

Emad Yuzbashian

Nutrition and Endocrine Research Center, Research Institute for Endocrine Science, Shahid Beheshti University of Medical Sciences, WHO collaborating center

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PERSONAL INFORMATION

Gender *Male*
Birth Date *18/1/1990*
Marital Status *Married*

ACADEMIC QUALIFICATION

2013-2016 **M.Sc. in Nutrition**

Mashhad University of Medical Sciences, Mashhad, Iran

Thesis: Association between apelin relative gene expression in subcutaneous and visceral adipose tissue and dietary fatty acids in obese and non-obese subject **Supervisor:** *Dr. Mohammad Safarian and Dr. Mehdi Hedayati.*

Adviser: *Dr. Parvin Mirmiran*

2008-2013 **BSc. in Nutrition**

Shahid Beheshti University of Medical Sciences, Tehran, Iran

PROFESSIONAL EXPERIENCES:

2014- Present **Senior Researcher**

Nutrition and Endocrine Research Center, Research Institute for Endocrine Science, Shahid Beheshti University of Medical Sciences, WHO collaborating center

2015-2017 **Lab experience**

RNA extraction from tissue, cDNA synthesis, Real-time PCR method. *Cellular and Molecular Lab, Research Institute for Endocrine Science, Shahid Beheshti University of Medical Sciences*

2010-2014 **Research Assistant**

Nutrition and Endocrine Research Center, Research Institute for Endocrine Science, Shahid Beheshti University of Medical Sciences, WHO collaborating center

Areas of statistical expertise

- Statistical Analysis Software's such as SPSS, STATA, and R.
- Survival analysis
- Logistic regression
- Factor analysis and cluster analysis
- Advanced Real-time PCR data analysis

RESEARCH INTEREST

Molecular Nutrition

Transcriptomics especially Nutrigenomics, Adipose tissue metabolism and the effect of nutrition on cellular mechanism and gene expression

Nutritional Epidemiology

The inter-relationship between dietary intake and non-communicable disease specially in diabetes, cardiovascular disease, metabolic syndrome and chronic kidney diseases

 PUBLICATIONS

1. Ejtahed HS, Sarsharzadeh MM, Mirmiran P, Asghari G, *Yuzbashian E*, Azizi F. **Leemoo, a dietary assessment and nutritional planning software, using fuzzy logic**. International journal of endocrinology and metabolism. 2013;11(4):e10169.
2. Sohrab G, Hosseini-Niazi S, Hejazi J, *Yuzbashian E*, Mirmiran P, Azizi F. **Dietary polyphenols and metabolic syndrome among Iranian adults**. International journal of food sciences and nutrition. 2013;64(6):661-7.
3. *Yuzbashian E*, Asghari G, Mirmiran P, Hosseini FS, Azizi F. **Associations of dietary macronutrients with glomerular filtration rate and kidney dysfunction: Tehran lipid and glucose study**. Journal of nephrology. 2015;28(2):173-80.
4. Eslamian G, Mirmiran P, Asghari G, Hosseini-Esfahani F, *Yuzbashian E*, Azizi F. **Low carbohydrate diet score does not predict metabolic syndrome in children and adolescents: Tehran Lipid and Glucose Study**. Archives of Iranian medicine. 2014;17(6):417-22.
5. Mirmiran P, *Yuzbashian E*, Asghari G, Hosseini-Niazi S, Azizi F. **Consumption of sugar sweetened beverage is associated with incidence of metabolic syndrome in Tehranian children and adolescents**. Nutrition & metabolism. 2015;12:25.
6. *Yuzbashian E*, Asghari G, Mirmiran P, Zadeh-Vakili A, Azizi F. **Sugar-sweetened beverage consumption and risk of incident chronic kidney disease: Tehran lipid and glucose study**. Nephrology (Carlton, Vic). 2016;21(7):608-16.
7. Asghari G, *Yuzbashian E*, Mirmiran P, Mahmoodi B, Azizi F. **Fast Food Intake Increases the Incidence of Metabolic Syndrome in Children and Adolescents: Tehran Lipid and Glucose Study**. PloS one. 2015;10(10):e0139641.
8. Asghari G, *Yuzbashian E*, Mirmiran P, Bahadoran Z, Azizi F. **Prediction of metabolic syndrome by a high intake of energy-dense nutrient-poor snacks in Iranian children and adolescents**. Pediatric research. 2016;79(5):697-704.
9. Farhadnejad H, Asghari G, Mirmiran P, *Yuzbashian E*, Azizi F. **Micronutrient Intakes and Incidence of Chronic Kidney Disease in Adults: Tehran Lipid and Glucose Study**. Nutrients. 2016;8(4):217.
10. Asghari G, *Yuzbashian E*, Mirmiran P, Hooshmand F, Najafi R, Azizi F. **Dietary Approaches to Stop Hypertension (DASH) Dietary Pattern Is Associated with Reduced Incidence of Metabolic Syndrome in Children and Adolescents**. The Journal of pediatrics. 2016;174:178-84 e1.
11. Mirmiran P, *Yuzbashian E*, Bahadoran Z, Asghari G, Azizi F. **Dietary Acid-Base Load and Risk of Chronic Kidney Disease in Adults: Tehran Lipid and Glucose Study**. Iranian journal of kidney diseases. 2016;10(3):119-25.
12. Asghari G, Farhadnejad H, Mirmiran P, Dizavi A, *Yuzbashian E*, Azizi F. **Adherence to the Mediterranean diet is associated with reduced risk of incident chronic kidney diseases among Tehranian adults**. Hypertension research : official journal of the Japanese Society of Hypertension. 2017;40(1):96-102.
13. Asghari G, *Yuzbashian E*, Mirmiran P, Hooshmand F, Najafi R, Azizi F. **Reply**. The Journal of pediatrics. 2016;178:307-8.
14. *Yuzbashian E*, Zarkesh M, Asghari G, Hedayati M, Safarian M, Mirmiran P, Khalaj A. **Is apelin gene expression and concentration affected by dietary intakes? A systematic review**. Critical reviews in food science and nutrition. 2018;58(4):680-8.
15. Asghari G, *Yuzbashian E*, Mirmiran P, Azizi F. **The association between Dietary Approaches to Stop Hypertension and incidence of chronic kidney disease in adults: the Tehran Lipid and Glucose Study**. Nephrology, dialysis, transplantation : official publication of the European Dialysis and Transplant Association - European Renal Association. 2017;32(suppl_2):ii224-ii30.
16. Asghari G, Mirmiran P, *Yuzbashian E*, Azizi F. **A systematic review of diet quality indices in relation to obesity**. The British journal of nutrition. 2017;117(8):1055-65.
17. Asghari G, *Yuzbashian E*, Shahemi S, Gaeini Z, Mirmiran P, Azizi F. **Dietary total antioxidant capacity and incidence of chronic kidney disease in subjects with dysglycemia: Tehran Lipid and Glucose Study**. European journal of nutrition. 2017.
18. Rostami H, Samadi M, *Yuzbashian E*, Zarkesh M, Asghari G, Hedayati M, Daneshafrooz A, Mirmiran P, Khalaj A. **Habitual dietary intake of fatty acids are associated with leptin gene**

- expression in subcutaneous and visceral adipose tissue of patients without diabetes.** Prostaglandins, leukotrienes, and essential fatty acids. 2017;126:49-54.
19. Mirmiran P, *Yuzbashian E*, Asghari G, Sarverzadeh S, Azizi F. **Dietary fibre intake in relation to the risk of incident chronic kidney disease.** The British journal of nutrition. 2018;119(5):479-85.
 20. *Yuzbashian E*, Asghari G, Mirmiran P, Amouzegar-Bahambari P, Azizi F. **Adherence to low-sodium Dietary Approaches to Stop Hypertension-style diet may decrease the risk of incident chronic kidney disease among high-risk patients: a secondary prevention in prospective cohort study.** Nephrology, dialysis, transplantation : official publication of the European Dialysis and Transplant Association - European Renal Association. 2018;33(7):1159-68.
 21. Hooshmand F, Asghari G, *Yuzbashian E*, Mahdavi M, Mirmiran P, Azizi F. **Modified Healthy Eating Index and Incidence of Metabolic Syndrome in Children and Adolescents: Tehran Lipid and Glucose Study.** The Journal of pediatrics. 2018;197:134-9 e2.
 22. Sohrab G, Ebrahimof S, Hosseinpour-Niazi S, *Yuzbashian E*, Mirmiran P, Azizi F. **Association of Dietary Intakes of Total Polyphenol and Its Subclasses with the Risk of Metabolic Syndrome: Tehran Lipid and Glucose Study.** Metabolic syndrome and related disorders. 2018;16(6):274-81.
 23. *Yuzbashian E*, Asghari G, Hedayati M, Zarkesh M, Mirmiran P, Khalaj A. **Determinants of vitamin D receptor gene expression in visceral and subcutaneous adipose tissue in non-obese, obese, and morbidly obese subjects.** Journal of Steroid Biochemistry and Molecular Biology. 2018 Nov 6. pii: S0960-0760(18)30480-1. doi: 10.1016/j.jsbmb
 24. Asghari G, Dehghan P, Mirmiran P, *Yuzbashian E*, Mahdavi M, Tohidi M, Neyestani TR, Hosseinpour F, Azizi F. **Insulin metabolism markers are predictors of subclinical atherosclerosis among overweight and obese children and adolescents.** BMC Pediatrics. 2018 Nov 23;18(1):368. doi: 10.1186/s12887-018-1347-9.
 25. Asghari G, Momenan M, *Yuzbashian E*, Mirmiran P, Azizi F. **Dietary pattern and incidence of chronic kidney disease among adults: a population-based study.** Nutrition & Metabolism. 2018 Dec 17;15:88. doi: 10.1186/s12986-018-0322-7.
 26. Hosseini-Esfahani F, Bahadoran Z, Moslehi N, Asghari G, *Yuzbashian E*, Hosseinpour-Niazi S, Mirmiran P, Azizi F. **Metabolic Syndrome: Findings from 20 Years of the Tehran Lipid and Glucose Study.** International Journal of Endocrinology and Metabolism. 2018 Oct 21;16(4 Suppl):e84771. doi: 10.5812/ijem.84771.
 27. Hosseini-Esfahani F, Moslehi N, Asghari G, Hosseinpour-Niazi S, Bahadoran Z, *Yuzbashian E*, Mirmiran P, Azizi F. **Nutrition and Diabetes, Cardiovascular and Chronic Kidney Diseases: Findings from 20 Years of the Tehran Lipid and Glucose Study.** International Journal of Endocrinology and Metabolism. 2018 Oct 31;16(4 Suppl):e84791. doi: 10.5812/ijem.84791.
 28. Asghari G, Mirmiran P, *Yuzbashian E*, Dehghan P, Mahdavi M, Tohidi M, Wagner CL, Neyestani TR, Hosseinpour F, Azizi F. **Association of circulating 25-hydroxyvitamin D and parathyroid hormone with carotid intima media thickness in children and adolescents with excess weight.** Journal of Steroid Biochemistry and Molecular Biology. 2019 Apr;188:117-123. doi: 10.1016/j.jsbmb.2018.12.015.
 29. *Yuzbashian E*, Asghari G, Hedayati M, Zarkesh M, Mirmiran P, Khalaj A. **The association of dietary carbohydrate with FTO gene expression in visceral and subcutaneous adipose tissue of adults without diabetes.** Nutrition. 2019 Jan 2;63-64:92-97. doi: 10.1016/j.nut.2018.12.014.
 30. Aghayan M, Asghari G, *Yuzbashian E*, Dehghan P, Khadem Haghghian H, Mirmiran P, Javadi M. **Association of nuts and unhealthy snacks with subclinical atherosclerosis among children and adolescents with overweight and obesity.** Nutrition & Metabolism. 2019 Apr 8;16:23. doi: 10.1186/s12986-019-0350-y.
 31. Mirmiran P, *Yuzbashian E*, Aghayan M, Mahdavi M, Asghari G, Azizi F. **A Prospective Study of Dietary Meat Intake and Risk of Incident Chronic Kidney Disease.** Journal of Renal Nutrition. 2019 Aug 14. pii: S1051-2276(19)30265-1. doi: 10.1053/j.jrn.2019.06.008.
 32. Akbari-Sedigh A, Asghari G, *Yuzbashian E*, Dehghan P, Imani H, Mirmiran P. **Association of dietary pattern with carotid intima media thickness among children with overweight or obesity.** Diabetology & Metabolic Syndrome. 2019 Sep 11;11:77. doi: 10.1186/s13098-019-0472-4.
 33. *Yuzbashian E*, Asghari G, Aghayan M, Hedayati M, Zarkesh M, Mirmiran P, Khalaj A. **Dietary glycemic index and dietary glycemic load is associated with apelin gene expression in visceral and subcutaneous adipose tissues of adults.** Nutrition & Metabolism. 2019 Sep 18;16:68. doi: 10.1186/s12986-019-0389-9.

34. Asghari G, *Yuzbashian E*, Wagner CL, Mahdavi M, Shamsi R, Hosseinpanah F, Mirmiran P. **The relation between circulating levels of vitamin D and parathyroid hormone in children and adolescents with overweight or obesity: Quest for a threshold.** PLoS One. 2019 Nov 26;14(11):e0225717. doi: 10.1371/journal.pone.0225717.
35. Nosrati-oskouie M, Safarian M, *Yuzbashian E*, Asghari G, zarkesh M, Aghili-Moghaddam N S, Hedayati M, Mirmiran P, Khalaj A. **The association of omentin gene expression in visceral and subcutaneous adipose tissues with plasma fatty acids profile and dietary fatty acids.** Iranian Journal of Endocrinology and Metabolism. Iranian Journal of Endocrinology and Metabolism. 2019; 21 (3) :123-137
36. Rahbarinejad P, Asghari G, *Yuzbashian E*, Djazayer, A, Dehghan P, Moslehi N, Shivappa N, Hébert J.R, Movahedi A. **Dietary Inflammatory Index in Relation to Carotid Intima Media Thickness among Overweight or Obese Children and Adolescents.** Annals of Nutrition and Metabolism. 2019;75(3):179-186. doi: 10.1159/000502330.

RESEARCH PROJECTS

As investigator

1. The association between dietary intake of olive and risk of metabolic syndrome and its components among Tehran Lipid and Glucose Study, 2010
2. FTO gene expression analysis in adipose tissue of obese and overweight individuals using Real-Time PCR assay, 2011
3. The relation between fast-food intake and metabolic syndrome incidence in children and adolescent: Tehran Lipid and Glucose Study (TLGS), 2013
4. The relation between snacks intake and metabolic syndrome incidence in children: Tehran Lipid and Glucose Study (TLGS), 2013
5. The relation between sweetened beverages and metabolic syndrome incidence in children: Tehran Lipid and Glucose Study (TLGS), 2013
6. The relation between macronutrient intake and chronic kidney disease incidence in adults: Tehran Lipid and Glucose Study (TLGS), 2014
7. DASH-style diet associated with reduced incidence of metabolic syndrome in children and adolescents: Tehran Lipid and Glucose Study, 2015
8. The relation between micronutrient intake and chronic kidney disease in adults: Tehran Lipid and Glucose Study (TLGS), 2015
9. The association between serum level of leptin and dietary fatty acids in obese and non-obese, In Tehranian adults, 2016
10. Association between leptin gene relative expression in subcutaneous and visceral adipose tissue and dietary fatty acids in obese and non-obese women, 2016
11. The association between physical activity and incidence of chronic kidney disease after 6 years follows up: Tehran Lipid and Glucose Study, 2016
12. The association of dietary polyphenol subgroup intakes with glomerular filtration rate and incident chronic kidney disease among adults from Tehran Lipid and Glucose Study, 2016
13. The relationship between dietary fructose, sucrose and fiber intake with incidence of chronic kidney disease in all and hypertensive subjects after 3 years of follow up, 2016
14. Evaluation of omentin gene expression in omental and subcutaneous fats in obese and non-obese individuals, 2017
15. The effect of dietary intakes on serum and adipocyte gene expression of apelin: a systematic review, 2016
16. Establish a visceral and subcutaneous adipose tissue biobank to investigate the association of environmental factor (physical activity, dietary intake, and dietary habit) with adipose tissue metabolism: Obesity Epigenetic Study (OES), 2017
17. Effects of different dosages of vitamin D with considering related gene variation on anthropometric indices, metabolic, bone, and vascular parameters and body composition in overweight or obese children and adolescents, 2017
18. Association of serum plasma and dietary fatty acids with plasma vaspin and gene expression of vaspin in visceral and subcutaneous adipose tissue, 2018.
19. Association between Fatty Acids Intake with Hormone Sensitive Lipase (HSL) and Adipose Triglyceride Lipase (ATGL) Gene Expression in Adults' Subcutaneous and Visceral Fat Tissues, 2018
20. Investigating the relationship between healthy and unhealthy snacks with cardio metabolic risk factors in children aged 6 -13. 2018.
21. The Association of Dietary Inflammatory Index (DII) and Metabolic Syndrome and its Components with Carotid Intima Media Thickness (cIMT) in 7-12 Years Old Children and

- Adolescents with Overweight or Obesity. 2018
22. Association of serum vitamin D with vitamin D receptor gene expression in visceral and subcutaneous adipose tissue. 2018
 23. Association of serum plasma and dietary fatty acids with plasma omentin and gene expression of omentin in visceral and subcutaneous adipose tissue. 2018.

As co-investigator:

1. Design self-administered software for planning a healthy and nutritious diet, 2010
2. The association between low carbohydrate diet and risk of incident chronic kidney diseases : Tehran Lipid and Glucose Study, 2011
3. Legume-based therapeutic lifestyle change diet and inflammatory status in diabetic patients: a randomized cross-over clinical trial, 2012
4. Evaluation of the association between diet quality indices and obesity: A systematic review, 2013
5. The relation between dietary acid-base load with the risk of chronic kidney disease in adults: Tehran Lipid and Glucose Study, 2014
6. The relation between dietary pattern and incidence of chronic kidney disease in adults: Tehran Lipid and Glucose Study, 2015
7. The association between Mediterranean diet and risk of chronic kidney diseases in adult: Tehran Lipid and Glucose Study, 2015
8. The association between DASH (Dietary Approaches to Stop Hypertension) diet and cardiovascular risk factor in subjects aged 7-18 years : Tehran Lipid and Glucose Study, 2016
9. Developing and assessment of psychometric properties of food habit questionnaire: Tehran Lipid and Glucose Study, 2016
10. The relation between Fresh and tuna fish consumption and incidence metabolic syndrome in adults: the Tehran Lipid and Glucose Study (TLGS), 2016
11. The association of dietary Polyphenols intake and the risk of metabolic syndrome in Tehranian adults, Tehran Lipid and Glucose study, 2016
12. The correlation between the relative expression of leptin, P53 and PPAR γ genes with fatty acids intake in omental adipose tissues of normal, overweight and obese individuals: OES. 2017
13. Association of obesity phenotypes and vitamin D status among children and adolescents. 2018
14. Effects of different dosages of vitamin D on 25-hydroxy vitamin D concentration in overweight or obese children and adolescents. 2017

CONGRESS PRESENTATION

Oral

1. **Dietary fatty acid patterns and risk of metabolic syndrome among Tehranian adults.** *Emad Yuzbashian*, Somayeh Hosseinpour-niazi, Parvin Mirmiran, Firozeh Hosseini-Isfahani, Fereidoun Azizi. 13th Annual Research Congress of Iran's Medical Scientific Students, 2012, Babol, Iran
2. **Association of Dietary Macronutrient with Glomerular Filtration Rate and Kidney Dysfunction: Tehran Lipid and Glucose Study.** *Emad Yuzbashian*, Golaleh Asghari, Parvin Mirmiran, Fahimeh-Sadat Hosseini, Fereidoun Azizi. 14th International Congress of Nephrology, Dialysis and Transplantation, 2014, Isfahan, Iran
3. **The relationship between beverage intake and incidence of metabolic syndrome in Tehranian children and adolescents.** *Emad Yuzbashian*, Golaleh Asghari, Parvin Mirmiran, Zahra Bahadoran, Fereidoun Azizi. 15th Annual Research Congress of Iran's Medical Scientific Students, 2014, Shahroud, Semnan, Iran.
4. **The association of Fast Food Intake and Incidence of Metabolic Syndrome in Tehranian Children and Adolescents.** *Emad Yuzbashian*, Golaleh Asghari, Parvin Mirmiran, Firozeh Hosseini-Isfahani, Fereidoun Azizi. 4th Obesity congress 2014, Tehran, Iran.
5. **Fatty acids intakes are associated with higher apelin gene expression in visceral and subcutaneous adipose tissues.** *Emad Yuzbashian*, Maryam Zarkesh, Golaleh Asghari, Behnaz Mahmoodi, Mohammad Safarian, Mehdi Hedayati, Parvin Mirmiran. European Obesity Summit 2016, Gothenburg, Sweden.
6. **Habitual intake fatty acids intakes and expression of miR-143 and miR-34a in visceral and subcutaneous adipose tissues.** *Emad Yuzbashian*, Maryam Zarkesh, Golaleh Asghari, Behnaz

Mahmoodi, Azita Zadeh-Vakili, Mohammad Safarian, Mehdi Hedayati, Parvin Mirmiran, Alireza Khalaj. The 5th Seoul International Congress of Endocrinology and Metabolism, 2017, Seoul, South Korea (Travel grant winner).

7. **Association of dietary fiber intake with insulin resistance and β -cell dysfunction among healthy adults: Tehran Lipid and Glucose Study.** *Emad Yuzbashian*, Golaleh Asghari, Parvin Mirmiran, Maryam Tohidi, Mohammad Safarian, Fereidoun Azizi. The 5th Seoul International Congress of Endocrinology and Metabolism, 2017, Seoul, South Korea (Travel grant winner).

8. **Association of PPAR gamma gene expression with dietary intake of fat and oil among non-diabetic subjects.** *Emad Yuzbashian*; Maryam Zarkesh; Golaleh Asghari; Behnaz Mahmoodi; Mehdi Hedayati; Azitah Zadeh-Vakili; Parvin Mirmiran; Alireza Khalaj; Afsoon Daneshafrooz; Mohammad Safarian. IUNS 21st International Congress of Nutrition. 2017, Buenos Aires, Argentina (Travel grant winner).

9. **Carbohydrate intake is associated with higher apelin gene expression in visceral and subcutaneous adipose tissues.** *Emad Yuzbashian*; Maryam Zarkesh; Golaleh Asghari; Behnaz Mahmoodi; Afsoon Daneshafrooz; Mehdi Hedayati; Azitah Zadeh-Vakili; Parvin Mirmiran; Kimia Tabaei; Alireza Khalaj. IUNS 21st International Congress of Nutrition. 2017, Buenos Aires, Argentina (Travel grant winner).

10. **Dietary intake of n-3 fatty acids and P53 gene expression in visceral and subcutaneous adipose tissues of non-diabetic participants.** *Emad Yuzbashian*; Maryam Zarkesh; Golaleh Asghari; Mehdi Hedayati; Parvin Mirmiran; Alireza Khalaj. 18th International Congress of Endocrinology 53rd SEMDSA Congress, 2018, Cape Town, South Africa.

Poster

1. **The association between dietary Olive and incidence of metabolic syndrome among adult: Tehran Lipid and Glucose Study.** *Emad Yuzbashian*, Golaleh Asghari, Firozeh Hosseini-Isfahani, Behnaz Mahmoodi, Parvin Mirmiran, Fereidoun Azizi. 13th Annual Research Congress of Iran's Medical Scientific Students, 2012, Babol, Iran

2. **The role of dietary calcium and vitamin D on Metabolic Syndrome in adults: Tehran lipid and glucose study.** *Emad Yuzbashian*, Golaleh Asghari, Firozeh Hosseini-Isfahani, Behnaz Mahmoodi, Parvin Mirmiran, Fereidoun Azizi. 14th Annual Research Congress of Iran's Medical Scientific Students, 2013, Mazandaran, Iran

3. **Whole wheat bread intake is inversely associated with abdominal obesity in women in Tehran: Tehran lipid and glucose study.** *Emad Yuzbashian*, Behnaz Mahmoodi, Somayeh Hosseinpour-Niazi, Golaleh Asghari, Parvin Mirmiran, Fereidoun Azizi. 14th Annual Research Congress of Iran's Medical Scientific Students, 2013, Mazandaran, Iran

4. **Associations of dietary macronutrient with glomerular filtration rate and kidney dysfunction: Tehran lipid and glucose study.** *Emad Yuzbashian*, Golaleh Asghari, Parvin Mirmiran, Fahimeh-Sadat Hosseini, Fereidoun Azizi. 15th Annual Research Congress of Iran's Medical Scientific Students, 2014, Shahroud, Semnan, Iran.

5. **Is Apelin Gene Expression and Concentration Affected by Dietary Intakes? A Systematic Review.** *Emad Yuzbashian*, Maryam Zarkesh, Golaleh Asghari, Behnaz Mahmoodi, Mohammad Safarian, Mehdi Hedayati, Parvin Mirmiran, European Obesity Summit 2016, Gothenburg, Sweden.

6. **Association of FTO and apelin gene expression with dietary intake of fat and oil among morbid obese and non-obese subjects.** *Emad Yuzbashian*, Maryam Zarkesh, Golaleh Asghari, Mohammad Safarian, Behnaz Mahmoodi, Aliasghar Kheirkhah-Vakilabad, Mehdi Hedayati, Parvin Mirmiran. European Obesity Summit 2016, Gothenburg, Sweden.

7. **The association between total antioxidant capacity and apelin gene expression in adipose tissue among morbid obese and non-obese subjects.** *Emad Yuzbashian*, Mohammad Safarian, Maryam Zarkesh, Golaleh Asghari, Behnaz Mahmoodi, Mehdi Hedayati, Parvin Mirmiran, Fereidoun Azizi. 17th International Congress of Endocrinology 2016, Beijing, China (Travel grant winner).

8. **Association of FTO and apelin gene expression with dietary glycemic index and glycemic load among morbid obese and non-obese subjects.** *Emad Yuzbashian*, Mohammad Safarian, Parvin Mirmiran, Maryam Zarkesh, Golaleh Asghari, Behnaz Mahmoodi, Mehdi Hedayati, Fereidoun Azizi. 17th International Congress of Endocrinology 2016, Beijing, China (Travel grant winner).

AWARDS AND RESEARCH GRANT

- Elected **researcher** in the **12th Iranian Nutrition Congress**, 2012, Isfahan, Iran
- Elected **abstract** in the **8th Annual Research Congress of Shahid Beheshti of Medical Sciences University of Medical Sciences**, 2012, Tehran, Iran.
- Elected **nutrition researcher** in the **Faculty of Nutrition Sciences and Food Technology, National Nutrition and Food Technology Research Institute**, 2013
- Elected **abstract** entitled “Associations of dietary macronutrients with glomerular filtration rate and kidney dysfunction: Tehran lipid and glucose study” in **14th International Congress of Nephrology, Dialysis and Transplantation**, 2014, Isfahan, Iran
- Awarded as **best poster presentation** in **15th Annual Research Congress of Iran’s Medical Scientist Students**, 2014, Shahroud, Semnan, Iran
- Awarded **Travel Grant from the Korean Endocrine Society (KES)** to attend **The 5th Seoul International Congress of Endocrinology and Metabolism**, 2017, Seoul, Korea
- Awarded **Travel Grant from International Society of Endocrinology** to attend **17th International Congress of Endocrinology**, 2016, Beijing, China
- Awarded **Travel Grant from International Union of Nutritional Sciences** to attend **IUNS 21st International Congress of Nutrition 2017**, 2017, Buenos Aires, Argentina.
- Awarded **Travel Grant from European Society of Endocrinology (ESE)** to attend **European Congress of Endocrinology (ECE) 2019**, 2019, Lyon, France.
- Research Grant from **Shahid Beheshti University of Medical Science for Publishing articles in journals with Impact Factor more than 6.00 (Grant NO: 10490), 2018-2019**
- Research Grant from **Shahid Beheshti University of Medical Science for Publishing articles in journals with Impact Factor between 4 to 4.99 (Grant NO: 14876), 2018-2019**

REVIEWER OR CONSULTANT

Article & abstract

1. 10th Annual Research Congress of Eastern Medical Sciences Students, Sabzevar University of Medical sciences, Sabzevar, Razavi Khorasan, Iran, 2015, (Abstact)
2. Evaluation of nutrition and its relationship with BMI in adolescents in Birjand in 2014. Journal of Teb Va Tazkiey, 2015 (Article)
3. The effect of CLA and Visfatin levels in colorectal cancer. Journal of Teb Va Tazkiey, 2015 (Article)
4. Different association between Mets elements and decreased GFR: A gender -stratified analysis. International Urology and Nephrology (Article)
5. Diabetes management by probiotics: current knowledge and future perspectives. International Journal for Vitamin and Nutrition Research (Article)
6. Prevalence and Possible Causes of Malnutrition among Children under 5 Years of age in Iran: A Systematic Review and Meta-Analysis. Archives of Iranian Medicine (Article)

Proposal

1. Evaluation of DNA methylation of CpG region in the promoter of the RASSF1A, TSHR, NIS, and TIMP-3 genes in papillary thyroid cancer (PTC), Cellular and Molecular Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, 2016 (Proposal)
2. Assesment of P53 and PTEN genes methylation changes in subcutaneous and visceral adipose tissues in obese and over-weight individuals, Cellular and Molecular Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, 2016 (Proposal)

PROFESSIONAL QUALIFICATION

Workshop

- Statistical Analyses with SPSS (Basic), 2010 in Iran
- Statistical Analyses with SPSS (Advanced), 2010 in Iran
- Research Methodology (Basic), 2011 in Iran
- Research Methodology (Advanced), 2011 in Iran
- Using Data From a Cohort Study, 2011 in Iran
- Research Error, Beyond Confounding and Bias, 2012 in Iran
- Systematic Review, 2013 in Iran
- Oral Presentation by PowerPoint, 2013 in Iran
- Logistic Regression, 2015 in Iran
- Medical Scientific Writing, 2015 in Iran
- Survival Analysis, 2015 in Iran
- Good clinical practice (GCP), 2015 in Iran
- Advanced Real-time PCR Data Analysis and Interpretation, 2016 in Iran
- 72 hours summer course on Systematic Review and Meta-analysis, 2016 in Iran
- 9th Course on Applied Statistics, focus on STATA and MedCalc, 2019, Iran
- Elementary programming with R and its application in Genome Wide Association Analysis (GWAS), 2020, Iran

PROFESSIONAL MEMBERSHIP

2013-Present

- American Society for Nutrition

2013-Present

- Iranian Association of Nutrition,

2014-Present

- Iranian Obesity Society,

2016-Present

- The Iranian Scientific Association of Healthy Food and Nutrition,

2016-Present

- European Society of Endocrinology

2017-Present

- Nutrition Society

REFERENCES

- ***Dr. Parvin Mirmiran***
Professor
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E-mail: mirmiran@endocrine.ac.ir
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- ***Dr. Mehdi Hedayati***
Associate Professor
Head of Cell and Molecular Endocrine Research Center and Academic staff and Head of Research Laboratories in Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences
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Professor of Internal Medicine and Endocrinology
Director, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences
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