

Elham Razmpoosh

PhD in Nutrition

Nutrition and Endocrine Research Centre, Shahid Beheshti University of Medical Sciences, IRAN

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Summary

Research expertise in Clinical Nutrition and chronic diseases (Obesity, Breast cancer, CVD and Diabetes) and Nutritional Epidemiology

- Experience in performing Randomized Clinical Trials and designing projects
- Experience in performing systematic reviews and meta-analyses
- Experience in performing research in nutritional epidemiology and health sciences
- Experience in teaching and running seminars and workshops
- Experience in receiving research grants
- Experience in nutrition consultant and dietitian and content production for online clinics

Profile

- Google Scholar: <https://scholar.google.com/citations?user=MALe89kAAAAJ&hl=en>
- Scopus: <https://www.scopus.com/authid/detail.uri?authorId=55885385000>
- ORCID: <https://orcid.org/0000-0001-5476-2973>
- Publon: <https://publons.com/researcher/2176826/elham-razmpoosh>

Notable Honors and Awards

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|------------------|--|
| 2022 | Granted and won a prestigious prize from INEF |
| 2022 | Granted a research project funding from Endocrine Research Center, Shahid Beheshti University of Medical Sciences. |
| 2021 | Selected as an eminent Nutritionist by the Ministry of Health and Medical Education of Iran for documentation of “ National Nutritional Protocol ” for COVID-19 pandemic (food & drug interaction). |
| 2016-
Present | Reviewer/Editorial Board member of well-known international journals |
| 2021 | Granted TWO Research Project fundings from Endocrine Research Center, Shahid Beheshti University of Medical Sciences. |
| 2020 | Top PhD graduate with the highest distinction for PhD thesis . |
| 2016-
2020 | Full PhD stipends and tuition waiver |
| 2017-
present | Being frequently invited to be a reviewer for well-known international journals/conferences. |
| 2017-
present | Editorial board member invitations from prestigious international journals. |
| 2019 | Awarded ACECR¹ tax-free project funding for a comprehensive systematic review and meta-analysis |
| 2018 | Awarded INSF² tax-free PhD project funding |
| 2018 | Awarded TWO PhD project fundings for PhD research proposal from Shahid Sadoughi University |

¹ [Academic Centre for Education, Culture and Research](#)

² [Iran National Science Foundation](#)

- 2018 | Granted **NIMAD³ tax-free project funding** for a nation-wide cohort study
- 2017 | Recognized as a “**National Elite**” member by the INEF⁴.
- 2017 | Granted and won a prize from INEF
- 2016-2017 | Awarded a “**Research Assistant Educational Prize**” from INEF
- 2015 | Selected as an **exceptional talented PhD student**
- 2014 | Awarded an **MSc thesis project funding**
- 2014 | **Top MSc graduate**
- 2011-2014 | **Tuition waiver** for my undergraduate studies

Selection of Prestigious High Ranked Publications

1. Mahsa Raji Lahiji, Russell J de Souza, Mitra Zarrati, **Elham Razmpoosh, Shapour Jaberzadeh.** (2022) The effect of dietary-based lifestyle modification approaches on anthropometric indices and dietary intake parameters in women with breast cancer: a systematic review and meta-analysis of randomized controlled trials, *Advances in Nutrition*, (**Q1, IF=8.7, H-Index: 103**) [LINK](#) (*corresponding author*)
2. **Razmpoosh, E.,** et al. (2022). Effects of Nigella sativa supplementation on blood concentration and mRNA expression of TNF- α , PPAR- γ and adiponectin, as major adipogenesis-related markers, in obese and overweight women: A crossover, randomized-controlled trial. *British Journal of Nutrition* (**Q1, IF=4.3, H-Index=198**) [LINK](#)
3. Nabhani Z., **Razmpoosh, E.,** et al. (2022) Effects of synbiotic supplementation on cardiovascular-related parameters in patients with gestational diabetes mellitus: a secondary-data analysis of a randomized double-blind controlled trial. (*corresponding Author*, Accepted in *Diabetol Metab Syndr*, **Q1, IF=3.8**)
4. Ahmadian, F., **Razmpoosh, E.,** Ejtahed, HS. et al. (2022) Effects of probiotic supplementation on major cardiovascular-related parameters in patients with type-2 diabetes mellitus: a secondary-data analysis of a randomized double-blind controlled trial. *Diabetol Metab Syndr* 14, 52 (Q1, IF= 3.8, H-Index=55) [LINK](#)
5. **Razmpoosh, E., et al.** (2020). The effects of lifestyle modification, including dietary and physical activity interventions, on Anthropometric indices and Quality of life of patients with breast cancer: A systematic review and meta-analysis of clinical trials. *European Journal of Cancer*, 138, S82. (**Q1, IF=7.2, H index: 214**) [LINK](#)
6. Lahiji, M. R., Najafi, S., Janani, L., Yazdani, B., **Razmpoosh, E.,** & Zarrati, M. (2021). The effect of synbiotic on glycaemic profile and sex hormones in overweight and obese breast cancer survivors following a weight-loss diet: A randomized, triple-blind, controlled trial. *Clinical Nutrition*, 40(2), 394-403. (**Q1, IF=6.7, H-index: 140**) [LINK](#)
7. **Razmpoosh, E., et al.** (2020). The effect of Nigella sativa on the measures of liver and kidney parameters: a systematic review and meta-analysis of randomized-controlled trials. *Pharmacological Research*, 156, 104767. (**Q1, IF=5.57, H index: 132**) [LINK](#)
8. Sohoul, MH., **Razmpoosh, E., et al.** (2021) “The effect of omega-3 supplementation in patients with epilepsy: A meta-analysis” in *Epilepsia* (**Q1, IF=5.86, H-index: 191**) [LINK](#)
9. **Razmpoosh, E., et al.** (2021). The effect of Nigella sativa supplementation on cardiovascular risk factors in obese and overweight women: a crossover, double-blind, placebo-controlled randomized clinical trial. *European Journal of Nutrition*, 60(4), 1863-1874. (**Q1, IF=4.7, H-index: 96**) [LINK](#)
10. **Razmpoosh, E., et al.** (2019). Effects of oral Nigella sativa oil on the expression levels and serum concentrations of adiponectin, PPAR- γ , and TNF- α in overweight and obese women: a study protocol for a crossover-designed, double-blind, placebo-controlled randomized clinical trial. *Trials*, 20(1), 1-8. (**Q1, IF=2.01, H-index: 78**) [LINK](#)
11. Nabhani, Z., Hezaveh, S. J. G., **Razmpoosh, E., et al.** (2018). The effects of synbiotic supplementation on insulin resistance/sensitivity, lipid profile and total antioxidant capacity in women with gestational diabetes mellitus: a randomized double blind placebo controlled clinical trial. *diabetes research and clinical practice*, 138, 149-157. (**Q1, IF=4.2, H-index=114**) [LINK](#)
12. **Razmpoosh, E., et al.** (2016). Probiotics as beneficial agents in the management of diabetes mellitus: a systematic review. *Diabetes/metabolism research and reviews*, 32(2), 143-168 (**Q1, IF=3.4, H-index: 110**). [LINK](#)
13. Zarrati, M., Lahiji, M. R., Salehi, E., Yazdani, B., **Razmpoosh, E., et al.** (2019). Effects of probiotic yogurt on serum omentin-1, adiponin, and nesfatin-1 concentrations in overweight and obese participants under low-calorie

³ [National Institute for Medical Research Development](#)- Highly-regarded, prominent and prestigious centre in Middle East

⁴ [Iran’s National Elites Foundation](#)

- diet. *Probiotics and antimicrobial proteins*, 11(4), 1202-1209. (IF=3.6) [LINK](#)
14. Yazdani, B., Shidfar, F., Salehi, E., Baghbani-arani, F., **Razmpoosh, E.**, et. al. (2018). Probiotic plus low-calorie diet increase gene expression of Toll-like receptor 2 and FOXP3 in overweight and obese participants. *Journal of Functional Foods*, 43, 180-185. (Q1, IF=3.7, H-index=84) [LINK](#)
 15. Zarrati, M., Hojaji, E., **Razmpoosh, E.**, et. al. (2016). Is high waist circumference and body weight associated with high blood pressure in Iranian primary school children?. *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*, 21(4), 687-693. (Q1, IF=3.6, H-index:45) [LINK](#)
 16. Safi, S., **Razmpoosh, E.**, et. al. (2021). The effect of Nigella sativa on appetite, anthropometric and body composition indices among overweight and obese women: A crossover, double-blind, placebo-controlled, randomized clinical trial. *Complementary Therapies in Medicine*, 57, 102653. (Q1, IF=2.01, H index=64) [LINK](#)
 17. Mirzavandi, F., Talenezhad, N., **Razmpoosh, E.**, et. al. (2020). The effect of intramuscular megadose of vitamin D injections on E-selectin, CRP and biochemical parameters in vitamin D-deficient patients with type-2 diabetes mellitus: A randomized controlled trial. *Complementary therapies in medicine*, 49, 102346. (IF=2.03, H-index=64) [LINK](#)
 18. Abdollahi, R., Najafi, S., **Razmpoosh, E.**, et. al. (2019). The effect of dietary intervention along with nutritional education on reducing the gastrointestinal side effects caused by chemotherapy among women with breast cancer. *Nutrition and cancer*, 71(6), 922-930. (IF=2.36, H-index=117) [LINK](#)
 19. Najafi, S., Haghighat, S., Raji Lahiji, M., **Razmpoosh, E.**, et. al. (2019). Randomized study of the effect of dietary counseling during adjuvant chemotherapy on chemotherapy induced nausea and vomiting, and quality of life in patients with breast cancer. *Nutrition and cancer*, 71(4), 575-584. (IF=2.36, H-index=117) [LINK](#)
 20. Cheshmazar, E., Hosseini, A. F., Yazdani, B., **Razmpoosh, E.**, & Zarrati, M. (2020). Effects of Vitamin D Supplementation on Omentin-1 and Spexin Levels, Inflammatory Parameters, Lipid Profile, and Anthropometric Indices in Obese and Overweight Adults with Vitamin D Deficiency under Low-Calorie Diet: A Randomized Placebo Controlled Trial. *Evidence-Based Complementary and Alternative Medicine*, 2020. (H-index=90) [LINK](#)
 21. **Razmpoosh, E.**, et. al. (2019). The effect of probiotic supplementation on glycaemic control and lipid profile in patients with type 2 diabetes: A randomized placebo controlled trial. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, 13(1), 175-182. (H-index=40) [LINK](#)
 22. **Razmpoosh, E.**, et. al. (2020). Effect of a low energy diet, containing a high protein, probiotic condensed yogurt, on biochemical and anthropometric measurements among women with overweight/obesity: A randomised controlled trial. *Clinical nutrition ESPEN*, 35, 194-200. (H-index=17) [LINK](#)

The followings are Book Authorships and Translations that I have done:

1. The main author of the **National Nutritional Protocol** for treatment of **COVID-19**, 2021 in Farsi.
2. The main author of “**Medical Nutrition Therapy in Fasting during Cancer**”, 2019 in Farsi.
3. Main Translator of “**Krause’s Food and Nutrition Care Process**”, 2012 in Farsi (a national reference book for MSc entrance exam in Iran).
4. Main Author of “**Lifestyle of Population of Yazd**”, based on recent cohort studies -**2018** in Farsi.

List of the International Workshop/Conference Presentations During my PhD

2022	Invited as a Workshop Organizer and Presenter , “introduction to a systematic review and meta-analysis”
2021	Workshop Organizer and Presenter , “Advanced Search Methods in Medical Databases”
2021	Workshop Organizer and Presenter , “Necessary Dietary Tips for patients with Breast Cancer” held at Motamed Cancer Institute
2020	Invited to present my technical poster accepted in prestigious 2020-European Breast Cancer Conference in Barcelona, Spain (This resulted in a publication in EJC, Q1, IF=9.1, H-index=205).
2020	Invited to present my technical poster accepted in the 12th international sport congress
2019	Invited as an honorable speaker in the 10th International Breast cancer congress .
2018	Invited as a Workshop Organizer and Presenter , “Practical Diets in Obesity treatments”.

2017	Invited as an eminent Nutritionist for my project on “Gene Diet interaction with muscle gain: A systematic review of Human and animal studies” in the First Iranian International Sport congress .
2014	Invited as an eminent speaker on my project on “Effect of Probiotic on postprandial Blood Glucose” at the “ 1st International and 13th National Congress of Nutrition ”.
2014	Invited to present my research outcomes on the “Effect of Dietary Fat on The Risk of Infertility among Humans”, at the 10th International Endocrine Congress ”.
2013	Invited as to present my research outcomes on the “Probiotic supplementation during type 2 diabetes mellitus,” in the National Diabetes Congress ”.
2012	Presented my poster on the role of Probiotic in the Prevention of Allergy in Children, at the national Congress on "Probiotics in the Prevention of Disease".
2010-2016	Frequently invited as a speaker on Nutrition and Diet therapy in type-2 diabetes at Al-Zahra Diabetes Clinic Center.

Professional Training and Voluntary Services

Symposium Co-Organizer	<ul style="list-style-type: none"> - 10th international breast cancer congress, 2019 - 3rd national congress of integrative oncology, 2019
Collaborative Activities with Vice Chancellor for Research	<ul style="list-style-type: none"> - Reviewing Research Proposals (MSc and PhD Levels), Books, Thesis - Advisor and co-advisor of some postgraduate students on their thesis projects at Shahid Beheshti University of Medical Sciences and Shahid Sadoughi University of Medical Sciences
Editorial Board Member	<ul style="list-style-type: none"> - BMC Endocrine disorders - BMC Nutrition
Reviewer	<ul style="list-style-type: none"> - Advances in nutrition (1 article) - Journal of Oral Microbiology (1 article) - BMC Medicine (1 article) - Phytotherapy Research (2 articles) - BMC public health (2 articles) - Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy (1 article) - Diabetes Metabolism Research & Reviews (3 articles) - Journal of Nutrition and Food security (14 articles) - Multidisciplinary Cancer Investigation Journal (4 articles) - Iranian Journal of Breast Diseases (2 articles) - 10th International Breast Cancer Congress (9 articles) - Referee of National Projects (Assessing the implementation status of projects) (3 Projects) - Receiving Invitations from several international journals for reviewing manuscripts