

Atoosa Saidpour
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| 2007-2011 | PhD in Nutrition
shahid beheshti university of medical sciences
Tehran/Iran | GPA: 18.9/20.00/ Thesis: 19.88/20.00 |
| 2003- 2006 | M. S.c in Nutritional Sciences
shahid beheshti university of medical sciencesTehran/Iran | GPA: 18.5/20.00 |
| 1999- 2003 | B. S. in Nutritional Sciences
shahid beheshti university of medical sciencesTehran / Iran | GPA: 18.8/20.00 |

Experience

February 2011-current

Department of clinical nutrition and dietetics, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical sciences

- Assistant professor

January 2012 – current

Nutrition and Dietetics Clinic: Shahid Beheshti University of Medical sciences

Nutrition Consultant (apprenticeship)

- Working with patients
- Recommend diets according to patients special needs

January 2006 – 2011

Endocrine Research Center, Research Institute for Endocrine Sciences: Shahid Beheshti University of Medical sciences

- Research Fellow

Professional experience

- Educational affair of clinical nutrition department, Shahid Beheshti University of Medical sciences and member of residency promotion exam committee (2011-current)
- Member of scientific committee of 3th national food intake survey of Iran (current)

Organizational/Administrative Experience

- Language: Fluent in English
- Certificates:
 - IELTS (2006) and CAE (2005) from the University of Cambridge

Thesis under supervision

- The effect of apple vinegar on weight management and appetite
- The effect of zinc supplementation on inflammatory markers on obese patients

- The effect of grape seed extract on weight and lipid profile management
- The effect of Spirulina Platensis on weight management and obesity-related metabolic disorders
- Association of nutritional, anthropometric factors, insulin resistance and blood pressure with the expression of P53 gene
- Association of dietary patterns, plasma levels of oxytocin and food addiction in obese people

Dissertation Title

“Study the effect of fish oil, olive oil, soy oil and butter intake on gene expression, ghrelin secretion, insulin resistance and quantity of food consumption in growing rats”

Research interests

- Medical nutrition therapy in weight management
- Nutrition therapy of obese and morbid obese
- Epigenetic

Computer Skills

Spss, Office programs

Publications

Articles

1. *Yousefi R, Mottaghi A, Saidpour A**. 2018. Spirulina platensis effectively ameliorates anthropometric measurements and obesity-related metabolic disorders in obese or overweight healthy individuals: A randomized controlled trial. *Complementary Therapies in Medicine*, 40:106-112
2. *Khezria A, Saidpour A*, Hosseinzadeh N, Amiri Z*. 2018. Beneficial effects of Apple Cider Vinegar on weight management, Visceral Adiposity Index and lipid profile in overweight or obese subjects receiving restricted calorie diet: A randomized clinical trial. *Journal of functional foods*, 43:95-102
3. *Kheirouri S, Haghighi SH, Saidpour A*. 2017. Brain-Derived Neurotrophic Factor in obese women and its relationship with leptin and ghrelin. *Progress in nutrition*, 19(2)
4. *Rahimi V, Farahani S, Jalaie Sh, Saeidpour A*. 2015. Hearing estimated threshold recovery after administering fish oil in suckling periods in n-3 fatty acid-deficient rat pups, *Auditory and Vestibular Research*, 24(1):17-24
5. *Rahimi V, Farahani S, Saeidpour A, Jalaie Sh, Mahdi P*. 2014. Effects of Fish Oil Supplementation during the Suckling Period on Auditory Neural Conduction in n-3 Fatty Acid-Deficient Rat Pups. *Iranian Journal of Otorhinolaryngology*, 26 (3): 135-41

Rahimi V, Farahani S, Nobakht A, Saeidpour A, Jalaie Sh, Mahdi P. 2014. Effect of omega-3 on auditory system. *Bimonthly Audiology-Tehran University of Medical Sciences*, 22 (4): 1-15

6. *Ghorbani A, Jeddi-Tehrani M, Saidpour A, Safa M, Bayat AA, Zand H*. 2015. PI3K/AKT and Mdm2 activation are associated with inhibitory effect of cAMP increasing agents on DNA damage-induced cell death in human pre-B NALM-6 cells. *Arch Biochem Biophys*, 15(566):58-66
7. *Saidpour A, Kimiagar M, Zahediasl S, Ghasemi A, Vafa M, Abadi A, Daneshpour M, Zarkesh M*. 2012. The modifying effects of fish oil on fasting ghrelin mRNA expression in weaned rats. *Gene*, 1; 507(1):44-9.
8. *Saidpour A, Kimiagar M, Zahediasl S, Ghasemi A, Vafa M, Abadi A, Daneshpour M, Zarkesh M*. 2011. Fish oil and olive oil can modify insulin resistance and plasma desacyl-ghrelin in rats. *J Res Med Sci*, 16(7):862-71.

Books

- **RAZEGHI JAHROMI S.**, DEGHAN S., KAZEMI H., KHAJAVI M. 2014.
Nutrition and fitness. *MIRMAH publication*
- *publication*

Books under review and in process

• Oral and Poster Presentations in Congresses

1. Saidpour A, Kimiagar M, Zahediasl S, Ghasemi A, Vafa M, Abadi A, Daneshpour M, Zarkesh M. 2012. The modifying effects of fish oil on fasting ghrelin mRNA expression in weaned rats. British Human Genetics Conference, London, September (Poster presentation)
2. Saidpour A. 2008. Epigenetic and nutrition. 13th international Nutrition congress. Tehran, Iran (Oral presentation)
3. Saidpour A, Kimiagar M, Zahediasl S, Ghasemi A, Vafa M, Abadi A, Daneshpour M, Zarkesh M. 2006. The modifying effects of fish oil on fasting ghrelin mRNA expression in weaned rats. 12th international Nutrition congress. Isfahan, Iran (Oral presentation)
4. Saidpour A, Mirmiran P, Azizi F. 2006. Anthropometric variables and the prevalence of type 2 diabetes and metabolic syndrome in Iranian population. 10th international congress on obesity (ICO). Sydney, Australia, September (Poster presentation)
5. Saidpour A, Mirmiran P, Azizi F. 2006. Changes in body weight and body fat distribution as risk factors for metabolic syndrome in Iranian women. 7th Congress of the Spanish Society of Community Nutrition (SENC), Spain, September (Oral presentation)
6. Saidpour A, Mehran Sh, Vafa R. 2003. The effect of whey, soy and casein protein on plasma lipid profile in rats. 9th international Nutrition congress. Tabriz, Iran (Oral presentation)

Congress chair person

1. 1st nutritional neuroscience conference, 2014. Tehran, Iran
2. 1st nutrition and MS conference, 2015. Tehran, Iran
3. 1st nutrition and spinal cord injury, 2016, Tehran, Iran

Proposals

1. Saidpour A, Mehran Sh, Vafa R. The effect of whey, soy and casein protein on plasma lipid profile in rats. Institute of nutrition research, Shahid Beheshti University of Medical sciences.2005
2. Saidpour A, Mirmiran P, Azizi F. The effect of glycemic index and glycemic load on body weight, body fat distribution and insulin resistance. Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical sciences. 2006
3. Saidpour A, Kimiagar M, Zahediasl S, Ghasemi A, Vafa M, Abadi A, Daneshpour M, Zarkesh M. the effect of fish oil, olive oil, soy oil and butter intake on gene expression, ghrelin secretion, insulin resistance and quantity of food consumption in growing rats. Institute of nutrition research & Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical sciences.2008
4. *Saidpour A, Khezri SS.* The effect of co-administration of weight-reducing diet and Apple Cider Vinegar on anthropometric measurements, lipid profile and appetite in overweight or obese subjects. Institute of nutrition research, Shahid Beheshti University of Medical sciences.2012
5. *Saidpour A, Khorsandi H.* The effect of Zinc supplementation on weight management, plasma levels of apelin, hs-CRP and insulin resistance in obese subjects receiving calorie restricted diet.2014
6. *Saidpour A, Parandoosh M.* the effect of co-administrating of weight reduction diet and grape seed extract supplementation on weight management, lipid profile and inflammatory markers in obese and overweight subjects.2014
7. *Saidpour A, Hedayati M, Hajizadeh M, Zarkesh M.* Association of nutritional, anthropometric factors, insulin resistance and blood pressure with the expression of P53 gene. Institute of nutrition research & Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical sciences.2015
8. Saidpour A, Panahi A, Amiri A. Association of dietary patterns, plasma levels of oxytocin and food addiction in obese people. 2015

