

Sara Sarrafi Zadeh, Ph.D Curriculum Vitae

Name: Sara

Surname: Sarrafi Zadeh

Present Position:

- 1-Assistant Professor at Medical Science Department , Science and Research Branch, Islamic Azad University, Tehran, Iran.
- 2- Dietician at Jam hospital, Fajr Ave. Motahari St. Tehran, Iran.

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Areas of Interest:

Clinical nutrition and public health, diabetes and nutritional care plans, obesity, physical activity and quality of life, Sleep disorders (insomnia) in relation to nutritional problems, vitamin D related disease.

Professional skills and Activities:

Nutritional assessment and technical such as anthropometric measurements, body composition analysis, conduct the intervention trials, including, study design, ethical approval process, study conduct ,data management and analysis, manuscript preparation, mentorship and oversight of postgraduate students, member of the editorial board for Journal of Socialomics- USA.

Communication Skills:

In addition to my skills in scientific writing (see publications), I was a freelance journalist in the past. This speaks to my capacity to write for and communicate to public. Language : English and Persian (fluent in both)

Education:

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| 2006-2012 | Ph.D Food Science and Nutrition | University of Mysore, India |
| 2004-2006 | M.Sc. Food Science and Nutrition | University of Mysore, India |
| 1999-2003 | B.Sc. Nutrition and Dietetics | Islamic Azad University (Science and Research Branch), Iran |

Licenses and Certificates: Professional Registration

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| 2011-current | Medical Council of Iran |
| 2010-current | Indian Dietetic Association (IDA) |
| 2011-current | Indian Society for Sleep Research (ISSR) |
| 2011-current | Diabetes Association of India (Southern Chapter) |
| 2011-current | National Institute of Personnel Management (NIPM) |
| 2004-current | Iranian Nutrition Society (ATA) |
| 2004-current | Nutrition Society of India (NSI) |

Awards:

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| 2011 | Young Investigators Awards- 16 th World Congress of Clinical Nutrition, New Delhi, India |
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Work and Other Relevant Experiences:

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| 2013-2015 | Dietician at Atiye Hospital, Tehran, Iran. |
| 2012-2013 | Research associate for a multinational trial entitled “ALMASED Multicenter Diabetes Intervention Trial AMDIT, Evaluation of Almased on glycemic control and metabolic effects in patients with type 2 diabetes, A randomized controlled five-country trial” |
| 2012-2013 | Dietician Internship Training at Vikram Hospital and Heart care, Mysore, India. |
| 2006-2011 | Teaching post graduate courses in Food Science and Nutrition in University of Mysore and Karnataka State Open University, India |
| 2003-2004 | Nutrition counselor in dietetic clinic at Masih Daneshvari hospital- Iran |
| 2003-2004 | Diet therapist and nutrition counselor in Islamic Azad University, nutrition clinic and metabolic disorders division-Iran |

- 2003-2004 Diet therapy training and nutrition counselling at internal medical ward, Pediatric ward, surgical medicine Ward, Islamic Azad University and Rasoul Akram hospital, Iran
- 2003 Freelance journalist specialising in nutrition, Hamshahri newspaper- Iran

Dissertations and Thesis:

- 2006-2011 Insomnia- Assessment and Nutritional Management- Ph.D. Thesis
- 2005-2005 Effect of Adding Cinnamon on Functional Properties of Wheat Based Food- M.Sc. Dissertation
- 2002-2003 Nutritional Influence on Hair and Skin Health- B.Sc. Dissertation

Publications:

- **S.Sarrafi Zadeh** and K. Begum, Nutritional Supplements and its Effect on Quality of Life and Sleep, American Medical Journal 2 (2): 104-110, 2011,
- **S.Sarrafi Zadeh**, A. Pahlevanlo, N. Gohari Rad, M. Jalili, Ram B. Singh, Annieszka Wilczynska, Fabien De Meester and Douglas Wilson, Can Diet and Lifestyle Factors and Geomagnetic Forces Predispose Aggression? The Open Nutraceuticals Journal, 2011, 4, 176-179
- **S.Sarrafi Zadeh** and K. Begum, “Association Between Insomnia and Quality of Life: An Exploratory Study Among Software Engineers”, Applied Research in Quality of Life: Volume 6, Issue 4 (2011), Page 335-347
- **S. Sarrafi Zadeh** and K. Begum, “Comparison of Nutrient Intake by Sleep Status in Selected Adults, Mysore, India”, Nutrition Research and Practice, vol. 5, no. 3, 2011, page 231-235
- **S. Sarrafi Zadeh** and K. Begum, “Nutrient intake of adults with normal and disturbed sleep”, Indian Journal of Nutrition and Dietetics, January 2011, page 18-25
- **S.Sarrafi-Zadeh**, S. Dharwadkar, Ram B. Singh, F. De Meester, A. Wilczynska, D. W. Wilson and K. Begum, “Nutritional Modulators of Sleep Disorders”, The Open Nutraceuticals Journal, 2012, 5, Page 1-14

Papers presented at International Conferences

1. **S. Sarrafi Zadeh**, Saeid Nikdad and Khyrunnisa Begum, Occurrence of Insomnia and Sleep Characteristics among Employed Men and Women and its Association to Quality of Life, 21st congress of the European Sleep Research Society, Paris, France, 04 - 08 September 2012
2. **S. Sarrafi Zadeh** and K. Begum, Nutrient Intake Assessment in Relation to Sleep Status among Selected Adults in Mysore, India. “Fermented Foods, health Status and Social Well-being: Challenges and Opportunities” Central Food Technological research Institute, Mysore, India, 2011.
3. **S. Sarrafi Zadeh** and K. Begum, Improvement in Sleep Quality with Nutritional Supplements and Its Effect on Quality Of Life, 16th World Congress in Clinical Nutrition 2011, New Delhi, India.
4. **S. Sarrafi Zadeh** and K. Begum, Association between Quality of Life & Quality of Sleep among Software Engineer, International conference envocHEALTH 2009, Bangalore, India.
5. **S.Sarrafi Zadeh**, Shweatha and K. Begum, Effect of supplementing beetroot extract to anemic females afflicted with insomnia- A prospective study (International Congress of Nutrition (ICN 2009), Bangkok, Thailand.
6. **S.Sarrafi Zadeh**, **Thanziya** and K. Begum, Studies on unconventional sources of fiber, 6th International Food Convention , Mysore, India- 2008

Papers presented at National Conferences

1. **S. Sarrafi Zadeh** and K.Begum Research on Salicylates – A Potent Compound For ADHD (Attention Deficit Hyper Activity) Among Children- Available Evidences- Functional Food for Health promotion and Disease Prevention- Mysore, India-2008
2. **S. Sarrafi Zadeh, Somiya** and K. Begum, Research on Prevalence of insomnia among children and factors influencing. 13th National Conference , Nutrition Society of India, Hyderabad -, India-2007
3. **S. Sarrafi Zadeh** and Sh.Puttraj, Effect of Adding Cinnamon on Functional Properties of Wheat Based Food, 77th Annual session and Symposium on Novel Approaches for Food and Nutrition Security, CFTRI, Mysore, India- 2007

Courses & Training

2002-2012 13 workshops and courses attended in India, Thailand and Iran on Total Nutrition Therapy, clinical nutrition therapy, nutritional assessment measurement, physical activity and life style behavior techniques, Diabetese education, food safety, nutrigenomics.
7 courses on research methodology, data management, biostatistical analysis and Web designing.