- Foodservice Organizations, Ninth Edition (Translation).

6. Publications

- **Behrouz V**, Jazayeri S, Aryaeian N, Zahedi MJ, Hosseini F. Effects of probiotic and prebiotic supplementation on leptin, adiponectin, and glycemic parameters in non-alcoholic fatty liver disease: a randomized clinical trial. Middle East journal of digestive diseases. 2017 Jul;9(3):150.
- Zahedi MJ, **Behrouz V**, Azimi M. Low fermentable oligo-di-mono-saccharides and polyols diet versus general dietary advice in patients with diarrhea-predominant irritable bowel syndrome: A randomized controlled trial. Journal of gastroenterology and hepatology. 2018 Jun;33(6):1192-9.
- Akhlaghi M, **Behrouz V**. Skipping meals and frequency of snack consumption are important eating behaviours related to obesity in hospital employees. Archives of Advances in Biosciences. 2015 May 12;6(2):44-52.
- Yari Z, **Behrouz V**, Zand H, Pourvali K. New insight into diabetes management: from glycemic index to dietary insulin index. Current diabetes reviews. 2020 May 1;16(4):293-300.
- **Behrouz V**, Dastkhosh A, Hedayati M, Sedaghat M, Sharafkhah M, Sohrab G. The effect of crocin supplementation on glycemic control, insulin resistance and active AMPK

levels in patients with type 2 diabetes: a pilot study. *Diabetology & Metabolic Syndrome*. 2020 Dec;12(1):1-9.

- **Behrouz V**, Aryaeian N, Zahedi MJ, Jazayeri S. Effects of probiotic and prebiotic supplementation on metabolic parameters, liver aminotransferases, and systemic inflammation in nonalcoholic fatty liver disease: A randomized clinical trial. *Journal of Food Science*. 2020 Oct;85(10):3611-7.
- **Behrouz V**, Yari Z. A review on differential effects of dietary fatty acids on weight, appetite and energy expenditure. *Critical Reviews in Food Science and Nutrition*. 2020 Nov 23:1-31.
- Jalilvand A, **Behrouz V**, Nikpayam O, Sohrab G, Hekmatdoost A. Effects of low fructose diet on glycemic control, lipid profile and systemic inflammation in patients with type 2 diabetes: A single-blind randomized controlled trial. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*. 2020 Sep 1;14(5):849-55.
- **Behrouz V**, Dastkhosh A, Sohrab G. Overview of dietary supplements on patients with type 2 diabetes. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*. 2020 Jul 1;14(4):325-34.
- Bateni Z, **Behrouz V**, Rahimi HR, Hedayati M, Afsharian S, Sohrab G. Effects of Nano-Curcumin Supplementation on Oxidative Stress, Systemic Inflammation, Adiponectin, and NF- κ B in Patients with Metabolic Syndrome: A Randomized, Double-Blind Clinical Trial. *BMC Complementary Medicine and Therapies*. 2021 (Accepted).

7. Presentations

- Low FODMAPs diet vs. general dietary advice improves clinical response in patients with irritable bowel syndrome: a randomized controlled trial. Zahedi Mohammad Javad, **Behrouz Vahideh**, Azimi Maryam. 17th Congress of Gastroenterology and Liver Diseases, Tehran, Iran (Poster Presentation).

8. Supervisor / Adviser Thesis

- Effects of crocin supplementation on lipid profile and oxidative stress in patients with type 2 diabetes, Shahid Beheshti University of Medical Sciences (Advisor).
- Investigation of the association between dietary intakes and disease severity in diabetic patients with COVID-19: a case-control study (Advisor).

9. Laboratory Experiments

- ELISA
- PCR and Real Time-PCR
- Western Blot
- PBMC Extraction
- Cell Culture Techniques

10. Journal Reviewer

- Endocrine, Metabolic & Immune Disorders - Drug Targets (Journal).
- Diabetes & Metabolic Syndrome: Clinical Research & Reviews (Journal).
- Scientific Reports (Journal).
- Diabetes and Vascular Disease Research (Journal).

11. Workshops

- Nutrition in Type 2 Diabetes
- Nutrition in Metabolic Diseases

12. Thesis

Ph.D.: The effects of crocin on metabolic parameters, oxidative stress, advanced glycation end products, AMP- activated protein kinase and inflammation-promoting genes expression in peripheral blood mononuclear cells in patients with type 2 diabetes.

M.Sc.: The Effects of probiotic and prebiotic supplementation on serum hepatic enzymes, Insulin resistance, inflammatory marker (hs-CRP), Anthropometric measurements, Blood pressure, Lipid profile, leptin and Adiponectin in patients with NAFLD.