

به نام خدا

دکتر مرضیه اکبرزاده

دکترای تخصصی علوم تغذیه

دانشیار، عضو هیات علمی گروه تغذیه جامعه

دانشکده تغذیه و علوم غذایی، دانشگاه علوم پزشکی شیراز

Published articles			
1	Protocol for designing and developing a population-based individualized intervention planning assistant for overweight and obesity	STAR Protocols, 6(4):-	2025
2	The effect of chitosan supplementation on liver function, hepatic steatosis predictors, and metabolic indicators in adults with non-alcoholic fatty liver disease: a randomized, double-blinded, placebo-controlled, clinical trial	Journal of Health Population and Nutrition, 44(1),60	2025
3	Dietary glycemic index, glycemic load, and risk of COVID-19: a prospective cohort study	Journal of Health Population and Nutrition, 44(1),203	2025
4	Association between hedonic hunger and food addiction: A systematic review and meta-analysis	Nutrition Metabolism and Cardiovascular Diseases, 35(6):-	2025
5	Examination of Eating Patterns, Sleep Quality, and Anxiety among Normal-Weight and Overweight Female Students in Shiraz, Iran	International Journal of Nutrition Sciences, 10(2):146-153	2025
6	Effect of carotenoid supplementation on blood pressure in adults: a	Nutrition Reviews, 83(1):13-28	2025

	GRADE-assessed systematic review and dose-response meta-analysis of randomized controlled trials		
7	Sun Exposure Behaviors and Vitamin D Status in Healthy Adults	International Journal of Nutrition Sciences, 10(1), pp. 63-73	2025
8	Dietary Calcium to Magnesium Ratio and Risk of Cardiovascular Diseases	Biological Trace Element Research, :-	2025
9	Comparing mobile-based to group-based education for weight reduction in a developing country: a randomized study	Korean Journal of Family Medicine, 46(3), pp. 152-161	2025
10	Nutrition literacy and eating habits in children from food-secure versus food-insecure households: A cross-sectional study Original Article	Medicine (United States) 103(39):e39812-	2024
11	Association between hedonic hunger and body mass index in adults: A systematic review and meta-analysis Review	Appetite 199:-	2024
12	Educational intervention based on the extended parallel process model improves adherence to diabetic diet and glycaemic control indices: A randomised, double-blind, controlled, factorial field trial Original Article	British Journal of Nutrition 131(12):2068-2079	2024

13	Sarcopenia and Health-related Quality of Life in Community-dwelling Older Adults Original Article	Journal of Health Sciences and Surveillance System 12(2), pp. 141-148	2024
14	Effects of Supplementation with Different Forms of Vitamin E on Liver Enzymes: A Systematic Review of Randomized Clinical Trials Review	Journal of Health Sciences and Surveillance System 12(2):117-124	2024
15	Night eating habits, sleep quality, and depression, are they associated with vitamin D status? Original Article	Clinical Nutrition ESPEN 59, pp. 113-117	2024
16	Iranian Dietitians' Viewpoints on Virtual Nutritional Consultation on the Instagram Platform: A Descriptive, Cross-sectional Study Original Article	Journal of Health Sciences and Surveillance System 12(1):90-97	2024
17	A Systematic Review and Meta-Analysis of Vitamin D Status of Patients with Severe Obesity in Various Regions Worldwide Review	Obesity Facts 16(6):519-539	2023
18	Structural equation modeling of direct and indirect associations of social media addiction with eating behavior in adolescents and young adults Original Article	Scientific Reports 13(1):-	2023
19	The association between healthy eating and dietary quality index with depression among the elderly in Shiraz Original Article	Journal of Mazandaran University of Medical Sciences 33(227):140-146	2023
20	Adherence to a healthy diet and odds of metabolic syndrome: A cross-sectional study Original Article	Clinical Nutrition ESPEN 56:180-186	۲۰۲۳

21	Whey Protein Supplementation with or without Vitamin D on Sarcopenia-Related Measures: A Systematic Review and Meta-Analysis Review	Advances in Nutrition 14(4):762-773	2023
22	Maternal Depression and Infant's Growth during Breast-feeding: Is There Any Relationship? Original Article	Journal of Health Sciences and Surveillance System 11(3):433-439	2023
23	The association between low carbohydrate diet and odds of metabolic syndrome in adults: A cross-sectional study Original Article	Clinical Nutrition ESPEN 55:238-243	2023
24	Advanced Glycosylation End Products: Effects in Chronic Kidney Disease and Related Disorders Review	International Journal of Nutrition Sciences 8(1):1-8	2023
25	Association of plant-based dietary patterns with metabolic syndrome: baseline results from the Persian Kavar cohort study (PKCS) Original Article	International Journal of Food Sciences and Nutrition 74(2):291-301	2023
26	Quality of diet and odds of metabolic syndrome in Iranian adults: Baseline results from the PERSIAN Kavar cohort study (PKCS) Original Article	Nutrition, Metabolism and Cardiovascular Diseases 33(9):1760-1767	2023
27	The Association of Dietary Glycemic Index with the Prevention and Treatment of COVID-19: A Narrative Review Original Article	Journal of Nutrition and Food Security 8(3):486-492	2023
28	Effect of Chromium Supplementation on Body Weight and Body Fat: A Systematic Review of Randomized, Placebo-controlled Trials Review	International Journal of Nutrition Sciences 7(3):131-137	2022

29	Effect of a multi-disciplinary program on anthropometric and biochemical parameters in obese and overweight elementary school girls: A randomized clinical trial Original Article	Nutrition, Metabolism and Cardiovascular Diseases 32(8):1982-1989	2022
30	Developing a Model for Prediction of Serum 25-Hydroxyvitamin D Level: The Use of Linear Regression and Machine Learning Methods Original Article	Journal of the American Nutrition Association 41(2):191-200	2022
31	Vitamin D, Magnesium and Their Interactions: A Review Review	International Journal of Nutrition Sciences 6(3):113-118	2021
32	Vitamin D and Frailty in Older Adults: A Review Review	International Journal of Nutrition Sciences 6(2):70-73	2021
33	Intake of various food groups and risk of breast cancer: A systematic review and dose-response meta-analysis of prospective studies Review	Advances in Nutrition 12(3):809-849	2021
34	A multi-disciplinary approach to weight management of school-age girls: A study protocol Original Article	Pediatric Endocrinology, Diabetes and Metabolism 27(2):76-81	2021
35	Did Iranians change their eating behavior following COVID-19 outbreak? Original Article	Journal of Research in Medical Sciences 26(1):-	2021
36	Developing a Model for Prediction of Serum 25-Hydroxyvitamin D Level: The Use of Linear Regression and Machine Learning Methods Original Article	Journal of the American College of Nutrition :-	2021

37	SHORT-TERM DIET MODIFICATION CAN MODERATE THE LEVELS OF FATIGUE INDICES IN TENNIS PLAYERS Original Article	Human Sport Medicine 21(4):127-138	2021
38	Dietary Diversity and Abdominal Obesity among Female Students of Shiraz University of Medical Sciences, Shiraz, Iran Original Article	International Journal of Nutrition Sciences 5(2):79-83	2020
39	Vitamin D and GUT Microbiota: A Review Review	International Journal of Nutrition Sciences 5(2):50-56	2020
40	The effects of cashew nut intake on lipid profile and blood pressure: A systematic review and meta-analysis of randomized controlled trials Original Article	Complementary Therapies in Medicine 50:-	۲۰۲۰
۴۱	Sesame oil and vitamin E co-administration may improve cardiometabolic risk factors in patients with metabolic syndrome: a randomized clinical trial Original Article	European Journal of Clinical Nutrition 73(10):1403-1411	2019
	Association of Quality of Life with Serum Phenylalanine Level and Socioeconomic Status in Patients with Phenylketonuria: A Review Original Article	International Journal of Nutrition Sciences 4(3):109-112	2019
	Vitamin D and Autism Spectrum Disorder: A Review Review	International Journal of Nutrition Sciences 4(1):9-13	2019
	Effect of Protein Supplementation on Serum Electrolytes in Hemodialysis Patients Original Article	International Journal of Nutrition Sciences 4(1):30-35	2019

	Effects of a new metabolic conditioning supplement on perioperative metabolic stress and clinical outcomes: A randomized, placebo-controlled trial Original Article	Iranian Red Crescent Medical Journal 18(1):-	2016
	The effect of calcitriol on lipid profile and oxidative stress in hyperlipidemic patients with type 2 diabetes mellitus Original Article	ARYA Atherosclerosis 10(2):82-88	2014
	Content of toxic and essential metals in recrystallized and washed table salt in Shiraz, Iran Original Article	Journal of Environmental Health Science and Engineering 12(1):-	2014
	Serum IL-18 and hsCRP correlate with insulin resistance without effect of calcitriol treatment on type 2 diabetes Original Article	Iranian Journal of Immunology 10(3):167-176	2013
	Impact of treatment with oral calcitriol on glucose indices in type 2 diabetes mellitus patients Original Article	Asia Pacific Journal of Clinical Nutrition 20(4):521-526	2011
	Iron status in female athletes participating in team ball-sports Original Article	Pakistan Journal of Biological Sciences 13(2):93-96	2010