Mohammad Reza Shiri Shahsavar, Ph.D., RDN.
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EDUCATION

2012/02/20-2017/01/09 **Ph.D. Nutrition** Tehran University of Medical Sciences (TUMS), Tehran
- Dissertation**:** Effect of hemp seed oil in combination with all trans retinoic acid (ATRA), vitamin D3 and docosahexaenoic acid (DHA) on gene expressions of cannabinoid receptor (CB) 2, MMP9, transcriptional factors (PPARγ, FOXP3, RORγt, GATA3, TBET) and plasma IFNγ levels in experimental autoimmune encephalomyelitis (EAE)

2008/09/22-2012/03/04 **MSc Nutrition** Ahvaz Jundishapur University of Medical Sciences (AJUMS), Ahvaz
- Thesis: Effect of Resveratrol on serum levels of inflammatory factors (CRP, TNFα), glucose and lipid profile in STZ induced diabetic rats.

2004/9/22-2008/8/28 **BSc Nutrition** Tabriz University of Medical Sciences (TBZMED), Tabriz
- Project: Investigating the sports supplements consumption pattern in athletes of different disciplines in sports gyms of Tabriz

PROFESSIONAL EXPERIENCES AND POSITIONS

Jan 2017-current **Assistant Professor**
Department of Nutrition, Faculty of Health, Qazvin University of Medical Sciences (QUMS)
- Developed and delivered numerous ranges of modules in Nutrition.
- Instructed / Lectured Nutrition and Dietetic courses for under and postgraduates.
- Contributed to all forms of teaching, grading, assessment, and feedback.
- Supervised / Advised projects and grants, delivered peer-reviewed publications.
- Mentored fellows, teaching and research assistants.

Senior Research Associate

2020-current
- Metabolic disease Research Center, Research Institute for Prevention of Non-Communicable Diseases, QUMS
  - Supervising, Advising and Mentoring under/postgraduate students
  - Designing study protocol (human clinical trials/animal studies), conducting research
  - Providing study procedures and collaborating with team members
  - Involvement in projects, Data analysis, Delivering peer-reviewed publications.

2019-2020
- Cellular and Molecular Research Center, QUMS, (Involved in projects and publications)

Adjunct Assistant Professor
Teaching/lecturing Nutrition and Dietetic courses for under and postgraduate students:

2019-current
- Azad University of Qazvin

2014-2015
- Azad University of Tabriz

2010-2011
- Azad University of Masjed Suleyman
  - Developed and delivered numerous modules in Nutrition
  - Instructed / Lectured Nutrition and Dietetic courses for under and postgraduates
  - Contributed to all forms of teaching, grading, assessment, and feedback

Registered Dietitian and Nutritionist (RDN) (part time)

2020-current
- Specialized polyclinic of QUMS,

2019-2020
- Velayat Hospital, QUMS,

2015-2016
- Shafa clinic, Tehran
  - Dietary management/assessment of clients
  - Dietherapy and Medical Nutrition Therapy
  - Nutritional interventions/education in health and disease
  - Weight Management and Healthy Eating counseling

2019-current **Sports Nutrition Sessional Lecturer**
Coach training course, General Directorate of Sports, Ministry of Sports and Youth (MSY):
- Sports Nutrition and Dietetics, Exercise nutrition (before/after/during), Aerobic/Anaerobic exercise, Supplements in sports, Recovery, Body-composition, Weight balance, Hydration.

2021-current **Nutrition Expert (public speaker in National TV)**
Lecture and Speech in Community Nutrition and Disease Prevention in National TV program.

Nutrition Consultant - Senior Nutritionist
Advised / intervened / taught / lectured Nutrition related issues:

2017-2018 - Unilever health and pharmaceutical industries, Tehran (contract)
2011-2012 - Rejal Petrochemical Company, Mahshahr (contract)
2009-2010 - National Iranian Oil Drilling Company, Ahvaz (contract)

2013-2017 **Graduate Research Assistant**
Involved in projects, in vivo/in vitro, molecular technics, data analysis, publications (Focused on Nutraceuticals/Vitamins and Neurodegeneration, Inflammation, and Immunity), TUMS.

2012-2015 **Sports Nutrition Counselor**
Nutritional interventions/education for better performance in sports.
- Athletes of different teams, Students Sport Olympiad, Vice-Chancellor of Wellbeing, TBZMED

2011-2012 **Undergraduate Research Assistant**
Performed honors thesis research focusing on mouse model of Diabetes and Inflammation, Antioxidants and Nutraceuticals, analyzed data, published articles, AJUMS.

LEADERSHIP, MANAGEMENT AND ADMINISTRATION

Jan 2020-Dec 2023 **Supervisor** and **Co-founder** of **Nutrition Laboratory** (Faculty of Health and Paramedicine)
Nutrition education/assessment, Supervised and Mentored students, Anthropometry

Mar 2020 **Scientific secretary** of the sports supplements virtual seminar (advanced)

2018-2021 **Adviser to postgraduate students with academic problems** (QUMS)
Mentored and advised to resolve academic problems, Held skill promotion workshops.

2013-2014 **Secretary of the Students Research Center**
Faculty of Nutritional Sciences and Dietetics, TUMS
- Program Lead in research courses and workshops for undergraduate students,
- Lead in module delivery and assessment across the research courses curriculum,
- Assisted and encouraged undergraduate students in research.

GRANTS

1. The effect of hydrogenated water and D, C and E vitamins on blood and muscle parameters of professional athletes **(PI, Dec 2023)**
2. Investigating the effect of low glycemic index diet on body composition and fatigue factors in amateur strength athletes **(PI, Nov 2023)**
3. Investigation and comparison of the prevalence of overweight and obesity in infants under two years of age who referred to health care centers in Qazvin during the years 2017 to 2023 **(PI, Mar 2023)**
4. The effect of myoinositol supplementation on serum levels of Pro-oxidant Antioxidant Balance (PAB), leptin and adiponectin levels, nutritional status, and appetite in patients with non-alcoholic fatty liver disease (IRCT: 60549) **(PI, Nov 2021)**
5. Effects of oleoylethanolamide on fasting blood sugar level, insulin resistance, lipid profile, oxidative stress status, inflammatory factors, sex hormone levels and anti-Mullerian hormone in women with polycystic ovarian syndrome (PCO) **(Co-PI, Nov 2021)**
6. The relationship between serum vitamin D and other blood indicators levels with the survival of hospitalized patients with COVID19 **(PI, Oct 2021)**
7. Relationship between fear and anxiety caused by Covid-19 with food choice motives and diet diversity of people living in Qazvin city **(PI, Oct 2021)**
8. The relationship between sleep quality and calorie intake, macronutrients intake and anthropometric indices in young adult athletes in bodybuilding clubs in Zanjan, 2021 **(PI, Jul 2021)**
9. The Relationship AmongSleep Quality, Calorie and Macronutrients Intake, Stress, Anxiety, Depression, and Physical Activityin High School Boy Students in Maku City, 2020 **(PI, Mar 2021)**

10. The relationship between calorie intake and macronutrients intake with fear of body image and anthropometric indices in female athletes in Zanjan bodybuilding clubs in 2019-2020 **(PI, Mar 2021)**
11. Assessment of the relationship among sleep quality with food emotions, food habits, anthropometric indices and body composition analysis by Bioelectrical Impedance Analysis in overweight and obese people, Maku, Iran, 2020 **(PI, Mar 2021)**
12. Effect of combination of Chromium, Cinnamon, Urtica, eryngium and D.sophia on glycemic, antioxidant, inflammatory indices, lipid profile and HOMA index in type 2 diabetic patients in Velayat hospital of Qazvin (Clinical Trial IRCT: 56559) **(PI, Apr 2020)**
13. The evaluation of relationship between breakfast skipping and Food health index, Body mass index and Percentage of total body minerals based on InBody machine analysis in students at Qazvin University of Medical science in 2019_2020 **(Co-PI, Feb 2020)**
14. Knowledge, Attitude and Nutrition practice of professional athletes in Qazvin, 2020 **(PI, Sep 2019)**
    Breakfast skipping and its relation to anthropometric indices and body composition and inflammatory factor (hs-CRP) among students at Qazvin University of Medical Sciences in 2019 **(PI, Jan 2019)**
15. Effect of calcitriol administration with or without nanocarrier on clinical score and ALCAM gene expression in female C57BL6 experimental autoimmune encephalomyelitis **(PI, Jul 2018)**
16. Effect of resveratrol and eryngium apiaceae extract on serum glucose, lipid profile, CRP and structural damage of renal cells and hepatocytes in male diabetic rats **(PI, Jul 2018)**
    - Link to National Ethic committee.

RESEARCHE PROJECTS (Supervisor / Adviser)

Supervisor	1.	Effect of probiotic supplementation, diet and exercise on body composition, glycemic and antioxidant indices in type 2 diabetic patients
Supervisor	2.	The effect of alkaline water consumption on serum lactate concentration and sports performance in elite taekwondo athletes
Adviser	3.	Prevalence of premenstrual syndrome and its association with food craving, body composition and lifestyle in teenagers at schools of Qazvin 2023
Adviser	4.	The Effects of Exosomes and Exosomes Loaded Cerebrolysin, Derived from Mesenchymal stem cells, on immune cells Transcription Factors expression, Histological and Behavioral alteration in EAE as an Animal Model of Multiple Sclerosis.
Adviser	5.	The effect of consumption of hydro-alcoholic extract of Eryngium billardieri with aerobic exercise on blood level and lipid profile in type 2 diabetic patients
Supervisor	6.	The effect of regular aerobic exercise with consumption of hydroalcoholic extract of Eryngium billardieri on fasting blood sugar and serum levels of betatrophin in type 2 diabetic patients.
Adviser	7.	Investigating the effect of water extract of Tribulus terestris plant in patients with kidney stones, 2022
Adviser	8.	The effect of consuming garlic and blackberry along with aerobic exercise on blood pressure and quality of life in hypertensive patients
Adviser	9.	The effect of Mini-Trampoline and HIIT training course with calorie restriction on body composition and aerobic capacity overweight and obese women
Adviser	10.	Comparison of Corona Fear and Its Relationship with Sleep, Nutrition and Physical Activity in overweight and Normal Weight Students in Primary Schools in Karaj
Adviser	11.	The effect of eight weeks of alkaline and acidic diet with functional exercises on lipid factors, body composition, CRP, in obese and overweight patients
Adviser	12.	Factors affecting deterrence and the tendency to use permitted and illegal supplements and drugs among male bodybuilders in Qazvin in 1398
Adviser	13.	The effect of four weeks of whey protein supplementation on body composition, fitness indicators and record rates for young boating girls
Supervisor	14.	Relationship between risk of eating disorders, nutrition-related risk factors and anthropometric indices in primary high school girl students, Zanjan, 2017
Adviser	15.	Effect of propolis supplementation on fructosamine, activity of antioxidant enzyme catalase and the oxidized-LDL level in patients with Type 2 Diabetes
Adviser	16.	Iranian propolis supplement decreases the inflammatory interleukins in patients with type 2 diabetes: A randomized, double-blind, placebo-controlled, clinical trial.

PUBLICATIONS PEER-REVIEWED (selected)

1. Bahram J Gharakhanlou, Solmaz Babaei, Akram Amaghani, **Mohammad Reza Shiri-Shahsavar***

Curcumin Supplementation Combined with High Intensity Interval Training Modulates Serum Irisin and Lipid Profile in Obese Women: "A Randomized Double-Blind Clinical Trial", Contemporary Clinical Trials Communications, 2 2025, 101464, https://doi.org/10.1016/j.conctc.2025.101464

2. Ahmadreza Rasouli, Amin Majnouni, Farinaz Hosseini, [...], **Mohammad Reza Shiri-Shahsavar*** Association between Macronutrient Intake, Physical Activity, Anxiety, and Depression with Sleep Quality, among Iranian Male Adolescents, BMC Research Notes, 17, 298, 2024, https://doi.org/10.1186/s13104-024-06948-9
3. Seyyed-Ali Hoseinean, Bita Rahmani, Ahad Alizadeh, [...], **Mohammad Reza Shiri-Shahsavar*** The relationship between fear of COVID-19 and food choice motives in the Iranian population, August 13, 2024, PLoS ONE 19(8): e0308689. https://doi.org/10.1371/journal.pone.0308689
4. Fatemeh Taghizadeh Shivyari, Hamideh Pakniat, [...], **Mohammad Reza Shiri-Shahsavar** Examining the oleoylethanolamide supplement effects on glycemic status, oxidative stress, inflammation, and anti-mullerian hormone in polycystic ovary syndrome, Journal of Ovarian Research, 17, 111, 2024, https://doi.org/10.1186/s13048-024-01432-1
5. Farzaneh Ziaeian, Zohreh Eskandari, **Mohammad Reza Shiri-Shahsavar**, Afshin Rahbarghazi The effect of garlic and blackberry consumption along with aerobic exercise on blood pressure and quality of life in hypertensive patients, Medical Journal of Mashhad University 67, 1, 103-115, 2024
6. M Yousefi, Hashemipour S, **Shiri-Shahsavar M R**, Koushan Y, Khadem Haghighian H Reducing the Inflammatory Interleukins with Anti-Inflammatory and Antioxidant Effects of Propolis in Patients with Type 2 Diabetes: Double-Blind, Randomized Controlled, Clinical Trial. *Clinical Diabetology* 12 (6), 327-335 https://doi.org/10.5603/cd.96910
7. Hasanpouri A, Rahmani B, Jamali Gharakhanlou B, Solaimanian S, [...], **Shiri-Shahsavar M R** Nutritional Knowledge, Attitude, and Practice of Professional Athletes in an Iranian Population (A Cross-sectional Study) BMC Sports Sci Med Rehabil 15, 164 (2023). https://doi.org/10.1186/s13102-023-00776-3
8. Rouzitalab T, Shivappa N, Daneshzad E, M Sanoobar, [...], **MR Shiri-Shahsavar**, Mohammad Khalili Dietary patterns and risk of multiple sclerosis: Results of a double-center case-control study in Iran. *Nutrition and Health*. 2023;29(3):531-539. doi:10.1177/02601060221082379
9. Khodakarimi S, Zarebkohan A, Mohaddes G, **Shiri-Shahsavari MR**, Omrani MH, Sepasi T, et al. Neurotrophic factors loaded TGN-modified chitosan nanoparticles ameliorate symptoms of MS through GATA3/FOXP3 and targeting Th1/2 cells pathways. Journal of Drug Delivery Science and Technology. 2023;85:104570. do: https://doi.org/10.1016/j.jddst.2023.104570
10. Javadi M, Zarei S, **Shiri-Shahsavar MR**, Jafarimanesh H, Tola HH, Ranjbaran M. Association between Maternal Hemoglobin, other Maternal Attributes and Neonatal Birth Weight: A Case-control Study. Current Pediatric Reviews. 2023;19(3):312-7. doi: https://doi.org/10.2174/1573396318666220907110954
11. **Shiri-Shahsavar MR**, Alijani S, Parsamanesh N, Nazari SS, Moazzen S, Majnouni A, et al. The effect of grape-seed oil on diabetes-related hyperglycemia, dyslipidemia, and inflammation in streptozotocin-induced diabetic rats. Obesity Medicine. 2023;37:100476. doi: https://doi.org/10.1016/j.obmed.2022.100476
12. Noori F, Eskandari Z, Yousefi E, **Shiri-Shahsavar MR**. The effect of caloric restriction along with functional training and acidic and alkaline diet on body composition, lipid profile and C-reactive protein in overweight adults. Applied Biology. 2022, 12,48
13. E Moghadam, Z Eskandari, **MR Shiri Shahsavar**, M Mirmoezzi Effects of High-Intensity Interval and Mini-Trampoline Training with Calorie Restriction on Body Composition and Aerobic Capacity in Overweight and Obese women, Koomesh 2022, 24 (6), 747-756 URL: http://koomeshjournal.semums.ac.ir/article-1-7480-en.html
14. Rasouli A, Mohiti S, Javadi M, Panjeshahin A, Kazemi M, **Shiri-Shahsavar MR***. The effect of daily fast-food consumption, family size, weight-caused stress, and sleep quality on eating disorder risk in teenagers. Sleep and Breathing. 2021;25(3):1527-33. doi: https://doi.org/10.1007/s11325-020-02189-9
15. Goraki I, **Shiri-Shahsavar MR**, Pourhassan-Moghaddam M, Khangaldi S, [...], Ebrahimi-kalan A. Cannabis sativa L. oil extract affects neuroinflammation, clinical score, and cannabinoid receptor-1 gene expression in C57bl/6 experimental autoimmune encephalomyelitis. Immunopathologia Persa. 2021 Jul 31;8(1):e4-.
16. Parastouei K, Solaymani-Mohammadi F, **Shiri-Shahsavar MR**, Chahardoli R, Nasl-Khamene A, et al. The effect of calcitriol and all-trans retinoic acid on T-bet, IFN-γ, GATA3 and IL-4 genes expression in experimental autoimmune encephalomyelitis. APMIS: acta pathologica, microbiologica, et immunologica Scandinavica. 2020;128(11):583-92. doi: 10.1111/apm.13073. Epub 2020 Sep 26.
17. Mehdipour A, Ebrahimi A, **Shiri-Shahsavar MR**, Soleimani-Rad J, Roshangar L, Ebrahimi-Kalan A.

The potentials of umbilical cord-derived mesenchymal stem cells in the treatment of MS. Reviews in the Neurosciences. 2019;30(8): 857-868. https://doi.org/10.1515/revneuro-2018-0057

18. Rasouli A, Javadi M, Mohiti S, Shahsavari S, Kamali K, **Shiri-Shahsavar MR***.
Eating disorder risk, sleep status, and anthropometric indices among teenage female students. Asian Journal of Social Health and Behavior. 2019 Oct 1;2(4):127-.
19. Mohiti S, Rasouli A, **Shiri-Shahsavar MR**, Javadi M.
Associations of Eating Disorder with Sleep Status and Anthropometric Measurements in Female Adolescents in Zanjan, Iran. Journal of Human, Environment, and Health Promotion. 2019;5(3):127-31. Doi: http://dx.doi.org/10.29252/jhehp.5.3.6
20. Hesami S, Hashemipour S, **Shiri-Shahsavar MR**, Koushan Y, Khadem Haghighian H.
Administration of Iranian Propolis attenuates oxidative stress and blood glucose in type II diabetic patients: a randomized, double-blind, placebo-controlled, clinical trial. Caspian J Intern Med. 2019;10(1):48-54. Doi: 10.22088/cjim.10.1.48
21. Parastouei K, Mirshafiey A, Eshraghian MR, **Shiri-Shahsavar MR**, Solaymani-Mohammadi F, [...]
The effect of 1, 25 (OH) 2 D3 (calcitriol) alone and in combination with all-trans retinoic acid on ROR-γt, IL-17, TGF-β, and FOXP3 gene expression in experimental autoimmune encephalomyelitis. Nutritional neuroscience. 2018;21(3):210-8.
22. **Shiri-Shahsavar MR**, Goraki I, Khangaldi S, Aliyari-Serej Z, [...], Pourhassan-Moghaddam M.
Expression of Cannabinoid Receptor 1 (CB1) in Animal Model of Multiple Sclerosis (EAE) Treated with Hemp Seed Oil. The Neuroscience Journal of Shefaye Khatam. 2018 Apr 10;6(2):205-.
23. **Shiri-Shahsavar MR**, Khangaldi S, Aliyari-Serej Z, Pourhassan-Moghaddam M, Ebrahimi-kalan A.
Comparison of Hemp Seed Oil Effect on Expression of Cannabinoid Receptor 1 and 2 in Experimental Autoimmune Encephalomyelitis. The Neuroscience Journal of Shefaye Khatam. 2018 Apr 10;6(2):101-.
24. Nasl-khameneh AM, Mirshafiey A, Moghadasi AN, **Shiri-Shahsavar MR**, [...], Saboor-Yaraghi AA.
Comparison of Cytokine Expression in Multiple Sclerosis Patients and Healthy Volunteers. Acta Medica Iranica. 2018;56(2):77.
25. Alizadeh-Ghodsi M, Zavvari A, Ebrahimi-Kalan A, **Shiri-Shahsavar MR**, Yousefi B.
The hypothetical roles of arsenic in multiple sclerosis by induction of inflammation and aggregation of tau protein: A commentary. Nutritional neuroscience. 2018;21(2):92-6. Doi: 10.1080/1028415X.2016.1239399
26. Alhassan Mohammed H, Saboor-Yaraghi AA, Mirshafiey A, Vahedi H, **Shiri-Shahsavar MR**, [...].
Immunomodulatory and Immunosuppressive Roles of 1α,25(OH)2D3 in Autoimmune Diseases. Scand J Immunol. 2017;85(2):95-103.
27. **Shiri-Shahsavar MR**, Mirshafiee A, Parastouei K, Ebrahimi-Kalan A, Yekaninejad S, [...].
A Novel Combination of Docosahexaenoic Acid, All-Trans Retinoic Acid, and 1, 25-Dihydroxyvitamin D(3) Reduces T-Bet Gene Expression, Serum Interferon Gamma, and Clinical Scores but Promotes PPARγ Gene Expression in Experimental Autoimmune Encephalomyelitis. Journal of molecular neuroscience: MN. 2016;60(4):498-508.
28. Tofighi A, Ameghani A, Vahedi S, Qarakhanlou BJ, **Shiri MR**.
Effect of Branched Amino Acids and Carbohydrate Consumption on Some Muscle Damage Indexes in Active Men, after Exhaustive Aerobic Exercise. Medical Journal of Tabriz University of Medical Sciences. 2015 Oct 1;37(4):14.
29. Jamali B, Ameghani A, Tofighi A, Jamali A, **Shiri MR**.
The effect of single stage caffeine supplementation on serum cortisol and HSP72 concentrations and leukocyte count of male athletes. Iranian Journal of Nutrition Sciences & Food Technology. 2012;7(3):43-50.
30. Mohamad Shahi M, Haidari F, **Shiri MR***.
Comparison of effect of resveratrol and vanadium on diabetes related dyslipidemia and hyperglycemia in streptozotocin induced diabetic rats. Advanced pharmaceutical bulletin. 2011;1(2):81-6. Doi: 10.5681/apb.2011.012

- Full list of publication in Scholar

MANUSCRIPTS IN SUBMISSION

1. **M R Shiri-Shahsavar**, Karim Parastouei, Bita Rahmani, [...], Ali Akbar Saboor-Yaraghi*
Modulating the Immune Response in EAE: Evaluation of ATRA, Vitamin D3, and DHA Combination Therapy on CB2, MMP-9, and FOXP3 Gene Expression as Potential Therapeutic Approaches for Multiple Sclerosis
2. BJ Gharakhanlou, B Rahmani, A Amaghani, S Solaimanian, **M R Shiri-Shahsavar***

The effects of silymarin supplementation on cellular damage and stress indices after an acute aerobic exercise: a randomized, placebo-controlled, double-masked clinical study, Researchsquare, 2023

3. Zahra Alizadeh Zonouzi a, Mehrangiz Ebrahimi-Mameghani b, **Mohammad Reza Shiri-Shahsavar ***
   The effects of myoinositol supplementation on serum levels of Pro-oxidant Antioxidant Balance (PAB), leptin, adiponectin and appetite in patients with non-alcoholic fatty liver disease: A randomized, double blind, clinical trial manuscript ID is 232906269.Endocrine Research
4. S Solaimanian, B Rahmani, **MR Shiri-Shahsavar**
   The Impact of Hemp Seed Oil on Drug-Drug Interactions: A Comprehensive Review of Potential Mechanisms and Clinical Implications, Researchsquare, 2023
5. Aliyari-Serej Z, **Shiri-Shahsavar MR**, Khangaldi S, Pourhassan-Moghaddam M, Ebrahimi-kalan A. Effects of Ginsinoside as a Phytoestrogen on DNA Damage, and Histopathological Alteration in Testes of Mice Exposed to Busulfan" "Advanced Pharmaceutical Bulletin,
6. Maryam Esmaeelnezhad-Nesheli, Mohammad Ebrahimi Kalan, [...], **M R Shiri-Shahsavar***
   Exploring the Impact of Serum Vitamin D Levels and Blood Parameters on the Survival Dynamics of Hospitalized COVID-19 Patients: A Cohort Study in Iran
7. Elaheh Yousefi, Hamid Reza Ghafele bashi, [...], **Mohammad Reza Shiri-Shahsavar***
   Effects of combination of Chromium, Cinnamon, Urtica, Eryngium and D.sophia extracts on blood glucose, lipid profile and antioxidant indices in type 2 diabetic patients: a randomized double blind placebo controlled trial
8. Elaheh yousefi, Hamid reza ghafele bashi, [...], **Mohammad Reza Shiri-Shahsavar***
   Effects of combination of Chromium, Cinnamon, Urtica, Eryngium and D.sophia extract on glycemic indices, lipid profile, insulin resistance, HOMA-IR and inflammatory biomarkers in type 2 diabetic patients; Aa randomized double blind placebo controlled trial
9. K Mahmoodi Lamooki, Ahad Alizade, **Shiri-Shahsavar MR**
   Evaluation of the association between breakfast consumption, anthropometric and body composition measurements, and inflammatory factor CRP in students at Qazvin University of Medical sciences

CONFERENCE PAPERS (recent)

1. Mustafa Goodarzi Khah, Sara Ghadir, Abbas Sadeghi, **Mohammad Reza Shiri-Shahsavar**
   Factors affecting deterrence and the tendency to use permitted and illegal supplements and drugs among male bodybuilders in Qazvin, the 4th international nutrition congress, Tehran, Feb 2024
2. Emad Alem, **Mohammad Reza Shiri-Shahsavar**, Sanaz Izadi.
   Relationship between breakfast consumption and waist circumference and body mass index in Qazvin students. 8th National Congress of Prevention and Treatment of Obesity in Iran, 2033
3. Emad Alem, **Mohammad Reza Shiri-Shahsavar**, Sanaz Izadi, Sara Gadir, Hana MirPanahi.
   The relationship between fast food consumption and waist circumference and body mass index in Qazvin students,8th National Congress of Prevention and Treatment of Obesity in Iran, 2033
4. E Moghadam, Z Eskandari, **MR Shiri Shahsavar**, M Mirmoezzi.
   The effect of HIT workout with calorie restriction on body composition and aerobic capacity of overweight and obese women, 13th congress on sport sciences, 2022
5. Bita Rahmani, Andrew Morgan Tennant, **Mohammad reza Shiri-Shahsavar**.
   P10 Screening and Assessment of Two Potential Bacterial Samples for Antimicrobial Activity. 23rd Iran's International Congress of Microbiology, 2022
6. Bita Rahmani, **Mohammad reza Shiri Shahsavar**.
   P259 Postbiotics and Paraprobiotics: The New Scopes in Innovative Microbial Functional Foods and Neutraceuticals. 23rd Iran's International Congress of Microbiology,2022 Tehran
7. Bita Rahmani, **Mohammad reza Shiri Shahsavar**,
   P268 Amplification of Choosing Isolation-Sources with an Approach to Ameliorate Screening for Diverse Yeasts with Probiotic Potential, 23rd Iran's International Congress of Microbiology, 2022
8. Ahmadreza Rasouli, **Mohammad Reza Shiri-Shahsavar**, Meysam Zarezadeh,
   Could leucine metabolite hmb supplementation induces protein synthesis and improve physical performance in athletes, 2nd international sports nutrition congress of Iran & 6th annual research congress of Semnan university of medical sciences (SUMS), 2020
9. **Mohammad Reza Shiri-Shahsavar**, SeyyedAli Hoseinean*,
   Nutrigenomics (interaction between genetic and nutrition) as new strategy in diets formulation, 2nd international sports nutrition congress of Iran & 6th annual research congress of SUMS, 2020
10. **Mohammad Reza Shiri-Shahsavar**, Ahmadreza Rasouli, SeyyedAli Hoseinean,
    Personalized sport nutrition; the role of nutritional genomics in the health and performance of

athletes, 2nd international sports nutrition congress of Iran & 6th research congress of SUMS, 2020

11. **Mohammad Reza Shiri-Shahsavar**, SeyyedAli Hoseinean*, The effect of L-carnitine supplementation on weight loss and other factors affecting athletes' health, 2nd international sports nutrition congress of Iran & 6th research congress of Semnan university of medical sciences, 2020
12. Ahmadreza Rasouli, Elahe Yuousefi, **Mohammad Reza Shiri-Shahsavar***, Review of green tea extract supplementation on athletes' performance, 2nd international sports nutrition congress of Iran & 6th annual research congress of SUMS, 2020
13. Ahmadreza Rasouli, **Mohammad Reza Shiri-Shahsavar**, SeyyedAli Hoseinean, Amin Majnoni, Supplementation of vitamin C and E and their effects on cellular adaptation, 2nd international sports nutrition congress of Iran & 6th annual research congress of Semnan university (SUMS), 2020
14. Ahmadreza Rasouli, **Mohammad Reza Shiri-Shahsavar**, Maryam Esmaeilnejhad, Elahe Yuousefi, Potential Impact of Vitamin D Supplementation on Athletic Performance and Recovery, 2nd international sports nutrition congress of Iran & 6th annual research congress of SUMS, 2020
15. Ahmadreza Rasouli, **Mohammad Reza Shiri-Shahsavar**, SeyyedAli Hoseinean, Amin Majnoni, The Effect of Supplementation with Docosahexaenoic acid and Eicosapentaenoic acid on Oxidative Stress and Muscle, 2nd international sports nutrition congress of Iran & 6th annual research congress of Semnan university of medical sciences, 2020
16. Ahmadreza Rasouli, **Mohammad Reza Shiri-Shahsavar**, Maryam Esmaeilnejhad, Elahe Yuousefi, Effects of Probiotics Supplementation on Athletes' Recovery and Performance, 2nd international sports nutrition congress of Iran & 6th annual research congress of SUMS, 2020
17. **Mohammad Reza Shiri Shahsavar**, Ahmad Mehdipour, Ahmad Rasouli, Sharara Khangaldi, Review of vitamin D role in burn wound, 3rd international and 8th National Burn Congress, 2019
18. **Mohammad Reza Shiri Shahsavar**, Abbas Ebrahimi kalan, Sharara Khangaldi, Review of chitosan nanoparticles applications in wounds and burns, 3rd international and 8th National Burn Congress, 2019
19. **Mohammad Reza Shiri Shahsavar**, Saeed Shahsavari, Sharara Khangaldi, Application of chitosan nanoparticles containing vitamin D on burn wound in mice, 3rd international and 8th National Burn Congress, 2019
20. **Mohammad Reza Shiri Shahsavar**, Saeed Shahsavari, Sharara Khangaldi, Histopathological effects of vitamin A and D ointment on burn wound healing in mice, 3rd international and 8th National Burn Congress, 2019
21. **Mohammad Reza Shiri Shahsavar**, Saeed Shahsavari, Sharara Khangaldi, The effects of chamomile and case oil extracts on the histopathology of burn wound healing in mice, 3rd international and 8th National Burn Congress, 2019
22. **Shiri-Shahsavar MR**, Goraki I, Khangaldi S, Aliyari-Serej Z, Maleki M, Ebrahimi-Kalan A, et al. P174: Expression of Cannabinoid Receptor 1 (CB1) in Animal Model of Multiple Sclerosis (EAE) Treated with Hemp Seed Oil. The Neuroscience Int congress, 2018

BOOKS

2021	Basic Nutrition for Medical Science Students
2021	Nutrition in Diabetic Complications
2020	Nutritional Guidelines for Critically Ill Patients
2020	Nutrition before exercise
2020	Nutritional supplements for athletes

Under review
Guidelines for Clinical Nutrition in Diseases

TEACHING EXPERIENCES (selected)

Advanced Nutrition	MSc students, 6 semesters
Advanced specialized English	MSc students, 5 semesters
Research methods in medical sciences	MSc students, 2 semesters
Nutritional Assessment	MSc students, 5 semesters
Food safety, food security	MSc students, 7 semesters
Nutrition internship for junior students	MSc students, 4 semesters
Current issues in nutrition	MSc students, 2 semesters
Nutritional epidemiology	MSc students, 4 semesters

Community Nutrition	MSc students, 5 semesters
Sports Nutrition	MSc students / Coach training courses, 12 semesters
General Nutrition	Medical students / Public health students, 7 semesters
Biochemistry and Nutrition	Occupational Health & Safety students, 7 semesters
Nutrition in oral and dental health	General Dentistry students, 5 semesters
Nutrition and nutritional therapy	Bachelor of Nursing, 12 semesters
Nutrition therapy for mother and child	Bachelor of Midwifery, 3 semesters
Principles of mother and child nutrition	Bachelor of Midwifery, 2 semesters
Pediatric Nutrition internship	Bachelor of Nutrition, 1 semester
Nutrition	Bachelor of Food Industry, 3 semesters
EndNote reference manager	MSc students
Public safety and HSE	MSc students
General English and Free discussion	All students

VIRTUAL EDUCATION

Preparation of educational content in:

Nov 2022	- Nutrition in Hypertension	Virtual education center, EDC
Nov 2022	- Sports Nutrition	Virtual education center, EDC
Nov 2022	- Nutrition in Diabetes	Virtual education center, EDC
Feb 2022	- Nutrition in non-communicable diseases	Virtual learning program, Bolandian Comprehensive Health Center
2021-2023	- Nutrition, health, and disease prevention	Sibe-Salamat & Range-zendegi., weekly programs, Qazvin Radio and Television
Dec 2020	- EndNote reference manager	VCRTA, QUMS
Sep 2019	- Public safety	HSE committee of Faculty of health

SKILLS

Lab ELISA, Real Time PCR, NanoDrop, RNA extraction, cDNA synthesis, Cell culture, Treating laboratory animals, Laboratory animals treatment/dissection, Histologic staining of tissue

Software MS Office (Word, Power Point, Excel, Access, IT), SPSS Statistics, Prezi, EndNote, Mendeley, Camtasia, CS Photoshop, Infinity, Nutrition III, Nutritionist 4, iSpring suit for virtual content development.

General Obesity and Metabolic disease, Diabetes, Sports Nutrition, Inflammation, Oxidative Stress, Antioxidants, Nutraceuticals, Pharmaceuticals, Vitamins especially D, A, Neuroscience
Strong conceptual, Analytical, Project management and Mentoring skills; Data management, Statistical Analysis, Clinical Trial study design; Nutrition Education, Excellent presentation, communication, writing skills; Perform multiple tasks, Time management skills

MEMEBRSHIPS IN PROFESSIONAL AND SCIENTIFIC SOCIETIES

2016-current	Iranian Nutrition Association (ATA)
2011-current	The Islamic Republic of Iran Medical Council (IRIMC), Medical council **No. 4070-nut**
2003-current	Iranian Red Crescent Society
2022-current	Iran BodyBuilding Federation
2022-current	Iran Physical fitness Federation

PATENTS & ENTREPRENEURSHIP

2022-2023	-	Formulation and commercialization of herbal supplement effective on diabetes, Bio-medical technology incubator, QUMS
Mar 2022	-	Technological Unit, Bio-medical technology incubator, QUMS

HONORS AND AWARDS

Feb 2018	2nd in the staff fitness competition, QUMS, Qazvin	
Feb 2017	2nd in the staff Table Football competition, QUMS, Fajr 95, Qazvin	
Oct 2012	Medal winner in track and field, National medical students Sport Olympiads in Iran:	
Aug 2010	- Bronze medal in the 4*100 relay	10th Medical Sports Olympiad, Tehran
Aug 2008	- Bronze medal in the 200m sprint	9th Medical Sports Olympiad, Kermanshah

Jul 2007	- Gold medal in the 4*100 relay	8th Medical Sports Olympiad, Tehran
Jul 2007	- Silver medal in the 200m sprint	7th Medical Sports Olympiad, Isfahan
Jul 2007	- Bronze medal in the 100m sprint	7th Medical Sports Olympiad, Isfahan
2005,2006, 2007	- Silver medal in the 4*100 relay 2nd, 3rd, and 3rd soccer team	7th Medical Sports Olympiad, Isfahan Student futsal competitions, TBZMED Ramadan, Salamat and Azar Cup

COURSES, CERTIFICATES AND WORKSHOPS

Courses Attended

Nov 2022	- General coaching track & field (grade-3)	Athletic Federation of I.R IRAN, MSY
Nov 2022	- Bodybuilding coaching (grade-3)	Iran Bodybuilding Federation (IRBBF), MSY
Jun 2022	- Physical fitness coaching (grade-3)	I.R. IRAN Sport-for-all Federations, MSY
Sep-Oct 2022	- Summer school for university professors of the country (4th course - 24 hrs.)	EDC, Alborz University of Medical Sciences (AUMS)
Feb-Mar 2022	- Virtual learning fellowship (90 hrs.)	Virtual school center of excellence for electronic learningin medical science, Shiraz University (SUMS)
Jun 2021	- Summer school for university professors of the country (Third course - 56 hrs.)	EDC, AUMS
Jan-Mar 2021	- Joint promotion course for professors (First course - 36 hrs.)	General Secretariat of the 6th region of the country Zanjan University of Medical Science
Jul-Dec 2021	- Devise a strategic plan to reach the comprehensive community nutrition (member of main council) (20 hrs.)	Faculty of public health, QUMS
Jan 2020	- Weight management and local slimming technologies and devices (16 hrs.)	Iranian Nutrition Association, Qazvin
Sep 2019	- Designing, implementing, and writing systematic review and meta-analysis studies (84 hrs.)	Vice-Chancellor for Research& Technology (VCRTA)
Feb 2014	- Health Safety and Environmental (HSE) (16 hrs.)	IMQ Italian Academy Rep., Tehran
Mar 2012	- Internal audit, Catering hygiene system (28 hrs.)	Food and Drug Organization, Tuv IR,Tehran

Seminar/Conference presentations (selected)

Agu 2023	Nutrition and Dietherapy in athletes,	Continuous education, IRIMC
Jul 2023	Elderly nutrition	Tamin-Ejtemaei national insurance office, Qazvin
Jun 2023	Peritoneal dialysis in renal failure	CEMC, Velayat Hospital, QUMS
Feb 2023	Dietherapy in diabetes	CEMC, IRIMC, Fardis
Feb 2023	Nutrition in hypertension (HTN)	CEMC, Velayat Hospital, QUMS
2021-2023	Nutrition, health and disease prevention	Weekly TV programs, National TV
Jan 2023	Nutrition and Dietherapy in diabetes	Bolandian comprehensive health center (BHC), Vice-Chancellor for Health and Treatment Affairs (VCHTA)
Nov 2022	Preparation for labor	CEMC, QUMS
Oct 2022	Sports Nutrition and the effect of food on sports	CEMC, Fardis
Mar 2022	Sports supplements (Advanced)	CEMC, QUMS
2018-2023	Sports Nutrition	Coaching courses, Qazvin Province Sports Board
Dec 2020	Endnote reference manager	VCHTA, QUMS
Oct 2020	Public safety	HSE committee, QUMS
Jan 2020	Nutrition & lifestyle in PCO	Kausar Hospital, QUMS
Nov 2019	Self-care and prevention of cancer	BHC, VCHTA
Oct 2019	Healthy Nutrition	Razi Hospital, QUMS
Sep 2019	Nutrition in pulmonary diseases and tuberculosis	VCHTA, QUMS
Jul 2019	Nutrition in crisis	Qazvin Red Crescent population, Qazvin
May 2019	Nutrition in pregnancy	Training course for midwifery experts, QUMS
Mar 2019	Healthy and active lifestyle	Vice-Chancellor of the Red Crescent, Qazvin
Jun 2018	Nutrition in ICU patients	Training course for GPs and nurses, Velayat Hospital
Jun 2018	Dietherapy in non-communicable diseases	Vice-Chancellor for Academic Affairs (VCAA)
Feb 2018	Dietherapy in burns	VCAA, QUMS
Dec 2017	Nutrition and diet therapy in cancer	CEMC, QUMS
Nov 2017	Food & dietary supplements in health & disease	CEMC, QUMS
Oct 2017	Nutrition and dietherapy in kidney diseases	CEMC, QUMS

Jun 2017	Fasting and health	CEMC, QUMS
Apr 2017	Nutrition before, during and after exercise	TBZMED
Mar 2017	Antioxidants in professional sports	TBZMED
Nov 2016	Nutritional guidelines	Staff training course, Unilever Iran Co., Tehran

Workshops & Certificates (selected)

Oct 2023	- Devise a business plan (BP)	VCRTA
Jun 2023	- Peritoneal dialysis in renal failure	CEMC, Velayat Hospital, QUMS
Des 2022	- Acquaintance with technological teaching methods	PKPP, VCAA
Nov 2022	- Patent arbitration form completion (Webinar)	VCRTA, Shahrekord
Nov 2021	- Modern recovery pyramid	IRBBF Int. Institute
Nov 2021	- Periodization, design, and programming in bodybuilding	IRBBF Int. Institute
Nov 2021	- Specialized training for core muscles	IRBBF Int. Institute
Jun 2021	- Knowledge enterprise	VCRTA
Sep 2020	- Academic evaluation of professors	EDC, VCAA
Oct 2020	- Application of bioinformatics in molecular analysis of prokaryotes	VCRTA
Agu 2020	- Standardization of research on laboratory animals	VCRTA
Agu 2020	- Ethics in biological research	VCRTA
Dec 2019	- Emotional Intelligence	VCRTA
Oct 2019	- Electronic learning	VCAA
Oct 2019	- Entrepreneurship and Business	Talent Development Center
Sep 2019	- Strengthening memory and improving learning	PKPP, VCAA
Feb 2019	- Entrepreneurship and start-up business	Center for Development of Brilliant Talents
Nov 2018	- Preliminary evaluation methods of learners	VCAA
Oct 2018	- Teaching methods	PKPP, VCAA
Feb 2018	- Criticism & professional review of scientific articles	VCRTA
Agu 2016	- Clinical trial	TUMS
Dec 2014	- Cell culture	TUMS
Nov 2014	- Educational strategies and teaching methods	TUMS

VOLUNTEER WORK

2021-current Diabetes Educator (Tamin-Ejtemaie National Insurance)
2022-current Elderly Nutrition educator (Tamin-Ejtemaie National Insurance)
2018-current Scientific Peer-Reviewer
- Research journals in medical sciences
- Research projects and grants in medical sciences universities
- Business plans (BP) in innovative centers and startups

2018-2019 Instructor of Nutrition in Crisis (Red Crescent: Qazvin and Tabriz)

SERVICE

Member of the professional committee:

Nov 2022 - Evaluation and internal validation committee of the Nutrition major, QUMS
Nov 2022 - Exam analysis committee, QUMS
Jul 2021 - Council of “Devise a strategic plan to reach the comprehensive Community Nutrition.”
Jan 2021 - Evaluation committee of the education development office, Faculty of Health, QUMS
Oct 2021 - Interview team for the admission of assistant professor, Elmi-Karbordi University
May 2020 - Interview team for the admission of assistant professor, QUMS
2020-2021 **Member of Boating, Rowing, and Sailing Board** of Qazvin province, MSY, Qazvin

LANGUAGE PROFICIENCY

Professional working proficiency in written and oral English
Native in written and oral Persian (official language of country)
Native in written and oral Azerbaijani (mother tongue)
Fluent in oral Turkish

Updated 24/02/2025