

## Curriculum Vitae

# Dr. Ariyo Movahedi, PhD

## Clinical Nutritionist



### Personal Information:

- Nationality: Iranian
- Date & Place of Birth: Feb.28.1973, Tehran, Iran
- Religion: Muslim, Shia
- Affiliation: Department of Nutrition & Dietetic, Faculty of Medicine Islamic Azad University, Science & Research Branch
- Living Country/City: Iran/Tehran
- Phone: 0098-9121473959
- Email: amm35@mail.aub.edu

### Education Information:

- |           |   |
|-----------|---|
| 2011-2014 | <ul style="list-style-type: none"><li>▪ University Putra Malaysia, Malaysia</li><li>▪ PhD in Clinical Nutrition</li></ul>                             |
| 2004-2006 | <ul style="list-style-type: none"><li>▪ American University of Beirut, Lebanon</li><li>▪ MS in Nutrition</li></ul>                                    |
| 1992-1995 | <ul style="list-style-type: none"><li>▪ Beheshti University of Medical Sciences and Health Services, Tehran, Iran</li><li>▪ BS in Nutrition</li></ul> |

### Work Experience:

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|---------------------------|---|
| Sep. 2015-                | <ul style="list-style-type: none"><li>▪ Academic Faculty Member</li><li>▪ IAU, Science &amp; Research Branch</li><li>▪ <b>Assistant Professor</b></li></ul>   |
| Sep. 2006-<br>Jan. 2007   | <ul style="list-style-type: none"><li>▪ American University of Beirut, Lebanon</li><li>▪ <b>Part time Research Consultant</b> (Upon on request)</li><li>▪ Helping in different projects.</li></ul>  |
| Jun.-Sep.,<br>2006        | <ul style="list-style-type: none"><li>▪ American University of Beirut, Lebanon</li><li>▪ <b>Research Assistant</b></li><li>▪ Working with rats for a PhD thesis entitled "Role of Black Seed and Its Active Component Thymoquinone in Prevention and Therapy of Colon Cancer: Mechanism of Action"</li></ul>  |
| Jan. 2004 -<br>Jun. 2006  | <ul style="list-style-type: none"><li>▪ American University of Beirut, Lebanon</li><li>▪ <b>Graduate Assistant</b></li><li>▪ Instructing students in the lab, preparing lectures, conducting research, proctoring and correcting exams</li></ul>  |
| May,<br>1998-Dec.<br>2003 | <ul style="list-style-type: none"><li>▪ National Nutrition and Food Technology Research Institute, Beheshti University of Medical Sciences and Health Services, Tehran, Iran</li><li>▪ <b>Head of Computer Lab</b></li><li>▪ Teaching computer &amp; nutritional softwares to students and staffs, helping MS and PhD students in their thesis, advising BS students for their BS seminar, performing troubleshooting</li></ul> |

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- Oct. 2001–   ▪ FAVA Co., Tehran, Iran
- Dec. 2003   ▪ **Consultant and Manager**
- Working as the Head of Nutrition Team and the IT Designer in a project to produce the 1<sup>st</sup> National Diet Therapy software
- 
- Feb. Jun.   ▪ National Nutrition and Food Technology Research Institute, Beheshti University of  
1999        Medical Sciences and Health Services, Tehran, Iran
- **Visual Editor**
- Preparing the material and edited the book entitled The Manual for Household Measures, Cooking Yield Factors and Edible Portion of Foods
- 

#### Academic & Research Experiences:

##### • Published Papers

- Minaie M., Movahedi A., Dorosty Motlagh A., Abdollahi Z. **“Association of Socioeconomic Status & Food Security with Weight Status among 2–5 years old urban children in 8 Different Cities in Iran”**. International Journal of Preventive Medicine. 2018.XX.XX Coming issue. (Scopus, ISI Emerging)
- Minaie M., Mirzaei Kh., Heshmat R. Movahedi A., Dorosty Motlagh A., Parsaeian M., Raghebi SS., Djazayeri A. **“Revising the Comprehensive Feeding Practices Questionnaire used in planning preventive overweight, obesity and underweight programs for 2–5 year-old children”**. International Journal of Preventive Medicine. 2018.XX.XX Coming issue. (Scopus, ISI Emerging)
- Madani Z., Moussavi Jordi M., Minaie M., Dorosty Motlagh A., Abdollahi Z., Babaei F., Abasalti Z., Movahedi A\*. 2018. **“Comparison the effectiveness of an intervention Program to Improve the Nutritional Status of Children Aged 2–6 Years in Day Care Centers of East & West of Iran.”** Food & Health. 1(2). 15–25
- Movahedi A., Rahmat A., Othman F. 2017. **“Evaluation of Antioxidant Activity, Total Phenolic and Flavonoids Contents of Orthosiphon stamineus, Teucrium polium, and Berberis vulgaris Decoctions”**. Food & Health. 1(1). 19–24
- Hosseini Khorami SA. Movahedi A. Huzwah K. Mohd Sokhini AM. 2015. **“PI3K/AKT pathway in modulating glucose homeostasis and its alteration in Diabetes”**. Annals of Medical and Biomedical Sciences. 1(2); 46–55 (PubMed)
- Movahedi A., Rahmat A., Basir R., Charafeddine M, Othman F. 2014. **“Remarkable anticancer activity of *Teucrium polium* on hepatocellular carcinogenic rats”**, Evidence-Based Complementary and Alternative Medicine, SS Issue: Complementary and Alternative Medicine in Cancer Prevention and Therapy. Aug. 1–9. (ISI)
- Movahedi A., Rahmat A., Basir R., Charafeddine M, Othman F. 2014. **“*Orthosiphon stamineus*: an Asian tea with substantial anticancer properties”**, International Journal of Nutritional Sciences and Dietetics. 2014; Vol.1, No. 1:30–38. (PubMed)
- Movahedi A., Rahmat A., Basir R., Othman F. 2014. **“SEM Evaluation of Safety Level of Heavy Metal Content of *Orthosiphon stamineus*, *Teucrium polium*, and *Berberis vulgaris* Decoctions”**. Malaysian Journal of Microscopy, Vol 10. 77–82. (Scopus)
- Babazekri L., Hanafiah Juni M., Nor Afiah MZ, Fattah Azman AZ, Movahedi A. 2014. **“Socio Demographic Factors And Physical Activity Associated With Overweight And Obesity Among Iranian Adolescents”**, La Pensee Journal, Vol. 76, Issue. 6 (PubMed)

- Agheli N., Movahedi A. “**Prevalence of Nutritional Risk Factors in Cardiovascular Disease in 35–65 Year-olds in Tehran**”, Medical Journal of Rasht University of Medical Science & Health Services”, Aug. 2000, 75–86 (PubMed)
- Movahedi A. “**Simple Formula for Calculating Basal Energy Expenditure**”, Nutrition Research, Jul. 1999, 989–995 (ISI)
- **In progress Articles**
  - Movahedi A. Movahedi A. “**Body Mass Index Influences Emotional Intelligence of Children**”. 2018. Iranian Journal of Pediatrics. Submission date: 2018. Under progress
  - Movahedi A., Rahmat A., Basir R., Charafeddine M., Othman F. 2018. “**Hepatoprotective effect of *Berberis vulgaris* in Hepatocarcinogenic Rats**”. Journal of Functional Foods. Under correction.
  - Movahedi A., Rahmat, A., Basir R., Othman F. 2018. “**Vitamins in prevention and treatment of Cancer**”. Chinese Journal of Cancer Research. Submission date: 2018. Under progress
  - Movahedi A., Rahmat, A., Basir R., Othman F. 2018. “**Minerals in prevention and treatment of Cancer**”. Chinese Journal of Cancer Research. 2018. Under progress
  - Movahedi A., Rahmat, A., Basir R., Othman F. 2018. “**Phytochemicals and Cancer**”. Nutrition and Cancer. Under referee progress
  - Movahedi A., Basir R., Rahmat A., Charafeddine M., Othman F. 2018. “**Medicinal properties of *Berberis vulgaris***”. Journal of Alternative and Complementary Medicine. 2018. Under progress.
  - Movahedi A., Basir R., Rahmat A., Charafeddine M., Othman F. 2018. “**Medicinal properties of *Teucrium polium***”. BMC Complementary and Alternative Medicine. 2018. Under progress.
  - Movahedi A., Basir R., Rahmat A., Charafeddine M., Othman F. 2018. “**Medicinal properties of *Orthosiphon stamineus***”. Phytotherapy Research. 2018. Under progress.
  - Movahedi A., Movahedi A. 2018. “**Anti-stress herbal teas: Fact or fiction?**” Asian pacific journal of psychology. 2018. Progress in Nutrition. Under progress.
- **As Referee of Journals:**
  - Nutrition Research, 2016
  - Journal of Nutrition & Food Sciences, NNFTRI Publication. 2016
  - International Journal of Nutritional Sciences and Dietetics. 2014
  - Journal of Isfahan Medical School. 2009
  - Science Alert. 2008
- **As Editorial Board:**
  - Food & Health. 2017. Islamic Azad University Publication.
  - Editor in chief of Journal of Young Researchers in Nutritional Science (JYRNS) Journal. 2016. Islamic Azad University Publication.

#### Published Books:

- Esfehiani MR., Hajmohammadbagher N., Askari MR., Gaeini Z. Mohammadkhani E., Movahedi A. “**Weightlos Diets**”. Islamic Azad University. 2018. In press.
- Kelishadi, R. Movahedi, A. “**Handbook of Pediatric Obesity Guideline for Parents**”. 2015. Ministry of Health. Under publishing.

- Movahedi A, Karandish M. “**Sight and Life Manual on Vitamin A Deficiency Disorders (VADD)**”, 1<sup>st</sup> Ed., Persian Edition, National Nutrition and Food Technology Research Institute, 2000, Tehran, Iran, Translator and Designer
- Movahedi A, Rousta R. “**Food Composition Table**”, National Nutrition and Food Technology Research Institute publication. 1<sup>st</sup> Ed,1999, 2<sup>nd</sup> Ed., 2000, 2018 (3<sup>rd</sup> Ed. Under rewriting)

#### Accomplished Projects

- Academic year 2011–2013, PhD Thesis entitled “Comparative–Synergistic Effects Of *Orthosiphon Stamineus*, *Teucrium Polium*, And *Berberis Vulgaris* On Biochemical Markers, Glucocorticoid Receptors And Histology Of Hepatocarcinogenic Rats”
- Academic year 2005–2006, Master Thesis entitled “Postprandial and Chronic Effects of Seed of *Ocimum basilicum*, *Nigella sativa* and Husk of *Plantago ovata* on Blood Parameters in Female Rats”
- Fall 2005, Master’s tutorial, development a hand book on Medical Nutrition Therapy in Diabetes
- From Sep. 1999 to Dec. 2003, “National household food and Nutrition Security”, 1999–2003, National Nutrition and Food Technology Research Institute, Tehran, Iran, Colleague
- Study of Obesity Prevalence in Guidance School Students of Tehran”, 2000, National Nutrition and Food Technology Research Institute, Tehran, Iran

#### Oral/Poster Presentations:

- Ariyo Movahedi. Eat and be cured: The role of foods in angiogenesis as a new era in fighting cancer. The 3<sup>rd</sup> International congress of Nutrition. 2018. Tehran, Iran. **Oral Presentation**
- Ariyo Movahedi. Foods and Angiogenesis: A New Era in Fighting Cancer. Nutrition & Cancer congress. 2018. Tehran, Iran. **Oral Presentation**
- Ariyo Movahedi. Nano–nutrition as a method of anticancer therapy: Present Challenges & Promising future. ICB 2017. Tehran, Iran. **Oral Presentation**
- Ariyo Movahedi, Prof. Fauziah Othman, Asmah Rahmat, Moahamad Charaffeddine. Promising effects of Herbal Decoctions in Hepatocellular Carcinoma: Comparison of *Teucrium polium* vs *Orthosiphon stamineus* on Liver Glucocorticoid Receptors in Animal Model. NLRH 2017. Mashhad, Iran. **Oral Presentation**
- Ariyo Movahedi. Herbs & Type 2 Diabetes: Hopes & Evidences. Nutrition Day Seminar. Shiraz. Iran. 2017. **Oral Presentation**
- Ariyo Movahedi, Asmah Rahmat, Mohammad Charafeddine, Fauziah Othman. 2016. Herbal Teas & Cancer Suppressive Effects in Hepatocellular Carcinoma: Drink to Be Healed. The 2<sup>nd</sup> International Nutrition Congress, Tehran, Iran. Poster Presentation
- Ariyo Movahedi. Zinat Kamali. Nutritional Consideration in Dealing with Navy Life: Challenges & Answers. 2016. 4<sup>th</sup> National Preventative Medicine of Marine and Submarines. Bandar Abbas, Iran. Poster Presentation.
- Ariyo Movahedi, Rusliza Basir, Asmah Rahmat, Mohammad Charafeddine, Fauziah Othman. 2015. Beneficial Effects of *Teucrium polium* on Hepatocellular Carcinoma in Animal Model. 12<sup>th</sup> European Nutrition Conference. Poster Presentation. Berlin, Germany
- Leila Babazekri, Ariyo Movahedi, Muhamad Hanafiah Juni, Ahmad Zaid Fattah Azman, Nor Afiah Mohd Zulkefli, Mahnaz Akbari Kamrani. 2015. Overweight and Obesity among Iranian

- Adolescents in Malaysia: Socio-demographic vs Physical activity. 12th European Nutrition Conference. Poster Presentation. Berlin, Germany
- Ariyo Movahedi, Mina Minaie, Zahra Abdollahi, Fathollah Poorali . 2015. Prevalence of Overweight and Obesity in North-West of Iran: Importance of Economic Situation. 12th European Nutrition Conference. Poster Presentation. Berlin, Germany
  - Ariyo Movahedi, Rusliza Basir, Asmah Rahmat, Mohammad Charafeddine, Fauziah Othman. 2015. Comparison the Anticancer Activity of *Teucrium polium* & *Orthosiphon stamineus* & Their Effects on Liver Glucocorticoid Receptors in Animal Model of Hepatocellular Carcinoma. The 2<sup>nd</sup> International Gastrointestinal Cancer Congress, Tehran, Iran. Poster Presentation
  - Ariyo Movahedi, Zinat Kamali, Batoul Dehghani Tarzajani, Maryam Zarei, Maryam Emadi, Fatemeh Zarei. Systematic Review of Plant Solutions of Traditional Medicine in the Management and Control of Type 2 Diabetes. 2015. The 1<sup>st</sup> National congress of Nutrition & Traditional Medicine. 2015. Tehran, Iran. **Oral Presentation**
  - Azam Movahedi, Ariyo Movahedi. 2015. The Effect of Herbal Essences in Reducing Anxiety and Aggression, and Their Synergy Effects with Consultations Referred to Counseling Centers. The 1<sup>st</sup> National congress of Nutrition & Traditional Medicine. 2015. Tehran, Iran. Poster Presentation
  - Ariyo Movahedi, Rusliza Basir, Asmah Rahmat, Mohammad Charafeddine, Fauziah Othman. 2015. Beneficial Effects of *Teucrium polium* on Hepatocellular Carcinoma in Animal Model. 12<sup>th</sup> European Nutrition Conference Fens Berlin. Poster Presentation
  - Ariyo Movahedi, Mina Minaie, Zahra Abdollahi, Fathollah Poorali. 2015. Prevalence of Overweight and Obesity in North-West of Iran: Importance of Economic Situation. 12<sup>th</sup> European Nutrition Conference Fens Berlin. Poster Presentation
  - Leila Babazekri, Ariyo Movahedi, Muhamad Hanafiah Juni, Ahmad Zaid Fattah Azman, Nor Afiah Mohd Zulkefli, Mahnaz Akbari Kamrani. 2015. Overweight and Obesity among Iranian Adolescents in Malaysia: Socio-demographic vs Physical activity. 12<sup>th</sup> European Nutrition Conference Fens Berlin. Poster Presentation
  - Ariyo Movahedi, Mina Minaie, Zahra Abdollahi, Fathollah Poorali. 2015. Prevalence of Overweight and Obesity in North-West of Iran. Urmia Medical Science University. **Oral Presentation**
  - Leila Babazekri, Ariyo Movahedi, Muhamad Hanafiah Juni, Ahmad Zaid Fattah Azman, Nor Afiah Mohd Zulkefli. Is Stress Risk Factor Of Overweight And Obesity Among Iranian Student In Overseas? 2015. Urmia Medical Science University. **Oral Presentation**
  - Ariyo Movahedi, Rusliza Basir, Asmah Rahmat, Mohammad Charafeddine, Fauziah Othman. 2015. Effect of *Orthosiphon stamineus* Decoction on Control & Suppression of Liver Cancer in Animal Model. 1<sup>st</sup> National Congress of Nutrition & Cancer. **Oral Presentation**
  - Ariyo Movahedi, Rusliza Basir, Asmah Rahmat, Mohammad Charafeddine, Fauziah Othman. Investigation of Anticancer Activity of *Teucrium polium* & its Effect on Glucocorticoid Receptors of Liver Cells in Animal Model of Hepatocellular Carcinoma. The 1st International & the 13<sup>th</sup> Iranian Nutrition Congress. 2014. **Oral Presentation**
  - Leila Babazekri, Muhamad Hanafiah Juni, Ariyo Movahedi, Nor Afiah MZ, Mahnaz Akbari Kamrani. Overweight and Obesity Related Factors among Iranian Adolescents: Socio-demographic vs Physical activity. The 1st International & the 13th Iranian Nutrition Congress. 2014. Poster Presentation

- Mahin Salimi, Zalilah Mohd Shariff, Mohd Taib Mohd Nasir, Hejar Abdul Rahman, Reza Amani, Azade Saki, Ariyo Movahedi. Association between Metabolic Syndrome and BMI in Nurses in Ahvaz, Khuzestan–Iran. The 1st International & the 13th Iranian Nutrition Congress. 2014. Poster Presentation
- Majid Karandish, Reza Vafa, Ariyo Movahedi, Soodeh Shokravi, Peyvasteh Safarpour. Round table on: Professionalism in Diet Clinics. The 1st International & the 13th Iranian Nutrition Congress. 2014
- Babazekri L., Hanafiah Juni M., Nor Afiah MZ, Fattah Azman AZ, Movahedi A. High prevalence of overweight and obesity among Iranian students in Malaysia: What factor should be blamed? Feb. 2014
- Movahedi A, Obeid O, Hwalla N. “Postprandial & Chronic Effects of Husk of Psyllium ovata L. on Blood Parameters of Female Rats”. Functional Foods Conference: Nutritional & Health Implications, Universiti Putra Malaysia, Nov. 2011
- Movahedi A, Obeid O, Hwalla N. “International Biodiversity Day at AUB (IBDAA)”, American university of Beirut, Beirut, Lebanon, May, 2007. Poster Presentation
- Movahedi A, Moussavi M, Mohammadizadegan M, Ebrahimof S. “Effects of SCFA on Cancer”, presented as an oral lecture in the 1<sup>st</sup> Cancer Congress of Iran, Tehran, Apr. 2003. Oral Presentation
- Moussavi M, Movahedi A. “Nuts in Health and Disease”, presented as an oral lecture in the 7<sup>th</sup> Nutrition Congress of Iran, Rasht, Jul. 2003. **Oral Presentation**
- Movahedi A, Mohammadizadegan M, Moussavi M, Ebrahimof S. “Challenges of Diet Therapy in Overweight and Obese People in Tehran”, was accepted as a poster presentation in the 3<sup>rd</sup> Asian Congress of Dietetics, Malaysia, 2002. Poster Presentation
- Movahedi A, Mohammadizadegan M, Moussavi M, Ebrahimof S. “Hypolipidemia: a Risk Factor of Major Depression in Human Models”, presented as an oral lecture in the 1<sup>st</sup> Psychology Congress of Iran, Tehran, Feb. 2002. **Oral Presentation**
- Movahedi A, Mohammadizadegan M, Moussavi M, Ebrahimof S. “Diet Therapy: Hopes and Challenges”, presented as an oral lecture in the 1<sup>st</sup> National Macronutrient Disorder Congress of Iran, Boushehr, Sep. 2002. **Oral Presentation**
- Koushki A, Movahedi A. “Cardiovascular Diseases: Epidemiological Assessment of Risk Factors of Patients in Tehran”, was accepted as a poster presentation in the 3<sup>rd</sup> Asian Congress of Dietetics, Malaysia, 2002
- Koushki A, Movahedi A. “Assessment of Food Patterns in Hypertensive Men”, was accepted as a poster presentation in the Nutrition Congress, ITANA Nutrition, 2002, Kenya
- Houshiar–Rad A, Movahedi A. “Is American RDA is an Appropriate Standard for Estimating Energy and Nutrient Requirements of the Iranian Population?”, was accepted as a poster presentation in 17<sup>th</sup> International Congress of Nutrition, Vienna, Austria, Aug. 27–31, 2001
- Houshiar–Rad A, Movahedi A. “Using Body Mass Index as an Indicator for Determining Under and Over Nutrition in the Iranian Population (6–70+ Years)”, was accepted in 6<sup>th</sup> Nutrition Congress of Iran as a poster presentation, Feb. 2001
- Kalantari N, Ahranjani B, Karandish M, Movahedi A. Rashidi A. “Prevalence of Malnutrition: Undernutrition and Overweight in Preschools (24–72 Months) in Hormozgan Province”, was accepted as a poster presentation in the in 6<sup>th</sup> Nutrition Congress of Iran, Ahwaz, Feb. 2001

- **Projects (Member of research team):**

- MS thesis as titled “Nutrition and weight management knowledge, life style factors, dietary intake and body weight status of Iranian postgraduate students in UPM, Malaysia”, 2009, **Unofficial consultant**
- MS thesis as titled “Nutritional Status in adolescents age 12–17 attending in Iranian secondary school in Kuala Lumpur, UPM, Malaysia”, 2009, **Unofficial consultant**
- “Food Allergy in 18 Provenance of Iran”, BS Seminar, 2003, National Nutrition and Food Technology Research Institute, Tehran, Iran, **participated as consultant of the team**
- “Study of Osteoporosis Prevalence in 40–60 Year–old Women of Tehran”, 2001, National Nutrition and Food Technology Research Institute, Tehran, Iran, **Research member**
- “Study of Obesity Prevalence in Guidance School Students of Tehran”, 2001, National Nutrition and Food Technology Research Institute, Tehran, Iran, **Research member**
- “Study of Obesity Prevalence in High School Students of Tehran”, 2000, National Nutrition and Food Technology Research Institute, Tehran, Iran, **Research member**
- “Assessment of Vitamin A Deficiency in the South of Iran”, 2000, National Nutrition and Food Technology Research Institute, Tehran, Iran, **Research member**
- “Iranian Food Album”, 1998–2000, National Nutrition and Food Technology Research Institute, Tehran, Iran, **Research member**
- “Study of Prevalence of Heart Disease Risk Factors in Tehranian 35–65 Year–olds”, 1999, National Nutrition and Food Technology Research Institute, Tehran, Iran, **Research member**
- **Congresses:**
  - The 2<sup>nd</sup> International Gastrointestinal Cancer Congress. 2015. Tehran, Iran. **Participant, Poster Presenter**
  - The 1<sup>st</sup> National congress of Nutrition & Traditional Medicine. 2015. Tehran, Iran. **Participant, Oral Presenter**
  - The 1st National Congress of Nutrition and Cancer. 2015. Yazd, Iran. **Participant, Oral Presenter**
  - The 1st International & the 13th Iranian Nutrition Congress. 2014. Tehran, Iran. **Participant, Oral Presenter**
  - “Functional Foods Conference: Nutritional & Health Implications”, Universiti Putra Malaysia, November. 2011, **Participant, Presenter**
  - “UPM & Mead Johnson Child Nutrition”, Universiti Putra Malaysia, October. 2011, **Participant**
  - “Maternal and infant nutrition”, American university of Beirut, Lebanon, April, 2007, **Participant**
  - “Fighting Together Cardiovascular Disease”, Beit al Tabib, Beirut, Lebanon, January 19th–21 st, 2004, **Participant**
  - 8<sup>th</sup> National Nutrition Congress of Iran, Tehran 2004, **Participant, Lecturer**
  - 7<sup>th</sup> National Nutrition Congress of Iran, Rasht 2002, **Participant, Lecturer**
  - 6<sup>th</sup> National Nutrition Congress of Iran, Ahwaz 2001, **Participant, Lecturer**
  - 1<sup>st</sup> International Congress on Fasting, Tehran, Nov. 6–9, 2001, **Participant, Presenter**
  - 1<sup>st</sup> International Congress on Traditional Medicine and Materia Medica, Tehran, Nov. 6–9, 2000, **Participant**
  - 5<sup>th</sup> National Nutrition Congress of Iran, Tehran 1999, **Participant, Lecturer, Co–manager**
  - 4<sup>th</sup> National Nutrition Congress of Iran, Tehran 1997, **Participant**
  - 3<sup>rd</sup> National Nutrition Congress of Iran, Esfahan 1995, **Participant**
  - 2<sup>nd</sup> National Nutrition Congress of Iran, Tabriz 1993, **Participant**

- **Workshops:**

- “Food Therapy in Heart Diseases“. Iran’s Scientific for Healthy Food & Nutrition. 2018. Tehran. Iran
- “Food Therapy in Heart Diseases“. TOS Clinic. 2018. Tehran. Iran
- “Oral & Poster Presentation Creation”, Faculty of Medical Sciences, Science & Research Branch, Islamic Azad University. 2015–2016, Iran, **Trainer**
- “Reference Managing by Mendeley”, Faculty of Medical Sciences, Science & Research Branch, Islamic Azad University. 2015–2016, Iran, **Trainer**
- “Oral & Poster Presentation Creation”, Faculty of Nursing & Midwifery, Shahid Beheshti University of Medical Sciences & Health Services. 2015, Iran, **Trainer**
- “Reference Managing by Mendeley”, Faculty of Nutrition, Shahid Beheshti University of Medical Sciences & Health Services. 2015, Iran, **Trainer**
- “Reference Managing by Mendeley”, Faculty of Nursing & Midwifery, Shahid Beheshti University of Medical Sciences & Health Services. 2015, Iran, **Trainer**
- “Reference Managing by Mendeley”, Behsite of Iran, 2014, Iran, **Trainer**
- “Reference Managing by Mendeley”, Medical University of Isfahan, 2014, Iran, **Trainer**
- “PowerPoint and Poster presentation: How to Make Things Cool?!", Medical University of Isfahan, 2014, Iran, **Trainer**
- “Reference Managing by Mendeley”, Behsite of Iran, 2014, Iran, **Trainer**
- “Advances in Internal Medicine”, 2014, FPSK, UPM, Malaysia, **Participant**
- “Good Clinical Practice”, 2013, Grand Seasons Hotel Kuala Lumpur, Malaysia, **Participant**
- “International workshop on cell culture, imaging and calcium signaling“, 2012, Kula Lumpur, Malaysia, **Participant**
- “Using Computer Applications in Nutrition & Primary Health Care”, 2003, NNFTRI, Tehran, **Trainer**
- “Traditional Medicine & Materia Medicine”, Iran Medical University, 2003, **Participant**
- “Computer Application in Nutrition & Diets”, 2002, 7<sup>th</sup> Nutrition Congress of Iran, Rasht, **Trainer**
- “Traditional Medicine & Materia Medicine”, Iran University of Medical Sciences & Health Services, Tehran, 2002, **Participant**
- “Using Computer Applications in Nutrition & Primary Health Care”, 2002, NNFTRI, Tehran, **Trainer**
- “Using Computer Applications in Nutrition & Primary Health Care”, 2001, NNFTRI, Tehran, **Trainer**
- “Using Computer Applications in Nutrition & Primary Health Care”, 2000, NNFTRI, Tehran, **Trainer**
- “Using Computer Applications in Nutrition & Primary Health Care”, 1999, NNFTRI, Tehran, **Trainer**
- “Using Computer Applications in Nutrition & Diet Therapy”, 2000, Tehran 2000, **Trainer**
- “Computer Applications in Nutrition & Diet Therapy ”, 2000, NNFTRI, Tehran, **Trainer**
- “Computer Applications in Nutrition & Diet Therapy for Hospitals”, 2000, NNFTRI, Tehran, **Trainer**
- “Traditional Medicine and Materia Medicine”, Shaheed Beheshti University of Medical Sciences and Health Services, Tehran, Nov. 6–9, 2000, **Participant**



- “Computer Applications in Nutrition, Diet Therapy and Epidemiology”, 1999, 5th Nutrition Congress of Iran, Tehran, **Trainer**

#### Honors & Awards:

- RUGS UPM Grant Research. 2012. Malaysia
- For my workshops, I received letters of commendation from the Dean of the Faculty of Nutrition at Beheshti Medical University (every year from 2000–04)
- Upon creating a Persian version of Sight and Life slide sets of VADD, I received letters of commendation from UNICEF and Iran's Ministry of Health (2003)
- For my high level of collaboration with Iran's Ministry of Health, I received a letter of commendation from the head of its Nutrition Department (2002 and 2003)
- For my managing in the First Research Festival of Beheshti Medical University, I received a letter of commendation from the Dean of the Faculty of Nutrition at Beheshti Medical University (2003)
- Ranked 1<sup>st</sup> in the "Fajr" Annual Scientific Competition during my second year in high school (1988)

#### Major Interests:

- Diet Therapy in Cancer & metabolic disorders (diabetes, obesity)
- Complementary & Herbal Medicine

#### Professional Memberships:

- American Nutrition Association Since 2016
- Islamic Republic of Iran Medical Council, Since 2014
- Iran Healthy Nutrition Association, Since 2006
- New York Academy of Science, Since 2001
- Iran Nutrition Association, Since 1997
- Ex-member of the Student Research Committee of Beheshti University of Medical Science and Health Services, 1994–1995

#### Languages:

- Persian
- English
- Arabic (Intermediate)

#### Professional Qualifications:

- **Lab Expertise**
  - Fluorescent *in situ* hybridization (FISH)
  - Confocal Microscopy
  - Scanning Electron Microscopy (SEM)
  - Energy Dispersive X-ray Spectrometer (EDX)
  - Laboratory Animal Care
  - Cobas Analyzer
  - ELISA
  - J&J Serum Analyzer
  - RNA Activity

- MRA
- BIA
- H&E Staining

#### • Computer Skills

- Software:
  - ▶ Expert in Statistical programs: SPSS, NCSS, Stats Direct, Analyze It, EPI, Anthro/Plus
  - ▶ Expert in Nutritional programs: N3, N4, Nutritionist Pro, Food Processor, Dankost 2000, Diet and Fitness, Diet Plus
  - ▶ Expert in Graphic programs: CorelDraw, Adobe PhotoShop, Xara, ...
  - ▶ Expert in MS-Office (Word, Excel, Access, PowerPoint, Project, Publisher)
  - ▶ Expert in Reference manager programs: Mendeley, EndNote, Refworks, Bibtex, Zotero
- Hardware:
  - ▶ PC Assembling, PC Troubleshooting

#### Academic Websites:

- <http://scholar.google.com.my/citations?user=Laq4YPQAAAAJ&hl=en>
- [https://www.researchgate.net/profile/Ariyo\\_Movahedi](https://www.researchgate.net/profile/Ariyo_Movahedi)
- <http://orcid.org/0000-0003-3017-8945?lang=en>
- <http://www.pubfacts.com/author/Ariyo+Movahedi>
- <http://aub-lb.academia.edu/AriyoMovahedi>

#### References:

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