



Saeede Jafarinasab

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📍 Tehran, Iran

🎓 Education

- **Ph.D. in Nutrition Sciences**

University: Isfahan University of Medical Sciences, Isfahan, Iran

GPA: 18.44/20

Ph.D. thesis:

Association of Diet quality index (DQI) and Dietary total antioxidant capacity (dTAC) and the risk of irritable bowel syndrome and the effect of spirulina platensis supplementation on quality of life, severity of disease and serum total antioxidant capacity, malondialdehyde and zonulin in irritable bowel syndrome patients

- **Master of Nutrition Sciences**

University: Shahid Beheshti University of Medical Sciences, Tehran, Iran

2016-2019

GPA: 18.26/20

M.Sc. thesis:

Association of Healthy Eating Index-2010 and Mediterranean-Style Dietary Pattern Score and the risk of colorectal cancer and adenoma

- **Bachelor of Nutrition Sciences**

University: Shahid Beheshti University of Medical Sciences, Tehran, Iran

2011- 2015

GPA:16.66/20

💡 Skills

Microsoft Office



Spss



Nutritionist 4



Thomson Reuters EndNote



STATA



R studio



Language

English

Reading 

Writing 

Speaking 

Listening 

Teaching Experience

Teaching Internships

Teaching internships in the field of nutrition for life cycle to undergraduate students for 2 semesters

Institute: Department of Community Nutrition, Isfahan University of Medical Sciences

2021

Teaching internships in the field of research project to undergraduate students for 2 semesters

Institute: Department of clinical Nutrition, Isfahan University of Medical Sciences

2023, 2024

Books

Book Chapters

1)Application of Nutraceuticals for the Management of COVID-19

Chapter: "Vitamin C and COVID-19: is there a link?"

Publisher: Elsevier Science

September 2024

Link: https://books.google.com/books/about/Application_of_Nutraceuticals_for_the_Ma.html?id=4Q7zEAAAQBAJ

2)Therapeutic applications of phytoconstituent nanomedicines

Chapter: Phytochemicals as an effective strategy for chemoprevention and control

Publisher: Academic Press, Elsevier Science

April 2025

Link: https://books.google.com/books/about/Application_of_Nutraceuticals_for_the_Ma.html?id=4Q7zEAAAQBAJ



Peer Review Experience

- **International Journal Reviews**

Nutrition and Cancer Journal- 2021

Scientific Reports Journal- January 2025

European Journal of Nutrition - February 2025

BMC Gastroenterology Journal- February 2025

European Journal of Medical Research- March 2025

Nutrition Journal- April 2025

BMC Gastroenterology Journal- July 2025

National Scientific Activities

- **Research Project Evaluator, Student Research Committee, School of Nutrition and Food Sciences, Isfahan University of Medical Sciences (2021- 2024)**

- Evaluated 12 research projects



Conference Presentations

- **1st International Congress of Sustainable Nutritional Security for Facing Malnutrition and Non-Communicable Disease**

Isfahan, Iran | February 14-16, 2024

Organized by Isfahan University of Medical Sciences and the Iranian Society of Nutrition

Oral Presentation:

- " Are phytochemicals an effective approach for chemoprevention and cancer control" " (Article Code: nut1-14760769)



Social Network



Dr.Jafari.diet



Saeede Jafari Nasab



No.	Authors, Title, Journal, Year	Scopus Quartile	ISI IF
Google Scholar https://scholar.google.com/citations?user=HFz7vUEAAAAAJ&hl=en		H-index	Citations
		10	264
Scopus https://www.scopus.com/authid/detail.uri?authorId=57211685482		9	183
No.	Authors, Title, Journal, Year	Scopus Quartile	ISI IF
1	Jafari Nasab S , Hajhashemi P, Feizi A, Shahoon H, Ani A, Roohafza H, Adibi P, Entezari MH. The effects of spirulinaplatensis supplementation on quality of life, disease severity and serum level of zonulin, total antioxidant capacity and malondialdehyde of patients with irritable bowel syndrome: A study protocol of the randomized, double-blinded, placebo controlled clinical trial. BMJ Open . 2025.	Q1	2.4
2	Jafari Nasab S , Feizi A, Hajhashemi P, Entezari MH, Sharma M, Adibi P, Bagherniya M. Effects of Spirulina (Arthrospira) platensis supplementation on intestinal permeability, antioxidant and inflammatory markers, quality of life and disease severity in patients with constipated-predominant irritable bowel syndrome: a randomized double-blind, placebo-controlled trial. Nutrition Journal . 2025.	Q1	4.4
3	Jafari Nasab S , Feizi A, Hajhashemi P, Ani A, Shahoon H, Rohhafza H, Clark CCT, Adibi P, Entezari MH. Dietary Quality Index-International and the odds of irritable bowel syndrome: a case-control study. British Journal of Nutrition . 2025.	Q1	3
4	Jafari Nasab S , Feizi A, Hajhashemi P, Ani A, Rohhafza H, Clark CCT, Adibi P, Entezari MH. Dietary total antioxidant capacity and the risk of irritable bowel syndrome: a case-control study	underreview	
5	Jafari Nasab S , Ghanavati M, C. T.Clark C, Nasirian M. Adherence to Mediterranean dietary pattern and the risk of gestational diabetes mellitus: a systematic review and meta-analysis of observational studies. Nutrition and Diabetes . 2024.	Q1	4.6
6	Jafari Nasab, S. Clark, C.C.T. Entezari, M. Mediterranean diet and colorectal adenomas: A systematic review and meta-analysis of observational studies. European Journal of Cancer Prevention . 2024.	Q2	2.1
7	Roohafza H, Feizi A, Tirani SA, Golpour-Hamedani S, Jafari Nasab S , Sarrafzadegan N. The Relationship between Dietary Patterns and Metabolic Phenotypes: A Cross-Sectional Study in a Representative Sample of Iranian Industrial Employees. Metabolic Syndrome and Related Disorders . 2024.	Q3	1.3
8	Askari G, Vajdi M, Jafari-Nasab S , Golpour-Hamedani S. Ethical guidelines for human research on children and adolescents: A narrative review study. Journal of Research in Medical Sciences . 2024.	Q2	1.5
9	Jafari Nasab S , Golpour-Hamedani S, Roohafza H, Feizi A, Clark C.C.T, Sarrafzadegan N. The association between dietary patterns and quality of life: a cross-sectional study among a large sample of industrial employees. BMC Public Health . 2023.	Q1	3.5
10	Bahrami A, Shirani P, Sohoul M, Jafari Nasab S , Rafiee P, Naja F, Sheikhimobarakeh Z, Hejazi E. Dietary diversity score (DDS) and odds of colorectal cancer and adenoma: a case-control study. Journal of Nutritional Science . 2022.	Q3	2.4
11	Jafari Nasab S , Rafiee P, Bahrami A, Rezaeimanesh N, Rashidkhani B, Sohrab G, Naja F, Hejazi E, Sadeghi A. Diet-dependent acid load and the risk of colorectal cancer and adenoma: a case-control study. Public Health Nutrition . 2021.	Q1	3

12	Jafari Nasab S , Ghanavati M, Rafiee P, Bahrami A, Majidi N, Clark CCT, Sadeghi A, Houshyari M, Hejazi E. A case-control study of Dietary Approaches to Stop Hypertension (DASH) diets, colorectal cancer and adenomas among Iranian population. BMC cancer . 2021.	Q2	3.4
13	Jafari Nasab S , Bahrami A, Rafiee P, Hekmatdoust A, Ghanavati M, Rashidkhani B, Sadeghi A, Asadzadeh Aghdai H, Naja F, Hejazi A. Healthy Eating Index-2010 and Mediterranean-Style Dietary Pattern Score and the risk of colorectal cancer and adenoma: A case-control study. Nutrition and cancer . 2020.	Q2	2
14	Jafari Nasab S , Ghanavati M, Bahrami A, Rafiee P, Sadeghi A, CCT Clark, Sohrab G, Hoshyarrad A, Hejazi E. Dietary nutrient patterns and the risk of colorectal cancer and colorectal adenomas: a case-control study. European Journal of Cancer Prevention . 2020.	Q2	2.1
15	Bahrami A, Rafiee P, Jafari Nasab S, Hekmatdoost A, Sohrab G, Sadeghi A, Hejazi E. The relationship between the index of nutritional quality and the risk of colorectal cancer and adenoma: a case-control study. European Journal of Cancer Prevention . 2020.	Q2	2.1
16	P Rafiee, Jafari Nasab S , Bahrami A, Rezaeimanesh N, Jalali S, Hekmatdoost A, Sadeghi A, Naja F, Houshyari M, Hejazi E. Dietary total antioxidant capacity and colorectal cancer and colorectal adenomatous polyps: a case-control study. European Journal of Cancer Prevention . 2020.	Q2	2.1
17	Bahrami A, Jafari S , Rafiei P, Beigrezaei S, Sadeghi A, Hekmatdoost A, Rashidkhani B, Hejazi E. Dietary intake of polyphenols and risk of colorectal cancer and adenoma—A case-control study from Iran. Complementary therapies in medicine . 2019.	Q1	3.3
18	Rafiee P, Shivappa N, Hébert JR, Jaafari Nasab S , Bahrami A, Hekmatdoost A, Rashidkhani B, Sadeghi A, Houshyari M, Hejazi E. Dietary inflammatory index and odds of colorectal cancer and colorectal adenomatous polyps in a case-control study from Iran. Nutrients . 2019.	Q1	4.8
19	Bahrami A, Houshyari M, Jafari S , Rafiei P, Mazandarani M, Hekmatdoost A, Sadeghi A, Hejazi E. Dietary patterns and the risk of colorectal cancer and adenoma: a case control study in Iran. Gastroenterology and hepatology from bed to bench . 2019.	Q3	-