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# Dr. Ghayour Mobarhan Nutritionist

## Specifications

### Name

Majid

### Surname

Ghayour-Mobarhan

### Date of birth

1970/04/04

### Marital status

Married

### Address

1-Department of Nutrition, School of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran  
2- Metabolic Syndrome Research Center, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

3-International UNESCO center for Health-Related Basic Sciences and Human Nutrition, Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran

## EDUCATION

1990-1997

Doctor of Medicine(MD), Mashhad University of Medical Sciences (MUMS), Mashhad, Iran  
(Award higher top grade and the best scientific and ethical student).

2001-2003

Part time MSc in Nutritional Medicine,  
University of Surrey, UK.

2001- 2004

PhD in Clinical Nutrition. University of Surrey UK  
(Iranian government awarded my scholarship for this PhD).

# **EXPERIENCES**

## **Professional experience**

1-General Medicine in Mashhad University of Medical Sciences, 1997-1998

2- Nutritionist of the Special Clinic of Ghaem Hospital and the private sector since 2007

## **Educational experiences**

1-Nutrition teacher of medical students since 2005

2-Nutrition teacher of pharmacy students since 2005

3-nutrition teachers of dental students from 2006 to 2014

4-nutrition teachers for nursing and midwifery students from 2006 to 2011

5-Teacher of advanced nutrition and cellular and molecular nutrition of senior nutrition students since 2009

6-Teacher of Cellular and Molecular Nutrition, PhD Students since 2011

7-Teacher of Clinical Nutrition of Senior Students and PhD in Nutrition in Ghaem Hospital Nutrition Clinic since 2006

# AWARD

- 2003 The best student presentation prize at nutrition society meeting 27-28 March, 2003, Glasgow, Scotland, UK
- 2004 I was awarded one semester registration and bench fees back (8000 pounds), as I have finished my PhD 6 month earlier than usual time period.
- 2004 Travel award (500 Euro) for travelling to 74<sup>th</sup> European Atherosclerosis Society (EAS) congers, Spain.
- 2006 I was awarded free registration fee and 1000 \$ as Travel award in 10th International Congress on Obesity; Sydney 2006.
- 2007 The top researcher of MUMS.
- 2008 The third researchers in field of Nutrition in Razi Festival, which is the best festival in Iran.
- 2008 The top researcher of MUMS.
- 2008 My book titled "Effects of Nutrition and Cardiovasular risk on pathegenesis of Atherosclerosis" was selected the bests book of MUMS.
- 2008 The top researcher of MUMS.
- 2010 The top researcher of MUMS.
- 2010 The third best project in Razavi Khorasan Province.
- 2010 Senior lecturee position at Nancy University, France.
- 2011 The top researcher of MUMS.
- 2011 I received Medal of IUBMB.
- 2012 The top researcher of MUMS.
- 2013 The top researcher of MUMS.
- 2014 The top researcher of MUMS.
- 2015 The top educational academic staff of MUMS.
- 2016 The best president of Congress Nutrition: From Laboratory Research to Human Intervention. September 6-8, 2017
- 2017 Founding member and Head of the International UNESCO Center for Health Basic Sciences in Human Nutrition in Iran.
- 2018 The top researcher in field of Nutrition in Razi Festival, which is the best festival in Iran.
- 2018 The best researcher in MUMS .
- 2018 The best president of Congress Nutrition in MUMS.
- 2018 The best applied research project in ministry of health and medical education.
- 2018 The best chapter book.
- 2019 The best project in Khoransan Province.

## EXECUTIVE RESPONSIBILITIES

- 1994 I chaired the first hypnotism conference in Iran with hypnotists and experts in this field and performance of practical hypnotism for participants; 26/12/1995, Mashhad, Iran.
- 1997-2000 Employee of MUMS as a General Practitioner.
- 2001-2004 Research Fellow in Molecular and Metabolic Medicine at the Surrey County Hospital, Guildford, UK.
- 2005-2010 Assistant Professor of Clinical Nutrition, MUMS, Mashhad, Iran.
- 2005-Present Consultant of Clinical Nutrition, Ghaem Hospital, MUMS, Mashhad, Iran.
- 2005- 2008 Head of Avicenna (Bu-Ali) Research Institute, MUMS, Mashhad, Iran.
- 2008-present Director Established of New Sciences and Technology Department of MUMS, Mashhad, Iran.
- 2010-present Founding member of Cardiovascular Research Center, School of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran.
- 2010 Associated Professor of MUMS.
- 2011-2014 Head of Iranian Academic Center for Education, Culture and Research (ACECR) Razavi Khorasan Branch, Iran.
- 2011 Congress Executive Secretary of 12th Iranian Congress of Biochemistry and 4th International Congress of Biochemistry and Molecular Biology, Mashhad, Iran.
- 2012 Founding Member of Metabolic Syndrome Research Center, School of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran.
- 2013 President of Advances School of IUBMB entitled Molecular Aspect of Metabolic Syndrome
- 2016 Editorial Board Member of Several Journals
- 2017 Full Professor of MUMS

# RESEARCH

Four main research projects include: **MASHAD Cohort Study** (phase I& II), **Vitamin D Fortification Study** (Efficacy of Nano encapsulated vitamin D fortification in dairy products on physical and mental aspects of health; protocol for a triple-phase study), **Determination of Reference Intervals and the Iranian National Obesity Registry (IRNOR)** projects.

1. The **MASHAD Cohort Study** is a prospective, 10-year, cohort study, comprising 9704 men and women aged 35–65 years. The aim of the study was to assess the impact of various genetic, environmental, nutritional and psychosocial risk factors on the incidence of cardiovascular events among an urban population in eastern Iran. All participants were recruited in 2010, and subsequently followed up over the following 5-6 years. Any new CVD incident of participants was confirmed by a cardiologist at the follow-up visit which took place from April 2015 to May 2016. However, second phase of this cohort followed up and finished in 2020.
2. I have led a major national project of healthy children and adolescents to develop a comprehensive database of **Laboratory Reference Values** for biomarkers of pediatric disease. This project aims to establish a current and accurate database of pediatric reference values (i.e. normal healthy values) that represent Iran's multiethnic children and youth from birth to 18 years old. Reference intervals are values that help clinicians properly interpret their patients' laboratory test results and are crucial for providing quality medical care. It is very important that accurate pediatric reference intervals are available when a child with medical concerns is screened for a disease. Unfortunately, huge gaps currently exist in this information, and interpretation of pediatric test results is often based on inappropriate values or outdated information. This increases the risk of misdiagnosis and can result in unnecessary stress, anxiety and lengthier hospital stays, not to mention being costly to the healthcare system. And project manager and collaborators have previous experimental work on this specific topic or related topics including to establish a current and accurate database of Adults and elderly reference values.
3. I designed a three-phase study including the production of **Nano-encapsulated vitamin D**, assessment of its stability after fortifying dairy products, and a human trial evaluating the effect of fortified dairy products on the physical and mental health of participants. I established the optimal Nano-capsule structure for use in the vitamin D fortification of the various dairy products. After adding Nano encapsulated vitamin D to dairy products, the stability of Nano-encapsulated vitamin D at different temperatures was assessed as well as the organoleptic properties of these products. The third phase of the study was performed as a quadruple blind randomized controlled trial, where milk and yogurt were fortified with Nano-capsules and distributed among adults living in the City of Mashhad.
4. I aimed to apply a modified Delphi approach to achieve a national agreement on a minimum data set for this obesity treatments Registry (**The Iranian National Obesity Registry (IRNOR)**). The Delphi technique is a communication process that has been used to establish general agreement between experts when there is insufficient evidence to firmly decide a goal answer. This project was conducted to valid the minimum and maximum databases for establishing an online obesity treatment Registry based on Delphi process. This current study comprised five phases: 1) a comprehensive systematic review to extracting required data element from international publications and identify the registry variables that should be included; 2) reaching a national agreement about the items registry through inviting experts for Delphi panel and voting to essential elements in two Delphi rounds; 3) Data dictionary and website establishment; 4) collecting and Recording patient's information for 2 years and registered to the IRNOR website; 5) Data analysis

# PAPERS

1. Ghayour-Mobarhan M, Lamb D, Lovell D, Livingstone C, Wang T, Ferns G. Plasma antibody titres to heat shock proteins-60,-65 and-70: their relationship to coronary risk factors in dyslipidaemic patients and healthy individuals. *Scandinavian journal of clinical and laboratory investigation*. 2005;65(7):601-14.
2. Ghayour-Mobarhan M, Lamb D, Vaidya N, Livingstone C, Wang T, Ferns G. Heat shock protein antibody titers are reduced by statin therapy in dyslipidemic subjects: a pilot study. *Angiology*. 2005;56(1):61-8.
3. Ghayour-Mobarhan M, Lamb DJ, Taylor A, Vaidya N, Livingstone C, Wang T, et al. Effect of statin therapy on serum trace element status in dyslipidaemic subjects. *Journal of trace elements in medicine and biology*. 2005;19(1):61-7.
4. Ghayour-Mobarhan M, New SA, Lamb DJ, Starkey BJ, Livingstone C, Wang T, et al. Dietary antioxidants and fat are associated with plasma antibody titers to heat shock proteins 60, 65, and 70 in subjects with dyslipidemia. *The American journal of clinical nutrition*. 2005;81(5):998-1004.
5. Ghayour-Mobarhan M, Taylor A, New S, Lamb D, Ferns G. Determinants of serum copper, zinc and selenium in healthy subjects. *Annals of clinical biochemistry*. 2005;42(5):364-75.
6. Ghayour-Mobarhan M, Lamb DJ, Tavallaie S, Ferns GA. Relationship between plasma cholesterol, von Willebrand factor concentrations, extent of atherosclerosis and antibody titres to heat shock proteins-60,-65 and-70 in cholesterol-fed rabbits. *International journal of experimental pathology*. 2007;88(4):249-55.
7. Ghayour-Mobarhan M, Taylor A, Lamb D, Ferns G. Association between indices of body mass and antibody titres to heat-shock protein-60,-65 and-70 in healthy Caucasians. *International journal of obesity*. 2007;31(1):197.
8. Ghayour-Mobarhan M, Yaghootkar H, Lanham SA, Lamb DJ, Lanham-New SA, Ferns GA. Association between serum CRP concentrations with dietary intake in healthy and dyslipidaemic patients. *Asia Pacific journal of clinical nutrition*. 2007;16(2).
9. Kazemi-Bajestani S, Ghayour-Mobarhan M, Ebrahimi M, Moohebati M, Esmaeili H-A, Ferns G. C-reactive protein associated with coronary artery disease in Iranian patients with angiographically defined coronary artery disease. *Clinical laboratory*. 2007;53(1-2):49-56.
10. Kazemi-Bajestani SMR, Ghayour-Mobarhan M, Ebrahimi M, Moohebati M, Esmaeili HA, Parizadeh MR, et al. Serum copper and zinc concentrations are lower in Iranian patients with angiographically defined coronary artery disease than in subjects with a normal angiogram. *Journal of trace elements in medicine and biology*. 2007;21(1):22-8.
11. Nezhad MA, Ghayour-Mobarhan M, Parizadeh M, Safarian M, Esmaeili H, Khodaee G, et al. PO16-437 SOCIOECONOMIC CONDITIONS AND TYPE 2 DIABETES IN THE KHOIASAN PROVINCE OF IRAN. *Atherosclerosis Supplements*. 2007;8(1):124.
12. MOHAMMADI S, MASHHAD MG. EFFECTS OF SELENIUM SUPPLEMENTATION ON PLASMA sFlt-1, GPx CONCENTRATION AND PAI1/PAI2 RATIO IN PREGNANT WOMEN.
13. Hadi V, Ghayour Mobarhan M, Ranjbar G, Sardar MA, Dabbagh Moghaddam A, Nematy M, et al. Effect of a Designed Compact Food Bar on Maximal Oxygen Uptake (VO<sub>2</sub> Max) and Exercise Performance in Military Athletes: A Randomized, Single-Blind, Placebo-Controlled Clinical Trial. *Iranian Red Crescent Medical Journal*. 22(3).
14. Alamdar DH, Ghayour-Mobarhan M, Tavallaie S, Parizadeh MR, Moohebati M, Ghafoori F, et al. Prooxidant-antioxidant balance as a new risk factor in patients with angiographically defined coronary artery disease. *Clinical biochemistry*. 2008;41(6):375-80.

15. Aliabadi M, Kimiagar M, Ghayour-Mobarhan M, Shakeri MT, Nematy M, Ilaty AA, et al. Prevalence of malnutrition in free living elderly people in Iran: a cross-sectional study. *Asia Pacific journal of clinical nutrition*. 2008;17(2):285-9.
16. Yaghoobi N, Al-Waili N, Ghayour-Mobarhan M, Parizadeh S, Abasalti Z, Yaghoobi Z, et al. Natural honey and cardiovascular risk factors; effects on blood glucose, cholesterol, triacylglycerole, CRP, and body weight compared with sucrose. *The scientific world journal*. 2008;8:463-9.
17. Azimi-Nezhad M, Ghayour-Mobarhan M, Parizadeh M, Safarian M, Esmaeili H, Parizadeh S, et al. Prevalence of type 2 diabetes mellitus in Iran and its relationship with gender, urbanisation, education, marital status and occupation. *Singapore medical journal*. 2008;49(7):571.
18. Ghayour-Mobarhan M, Sahebkar A, Parizadeh SMR, Moohebati M, Tavallaie S, RezaKazemi-Bajestani SM, et al. Antibody titres to heat shock protein 27 are elevated in patients with acute coronary syndrome. *International journal of experimental pathology*. 2008;89(3):209-15.
19. Ghayour-Mobarhan M, Sahebkar A, Starkey B, Livingstone C, Wang T, Lamb D, et al. Investigation of the effects of statin therapy on serum vitamin E status in patients with dyslipidemia. *Pakistan Journal of Nutrition*. 2008;7(4):561-5.
20. Ghayour-Mobarhan M, Sahebkar AH, Starkey B, Livingstone C, Wang T, Lamb D, et al. An investigation of the relationship between serum vitamin E status and coronary risk factors in dyslipidaemic patients. *Iranian Journal of Basic Medical Sciences*. 2008;10(4):206-15.
21. Ghayour-Mobarhan M, Taylor A, Kazemi-Bajestani S, Lanham-New S, Lamb DJ, Vaidya N, et al. Serum zinc and copper status in dyslipidaemic patients with and without established coronary artery disease. *Clinical laboratory*. 2008;54(9-10):321-9.
22. Ghayour-Mobarhan M, Taylor A, Lanham-New S, Lamb DJ, Nezhad MA, Kazemi-Bajestani SMR, et al. Serum selenium and glutathione peroxidase in patients with obesity and metabolic syndrome. *Pakistan Journal of Nutrition*. 2008;7(1):112-7.
23. Nezhad MA, Ghayour-Mobarhan M, Parizadeh S, Safarian M, Esmaeili H, Khodaei G, et al. Metabolic syndrome: its prevalence and relationship to socio-economic parameters in an Iranian population. *Nutrition, Metabolism and Cardiovascular Diseases*. 2008;18(3):e11-e2.
24. Azimi-Nezhad M, Ghayour-Mobarhan M, Safarian M, Esmailee H, Parizadeh SMR, Rajabi-Moghadam M, et al. Anthropometric indices of obesity and the prediction of cardiovascular risk factors in an Iranian population. *The Scientific World Journal*. 2009;9:424-30.
25. Ebrahimi M, Ghayour-Mobarhan M, Rezaiean S, Hoseini M, Parizadeh SMR, Farhoudi F, et al. Omega-3 fatty acid supplements improve the cardiovascular risk profile of subjects with metabolic syndrome, including markers of inflammation and auto-immunity. *Acta cardiologica*. 2009;64(3):321-7.
26. Esmaeily H, Azimi-Nezhad M, Ghayour-Mobarhan M, Parizadeh M-R, Safarian M, Parizadeh M-J, et al. Association between socioeconomic factors and obesity in Iran. *Pak J Nutr*. 2009;8(1):53-6.
27. Ghayour-Mobarhan M, Alamdari DH, Moohebati M, Sahebkar A, Nematy M, Safarian M, et al. Determination of prooxidant—antioxidant balance after acute coronary syndrome using a rapid assay: A pilot study. *Angiology*. 2009;60(6):657-62.
28. Ghayour-Mobarhan M, Rahsepar A, Tavallaie S, Rahsepar S, Ferns G. The potential role of heat shock proteins in cardiovascular disease: evidence from in vitro and in vivo studies. *Advances in clinical chemistry*. 2009;48:27-72.
29. Ghayour-Mobarhan M, Sahebkar A, Vakili R, Safarian M, Nematy M, Lotfian E, et al. Investigation of the effect of high dairy diet on body mass index and body fat in overweight and obese children. *The Indian Journal of Pediatrics*. 2009;76(11):1145-50.
30. Ebrahimi M, Kazemi-Bajestani SMR, Ghayour-Mobarhan M, Moohebati M, Paydar R, Azimi-Nezhad M, et al. Metabolic syndrome may not be a good predictor of coronary artery disease in the Iranian population: population-specific definitions are required. *The Scientific World Journal*. 2009;9:86-96.
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32. Ghayour-Mobarhan M, Shapouri-Moghaddam A, Azimi-Nezhad M, Esmaeili H, Parizadeh S, Safarian M, et al. The relationship between established coronary risk factors and serum copper and zinc concentrations in a large Persian cohort. *Journal of Trace Elements in Medicine and Biology*. 2009;23(3):167-75.
33. Mirhosseini N-Z, Mohd Yusoff NA, Shahar S, Parizadeh SMR, Ghayour Mobarhan M, Shakery MT. Prevalence of the metabolic syndrome and its influencing factors among adolescent girls in Mashhad, Iran. *Asia Pacific Journal of Clinical Nutrition*. 2009;18(1):131.
34. Nemati M, Sakhidari A, Ahmadi-Moghaddam P, Aliabadi M, Kimiagar M, Ilaty A, et al. Prevalence of obesity and its association with socioeconomic factors in elderly Iranians from Razavi-Khorasan province. *The Scientific World Journal*. 2009;9:1286-93.
35. Parizadeh SMR, Moohebati M, Ghafoori F, Ghayour-Mobarhan M, Kazemi-Bajestani SMR, Tavallaie S, et al. Serum selenium and glutathione peroxidase concentrations in Iranian patients with angiography-defined coronary artery disease. *Angiology*. 2009;60(2):186-91.
36. Safarian M, Vakili R, Sahebkar A, Nemati M, Dahri M, Tavallaie S, et al. Effect of a high dairy diet on serum antibody titers to heat shock protein 27 in overweight and obese children. *Iranian Journal of Pediatrics*. 2009;19(1):41-6.
37. Alavi-Shahri J, Behravan J, Hassany M, Tatari F, Kasaian J, Ganjali R, et al. Association between angiotensin II type 1 receptor gene polymorphism and metabolic syndrome in a young female Iranian population. *Archives of medical research*. 2010;41(5):343-9.
38. Assali A, Behravan J, Paydar R, Mouhebati M, Hassania M, Kasaeyan J, et al. Association between angiotensin II type-1 receptor A1166C polymorphism and the presence of angiographically-defined coronary artery disease in an Iranian population. *Asian Biomedicine*. 2010;4(2):307-14.
39. Azarpazhooh MR, Etemadi MM, Donnan GA, Mokhber N, Majdi MR, Ghayour-Mobarhan M, et al. Excessive incidence of stroke in Iran: evidence from the Mashhad Stroke Incidence Study (MSIS), a population-based study of stroke in the Middle East. *Stroke*. 2010;41(1):e3-e10.
40. Azarpazhooh MR, Mobarra N, Parizadeh SMR, Tavallaie S, Bagheri M, Rahsepar AA, et al. Serum high-sensitivity C-reactive protein and heat shock protein 27 antibody titers in patients with stroke and 6-month prognosis. *Angiology*. 2010;61(6):607-12.
41. Azimi-Nezhad M, Ghayour-Mobarhan M, Esmaeili HA, Parizadeh SM, Hosseini SJ, Safarian M, et al. Newly detected hypertension in an Iranian population: an epidemiological study. *Asian Biomed*. 2010;3(6):653-62.
42. Borai A, Livingstone C, Ghayour-Mobarhan M, Abuosa A, Shafi S, Mehta S, et al. Serum insulin-like growth factor binding protein-1 (IGFBP-1) phosphorylation status in subjects with and without ischaemic heart disease. *Atherosclerosis*. 2010;208(2):593-8.
43. Boskabadi H, Afshari JT, Ghayour-Mobarhan M, Maamouri G, Shakeri MT, Sahebkar A, et al. Association between serum interleukin-6 levels and severity of perinatal asphyxia. *Asian Biomedicine*. 2010;4(1):79-85.
44. Boskabadi H, Maamouri G, Ebrahimi M, Ghayour-Mobarhan M, Esmaeily H, Sahebkar A, et al. Neonatal hypernatremia and dehydration in infants receiving inadequate breastfeeding. *Asia Pacific journal of clinical nutrition*. 2010;19(3):301.
45. Boskabadi H, Maamouri G, Sadeghian MH, Ghayour-Mobarhan M, Heidarzade M. Early diagnosis of perinatal asphyxia by nucleated red blood cell count: a case-control study. *Archives of Iranian medicine*. 2010;13(4):275.
46. Tara F, Rayman MP, Boskabadi H, Ghayour-Mobarhan M, Sahebkar A, Alamdar DH, et al. Prooxidant-antioxidant balance in pregnancy: a randomized double-blind placebo-controlled trial of selenium supplementation. *Journal of perinatal medicine*. 2010;38(5):473-8.
47. Boskabadi H, Maamouri G. Serum interleukin 8 level as a diagnostic marker in late neonatal sepsis. *Iranian journal of pediatrics*. 2010;20(1):41.
48. Boskabadi H, Omran FR, Tara F, Rayman M, Ghayour-Mobarhan M, Sahebkar A, et al. The effect of maternal selenium supplementation on pregnancy outcome and the level of oxidative stress in neonates. *Iranian Red Crescent Medical Journal*. 2010;12(3):254.

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### **Postgraduate Students:**

More than 200 PhD and MSc students were supervised.

### **National Patent**

Role of Heat Shock Proteins and Diagnostic of Acute Coronary Syndrome 2008.

### **Conference Presentations:**

More than 100 abstracts were presented in National and International congress as oral or poster presentations

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- Professor Gordon Ferns, Professor of Molecular and Metabolic Medicine. School of Biomedical and Life Sciences, University of Surrey, Guildford, Surrey, UK, GU2 7XH, email: [g.fern@surrey.ac.uk](mailto:g.fern@ surrey.ac.uk)
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