

# Asal Ataie-Jafari

[asal\\_ataie2003@yahoo.com](mailto:asal_ataie2003@yahoo.com)

---

## ● Education

- PhD in nutrition sciences, University of Putra Malaysia (UPM), Malaysia.  
**GPA:** 3.83/4.0
- M.S. in Nutritional Sciences (2004); Shaheed Beheshti University; Tehran, Iran.  
**GPA** 18.94/20.0
- B.S. in Nutritional Sciences (2000); Shaheed Beheshti University; Tehran, Iran.  
**GPA** 17.81/20.0

## ● Honors & Awards

- ۳<sup>rd</sup> rank in B.S.c among Graduated students  
۱۰<sup>th</sup> celebration of graduated students of shaheed Beheshti University; ۲۰۰۰, Tehran.
- First rank in the entrance exam of M.S.c  
Ministry of health & Medical Education (MOHME); 2001, Tehran
- First rank in M.S.c among Graduated students  
۱۳<sup>th</sup> celebration of graduated students of shaheed Beheshti University; ۲۰۰۴, Tehran.

## ● Work Experiences

- *Assistant professor*, Department of Nutrition, Faculty of Medicine, Science and Research Branch, Islamic Azad University, Tehran, Iran. 2013 up to now.
- *Postdoctoral fellow*, Non-communicable Diseases Research Center, Endocrinology & Metabolism Research Institute/Tehran University of Medical Sciences, Tehran, Iran. 2012-۲۰۱۳.
- *Researcher and Nutrition Consultant*; Endocrinology & Metabolism Research Center, Tehran University of Medical sciences, Tehran, Oct 2004 – July 2008.
- *Dietitian*; Taleghani General Hospital, Tehran, June – Oct 2004.
- *Nutrition Expert*; Department of public Nutrition, School of Nutrition and Food Sciences, Shaheed Beheshti University Of Medical Sciences, June – Oct 2004.
- *Nutrition Consultant*; Health House Clinic, Tehran, Dec 2002 – Mar 2003.
- *Nutrition Questioner*; Endocrinology and Metabolism Research Center, Shaheed Beheshti University of Medical Sciences, Tehran, Nov 2001-Mar 2002.

## ● Publications in international journals

۱- **Asal Ataie-Jafari, Bahareh Amirkalali, Mehdi Najafi, Larijani B, Alavi Majd H, Tahbaz F.** *Ann Nutr Metab.* 2009;54(1):22-7.

۲- **Asal Ataie-Jafari A.** *Subst Use Misuse.* 2010 Dec;45(14):2579-81.

۳- **Asal Ataie-Jafari, Bahareh Amirkalali, Mehdi Najafi.** *Nutrition & Dietetics,* 2012.

- ۴- بررسی اثرات رژیم غذایی بر تغییرات ترکیب بدن در کودکان مبتلایان به سندرم متابولیک. **Jafari**, Mohammad Rajabi, Saeed Hosseini. *Nutr Food Sci*. 2009, 39(1): 24-8.
- ۵- بررسی تغییرات ترکیب بدن در کودکان مبتلایان به سندرم متابولیک. **Iravani M**, Taghizadeh M, **Ataie-Jafari A**, Shamshiri AR, Mousavi SA, Alimoghaddam K, Hosseini S, Ghavamzadeh A. *Bone Marrow Transplant*. 2008 Oct;42(7):469-73.
- ۶- بررسی اثرات رژیم غذایی بر تغییرات ترکیب بدن در کودکان مبتلایان به سندرم متابولیک. **Bahrami M**, **Ataie-Jafari A**, Hosseini S, Forouzanfar MH, Rahmani M, Pajouhi M. *Int J Food Sci Nutr*. ۲۰۰۸؛ ۲:۱-۹.
- ۷- بررسی ارتباط بین تغییرات ترکیب بدن و عوامل آنترپومتریک و سوسیدموگرافیک، تهران، ایران. **Amirkalali B**, Najafi M, **Ataie-Jafari A**, Hosseini S, Heshmat R. *Vasc Health Risk Manag*. 2008;4(5):1115-20.
- ۸- بررسی اثرات رژیم غذایی بر تغییرات ترکیب بدن در کودکان مبتلایان به سندرم متابولیک. **Ataie-Jafari A**, Hossein-nezhad , Zh Maghbooli, F Karimi, M Rahmani, S Shahbazi, B Larijani. *Iranian J Publ Health: A supplementary issue on Osteoporosis and Bone Turnover*, ۲۰۰۸؛ ۱:۴۱-۴۸.
- ۹- بررسی اثرات رژیم غذایی بر تغییرات ترکیب بدن در زنان مبتلایان به دیابت، مطالعه پایلوت. **Asal Ataie-Jafari**, Saeed Hosseini, Farzaneh Karimi, Mohammad Pajouhi. *Nutr Food Sci*. ۲۰۰۸، ۳۸:۴،۳۵۰-۳۶۰.
- ۱۰- Vitamin D status and associated factors in recent-onset type ۱ diabetic children in Iran. **Asal Ataie-Jafari**, Asmah Bt Rahmat, Farzaneh Abbasi, Seng Cheong Loke, Mostafa Qorbani, Bagher Larijani. *Journal of Diabetes & Metabolic Disorders*. 2012, 11:12
- ۱۱- A Randomized Placebo-Controlled Trial of Alphacalcidol on the Preservation of Beta Cell Function in Children with Recent Onset Type 1 Diabetes. **Asal Ataie-jafari**, Seng Cheong Loke, Asmah Bt Rahmat, Bagher Larijani, Farzaneh Abbasi, Zaitun Yassin. *Clinical Nutrition*, 2013 Jan 26.
- ۱۲- Methodology and early findings of the fourth survey of Childhood and Adolescence Surveillance and Prevention of Adult Non-communicable Disease in Iran: The CASPIAN III study. Roya Kelishadi, Mostafa Qorbani, **Asal Ataie-Jafari**, Mohammad Esmaeil Motlagh, Mahnaz Taslimi, Minoosadat Mahmoudarabi, Gelayol Ardalan, Hamid Asayesh, Bagher Larijani, Ramin Heshmat. *Int J Prev Med* ۲۰۱۳؛ ۴:۱۴۵۱-۶۰.
- ۱۳- Generalized or abdominal obesity: Which one better identifies cardiometabolic risk factors among children and adolescents? The CASPIAN III Study. **Asal Ataei-Jafari**, Ramin Heshmat, Roya Kelishadi, Gelayol Ardalan, Minoosadat Mahmoudarabi, Mahnaz Taslimi, Mohammad Esmaeil Motlagh, Hamid Asayesh, Bagher Larijani, Mostafa Qorbani. *J Trop Pediatr*. 2014 Oct;60(5):377-85.
- ۱۴- National and sub-national burden of chronic diseases attributable to lifestyle risk factors in Iran 1990-2012; study profile. **AsalAtaie-jafari**, Anoosheh Ghasemian, Shahab Khatibzadeh, Mahbubeh Parsaeian, Mojdeh Mirarefin, Leili Jafari, Sara Nejatinamini, Esmat Jamshidbeygi, Hamid Reza Jamshidi, Bagher Larijani, Farshad Farzadfar. *Archives of Iranian Medicine Volume 1۷, Number ۳, March ۲۰۱۴*.
- ۱۵- The association of vitamin D deficiency with psychiatric distress and violence behaviors in Iranian adolescents: the CASPIAN-III study. **Ataie-Jafari A**, Qorbani M, Heshmat R, Ardalan G, Motlagh ME, Asayesh H, Arzaghi SM, Tajadini MH, Nejatinamini S, Poursafa P, Kelishadi R. *J Diabetes Metab Disord*. 2015 Jul 22;14:62.

۱۶. Association of Mental Disorders and Consultation with Family Members and Friends in Children and Adolescents: The CASPIAN-IV Study. Motlagh ME, Kelishadi R, Qorbani M, Keikha M, **Ataie-Jafari A**, Ardalan G, Heshmat R, Jari M. *Int J Prev Med*. 2016 Feb 11;7:39.

۱۷. Association between serum uric acid level and metabolic syndrome components. Nejatnamini S, **Ataie-Jafari A**, Qorbani M, Nikooohemat S, Kelishadi R, Asayesh H, Hosseini S. *J Diabetes Metab Disord*. 2015 Sep 14;14:70.

۱۸. Is the association of continuous metabolic syndrome risk score with body mass index independent of physical activity? The CASPIAN-III study. Heshmat R, Shafiee G, Kelishadi R, Babaki AE, Motlagh ME, Arefirad T, Ardalan G, **Ataie-Jafari A**, Asayesh H, Mohammadi R, Qorbani M. *Nutr Res Pract*. 2015 Aug;9(4):404-10.

۱۹. Dietary diversity as a proxy measure of blood antioxidant status in women. Narmaki E, Siassi F, Fariba Koohdani, Qorbani M, Shiraseb F, **Ataie-Jafari A**, Sotoudeh G. *Nutrition*. ۲۰۱۵ May;۳۱(۵):۷۲۲-۶.

۲۰. Joint Association of Active and Passive Smoking with Psychiatric Distress and Violence Behaviors in a Representative Sample of Iranian Children and Adolescents: the CASPIAN-IV Study. Kelishadi R, Babaki AE, Qorbani M, Ahadi Z, Heshmat R, Motlagh ME, Ardalan G, **Ataie-Jafari A**, Asayesh H, Mohammadi R. *Int J Behav Med*. 2015 Oct;22(5):652-61.

۲۱. Serum IL-۱۷, IL-۲۳, and TGF- $\beta$  levels in type ۱ and type ۲ diabetic patients and age-matched healthy controls. Roohi A, Tabrizi M, Abbasi F, **Ataie-Jafari A**, Nikbin B, Larijani B, Qorbani M, Meysamie A, Asgarian-Omran H, Nikmanesh B, Bajouri A, Shafiey N, Maleki A. *Biomed Res Int*. 2014;2014:718946.

۲۲. Burden of Ischemic Heart Disease Attributable to Low Omega- $\omega$  Fatty Acids Intake in Iran: Findings from the Global Burden of Disease Study 2010. S Nejatnamini, **A Ataie-Jafari**, A Ghasemian, R Kelishadi, A Khajavi. *The Journal of Tehran University Heart Center* 2016 (11), 21-29.

- **Articles in Persian:**

۱- The quality of diet in coronary artery bypass grafting candidates according to the Mediterranean dietary quality index (2008). **Ataie-Jafari A**, Najafi M, Hosseini S, Hoshyar-Rad A, Heshmat R. *Iranian Journal of diabetes and lipid Disorders*.

۲- Effect of natural honey on body weight of overweight and obese subjects with type ۲ diabetes (2008). **Ataie-Jafari A**, Foruzanfar MH, Hosseini S, Bahrami M, Pajouhi M. *Sabzevar University of Medical Sciences Journal*.

۳- Effects of milk replacement with regular yogurt and probiotic yogurt on blood lipid profiles according to subjects' blood cholesterol status (2007). **Ataie Jafari A.**, Tahbaz F., Alavi Majd H. *Iranian Journal of diabetes and lipid Disorders*.

۴- Beneficial effects of sour cherry juice consumption on some risk factors of cardiovascular diseases in patients with type 2 diabetes (2006). **Asal Ataie-Jafari**, Saeed Hosseini, Ramin Heshmat, Sormeh Raees-Zadeh, Mehdi Yousefi, Mohammad Pajouhi. *Iranian Journal of diabetes and lipid Disorders*.

۶- Comparison of the effect of a probiotic yogurt and ordinary yogurt on serum cholesterolemia levels in mild-to-moderate hypercholesterolemic subjects (2005). **Ataie Jafari A.**, Tahbaz F., Alavi Majd H., Joodaki H. *Iranian Journal of diabetes and lipid Disorders*.

۷- Validity and reliability of metabolism and thyroid questionnaire and its relation with serum concentration of thyroid hormone. M Djamnezhad, K Djafarian, M Qorbani, **A Ataie-Jafari**, S Hosseini. *Iranian Journal of Diabetes and Metabolism*. 2014; 14 (1), 63-74.

#### • Oral and Poster Presentations in National / International Congresses

۱- "Survey on BMI and WHR in cardiovascular patients" (2001). **Ataie-Jafari A**, Haghghighian-R A, Keihaninegad F, Shaker-Hosseini R. *6<sup>th</sup> Iranian Nutrition Congress, Ahvaz University of medical sciences, Ahvaz, Iran*. (Poster presentation)

۲- "Can skipping a meal change the energy intake?" (2002). **Ataie Jafari A.**, Salarkia N., Aminpoor A. *7<sup>th</sup> Iranian Nutrition Congress, Guilan University of Medical Sciences, Rasht, Iran*. (Poster presentation)

۳- "Study on the effects of food restriction on body weight and fat mass in girls" (2002). Salarkia N., **Ataie Jafari A.**, Aminpoor A. *The first Iranian Congress of Preventing Non-contagious Diseases, Iran University of Medical Sciences, Tehran*. (Poster presentation)

۴- "Role of long-chain fatty acids on infants' health" (2003). **Ataie Jafari A.** *The Congress on The role of marines on health, Tehran*. (Oral presentation)

۵- "Study of young girls' food habits following food restriction" (2003). Salarkia N., **Ataie-Jafari A.**, Aminpoor A. *4<sup>th</sup> Asian Congress of Nutrition, New Delhi/India*. (Poster presentation)

۶- "Probiotic yogurt production and its cholesterol-reducing effects" (2004). The symposium on "Novelties in production and preparation of probiotic foods in Iran". **Ataie Jafari A.** *8<sup>th</sup> Iranian Nutrition congress, Iran University of Medical Sciences, Tehran*. (Oral presentation)

۷- "Effects of a probiotic yogurt on serum cholesterol level in mild-to-moderate hypercholesterolemic subjects" (2006). **Ataie Jafari A.** *IDF Symposium on Scientific and Technological challenges in Fermented Milks, 15-17 May, Italy*. (Oral presentation)

۸- "Preventive effects of natural honey on renal failure progression in patients with type 2 diabetes". **Asal Ataie Jaefari**, Mohsen Bahrami, Saeed Hosseini, Mohammad Pajouhi. *13<sup>th</sup> Asia-Oceania Congress of Endocrinology, 10-12 May 2006, Tehran*. (Poster presentation)

۹- "Which one is better for hypercholesterolemic subjects: milk or yogurt?" **Asal Ataie-Jafari**, Farideh Tahbaz, Hamid Alavi-Majd, Hasan Joodaki. *V. International Nutrition and Dietetics Congress. 12-15 April 2006, Ankara*. (Poster presentation)

۱۰- "Effects of sour cherry juice consumption on blood glucose indices and blood pressure in patients with type 2 diabetes". **Asal Ataie Jaefari**, Saeed Hosseini, Mazaher rahmani, Mohammad Pajouhi. *I World Congress of Public Health Nutrition. 28-30 Sep 2007, Barcelona, Spain*. (Poster presentation)

- ۱۱-"The role of ghrelin on appetite regulation". **Ataie Jafari A.** *1<sup>th</sup> Iranian Congress on Prevention and Treatment of Obesity, 23-25 Feb 2008, Tehran* (Poster presentation).
- ۱۲-"How degree is the adherence of coronary artery bypass grafting candidates to Mediterranean diet?" **A. Ataie-Jafari**, M. Najafi, S. Hosseini. (2008) *ESPEN congress, Florence, Italy* (Poster presentation).
- ۱۳-A survey of trans-fatty acids intake in coronary artery bypass grafting candidates in Iran. Seyedkhoei Nazli, **Ataie-Jafari Asal**, Najafi M., Hosseini Saeed. *16th Congress of Iranian Heart Association*. November 2008, Tehran (Poster presentation).
- ۱۴-Effect of alfacalcidol on insulin dose requirement in newly diagnosed type-1 diabetes children. **Asal Ataie-Jafari**, Asmah Bt Rahmat, Arash Hossein-nezhad, Zaitun Yassin, Loke Seng Cheong. *International Diabetes Federation (IDF)*. 4-8 December 2011, Dubai (Poster presentation).
- ۱۵-Dietary intake among diabetic and non-diabetic coronary artery disease patients in Iran. **Asal Ataie-Jafari**, Mehdi Najafi. *International Diabetes Federation (IDF)*. 4-8 December 2011, Dubai (Oral presentation).
- ۱۶-Effects of long-term, low dose N-3 PUFAs supplementation on insulin resistance in the elderly subjects with metabolic syndrome. **Asal Ataie-Jafari**, Hossein fakhrzadeh. *International Diabetes Federation (IDF)*. 4-8 December 2011, Dubai (Oral presentation).
- ۱۷-Effects of a vitamin d analog on pro-inflammatory cytokine interferon-gamma in type 1 diabetic children from Iran. **Asal Ataie-Jafari**, Asmah Bt rahmat, Bagher Larijani. *International Diabetes Federation (IDF)*. 2-6 December 2013, Melbourne (Oral presentation).