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Personal Background:

Nationality: Iranian

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Education

2003-2007 Bachelor degree in Nutritional Sciences.

2007-2010 M.Sc. degree in Nutritional Sciences.

2010- 2015 Ph.D in Nutritional Sciences.

Publications:

- Mazloom Z, **Hejazi N**, Dabbaghmanesh MH. Effects of obesity on inflammation and lipid profile of obese women. Saudi Med J. 2009 Oct; 30(10):1357-8.
- **Hejazi N**, Mazloom Z. SOCIOECONOMIC STATUS, YOUTH'S EATING PATTERNS, AND MEALS CONSUMED AWAY FROM HOME. Pakistan journal of biological sciences.2009; 12(9):730-733.

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- Mazloom Z, Ekramzadeh M, **Hejazi N**. Efficacy of supplementary vitamins C and E on anxiety, depression and stress in type 2 diabetic patients: a randomized, single-blind, placebo-controlled trial. Pakistan Journal of Biological Sciences 11/2013; 16(22):1597-600. (corresponding author)
- **Hejazi N**, Nikandish R. Nutritional management in colonic interposition and partial gastrectomy"case report". RJMS.2014; 21 (122):53-60. (Farsi) (corresponding author)
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- **Hejazi N**, Dabbaghmanesh MH, Mazloom Z. Effect of Vitamin E on Fasting and Postprandial Oxidative stress, Inflammatory Markers, lipidemia, Insulin Resistance, Blood

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- Nachvak M, Hedayati S, **Hejazi N**, Motamedi Motlagh A, Shafizade A, Shojaee M. Nutritional assessment in ICU patients with enteral feeding in Amol hospitals. RJMS. 2018; 24 (163) :92-104(Farsi)
- Nachvak SM, Hedayati S, **Hejazi N**, Motamedi-Motlagh A, Abdollahzad H. Nutritional care and balance of energy in patients hospitalized in Iranian intensive care units. Nutrition Clinique et Métabolisme. 2018 Apr 5.
- Mazloom Z, Razmjouei N, **Hejazi N**, Dehaghani FS. Food Insecurity in Patients with Multiple Sclerosis and its Association with Anthropometric Measurements. International Journal of Nutrition Sciences. 2017 Jun 22;2(2):80-4. (corresponding author)
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- Alizadeh Naini M, Yousefnejad H, **Hejazi N**. The Beneficial Health Effects of *Nigella sativa* on *Helicobacter pylori* Eradication, Dyspepsia Symptoms and Quality of Life in the Infected Patients: A Pilot Study. *Phytotherapy Research*. 34(6), pp. 1367-1376 (corresponding author)

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- Masoumi, S. J., Hejazi, N., Jamshidi, S., Torabi, A. A., Zare, M., & Beheshtian, S. E. (2025). Investigating the Relationship between Body Cell Mass Index, Phase Angle, and Hematological Indices Indicating Inflammation with Quality of Life in the Personnel of Shiraz University of Medical Sciences: A Cross-sectional Study of the Cohort Study.

- Madani, S., Masoumi, S. J., Ahmadi, A., Zare, M., Hejazi, N., & Foshati, S. (2025). The relationship between kidney function and cardiometabolic risk factors, anthropometric indices, and dietary inflammatory index in the Iranian general population: a cross-sectional study. *BMC nephrology*, 26(1), 5.
- Mohammadi, F., Razmjooei, N., Mohsenpour, M. A., Nejati, M. A., Eftekhari, M. H., & Hejazi, N. (2025). The effects of kefir drink on liver aminotransferases and metabolic indicators in patients with nonalcoholic fatty liver disease: a randomized controlled trial. *BMC nutrition*, 11(1), 3.
- Askarpour, M., Hejazi, N., Jahromi, B. N., Eskandari, M. H., Famouri, M., & Bedeltavana, A. (2025). Effects of a Novel Fortified Dairy Product on the Psychological Status and Sleep Quality of Patients with Polycystic Ovary Syndrome: A Double-Blind Randomized Controlled Trial. *Preventive Nutrition and Food Science*, 30(1), 37.
- Zare, M. J., Ahmadi, A., Dehbozorgi, S., Zare, M., & Hejazi, N. (2025). The Association Between Children's Dietary Inflammatory Index (C-DII) and Nutrient Adequacy with Gastrointestinal Symptoms, Sleep Habits, and Autistic Traits. *Journal of Autism and Developmental Disorders*, 55(5), 1727-1736.
- Khatapoush, S., Mohit, M., Mansouri Shirazi, F., Moazen, M., Ebrahimzadeh, A., & Hejazi, N. (2025). The Effect of Vitamin K Supplementation on Glycemic Indices in Adults: A Systematic Review and Meta-Analysis of Clinical Trials. *International Journal of Nutrition Sciences*.
- Dehghani, M., Kojuri, J., Ahmadi, A., Zare, M., Bonyadian, A., & Hejazi, N. (2025). The association between nutrients intake, diet quality and food insecurity with depression in patients with coronary artery disease. *Journal of Health, Population and Nutrition*, 44(1), 205.
- Askarpour, M., Jahromi, B. N., Eskandari, M. H., Maghsoudi, Z., Famouri, M., Bedeltavana, A., & Hejazi, N. (2025). The Effects of a Novel Fortified Dairy Product on Weight Loss, Metabolic Profiles, and Endocrine Hormones in Women With Polycystic Ovary Syndrome: A Double-Blind Randomized Controlled Trial. *Food Science & Nutrition*, 13(7), e70506.

- Mohit, M., Homayounfar, R., Saadi, A. F., & Hejazi, N. (2025). The association between diet quality and anthropometric measurements among non-alcoholic fatty liver disease patients with diabetes: a cohort-based cross-sectional study. *BMC nutrition*, 11(1), 149.
- Seyhoun, M., Ahmadi, A., Zare, M., Honardoust, M., Hejazi, N., Mohsenpour, M. A., & Homayounfar, R. (2025). Association of anthropometry indices and metabolic syndrome in Iranians: a cross-sectional study of the Fasa adult cohort study. *BMJ open*, 15(10), e100607.

Oral and poster presentations:

- BENEFICIAL HEALTH EFFECTS OF MENAQUINONE-7 ON BODY COMPOSITION, GLYCEMIC INDICES, LIPIDS PROFILES AND ENDOCRINE MARKERS IN PCOS PATIENTS (3rd International and 15th Iranian Nutrition Congress, **2018**, Tehran, IRAN)
- Effects of obesity on inflammation and lipid profile of obese women (10th Iranian congress of Nutrition)
- SOCIOECONOMIC STATUS, YOUTH'S EATING PATTERNS, AND MEALS CONSUMED AWAY FROM HOME. (10th Iranian congress of Nutrition)
- Anthropometric Measurements and its Relation to Hypertension in Cardiovascular Disease Patients (19th International Congress of Nutrition **2009**, Thailand)
- Effect of ascorbic acid on postprandial oxidative stress and lipid profile in type 2 diabetic patients (Annual International Conference for Academic Disciplines, **2011**)
- Effect of ascorbic acid supplementation on fasting and postprandial oxidative stress and inflammatory markers in type 2 diabetic patients (9th International Congress of endocrinology, **2011**, IRAN)
- Effect of vitamin C and vitamin E on depression, stress and anxiety in type 2 diabetic patients. (1th International and 12th National Congress of Nutrition **2012**, IRAN)
- Female obesity and infertility. International congress of maternal obesity. (**1394**, urmia, IRAN).

- The Beneficial Effects of Alpha-Lipoic Acid in Critically Ill Patients: A Prospective, Randomized, Placebo-Controlled Trial. (12th European Nutrition Conference (FENS), **2015**, Berlin, Germany)
- Nutritional Assessment in Critically Ill patients: a cohort study from Shiraz, IRAN. (12th European Nutrition Conference (FENS), **2015**, Berlin, Germany)
- COMPARING MALNUTRITION AND ANTHROPOMETRIC MEASUREMENTS AMONG ELDERLY PEOPLE WITH AND WITHOUT CARDIOVASCULAR DISEASE. (2nd International and 14th Iranian Nutrition Congress, **2016**, Tehran, IRAN)
- PREVALENCE OF FOOD INSECURITY AMONG MULTIPLE SCLEROSIS PATIENTS AND ITS RELATION TO ANTHROPOMETRIC MEASUREMENTS. (2nd International and 14th Iranian Nutrition Congress, **2016**, Tehran, IRAN)
- EVALUATING THE KNOWLEDGE OF ICU NURSES ABOUT ENTERAL FEEDING IN CRITICALLY ILL PATIENTS. (2nd International and 14th Iranian Nutrition Congress, **2016**, Tehran, IRAN)
- The nutritional benefits of Pistachio atlantica. (1th international congress on biomedicine, **2017**, Tehran, IRAN)
- WILD PISTACHIO (PISTACIA ATLANTICA MUTICA) OIL IMPROVE METABOLIC SYNDROME FEATURES IN RATS WITH HIGH FRUCTOSE INGESTION (3rd International and 15th Iranian Nutrition Congress, **2018**, Tehran, IRAN)
- NUTRITIONAL STATUS IN PATIENTS WITH GASTROINTESTINAL CANCER IN COMPARISON TO OTHER CANCERS IN SHIRAZ, SOUTHERN IRAN, A CASE CONTROL STUDY (3rd International and 15th Iranian Nutrition Congress, **2018**, Tehran, IRAN)
- RANKING OF SHIRAZ TOP FITNESS CLUBS REGARDING NUTRITIONAL KNOWLEDGE, ATTITUDE, AND PERFORMANCE OF SPORT TRAINERS USING MULTI-CRITERIA DECISION MAKING APPROACH (3rd International and 15th Iranian Nutrition Congress, **2018**, Tehran, IRAN)
- Investigation the relationship between nutritional status, biochemical factors and the length of stay in intensive care unit with the survival rate, second international nutrition congress, **2023**
- Comparing Virtual and In-person Nutrition Counseling: A Review, The 6th Shiraz International Congress on Mobile Health. **2023**

- The role of cyberspace in promoting nutritional knowledge in the Corona era. The 4th Shiraz International Congress on Mobile Health. 2021
- Nutrition in Inflammatory Bowel Disease:Espen, The 6th Shiraz International Congress on Mobile Health.2023