

PERSONAL INFORMATION:

Nava Morshedzadeh

PhD in Nutrition, Dietitian



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Positions and Employment:

From 12 November 2019 until now

Assistant Professor of Nutrition Sciences

Department of Nutrition, School of Health, Kerman University of Medical Sciences

Education :

2015/Oct-2019

PhD. of Nutrition Science, Department of Clinical Nutrition & Dietetics, Faculty of Nutrition Sciences and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Thesis Title: “Effects of Flaxseed and Flaxseed Oil Supplementation on Serum Levels of Inflammatory Factors, Metabolic Parameters and severity of Disease in Patients with Ulcerative Colitis”

2012/Jan2015

MSc of Nutrition Science, Department of Cellular and Molecular Nutrition, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran.

Thesis Title: “Comparison of omega-3 fatty acid intake, serum Resolvin D1 and insulin resistance index (HOMA) in women with polycystic ovary syndrome and healthy women.”

2008/May2012

BSc of Nutrition Sciences, Department of Nutrition, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran.

Research project:” Dietary pattern, body fat percentage and its relationship with depression in female dormitory students of Jundishapur University of Medical Sciences”

Publications:

English Articles:

-Zand H, **Morshedzadeh N (Corresponding author)**, Naghashian F. Signaling pathways linking inflammation to insulin resistance. *Diabetes Metab Syndr.* 2017;11 Suppl 1:S307-S309. (doi:10.1016/j.dsx.2017.03.006).

-Mirmiran P, Moslehi N, **Morshedzadeh N (Corresponding author)**, et al. Does the inflammatory potential of diet affect disease activity in patients with inflammatory bowel disease?. *Nutr J.* 2019;18(1):65. Published 2019 Nov 4. (doi:10.1186/s12937-019-0492-9).

-**Morshedzadeh N**, Shahrokh S, Aghdaei HA, et al. Effects of flaxseed and flaxseed oil supplement on serum levels of inflammatory markers, metabolic parameters and severity of disease in patients with ulcerative colitis. *Complement Ther Med.* 2019;46:36-43. (doi:10.1016/j.ctim.2019.07.012).

-Farsi F, Heshmati J, Keshtkar A, Irandoost P, Alamdari NM, Akbari A, Janani L, **Morshedzadeh N**, Vafa M. 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. *Pharmacol Res.* 2019;148:104290. (doi:10.1016/j.phrs.2019.104290).

-**Morshedzadeh N**, Rahimlou M, Asadzadeh Aghdaei H, Shahrokh S, Reza Zali M, Mirmiran P. Association Between Adipokines Levels with Inflammatory Bowel Disease (IBD): Systematic Reviews. *Dig Dis Sci.* 2017;62(12):3280-3286.(doi:10.1007/s10620-017-4806-5).

-Rahimlou M, **Morshedzadeh N**, Karimi S, Jafarirad S. Association between dietary glycemic index and glycemic load with depression: a systematic review. *Eur J Nutr*. 2018;57(7):2333-2340. (doi:10.1007/s00394-018-1710-5).

-**Morshedzadeh N**, Saedisomeolia A, Djalali M, Eshraghian MR, Hantoushzadeh S, Mahmoudi M. Resolvin D1 impacts on insulin resistance in women with polycystic ovary syndrome and healthy women. *Diabetes Metab Syndr*. 2019;13(1):660-664. (doi:10.1016/j.dsx.2018.11.018).

-Forouhi N, Saedisomeolia A, Djalali M, Eshraghian MR, **Morshedzadeh N**, Zabetian-Targhi F, Mahmoudi M. Serum C1q and tumor necrosis factor (TNF)-related protein 9 in women with Polycystic Ovary Syndrome. *Diabetes Metab Syndr*. 2016;10(2 Suppl 1):S131-S134. (doi:10.1016/j.dsx.2016.03.012).

-Rahimlou M, Yari Z, Rayyani E, Keshavarz SA, Hosseini S, **Morshedzadeh N**, Hekmatdoost A. Effects of ginger supplementation on anthropometric, glycemic and metabolic parameters in subjects with metabolic syndrome: A randomized, double-blind, placebo-controlled study. *J Diabetes Metab Disord*. 2019;18(1):119-125. Published 2019 Mar 22. (doi:10.1007/s40200-019-00397-z).

Book:

Farnaz Farsi, Pezhman Alavi Nezhad, Nava Morshedzadeh. The Liver: Oxidative Stress and Dietary Antioxidants. Chapter 23: The Hepatoprotective Effects of Coenzyme Q10 Against Oxidative Stress. University of Westminster & King's College London. Elsevier, 2017.

Cooperation in research-university centers:

- Research collaboration in the Center for Nutrition Research in Endocrine Diseases in the Research Institute of Endocrine Sciences and Metabolism of Shahid Beheshti University of Medical Sciences since 2016.
- Research collaboration in the Research Institute of Liver and Gastroenterology of Shahid Beheshti University of Medical Sciences since 2017.
- Collaboration with Gastroenterology and Hepatology Research Center, Kerman University of Medical Sciences since 2020.

Research Projects:

- Evaluation of dietary pattern, body fat percentage and its relationship with depression in female dormitory students of Jundishapur University of Medical Sciences in 2011. Ahvaz Jundishapur University of Medical Sciences, 2011.
- Comparison of omega-3 fatty acid intake, serum Resolvin D1 and insulin resistance index (HOMA) in women with polycystic ovary syndrome and healthy women. Tehran University of Medical Sciences, 2013.
- Comparison of serum CTRP 9 levels in women with polycystic ovary syndrome and healthy women. Tehran University of Medical Sciences, 2014.
- Effects of Flaxseed and Flaxseed Oil Supplementation on Serum Levels of Inflammatory Factors, Metabolic Parameters and severity of Disease in Patients with Ulcerative Colitis, Shahid Beheshti University of Medical Sciences, 2017.

-Association between dietary inflammatory index (DII) and the inflammatory bowel disease. Shahid Beheshti University of Medical Sciences, 2018.

-The assessment of effects of flaxseed on insulin resistance serum, components of metabolic syndrome (lipids profiles, waist circumference and fasting glucose) and serum levels of cytokines secreted from adipose tissue in patients with ulcerative colitis. Shahid Beheshti University of Medical Sciences, 2019.

Presentation in National and International Congresses:

Nava Morshedzadeh. Nutrition plays a pivotal role in female infertility, 3st International Congress on Reproduction & 2nd International Congress on Reproductive Health and Childbearing Information. Tehran, Iran, 2017.

Training:

Nutrition and Diet Therapy Clinical Internship Units for B.Sc. students Nutrition Science

Clinical Nutrition Seminar Unit for MSc student's clinical nutrition

Principles of diet planning Unit for B.Sc. students Nutrition Science

Nutrition Ecology Unit for B.Sc. students Nutrition Science

More lessons in the field of Nutrition (Clinical Nutrition)

Interest fields:

Nutrition and Gastroenterology and Hepatology

Nutrition and Metabolic Syndrome

Nutrition and Insulin Resistance Signaling

Dietary patterns