

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: استاد

گروه آموزشی: تغذیه بالینی

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

تلفن: ۵-۷۲۵۱۰۰۱ - ۷۱۱

فاکس: ۷۲۶۰۲۲۵ - ۷۱۱

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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:

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

۳- سوابق شغلی:

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

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
۱	The association between the planetary health diet index and the risk of sarcopenia and protein-energy wasting in patients with chronic kidney disease	Journal of Health Population and Nutrition	۲۰۲۵	Mansouri, F., Shateri, Z., Shoja, M., (...), Nouri, M., Babajafari, S.
۲	Effects of Yogurt Enriched with Konjac Glucomannan and Inulin on Insulin Sensitivity, Glycemic Control, Lipid Profiles, Anthropometric Measures and Oxidative Stress in Type 2 Diabetes Mellitus: A Randomized Controlled Trial	Preventive Nutrition and Food Science	۲۰۲۵	Dehzad, M.J., Raja, A., Moghdani, Z., (...), Askarpour, M., Babajafari, S.
۳	The association between Helicobacter pylori infection and anthropometric, clinical, and laboratory parameters in children and adults with celiac disease: A cross-sectional study	Heliyon	۲۰۲۵	Niknam, R., Soltani, M., Honar, N., (...), Fattahi, M.R., Mahmoudi, L.
۴	The effect of probiotic-fortified kefir on depression, appetite, oxidative stress, and	Journal of Health Population and Nutrition	۲۰۲۵	Noori M., Shateri Z., Babajafari S., (...), Afshari H., Samadi M

			inflammatory parameters in Iranian overweight and obese elderly: a randomized, double-blind, placebo-controlled clinical trial	
Ebrahimzadeh, A., Ebrahimzadeh, A., Fooladshekan, S., (...), Babajafari, S., Sohrabi, Z.	۲۰۲۰	Food Science and Nutrition	Therapeutic effects of curcumin supplementation on liver enzymes of nonalcoholic fatty liver disease patients: A systematic review and meta-analysis of randomized clinical trials	۵
Babajafari, S., Taghdir, M., Rostami, H.	۲۰۲۰	International Journal of Nutrition Sciences	The Association between Macronutrient Quality Index and Global Dietary Quality Score with Metabolic Syndrome among Iranian Male Staff Population	۶
Z., Shahsavani, Zeinab; S.J., Masoumi, Seyed Jalil; R., Baratiâ□‘Boldaji, Reza; E., Shamshirgardi, Elahe;...	۲۰۲۰	Biological Trace Element Research	Dietary Calcium to Magnesium Ratio and Risk of Cardiovascular Diseases	۷
Far, E.G., Babajafari, S., Far, Z.G., (...), Rahmani, M.H., Mazloomi, S.M.	۲۰۲۰	Caspian Journal of Internal Medicine	Spirulina-fortified salad dressing on body composition and anthropometric indices in hypertensive patients: A tiple-blind randomized placebo-controlled trial	۸
Bashiri, S., TaghipourSheshdeh, F., Foshati, S., (...), Ahmadi, A., Babajafari, S.	۲۰۲۰	Phytotherapy Research	The Effect of Aged Garlic Supplementation on Blood Pressure and Lipid Profile: A Dose-Response Grade-Assessed Systematic	۹

			Review and Meta-Analysis of Randomized Controlled Trials	
Mansouri, F., Jafari, F., Ranjbar, S., (...), Babajafari, S., Nouri, M.	۲۰۲۰	Scientific Reports	Dietary inflammatory index could increase the risk of sarcopenia in patients with chronic kidney disease	۱۰
Shateri, Z., Eskandarzadeh, S., Nouri, M., (...), Mansouri, F., Babajafari, S.	۲۰۲۴	BMC Nephrology	The role of ultra-processed food consumption in protein-energy wasting and sarcopenia development in patients with chronic kidney diseases	۱۱
Ebrahimzadeh, A., Mohseni, S., Safargar, M., (...), Babajafari, S., Sohrabi, Z.	2024	Complementary Therapies in Medicine	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	۱۲
Tafti, M.A., Moein, M., Babajafari, S., Haem, E., Zarshenas, M.M.	2024	Current Traditional Medicine	Efficacy of Herbal Supplementation of Purslane Freeze-dried Juice for Weight Loss: An 8-week Randomized, Double-blind, Placebo-controlled Clinical Trial	۱۳

Kazemi, A., Golzarand, M., Shojaei-Zarghani, S., (...), Mirmiran, P., Azizi, F.	2024	International Journal of Food Sciences and Nutrition	Is variety more important than quantity of fruits and vegetables in relation to cardiovascular disease incidence and mortality? Results from a prospective cohort study	۱۴
Hasanpour, A., Babajafari, S., Mazloomi, S.M., Shams, M.	2023	BMC Endocrine Disorders	The effects of soymilk plus probiotics supplementation on cardiovascular risk factors in patients with type 2 diabetes mellitus: a randomized clinical trial	۱۵
Atefatfar, A., Babajafari, S., Mohammadifard, N., (...), Kazemi, A., Sarrafzadegan, N.	2023	Nutrition	A healthy diet, physical activity, or either in relation to cardiovascular and all-cause mortality: A prospective cohort study	۱۶
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	۱۷
Mohammadi-Sartang, M., Babajafari, S., Kohansal, A., (...), Pourmahmoudi, A., Sohrabi, Z.	2023	British Journal of Nutrition	Effects of daily functional acorn cake consumption on insulin resistance in individuals with obesity or overweight and the metabolic syndrome: A placebo-controlled randomised clinical trial	۱۸

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	۱۹
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 patients: A randomized double-blind placebo-controlled clinical trial	۲۰
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	۲۱
Davarpanah, H., Ziaee, R., Esmailinezhad, 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	۲۲
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	۲۳
Dastgheib, M., Barati-Boldaji, R., Bahrampour, N., (...),	2022	Frontiers in Nutrition	A comparison of the effects of cinnamon, ginger, and metformin	۲۴

Babajafari, S., Mazloomi, S.M.			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	
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	۲۵
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	۲۶
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	۲۷
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	۲۸
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	۲۹

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	۳۰
Mazloomi, S.M., Shafiee, M., Babajafari, S.	2022	Cytokine	Findings from meta- analysis of soy supplementation and inflammatory biomarkers should be interpreted with caution	۳۱
Mazloomi, S.M., Samadi, M., Davarpanah, H., (...), Shafiee, M., Rostami, H.	2022	Food Science and Nutrition	The effect of 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	۳۲
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	۳۳

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	۳۴
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 Hypertension: A Randomized Triple-Blind Placebo-Controlled Clinical Trial	۳۵
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	۳۶
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	۳۷
Sasani, N., Kazemi, A., Rezaian, M., (...), Babajafari, S.,	2021	International Journal of	Effect of Artemisia extract on glycemic control: A	۳۸

Mazloomi, S.M.		Clinical ,Practice	systematic review and meta-analysis of randomized controlled trial	
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	۳۹
Kazemi, A., Mohammadi, V., Aghababaei, 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	۴۰
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"	۴۱
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 adults, respectively	۴۲
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	۴۳
Hedayati, S., Niakousari, M., Seidi	2021	LWT	Selection of appropriate hydrocolloid for eggless	۴۴

Damyeh, M., (...), Babajafari, S., Ansarifar, E.			cakes containing chubak root extract using multiple criteria decision-making approach	
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	٤٥
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	٤٦
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 women	٤٧
Esmaeilinezhad, Z., Barati-Boldaji, R., Brett, N.R., (...), Babajafari, S., Sohrabi, Z.	2020	Journal of Endocrinolog ical Investigation	The effect of synbiotics pomegranate juice on cardiovascular risk factors in PCOS patients: a randomized, triple-blinded, controlled trial	٤٨
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	٤٩
Hadi, A., Arab, A., Hajianfar, H., (...), Marx, W., Tavakoly, R	2020	Complementa ry 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	٥٠
Farajbakhsh, A., Mazloomi, S.M., Mazidi, M., (...), Ofori-Asenso, R.,	2019	European Journal of	Sesame oil and vitamin E co-administration may	٥١

Babajafari, S.		Clinical Nutrition	improve cardiometabolic risk factors in patients with metabolic syndrome: a 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	۵۲
Babajafari, S., Hojabrmanesh, 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	۵۳
Babajafari, S., Akhlaghi, M., Mazloomi, S.M., (...), Jafari, P., Hojabrmanesh, 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 burn patients; a randomized clinical trial	۵۴
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	۵۵

			with metabolic syndrome	
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	۵۶
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	۵۷
Nikaein, F., Babajafari, S., Mazloomi, S.M., Zibaeenezhad, M., Zargaran, 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 syndrome patients: A double-blind randomized clinical trial	۵۸
Babajafari, S., Nikaein, F., Mazloomi, S.M., Zibaeenezhad, M.J., Zargaran, A.	2015	Journal of Evidence- Based Complementa ry and Alternative Medicine	A Review of the Benefits of Satureja Species on Metabolic Syndrome and Their Possible Mechanisms of Action	۵۹
Rahmdel, S., Abdollahzadeh, S.M., Mazloomi, S.M., Babajafari, S.	2015	Environment al 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	۶۰
Hatami Zargaran, Z., Salehi, M., Taghi Heydari, S.,	2014	International Cardiovascul	The effects of 6 Isocaloric Meals on Body Weight, Lipid Profiles, Leptin, and	۶۱

Babajafari, S.		ar Research Journal	Adiponectin in Overweight Subjects (BMI > 25)	
Babajafari, S., Marks, G.C., Mamun, A.A., O'Callaghan, M.J., Najman, J.M.	2011	Iranian Red Crescent Medical Journal	Family Food behaviours and adolescents overweight: Status: A mother-offspring link study	۶۲

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