

Curriculum Vita

Mahsa Yavari

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❖ EDUCATION:

Aug 2018-current

Texas Tech University, Lubbock, USA

PhD Student Nutritional biochemistry and physiology

Research Assistance, NIOR Lab, Nutritional Science Department, Texas Tech University

Supervisor: Dr. Naïma Moustaid-Moussa

Oct 2015 - Des 2017

Iran University of Medical Sciences, Tehran, Iran.

M.Sc. Health Science in Nutrition

Thesis Title: Effect of Supplementation of vitamin D, C and E on the lung functional tests level of hs-CRP, ESR, TGF β , and antioxidant status in idiopathic pulmonary fibrosis patients.

Supervisor: Dr. Mohamadreza Vafa

Oct 2010 - July 2014

Shahid Beheshti University of Medical Sciences, Tehran, Iran.

BSc. Nutrition Sciences

Thesis Title: A review on the relationship between obesity and adult metabolic syndrome.

Supervisor: Dr. Azita Hekmatdoost

❖ WORK EXPERIENCE:

Sep 2017 – July 2018

Elder Care Center, Tehran, Iran.

Position: Dietitian and Nutritionist

Jan 2016 – Aug 2017

Madaen Hospital, Tehran, Iran.

Position: Head of nutrition and diet therapy ward.

❖ PUBLISHED PAPERS:

1. Effect of supplementation of vitamin D, C and E on lung spirometry and plethysmography in Idiopathic Pulmonary Fibrosis patients. Mahsa yavari, Mohamadreza Vafa, Alijavad Mousavi, Leyla Janani, (Razi Journal of Medical Science, 2018, No.25)
2. Can Dietary Calcium Supplement Modulate Circulating Lipoprotein Concentrations and Atherogenic Indices in Overweight and Obese Subjects? A Systematic Review. Javad Heshmati, Farzad Shidfar, Mehdi Sepidarkish, Nazli nazemi, Fatemeh shokri, Mahsa Yavari, Siavash fazelian, khoshnoodi. (Jul 2017 Journal of dietary supplements)
3. Association of dietary patterns with depression among Iranian adolescent girls. Masoud Moeini, Sanaz Gholamhosseini, Malek Alimohammadi, Mahsa Yavari, Ali Amirinejad, Javad Heshmati. (March 2018 Journal of Dietary Supplements)
4. Effect of omega-3 fatty acid plus vitamin E Co-Supplementation on oxidative stress parameters: a systematic review and meta-analysis. Mahdi Sepidarkish; Maryam Akbari-Fakhrabadi; Elnaz Daneshzad; Mahsa Yavari; Mahroo Rezaeinejad; Mojgan Morvaridzadeh; Javad Heshmati. (May 2019 Journal of Clinical Nutrition)

In preparation papers:

1. The Effects of omega-3 fatty acid supplementation on inflammatory factors in HIV infected patients: A Systematic Review and Meta-Analysis of Randomized Clinical Trials Mojgan Morvaridzadeh¹, Mahdi Sepidarkish, Mahsa Yavari Negin Tahvilian, Azadeh Heydarian, Maryam Khazdouz, Farnaz Farsi, Javad Heshmati¹ * submitted in Journal of clinical nutrition
2. Neck circumference and clustered cardio-metabolic risk factors in adult, Hamed Khedmatgozar, Mahsa yavari, Maryam Khosravi, Saeid Eslami, Reza Rezvani*
3. Effect of supplementation with Zinc and Selenium on Blood Glucose and inflammatory/antioxidant biomarkers in T2DM patients: a randomized control double blind study, Hamed Khedmatgozar, Maha yavari, Reza rezvani, Mohammad Reza Abaspour, Mariam Taefi, Maryam Khosravi*, Mohsen Nemati*

Current projects:

“Protective Effects of Eicosapentaenoic Acid in a Mouse Model of Alzheimer’s Disease” NIH granted project

PI: Dr. Naima Moustaid-Moussa, Professor, Texas Tech University

Co-I: Dr. Latha Ramalingam, Research Assistant Professor, Texas Tech University

Co-I (Supplement): Dr. Breanna Harris, Research Assistant Professor, Texas Tech University

Mahsa Yavari, Research Assistant, Texas Tech University

Beneficial effects of Eicosapentaenoic acid on Alzheimer's disease by decreasing the amyloid- β peptide aggregation, using *Caenorhabditis elegans* Alzheimer model

PI: Dr. Naima Moustaid-Moussa, Professor, Texas Tech University

Mahsa Yavari, Research Assistant, Texas Tech University

❖ **INTERNSHIP:**

Oct 2016 – Jan 2017

West Tehran Health Center, Tehran, Iran.

Position: Nutritionist Intern

Des 2013 – Jun 2014

Taleghani Hospital, Tehran, Iran.

Position: Clinical Intern in kidney, digestion, nutrition in ICU, heart, glands, and metabolic diseases.

Oct 2013 – Dec 2013

ZamZam Cola Factory, Tehran, Iran.

Biscuit Behesht Company, Isfahan, Iran.

Domino Dairy Co., Tehran, Iran.

West Tehran Health Center, Tehran, Iran.

Northeast Tehran Health Center, Tehran, Iran.

Tehran suburbs Health Center—Rural Section, Tehran, Iran.

Position: Nutritionist Intern.

❖ **VOLUNTEER WORK**

Nutrition Graduate organization volunteer work (2019)

Vice president of Persian student organization (2019)

Part-time working at Mahak Charity (Society to support children suffering from cancer) Tehran, Iran. (2014)

Board of directors at TAK charity (an organization for supporting orphans) in Shahid Beheshti University of Medical Sciences and Health, Tehran, Iran. (2013)

❖ **Book Translation:**

Thinfluence: Thin-flu-ence (noun) the powerful and surprising effect friends, family, work, and environment have on weight by Walter Willett. (Published - English to Persian - Dec 2017)

❖ **SEMINAR & CONGRESS**

Protective Effects of Eicosapentaenoic Acid on Cognitive Impairment and Inflammation in the APPswePS1dE9 Alzheimer's Mouse Model (ORI poster presentation- 2019)

Effect of supplementation of vitamin D, C and E on the lung functional tests, levels of Hs-CRP, ESR, TGF β 1 and antioxidant status in Idiopathic Pulmonary Fibrosis patients (Poster presentation, Third International Congress and Fifth Iranian Nutrition Congress-2018)

The Effect of Weight Loss Diet and Exercise on Reducing Leptin Secretion Quality of Life and Body Composition in Breast Cancer Survivors; (Poster presentation, The First National Congress of Integrative Oncology - M. Yavari, M. Vafa, Tehran, Iran. -Jun 2015)

Seminar presentation at Iran University of Medical Sciences: The effect of vitamin D, E & C on women with endometriosis, (Jun 2017)

❖ **CLASS PROJECTS AND PRESENTATIONS**

Action plan for preventing obesity, proposed to ministry of Health, under Supervision of Prof. Mohamadreza Vafa, Tehran, Iran. (Apr 2016)

“World's programs so as to prevent or control obesity” under supervision of Prof. Mohamadreza Vafa, Tehran, Iran (Apr 2016)

Action plan for preventing food safety problems in southern Khorasan province, proposed to ministry of Health, under supervision of Prof. Nasrin Omidvar,

Tehran, Iran. (Apr 2012)

“About the world's food unsafety programs” under supervision of Prof. Omidvar, Tehran, Iran. (Apr 2012)

❖ **MEMBERSHIP**

August 2019- August 2020

Texas Tech University

Vice president of Persian student organization

Nov 2013 – Nov 2014

Iran University of Medical Sciences Services, Tehran, Iran.

President of Student Research Society.

Nov 2011 – Jun 2014

Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Active Member of the Student Research Society.

Des 2012 & Dec 2013

Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Member of the Conference Executive Committee.

❖ **HONORS & ACHIVEMENTS**

Ranked Top 20 among participants in Iran University Entrance Exam for M.Sc. in Health Science in Nutrition, Iran. (Aug 2015)

Ranked Top 1% among more than 3000 participants in Shahid Beheshti University Entrance Exam for B.Sc. in Natural Science, Iran. (Aug 2010)

Admitted in National Organization for Development of Exceptional Talents (NODET) school system. (Aug 2002)

❖ **LANGUAGES**

English: Fluent

IELTS Overall: 7.0 (Reading: 7.0, Listening: 7.0, Speaking: 7.0, Writing: 6.0)

GRE: 303 (Verbal: 143 - Quantitative: 160)

Persian: Native

Kurdish: Mother Tongue

❖ **SKILLS**

Genotyping

RNA isolation

Microsoft Office, EndNote, Prism, SPSS, Reference Manager, Nutrition 4.

ELISA kits

Working with Laboratory Animals (rat & mice)

Mice Glucose tolerance test

Mice body composition

Mice retro orbital blood sampling

Mice Morris water maze, Novel objet recognition and hot plate test

C-elegans culture, lifespan assay manually and with machine

Blood sampling from patients (amateur)

Doing injections (amateur)

❖ **INTERESTS**

Playing santour (Iranian musical instrument)

Mountain climbing

Bicycle riding

Going to gym

Hiking

Listening music

Watching movies

❖ **REFERENCES**

Dr. Moustaid-Moussa, Naïma, Ph.D.,
FTOS, FAHA
Professor and Director of Obesity Cluster
Texas Tech University, Nutritional Sciences
Email: naima.moustaid-moussa@ttu.edu
(806) 834-7946

Dr. Ramalingam, Latha, Ph.D.
Research Assistant Professor
Texas Tech University, Nutritional Sciences
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Dr. Mohammadreza Vafa
Professor,
Nutrition science Department Chair
Iran University of Medical Sciences,
Tehran, Iran.
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Dr. Farzad Shidfar
Professor,
Head of Paramedical faculty, Iran University
of Medical Sciences, Tehran, Iran.
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Dr. Fatemeh sadat Amiri
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Nutrition Department, Iran University of
Medical Sciences,
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Dr. Azita Hekmatdoost
Professor,
Clinical Nutrition, Shahid Beheshti University
of Medical Sciences, Tehran, Iran.
Email: azita.hekmatdoost@cw.bc.ca