

Mohadeseh Aghasi

No 24, Shabani St. Saadat Abad Ave, Tehran, Iran

Phone: +98 912 525 2754

Email: m.aghasi@yahoo.com

Instagram: @draghasi.diet

Education

Ph.D in Nutrition Sciences

Tehran University of Medical Sciences, Tehran, Iran

2014 – 2018

GPA: 18.18

Dissertation research: The effect of green cardamom supplementation on blood glucose indices, lipids, oxidant and antioxidant parameters, sirtuin-1 and irisin in type 2 diabetic patients

Supervisors: Gity Sotoudeh- Ali Keshavarz

M.Sc. in Health Sciences in Nutrition

Tehran University of Medical Sciences, Tehran, Iran

2011 – 2013

GPA: 17.90

Dissertation research: Comparison of nutritional status and food security in women with acne and healthy women

Supervisor: Ahmadreza Dorosty-Motlagh

B.Sc. in Nutrition Sciences

Shahid Beheshti University of Medical Sciences, Tehran, Iran

2005 – 2009

GPA: 17.30

Publications

1. **Aghasi M, Motlagh A, Eshraghian M, Mansouri P.** Relationship between Food Security and Receiving Carbohydrate with High Glycemic Index with Acne Infection (Case Control Study), 2013
2. **Aghasi M, Motlagh A, Eshraghian M, Maskooni M, Mansouri M, Ashouri M.** Association of Acne and Intake of Dairy Products and Carbohydrates with High Glycemic Index: A Case-Control Study, 2013
3. Shiraseb F, Siassi F, Qorbani M, Sotoudeh G, Rostami R, Narmaki E, Yavari P, **Aghasi M** and Shaibu O. Higher Dietary Diversity is Related to Better Visual and Auditory Sustained Attention, *British J of Nutrition*, 2017
4. Soltani S, Vafa M, Zaeri F, Sarbakhsh P, Niroumand M, Najarzadeh A, **Aghasi M.** The Relationship Between Sodium Intake and Some Bone Health Indices in Retired Female Employees in Yazd, 2017

5. **Aghasi M**, Ghazi-Zahedi SH, Koohdani F, Siassi F, Nasli-Esfahani E, Keshavarz A, Qorbani M, Khoshamal H, Salari-Moghaddam A, Sotoudeh G. The Effects of Green Cardamom Supplementation on Blood Glucose, Lipids Profile, Oxidative Stress, Sirtuin-1, and Irisin in Type 2 Diabetic Patients: A Study Protocol for a Randomized Placebo-Controlled Clinical Trial, BMC Journal, 2018
6. **Aghasi M**, Golzarand M, ShabBidar S, Aminianfar A, Omidian M, Taheri F. Dairy Intake and Acne Development: A Meta-Analysis of Observational Studies, Clinical Nutrition Journal, 2018
7. Golzarand M, Toolabi K, **Aghasi M**. Effect of Green Tea, Caffeine, and Capsaicin Supplements on the Anthropometric Indices: A Meta-Analysis of Randomized Clinical Trials, Journal of Functional Food, 2018
8. **Aghasi M**, Koohdani F, Qorbani M, Nasli-Esfahani E, Ghazi-Zahedi SH, Khoshamal H, Keshavarz A, Sotoudeh G. Beneficial Effects of Green Cardamom on Serum SIRT1, Glycemic Indices, and Triglyceride Levels in Patients with Type 2 Diabetes Mellitus: A Randomized Double-Blind Placebo-Controlled Clinical Trial, JSFA, 2019
9. Taheri F, Djafarian K, Clark C, Taheri M, Djafari F, Honarkar-Shafie E, **Aghasi M**, Shab-Bidar S. The Association of Body Mass Index and Quantitative 24-h Urine Metabolites in Patients with Nephrolithiasis: A Systematic Review and Dose-Response Meta-Analysis, Obesity Medicine, 2020
10. **Aghasi M**, Matinfar A, Golzarand M, Salari-Moghaddam A, Ebrahimpour-Koujan S. Internet Use in Relation to Overweight and Obesity: A Systematic Review and Meta-Analysis of Cross-Sectional Studies, Advances in Nutrition, 2020
11. Omidian M, Abdolahi M, Daneshzad, E, Sedighiyan M, **Aghasi M**, Abdollahi H, Omidian P, Dabiri S, Mahmoudi M. The Effects of Resveratrol on Oxidative Stress Markers: A Systematic Review and Meta-Analysis of Randomized Clinical Trials, Immune, Endocrine & Metabolic Disorders, 2020
12. Ghazi Zahedi SH, koohdani F, Qorbani M, Nasli-Esfahani E, **Aghasi M**, Khoshamal H, Keshavarz A, Sotoudeh G. The Effects of Green Cardamom Supplementation on Blood Pressure and Endothelium Function in Type 2 Diabetic Patients: A Study Protocol for a Randomized Controlled Clinical Trial, Medicine, 2020
13. Ghazi Zahedi SH, koohdani F, Qorbani M, Nasli-Esfahani E, **Aghasi M**, Khoshamal H, Keshavarz A, Sotoudeh G. The Effects of Elettaria Cardamom Supplementation on Inflammatory Markers and Vascular Function in Patients with Type 2 Diabetes Mellitus: A Mechanism-Based Randomized Clinical Trial, Journal of Herbal Medicine, 2020
14. Ghazi Zahedi SH, koohdani F, Qorbani M, Nasli-Esfahani E, **Aghasi M**, Khoshamal H, Keshavarz A, Sotoudeh G. Effects of Green Cardamom Supplementation on Serum Levels of Hs-CRP, Dimethylarginine, Nitric Oxide, and Blood Pressure in Patients with Type 2 Diabetes: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial, Journal of Herbal Medicine, 2022
15. **Aghasi M**, Najafi A, Balighi K, Daneshpazhooh M, Ebrahimpour-Koujan S. Association of Vegetable Intake and Severity of Pemphigus Vulgaris: A Cross-Sectional Study, American Society, 2024

Congress

2024- Poster presentation- American Society for Nutrition (ASN) in Chicago
Abstract title: Association of vegetable intake and severity of pemphigus vulgaris

2024- The 4th International and 16th Nutrition congress in Tehran

2016- The 2th International and 14th Nutrition congress in Tehran

Books Translated

- Nutrition in Adolescence (Krause, 2012)
- Upper and Lower Gastrointestinal Tract, Liver, Bile, and Diabetes (Krause, 2012)

Professional Affiliations

- Member, American Society for Nutrition (ASN), Member Number: 128866
- Member, Iranian Society of Nutrition

Research Experience

- **Researcher**
Investigated the effects of green cardamom supplementation on metabolic markers in type 2 diabetes patients.
- Conducted studies on food security and dietary impacts on health in various populations.

Work Experience

Private Nutritionist

Tehran, Iran

2015 - Present

- Provided personalized dietary plans and nutrition counseling to over 10,000 clients, focusing on diabetes management, obesity, NAFLD, and other metabolic disorders.
- Developed and implemented nutrition education programs tailored to the needs of clients with metabolic dysfunction.
- Monitored client progress and adjusted dietary interventions to optimize health outcomes.

Clinical Nutrition Educator

Tehran University of Medical Sciences, Tehran, Iran

March 2017 - Present

- Provide clinical education in nutrition to undergraduate and graduate students.
- Conduct research on nutritional interventions for metabolic disorders.

Intern

Various Hospitals affiliated with Shahid Beheshti University, Tehran, Iran
2009 - 2011

- Assisted in patient assessments and developed dietary plans in clinical settings.

Skills

- Clinical Nutrition
- Diet Therapy for Metabolic Disorders
- Patient Counseling
- Public Speaking
- Data Analysis

Language

Persian: Native

English: Fluent

References

Hossein Imani

Associate professor of Nutritional Sciences, School of Nutritional Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran

Tel: 00989121385088

Email: h-imani@sina.tums.ac.ir

SeyedAli Keshavarz

Assistant Professor of Nutritional Sciences; Department Clinical Nutrition School of Nutritional Sciences & Dietetics; Tehran University of Medical Sciences, Tehran, Iran

Tel: 00989121279306

Email: s_akeshavarz@yahoo.com

Mahdieh Golzarand

Assistant Professor of Nutrition Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Tel: 00989122305384

Email: golzarand@sbmu.ac.ir

Soraiya Ebrahimpour Koujan

Assistant Professor of Nutritional Sciences; Department Clinical Nutrition School of Nutritional Sciences & Dietetics; Tehran University of Medical Sciences, Tehran, Iran

Tel: 00989395173351

Email: nutria.seam1@gmail.com