

Zahra Yari

Assistant Professor (Research)

Department of Nutrition Research, National Nutrition and Food Technology Research Institute (NNFTRI), Shahid Beheshti University of Medical Sciences (SBMU), Tehran, Iran.

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PERSONAL INFORMATION

Date of Birth: April 23, 1989

Place of Birth: Isfahan, Iran

Marital Status: Married

Gender: Female

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EDUCATION

Ph.D. Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran (October 2016-June 2020)

Thesis: Effects of soy isoflavone supplement on cardiovascular disease risk factors and bone metabolism markers in peritoneal dialysis patients

Supervisor: Dr. Hadi Tabibi

GPA: 19.29 out of 20

M.Sc. Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran (September 2012-June 2015)

Thesis: The effects of Flaxseed supplementation on lipid profile, liver enzymes, insulin resistance, inflammatory factors and hepatic fibrosis in patients with Non-alcoholic Fatty Liver Disease

Supervisor: Prof. Azita Hekmatdoost

GPA: 19.03 out of 20

B.Sc. Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, National Nutrition and Food Technology Research Institute, Shahid Beheshti University of Medical Sciences, Tehran, Iran (February 2008-June 2012)

GPA: 18.23 out of 20

HONORS

- Top student at M.Sc. degree.
- Top student at Ph.D. degree.
- Ranked 2 among 2410 contestants in the Iran entrance examination of M.Sc.
- Ranked 6 among contestants in Ph.D. entrance examination in Iran.
- Member of the National Elite Foundation of Iran (NEFI)(bonyad meli nokhbegan Iran).
- Member of the Talent Academy of Shahid Beheshti University of Medical Sciences.
- NIH Certification of the educational activity titled "INTRODUCTION TO THE PRINCIPLES AND PRACTICE OF CLINICAL RESEARCH".

PUBLICATIONS

JOURNAL ARTICLES

1. **Yari Z**, Rabiei S. Association Between Sleep Pattern, Anthropometric Indicators, and Metabolic Risk Factors. *Sleep and Vigilance*. 2021:1-7.
2. Movahedian M, Tabibi H, Atabak S, Hedayati M, Rahmani L, **Yari Z**. Effects of Soy Isoflavones on Glycemic Parameters and Blood Pressure in Peritoneal Dialysis Patients: A Randomized, Double Blind, Placebo-Controlled Trial. *Iranian Journal of Kidney Diseases*. 2021;1(2).
3. **Yari, Z.**, Naser-Nakhaee, Z., Karimi-Shahrbabak, E. et al. Combination therapy of flaxseed and hesperidin enhances the effectiveness of lifestyle modification in cardiovascular risk control in prediabetes: a randomized controlled trial. *Diabetol Metab Syndr* 13, 3 (2021). [ISI, IF: 2.6]
4. Movahedian M, **Yari Z**, Mohamadi S, Pashayee-khamene F, Hekmatdoost A. Associations between Soy Intake and Disease Severity in Cirrhotic Patients: Results from a Cross-Sectional Study. *Iranian Journal of Nutrition Sciences & Food Technology*.19-26.
5. Behrouz V, **Yari Z**. A review on differential effects of dietary fatty acids on weight, appetite and energy expenditure. *Critical Reviews in Food Science and Nutrition*. 2020:1-31. [ISI, IF: 11.2]
6. Abhari K, Saadati S, **Yari Z**, Hosseini H, Hedayati M, Abhari S, et al. The effects of Bacillus coagulans supplementation in patients with non-alcoholic fatty liver disease: A randomized, placebo-controlled, clinical trial. *Clin Nutr ESPEN*. 2020;39:53-60.
7. **Yari Z**, Cheraghpour M, Aghamohammadi V, Alipour M, Ghanei N, Hekmatdoost A. Energy-dense nutrient-poor snacks and risk of non-alcoholic fatty liver disease: a case-control study in Iran. *BMC Research Notes*. 2020;13(1):1-5.
8. Togha M, Rahmanzadeh R, Nematgorgani S, **Yari Z**, Razeghi Jahromi S, Refaiean F. Suppression of Menstrual-Related Migraine Attack Severity Using Pyridoxine, Thiamine, and Cyanocobalamin: A Quasi-Experimental Within-Subject Design. *Archives of Neuroscience*.
9. **Yari Z**, Tabibi H, Najafi I, Hedayati M, Movahedian M. Effects of isoflavones on bone turnover markers in peritoneal dialysis patients: a randomized controlled trial. *International Urology and Nephrology*. 2020. [ISI, IF: 1.8]
10. Bahrami M, Cheraghpour M, Jafarirad S, Alavinejad P, Asadi F, Hekmatdoost A, Mohammadi M, **Yari Z**. The effect of melatonin on treatment of patients with non-alcoholic fatty liver disease: a randomized double-blind clinical trial. *Complementary Therapies in Medicine*. 2020:102452. [ISI, IF: 1.9]
11. **Yari Z**, Tabibi H, Najafi I, Hedayati M, Movahedian M. Effects of soy isoflavones on serum systemic and vascular inflammation markers and oxidative stress in peritoneal dialysis patients: A randomized controlled trial. *Phytotherapy Research*. 2020. [ISI, IF: 4]
12. **Yari Z**, Tabibi H, Najafi I, Hedayati M, Movahedian M. Effects of soy isoflavones on serum lipids and lipoprotein (a) in peritoneal dialysis patients. *Nutrition, Metabolism and Cardiovascular Diseases*. 2020. [ISI, IF: 3.7]
13. Movahedian M, Rahmani J, **Yari Z**, Rashvand S, Hekmatdoost A. Dietary glycemic index, glycemic load and risk of ulcerative colitis: results from a case-control study. *Nutrition & Food Science*. 2020.
14. **Yari Z**, Cheraghpour M, Hekmatdoost A. Flaxseed and/or hesperidin supplementation in metabolic syndrome: an open-labeled randomized controlled trial. *European Journal of Nutrition*. 2020:1-12. [ISI, IF: 4.7]
15. Karimi S, Tabataba-vakili S, Ebrahimi-Daryani N, **Yari Z**, Karimi A, Hedayati M, et al. Inflammatory biomarkers response to two dosages of vitamin D supplementation in patients with ulcerative colitis: A randomized, double-blind, placebo-controlled pilot study. *Clinical Nutrition ESPEN*. 2020.

16. **Yari Z**, Movahedian M, Imani H, Alavian SM, Hedayati M, Hekmatdoost A. The effect of hesperidin supplementation on metabolic profiles in patients with metabolic syndrome: a randomized, double-blind, placebo-controlled clinical trial. *European Journal of Nutrition*. 2019;1-9. [ISI, IF: 4.7]
17. Saadati S, Sadeghi A, Mansour A, **Yari Z**, Poustchi H, Hedayati M, et al. Curcumin and inflammation in non-alcoholic fatty liver disease: a randomized, placebo controlled clinical trial. *BMC gastroenterology*. 2019;19(1):133. [ISI, IF: 2.8]
18. Karimi S, Tabataba-vakili S, **Yari Z**, Alborzi F, Hedayati M, Ebrahimi-Daryani N, et al. The effects of two vitamin D regimens on ulcerative colitis activity index, quality of life and oxidant/anti-oxidant status. *Nutrition journal*. 2019;18(1):16. [ISI, IF: 4.6]
19. Darabi Z, Darand M, **Yari Z**, Hedayati M, Faghihi A, Agah S, et al. Inflammatory markers response to citrulline supplementation in patients with non-alcoholic fatty liver disease: a randomized, double blind, placebo-controlled, clinical trial. *BMC research notes*. 2019;12(1):1-5.
20. Abhari K, Saadati S, Hosseini-Oskouie F, **Yari Z**, Hosseini H, Sohrab G, et al. Is Bacillus coagulans supplementation plus low FODMAP diet superior to low FODMAP diet in irritable bowel syndrome management? *European Journal of Nutrition*. 2019:1-7. [ISI, IF: 4.7]
21. Darand M, Darabi Z, **Yari Z**, Hedayati M, Shahrabaf MA, Khoncheh A, et al. The effects of black seed supplementation on cardiovascular risk factors in patients with nonalcoholic fatty liver disease: A randomized, double-blind, placebo-controlled clinical trial. *Phytotherapy Research*. 2019;33(9):2369-77. [ISI, IF: 4]
22. Cheraghpour M, Imani H, Ommi S, Alavian SM, Karimi-Shahrbabak E, Hedayati M, **Yari Z**, Hekmatdoost A. Hesperidin improves hepatic steatosis, hepatic enzymes, and metabolic and inflammatory parameters in patients with nonalcoholic fatty liver disease: A randomized, placebo-controlled, double-blind clinical trial. *Phytotherapy Research*. 2019;33(8):2118-25. [ISI, IF: 4]
23. **Yari Z**, Behrouz V, Zand H, Pourvali K. New insight into diabetes management: from glycemic index to dietary insulin index. *Current diabetes reviews*. 2020;16(4):293-300.
24. Darand M, Darabi Z, **Yari Z**, Hekmatdoost A. Fructose Consumption is Associated with Non-Alcoholic Fatty Liver Disease Risk: A Case-Control Study from Iran. *Hepatitis Monthly*. 2019;19(4). [ISI, IF: 1.7]
25. Darand M, Darabi Z, **Yari Z**, Saadati S, Hedayati M, Khoncheh A, et al. Nigella sativa and inflammatory biomarkers in patients with non-alcoholic fatty liver disease: Results from a randomized, double-blind, placebo-controlled, clinical trial. *Complementary therapies in medicine*. 2019;44:204-9. [ISI, IF: 1.9]
26. **Yari Z**, Rahimlou M, Hekmatdoost A. Flaxseed Supplementation Improves Anthropometric measurements, Metabolic, and Inflammatory Biomarkers in Overweight and Obese Adults. *International Journal for Vitamin and Nutrition Research*. 2019. [ISI, IF: 1.2]
27. Rahimlou M, **Yari Z**, Rayyani E, Keshavarz SA, Hosseini S, Morshedzadeh N, et al. Effects of ginger supplementation on anthropometric, glycemic and metabolic parameters in subjects with metabolic syndrome: A randomized, double-blind, placebo-controlled study. *Journal of Diabetes & Metabolic Disorders*. 2019;18(1):119-25.
28. Darabi Z, Darand M, **Yari Z**, Agah S. Effects of Citrulline on Non-alcoholic Fatty Liver Disease: A Randomized-controlled Clinical Trial. *Iranian Journal of Nutrition Sciences & Food Technology*. 2019;14(3):1-9. [Fa]
29. Saadati S, Hatami B, **Yari Z**, Shahrabaf MA, Eghtesad S, Mansour A, et al. The effects of curcumin supplementation on liver enzymes, lipid profile, glucose homeostasis, and hepatic steatosis and fibrosis in patients with non-alcoholic fatty liver disease. *European journal of clinical nutrition*. 2019;73(3):441-9. [ISI, IF: 3.4]
30. Saadati S, Hekmatdoost A, Hatami B, Mansour A, **Yari Z**, Hedayati M, et al. Comparing different non-invasive methods in assessment of the effects of curcumin on hepatic fibrosis in patients with

- non-alcoholic fatty liver disease. *Gastroenterology and hepatology from bed to bench*. 2018;11(Suppl 1):S8.
31. Emamat H, **Yari Z**, Farhadnejad H, Mirmiran P. Differential Effects of Dietary Fatty Acids on Body Composition and Adiposity. *Current Nutrition & Food Science*. 2020;16(2):142-54.
 32. Seddighi S, Ghidari ME, Sadeghi A, Shahrabaf MA, Mahmanzar MA, Saadati S, **Yari Z**. Evaluation of the cardiovascular risk in patients with biliary stones: a descriptive cross-sectional study. *Gastroenterology and hepatology from bed to bench*. 2018;11(Suppl 1):S14.
 33. Togha M, Shirbache K, Rahmanzadeh R, Ghorbani Z, **Yari Z**, Refaiean F, et al. Prevalence of new-onset migraine in patients with idiopathic intracranial hypertension in comparison to the general population. *Iranian Journal of Neurology*. 2018;17(4):161.
 34. **Yari Z**, Mirmiran P. Alkaline Diet: a Novel Nutritional Strategy in Chronic Kidney Disease? *Iranian Journal of Kidney Diseases*. 2018;12(4):204. **[ISI, IF: 1.7]**
 35. Mofidi F, Poustchi H, **Yari Z**, Nourinayyer B, Merat S, Sharafkhah M, et al. Synbiotic supplementation in lean patients with non-alcoholic fatty liver disease: a pilot, randomised, double-blind, placebo-controlled, clinical trial. *British Journal of Nutrition*. 2017;117(5):662-8. **[ISI, IF: 3.3]**
 36. **Yari Z**, Ebrahimof S. Effect of vitamin D supplementation on serum C-reactive protein level: a meta-analysis of randomized controlled trials. *journal of Nutritional Science and Dietetics*. 2017;3(4).
 37. **Yari Z**, Rahimlou M, Poustchi H, Hekmatdoost A. Flaxseed supplementation in metabolic syndrome management: a pilot randomized, open-labeled, controlled study. *Phytotherapy Research*. 2016;30(8):1339-44. **[ISI, IF: 4]**
 38. Mofidi F, **Yari Z**, Poustchi H, Merat S, Nourinayyer B, Malekzadeh R, et al. Effects of synbiotics supplementation in lean patients with nonalcoholic fatty liver disease: study protocol of a pilot randomized double-blind clinical trial. *Archives of Iranian medicine*. 2016;19(4):282-4. **[ISI, IF: 1]**
 39. **Yari Z**, Rahimlou M, Eslamparast T, Ebrahimi-Daryani N, Poustchi H, Hekmatdoost A. Flaxseed supplementation in non-alcoholic fatty liver disease: a pilot randomized, open labeled, controlled study. *International journal of food sciences and nutrition*. 2016;67(4):461-9. [Fa] **[ISI, IF: 3.5]**
 40. Rahimlou M, **Yari Z**, Hekmatdoost A, Alavian SM, Keshavarz SA. Ginger supplementation in nonalcoholic fatty liver disease: a randomized, double-blind, placebo-controlled pilot study. *Hepatitis monthly*. 2016;16(1). **[ISI, IF: 1.7]**
 41. Hekmatdoost A, Vahid F, **Yari Z**, Sadeghi M, Eini-Zinab H, Lakpour N, et al. Methyltetrahydrofolate vs folic acid supplementation in idiopathic recurrent miscarriage with respect to methylenetetrahydrofolate reductase C677T and A1298C polymorphisms: a randomized controlled trial. *PloS one*. 2015;10(12):e0143569. **[ISI, IF: 2.7]**
 42. **Yari Z**, Rahimlu M, Poustchi H, Ebrahimi Daryani N, Hekmatdoost A. Effect of Flaxseed Supplementation on Liver enzymes, Hepatic Fibrosis and Steatosis in Nonalcoholic Fatty Liver Disease: A Randomized-controlled Clinical Trial. *Iranian Journal of Nutrition Sciences & Food Technology*. 2016;10(4):1-12. [Fa]
 43. **Yari Z**, Mirmiran P, Moslehi N. Effects of Flaxseed and Its Nutritional Components on the Metabolic Syndrome and Associated Risk Factors. 2014. [Fa]

CONFERENCE PAPERS AND POSTERS

1. **Yari Z**, Rahimlou M, Hekmatdoost A. Flaxseed Supplementation in Non-Alcoholic Fatty Liver Disease: A Pilot Randomized, Open Labeled, Controlled Study, Oral presentation, The First National Nutrition Sciences Student Conference, Tehran, Iran.
2. Rahimlou M, **Yari Z**, Hekmatdoost A, Keshavarz SA. Ginger Supplementation in Nonalcoholic Fatty Liver Disease: A Randomized, Double-Blind, Placebo-Controlled Pilot Study, Oral presentation, The First National Nutrition Sciences Student Conference, Tehran, Iran.
3. **Yari Z**, Hekmatdoost A. Flaxseed supplementation in non-alcoholic fatty liver disease: A randomized controlled clinical trial, Poster, 2nd International & 14th Iranian Nutrition Congress, Tehran, Iran.
4. **Yari Z**, Hekmatdoost A. Flaxseed supplementation in metabolic syndrome management: A pilot randomized, open labeled, controlled study, Poster, 2nd International & 14th Iranian Nutrition Congress, Tehran, Iran.
5. **Yari Z**, The role of nitric oxide in memory, 2nd National Seminar on the Role of Medical Basic Sciences on Health Promotion, Poster, Tehran, Iran.
6. **Yari Z**, Hekmatdoost A. The effect of flaxseed on overweight and obesity management: A randomized controlled clinical trial, Poster, The first congress of student research committees in the southwest of the country, Ahvaz, Iran.
7. **Yari Z**, Hekmatdoost A. Flaxseed supplementation in metabolic syndrome management: A randomized controlled study, Poster, Iranian Congress for the Prevention and Treatment of Obesity, Tehran, Iran.
8. **Yari Z**, Hekmatdoost A. The effect of flaxseed on anthropometry, serum lipids and inflammatory biomarkers in obese and overweight adults: controlled clinical trial, Poster, Iranian Congress for the Prevention and Treatment of Obesity, Tehran, Iran.

RESEARCH INTERESTS

- Preventive Nutrition
- Fortification
- Community-based clinical trial
- Medical nutrition therapy

SKILLS

- **General Computer Skills:** *Microsoft Windows, Microsoft Office.*
- **Research Skills:** *Animal laboratory, PBMC extracting, Meta-analyzing.*
- **Software:** *R, SPSS, Nutritionist-4, Endnote.*

SOME OF RESEARCH PROJECTS

No.	Project Title	Role in Project	Research Location Institute	Current Status	Project Duration
1	Comparison of glycemic index and insulin index in diabetes management	Executive	Student Research Committee of Shahid Beheshti University of Medical Sciences	accomplished	12 months
2	Hesperidin Supplementation in Metabolic Syndrome Management: A double-blinded, Randomized, Controlled Study	Executive	Student Research Committee of Shahid Beheshti University of Medical Sciences	accomplished	12 months
3	Effects of isoflavones on bone metabolism markers in peritoneal dialysis patients	Executive	Shahid Beheshti University of Medical Sciences	accomplished	18 months
4	The association of dietary fatty acids on body composition	Executive	Student Research Committee of Shahid Beheshti University of Medical Sciences	accomplished	12 months
5	The association of dietary fatty acids and body weight, appetite, energy expenditure	Executive	Student Research Committee of Shahid Beheshti University of Medical Sciences	accomplished	12 months
6	The effect of Supplementation of flaxseed, hesperidin, flaxseed and hesperidin together in non-alcoholic fatty liver disease: A Randomized, Controlled Study	Executive	Student Research Committee of Shahid Beheshti University of Medical Sciences	accomplished	12 months
7	Association between energy-dense nutrient-poor snacks and risk of non-alcoholic fatty liver disease	Executive	Student Research Committee of Shahid Beheshti University of Medical Sciences	accomplished	6 months

8	The effect of flaxseed and hesperidin concurrent supplementation in prediabetes: A Randomized, Controlled Study	Executive	Student Research Committee of Shahid Beheshti University of Medical Sciences	accomplished	6 months
9	Effects of Diafun high protein shake on nutritional and body composition parameters in hemodialysis patients	Executive	Shahid Beheshti University of Medical Sciences	Ongoing	18 months

LANGUAGES

- Persian: Native
- English: Good

ACADEMIC BOOKS

1. **Yari Z**, translation of krause's food & the nutrition care process, 15th ed, 2021, first volume.
2. **Yari Z**, translation of krause's food & the nutrition care process, 15th ed, 2021, third volume.
3. **Yari Z**, Hekmatdoost A. Dietary Interventions in Fatty Liver. Dietary Interventions in Gastrointestinal Diseases: Elsevier; 2018.
4. **Yrai Z**, Mirzadeh-ahari Z, Khalili M, translation of krause's food & the nutrition care process, 13th ed, 2012, third volume.
5. **Yari Z**, Shimi Q, translation of krause's food & the nutrition care process, 14th ed, 2017, second volume.
6. **Yari Z**, Nutrition for Entrance Examination - Quick and Comprehensive Review of Resources, Basic Nutrition and Nutritional Assessment, Volume 1, 2017.
7. **Yari Z**, Nutrition for Entrance Examination - Quick and Comprehensive Review of Resources, Nutrition for Health and Health and Life Times, Volume 2, 2017.
8. **Yari Z**, Nutrition for Entrance Examination - Quick and Comprehensive Review of Resources, Diet Therapy, Volume 3, 2017.

SCIENTIFIC WEBSITES

- Scopus
- Google Scholar
- ORCID
- Research Gate