

## Curriculum Vita

Maryam Seifishahpar

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### EDUCATION

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| July 2021- current | Texas Tech University, Lubbock, USA<br><b>PhD Student</b><br>Research Assistance, NIOR Lab, Nutritional Science Department<br><b>Supervisor:</b> Dr. Naïma Moustaid-Moussa   |
| Oct 2014- Sep 2017 | Shahid Beheshti University of Medical Sciences, Tehran, Iran.<br><b>M.Sc.</b> in Nutrition Sciences<br><b>Thesis Title:</b> The Effects of a Multispecies Probiotic Supplement on the duration, frequency and severity of chronic migraine attacks in adults.<br><b>Supervisor:</b> Dr. Soodeh Razeghi Jahromi |
| Jan 2010- Jan 2014 | Shahid Beheshti University of Medical Sciences, Tehran, Iran.<br><b>B.Sc.</b> in Nutrition Sciences  |

### WORKING EXPERIENCE

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| Jan 2018- Aug 2021 | Samii Health Center, Hamedan , Iran<br><b>Position:</b> Dietitian |
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### PUBLISHED PAPERS

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1. The effects of a multispecies probiotic supplement on inflammatory markers and episodic and chronic migraine characteristics: A randomized double-blind controlled trial. Martami F, Togha M, Seifishahpar M, Ghorbani Z, Ansari H, Karimi T, Jahromi SR. (Cephalalgia. 2019 Jun;39(7):841-53).

2. Serum Vitamin B12 and Methylmalonic Acid Status in Migraineurs: A Case-Control Study. Togha M, Jahromi SR, Ghorbani Z, Martami F, Seifishahpar M. (Headache: The Journal of Head and Face Pain. 2019 Aug 31.)
3. The serum level of inflammatory markers in chronic and episodic migraine: a case-control study. Martami F, Jahromi SR, Togha M, Ghorbani Z, Seifishahpar M, Saidpour A. (Neurological Sciences. 2018 Oct 1;39(10):1741-9.)
4. Serum vitamin D status in a group of migraine patients compared with healthy controls: a case-control study. Togha M, Razeghi Jahromi S, Ghorbani Z, Martami F, Seifishahpar M. (Headache: The Journal of Head and Face Pain. 2018 Nov;58(10):1530-40.)
5. Does glutamine supplementation have favorable effects on glucose control and insulin sensitivity? Kord-Varkaneh, H, Salehi-Sahlabadi, A, Mousavi, S.M, Fatahi, S, Ghaedi, E, Nazari, A, Seyfishahpar, M. and Rahmani. (Nutrition & Food Science. 2019 Aug 12.)
6. Effects of stevia on glycemic and lipid profile of type 2 diabetic patients: A randomized controlled trial. Ajami M, Seyfi M, Abdollah Pouri Hosseini F, Naseri P, Velayati A, Mahmoudnia F, Zahedirad M, Hajifaraji M. (Avicenna Journal of Phytomedicine. 2019 Aug 10.)
7. The effect of paleolithic diet on glucose metabolism and lipid profile among patients with metabolic disorders: a systematic review and metaanalysis of randomized controlled trials. Sohoul MH, Fatahi S, Lari A, Lotfi M, Seifishahpar M, Găman MA, Rahideh T, AlBatati SK, M. AlHossan A, A. Alkhalifa S, A. Alomar, Abu-Zaid A. (Critical Reviews in Food Science and Nutrition. 25 Jan 2021.)

## CONFERENCE POSTERS

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1. The Effects of Aerobic Exercise on migraine headache intensity. (18th Congress of the International Headache Society, 2017, Vancouver, Canada.)
2. The Effects of probiotic supplementation on chronic migraine (CM) headache: a randomized placebo-controlled double-blind study, (11th European Headache Federation Congress- EHF, 2017, Vancouver, Canada.)
3. The Effects of probiotic supplementation on chronic migraine (CM) headache: a randomized placebo-controlled double-blind study, (11th European Headache Federation Congress jointly with 31st Congress of the Italian Society for the Study of Headaches, 2017, Rome, Italy.)
4. The relationship of Vit D deficiency in morbidly obese patients with total body fat mass and fat free mass percentage, (USA, 2017.)

5. Flaxseed flour could be effective in reducing fat mass and waist circumference,( USA, 2017.)
6. The comparison of strengthening exercise efficacy between tension headache plus neck pain and cervicogenic headache, (EHMTC, 2016, Scotland.)
7. The effects of Coffee consumption and reduced risk of liver cancer, (National Congress of Nutrition and Cancer, 2015, Yazd, Iran.)
8. Food addiction and obesity, (Congress of Preventing and Treatment of Obesity, 2015, Tehran, Iran.)
9. The effects of blueberry on the prevention of obesity and treatment of metabolic syndrome components, (Congress of Preventing and Treatment of Obesity, 2015, Tehran, Iran.)

## **BOOKS**

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Detailed Review of Nutrition (in persian), S. Abbasi, F. Martami, M. Seifishahpar .(Jame-e-Negar Publications, 2017.)

## **AWARDS AND HONORS**

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Graduated Among Top 2 Students in Nutritional Sciences in M.Sc. Degree at Shahid Beheshti University of Medical Sciences, Iran, (Sep 2017).

Ranked 12<sup>th</sup> out of 3000 applicants in the entrance exam of M.S.c at the Ministry of Health & Medical Education (MOHME), Iran, (Aug 2014).

Graduated Among Top 3 Students in Nutritional Sciences in B.Sc. Degree at Shahid Beheshti University of Medical Sciences, Iran (Jan 2017).

## **LANGUAGE PROFICIENCY**

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Persian: Native

English: Fluent

Turkish: Fluent

## **REFERENCES**

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- Dr. Moustaid-Moussa, Naïma, Ph.D,  
FTOS, FAHA  
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Texas Tech University, Nutritional Sciences  
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Shahid Beheshti University of Medical Sciences, Tehran, Iran.  
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- Dr. Mansoreh Togha  
Professor, Headache Department, Iranian Center of Neurological Research,  
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