

Curriculum Vitae

Mohammad Reza Mahmoodi
Associate Professor in Nutrition and Diet Therapy

Date of birth: .../April/1964 (Kerman, Iran)

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Kerman University of Medical Science,
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Education

- Fellowship** ■ Medical Education Fellowship, Kerman University of Medical Sciences, Kerman, Iran, Sep/2014-Sep/2015.
- Ph.D** ■ Ph.D. in Nutrition, Minor in Pharmacology, Shaheed Beheshti University of Medical Sciences, Tehran, Iran, Feb/2004-Aug/2009.
- M.Sc** ■ M.Sc. in Nutrition & Diet Therapy, Shaheed Beheshti University of Medical Sciences, Tehran, Iran, Feb/1995-Mar/1998.
- B.Sc** ■ B.Sc. in Nutrition, Isfahan University of Medical Sciences, Isfahan, Iran, Feb/1990-Feb/1994.
- Ph.D Dissertation** ■ The assessment of effects of omega-3 plus vitamin E and zinc plus vitamin C supplementation on serum lipids and lipoproteins, inflammatory and oxidative stress biomarkers, and endothelial function in postmenopausal women with type 2 diabetes.
- M.Sc Thesis** ■ An epidemiological survey on zinc deficiency in junior high school students in Tehran.

GPA Grade Point Average

- Board Exam** ■ Grade point average in Board exam 19.33 (3.866).
- Ph.D Courses** ■ Grade point average in Ph.D 18.99 (3.798) with 28-credit courses.
- M.Sc Courses** ■ Grade point average in M.Sc 18.47 (3.694) with 34-credit courses.
- B.Sc Courses** ■ Grade point average in B.Sc 18.23 (3.646) with 149-credit courses.
- Ph.D. Thesis** ■ Grade in Ph.D Dissertation 19.33 (3.866) with 20-credit course.
- M. S. Thesis** ■ Grade in M.Sc Thesis 20.00 (4.0) with 6-credit course.

Experience

- 🏠 Associate Professor in Nutrition, Kerman University of Medical Sciences, Kerman, Iran. 1998-Present.
- 🏠 Researcher, Isfahan University of Medical Sciences, Isfahan, Iran, 1994-1995.

Publications

- Books**
- Nutrition in Chemotherapy
 - Minerals in Nutrition
 - Guideline Book for School of Health
 - Food Composition Table
- ♦ **Intl. Articles (English)**
- ♦ **Mahmoodi MR**, Khodabakhshi A. Association between depression and food insecurity in patients with diabetes: a cross sectional study. **Progress in Nutrition**. In Peer Review.
 - ♦ Hasheminejad N, Malek Mohammadi T, **Mahmoodi MR**, Barkam M, Shahravan A. The association between beverage consumption pattern and dental problems in Iranian adolescents: a cross sectional study. **BMC Oral Health**. 2020; 20(74): <https://doi.org/10.1186/s12903-020-01065-y>
 - ♦ **Mahmoodi MR**, Mohammadzadeh M. Therapeutic potentials of Nigella sativa preparations and its constituents in the management of diabetes and its complications in experimental animals and patients with diabetes mellitus: A systematic review.

- Complement. Ther. Med.** 2020; 50 (102391): <https://doi.org/10.1016/j.ctim.2020.102391>
- ◆ Kazemian B, Asaadi S, **Mahmoodi MR**. Comparison of face-to-face and telephone interviews in the dietary intake assessment by the 24 hour recall in patients with type 2 diabetes. **Progress in Nutrition**. In Peer Review.
 - ◆ **Mahmoodi MR**, Khanjani N. Barriers and limitations to obstacle diabetes self-management with a focus on nutritional literacy: Solutions and opportunities. Critical review and research synthesis. **Crit Comments Biomed**. 2020;1(1):e10008.
 - ◆ Makiabadi E, Kaveh MH, **Mahmoodi MR**, Asadollahi A, Salehi M. Enhancing Nutrition-Related Knowledge, Literacy and Behavior among University Students: A Randomized Controlled Trial. **Int J Nut Sci**. 2019; 4(3):122-129.
 - ◆ Khanjani N, Torkian S, **Mahmoodi MR**, Khosravi V. A Review of Copper concentrations in Iranian populations. **Environ Monit Assess**. 2019; 191(9):537.
 - ◆ **Mahmoodi MR**. Do consecutive patient management problem (PMP) and modified essay question (MEQ) examinations improve clinical reasoning in students? **Strides Dev Med Educ**. 2019 December; 16(1):e86566. doi: 10.5812/sdme.86566.
 - ◆ Rezabeigi Davarani E, **Mahmoodi MR**, Khanjani N, Fadakar MM. Educational intervention based on the theory of planned behavior on promoting nutritional behavior related to cardiovascular diseases among health volunteers. **J Nutr Food Secur**. 2019; 4(2): 93-100.
 - ◆ **Mahmoodi MR**, Mehrabi Y, Kimiagar SM, Rajab A. The effects of omega-3 plus vitamin E and zinc plus vitamin C supplementation on metabolic syndrome components in postmenopausal women with type 2 diabetes. **J Ker Uni Med Sci**. 2019; 26(1): 43-54.
 - ◆ **Mahmoodi MR**, Hasheminejad N, Bahrampour A, Azmandian J, Namdari M. Risk stratification of hemodialysis patients with protein-energy wasting using handgrip strength and malnutrition-inflammation score? Are two indices better than one? **J Ker Uni Med Sci**. 2018; 25(4):294-306.
 - ◆ **Mahmoodi MR**, Najafipour H, Mohsenpour MA, Amiri M. The relationship between food insecurity with cardiovascular risk markers and metabolic syndrome components in diabetic patients: a population based study from KERCADRS. **J Res Med Sci**. 2017; 22:118.
 - ◆ Hasani M, Khanjani N, **Mahmoodi MR**, Fadakar MM, Iranpour A, Gozashti MH. Developing pictographs for increasing adherence in patients with diabetes mellitus. **Am J Educ Res**. 2016; 4(5):370-377.
 - ◆ Hasheminejad N, Namdari M, **Mahmoodi MR**, Bahrampour A, Azmandian J. Association of handgrip strength with Malnutrition-Inflammation Score as an assessment of nutritional status in hemodialysis patients. **Iranian J Kidney Dis**. 2016; 10(1):30-5.
 - ◆ **Mahmoodi MR**, Baneshi MR, Rastegari A. Comparison of conventional risk factors in middle-aged versus elderly diabetic and non-diabetic patients with myocardial infarction: prediction with decision-analytic model. **Ther Adv Endocrinol Metab**. 2015; 6(6):258-266.
 - ◆ Esmaeili S, Sajadi FS, **Mahmoodi MR**, Zangiabadi P. Comparison of Dental Students' Ability to Answer PMP-MEQ and MCQ Tests and Its Association with Educational Progress. **Sch. J. Dent. Sci**. 2015; 2(5):330-335.
 - ◆ **Mahmoodi MR**, Kimiagar SM, Mehrabi Y. The effects of omega-3 plus vitamin E and zinc plus vitamin C supplementation on cardiovascular risk markers in postmenopausal women with type 2 diabetes. **Ther Adv Endocrinol Metab**. 2014; 5(4): 67-76.
 - ◆ Khoshfetrat MR, Mortazavi S, Neyestani T, **Mahmoodi MR**, Zerafati-Shoae N, Mohammadi-Nasrabadi F. Iron and vitamin C co-supplementation increased serum vitamin C without adverse effect on zinc level in iron deficient female youth. **Intl J Prev Med**. 2014; 5(8): 1037-44.
 - ◆ **Mahmoodi MR**, Baneshi MR, Mohammad Alizadeh S. Influence of assessment method selection in studying and learning approaches: Is necessary to change assessment style? **Future Med Educ J**. 2014; 4(2): 35-40.
 - ◆ **Mahmoodi MR**, Mashayekh M, Entezari MH. Fortification of wheat bread with 3-7% defatted soy flour improves formulation, organoleptic characteristics and rat growth rate. **Intl J Prev Med**. 2014; 5(1): 37-45.
 - ◆ Najafipour H, Mirzazadeh M, Haghdoost AA, Shadkam M, Afshari M, Moazenzadeh M, Nasri HR, Masoomi M, Mirzaiepour F, Sarvar Azimzadeh B, Forood A, Bahreini F,

◇ *National
Articles
(Persian)*

- Mahmoudi MR**, Sanjari M, Malek Mohamadi T, Banivaheb GH, Naderi MA, Moshtaghi Kashanian GH, Malekpour Afshar R, Ghazanfari Z, Navadeh S, Shah Esmaeili A. Coronary Artery Disease Risk Factors in an Urban and Peri-urban Setting, Kerman, Southeastern Iran (KERCADR Study): Methodology and Preliminary Report. **Iranian J Publ Health**. 2012; 41(9): 86-92.
- ◇ Mashayekh M, **Mahmoudi MR**, Entezari MH. Effect of fortification of defatted soy flour on sensory and rheological properties of wheat bread. **Int. J. Food Sci. Tech**. 2008; 43(9): 1693-8.
- ◇ **Mahmoudi MR**, Abadi AR, Kimiagar SM. Sex Differences in Myocardial Infarction Event between Patients with and without Conventional Risk Factors. The Modares Heart Study. **Am. Heart Hosp. J**. 2007; (Fall) 5: 225-238.
- ◇ **Mahmoudi MR**, Kimiagar SM, Abadi AR. Is Anemia a Predictor of Occurrence of Acute Coronary Syndrome. The Modares Heart Study. **Am. Heart Hosp. J**. 2007; (Spring) 5: 73-79.
- ◇ **Mahmoudi MR**, Kimiagar SM. Prevalence of Zinc Deficiency in Junior High School Students of Tehran City. **Biol. Trace Elem. Res**. 2001; 81(2): pp. 93-103.
- ◇ **Rezabeigi Davarani E**, **Mahmoudi MR**, Khanjani N, Fadakar Davarani MM. Application of Planned Behavior Theory in Predicting Factors Influencing Nutritional Behaviors Related to Cardiovascular Diseases among Health Volunteers in Kerman. **J Health**. 2018; (winter) 8 (5): 518-529.
- ◇ Nazari F, Khanjani N, **Mahmoudi MR**, Fadakar MM. The Impact of Pictograph-Based Education on Knowledge, Attitude, Self-Care, Fasting Blood Glucose and HbA1c Levels in Type 2 Diabetic Patients in Kerman. **Iran J Health Educ Health Promot**. 2016; (autumn) 4 (3): 194-204.
- ◇ **Mahmoudi MR**, Dehghani MR. Comparison the students' ability in answering to PMP and MEQ examination with MCQ examination and its relation with educational promotion. **Strides in Development of Medical Education**. 2014; (summer) 11(2): pp. 187-95.
- ◇ **Mahmoudi MR**. Validation of Studying and Learning Approaches Questionnaire to Identify Students' Studying and Learning Methods. **Strides in Development of Medical Education**. 2014; (winter) 10(4): 303-12.
- ◇ Baneshi MR, Hajimaghsoodi S, Rastegari A, **Mahmoudi MR**. Evidence-Based Statistics: Appropriate Approach For Description and Analysis of Research Data. **Strides in Development of Medical Education**. Journal of Medical Education Development Center. 2011; (Spring & Summer) 8(1): 4-13.
- ◇ **Mahmoudi MR**, Kimiagar SM, Mehrabi Y, Rajab A, Hedayati M. The effects of omega-3 plus vitamin E and vitamin C plus zinc supplementation on plasma lipids and lipoproteins profile in postmenopausal women with type 2 diabetes. **Irn. J. Nutr. Sci. Food Tech**. 2009; 4(3): 1-14.
- ◇ **Mahmoudi MR**, Kimiagar SM, Mehrabi Y, Rajab A, Hedayati M. The effects of omega-3 plus vitamin E and vitamin C plus zinc supplementation on glycemic control in postmenopausal women with type 2 diabetes. **Irn. J. Nutr. Sci. Food Tech**. 2010; 4(4): 9-20.
- ◇ Mashayekh M, **Mahmoudi MR**, Entezari MH. The effect of Taftoon bread fortified with defatted soy on the sensory and rheological properties. **Irn. J. Food Sci. Tech**. 2008; 5(3): 9-16.
- ◇ Mashayekh M, **Mahmoudi MR**, Entezari MH. The assessment of fortification with defatted soy flour on the organoleptic and biological properties of Taftoon bread. **Irn. J. Nutr. Sci. Food Tech**. 2007; 2(3): 73-80.
- ◇ **Mahmoudi MR**, Kimiagar SM, Abadi AR. Sex Differences in Myocardial Infarction Event between Patients with and without Conventional Risk Factors. The Modares Heart Study. **Irn. J. Nutr. Sci. Food Tech**. 2007; 2(3): 65-72.
- ◇ **Mahmoudi MR**, Kimiagar SM, Abadi AR. Iron Deficiency or Overload: Which is a Better Predictor for Occurrence of Acute Coronary Syndrome? The Modares Heart Study. **Irn. J Endocrinol. Metab**. 2007; 9(1) 37-45.
- ◇ **Mahmoudi MR**, Abadi AR. The Effects of Black Tea Polyphenols on the Growth of Rats over a Short Period. **Journal of Sabzevar School of Medical Sciences**. Spring 2005; 12(1): pp. 20-26.
- ◇ **Mahmoudi MR**, Kimiagar SM. Prevalence of Zinc deficiency in Junior High School Students of Tehran City: Correlation and Relationship between Variables of Zinc Status. **Journal of Shahid Sadoughi University of Medical Sciences and Health Services**.

Summer 2002. 10(2): pp.71-79.

♦ **Mahmoodi MR.** Study of Risk Factor of Acute Myocardial infarction in Modares Hospital during 1994-95. **Journal of Legal Medicine Organization of IRI.** 2000; No.20: pp. 13-18.

♦ **Mahmoodi MR,** Kimiagar SM, Valaii N, Ghaffarpour M. Prevalence of Zinc deficiency among Junior High School Students of Tehran. **Pejouhandeh.** Spring 1999; 4(1): pp. 61-68.

★ **Intl. Papers Presented (Congress)**

★ Rezabeigi Davarani E, Fadakar MM, **Mahmoodi MR,** Khanjani N. The effect of educational intervention based on the theory of planned behavior on promoting nutritional behaviors related to cardiovascular diseases among health volunteers in Kerman. **(Oral).** 3rd International and 8th National Congress on Health Education and Promotion, August 23-25, 2017. Isfahan, Iran.

★ **Mahmoodi MR,** Mashayekh M, Entezari H. Fortification of Wheat Bread with 3-7% Defatted Soy Flour Improves Formulation, Organoleptic Characteristic and Rat Growth **(Poster).** 2nd International Nutrition Congress, September 4-7, 2016. Tehran, Iran.

★ **Mahmoodi MR,** Hasheminejad N, Bahrapour A, Azmandian J. Incorporation Hand grip Strength with Malnutrition- Inflammation Score to Assess Nutritional Status in Hemodialysis Patients **(Poster).** 2nd International Nutrition Congress, September 4-7, 2016. Tehran, Iran.

★ **Mahmoodi MR,** Najafipour H, Mohsenpour MA, Amiri M. The Relationship between Food Insecurity with Cardiovascular Risk Markers and Metabolic Syndrome Components in Diabetic Patients: A Population Based Study from KERCADRS **(Poster).** 2nd International Nutrition Congress, September 4-7, 2016. Tehran, Iran.

★ **Mahmoodi MR,** Kimiagar SM, Mehrabi Y, Rajab A, Hedayati M. The effects of omega-3 plus vitamin E and vitamin C plus zinc supplementation on glycemic control in postmenopausal women with type 2 diabetes **(Oral).** 8th International Congress of Endocrine Disorders, October 27-30, 2009. Tehran, Iran.

★ **Mahmoodi MR,** Kimiagar SM, Mehrabi Y, Rajab A, Hedayati M. The effects of omega-3 plus vitamin E and vitamin C plus zinc supplementation on lipids and lipoprotein profiles in postmenopausal women with type 2 diabetes **(Poster).** 8th International Congress of Endocrine Disorders, October 27-30, 2009. Tehran, Iran.

★ **Mahmoodi MR,** Kimiagar SM. An Epidemiological Survey on Zinc Deficiency in Adolescents in Tehran **(Poster).** The Thirteen Conference of the International Society for Environmental Epidemiology, September 2-5, 2001. Garmisch-Partenkirchen, Germany.

➤ **National Papers Presented (Congress)**

➤ **Mahmoodi MR,** Kimiagar SM, Valaii N, Ghaffarpour M. Prevalence of Zinc Deficiency among Junior High School Students. The First Conference of Effect of Zinc in Human Health. May 27, 2001. Tehran.

➤ **Mahmoodi MR,** Kimiagar SM, Valaii N, Ghaffarpour M. An Epidemiological Survey on Zinc Deficiency in Adolescents in Tehran. The Fifth Iranian Congress of Nutrition, September 12-15, 1999. Shahid Beheshti University of Medical Sciences, Tehran.

➤ **Mahmoodi MR.** Influence of Freezing and Chilling of Various Breads in pH Value. The Third Iranian Congress of Nutrition. March 4-7, 1994. Isfahan University of Medical Sciences, Isfahan.

➤ Safavi SM, **Mahmoodi MR.** The Assessment of BMI and its Relationship with some Prevalent Diseases in Mens and Womens. The Third Iranian Congress of Nutrition. March 4-7, 1994. Isfahan University of Medical Sciences, Isfahan.

➤ Mashayekh M, Entezari MH, Aziz zadeh A, **Mahmoodi MR.** Determining of the best nutritional and rheological formulation of bread using additives in order to preventing wastage. The Third Iranian Congress of Nutrition. March 4-7, 1994. Isfahan University of Medical Sciences, Isfahan.

Honors/ Awards

♠ Award & Certificate of Best Poster Presentation: 2nd International Nutrition Congress (Sep/2016), Tehran University of Medical Sciences.

♠ Award: 7th Motahari Education Festival (May/2014), Kerman University of Medical Sciences.

♠ Award: 6th Motahari Education Festival (May/2013), Kerman University of Medical Sciences.

♠ Award: 5th Motahari Education Festival (May/2012), Kerman University of Medical

Sciences.

♠ Research Grant Support (Aug 2010), Kerman University of Medical Sciences and Health Services, Vice Chancellor for Research.

♠ Research Grant Support (Aug 2009), Kerman University of Medical Sciences and Health Services, Vice Chancellor for Research.

♠ Award: Top Researcher Selection in Kerman University of Medical Sciences and Kerman Province (Dec 2009).

♠ Award: 1st prize for book in 11th period of Year Book (Dec 2004) in Kerman province by Public Relations of Islamic Cultural Ministry.

♠ Award: Top student following B.Sc. graduating.

Research interest

◆ Clinical Studies of Compounds Used in the Management of Metabolic Disorder, Diabetes, and Cardiovascular, Including Individual Compounds, Combinations, and New Formulations.

◆ Impact of Metabolic Disorders such as Diabetes on Vascular Health, Atherosclerosis and Coronary Artery Disease.

◆ Endothelial Function, Inflammation, Stress Oxidative, Biochemical and Lipid Metabolism in Health and Disease

◆ Screening and Prevention Studies and Risk Factor Analyses

◆ Minerals in Health and Disease

◆ Herbal Medicine in Health and Disease

◆ Influence of Teaching and Learning in Medical Assessment

Skills

■ Strong background in Nutrition combined with laboratory experiences.

■ Supervision and management in administration and accomplishment of research projects.

■ Technical proficient in spreadsheets, word processing, SPSS and Nut4.

■ Languages: English (fluent), German (knowledge).

Activities

• Professional Membership of American Heart Association. Apr/2013-Present.

• Deputy of Education for School of Health. Feb/2012-Mar/2017.

• Member of Establish of Environmental Health Research Center. March/2011-Aug/2016.

• Associate Editor of Strides in Development of Medical Education J. Aug/2009-May/2013.

• Deputy of Research for School of Health. May/2009-Jan/2010.

• Member of Research Council of Physiology Research Center-Kerman. Feb/2009-Present.

• Member of Cardiovascular Research Committee-Kerman. Sep/2008-Present.

• Member of Environmental Medicine Research Committee-Kerman. Sep/2008- Jan/2010.

• Previous Director of Nutrition Department.

• Leader and Executor of Research and Academic Projects.

• Nutritional Consultant and Advisor in Congress Achievement.

• Reviewer of Internal Scientific Journals.

Affiliation

○ Nutrition Department, School of Health, Kerman University of Medical Science, Kerman, Iran.

○ Health in Disaster Department, Kerman University of Medical Science, Kerman, Iran.

○ Member of International Society Environment Epidemiology (ISEE).

○ Physiology Research Center, Institute of Basic and Clinical Physiology.

Projects

Ongoing Projects

■ Association between C-peptide and lipoprotein (a) as two predictors with cardiometabolic biomarkers and coronary artery disease occurrence in patients with type 2 diabetes in KERCADR population-based study.

■ A survey of dietary pattern, oral health and its determinants in Kerman adolescents.

■ Comparison of Antioxidant Activity of Six Medicinal Plant Extracts to Prevent Thermal Oil Peroxidation.

Finished Projects

- ❑ The relationship between food insecurity with cardiovascular risk markers and metabolic syndrome components in patients with diabetes: a population based study from KERCADRS
- ❑ The influence of educational intervention based on the theory of planned behavior on the promotion of nutritional behaviors related to cardiovascular diseases in the Kerman health center health care volunteers.
- ❑ Comparison effect of educational intervention with or without pictographs on self-care behaviors among people with diabetes type 2 in Kerman in 2013-14
- ❑ The association between diabetes, hypertension, high cholesterol and obesity; and the most common risk factors for noncommunicable diseases of Iran, An ecological study
- ❑ Assessment of handgrip strength and relationship between it and subjective global assessment as nutritional markers in hemodialysis patients referred to Kerman University of Medical Sciences Hospitals.
- ❑ Developing pictographs for educating compliance in illiterate diabetics or diabetics with low literacy.
- ❑ Comparison of marks mean of multiple-choice and limited-short answer tests in mid and final term and effective factors in nursing students of nursing schools, Kerman University of Medial Sciences, in two alternate semesters of 2010 and 2011.
- ❑ The assessment of effects of omega-3 plus vitamin E and zinc plus vitamin C supplementation on serum lipids and lipoproteins, inflammatory and oxidative stress biomarkers, and endothelial function in postmenopausal women with type 2 diabetes.
- ❑ Analytical deduction of hematological parameters and conventional risk factors in patients with acute coronary syndrome. The Modares Heart Study.
- ❑ An epidemiological survey on zinc deficiency in junior high school students in Tehran.
- ❑ Determining of the best nutritional and rheological formulation of bread using additives in order to preventing wastage.

Thesis Advisor

Supervision & Consulting of Thesis or Dissertation

Thesis for M.S.

- ✿ A survey of dietary pattern, oral health and its determinants in Kerman adolescents.
- ✿ The prevalence of metabolic syndrome among new employees of Sarcheshmeh copper complex referred for pre-employment medical examinations 2014
- ✿ The influence of educational intervention based on the theory of planned behavior on the promotion of nutritional behaviors related to cardiovascular diseases in the Kerman health center health care volunteers.
- ✿ Comparison effect of educational intervention with or without pictographs on self-care behaviors among people with diabetes type 2 in Kerman in 2013-14
- ✿ The association between diabetes, hypertension, high cholesterol and obesity; and the most common risk factors for noncommunicable diseases of Iran, An ecological study
- ✿ Assessment of handgrip strength and relationship between it and subjective global assessment as a nutritional marker in hemodialysis patients referred to Kerman University of Medical Sciences Hospitals.
- ✿ Developing pictographs for educating compliance in illiterate diabetics or diabetics with low literacy.
- ✿ Correction of Bias Caused by Misclassification of Discrete Independent Variables in Logistic Regression: An Application in Analysis of MI Risk Factor When Smoke is Misclassified.

