



# Reza Barati-Boldaji


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## EDUCATIONAL BACKGROUND

- **M. Sc.**

2014-2017: Public health nutrition, Department of Nutrition, School of Nutrition and Food Sciences, Shiraz University of Medical Sciences, Shiraz, Iran. **GPA: 3.9/4 (17.68/20).**

**Thesis title:** Pomegranate juice improves the cardiometabolic risk factors, biomarkers of oxidative stress and inflammation in hemodialysis patients: A randomized crossover trial

- **B. Sc.**

2010-2014: Nutrition sciences, Department of Nutrition, School of Paramedical, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran. **GPA: 3.7/4 (16.97/20).**

## PUBLICATIONS

- Asma Kazemi, **Reza Barati-Boldaji**, Sepideh Soltani, Nazanin Mohammadipour, Zahra Esmaeilnezhad, Cain C. T. Clark, Marzieh Akbarzadeh. Intake of various food groups and risk of breast cancer: A systematic review and dose-response meta-analysis of prospective studies. *Advances in Nutrition*. 2021. <https://doi.org/10.1093/advances/nmaa147>. [IF: 8.7].
- Mohammad Ariya, Jalal Karimi, Somayeh Abolghasemi, Zeinab Hematdar, Mohammad Mehdi Naghizadeh, Maryam Moradi & **Reza Barati-Boldaji** ,Food insecurity arises the likelihood of hospitalization in patients with COVID-19. *Sci Rep* **11**, 20072 (2021). <https://doi.org/10.1038/s41598-021-99610-4> [IF: 4.37].

- Hashemzadeh, Maral, Maryam Teymouri, Mohammad Fararouei, **Reza Barati-Boldaji**, and Masoumeh Akhlaghi. "The Association of Food Insecurity and Cardiometabolic Risk Factors May Be Independent of Body Mass Index." *Journal of Health, Population and Nutrition*.2021. <https://doi.org/10.21203/rs.3.rs-929668/v1> [IF: 2].
- Marzieh Akbarzadeh; **Reza Barati-boldaji**; Mohammad Ali Mohsenpour; Mohammad Jalali; Malihe Karamizadeh. Did Iranians change their eating behavior after covid-19 outbreak? *Journal of Research in Medical Sciences*.2021. [IF: 1.85].
- **Reza Barati-Boldaji**, Zahra Esmaeilnezhad, Siavash Babajafari, Asma Kazami, Cain CT Clark, Mohsen Mazidi, Richard Ofori-Asenso, Neda Haghghat, Maryam Shafiee, Seyed Mohammad Mazloomi. Bariatric surgery reduces branched-chain amino acids' levels: A systematic review and meta-analysis. *Nutrition research*. 2020 Oct 23. <https://doi.org/10.1016/j.nutres.2020.10.008>. [IF: 3.31].
- Esmaeilnezhad, Z., **Barati-Boldaji, R.**, Brett, N.R. *et al*. The effect of synbiotics pomegranate juice on cardiovascular risk factors in PCOS patients: a randomized, triple-blinded, controlled trial. *J Endocrinol Invest* **43**, 539–548 (2020). <https://doi.org/10.1007/s40618-019-01139-x> [Equal contribution with first author, IF: 4.25].
- **Barati Boldaji R**, Esmaeilnezhad Z, Sagheb MM, Akhlaghi M. Pomegranate juice improves the cardiometabolic risk factors, biomarkers of oxidative stress and inflammation in hemodialysis patients: A randomized crossover trial. *Journal of the Science of Food and Agriculture*. 2020 Oct 23. <https://doi.org/10.1002/jsfa.10096>. [IF: 3.68].
- Esmaeilnezhad Z, Babajafari S, Sohrabi Z, Eskandari MH, Amooee S, **Barati-Boldaji R**. Effect of synbiotic pomegranate juice on glycemic, sex hormone profile and anthropometric indices in PCOS: A randomized, triple blind, controlled trial. *Nutrition, Metabolism and Cardiovascular Diseases*. 2019 Feb 1;29(2):201-8. <https://doi.org/10.1016/j.numecd.2018.07.002>. [IF: 4.22].

- Rezaei S, Akhlaghi M, Sasani MR, **Boldaji RB**. Olive oil lessened fatty liver severity independent of cardiometabolic correction in patients with non-alcoholic fatty liver disease: A randomized clinical trial. *Nutrition*. 2019 Jan 1; 57:154-61. <https://doi.org/10.1016/j.nut.2018.02.021>. [IF: 4].
- Ghobadi S, de Zepetnek JO, Hemmatdar Z, Bellissimo N, **Barati R**, Ahmadnia H, Salehi-Marzijarani M, Faghih S. Association between overweight/obesity and eating habits while watching television among primary-school children in the city of Shiraz, Iran. *Public health nutrition*. 2018 Feb;21(3):571-9. <https://doi.org/10.1017/S1368980017003251>. [IF: 4.02].
- Mohammadi-Sartang M, Sohrabi Z, Barati-Boldaji R, Raeisi-Dehkordi H, Mazloom Z. Flaxseed supplementation on glucose control and insulin sensitivity: a systematic review and meta-analysis of 25 randomized, placebo-controlled trials. *Nutrition reviews*. 2018 Dec 8;76(2):125-39. <https://doi.org/10.1093/nutrit/nux052>. [IF: 7.11].
- Mohammadi-Sartang M, Mazloom Z, Raeisi-Dehkordi H, **Barati-Boldaji R**, Bellissimo N, Totasy de Zepetnek JO. The effect of flaxseed supplementation on body weight and body composition: a systematic review and meta-analysis of 45 randomized placebo-controlled trials. *Obesity Reviews*. 2017 Sep;18(9):1096-107. <https://doi.org/10.1111/obr.12550>. [IF: 9.2].
- Mohammadi-Sartang M, Mazloom Z, Sohrabi Z, Sherafatmanesh S, **Barati-Boldaji R**. Resveratrol supplementation and plasma adipokines concentrations? A systematic review and meta-analysis of randomized controlled trials. *Pharmacological research*. 2017 Mar 1; 117:394-405. <https://doi.org/10.1016/j.phrs.2017.01.012>. [IF: 7.65].

- **Barati-Boldaji R**, Mohammadi-Sartang M, Raeisi-Dehkordi H. Meta-analysis of phytosterols supplementation and blood pressure: A concern regarding misleading data. *Clin Nutr*. 2020 Jun;39(6):1978-1979. Epub 2020 Apr 20. PMID: 32354465. <https://doi.org/10.1016/j.clnu.2020.04.011>. [IF: 7.32].
- Esmaeilinezhad Z, Tabibzadeh SM, **Barati-Boldaji R\***. Methodological flaws in meta-analysis of phytosterol supplementation and plasma lipoprotein (a) and free fatty acid (FFA) concentrations: A letter to the editor. *Nutrition, Metabolism and Cardiovascular Diseases*.2021. <https://doi.org/10.1016/j.numecd.2020.12.027>. [IF: 4.22].
- Zimorovat, A., Mohammadi-Sartang, M., Barati-Boldaji, R. *et al*. Meta-analysis of vitamin D supplementation and hemoglobin concentration: methodological faults obscure the interpretation of the data. *Nutr J* **20**, 22 (2021). <https://doi.org/10.1186/s12937-021-00681-w> [IF: 3.27].
- Tandaju JR, Li W, **Barati-Boldaji R**, Raeisi-Dehkordi H. Meta-analysis of statin and outcomes of coronavirus disease 2019 (COVID-19): Reconsideration is needed. *Nutrition, Metabolism and Cardiovascular Diseases*. 2021 Aug 26; 31(9):2737-9. <https://doi.org/10.1016/j.numecd.2021.06.009> [IF: 4.22].

## SUBMITTED, UNDER REVIEWED, OR REVISED ARTICLES

- Elham Dezhlooon, Abdolhamid Hamidi, Marzieh Akbarzadeh, Mohammad Hossein Kaveh, Siavash Babajafari, **Reza Barati-Boldaji**. Evaluating the effect of nutrition training on glycemic control, lipid profile, liver enzymes and quality of life in women with type 2 diabetes. [Status: under review].
- Armaghan Shabeigi, Cain C. T. Clark, **Reza Barati-Boldaji**, Nasrin Asadi, Mohsen Mohammadi, Siavash Babajafari, Seyed Mohammad Mazloomi. The Effects of Consuming Cakes Baked with Wheat Germ vs. Oat Flours on Blood Glucose and Lipid Profile in Women

with Gestational Diabetes Mellitus: A Single-Blinded, Randomized, Controlled Clinical Trial. **[Status: under review]**

- Marsa Dastgheib, Reihane Taheri, Mohammad Borghei, **Reza Barati-Boldaji**, Sedigheh Amooee, Mohsen Mohammadi-Sartang, Siavash Babajafari, Seyed Mohammad Mazloomi. Comparing the effect of Cinnamon, Ginger, and metformin on glycemic control, lipid profile, anthropometric indices and sexual hormones in women with Poly Cystic Ovary Syndrome: A randomized single-blinded controlled clinical trial. **[Status: under review]**.

## CURRENT RESEARCH PROJECTS

- Systematic review and meta-analysis of the incidence and prevalence and 30-year trend of inflammatory bowel diseases in Asia **[Status: Writing the paper]**.

## INTERNATIONAL CONGRESS

- Effect of synbiotic pomegranate juice on glycemic, sex hormone profile and anthropometric indices in PCOS. Zahra Esmailinezhad, **Reza Barati-Boldaji**, Siavash Babajafari. The International Congress on Obstetrics and Gynecology, Tehran, Iran. (2019) **[Poster]**.

## LECTURE PRESENTER

- Advanced search skills workshop (Shiraz University of Medical Sciences, Shiraz, Iran, 2019)
- Statistical analysis with IBM SPSS workshop. (Shiraz University of Medical Sciences, Shiraz, Iran, 2018)
- Nutrition in chronic kidney disease. (Shiraz University of Medical Sciences, Shiraz, Iran, 2017)

- Weight management in overweight and obese patients. (Shiraz University of Medical Sciences, Shiraz, Iran, 2017)
- Healthy Eating Index (HEI). Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran,2014).

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## WORKSHOPS AND TRAINING PROGRAMS

- Advance Systematic Review and Meta-Analysis Workshop, Shiraz University of Medical Sciences, Shiraz, Iran, (2016).
- Advanced Search workshop, Shiraz University of Medical Sciences, Shiraz, Iran, (2017).
- SPSS worksop, Shiraz University of Medical Sciences, Shiraz, Iran, (2015).
- Sport nutrition and Supplements, Shiraz University of Medical Sciences, Shiraz, Iran, (2015).

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## MEMBERSHIP

- Member of the Iran National Elite Foundation(INEF)
  - Member of Iran's National Nutrition Council. [2014-2019]
  - Member of Iran's Society of Nutrition [2014-to date].
  - Member of student research committee, Shiraz, Iran [2014-2017].
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