

**CV: Naheed Aryaeian, Ph.D.**

**Academic Rank:** Assistant Professor

School: health

**Department:** Nutrition

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**Education:**

- **BS in Nutrition**
- Shaheed Beheshti of Medical Sciences, Tehran – Iran
- **MS in Nutrition**
- Tabriz University of Medical Sciences, Tabriz-Iran
- **PhD in Nutrition, Minor Immunology**
- Health Faculty, Tehran University of Medical Sciences, Tehran –Iran
- International Short Courses \ Workshops:
- HACCP, RWTUV Iran, 2001and 2002.
- Nutrition of children and mothers in Disasters, adpc - UNICEF, 2005.
- International Conference on Diabetes and Obesity, 2005, Tehran, Iran.
- Cellular and Molecular Methods in Medical Nanotechnology Research, 2006, Tehran university of Medical Sciences, Tehran – Iran.

**Experiences and position holds:**

- Dietitian and nutrition manager in hospital, Tehran University of Medical Sciences (1994-96).
- Food, Health control Expert, Food& drug administration, Tehran University of Medical Sciences (1996 -2008).
- Food control laboratory, Tehran University of Medical Sciences (2000-2001).
- Consultant of Nutrition & Dietitian, Tehran, Iran (1993- 2007).
- Member of Nutrition Department, Iran and Tehran University of medical sciences (2008-2011).
- Deputy Finance and Administration of health faculty, Iran University of medical sciences, 2010.
- Food, Health control Expert
- Research(member of rheumatology research center and nutrition department)
- **Teaching: Teaching (presentation):**
- Natural Nutrition, Nursing Faculty, Tehran University of Medical Sciences Tehran – Iran (1995-1996)
- Nutrition in diabetic patients with Hyperlipidemia, Health Ministry workshop for physician, Tehran– Iran, (1997).
- Food born disease control in Hospitals, Health administration of Tehran medical university for health and nutrition expert of Hospitals, Tehran (2001).

- Lipids, Nutrition Departments, Health Faculty, Tehran University of Medical Sciences, Tehran –Iran (2003-2004).
- Basic Nutrition, Azad University, Food and Nutrition Faculty (2004-2005)
- Children Nutrition in diseases and Nutrition monitoring in Children, Health administration workshops for physician and nutritionist, Tehran University of Medical Sciences Tehran – Iran (2005).
- Nutrition management in Hospitals, Iranian Nutrition society workshops for Dietitian and nutrition expert, Tehran – Iran (2005).
- Nutrition in disasters, Iranian Nutrition society workshops for Dietitian and nutrition expert, Tehran– Iran (2006).
- Nutrition in disasters, Health faculty , Tehran University of Medical Sciences ,Tehran –Iran ,workshops for Dietitian and nutrition expert ,Tehran–Iran (2007).
- Nutrition in nursing homes, Isfahan University of Medical Sciences, workshops for Dietitian, and nutrition expert, Isfahan – Iran (2006).
- Food Health, Sanandaj University of Medical Sciences, workshops for nurses– Iran (2006).
- Basic nutrition (lipids) for master student, nutrition departments Health faculty, nutrition departments, Tehran University of Medical Sciences.
- Nutrition in Hypertension, Iran University of medical sciences, workshop for physicians, 2009, Tehran.

- Practical Nutrition for sports, Iran University of Medical sciences, Health faculty, 2009.
- Food Health, Iran University of Medical sciences, medicine faculty, Iran, 2009-2014.
- New aspect in food control inspecting, Iran University of Medical sciences, medicine faculty, Iran, 2010-2011
- Nutrition and Immunity (nutrition and diseases), Iran University of Medical sciences, Health faculty, 2009, 2014.
- Nutrition management, Zahedan University of Medical sciences, nutrition faculty, 2009.
- Nutrition in special situation, Zahedan University of Medical sciences, nutrition faculty, 2009.
- Nutrition and diet therapy, Zahedan University of Medical sciences, nutrition faculty, 2009.
- Clinical nutrition, Iran University of Medical sciences, Health faculty, 2009-2011.
- Food health, Iran University of Medical sciences, Health faculty, 2009-2011.
- Essential nutrition (1, 2), Iran University of Medical sciences, Health faculty, 2009-11.
- Essential nutrition and diet therapy, Iran and Tehran University of Medical sciences, hospital management faculty, 2009-2011.

- Nutrition in kidney diseases, Rasht, work shop for Physician, 2009.
- Clinical nutrition in mothers and babies, Iran and Tehran University of Medical sciences, nursing faculty, 2009-11.
- Nutrition in diabetic patients with nephropathy, workshop for physicians, Iran University of medical sciences, 2010, Tehran.
- New aspect in nutrition, Iran and Tehran University of Medical sciences Health faculty, 2009-11.
- Nutrition monitoring in Children, workshops for physician and nutritionist, Iran University of Medical Sciences, Tehran – Iran (2010).
- Nutrition in IBS, workshops for physician, Iran University of Medical Sciences, Tehran – Iran (2010).
- Supplements, workshops for pharmacist, Iran University of Medical Sciences, Tehran – Iran (2010).
- Nutrition assessment, Iran University of Medical sciences, Health faculty, 2009-11.
- Cellular and Molecular Nutrition, Health faculty, 2011,2014.
- Nutrition and diet therapy for weight loss and malnutrition, workshops for physician, Tehran Iran University of Medical Sciences, Razi hall ,Tehran – Iran (2011).
- Nutrition and diet therapy for weight loss and malnutrition, workshops for physician, Milad Hospital, Tehran – Iran (2011).

- Nutrition and diet therapy in obesity, workshops for physician, Tehran, Iran University of Medical Sciences, Razi hall ,Tehran – Iran (2011).
- Nutrition and diet therapy in obesity, 3 workshops for physician, Tehran – Iran (2012, 2013).
- Teaching ,advanced nutrition for MS and PhD of nutrition, food health ,food inspector for MPH, environment and general health BS students, basic nutrition and diet therapy for medical and nursing students and .....in Tehran University of medical sciences(2009-2013).
- Nutrition and molds, PhD. of medical fungusology (2011-2013).
- Nutrition and parasites, PhD. of parazitology(2011-2013).
- **Aryaeian** N, effect of Vitamin E on rheumatic diseases and inflammation International Congress of Nutrition, Isfahan, 2012.lecture
- **Aryaeian** N, effect of conjugated linoleic acids on Immunity and inflammation and inflammation International Congress of Nutrition, Isfahan, 2012.lecture.
- Nutrition and diet therapy in obesity, workshops for Nutritionist, Tehran – Iran (2014 ), International Congress of Nutrition.
- Nutrition and diet therapy in diabetic nephropathy, National workshops for Nutritionist, Tehran – Iran (2010,2012 ), Tehran – Iran.
- Nutrition and diet therapy in ICU, National workshops for Nutritionist, Tehran – Iran (2014 ) Tehran – Iran.

### Participation in specialized workshops valid

Venue(site)	date	workshop	ردیف
Tehran university of Medical Sciences, Tehran, IRWTUV	2001	HACCP, IRWTUV	1
	and		
	2002		2
UNICEF	2005	Nutrition of children and	
	2005	mothers in Disasters, adpc –	
Tehran university of Medical Sciences, Tehran university of Medical Sciences		International Conference on Diabetes and Obesity	3
pharmacology faculty, Tehran – Iran	2006	Cellular and Molecular Methods in Medical Nanotechnology Research,	4
			5
Tehran university of Medical Sciences	2008, ,2012	Faculty members Empowerment(Improvement) (84 h)	
			6
food-drug lab, Health ministry	2002	food microbiology(33 days) days	
	2004-2006,		
	2008-2009	Teaching method, Research, review, End note PowerPoint Excel , Meta-analysis· Systematic writing Scientific	7
Tehran university of Medical Sciences			8
			9
Tehran university of Medical Sciences and nutrition society	1996-2007	Diet therapy workshops (days 45)	
			11
	2010	method Qualitative Research	
Iran university of Medical Sciences	2010	workshop Stata	
Iran university of			

<b>Medical Sciences</b>	<b>2010</b>	<b>KTE workshop</b>	
<b>Iran university of Medical Sciences</b>	<b>2011</b>	<b>Questionnaire validity and reliability</b>	
<b>Iran university of Medical Sciences</b>	<b>2011</b>	<b>Basic of E-learning</b>	
<b>Tehran university of Medical Sciences</b>	<b>2012</b>	<b>Education Method</b>	
<b>Tehran university of Medical Sciences</b>	<b>2012</b>	<b>Kte workshop</b>	
<b>Tehran university of Medical Sciences</b>	<b>2012</b>	<b>E-leaning</b>	
<b>Tehran university of Medical Sciences</b>		<b>faculty Member improvement</b>	
<b>Tehran university of Medical Sciences</b>	<b>2013</b>	<b>Thinking ownership</b>	
<b>Tehran university of Medical Sciences</b>	<b>2013</b>	<b>specialist Work with animal workshop</b>	
<b>Tehran university</b>	<b>2013</b>	<b>Public book in international academic publisher</b>	
<b>Tehran university of Medical Sciences</b>	<b>2013</b>		

### **Congress and Seminars paper and Presentation:**

#### **- National**

- Aryaeian N Diet therapy effect on Diabetes control, Third scientific medical students Seminar in Tabriz Medical University, Iranian Congress of Nutrition, 1993. (As the presenter and author).
- Aryaeian N, Shayesteh M.R, fish oil effect on lipid profiles in type 2 diabetic patients referring to Tabriz diabetes clinic, Third Iranian Congress of Nutrition, Isfahan, 1995. (As the presenter and first author).Lecture
- Shayesteh MR, Aryaeian N, fish oil effect on blood Glucose and Blood pressure in NIDDM patients referring to Tabriz diabetes clinic, Third Iranian



Congress of Nutrition, Isfahan, 1995. (As the presenter and first author).  
Lecture

- Aryaeian N, Soleimani Asl H, Ice bread production and use of Borax, 10<sup>th</sup> Congress of Food Industries, Tehran, 1998. (As the presenter and first author). Lecture
- Aryaeian N, Moghadam M, Review for usage of Borax in Ice bread production in Tehran, First Country, Tehran, 1999. (As the presenter and first author) Lecture.
- **Aryaeian N**, Soltan Dalal MM, Food Health effect on Hospital infection prevention, First Seminar on the Role of Microbiology Lab in control and prevention of Hospital infections, Gazvin, Iran, 2001.
- Aryaeian N, Soltan Dalal, Use of soda in consumption bread in under control hospitals of Tehran medical university in years of 1380, Seventh Iranian Congress of Nutrition, Rasht, 2002.
- **Aryaeian N**, Djalali M, Conjugated linoleic acid (CLA) and suppression of cancer cells, The First National Congress on Environment, Occupation, and Cancer in Iran .Tehran, 2006.
- Djalali M, **Aryaeian N**, Shahram F, Zeraati H, Ziaie N, Fatehi F, Plasma antioxidant Enzyme levels in patients with rheumatoid arthritis referring to rheumatology research center, Doctor Shariaty hospital, Tabriz university of medical Sciences control ,9 Iranian Congress of Nutrition, Tehran, 2006.
- **Ariaeian N**, Djalali M, Shahram F, Zeraati H, Ziaie N, Fatehi F, Plasma antioxidant levels in patients with rheumatoid arthritis referring to Rheumatology research center, Doctor shariaty hospital, , Tabriz university of medical Sciences control ,9 Iranian Congress of Nutrition, Tehran, 2006.
- Dastbase Mojarrad, **Aryaeian N**, Soltan Dallal MM , Zeraati H, Vahedi S, Abolfazle Najarian, Kaffashi T, Pirhadi E, Evaluating bread consuming in

the Hospitals and health Centers that are under Tehran university of medical Sciences control ,10 Iranian Congress of Nutrition, Tehran, 2008.

- **N Aryaeian**, M Djalali, F Shahram, A Djazayeri, MR Eshragian, A Sarrafnejad, N Nadery, F Fatehi<sup>1</sup>, M Zarei, M Chamari, The effects of Conjugated linoleic acids, Vitamin E and their combination on lipid peroxidation of Iranian adults with active Rheumatoid Arthritis, 10 Iranian Congress of Nutrition, Tehran, 2008.
- 2<sup>nd</sup> Iranian Congress on Prevention and management of obesity, diet therapy in Obesity. 2009(lecture).
- Family health congress, Iran, Determination of salt enriched with Iodine...., 2009.
- **Aryaeian N**, Soltan Dallal MM , Dastbase Mojarrad , Zeraati H, Vahedi S, Abolfazle Najarian, Kaffashi T, Pirhadi E, Evaluating bread consuming in the area that are under Tehran university of medical Sciences control, food safety seminar, 2010, rasht.
- **Naheed Aryaeian**, Farhad Shahram, Mahmoud Djalali, Mohammad Reza Eshragian, Abolghassem Djazayeri, Ahmad Salimzadeh , Nasim Naderi, Chamari Maryam ,Effect of conjugated Linoleic acids, vitamin E and their combination on the clinical outcome of Iranian adults with active Rheumatoid arthritis, Iranian Congress of Nutrition, Shiraz, 2010.
- **Aryaeian N**, Shahram F, Djalali M, Eshragian MR, Djazayeri A, A Sarrafnejad, Naderi N, Chamari M Fatehi F, Zarei F, Effect of Conjugated Linoleic Acid, Vitamin E and their combination on lipid profiles and blood pressure of Iranian adults with active Rheumatoid Arthritis, Iranian Congress of Nutrition, Shiraz, 2010.
- Tahereh Arablou, **Naheed Aryaeian\***, majid valizadeh, faranak sharifi, Mahmoud jalali, Aghafatemeh Hosseini ,The effect of Ginger root

consumption on Lipid profile, BMI and Waist circumference in patients with type 2 diabetes mellitus, Congress of Obesity, Iran 2013 poster.

- Rahimi T, Dehdari T, **Aryaeian** N, Ghohari MR , the effect of health education based on Pender,s health promotion model (HPM) for improving breakfast consumption pattern among secondry school girl students, in Qom, Iranian J of nutrition and food Technology,2(7),1391:75-84

### **International:**

- **Ariaeian** N, Djalali M, Shahram F, Zeraati H, Ziaie N, Fatehi F, Plasma antioxidant levels in patients with rheumatoid arthritis referring to rheumatology research center, Doctor shariaty hospital , Public Health nutrition Congress, spain (Barcelona) ,2006. Poster presentation
- Djalali M, **Aryaeian** N, Shahram F, Zeraati H, Ziaie N, Fatehi F, Plasma antioxidant Enzyme levels in patients with rheumatoid arthritis referring to rheumatology research center, Doctor shariaty hospital, Public Health nutrition Congress, spain (Barcelona), 2006. Poster presentation
- Shahram F, Akhlaghi A , Djalali M, Ziaie N, **Aryaeian** N, Glutathion Peroxidase activity in Rheumatoid Arthritis relation to poor outcome, annual European congress of Rheumatology, spain (Barcelona) , 2007. Poster presentation
- Shahram F, Mobedi M, **Aryaeian** N, Naderi N, Davatchi F, effect of N-Acetile Cistein on clinical sign in Behjeet disease, J of Clinical and Experimenat Rhematology , 26(3): S31:13 International Conference and 5<sup>th</sup> Patients Consention on Behjeet's disease, Ausria (Vien), 2008. Poster presentation.
- **Aryaeian** N, Shahram F, Djalali M, Eshragian MR, Djazayeri A, A Sarrafnejad, Naderi N, Chamari M Fatehi F, Zarei F, Effect of Conjugated

Linoleic Acid, Vitamin E and their combination on lipid profiles and blood pressure of Iranian adults with active Rheumatoid Arthritis,<sup>3rd</sup> Prediabetic and metabolic syndrome, Nice France, 1-4 April 2009. Poster presentation

- Naheed **Aryaeian**, Farhad Shahram, Mahmoud Djalali, Mohammad Reza Eshragian, Abolghassem Djazayeri, Ahmad Salimzadeh, Nasim Naderi, Chamari Maryam, Effect of conjugated Linoleic acids, vitamin E and their combination on the clinical outcome of Iranian adults with active Rheumatoid arthritis, International Congress of Nutrition, Bangkok, 2009 (Lecture).
- N Aryaeian, M Djalali, F Shahram, A Djazayeri, MR Eshragian, A Sarrafnejad, N Nadery, F Fatehi, M Zarei, M Chamari, The effects of Conjugated linoleic acids, Vitamin E and their combination on lipid peroxidation of Iranian adults with active Rheumatoid Arthritis,<sup>4rd</sup> Prediabetic and metabolic syndrome, Spain (Madrid), 1-4 April 2011. Poster presentation.
- Naheed **Aryaeian**, Mahmoud Djalali, Farhad Shahram, Shima Djazayeri, Nasim Naderi, Seyed Ali Nazeri, and Maryam Chamari, Betacarotene, Vitamin E, MDA, Glutathione Reductase and Arylestrase activity levels in Iranian Patients with Active Rheumatoid Arthritis Referred to Shariati Hospital in Comparison to the health people, Asian-pacific congress of rheumatology, Amman (Jordan), 2012. Poster presentation.
- **Aryaeian** N, Shahram F, Djalali M, Eshragian MR, Djazayeri A, Effect of Conjugated Linoleic Acids (CLAs), Vitamin E and both on immunity and inflammation in adults with active Rheumatoid Arthritis (RA), International Nutrition & Diagnostics Conference, Prague, 2012. Poster presentation.
- **Aryaeian** N, Shahram F, Djalali M, Eshragian MR, Djazayeri A

- N Aryaeian et al, 4-11<sup>th</sup> International Congress of Immunology and allergy, 26-29 April 2012, Effect of Vitamin E on Immunity ...Iranian Journal of Immunology, 3(1): 235. Poster presentation.
- **Aryaeian** N, Shahram F, Djalali M, Eshragian MR, Djazayeri A, , Effect of Conjugated Linoleic Acid, Vitamin E and their combination on some Immunity and inflammatory Parameters in Iranian adults with active Rheumatoid Arthritis, International Congress of Nutrition, Isfahan, 2012 oral presentation.
- **Aryaeian** , Conjugated Linoleic Acid, and inflammation, Isfahan, 2012 oral presentation.
- **Aryaeian**, Conjugated Linoleic Acid and inflammation, International Congress of Nutrition, Isfahan, 2012 oral key presentation.
- **Aryaeian** , Vitamin E and autoimmune diseases, 12 International Congress of Nutrition, Isfahan, 2012 oral presentation in symposium.
- Tahereh Arablou, Naheed Aryaeian\*, Majid Valizadeh, Faranak Sharifi, Mahmoud Jalali, Aghafatemeh Hosseini ,The effect of Ginger root consumption on Glycaemic status, Blood pressure and Waist circumference in patients with type 2 diabetes mellitus, International congress of new aspects in endocrinology, Iran 2013 poster.
- **Naheed Aryaeian**, Tahereh Arablou, Majid Valizadeh, Faranak Sharifi, Agha Fatemeh Hosseini, Mahmoud Djalali. The effect of ginger consumption on glycemic status, lipid profile and some inflammatory markers in patients with type 2 diabetes mellitus, 3 American Society for Nutrition middle East Congress, 19-21 feb, 2014, oral presentation.
- **Naheed Aryaeian**, Tahereh Arablou, Majid Valizadeh, Faranak Sharifi, Agha Fatemeh Hosseini, Mahmoud Djalali. The effect of ginger consumption on inflammatory markers in patients with type 2 diabetes

mellitus, International Congress of Immunology and Allergy, May 2014, Tehran, Iran. oral presentation.

- **Naheed Aryaeian**, Polyphenols and Blood Glucose control, mechanisms of its effect (lecture), 2014. 13 International Congress of Nutrition, Tehran, Iran. oral presentation.
- Javadi F, Egtesadi S, Ahmadzadeh A, Aryaeian N, Zabihyeganeh M, Rahimi Froushani A, Jazayeri S, The effect of quercetin on plasma oxidative status, c-reactive protein and blood pressure in women with rheumatoid arthritis Vol 1, Supplement 1, Nov-Dec 2014 : 128. 13 International Congress of Nutrition, Tehran, Iran.
- Tavakkoli Kermani H1., Aryaeian N2., Eshraghian MR1., Mahmoudi M1., Jamshidi F, Can ginger lower Disease Activity Score in patient with **active rheumatoid arthritis? A Clinical Trial Study**, Vol 1, Supplement 1, Nov-Dec 2014: **209**. 13 International Congress of Nutrition, Tehran, Iran.
- Tajmanesh M1, Ariaiian N1, Hosseini M1, Mazaheri R1, Kordi R, Determination effect of 2 month CLA supplementation in non trained healthy young male students on blood pressure and body composition: A randomized, double blind, placebo-controlled clinical trial, Vol 1, Supplement 1, Nov-Dec 2014: 207. 13 International Congress of Nutrition, Tehran, Iran.
- Rahimi T, Dehdari T, **Aryaeian N**, Ghohari MR, the effect of health education based on Pender's health promotion model (HPM) for improving breakfast consumption pattern among secondary school girl students, in Qom, third seminar of national research in Health and life style development, 1392, Zanjan

## **Puplication and presentation**

### **Journals Puplication (paper in Persian)**

**Aryaeian, N**; Djalali, M; Shahram, F, H Zeraati, N Ziaee, The study of blood Catalase, Vitamin E, Vitamin A levels and they relation to sign of diseases in Patients with Rheumatoid Arthritis(RA) referring to Rheumatology Research Center, Urumia medical journal, 20(2), 1388: 86-94.

Djalali M, Shahram F, **Aryaeian N**, Zeraati H, Ziaie N, Fatehi F, Plasma antioxidant Enzyme levels in patients with rheumatoid arthritis referring to rheumatology research center, Doctor Shariaty hospital, Tehran University medical journal, 64, 2006: 8.

**Aryaeian N**, et al, Evaluation of bread consumed in the hospitals and areas covered by Tehran University of medical sciences. Payesh, (2)11,264-257, 1391.

Rahimi T, Dehdari T, **Aryaeian N**, Ghohari MR , the effect of health education based on Pender,s health promotion model (HPM) for improving breakfast consumption pattern among secondry school girl students, in Qom, Iranian J of nutrition and food Technology,2(7),1391:75-84

**Aryaeian N**, Food Health in Hospitals, Hospitals, 22, 2006: 62-68.(review).

Milad Tajmanesh, **Naheed Aryaeian**, Hosseini, Dehcordi, Mazaheri, The effect of conjugated linoleic acid (CLA) on blood pressure and body composition in healthy young men, Razi Journal of Medical Sciences,RJMS 2014, 20(116): 45-55.

**Naheed Aryaeian**, Tahereh Arablou, Faranak Sharifi, Agha Fatemeh Hossein, Majid Valizadeh, The effect of ginger consumption on glycemic status, insulin resistance and some inflammatory markers in patients with type 2 diabetes mellitus, Iranian J of nutrition and food Technology,1(9) ,2014:1-10.

Tahereh Arablou, **Naheed Aryaeian\***, Majid Valizadeh, Faranak Sharifi, AghaFatemeh Hosseini, Mahmoud Djalali , The effect of ginger consumption

on some cardiovascular risk factor in patients with type 2 diabetes mellitus, Razi Journal of Medical Sciences, 11: 1-12 , 2014.

Rahnavard z, Maleki F, Hosseininodeh Z, **Aryaeian N**, The effect of educational intervention based on Planned Behavior theory using Workshop on preventive nutritional behaviors of diabetes type2 in adolescents girl, Journal of research and Health , 14,2014.

**Aryaeian N**, Diet therapy in Renal Failure patients, Khornosh, 27, 2000: 10-14.

**Aryaeian N**, Harmful effect of Soda in traditional bread production, Khornosh, 28, 2000: 42-46.

**Aryaeian N**, Review the usage of Borax in traditional ice bread production, Khornosh, 2(7), 2000: 36 -40.

**Aryaeian N**, Najarian A ,your question about obesity, donyaye Taghzieh, No 68, 69 and 70,1386-87.

**Aryaeian N**, correct Nutrition in fasting, connections, 21, 2000: 12.

Vafaie n, **Aryaeian N**, Hakami R, Dietition problems in Iran, Kornosh, 16,2000: 16-20 .

**Aryaeian N**, Nutrition problem in elderly, connections, 36, 2000: 4-5.

**Aryaeian N**, Fiber and its usefulness, connections, 42, 2001:4-6.

**Aryaeian N**, Fruit and vegetable as effectors of heart health, connections, 47, 2001: 11-12.

**Aryaeian N**, Dieting sweetners, Khornosh, 28-20, 2002:18-22.



**Aryaeian N**, Soltan Dalal, Use of soda in consumption bread in under control hospitals of Tehran medical university in years of 1380, Hospitals, 25, 2002: 35-40.

**Aryaeian N**, Najarian A, Your question about obesity, donyaye Taghzieh, No 68, 69 and 70,1386-87.

**Aryaeian N**, Traditional ice cream health, Iran,1388.

**Aryaeian N**, Nutrition and aging, Iran,1388.

**Aryaeian N**, Nutrition in Obesity, khanevadeh salem(zibaie),1389.

**Aryaeian N**, Nutrition and hair health, khanevadeh salem(zibaie),1389.

**Aryaeian N**, Food health, khanevadeh salem(zibaie),1390.

**Aryaeian N**, Nutrition and lost weight, khanevadeh salem(zibaie),1390.

**Aryaeian N**, How to decrease waist circumference size, khanevadeh salem(zibaie),1390

**Aryaeian N**, Nutrition and airpolution , khanevadeh salem(zibaie),1391.

**Aryaeian N**, Nutrition for obesity after pregnancy and Deliveri (with lactation), khanevadeh salem(zibaie),1391.

**Aryaeian N**, Nutrition and fatty liver, khanevadeh salem(zibaie),1391.

**Aryaeian N**, Nutrition and polycystic syndrme , medicine news,1391.

**Aryaeian N**, Cause of Obesity, Physicians News,1391 July.

**Aryaeian N**,Razeghi , Nutrition in MS,Journal of MS association,1392.

**Aryaeian** , What you must know about Yogurt , donyaye Taghzieh, No, 5 ep2014.

## **Journals Pulpication (paper in English)**

- 1-**Naheed Aryaeian**, Farhad Shahram, Mahmoud Djalali, Mohammad Reza Eshragian, Abolghassem Djazayeri, Abdolfattah Sarrafnejad, Ahmad Salimzadeh, Nasim Naderi, Chamari Maryam, Effect of conjugated Linoleic acids, vitamin E and their combination on the clinical outcome of Iranian adults with active Rheumatoid arthritis, International Journal of Rheumatic diseases, 12 (1), 2009: 20-28 .
- 2-**Aryaeian N**, Shahram F, Djalali M, Eshragian MR, Djazayeri A, A Sarrafnejad, Naderi N, Chamari M, Fatehi F, Zarei F, Effect of Conjugated Linoleic Acid, Vitamin E and their combination on lipid profiles and blood pressure of Iranian adults with active Rheumatoid Arthritis, Vasc Health Risk Manag, 4 (6), 2008: 1423-32 .
- 3-**Aryaeian N**; Djalali M; Shahram F, et al., The Effect of Conjugated Linoleic Acids, Vitamin E and Their Combination on Lipid Peroxidation in Active Rheumatoid Arthritis, Source: Iranain Journal of public Health, 38 (2), 2009: 79-89.
- 4-**Naheed Aryaeian**, Mahmoud Djalali, Farhad Shahram, Shima Djazayeri, Nasim Naderi, Seyed Ali Nazeri, and Maryam chamari, Betacarotene, Vitamin E, MDA, Glutathione Reductase and Arylestrase activity levels in Iranian Patients with Active Rheumatoid Arthritis Reffered to Shariati Hospital in Comparison to the health people, Iranian J Publ Health, Vol. 40, No.2, 2011, pp.102-109.
- 5- Dehdari T, Rahimi T, **Aryaeian N**, Gohari MR, Effect of nutrition education intervention based on Pender's Health Promotion Model in improving the frequency and nutrient intake of breakfast consumption among female Iranian students., Public Health Nutr. 2013 Jan 30:1-10.
- 6- Meisam Sanoobar, Shahryar Eghtesadi, Amirreza Azimi, Mohammad Khalili, Behnam Khodadadi, Shima Jazayeri, Mahmood Reza Gohari,

**Nahid Aryaeian**, Coenzyme Q10 supplementation ameliorates inflammatory markers in patients with multiple sclerosis: a double blind, placebo, controlled randomized clinical trial, *Nutritional Neuroscience* Vol 0, No 0 printed online.

- 7-Fatemeh Javadi, Shahryar Eghtesadi, Arman Ahmadzadeh, **Naheed Aryaeian**, Mozhdah Zabihyeganeh, Abbas Rahimi Froushani, Shima Jazayeri, THE EFFECT OF QUERCETINE ON PLASMA OXIDATIVE STATUS, C-REACTIVE PROTEIN AND BLOOD PRESSURE IN WOMEN WITH RHEUMATOID ARTHRITIS, *INTER J OF PREVENTIVE MEDICINE*, 5(3), 2014:293-300.
- 8- Dehdari T, Rahimi T, **Aryaeian N**, Gohari MR, Prediction of breakfast consumption among Iranian girl students: Application of the Pender's health promotion model, *Journal of Nutrition Education and Behavior*, Accepted, 2014.
- 9-**Naheed Aryaeian**, Farhad Shahram, Mahmoud Djalali, Mohammad Reza Eshragian, Abolghassem Djazayeri Effect of Conjugated Linoleic Acid, vitamin E, alone or combined on some immunity and Inflammatory parameters in adults with active Rheumatoid Arthritis: a randomized controlled trial, *INTER J OF PREVENTIVE MEDICINE*, Accepted 2014.
- 10- Tahereh Arablou; **Naheed Aryaeian\***; Majid Valizadeh; Faranak Sharifi; AghaFatemeh Hosseini; Mahmoud Djalali , The effect of ginger consumption on glycemic status, lipid profile and some inflammatory markers in patients with type 2 diabetes mellitus , *International Journal of Nutrition and Food sciences*, 65( 4 ), 2014: 515-520.
- 11-Milad Tajmanesh, **Naheed Aryaeian**, Hosseini, Dehcordi, Mazaheri, Effects of Conjugated linoleic acid on aerobic capacity and body composition in healthy young men: A randomized, double-blind clinical trial , *Journal of lipid*, accepted 2014.

- Shahram, F; Moobedi, Z; Akhlaghi, M, **Aryaeian** N et al., The Efficacy of N-Acetyl Cystein as an adjuvant therapy in Behcet's diseases, A Randomised double blind control study, *Clinical and experimental Rheumatology*, 26(4), 2008: S31-S31.
- Djalali M, **Aryaeian** N, Shahram F, Zeraati H, Ziaie N, Fatehi F, Plasma antioxidant Enzyme levels in patients with rheumatoid arthritis referring to rheumatology research Center, Doctor Shariaty hospital, *journal of public Health*, 9(7), 2006:109(abstract).
- **Ariaeian** N, Djalali M, Shahram F, Zeraati H, Ziaie N, Fatehi F, Plasma antioxidant levels in patients with rheumatoid arthritis referring to rheumatology research center, Doctor shariaty hospital , *Journal of public Health*.9(7), 2006:235(abstract).
- **Aryaeian** N, Shahram F, Djalali M, Eshragian MR, Djazayeri A, A Sarrafnejad, Naderi N, Chamari M Fatehi F, Zarei F, Effect of Conjugated Linoleic Acid, Vitamin E and their combination on lipid profiles and blood pressure of Iranian adults with active Rheumatoid Arthritis, *Journal of Diabetes*,1, supplement 1, 2009:284(abstract).
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- **Naheed Aryaeian**, Polyphenols and Blood Glucose control, mechanisms of its effect (lecture), Nutrition and food science research journal Vol 1, Supplement 1, Nov-Dec 2014: 14.

### **Ended thesis leadership**

- The effect of ginger consumption on the clinical manifestation, body composition and blood pressure in adult with active rheumatoid arthritis.
- The effect of ginger consumption on glycemic status, lipid profile, oxidative stress and plasma prostaglandin E2 in patients with type 2 diabetes mellitus.
- The effects of conjugated linoleic acid supplementation on, VO<sub>2</sub>max, resistance exercise, body composition and blood pressure in healthy men.

### **Ended thesis consultant**

- The effect of Quercetine consumption on the clinical manifestation, diseases activity and inflammation in women with active rheumatoid arthritis
- The Effect of health education based on Pender's health promotion model (HPM) for improving breakfast consumption pattern among secondary school girl students, in Qom.

The Effect of Educational intervention based on the planned behavior Theory using Workshop on preventive nutritional behaviors of diabetes type2 in Girl Adolescents.

### **Reasearches**

- Effect of Conjugated Linoleic Acid , vitamin E and both on the Inflammatory mediators , lipid peroxidation , clinical manifestation and Immunity factors in adults with active rheumatoid arthritis , 2006-2007. Instructor.
- Plasma antioxidans Aryl esterase,  $\beta$ -carotene levels, Glutation reductase and MDA in patients with rheumatoid arthritis referring to rheumatology research center, Doctor Shariaty Hospital, 2006-2007. Instructor.
- The effect of ginger consumption on the clinical manifestation, body composition and blood pressure in adult with active rheumatoid arthritis. Instructor.
- The effect of ginger consumption on glycemic status, lipid profile, oxidative stress and plasma prostaglandin E2 in patients with type 2 diabetes mellitus. Instructor.
- The effects of conjugated linoleic acid supplementation on, VO<sub>2</sub>max, resistance exercise, body composition and blood pressure in healthy men. Instructor.

- The effect of Conjugated linoleic acids on some bone markers, in adult with active rheumatoid arthritis in Shariaty hospital rheumatology research center. Instructor.
- The effect of Ginger consumption on some genes expression that are mediators of immunity and inflammation in adult with active rheumatoid arthritis. Instructor.
- The effect of Ginger consumption on the some immunity and inflammatory mediators in adult with active rheumatoid arthritis.
- The effect of quercetine consumption on the clinical manifestation, diseases activity and inflammation in women with active rheumatoid arthritis, collaborator
- The Effect of health education based on Pender's health promotion model (HPM) for improving breakfast consumption pattern among secondary school girl students, in Qom., collaborator
- The Effect of Educational intervention based on the planned behavior Theory using Workshop on preventive nutritional behaviors of diabetes type 2 in Girl Adolescents, collaborator.
- The study of Plasma antioxidant levels in patients with rheumatoid arthritis in Shariaty hospital rheumatology research center, collaborator.
- The study of nutrition intake in patients with rheumatoid arthritis in Shariaty hospital rheumatology research center, collaborator.
- Effect of N-Acetylcysteine on clinical sign in Behcet disease collaborator
- The assessment of nutrition intake and micronutrients in patients with rheumatoid arthritis collaborator.
- The effect of Q10 consumption on the clinical manifestation, and inflammation in MS patients, collaborator.
- The effect of Q10 consumption on the diseases activity, Immunity and inflammation in MS patients, collaborator.

- Effect of prebiotic, probiotic and both supplementation On liver enzyme,.....in NAFLD patients, Instructor.
- Effect of berberine supplementation on the clinical manifestation, body composition and blood pressure,... in adult with active rheumatoid arthritis. Instructor.
- Effect of saffron consumption on liver enzymes, inflammatory markers, lipid profile, serum insulin, hepatic steatosis degree in rat model of nonalcoholic fatty liver disease Instructor.
- Efficacy of Cornus mas fruit extract on some inflammatory and bone markers, Fat body percent and menopausal vasomotor symptoms in postmenopausal women, Instructor.

#### **Honors, Distinctions and Scientific Societies Membership:**

- Scientific Members in congress of health, 2010, Iran University of medical sciences.
- Scientific Members in congress of Microelements, 2009, Iran University of medical sciences.
- Members of country committee for bicarbonate sodium deletion from bread.
- Collaborate in Tehran medical University food control laboratory startup and outfit.
- Nutritional Congress in aquatic animals.
- Nutrition Congress in food Hygiene & safety

#### **TECHNICAL EXPERTISE:**

- Agarose and polyacrylamide gel electrophoresis and Immunoblotting
- PCR
- ELAISA
- Food Microbiology tests



## **Community and Public Activities:**

Iranian Nutrition Society

American Society of Nutrition (ASN)

Health (good) nutrition, health protector of Iranian Society

Language Skills: English

## **Papers Book:**

**Obesity**, your question, Donyae Taghzieh pub, Tehran, Iran (2007).

**Nutrition in rheumatic diseases**, Donyaye Taghzieh, Tehran(2014).

Editor of 1 books: 1 – Nutrition message, Pondnjadan, Sama Pub, Tehran, Iran (2007).

**Aryaeian N and colleague**, lectures in diabetes management for country workshop, Iran University of medical sciences, Nutrition in nephropathy: 85-98, 1389.

**N Aryaeian**, Effect of Conjugated Linoleic Acid, vitamin E and both on the inflammatory mediators, lipid peroxidation, clinical manifestation and Immunity factors in adults with active Rheumatoid Arthritis, 2006-2007. (phD. thesis)

**Aryaeian N** , Fish oil effect on blood Glucose, lipid profiles and Blood pressure in NIDDM patients referring to Tabriz diabetes clinic, Third Iranian Congress of Nutrition, Isfahan,1995( MS thesis).

**Aryaeian N** and colleague, lectures in diabetes management for country workshop, Iran University of medical sciences, Nutrition in nephropathy: 85-98, 1389.

**Interests: Nutrition Immunity and inflammation, diet therapy, antioxidants, lipids, obesity, food health.**

#### **Prizes**

**The 13th Avicenna Festival, 2012, research award section for the best thesis.**