



Dr. Sayyed Morteza Safavi

Tel: 00983137923067

Fax: 00983136682509

Cell Phone: 00989131181981

E-mail: safavimorteza@yahoo.com

Academic E-mail: safavimorteza@nutr.mui.ac.ir

PROFILE

Professor of Nutrition

Clinical Nutrition Department

School of Nutrition and Food Sciences

Isfahan University of Medical Sciences and Health services

Date of Birth: 26 October 1955

EXPERIENCE

- Professor of Nutrition and Senior Lecturer Clinical Nutrition Dept. School of Nutrition and Food Sciences
- Head School of Health Isfahan University of Medical Sciences and Health Services
- Director General Nutrition Department Ministry of Health Iran
- Head of Nutrition Department School of Health Isfahan Medical Science University and Health Services
- Head of Nutrition and Food Security Research Center Isfahan University of Medical Sciences and Health Services

EDUCATION

- BSc. Agriculture University of Mazandaran Sari Iran 1977
- MSc. Nutrition King's College University of London UK 1987
- Ph.D. Medical Biochemistry and Nutrition Brunel University London UK 1991
- Visiting Fellow: Nutrition and Obesity UCLA CA USA 2000
- **Title of dissertation:** Vitamin E status and susceptibility to lipid peroxidation during late fetal and early neonatal life of the guinea pig. 1992.

RECORD OF PROMOTION AND DEVELOPMENT OF RESEARCH AND TECHNOLOGY

- 1- Formulation and production of Aunton and Slim Quick tablets based on the thesis of pharmacy students, jointly with Dr. Fariborz Moatar at Gol Daru Company Isfahan Iran
- 2- Formulation and production of vitamin D tablets from Pleurotus and Hyphysios mushrooms with the cooperation of Dr. Rahim Bahri Najafi in Reyhan Naghsh Jahan Company Isfahan Iran
- 3- Cooperation in the production of sports supplements using whey protein in Pegah Isfahan Dairy Company (in progress)
- 4- Setting up Danesh Bonyan (Science Based) Nan Yusuf to produce bread made with whole meal flour in a fully mechanized way
- 5- Responsible for holding multiple fortification training courses for members of WHO-EMRO countries as Temporary advisor to WHO-EMRO in Kuwait
- 6- Received a grant from UNICEF for the project of enriching bread with iron and folic acid
- 7- Received a grant from WHO-EMRO for the project of enriching bread with iron and folic acid
- 8- Executor of the country's food security plan, Isfahan branch

- 9- Exemplary researcher of Isfahan University of Medical Sciences
- 10- Publication of scientific articles in journals indexed in ISI, Scopus, and PubMed with more than 500 citations
- 11- Publication of scientific articles in scientific and research journals
- 12- Executive and consultant of more than 30 research projects
- 13- Scientific review and expertise of articles and research projects
- 14- Member of the scientific committee of all biennial national and international nutrition congresses in Iran
- 15- Secretary of the Biennial Congress of Nutrition in 1994
- 16- The secretary of the first international congress and the twelfth Iranian nutrition congress in 2013
- 17- Nutrition research consultant at East Los Angeles College to improve the quality of life of Mexicans living in America
- 18- Teaching nutrition courses to medical, pharmacy, dental, and nursing students since 2011
- 19- Instructor of nutrition courses for international students
- 20- Instructor of multiple fortification training courses for members of WHO-EMRO countries in Kuwait
- 21- Teacher of training workshops and retraining courses for doctors and paramedics in the country
- 22- Lecturer of the educational courses of the Association of Scholars of the Faculty of Medicine
- 23- Administrative and financial assistant of the Faculty of Medicine, 1992 to 1995
- 24- Vice President of the Faculty of Medicine
- 25- Deputy Vice-Chancellor for Research of the University (Dr. Mustafa Ghanei)
- 26- Vice President of Administrative and Financial Affairs of the University (MR. Engineer Kopai)
- 27- The director of the nutrition group in several alternating periods

- 28- Dean of the Faculty of Health
- 29- Director of Nutrition Research Center in several alternating periods
- 30- Received the license to set up the Faculty of Nutrition in 1995
- 31- Director General of the Nutrition Improvement Office of the Ministry of Health IRAN
- 32- Advisor to the Deputy Health Minister of the Ministry of Health IRAN
- 33- Instructor in the field of preparing the educational curriculum for the fields of food and nutrition policy, cellular and molecular nutrition, nutritional epidemiology, and community nutrition.
- 34- Administrative and financial assistant of the Faculty of Nutrition and Food Sciences
- 35- CEO of Isfahan Health City
- 36- Inspector of the Board of Directors of the Scientific Association of Food and Nutrition of the country
- 37- Chairman of the Board of Directors of the Food, Industry, Health Association of the country
- 38- Enrichment of bread with iron and folic acid in the whole country
- 39- Promulgation of instructions for banning the consumption of soft drinks in government offices and organizations
- 40- Working in the special clinic of the university in Khorshid Hospital (Noor and Hazrat Ali Asghar (pbuh))
- 41- Activity as Diet Therapist in the Isfahan Family Clinic
- 42- Working as Diet Therapist in Mahdieh Charity Clinic
- 43- Working as Diet Therapist in the Clinic of Issa Bin Maryam (AS) Hospital
- 44- Working as Diet Therapist in a private clinic
- 45- Cooperation with HSE units of various companies and government organizations to improve health and promote nutrition knowledge
- 46- Member of the editorial board of the World of Nutrition Magazine

- 47- Member of the editorial board of Doniaye Salamat (World of Health) Magazine
- 48- Member of the editorial board of Meta magazine (Iranian Nutrition Society)
- 49- Economic advisor to Isfahan governor
- 50- Member of the Board of Trustees of Isfahan MS Association
- 51- Member of the Board of Directors of Isfahan Chamber of Commerce
- 52- Member of the Board of Trustees and the Board of Directors of Ababasir Educational Organization (special for the blind)
- 53- Member of the Board of Trustees and the Board of Directors of the Cultural Foundation of Imam Mohammad Bagher (AS) including 14 educational units (schools)
- 54- Participating in roundtables, scientific and specialized interviews in the radio and TV and media of the country
- 55- CEO of Hamedanian Charity Organization
- 56- Chairman of the Board of Directors of Naghsh Jahan Sugar company
- 57- Member of the Board of Trustees of Isfahan Cardiovascular Research Center
- 58- Member of the Board of Trustees of Isfahan Thalassemia Research Center
- 59- Member of the Honorary Board of Trustees of Hazrat Abul Fazl (AS), Imam Hossein (AS), and Imam Hadi (AS)
- 60- Member of the board of directors of Hyper Health, Isfahan Health city

RESEARCH FOCUS

Nutrition and Heart Diseases Nutrition and Cancer Diet Therapy in Iron Deficiency Anemia
Nutrition Evaluations and surveillances Evaluation of Nutrition in the community Assessment of
Nutrition Status Fortification of foods (Flour with Iron and Folic Acid) Food and Nutrition
Security

BOOKS

1. Compiled and translated more than 40 book volumes
2. An example of books authored during the management of the Ministry of Health's Nutrition Improvement Office
3. Research on the status of micronutrients in Iran, 2019
4. Micronutrients and strategies to prevent their deficiency with emphasis on food fortification
5. Monitoring the prevalence of goiter and the amount of iodine in urine
6. Healthy nutrition - healthy heart
7. Milk and its types
8. Folic acid and its role in health
9. Nutrition, exercise, and bone health
10. Nutrition in kidney diseases
11. Fat, edible oils, and their role in health
12. The incidence of premature birth, low birth weight babies, and the factors affecting it
13. Fortification of flour with iron and folic acid in Iran
14. Monitoring principles in flour enrichment
15. National plan on iron malnutrition and flour/food fortification in Iran
16. Teaching nutrition courses to bachelor's, master's, and doctorate students in nutrition from 2011 until now
17. Simulations of nutrition and diet –Horoofchin publisher 2020

PUBLICATION

- 1- Prevalence of primary dysmenorrhea and factors associated with its intensity among undergraduate students: a cross-sectional study
N Habibi, MSL Huang, WY Gan, R Zulida, SM Safavi
Pain Management Nursing 16 (6), 855-861- 2015
- 2- Dietary patterns, food groups, and telomere length: a systematic review of current studies
N Rafie, S Golpour Hamedani, F Barak, SM Safavi, M Miraghajani
European Journal of clinical nutrition 71 (2), 151-158- 2016

3- Reliable prediction of carbon monoxide using a developed support vector machine

S Moazami, R Noori, BJ Amiri, B Yeganeh, S Partani, S Safavi

Atmospheric Pollution Research 7 (3), 412-418- 2016

4-Effect of brown rice consumption on the inflammatory marker and cardiovascular risk factors among overweight and obese non-menopausal female adults

M Kazemzadeh, SM Safavi, S Nematollahi, Z Nourieh

International Journal of Preventive Medicine 5 (4), 478 - 2014

5-Higher dietary diversity score is associated with obesity: A case-control study

R Karimbeiki, M Pourmasoumi, A Feizi, B Abbasi, A Hadi, N Rafie, ...

Public health 157, 127-134 - 2018

6- The association between circulating fetuin-A levels and type 2 diabetes mellitus risk: a systematic review and meta-analysis of observational studies

F Roshanzamir, M Miraghajani, MH Rouhani, M Mansourian, ...

Journal of endocrinological investigation 41, 33-47- 2017

7-The Effect of A Health Belief Model (HBM)-based Educational Program on the Nutritional Behavior of Menopausal Women in Isfahan.

S Davari, M Dolatian, MR Maracy, G Sharifirad, SM Safavi

Iranian Journal of Medical Education 10 (5)- 2016

8- The putative effects of D-Aspartic acid on blood testosterone levels: A systematic review

F Roshanzamir, SM Safavi

International Journal of reproductive biomedicine 15 (1), 1- 2017

9- Effects of low-fat milk consumption at breakfast on satiety and short-term energy intake in 10-to 12-year-old obese boys

S Mehrabani, SM Safavi, S Mehrabani, M Asemi, A Feizi, N Bellissimo, ...

European journal of nutrition 55, 1389-1396- 2017

10- Development of food-based dietary guidelines for Iran: A preliminary report

SM Safavi, N Omidvar, A Djazayeri, M Minaie, A Hooshiarrad, ...

Annals of Nutrition and Metabolism 51 (Suppl. 2), 32-35- 2007

11- The alternate-day fasting diet is a more effective approach than a calorie restriction diet on weight loss and hs-CRP levels

R Razavi, A Parvaresh, B Abbasi, K Yaghoobloo, A Hassanzadeh, SM Safavi

International Journal for Vitamin and Nutrition Research- 2020

12- Dietary approaches to stop hypertension diet and obesity: A cross-sectional study of Iranian children and adolescents

S Golpour-Hamedani, N Mohammadifard, A Khosravi, A Feizi, SM Safavi

ARYA atherosclerosis 13 (1), 2017

13- Relationship of sodium intake with obesity among Iranian children and adolescents

N Rafie, N Mohammadifard, A Khosravi, A Feizi, SM Safavi

ARYA atherosclerosis 13 (1), 2017

14- Association of serum ceruloplasmin level with obesity: some components of metabolic syndrome and high-sensitive C-reactive protein in Iran

SM Safavi, R Ziaei, MR Maracy

Journal of Obesity 2012

15- Dietary isoflavones and gastric cancer: A brief review of current studies

S Golpour, N Rafie, SM Safavi, M Miraghajani

Journal of Research in medical sciences: the official journal of Isfahan 2015

16- The effect of nutrition consultation on dietary diversity score of cardiac patients referred to cardiac rehabilitation research center Isfahan cardiovascular research institute ...

S Mehrabani, N Mohammadifard, S Mehrabani, M Sadeghi, F Sajjadi, ...

International Journal of preventive medicine 2016

17- Effects of salinity on Na, K, and Ca contents of borage (*Borago officinalis* L.) and echium (*Echium amoenum* Fisch. & Mey.)

S Safavi, MR Khajehpour

Research in Pharmaceutical Sciences 2 (1), 23-27- 2008

18- The effect of okra (*Abelmoschus esculentus*) on lipid profiles and glycemic indices in Type 2 diabetic adults: Randomized double-blinded trials

A Moradi, MJ Tarrahi, S Ghasempour, M Shafiepour, CCT Clark, SM Safavi

Phytotherapy Research 34 (12), 3325-3332- 2020

19- 24-h urinary sodium to potassium ratio and its association with obesity in children and adolescents

N Rafie, SG Hamedani, N Mohammadifard, A Feizi, SM Safavi

European Journal of Nutrition 58, 947-953- 2019

20- The relationship between food insecurity and stunting combined with obesity and overweight in children aged 7 to 11 years in Zabol, Iran

S Mirshekar, SM Safavi, GH Yadegarfar

Iranian Journal of Epidemiology 12 (4), 44-54- 2016

21- Effect of low-fat milk consumption compared to apple juice and water on the energy intake among 10-12-year-old obese boys: a three-way cross-over clinical trial

S Mehrabani, A Salehi-Abargouei, M Asemi, S Mehrabani, A Feizi, SM Safavi

International Journal of Preventive Medicine 5 (11), 1405- 2014

22- Association between healthy eating index-2010 and fetuin-A levels in patients with type 2 diabetes: a case-control study

F Roshanzamir, M Miraghajani, M Mansourian, R Ghiasvand, SM Safavi

Clinical nutrition research 6 (4), 296-305- 2017

23- Zinc status of Iranian preschool children

SM Safavi, R Sheikholeslam, M Naghavi, S Sadeghian, E Sadeqzadeh, ...

Food and nutrition bulletin 28 (2), 230-235- 2007

24- Assessment of iron status and its related factors in Iranian pregnant women 2001 spring
M Safavi, R Sheikholeslam, Z Abdollahi, M Naghavi, S Sadeghian, ...
Iran J Epidemiol 1, 1-10- 2010

25- A pilot study of flour fortification with iron sulfate in a defined population in Isfahan–Iran
SM Safavi, A Azizzadeh, MR Hosseini
Journal of research medical science (JRMS) 5 (4), 303-306 - 2017

26- The association between carotenoid intake, mental health, and sleep quality among
university students
B Boozari, S Moradi, F Heydarpour, CCT Clark, S Nezamoleslami, SM Safavi
Sleep and Breathing 26 (2), 829-837- 2022

27- Assessment of Iron and its related factors among Iranian pregnant women
Iran J Epidemiol 1 (4), 1-10
Shai Holeslam R, Abdolahi Z, Taghavi M, Sadeghian Sharif S, Sadegh Zadeh A, SM Safavi-
2010

28- Determination of satiety index of low-fat yogurt in healthy normal-weight Isfahanian
adults
Z Gholami, SM Safavi, P Saneei, A Feizi, P Adibi
Islamic Azad University, Science and Research Branch 1 (1), 1-7- 2018

29- The effect of dietary and supplementation of Omega-3 and Omega-6 fatty acids on the
healing of the skin, gastrointestinal and diabetic wounds
SM Safavi, AH Adeljoo
Journal of Isfahan Medical School 33 (331), 574-584- 2015

30- Associations between Serum Ceruloplasmin Level, Obesity, and Metabolic and
Inflammatory Indexes.
SM Safavi, R Ziaei, M Reza Maracy
Journal of Isfahan Medical School 30 (207) 2012

31- Association of plant-based diets with a drop in, atherogenic index of plasma, and metabolic syndrome and its components: A cross-sectional study on adults

F Shahdadian, P Saneei, K Lotfi, A Feizi, G Askari, SM Safavi

Frontiers in Nutrition 2023

32- Evaluation of the Relationship between Sleep Quality and Duration of Obesity in a Population of Iranian Adults

B Boozari, P Saneei, SM Safavi

Journal of Health System Research 16 (3), 167-173- 2020

33- Comparison of satiety index in low-fat yogurt and bread regiments in healthy adults

Z Gholami, SM Safavi, P Saneei, A Feizi, P Adibi

Journal of Gorgan University of Medical Sciences 20 (2), 77-83- 2020

34- An Intelligent Artificial Neural Network and Fuzzy Logic-Based Diet Advisory System

R Shabani, SA Monajemi, SM Safavi, M Rezaei

Health Information Management 14 (6), 230-235- 2018

35- The Interaction of Dietary Patterns and Anthropometric Indices on Osteoporosis and Osteopenia

SM Safavi, S Mirzaie, G Askari

Journal of Health System Research 13 (4), 436-444- 2018

36- Effect of Low-fat Milk Consumption Compared to Apple Juice and Water on the Energy Intake Among 10-12-Year-Old Obese Boys: A Three-way Cross-over Clinical Trial

Sanaz Mehrabani 1, Amin Salehi-Abargouei 2, Mehdi Asemi 3, Sepideh Mehrabani 1, Awat Feizi 4, Seyyed Morteza Safavi 1

Nutrition and food sciences research 1 (1), 193-193- 214- 2014

37- Effects of low-fat milk consumption at breakfast on satiety and short-term energy intake in 10- to 12-year-old obese boys

Sanaz Mehrabani 1 2, Seyyed Morteza Safavi 1 2, Sepideh Mehrabani 1 2, Mehdi Asemi 3, Awat Feizi 4, Nick Bellissimo 5, Amin Salehi-Abargouei 6 7

Nutrition and food sciences research RESEARCH 1 (1), 193-194- 2015

38- Effects of One-Year Vegetarian Diet on Atherosclerosis in Patients Underwent Angiography without Requiring Coronary Bypass Surgery or Angioplasty

M Pourmoghadam, Seyyed Morteza Safavi

Medical Journal of Tabriz University of Medical Sciences 26 (3), 49-53- 2004

39- Author and Subject Index Vol. 51, Suppl. 2, 2007

P Walter, I Elmadfa, J Albert, H Freisling, E Infanger, SM Safavi

Annals of Nutrition and Metabolism 51 (Suppl. 2), 54-54

40- Anaemia and iron deficiency among Iranian children under 6 years

Z Abdollahi, R Sheikholeslam, SM Safavi, M Naghavi

Annals of Nutrition and Metabolism 51, 166-166- 2009

41- Development of food-based dietary guidelines for Iran

N Omidvar, SM Safavi, R Sheikholeslam, M Minaie, A Hooshiarrad,

Annals of Nutrition and Metabolism 51, 325-325- 2007

42- A study of Zinc status of Iranian preschool children

Sayyed Morteza Safavi, Robabeh Sheikholeslam, Mohsen Naghavi, Saeed Sadeghian, Elham

Sadeqzadeh, Fariba Kollahdooz, Somayyeh Mohammadian

PMID: 24683682-24 (82), 60-66

43- To Determine Satiety Index of Low-fat Yogurt in Healthy Normal-Weight Isfahanian Adults

Z Gholami, SM Safavi, P Saneei, A Feizi, P Adibi- 2018- Food and health journal

44- Sodium and potassium intakes and adiposity among Iranian pre-adolescents and adolescents: a cross-sectional study

Golpour-Hamedani, S., Rafie, N., Pourmasoumi, M., Morteza Safavi, S., Mohammadifard, N.

Nutrition Journal this link is disabled, 2022, 21(1), 23

45- The association between carotenoid intake, mental health, and sleep quality among university students

Boozari, B., Moradi, S., Heydarpour, F., ...Saneei, P., Safavi, S.M.

Sleep and breathing this link are disabled, 2022, 26(2), pp. 829–837

46-Changes in Bone Turnover, Inflammatory, Oxidative Stress, and Metabolic Markers in Women Consuming Iron plus Vitamin D Supplements: a Randomized Clinical Trial

Abiri, B., Vafa, M., Azizi-Soleiman, F. Safavi ,SM . Zaeri, F., Sadeghi, H.

Biological Trace Element Research this link is disabled, 2021, 199(7), pp. 2590–2601

47-Association between sleep duration and sleep quality with sugar and sugar-sweetened beverages intake among university students

Boozari, B., Saneei, P., Safavi, S.M. Sleep and Breathing this link is disabled, 2021, 25(2), pp. 649–656

48-The association between dietary diversity score and general and abdominal obesity in Iranian children and adolescents

Golpour-Hamedani, S., Rafie, N., Pourmasoumi, M., Saneei, P., Safavi, S.M.

BMC Endocrine Disorders, 2020, 20(1), 181

49-Flaxseed oil supplementation on the severity of depression and brain-derived neurotrophic factor: a randomized, double-blind placebo-controlled clinical trial

Poorbaferani, F., Rouhani, M.H., Heidari, Z., Poorbaferani, M., Safavi, S.M.

International Journal of Food Properties this link is disabled, 2020, 23(1), pp. 1518–1526

50-Modified alternate-day fasting vs. calorie restriction in the treatment of patients with metabolic syndrome: A randomized clinical trial

Parvaresh, A., Razavi, R., Abbasi, B. SM Safavi ,Hadi A., Clark, C.C.T.

Complementary Therapies in Medicine this link is disabled, 2019, 47, 102187

51-Comparison of serum Vitamin C and Calcium between Preeclamptic and Normotensive Pregnant Women Farzad Shidfar Ph.D.*, Navak Keshvardoost MSc**, Shariah Hosseini MSc***, Morteza Safavi Ph.D. ****, Roya Sherafat Kazemzadeh Ph.D. *****.2018

52-Effect of Isfahan Healthy Heart Program on nutritional behavior of Iranian Adults

Noushin Mohammadifard MSc1, Roya Kelishadi MD2,

Morteza Safavi PhD³, Nizal Sarrafzadegan MD⁴, , Firoozeh Sajadi BS⁵, Gholam Hosein Sadri MD⁶, Maryam Maghroon BS⁵, Hasan Alikhasi BS⁵, Said Heydari MD⁷, Fereshteh Sarmadi BS⁸- 2009

53-The Association between Amino Acid Intake and Polycystic Ovary Syndrome in Women Who Referred to Isfahan University of Medical Science Clinics

March 2018 Nutrition and Food Sciences Research 5(2):11-17

DOI:10.29252/nfsr.5.2.11- 2018

Golnaz Rajaeieh, Nafiseh Shokri Mashhadi, Morteza Safavi, Zahra Amini Pozveh, Ali Pezeshki

54-The effects of synbiotic supplementation on some cardio-metabolic risk factors in overweight and obese children: A randomized triple-masked controlled trial

Mar 2013 Sayyed Morteza Safavi Sanam Farajian Roya Kelishadi Mahin Hashemipour

55-Do lifestyle interventions affect dietary diversity scores in the general population?

Mar 2009 Nizal Sarrafzadegan

Leila Azadbakht Noushin Mohammadifard

Roya Kelishadi

56-Effect of a community-based intervention on nutritional behavior in a developing country setting: The Isfahan Healthy Heart Programme

Feb 2009 Noushin Mohammadifard Roya Kelishadi

Sayyed morteza Safavi Fereshteh Sarmadi

57-Prevalence of Primary Dysmenorrhea and Factors Associated with Its Intensity Among Undergraduate Students: A Cross-Sectional Study.

Nahal Habibi, Mary Huang, W. Y. Gan, R. Zulida, Sayyed morteza safavi

Medicine Pain Management Nursing December 2015

58-Evaluation of Pleurotus ostreatus fatty acid and amino acid profile in response to zinc and iron. Safavi, G. Kavooosi, A. Niazi, Sayyed morteza safavi Chemistry 15 May 2019

59-Association of Serum Ceruloplasmin Level with Obesity: Some Components of Metabolic Syndrome and High-Sensitive C-Reactive Protein in Iran

Seyyed Morteza Safavi,¹Rahele Ziaei,¹and Mohammad Reza Maracy² Childhood Obesity: Today and Tomorrow's Health Challenge- 2012

RESEARCH PROJECT

1- Investigating the relationship between the score of different plant-based diet patterns with serum drop in levels, plasma atherogenic index, and metabolic health in adults, along with investigating the effect of the relative replacement diet of animal protein with vegetable protein on a drop in levels, plasma atherogenic index, and components of metabolic syndrome

Farnaz Shahdadian, Seyyed Morteza Safavi, Avat Faizi, Parvaneh Sanei, Gholamreza Asgari- 2021- Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

2- Investigating the supplemental effect of concentrated milk protein powder (MPC) on anthropometric indicators, quality of life, oxidant, antioxidant, inflammatory, and immune system status in patients with acquired immunodeficiency syndrome (AIDS)

Mohammad Ali Hojjati Kermani, Seyyed Morteza Safavi, Zahra Heydari Rarani, Payam Tabarsi, Majid Marjani- 2021 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

3- "The relationship between food insecurity and intake of major food groups in adults: a systematic review and meta-analysis of observational studies" Call for Reviews

Parvaneh Sanei Farnaz Shahdadian Syed Morteza Safavi Mehssa Rezazadegan- 2020 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

4- "Examining the pattern of food consumption at different levels of food security in children: a systematic review and meta-analysis of observational studies" Call for Review Studies

Seyyed Morteza Safavi, Farnaz Shahdadian, Mahsa Rezazadegan, Parvaneh Sanei- 2020 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

5- Investigating the relationship between Dietary Inflammatory Index (DII) and Dwick's syndrome (Neuromyelitis Optica Spectrum Disorder: NMOSD): a case-control study

Leila Darvishi, Seyed Morteza, Safavi, Vahid Shaygan, Nejad Marjan Mansourian, Parvaneh Sanei, Omid Mirmosib- 2020 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

6- Determining the relationship between sleep quality and dietary inflammation index (DII) in Isfahan City (a cross-sectional study)

Faiza Mouzani Seyed Morteza Safavi Seyed Mohammad Hossein Rouhani Akbar Hassanzadeh Noushin Mohammadi Fard- 2019 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

7- Investigating the effect of seed oil supplementation on depression severity and serum (BDNF) levels in depressed women: a double-blind randomized clinical trial.

Seyed Morteza Safavi Seyed Mohammad Hossein Rouhani Zahra Heydari Rarani Maryam Pourbafrani Fariborz Pourbafrani- 2019 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

8- Investigating the effect of zinc supplementation on the sleep quality of adults with sleep disorders

Mehbobeh Mousavi Seyed Morteza Safavi Helia Homsian Afakar Mohammad Reza Marathi- 2018 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

9- Investigating the effect of curcumin supplementation on cardiovascular, inflammatory, and functional kidney risk factors in stage 3 chronic kidney disease patients

Razia Khosravi Seyed Morteza Safavi Avat Faizi Mohammad Mateen Far Seyed Mohammad Hossein Rouhani- 2018 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

10- Investigating the relationship between sleep quality and consumption of sugar and sweet drinks in Isfahan University of Medical Sciences students Behnoosh Boozari Seyed Morteza Safavi- 2018 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

11- Investigating the effect of okra powder (*Abelmoschus esculentus*) mixed with yogurt on lipid profile, blood pressure, blood glucose level, and HbA1c in patients with type 2 diabetes Designed by Syed Morteza Safavi Mohammad Javad Shafiepour, 2018 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

12- Investigating the relationship between diet quality and indicators of metabolic syndrome and liver function in patients with type 2 diabetes and the effect of the caffeine-free green coffee extract on the aforementioned variables

Farzad Roshan Zamir Seyed Morteza Safavi Reza Ghiathund Marjan Mansourian 2018 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

13- Investigating the effect of modified alternate day fasting compared to calorie restriction on insulin resistance and cardiovascular disease risk factors in people with metabolic syndrome. Arefe Parvesh Heydarkalai Seyed Morteza Safavi 2015 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

14- Investigating the effect of Modified Alternating Day Fasting (Alternate Day Fasting) compared to Calorie Restriction on inflammatory and coagulation indicators in people with metabolic syndrome Ruqiyeh Al-Sadat Razavi Mahmoudabadi Seyed Morteza Safavi- 2015 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

15- The effect of iron and vitamin D supplementation or vitamin D alone on bone metabolism and inflammation in women aged 18-40

Fateme Azizi Soleimani Seyed Morteza Safavi- 2015 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

16- Investigating the relationship between the ratio of sodium to potassium in 24-hour urine with obesity indicators in children and adolescents aged 11 to 18 years in Isfahan City in 2014 Nahid Rafi Syed Morteza Safavi, Alireza Khosravi, Noushin Mohammadi, Fard Avat Faizi- 2015 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

17- Investigating the relationship between the adherence to the DASH diet in different levels of sodium intake with anthropometric indicators in children and adolescents aged 11-18 years in the urban community of Isfahan in 2014- 2015 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

Sahar Golpourhamdani, Seyed Morteza, Safavi, Alireza Khosravi, Noushin Mohammadi, Fard Fateme Nouri, Sari, Avat Faizi- 2015 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

18- Comparative study of Dietary Diversity Score DDS in obese, overweight, and normal Tehrani adults in 2014 Razia Karim Begi Syed Morteza Safavi Avat Faizi

19- Investigating the relationship between food insecurity and short stature combined with obesity and overweight in children 7-11 years old in Zabul city Somia Mirshekar Seyed Morteza Safavi Qasim Yadgarfar Mohammad Hasan Attaziri- 2015 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

20- Investigating the relationship between the consumption of legumes with anthropometric indicators and body fat mass in adolescent girls aged 14-18 years old in Isfahan city.

Farnaz Sohrabi, Seyed Morteza, Safavi, Nidal, Sarafzadegan, Akbar, Hassanzadeh, Noushin Mohammadi, Fard, Fateme Nouri, Imamzadei.2015 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

21- Comparison of diet quality before and after nutritional counseling for cardiac patients referred to the rehabilitation research center of Isfahan Cardiology Research Institute during 2012-2018. Sepideh Mehrabani Seyed Morteza Safavi Masoumeh Sadeghi Mahonak Noushin Mohammadi Fard Mohammad Reza Marathi 2015 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

22- Investigation of the satiety profile of 1.5% low-fat yogurt in healthy adults with normal body mass index (18.5-25) in Isfahan City in 2013- 2014 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

Zeinab Gholami Syed Morteza Safavi Peyman Adibi Akbar Hassanzade

23- Investigating the relationship between food patterns and anthropometric indicators with the risk of osteoporosis or bone loss (osteopenia) Syed Morteza Safavi - ijp.mums.ac.ir 2021 Original Article (Pages: 14967-14980- 2014 Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

24- The relationship between the intake of dairy products and the status of polycystic ovary syndrome in women referred to Shahid Dr. Beheshti Hospital in Isfahan in 2013.

Golnaz Rajaeieh 1, Mohamadreza Marasi 2, Zahra Shahshahan 3, Fatemmeh Hassanbeigi 2, Seied Morteza Safavi- 2014 Jun;5(6):687-94. – international journal of preventivemedicine

25- The effect of milk intake at breakfast on the amount of energy intake in obese 10-13-year-old Isfahan children Seyed Morteza Safavi- 2015 - Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

26- Investigating the effect of brown rice consumption on inflammatory factors and cardiovascular risk factors in overweight and obese women of Isfahan in 2012 Seyed Morteza Safavi- 2012- Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

27- Investigating the relationship between serum ceruloplasmin level and obesity and several metabolic and inflammatory indicators in Isfahan City, 2013 Rahela Ziaei Seyed Morteza Safavi- 2012- Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

28- Investigating the effect of the synbiotic supplement on overweight, cardiovascular disease risk factors, and inflammatory factors in overweight and obese adolescent girls.

Roya Klishadi Seyed Morteza Safavi Maryam Mirlohi Seyed Mohsen Hosseini- 2011- Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

29- Investigation of fluoride biomarkers and their use in finding simple and non-invasive methods of fluoride detection in three age groups of children, adolescents, and adults in Isfahan City. Shiva Mortezaei, Fariba Heydari, Bahram Soleimani, Seyed Morteza Safavi- 2006- Isfahan University of Medical Sciences, Faculty of Nutrition and Food Sciences

PARTICIPATION IN SCIENTIFIC AND INTERNATIONAL CONFERENCES

1. Participation in the first national conference on climate change and food security on February 4, 2018
2. Admitted to the degree of doctor of philosophy for research presented in the faculty of science at a congregation on 18 July 1992 at Brunel University
3. Sports Nutrition for paralympic athletes Second International Sports Nutrition Congress of Iran 12 Nov 2020
4. Examining the prevalence of malnutrition along with disease in patients admitted to Shariati Hospital in Tehran in 2014 - the 9th Iranian Nutrition Congress in 2015
5. Prevalence of babies born with a weight of fewer than 2500 grams in the country according to 11 urban and rural climates in the 9th Iranian Nutrition Congress in 2015
6. Investigating the amount of baking soda in traditional Iranian slices of bread
7. Report on the status of the nutrition department of hospitals and nutrition and dietary counseling offices of the University of Medical Sciences all over Iran
8. The relationship between the prevalence of low-birth-weight babies and the well-being of the family in the country
9. Investigating the prevalence of lead poisoning and some factors affecting it in 6-year-old Iranian children in 2010
10. The relationship between the prevalence of low birth weight and maternal age during pregnancy in the country
11. The relationship between the prevalence of low-birth-weight babies and the use of iron and folic acid supplements during pregnancy

12. Investigation of the prevalence of malnutrition, obesity, and overweight in children aged 2 to 6 years in kindergartens in areas 6 and 8 of Tehran, fall 2014
13. Investigating the effect of the cooking process on the amount of iron in flour enriched with iron and folic acid in Bushehr province
14. study of immunoglobulin in mother's milk with term and pre-term deliveries – 4th international congress of tropical pediatrics 1996 Malaysia
15. Vitamin E status and susceptibility to lipid peroxidation during late fetal and early neonatal life of the guinea pig. 1997. Canada 6th world congress on clinical nutrition
16. effect of vegetarian diet on atherosclerosis plaque formation after one-year 16th international congress of Nutrition Germany Montreal
17. nutrition education training effects to low-income head start parents on menu planning and weight control – International Congress in Bangkok Thailand 2003
18. nutrition educational benefits in prenatal and child on low-income Hispanic pregnant college student – Asian Congress of nutrition
19. nutrition educational effects on weight management of low-income Hispanic women - Asian Congress of nutrition
20. effects on nutrition education on low-income women - Asian Congress of nutrition
21. fitness and nutrition education benefits in low-income Hispanic women - Asian Congress of nutrition
22. nutrition educational effects and the benefits of training workshops on heart-healthy cooking to low-income Hispanic women - Asian Congress of nutrition
23. study of the effect of diabetic education in poor women in Los Angeles, USA- international congress of the gulf group for the study of diabetic
24. formulation of solid and semi-solid trans free fats with low saturated fatty acid for the production of different types of cookies – 98th AOCS annual meeting & Expo Quebec
25. strategies for food waste management to improve sustainable development – international conference on Tayyeb food 2022 Iran
26. natural products: contribution to nutrition and health - international conference of remedial products – Isfahan – Iran 2022
27. Investigating the anti-inflammatory and blood pressure-lowering effect of olive leaves - The first national gathering of Gorgan olives in 1373

28. Investigating the pattern of food consumption in the households of Isfahan City the Third Iranian nutrition congress of 2013
29. The Role of honey in Health The first national bee products festival and conference in 2015
30. Prevalence of zinc deficiency in 6-year-old children- 10th european nutrition & metabolism conference2007
31. Investigating the nutritional status of the elderly in Sadeghieh Complex, Isfahan - The 4th Iranian Nutrition Congres
32. Enter metric study of homeless children of Shahid Fayaz Bakhsh, Isfahan
33. 4th Iranian Nutrition Congress
34. Formulation and clinical investigation of a drug effect on psoriasis from barberry plant the first seminar of Zarshak process - Birjand 1374
35. Investigating the use of barberry in the treatment of drug addicts the first seminar on Barbery process - Birjand 1374
36. Food safety is a way to standardize food - 9th National Congress of Iranian Food Industry 1996