

بسمه تعالی

معاونت پژوهشی دانشکده بهداشت و تغذیه شیراز

فرم رزومه (CV) اعضاء هیئت علمی



۱- مشخصات فردی:

نام و نام خانوادگی: دکتر سیاوش بابا جعفری

مدرک تحصیلی: پزشکی، دکترای تخصصی (MD, PhD)، تغذیه

مرتبه علمی: دانشیار

گروه آموزشی: تغذیه بالینی

آدرس: شیراز، کوی زهرا، دانشکده تغذیه و علوم غذایی، صندوق پستی ۱۱۱-۷۱۶۴۵

تلفن: ۰۷۱۱-۷۲۵۱۰۰۱-۵

فاکس: ۰۷۱۱-۷۲۶۰۲۲۵

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پست الکترونیک:

| سال دریافت | کشور | دانشگاه | رشته تحصیلی و تخصصی | درجه تحصیلی |
|------------|----------|------------------|----------------------|-------------------|
| ۱۳۷۲ | ایران | علوم پزشکی شیراز | پزشکی | دکتری حرفه ای |
| ۱۳۸۰ | ایران | علوم پزشکی شیراز | بهداشت عمومی | فوق لیسانس MPH |
| ۱۳۸۵ | استرالیا | کوئینزلند | بهداشت عمومی - تغذیه | GDPH |
| ۱۳۸۹ | استرالیا | کوئینزلند | تغذیه | PHD |

۲- فعالیت های آموزشی:

| فعالیت | سال |
|--|-------------------------|
| فعالیت آموزشی و تدریس در دانشکده بهداشت کوار | از سال ۱۳۸۰ تا سال ۱۳۸۳ |
| عضو هیئت علمی دانشگاه علوم پزشکی شیراز | از سال ۱۳۸۳ تا کنون |

۳- سوابق شغلی:

| سابقه | سال |
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| مدیر شبکه بهداشت و درمان بوانات | از سال ۱۳۷۲ تا سال ۱۳۷۵ |
| مدیر شبکه بهداشت و درمان آباده | از سال ۱۳۷۵ تا سال ۱۳۷۸ |
| رئیس دانشکده بهداشت کوار | از سال ۱۳۷۸ تا سال ۱۳۸۳ |
| رئیس اداره بازرسی و پاسخگویی به شکایات دانشگاه علوم پزشکی شیراز | از سال ۱۳۸۰ تا سال ۱۳۸۴ |
| مشاور اجرایی رئیس دانشگاه علوم پزشکی شیراز | از سال ۱۳۸۱ تا سال ۱۳۸۴ |
| معاون پشتیبانی دانشکده تغذیه و علوم غذایی شیراز | ۱۳۹۲ |
| رئیس حوزه ریاست دانشگاه علوم پزشکی شیراز | ۱۳۹۱ تا ۱۳۹۴ |
| رئیس شورای رفاهی اساتید دانشگاه علوم پزشکی شیراز | ۱۳۹۰ تا ۱۳۹۴ |
| مشاور عالی رئیس دانشگاه علوم پزشکی شیراز | ۱۳۹۱ تا ۱۳۹۶ |
| رئیس مرکز تحقیقات تغذیه شیراز | ۱۳۹۲ تا کنون |
| رئیس انجمن تغذیه ایران - شاخه فارس | ۱۳۹۰ تا ۱۴۰۰ |
| نایب رئیس انجمن تغذیه ایران | ۱۳۹۶ تا ۱۳۹۴ |
| عضو مرکز تحقیقات آبزیان | ۱۳۹۲ تا کنون |
| معاون تحقیقات و فن آوری دانشکده تغذیه | ۱۳۹۸ تا ۱۴۰۰ |

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| مدیر گروه تغذیه بالینی | ۱۳۹۹ تا ۱۴۰۰ |
| رئیس دانشکده تغذیه و علوم غذایی شیراز | ۱۴۰۰ تا کنون |

۵- مقالات منتشر شده در مجلات معتبر علمی - پژوهشی داخل و خارج از کشور:

| ردیف | عنوان مقاله | نام ژورنال | سال چاپ | توضیحات |
|------|---|---|---------|---|
| 1 | The role of ultra-processed food consumption in protein-energy wasting and sarcopenia development in patients with chronic kidney diseases | BMC Nephrology | ۲۰۲۴ | Shateri, Z., Eskandarzadeh, S., Nouri, M., (...), Mansouri, F., Babajafari, S. |
| 2 | Curcumin effects on glycaemic indices, lipid profile, blood pressure, inflammatory markers and anthropometric measurements of non-alcoholic fatty liver disease patients: A systematic review and meta-analysis of randomized clinical trials | Complementary Therapies in Medicine | 2024 | Ebrahimzadeh, A., Mohseni, S., Safargar, M., (...), Babajafari, S., Sohrabi, Z. |
| 3 | Efficacy of Herbal Supplementation of Purslane Freeze-dried Juice | Current Traditional Medicine | 2024 | Tafti, M.A., Moein, M., Babajafari, S., Haem, E., Zarshenas, M.M. |

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|--|------|---|--|---|
| | | | <u>for Weight Loss: An 8-week Randomized, Double-blind, Placebo- controlled Clinical Trial</u> | |
| Kazemi, A., Golzarand, M., Shojaei-Zarghani, S., (...), Mirmiran, P., Azizi, F. | 2024 | <u>International Journal of Food Sciences and Nutrition</u> | <u>Is variety more important than quantity of fruits and vegetables in relation to cardiovascular disease incidence and mortality? Results from a prospective cohort study</u> | 4 |
| Hasanpour, A., Babajafari, S., Mazloomi, S.M., Shams, M. | 2023 | <u>BMC Endocrine Disorders</u> | The effects of soymilk plus probiotics supplementation on cardiovascular risk factors in patients with type 2 diabetes mellitus: a randomized clinical trial | 5 |
| Atefatfar, A., Babajafari, S., Mohammadifard, N., (...), Kazemi, A., Sarrafzadegan, N. | 2023 | <u>Nutrition</u> | A healthy diet, physical activity, or either in relation to cardiovascular and all-cause mortality: A | 6 |

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| | | | prospective cohort study | |
| Negarandeh, Z., Faramarzi, H., Babajafari, S., (...), Salehi, O.R., Zare, M. | 2023 | Journal of Health Sciences and Surveillance , System | Investigating the Relationship between Nutritional Attitude and Performance with Physical Activity in Patients with COVID-19 | 7 |
| Mohammadi-Sartang, M., Babajafari, S., Kohansal, A., (...), Pourmahmoudi, A., Sohrabi, Z. | 2023 | British Journal of Nutrition | Effects of daily functional acorn cake consumption on 9insulin resistance in individuals with obesity or overweight and the metabolic syndrome: A placebo-controlled randomised clinical trial | 8 |
| Lotfi, M., Nouri, M., Turki Jalil, A., (...), Ghoddusi Johari, M., Faghih, S. | 2023 | Food Science and Nutrition | Plant-based diets could ameliorate the risk factors of cardiovascular diseases in adults with chronic diseases | 9 |
| Sasani, N., Kazemi, A., Babajafari, S., (...), Clark, C.C.T., Ashrafi-Dehkordi, E. | 2023 | Food Science and Nutrition | The effect of acorn muffin consumption on glycemic indices and lipid profile in type 2 diabetic | 10 |

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| | | | patients: A randomized double-blind placebo-controlled clinical trial | |
| Rezaiyan, M., Sasani, N., Kazemi, A., (...), Azadian, M., Zareifard, A. | 2023 | Food Science and Nutrition | The effect of spirulina sauce on glycemic index, lipid profile, and oxidative stress in type 2 diabetic patients: A randomized double-blind clinical trial | 11 |
| Davarpanah, H., Ziaee, R., Esmaeilinezhad, Z., (...), Babajafari, S., Barati-Boldaji, R. | 2023 | Journal of Research in Medical Sciences | Evaluating the effect of cow's milk fortified with albumin powder on malnutrition and anthropometric indices in primary-school children with mild-to-moderate underweight: A randomized double-blinded clinical trial | 12 |
| Kazemi, A., Sasani, N., Mokhtari, Z., (...), Hashemian, M., Malekzadeh, R. | 2022 | International Journal of Behavioral Nutrition and Physical Activity | Comparing the risk of cardiovascular diseases and all-cause mortality in four lifestyles with a combination of high/low physical activity and healthy/unhealthy diet: a prospective cohort study | 13 |

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| Dastgheib, M., Barati-Boldaji, R., Bahrampour, N., (...), Babajafari, S., Mazloomi, S.M. | 2022 | Frontiers in Nutrition | A comparison of the effects of cinnamon, ginger, and metformin consumption on metabolic health, anthropometric indices, and sexual hormone levels in women with poly cystic ovary syndrome: A randomized double-blinded placebo-controlled clinical trial | 14 |
| Behzadnia, A., Moosavi-Nasab, M., Mohammadi, A., Babajafari, S., Tiwari, B.K. | 2022 | Frontiers in Nutrition | Production of an ultrasound-assisted biosurfactant postbiotic from agro-industrial wastes and its activity against Newcastle virus | 15 |
| Kazemi, A., Ryul Shim, S., Jamali, N., (...), Babajafari, S., Soltanmohammadi, M. | 2022 | Diabetes Research and Clinical Practice | Comparison of nutritional supplements for glycemic control in type 2 diabetes: A systematic review and network meta-analysis of randomized trials | 16 |
| Ashrafi-Dehkordi, E., Derakhshanfar, A., Alborzi, A., (...), Foladi, Z., Mazloomi, S.M. | 2022 | International Journal of Nutrition Sciences | The Effect of Feeding Genetically Modified Soybean on Histopathology of Organs in Sprague-Dawley Rats | 17 |

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| Hedayati, S., Jafari, S.M., Babajafari, S., Niakousari, M., Mazloomi, S.M. | 2022 | Food Hydrocolloids | Different food hydrocolloids and biopolymers as egg replacers: A review of their influences on the batter and cake quality | 18 |
| Zareian, N., Taheri, R., Borgei, M.H., (...), Nikoo, M.H., Barati-Boldaji, R. | 2022 | Nutrition and Food Science | The effect of Aloe vera powder on anthropometric and metabolic syndrome's indices in patients with type 2 diabetes: a randomized, double-blinded controlled clinical trial | 19 |
| Sharifi, M.H., Meymandi, A.H., Tavabe, M.S., Babajafari, S | 2022 | Journal of Mazandaran University of Medical Sciences | Dietary Supplement Consumption and Micronutrient Intake Status in Bodybuilders | 20 |
| Mazloomi, S.M., Shafiee, M., Babajafari, S. | 2022 | Cytokine | Findings from meta-analysis of soy supplementation and inflammatory biomarkers should be interpreted with caution | 21 |
| Mazloomi, S.M., | 2022 | | The effect of | 22 |

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| Samadi, M., Davarpanah, H., (...), Shafiee, M., Rostami, H. | | Food Science and Nutrition | Spirulina sauce, as a functional food, on cardiometabolic risk factors, oxidative stress biomarkers, glycemic profile, and liver enzymes in nonalcoholic fatty liver disease patients: A randomized double-blinded clinical trial | |
| Hoseini, G., Esmaeilinezhad, Z., Gordali, M., (...), Babajafari, S., Mazloomi, S.M. | 2022 | Journal of Health Sciences and Surveillance System | Evaluation of the Behavioral Changes Related to Food Hygiene and Safety During COVID-19 Outbreak | 23 |
| Foshati, S., Akhlaghi, M., Babajafari, S | 2022 | Food and Function | The effect of pro-/synbiotic supplementation on the brain-derived neurotrophic factor: a systematic review and meta-analysis of randomized controlled trials | 24 |
| Far, Z.G., Babajafari, S., Kojuri, J., (...), Ashrafi-Dehkordi, E., Mazloomi, S.M. | 2022 | Journal of Nutrition and Food Security | The Effect of Spirulina on Anxiety in Patients with | 25 |

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| | | | Hypertension: A Randomized Triple-Blind Placebo-Controlled Clinical Trial | |
| Hedayati, S., Niakousari, M., Babajafari, S., Mazloomi, S.M. | 2021 | Trends in Food Science and Technology | Ultrasound-assisted extraction of mucilaginous seed hydrocolloids: Physicochemical properties and food applications | 26 |
| Ghaem Far, Z., Babajafari, S., Kojuri, J., (...), Golchin Vafa, R., Mazloomi, S.M. | 2021 | Phytotherapy Research | Antihypertensive and antihyperlipemic of spirulina (Arthrospira platensis) sauce on patients with hypertension: A randomized triple-blind placebo-controlled clinical trial | 27 |
| Sasani, N., Kazemi, A., Rezaiyan, M., (...), Babajafari, S., Mazloomi, S.M. | 2021 | International Journal of Clinical Practice | Effect of Artemisia extract on glycemic control: A systematic review and meta-analysis of randomized controlled trial | 28 |

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| Shafiee, M., Mohammadi, V., Kazemi, A., (...), Rostami, H., Mazloomi, S.M. | 2021 | Journal of Herbal Medicine | The effect of Hibiscus sabdariffa (sour tea) compared to other herbal teas and antihypertension drugs on cardiometabolic risk factors: Result from a systematic review and meta-analysis | 29 |
| Kazemi, A., Mohammadi, V., Aghababae, S.K., (...), Clark, C.C.T., Babajafari, S. | 2021 | Advances in Nutrition | Association of Vitamin D Status with SARS-CoV- 2 Infection or COVID-19 Severity: A Systematic Review and Meta- analysis | 30 |
| Babajafari, S., Shafiee, M., Dianatinasab, M., Mazloomi, S.M. | 2021 | Obesity Reviews | Comment on "Effect of bariatric surgery on circulating FGF-19: A systematic review and meta- analysis" | 31 |
| Najafi, A., Babajafari, S., Dabbaghmanesh, M.-H., (...), Shafiee, F., Moein-Jahromi, Z. | 2021 | International Journal for Vitamin and Nutrition Research | Prudent and traditional dietary patterns are positively and negatively associated with bone mineral density in Iranian | 32 |

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| | | | adults, respectively | |
| Kazemi, A., Barati-Boldaji, R., Soltani, S., (...), Babajafari, S., Akbarzadeh, M. | 2021 | Advances in Nutrition | Intake of various food groups and risk of breast cancer: A systematic review and dose-response meta-analysis of prospective studies | 33 |
| Hedayati, S., Niakousari, M., Seidi Damyeh, M., (...), Babajafari, S., Ansarifar, E. | 2021 | LWT | Selection of appropriate hydrocolloid for eggless cakes containing chubak root extract using multiple criteria decision-making approach | 34 |
| Barati-Boldaji, R., Esmaeilinezhad, Z., Babajafari, S., (...), Shafiee, M., Mazloomi, S.M. | 2021 | Nutrition Research | Bariatric surgery reduces branched-chain amino acids' levels: a systematic review and meta-analysis | 35 |
| Kazemi, A., Soltani, S., Ghorabi, S., (...), Babajafari, S., Mazloomi, S.M. | 2021 | Food Reviews alInternation | Is Probiotic and Synbiotic Supplementation Effective on Immune Cells? A Systematic Review and Meta-analysis of Clinical Trials | 36 |
| Babazadeh-Anvigh, B., Abedi, V., Heydari, S., (...), Shariati-Bafghi, S.-E., Karamati, M. | 2020 | Archives of Osteoporosis | Healthy eating index-2015 and bone mineral density among adult Iranian | 37 |

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| | | | women | |
| Esmaeilnezhad, Z., Barati-Boldaji, R., Brett, N.R., (...), Babajafari, S., Sohrabi, Z. | 2020 | Journal of Endocrinological Investigation | The effect of synbiotics pomegranate juice on cardiovascular risk factors in PCOS patients: a randomized, triple-blinded, controlled trial | 38 |
| Faghih, S., Babajafari, S., Mirzaei, A., Akhlaghi, M. | 2020 | European Journal of Nutrition | Adherence to the dietary approaches to stop hypertension (DASH) dietary pattern and mental health in Iranian university students | 39 |
| Hadi, A., Arab, A., Hajianfar, H., (...), Marx, W., Tavakoly, R | 2020 | Complementary Therapies in Medicine | The effect of fenugreek seed supplementation on serum irisin levels, blood pressure, and liver and kidney function in patients with type 2 diabetes mellitus: A parallel randomized clinical trial | 40 |
| Farajbakhsh, A., Mazloomi, S.M., Mazidi, M., (...), Ofori-Asenso, R., Babajafari, S. | 2019 | European Journal of Clinical Nutrition | Sesame oil and vitamin E co- administration may improve cardiometabolic risk factors in patients with metabolic syndrome: a | 41 |

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| | | | randomized clinical trial | |
| Esmaeilnezhad, Z., Babajafari, S., Sohrabi, Z., (...), Amooee, S., Barati-Boldaji, R. | 2019 | Nutrition, Metabolism and Cardiovascular Diseases | Effect of synbiotic pomegranate juice on glycemic, sex hormone profile and anthropometric indices in PCOS: A randomized, triple blind, controlled trial | 42 |
| Babajafari, S., Hojhabrیمانesh, A., Sohrabi, Z., (...), Noorafshan, A., Akrami, A. | 2018 | Trials | Comparing isolated soy protein with flaxseed oil vs isolated soy protein with corn oil and wheat flour with corn oil consumption on muscle catabolism, liver function, blood lipid, and sugar in burn patients: A randomized clinical trial | 43 |
| Babajafari, S., Akhlaghi, M., Mazloomi, S.M., (...), Jafari, P., Hojhabrیمانesh, A. | 2018 | Burns | The effect of isolated soy protein adjunctive with flaxseed oil on markers of inflammation, oxidative stress, acute phase proteins, and wound healing of | 44 |

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| | | | burn patients; a randomized clinical trial | |
| Akrami, A., Nikaein, F., Babajafari, S., Faghih, S., Yarmohammadi, H. | 2018 | Journal of Clinical Lipidology | Comparison of the effects of flaxseed oil and sunflower seed oil consumption on serum glucose, lipid profile, blood pressure, and lipid peroxidation in patients with metabolic syndrome | 45 |
| Kaveh, M.H., Arshadenejad, R., Bahramali, E., Babajafari, S., Ghaem, H. | 2018 | Annals of Tropical Medicine and Public Health | Effects of an education intervention based on health belief model on nutrition-related self-care among iranian rural indwellers | 46 |
| Rahmdel, S., Farahbod, B., Mazloomi, S.M., (...), Babajafari, S., Abdollahzadeh, S.M. | 2017 | Journal of Food Composition and Analysis | Dietary intake of phosphorous and protein in Shiraz, Iran: A comparison of three assessment methods | 47 |
| Nikaein, F., Babajafari, S., Mazloomi, S.M., Zibaenezhad, M., Zargarani, A. | 2017 | Iranian Red Crescent Medical Journal | The effects of Satureja hortensis L. Dried leaves on serum sugar, lipid profiles, hs-CRP, and blood pressure in metabolic | 48 |

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| | | | syndrome patients: A double-blind randomized clinical trial | |
| Babajafari, S., Nikaein, F., Mazloomi, S.M., Zibaeenejad, M.J., Zargaran, A. | 2015 | Journal of Evidence-Based Complementary and Alternative Medicine | A Review of the Benefits of Satureja Species on Metabolic Syndrome and Their Possible Mechanisms of Action | 49 |
| Rahmdel, S., Abdollahzadeh, S.M., Mazloomi, S.M., Babajafari, S. | 2015 | Environmental Monitoring and Assessment | Daily dietary intakes of zinc, copper, lead, and cadmium as determined by duplicate portion sampling combined with either instrumental analysis or the use of food composition tables, Shiraz, Iran | 50 |
| Hatami Zargaran, Z., Salehi, M., Taghi Heydari, S., Babajafari, S. | 2014 | International Cardiovascular Research Journal | The effects of 6 Isocaloric Meals on Body Weight, Lipid Profiles, Leptin, and Adiponectin in Overweight Subjects (BMI > 25) | 51 |
| Babajafari, S., Marks, G.C., Mamun, A.A., | 2011 | Iranian Red Crescent Medical Journal | Family Food behaviours and adolescents overweight: Status: A mother- | 52 |

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| O'Callaghan, M.J., Najman, J.M. | | | offspring link study |
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۸- شرکت در کارگاهها و دوره های آموزشی:

۱- کارگاه تفسیر نتایج آزمون های آزمایشگاهی در مشاوره تغذیه

۲- دوره یک ماهه فلوشیپ پزشکی

۳- Catering Management System

۴- فلوشیپ پژوهشی

۹- فعالیتهای مرتبط با صنعت:

۱-مدیر اجرایی یازدهمین کنگره تغذیه ایران و مسئول ارتباط با صنعت کنگره-آبانماه ۱۳۸۹ شیراز

۲- انجام ۲ طرح تحقیقاتی مشترک با شرکت نفت

۳- رئیس هیئت مدیره شرکت دانش بنیان سلامت محوران نو اندیش توت

۴- عضو هیئت مدیره شرکت دانش بنیان سلمان پژوهش فارس

عضویت در انجمنها و مجامع:

۱- سازمان نظام پزشکی ایران ۱۳۷۲ تا کنون

۲- انجمن تغذیه ایران ۱۳۸۸ تا کنون

مراکز تحقیقاتی:

رئیس مرکز تحقیقات تغذیه دانشگاه علوم پزشکی شیراز

عضوگروه پژوهشی فرآوری آبزیان - دانشکاه شیراز