



Mahdiah Niknam

Date of Birth: February 1, 1982

Nationality: Iranian

Marital Status: Married

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Scientific Nutrition Societies Membership

- American Society for Nutrition
- Iranian Society of Nutrition

Academic Qualification

- P.h.D in Nutrition Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2014-2020)
- M.Sc in Nutrition Sciences, Isfahan University of Medical Sciences, Isfahan, Iran (2010-2013)
- B.Sc in Nutrition Sciences, Shiraz University of Medical Sciences, Shiraz, Iran (2001-2005)

Honors and Achievements

- Acknowledged as "Brilliant Talrnt". Ranked 3rd place in PhD Ntionwide entrance exam of Nutrition Sciences, 2013-2014

Professional Experiences

- Dietitian, Dr. Mir husseini hospital, Shiraz-Iran (2006-2007)
- Dietitian, Shahid Faghihi hospital, Shiraz-Iran (2007-2009)
- Researcher, Research Center for Social Determinants of Health, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2021- Present)

Dissertations

- M.SC Dissertation: The relationship between dietary fat intake and inflammatory markers in patients with coronary artery
- P.h.D Dissertation: Assessment of and intervention designing for community readiness for childhood obesity prevention in primary schools of Tehran city (CRITCO study)

Publications

- **Mahdieh Niknam**, Mohammad Saadatnia, Forough Shakeri, Ammar Hassnzadeh Keshteli, Ahmad Esmailzadeh. Consumption of sugar-sweetened beverages in relation to stroke: a case-control study. International Journal of Food Sciences and Nutrition. 2012 Feb; 64(1):1-6.
- **Mahdieh Niknam**, Zamzam Paknahad, Mohammad Reza Maracy, Mohammad Hashemi. Dietary fatty acids and inflammatory markers in patients with coronary artery disease. Advanced Biomedical Research Journal. 2014 Jul 31; 3:148.
- **Mahdieh Niknam**, Mohammad Saadatnia, Forough Shakeri, Ammar Hassnzadeh Keshteli, Ahmad Esmailzadeh. Adherence to a DASH-style diet in relation to stroke: a case-control study. Journal of the American College of Nutrition. 2015; 34(5):408-15.
- **Mahdieh Niknam**, Zamzam Paknahad, Ahmadreza Baghestani, Mohammad

Hashemi. Anti-inflammatory effects of dietary antioxidants in patients with coronary artery disease. *Endocrinology and Metabolic Syndrome*. 2015; 4: 207.

- **Mahdieh Niknam**, Nasrin Omidvar, Parisa Amiri, Hassan Eini-Zinab, Naser Kalantari. Community readiness for childhood obesity prevention programs: findings from an urban population in Iran. *Health Promotion International*. 2021 Aug 24; 36(3):824-835.
- **Mahdieh Niknam**, Nasrin Omidvar, Parisa Amiri, Hassan Eini-Zinab, Naser Kalantari. The action plan and strategy development of the Community Readiness Improvement for Tackling Childhood obesity (CRITCO) study. *International Journal of Endocrinology and Metabolism*. 2022. 19(4):e111371. doi: 10.5812/ijem.111371.
- **Mahdieh Niknam**, Nasrin Omidvar, Hassan Eini-Zinab, Naser Kalantari, Parisa Amiri. Adapting the community readiness model and validity assessment of its relevant tool to prevent childhood obesity in Iran. Under review.
- **Mahdieh Niknam**, Nasrin Omidvar, Hassan Eini-Zinab, Naser Kalantari, Parisa Amiri. The readiness of Iranian local communities to engage with childhood obesity prevention programs after a theory-based intervention: The CRITCO study. Under review.
- **Mahdieh Niknam**, Ahmad Esmailzadeh. Dietary glycemic index and glycemic load in relation to mortality from cardiovascular disease: a review of epidemiologic evidence [In Persian]. *Journal of Shahrekord University of Medical Sciences*. 2012. 14(1): 91-100.
- **Mahdieh Niknam**, Zamzam Paknahad. Association between High Doses Consumption of Niacin and Type 2 Diabetes. [In Persian]. 2012. *Journal of Babol University of Medical Sciences*; 14(6); 45-54.
- **Mahdieh Niknam**, Leila Azadbakht. Nutrition and Gastric Cancer: A Review of Epidemiologic Evidences [In Persian]. 2012. *Journal of Health-System Research*; 8: 724-738.
- **Mahdieh Niknam**, Nasrin Omidvar, Parisa Amiri. Community readiness, a

prerequisite for childhood obesity prevention programs: a scoping review. [In Persian]. Iranian Journal of Endocrinology & Metabolism. Accepted.

Oral Presentation

- **Mahdieh Niknam**, Zamzam Paknahad. Dietary fatty acids and inflammatory markers in patients. 11th International Food Data Conference, Food Composition and Public Health Nutrition, India, Nov 2015.

Abstract & Poster Presentation

- Zamzam Paknahad, **Mahdieh Niknam**, Mohammad Reza Maracy, Mohammad Hashemi. Dietary fatty acids and inflammatory markers in patients with coronary artery disease. Clinical Nutrition vol 33. Suppl 1.p177. 36th European Society for Clinical Nutrition and Metabolism [ESPEN] Congress, Switzerland 2014.
- **Mahdieh Niknam**, Ahmad Esmailzadeh. Consumption of sugar-sweetened beverages in relation to stroke. 11th International Food Data Conference, Food Composition and Public Health Nutrition, India, Nov 2015.
- **Mahdieh Niknam**, Zamzam Paknahad, Mohammad Hashemi. The Relation between Dietary Antioxidants and Inflammatory Markers in Patients with Coronary Artery Disease. Clinical Nutrition vol 34:S125. 37th European Society for Clinical Nutrition and Metabolism [ESPEN] Congress, Lisbon, Portugal, 5-8 Sep. 2015.
- **Mahdieh Niknam**, Nasrin Omidvar, Hassan Eini-Zinab, Naser Kalantari, Parisa Amiri. CRITCO intervention: an exploration of pre-and post- community readiness for addressing childhood obesity in Iran. The 13th International Congress of Endocrine Disorders, Tehran, Iran, 10-12 November 2021.
- **Mahdieh Niknam**, Nasrin Omidvar, Hassan Eini-Zinab, Naser Kalantari, Parisa Amiri. Customizing the community readiness model and validity assessment of its relevant tool to prevent childhood obesity in Iran. The 13th International Congress of

Endocrine Disorders, Tehran, Iran, 10-12 November, 2021.

Teaching Experiences

- Two-day Webinar on "Designing and implementation of qualitative research in Medical Sciences studies", INSA Comprehensive Research School and Endocrinology and Metabolism Research Institute, February 2021.
- Two-day Workshop on "Advocacy", National Nutrition and Food Technology Research Institute, Shahid Beheshti Faculty of Medical Sciences and Health Services, June 2017.

Academic Research Projects

- Assessment of and intervention designing of community readiness for childhood obesity prevention in primary schools of Tehran city (Project No:14992)
- The relationship between dietary fat intake and inflammatory markers in patients with coronary artery, 2011-2012 (Project No:390577)
- Barriers and Challenges of students and faculty members of Nutrition Sciences and Food Industry school in virtual presenting of university courses in the COVID-19 pandemic (Project No:30811)
- A Systematic review on community readiness for childhood and adolescence obesity prevention (Project No: 14591)

Attended Workshops

- 60-hour workshop on "Applied statistics using Stata and Medcalce software", Research Institute of Gastrointestinal and Liver Diseases, Tehran University of Medical Sciences 2018.
- 96-hour workshop on "Comprehensive education on designing and writing of systematic review and meta-analysis studies", Institute of Gastrointestinal and Liver Diseases, Tehran University of Medical Sciences, October to December 2018.
- Two-day workshop on "Qualitative research methods in Nutritional studies", National

Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, October 2017.

- Two-day workshop on "Qualitative Research Methods in Nutritional Studies", National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, December 2015.
- Two-day workshop on "Introductory and Advanced ENDNOTE", National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, February 2014.
- Three-day workshop on "Advanced Search in electronic resources of medical databases", National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, February 2014.
- Three-day workshop on "Teaching methods and educational evaluation", National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, March 2013.
- Two-day workshop on "Advanced article writing", National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, September, 2014.
- Two-day workshop on "Type 2 diabetes and diabetic nephropathy", Iranian Society of Nutrition (Isfahan branch), 2010

Scientific referee in international journals

International Journal of Endocrinology and Metabolism, 2020.