

CURRICULUM VITAE

Neda Dolatkhah, MD.Ph.D

Doctor of Medicine, PhD of Nutrition Sciences

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Assistant Professor, Faculty of Medicine, Tabriz University of Medical Sciences

Education

Sep/1989..Jul1996 .National Organization of Exceptional Talents Training (SAMPAD).FARZANEGAN

Sep/1996..Sep/2003. Tehran University of Medical sciences; Medical Faculty; Doctor of Medicine. GPA: 17.26

Feb/2012. Dec/2015. Shahid Beheshti University of Medical Sciences; Doctor of Philosophy; Nutrition Sciences. GPA: 19.13

PhD Thesis

Effect of Probiotics on glucose metabolism, weight changes and inflammatory and oxidative stress indices in women with gestational diabetes mellitus

Supervisor: Majid Hajifaraji PhD., Research Associate Professor of Shahid Beheshti University of Medical Sciences

Doctoral Thesis

Evaluation of Knowledge, Attitude and Practice of medical interns about

Physician – Patient communication.

Supervisor: Ali Fakhari MD., Associate Professor of Psychiatry Department of Tabriz University of Medical Sciences

Postgraduate Degrees

1. June/2004-June/2005. ICDL, International Computer Driving License ,Core Certification.
2. Sep/2007. MCHE. Foreign Language Center of Scholarship & Overseas Students' Department.
3. Jul/2009. MCHE. Foreign Language Center of Scholarship & Overseas Students' Department.
4. Apr/2021. MCHE. Foreign Language Center of Scholarship & Overseas Students' Department.
5. Jan/2005.Nurishing Directorship in Crisis. East Azerbaijan Food and Nutrition Security Office. Tabriz University of Medical Sciences
6. Mar/ 2012.Personal Leadership and Presentation Skills, International Branch, Shahid Beheshti University of Medical Sciences
7. Sep/2013. Position of the supplements in Sport Nutrition. The first international symposium on the dietary and medicinal supplements.
8. Oct/ 2013.Knowledge Management, Academy of Strategic Planning, Tehran, Iran

Research Training

1. Jun/2004 .HSR(Health System Research) Training Course. Research Vice Chancellor of Tabriz University of Medical Sciences.
2. Jun/2004.Preliminary Research Methods Workshop. Research Vice Chancellor of Tabriz University of Medical Sciences.
3. Jul/2004.Statistical Methods in Public Health, Basic and Clinical Sciences Training Course. Research Vice Chancellor of Tabriz University of Medical Sciences.

Executive History

1. Nov/2003..Sep/2005. Health System Research Committee. Treatment Vice Chancellor of Tabriz University of Medical Sciences.
2. Jun/2004..Sep/2005. Representative of Treatment Vice Chancellor in Food and Nutrition Security Program. Tabriz University of Medical Sciences.
3. Aug/2004..Aug/2005.Member of Research Council of Treatment Vice Chancellor. Research Vice Chancellor of Tabriz University of Medical Sciences.
4. Dec/2004..Sep2005.Unexpected Events Compulsory Team Member. Treatment Vice Chancellor of Tabriz University of Medical Sciences.
5. Jan/2005..Sep 2005. Member of Research and Education Committee. Treatment vice Chancellor Army Staff. Tabriz University of Medical Sciences.
6. Apr/2005..Sep2005.Representative of Treatment Vice Chancellor in museum of Tabriz University of Medical Sciences.
7. Apr2007..Apr/2008. Emergency Department. Emam Reza Hosp.Tabriz University of Medical Sciences.
8. Apr/2007..Apr/2008.Heart Research Center. Emam Reza Hosp. Tabriz University of Medical Sciences.
9. Apr/2008..Apr/2009. Emergency Department. Madani Hosp. Tabriz University of Medical Sciences.
10. Apr/2009..Apr/2011. Emergency Department. Taleghani Hosp. Tabriz University of Medical Sciences
11. Jan/2012..Feb/2016. Employment Contract of Tabriz University of Medical Sciences as general practitionare. Educational Mission from Jun/2012.
12. Feb/2016..Now. Assistant Professor of Tabriz University of Medical Sciences
13. Feb/2016..Now. Scientific Vice and Manager of Physical Medicine and Rehabilitation Research Center of Tabriz University of Medical Sciences

Research Projects

1. Main Fellow-tradesman of Approved Research Projects of Treatment Vice Chancellor: Investigation of injuries resulting from sharp objects and actions taken after injury in Tabriz University of Medical Sciences teaching hospitals and medical centers. Tabriz/Iran 2006
2. Main Fellow-tradesman of Research Projects of Treatment Vice Chancellor: Investigation of factors affecting mortality in patients who have died and the relationship of these factors with mortality in Emergency departments. East Azarbaijan/Iran.2004-2005
3. Fellow-tradesman of Research Projects of Tabriz University of Medical Sciences: Effect of pyridoxine, folic acid and cobalamine in the strengthening of the antidepressant flouxetine. Tabriz/Iran. 2010
4. Fellow-tradesman of Research Projects of Tabriz University of Medical Sciences: Investigation of domestic abuse and its relation to mental health and self-esteem in women referred to Tabriz health centers. Tabriz/Iran. 2010
5. Fellow-tradesman of Research Projects of Tabriz University of Medical Sciences: Comparison of short-term memory in male smokers and non-smokers. Tabriz/Iran. 2009
6. Fellow-tradesman of Research Projects of Tabriz University of Medical Sciences: Analysis of the relationship between domestic violence and general health of high school girls in Tabriz. Tabriz/Iran. 2009
7. Main Fellow-tradesman of Research Projects of Tabriz University of Medical Sciences: Investigation of dietary patterns of women with depression. Tabriz/Iran. 2011
8. Main Fellow-tradesman of Research Projects of Shahid Beheshti University of Medical Sciences: Effect of Probiotics on glucose metabolism, weight changes and inflammatory and oxidative stress indices in women with gestational diabetes mellitus. Tehran/Iran. 2013
9. Main investigator of Research Projects of Tabriz University of Medical Sciences: Ginger (*Zingiber officinale*) and turmeric supplementation effects on

quality of life, bone mass densitometry (BMD), body composition and osteoporosis related biomarkers and micro-RNAs in women with postmenopausal osteoporosis. Tabriz/Iran. 2016

10. Main investigator of Research Projects of Tabriz University of Medical Sciences: Evaluation of the serum levels of vitamin C, alpha and beta-carotene and lycopene and dietasry patterns of elderly people with Dementia and compare them with healthy ones. Tabriz/Iran. 2016

11. Main investigator of Research Projects of Tabriz University of Medical Sciences: The effect of anti-inflammatory compared with the low-calorie diet on anthropometric indecies, anxiety, depression, functional status, pain and quality of life and serum indices of inflammation and oxidative stress in overweight and obese patients with knee osteoarthritis. Tabriz/Iran. 2017

12. Main investigator of Research Projects of Tabriz University of Medical Sciences: The study of understanding and use of food labels and its determinants between the students of tabriz university of medical sciences in year of 1397. Tabriz/Iran. 2017

13. Main investigator of Research Projects of Tabriz University of Medical Sciences: The effect of probiotic saccharomyces boulardi on anthropometric indecies, functional status, pain and quality of life and serum indices of inflammation and oxidative stress in overweight and obese patients with knee osteoarthritis. Tabriz/Iran. 2018

14. Main investigator of Research Projects of Tabriz University of Medical Sciences: Studying the knowledge, attitude and practice of students of Tabriz University of Medical Sciences about dietary supplements and micronutrients. Tabriz/Iran. 2019

15. Main investigator of Research Projects of Tabriz University of Medical Sciences: Studying the obesity knowledge and its determinants in medical students of Tabriz University of medical sciences , 2020. Tabriz/Iran. 2020

16. Main investigator of Research Projects of Tabriz University of Medical Sciences: Evaluation of knowledge, attitude and practice about vitamin D and its determinant factors in patients referred to outpatient clinics of physical medicine

and rehabilitation of Tabriz University of Medical Sciences in 2020-2021. Tabriz/Iran. 2020

17. Main investigator of Research Projects of Tabriz University of Medical Sciences: Investigation of the effect of Curcumin and/or omega-3 polyunsaturated fatty acids supplementation on anthropometric indices, glucose hemostasis, markers of cardio metabolic risk and gene expression of vascular endothelial growth factor and serum concentrations of inflammatory and oxidative stress indices in type 2 diabetic patients. Tabriz/Iran. 2020

18. Main investigator of Research Projects of Tabriz University of Medical Sciences: Nutritional literacy of subjects referring to nutrition and diet therapy clinics affiliated to Tabriz University of Medical Sciences and its determinants in 2020-2021. Tabriz/Iran. 2020

19. Main investigator of Research Projects of Tabriz University of Medical Sciences: Obesity risk knowledge and diet and health-related attitude in association with anthropometric indices among pregnant women referred to outpatient gynecology clinics of Tabriz University of Medical Sciences in 2020-2021. Tabriz/Iran. 2020

20. Main investigator of Research Projects of Tabriz University of Medical Sciences: Investigation the effect of probiotic supplement vs. Placebo on anthropometric indices, quality of life, body composition, blood pressure, lipid profile and serum levels of adipkines and atherosclerosis dependent indices in elderly with type 2 diabetes and high cardiovascular risk. Tabriz/Iran. 2021

21. Main investigator of Research Projects of Tabriz University of Medical Sciences: Investigation the effect of probiotic supplement vs. Placebo on the anthropometric indices, lipid profile and serum concentrations of adipkines in elderlies with Type 2 Diabetes and High Cardiovascular Risk. Tabriz/Iran. 2021

22. Main investigator of Research Projects of Tabriz University of Medical Sciences: The effect of the *Boswellia serrata*, *Apium graveolens*, *Zingiber officinale* and *Curcuma longa* supplementation on pain intensity, physical function and range of motion in shoulder tendinitis patients: Randomized controlled trial. Tabriz/Iran. 2021

Congresses

1. Leading cause of mortality in elder patients who receipted at emergency department of hospitals in Tabriz university of medical sciences and health services. 16th international Conference of Safe Communities, Tehran, Iran 11-13 June 2007.
2. Evaluation of Knowledge, Attitude and Practice of medical interns about Physician – Patient communication. 7th National Congress On Medical Education- Tabriz University – Education Development Center(EDC). 12-15 Nov. 2005.
3. Designing effective training model to enhance the knowledge, attitude and risky behavior changes in adolescent and young age groups. AIDS and ADDICTION, awareness and prevention seminar- 31 may to 1 June- Tabriz Azad University
4. The role of e.learning to improve the learning process in the rehabilitation of children. 4th National Congress on E-learning in Medical Sciences. 14-16 Feb. 2011
5. _Effect of probiotic supplements daily consumption on the inflammation and oxidative stress among pregnant women with Gestational Diabetes Mellitus: a randomized clinical trial. 8th international DIP Symposium. 15-18 Apr. 2015
6. _Effect of probiotic supplements daily consumption on the metabolic profile and weight changes among pregnant women with Gestational Diabetes Mellitus: a randomized clinical trial. 8th international DIP Symposium. 15-18 Apr. 2015
7. Evaluation of dietary patterns of pregnant women with gestational diabetes mellitus and the effect of dietary recommendation on energy and macronutrient intakes. The 12th International Congress of Obstetrics and Gynecology. 8-11 Oct. 2015.
8. Polyphenols and prevention of cell proliferation and induction of cell apoptosis in cancer cells. 26TH Annual Congress of Cancer Institute of Iran. 25-27 Nov. 2015.
9. Nutritional approaches and considerations in epilepsy. The 12th International Congress on Epilepsy

10. Whether probiotic supplementation is effective in prevention of the hyperglycemia induced maternal hypertension. The 11th European Nutrition and Dietetics Conference

11. Investigation of the life styles and dietary patterns in obese and overweight women with and without PCO. The 2th International and 4th Iranian Nutrition Congress

12. Effect of probiotic supplements n blood pressure in women with gestational diabetes mellitus. The 2th International and 4th Iranian Nutrition Congress

Publications

1. “Nutraceutical supplements in management of pain and disability in osteoarthritis: a systematic review and meta-analysis of randomized clinical trials” in “Scientific Reports (**ISI indexed, IF: 4.379, Q1**)” as **Correspondence**

2. “Effect of berry-based supplements and foods on cognitive function: a systematic review” in “Scientific Reports (**ISI indexed, IF: 4.379, Q1**)” as **Correspondence**

3. “Effectiveness of acromioclavicular joint mobilization and physical therapy vs physical therapy alone in patients with frozen shoulder: A randomized clinical trial” in “Clinical Rehabilitation (**ISI indexed, IF: 3.477, Q1**)” as **Correspondence**

4. “Effectiveness of extracorporeal shock wave therapy versus standard care in the treatment of neck and upper back myofascial pain: a single blinded randomised clinical trial” in “Clinical Rehabilitation (**ISI indexed, IF: 3.477, Q1**)” as **Correspondence**

5. “Maternal and Neonatal Metabolic Outcomes of Vitamin D Supplementation in Gestational Diabetes Mellitus: A Systematic Review and Meta-Analysis” in “Annals of Nutrition and Metabolism (**ISI indexed, IF: 3.374, Q1**)” as **Correspondence**

6. “The effects of topical and oral Nigella sativa oil on clinical findings in knee osteoarthritis: A double-blind, randomized controlled trial” in “Journal of Herbal Medicine (**ISI indexed, IF: 3.032**)” as **First Author**
7. “Association of depression, anxiety and menopausal-related symptoms with demographic, anthropometric and body composition indices in healthy postmenopausal women.” in “BMC Women's Health (**ISI indexed, IF: 2.809**)” as **Correspondence**
8. “Comparison of efficacy of corticosteroid injection versus extracorporeal shock wave therapy on inferior trigger points in the quadratus lumborum muscle: a randomized clinical trial” in “BMC Musculoskeletal Disorders (**ISI indexed, IF: 2.362**)” as **Correspondence**
9. “The effects of probiotic Saccharomyces boulardii on the mental health, quality of life, fatigue, pain, and indices of inflammation and oxidative stress in patients with multiple sclerosis: study protocol for a double-blind randomized controlled clinical trial” in “Trials (**ISI indexed, IF: 2.279**)” as **Correspondence**
10. “Use of autologous conditioned serum dressings in hard-to-heal wounds: a randomised prospective clinical trial” in “Journal of wound care (**ISI indexed, IF: 2.072, Q1**)” as **Correspondence**
11. “Is there a value for probiotic supplements in gestational diabetes mellitus? A randomized clinical trial” in “Journal of Health, Population and Nutrition (**ISI indexed, IF: 2.000, Q1**)” as **First Author**
12. “Effect of omega 3 fatty acids on serum lipid profile, malondialdehyde and paraoxonase activity in patients with end stage renal disease under regular hemodialysis.” in “Research in Pharmaceutical Sciences (**ISI indexed, Q1**)” as **Correspondence**
13. “Effect of probiotic supplements in women with gestational diabetes mellitus on inflammation and oxidative stress biomarkers: A randomized clinical trial” in

“Asia Pacific journal of clinical nutrition (ISI indexed, IF: 1.662)” as **Correspondence**

14. “Lower serum levels of alpha tocopherol and lycopene is associated with higher pain and physical disability in subjects with primary knee osteoarthritis: A case-control study” in “International Journal for Vitamin and Nutrition Research (ISI indexed, IF: 1.784)” as **Correspondence**

15. “Effect of hippotherapy simulator on pain, disability and range of motion of the spinal column in subjects with mechanical low back pain: A randomized single-blind clinical trial” in “Journal of Back and Musculoskeletal Rehabilitation (ISI indexed, IF: 1.398)” as **Correspondence**

16. “Dietary and Serum Level of Antioxidants in the Elderly with Mild Impaired and Normal Cognitive Function: A Case-Control Study” in “Iranian Red Crescent Medical Journal (ISI indexed, IF: 0.64)” as **Correspondence**

17. “Effect of Probiotic Supplementation on Blood Pressure of Females with Gestational Diabetes Mellitus: A Randomized Double Blind Controlled Clinical Trial” in “Iranian Red Crescent Medical Journal (ISI indexed, IF: 0.664)” as **Correspondence**

18. “A Comparison of the Efficacy of Dry-Needling and Extracorporeal Shockwave Therapy for Plantar Fasciitis: A Randomized Clinical Trial” in “Iranian Red Crescent Medical Journal (ISI indexed, IF: 0.64)” as **Correspondence**

19. “The relationship between serum 25-hydroxy vitamin D and blood pressure and quality of life in overweight and obese patients with type 2 diabetes mellitus compared with healthy subjects” in “Caspian Journal of Internal Medicine (ISI indexed)” as **Correspondence**

20. “Autologous conditioned serum (Orthokine) injection for treatment of classical trigeminal neuralgia: results of a single-center case series” in “Journal of Medical Case Reports (ISI indexed)” as **Correspondence**

21. "Screening of depression in overweight and obese pregnant women and its predictors" in "The Journal of Obstetrics and Gynecology Research (**ISI indexed, IF: 1.730**)"
22. "Efficacy of nanomicelle curcumin, Nigella sativa oil, and their combination on bone turnover markers and their safety in postmenopausal women with primary osteoporosis and osteopenia: A triple-blind randomized controlled trial" in "Food Science & Nutrition (**ISI indexed, IF: 2.863**)"
23. "Relative Effectiveness of Electroacupuncture and Biofeedback in the Treatment of Neck and Upper Back Myofascial Pain: A Randomized Clinical Trial" in "Archives of Physical Medicine and Rehabilitation (**ISI indexed, IF: 4.489, Q1**)"
24. "The prevalence and determinant factors of high-risk behaviors among medical students in North-West of Iran" in "International Journal of Health Promotion and Education (**ISI indexed**)"
25. "Cross-cultural validation of stool Based Colorectal cancer screening methods in the North West of Iran " in "Annals of Medicine and Surgery (**ISI indexed**)"
26. "Epidemiological aspects of colorectal cancer in East Azerbaijan, Northwest Iran: five year survival analysis" in "UNIVERSA MEDICINA (**ISI indexed**)"
27. "Motorized Leg Length Discrepancy Measure, A New Device for Clinical Use" in "Crescent Journal of Medical and Biological Sciences (**ISI indexed**)"
28. "Faulty posture: Prevalence and its relationship with Body Mass Index and Physical Activity among female adolescents" in "Biomedical Human Kinetics (**ISI indexed**)"
29. "Association between dietary inflammatory index and inflammatory biomarkers with outcomes of in vitro fertilization treatment" in "The Journal of Obstetrics and Gynecology Research (**ISI indexed, IF: 1.730**)"

30. “Upper gastrointestinal bleedings in patients with hereditary coagulation disorders in Northwest of Iran: prevalence of *Helicobacter pylori* infection” in “European journal of gastroenterology & hepatology (**ISI indexed, IF: 2.566**)”
31. “The role of exosomal non-coding RNAs in aging-related diseases” in “BioFactors (**ISI indexed, IF: 6.113, Q1**)”
32. “Pilot prospective open-label one-arm trial investigating intrathecal Adenosine in neuropathic pain after lumbar discectomy” in “BMC Research Notes (**ISI indexed**)” as **Correspondence**
33. “Body composition indices in a sample of female adolescents with postural deformity: a case control study” in “BMC Research Notes (**ISI indexed**)” as **Correspondence**
34. “Serum inflammatory and oxidative stress biomarkers levels are associated with pain intensity, pressure pain threshold and quality of life in myofascial pain syndrome” in “BMC Research Notes (**ISI indexed**)” as **Correspondence**
35. “Dietary inflammatory index is associated with pain intensity and some components of quality of life in patients with knee osteoarthritis” in “BMC Research Notes (**ISI indexed**)” as **Correspondence**
36. “Lower serum 25-hydroxyvitamin D3 concentration is associated with higher pain and disability in subjects with low back pain: a case–control study” in “BMC Research Notes (**ISI indexed**)” as **Correspondence**
37. “Investigation the effects of adjuvant ozone autohemotherapy combined with routine treatment on clinical and paraclinical features of mechanically ventilated COVID-19 patients in the intensive care unit: a pilot randomized controlled trial” in “ Medical Gas Research (**ISI indexed**)” as **Correspondence (In Press)**.
38. “Ginger (*Zingiber officinale*) and turmeric (*Curcuma longa* L.) supplementation effects on quality of life, body composition, bone mineral density and osteoporosis related biomarkers and micro-RNAs in women with

postmenopausal osteoporosis: a study protocol for a randomized controlled clinical trial” in “Journal of Complementary and Integrative Medicine (**Pubmed indexed**)” as **Correspondence**

39. “Nutrition Therapy in Managing Pregnant Women With Gestational Diabetes Mellitus: A Literature Review” in “Journal of Family and Reproductive Health (**Pubmed indexed, Q1**)” as **Correspondence**

40. “Nutrition knowledge and attitude in medical students of Tabriz University of Medical Sciences in 2017–2018” in “BMC Research Notes (**ISI indexed**)” as **Correspondence**

41. “Probiotics and Metabolic Outcomes of Gestational Diabetes: A Review Article” in “Journal of Mazandaran University of Medical Sciences (**Scopus indexed**)” as **Correspondence**

42. “Gestational Diabetes Mellitus and Associated Challenges from the Perspectives of Nutrition Sciences: A Review Article” in “Journal of Mazandaran University of Medical Sciences (**Scopus indexed**)” as **Correspondence**

43. “Comparing the Efficacy of Dry Needling and Extracorporeal Shock Wave Therapy in Treatment of Plantar Fasciitis” in “Journal of Mazandaran University of Medical Sciences (**Scopus indexed**)” as **Correspondence**

44. “Understanding and Using Patterns of Food Labeling Systems and their Determinants by Medical Students of Tabriz University of Medical Sciences, Iran” in “Nutrition and Food Sciences Research (**DOAJ indexed**)” as **Correspondence**

45. “Probiotics and Metabolic Outcomes of Gestational Diabetes: A Review Article” in “International Journal of Research in Applied and Basic Medical Sciences (**DOAJ indexed**)” as **Correspondence**

46. “Effect of probiotics on quality of life and depression in pregnant women with gestational diabetes: A randomized double-blinded clinical trial” in “International

Journal of Research in Applied and Basic Medical Sciences (**DOAJ indexed**)” as **Correspondence**

47. “Diet quality is associated with pain intensity and quality of life in a sample of patients with knee osteoarthritis: a cross-sectional study” in “Journal of Research in Clinical Medicine (**Scopus indexed**)” as **Correspondence**

Books

Biochemistry and Genetics of Hormones (in Persian)

Translation of the “Daily Iron Supplementation in Adult Women and Adolescent Girls”. World Health Organization

Translation of the “Sugars Intake for Adults and Children”. World Health Organization