

Curriculum Vitae (CV)

Personal information	Please insert your picture
First name: Soudabe	Last name: Motamed
Date of birth: ۰۹/۱۹/۱۹۸۵	E-Mail: smotamed۲۰۱۰@gmail.com
Address: Asadabad-Hamadan-Iran	Phone number:
Education	
Ph.D. degree: Nutrition sciences Title of thesis: Evaluation and comparison of the effectiveness of vitamin D supplementation in two doses of ۱۰۰۰ and ۲۰۰۰ units per day during pregnancy on the vitamin D status of the mother and the infant and pregnancy outcomes Year of graduation: ۰۷/۰۶/۲۰۱۹ Ph.D. degree average: ۱۸,۶۱	
Master's degree: Nutrition sciences Title of dissertation: Evaluating the relationship between nutrient intake and metabolic syndrome in Mashhad city. Year of graduation: ۰۸/۲۲/۲۰۱۲ Master's degree average: ۱۸,۱۰	
Bachelor's degree: Nutrition sciences Title of dissertation (if there was): Year of graduation: ۰۲/۱۸/۲۰۰۹ Bachelor's degree average: ۱۷,۳۶	
Associate's degree: Year of graduation: Associate's degree average:	
Diploma degree: Experimental Sciences Year of graduation: ۰۹/۲۲/۲۰۰۳ Diploma degree average: ۱۹,۲۰	
Executive experiences: <ol style="list-style-type: none"> ۱. Director of Education, Research and Technology (۲ years) ۲. Secretary of the Responsible Education Committee (۳ years) ۳. Secretary of Continuing Education (۱ year) ۴. Secretary of the Social Accountability Working Group (۲ years) ۵. Secretary of the Justice and Excellence in Medical Education Program Working Groups (۲ years) ۶. Head of the Information and Scientific Resources Unit (۶ months) 	
Experiences in journal management: Member of the editorial board of Avicenna journal of aging and health care	

<p>Membership in state, national, and international communities:</p> <ol style="list-style-type: none"> ۱. Member of the Iranian Medical System Organization ۲. Member of the Iranian Nutrition Society
<p>Honors:</p>
<p>Teaching experiences:</p> <ol style="list-style-type: none"> ۱. Principles of Nutrition ۲. Applied Nutrition ۳. Nutrition and Nutrition Therapy ۴. Principles of Maternal and Child Nutrition ۵. Food Hygiene and Safety ۶. Biochemistry ۷. Healthy Lifestyle from the Perspective of Iranian Medicine ۸. Specialized Language
<p>Participation in training courses and workshops:</p> <ol style="list-style-type: none"> ۱. Basic and Advanced Electronics Fellowship Course ۲. ۸-hour Teaching Method Workshop ۳. ۸-hour Curriculum Planning and Lesson Design ۴. ۸-hour Educational Evaluation Workshop ۵. HPLC Instrument Analysis ۶. Isolation and culture of peripheral blood mononuclear cells for measuring cytokines in culture medium ۷. Measurement of oxidative stress markers by manual method ۸. Measurement of markers by enzyme immunoassay ۹. Search strategies in electronic resources of medical databases ۱۰. Reference writing with Endnote software, basic and advanced ۱۱. Ethics in Research ۱۲. Statistical Tests and Advanced SPSS Application ۱۳. Design and Implementation of Systematic Review Studies equivalent to ۲ credits (۳۴ hours) ۱۴. Principles and Strategies of Meta-Analysis equivalent to ۲ credits (۳۴ hours) ۱۵. Advanced Applied Statistics with SPSS and STATA Software for ۶۰ hours ۱۶. Quality Assessment of Clinical Trial Studies for ۱۰ hours ۱۷. Linear and Logistic Regression Analysis with STATA Software for ۳۰ hours ۱۸. National Workshop on the National Program for Surveying Food Consumption Patterns and Nutritional Status of Households and Individuals in the Country for ۷۲ hours ۱۹. Advanced Essay Writing Workshop
<p>Entrepreneurship:</p>
<p>Published books:</p> <p>NUTRIGENOMICS and NUTRACEUTICALS Clinical Relevance and Disease Prevention. Chapter ۱۴: Nutrigenomic Aspects of Trace Elements</p>

Research projects:

١. Investigating the relationship between nutritional status and cardiovascular risk factors in the people of Mashhad.
٢. Comparing the intake of nutrients in people with metabolic syndrome with those without in Mashhad.
٣. Evaluating and comparing the effectiveness of vitamin D supplementation in two doses of ١٠٠٠ and ٢٠٠٠ units per day during pregnancy on the vitamin D status of the mother and the newborn and pregnancy outcomes.
٤. Vitamin D and inflammatory markers and oxidative stress during pregnancy: A systematic review and meta-analysis of interventional and observational studies.
٥. Investigating the relationship between the nutritional status of pregnant women and the risk of pregnancy outcomes and anthropometric indices of newborns in Asadabad city: A prospective cohort study.
٦. The effect of educational intervention based on the theory of planned behavior on promoting healthy eating behaviors in elementary school students in Asadabad city.
٧. Investigating the relationship between food security status with anxiety and depression during pregnancy, pregnancy outcomes and anthropometric indicators of newborns in Asadabad city.
٨. Investigating the effect of omega-٣ supplementation during pregnancy on neonatal anthropometric indices and pregnancy outcomes, a systematic review and meta-analysis.
٩. The effect of an educational program based on social cognitive theory constructs on improving nutritional behaviors of pregnant women in Asadabad city.

Educational grants:**Research grants:****Experience as being supervisor in education, research projects, dissertation, or thesis:****Experience as being advisor in education, research projects, dissertation, or thesis:****Participation in meeting, journal club, and conferences:****Published articles:**

١. The association between dietary consumption of amino acids and the risk of non-alcoholic fatty liver disease: a case-control study
٢. Serum lipids changes following cocoa intake in type ٢ diabetes patients: a graded dose-response systematic review and meta-analysis of clinical trials.
٣. Nutrition education and students' eating behaviors: an experimental study in Iran.

۴. Components of social accountability in medical education: a scoping review.
۵. Vitamin D and biomarkers of inflammation and oxidative stress among pregnant women: a systematic review of observational studies.
۶. Factors related to hypermetabolism in individuals with type ۲ diabetes mellitus and non-alcoholic fatty liver disease.
۷. The effect of vitamin D supplementation on oxidative stress and inflammatory biomarkers in pregnant women: a systematic review and meta-analysis of clinical trials.
۸. Evaluation of the efficacy of two doses of vitamin D supplementation on glycemic, lipidemic and oxidative stress biomarkers during pregnancy: a randomized clinical trial.
۹. Efficacy of two different doses of oral vitamin D supplementation on inflammatory biomarkers, and maternal and neonatal outcomes.
۱۰. Macronutrient intake and physical activity levels in individuals with and without metabolic syndrome: An observational study in an urban population
۱۱. Evaluating the Efficacy of Vitamin D Supplementation in Two Varying Dosages During Pregnancy on Maternal and Cord Blood Vitamin D Status, Metabolic, Inflammatory and Oxidative Stress Biomarkers, and Maternal and Neonatal Outcomes: a Study Protocol.
۱۲. Efficacy of commercial formulas in comparison with home-made formulas for enteral feeding: A critical review
۱۳. Micronutrient Intake and the Presence of the Metabolic Syndrome
۱۴. Three-year follow up of patients with esophageal atresia in Mashhad, Iran

In press articles:

۱. Food Insecurity and Its Association with Maternal Depression, Anxiety and Stress: Cross-sectional Findings from a Cohort Study (under review)
۲. A cohort study on the impact of food insecurity on maternal and neonatal outcomes (under review)
۳. The Impact of Maternal Omega-۳ Supplementation on Infant Anthropometric Measures and Pregnancy Outcomes: A Systematic Review and Meta-Analysis (under review)
۴. Omega-۳ supplementation and metabolic, inflammatory and oxidative stress biomarkers during pregnancy: A systematic review and meta-analysis (under review)

Experience as being reviewer (book, journal, conference, research projects, etc):

۱. BMC Pregnancy and Childbirth
۲. BMC Nutrition
۳. Scientific Reports
۴. European Journal of Medical Research
۵. Endocrinology, Diabetes & Metabolism
۶. Journal of Education and Community Health