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Educational Background

Doctor in Medicine, Mashhad University of Medical Sciences(MUMS), IRAN
,1985-1993

Master degree in Medical Nutrition, Southampton,England,1999

PhD in Clinical Nutrition,Southampton,England,2003

Research Interests

Nutritional patterns
Children's nutrition and growth
ICU nutrition protocol
Hospital gavage feeding

Publications

1. M. Ghayour-Mobarhan□, M. Azimi Nezhad, S.M. Kazemi Bajestani, M.R. Parizadeh, M. Safarian, H. Esmaeili, G. Khodaei, J. Hosseini, Z. Abasalti, A.R. Moosavi. ***Comparing different definition of metabolic syndrome in Iranian population. Atherosclerosis***. 2007; Supplements (8): 127. (ISI)(IF= 2.064) Conference Proceeding
2. M. Azimi Nezhad□ , M. Ghayour-Mobarhan, M. Parizadeh, M. Safarian, H. Esmaeili, G. Khodaei, J. Hosseini, Z. Abasalti, B. Hasankhany, G. Ferns. ***Socioeconomic conditions and type 2 diabetes in the khorasan province of Iran***. 2007; Supplements (8): 124. (ISI)(IF= 2.064) Conference Proceeding
3. Nezhad M A, Ghayour-Mobarhan M□, Parizadeh M R, Safarian M, Esmaeili H, Khodaei G, Hosseini J, Abasalti B, Hassankhani B, Ferns G. ***Prevalence of type 2 diabetes mellitus in Iran and its relationship with gender, urbanisation, education, marital status and occupation***. Singapore Med J 2008; 49(7):1.(IF:0.730)
4. Esmaeili H□, Azimi nezhad M, Ghayour Mobarhan M, Parizadeh S.M.R, Safarian M . ***Association between socioeconomic factors and obesity in Iran. Pakistan Journal of Nutrition***. 2008; 8 (1): 53-56. (ISI)(IF=-)
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6. M. Safarian, M. Azimi-Nezhad, M. Ghayour-Mobarhan□, M. Rajabi-Moghaddam, A. Gholami, H. Esmaeili. ***The anthropometric index for predic of hypertension, diabetes and metabolic syndrome in Iranian adult population***. Atherosclerosis Supplements 2008; 9(1): 242. (ISI)(IF= 2.064)
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8. Ghayour-Mobarhan M, Sahebkar A, Vakili R, Safarian M□, Nematy M, Lotfian E, Khorashadizadeh M, Tavakoli S, Dahri M, Ferns G. ***Investigation of the effect of high dairy diet on body mass index and body fat in overweight and obese children***. Indian J Pediatr. 2009 Nov;76(11):1145-50.(IF: 0.502)
9. Daryoush Hamidi Alamdari□, Stella A. Ordoudi, Nikolaos Nenadis, Maria Z. Tsimidou, George Koliakos, Shima Tavakoli, Mohammad Reza Parizadeh, Mohammad Safarian, Maryam Sabery Karimian, B. Fatemeh Nobakht M. Gh. ***Comparison of Prooxidant-antioxidant Balance Method with Crocin Method for Determination of Total Prooxidant-antioxidant Capacity***. Iranian Journal of Basic Medical Sciences. 2009; 12(2): 99. (ISI) (IF= -)
10. Mohammad Safarian, Rahim Vakili, Amirhossein Sahebkar, Mohsen Nematy, Monireh Dahri, Shima Tavakoli, Elham Lotfian, Mona Khorashadizadeh, Gordon Ferns, Majid Ghayour-Mobarhan□. ***Effect of a High Dairy***

- on Serum Antibody Titers to Heat Shock Protein 27 in Overweight and Obese Children*. Iranian Journal of Pediatrics. 2009; 19(1): 41-46. (ISI)(IF=0.292)
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 14. Mohsen Nematy, Seyyed Mostafa Parizadeh, Mohammad Safarian, Abdolreza Norouzy, Seyyed Mohammad Parizadeh, Mohsen Mouhebbati, Nasim Shahsavan, Shima Tavalaie, Majid Ghayour Mobarhan□, Gordon A.A. ***Nutritional Status and Oxidative Stress on Admission and Discharge in Myocardial Infarction Patient***. Pakistan Journal of Nutrition 2011; 10(x): xx-xx, 2011,ISSN 1680-5194.
 15. Seyedeh Neda Mousavi□, Mohsen Nematy, Mohamad Safarian, Ali Najafi, Asghar Mafi Nejad, Fariborz Samini Birjandinejad, Mohamad Reza Ehsaiee and Abdolreza Norouzy. ***Intensive Insulin Therapy Reduces Infection in Intensive Care Unit Patients on Parenteral Nutrition - A Randomized Clinical Trial***. GMJ 2012; 1(1):2-7. Index: Index Copernicus, Medline, Google Scholar, DOAJ, Scopus, ISC, Elsevier
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29. Mona Sadat Shojaeizadeh ¹, MSc., Mohammad Safarian ^{1,a}, MD, PhD., Majid Ghayour-Mobarhan ^{2*}, MD, Mohsen Nematy ¹, MD, PhD., Mohsen Mouhebbati ², MD., Mahmoud Ebrahimi ², MD,

- Mahmoudreza Azarpazhouh 2 , Alireza Heidari 2 , MD, Habibollah Esmailie 1 ,PhD., Amirreza Razavi 1 , MD, Gordon AA Ferns 3 , MD, MSc, MRCPt. *Associations between reported dietary patterns and cardiovascular disease risk factors for adults living in Mashhad, Iran.* Am J Clin Nutr. 2001 Jan;73(1):61-7. Index: PubMed
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36. Mahsa Mohammadzadeha,1, Samira Nasrfarda,1, Pouya Nezafatib, Mahla Arabpour Dahouea, Nahid Hasanpoura, Mohammad Safarianc, Majid Ghayour-Mobarhand,* , Abdolreza Norouzya. *Reduction in measures of adiposity using a combination of radio frequency and ultrasound cavitation methods.* European Journal of Integrative Medicine 8 (2016) 313–316. Index: ISI.
37. Sahar Fallahi-shahabad¹ & Mohsen Mazidi^{2,3} & Alireza Tavasoli¹ & Peyman Rezaei¹ &

- Fatemeh Rohani¹ & Simindokht Habibzadeh¹ & Emadodin Darchini-Maragheh¹ & Zohreh Sadat Sang Sefidi¹ & Mohammad Safarian¹ & Majid Ghayour Mobarhan^{1,4} & Mohammad Taghi Rajabi¹ & Abdolreza Norouzy¹ & Seyed Mohammad Reza Parizadeh¹ & Saeid Akhlaghi¹ & Shima Tavalai¹ & Fatemeh Firouzi¹ & Mohsen Nematy¹. ***Metabolic improvement of morbid obese patients following Roux-en-Y gastric bypass surgery: A prospective study in Mashhad, Iran.*** Indian J Gastroenterol (May–June 2016) 35(3):195–200. Index: PubMed / Medline
38. Mahsa Mohammadzadeh MSc¹, Samira Nasrfard MSc¹, Pouya Nezafati MD^{2,3}, Mahla Arabpour MSc¹, Narjes Ghaane BSc¹, Maryam Salehi MD^{4,5}, Mohammad Safarian MD⁶, Majid Ghayour-Mobarhan MD^{□□}, Gordon A. Ferns MD⁷, Abdolreza Norouzy MD^{□□} ***Effects of Radio Frequency and Ultrasound Cavitation Therapy on . serum C-reactive protein and pro- oxidant anti-oxidant levels.*** Archives of Iranian Medicine, Volume 19, Number 5, May 2016. Index: ISI.
39. Zarrin Banikazemi a, Naghmeh Mokhber b, Mohammad Safarian a, Mohsen Mazidi a, Hamed Mirzaei c, Habibollah Esmaily a, d, Mahmoud Reza Azarpazhooh e, Fatemeh Ghafouri-Taleghani a, Majid Ghayour-Mobarhan a, e, *, Gordon A. Ferns f. ***Dietary vitamin E and fat intake are related to Beck's depression score.*** Clinical Nutrition ESPEN 10 (2015) e61ee65. Index: scopus.
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41. Mahsa Darbandi¹, Sara Darbandi¹ Email author, Ali Akbar Owji¹, Pooneh Mokarram^{1, 2}, Majid Ghayour Mobarhan⁴ Email author, Majid Fardaei⁵, Baxiao Zhao³, Hamid Abdi⁸, Mohsen Nematy^{4, 7}, Mohammad Safarian⁴, Mohammad Reza Parizadeh⁷, Mohammad Hossein Dabbaghmanesh⁶, Parisa Abbasi⁷ and Gordon Ferns. ***Auricular or body acupuncture: which one is more effective in reducing abdominal fat mass in Iranian men with obesity: a randomized clinical trial.*** Journal of Diabetes & Metabolic Disorders 2014.
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45. Abolfazl Payandeh, Azadeh Saki, Mohammad Safarian, Hamed Tabesh, Zahra Siadat. ***Prevalence of Malnutrition among Preschool Children in Northeast of Iran, A Result of a Population Based Study***. Global Journal of Health Science. Vol 5, No 2 (2013).

46. A Khodabakhshi^{1,10}, M Ghayour-Mobarhan^{2,3,10}, H Rooki⁴, R Vakili⁵, S-I Hashemy⁶, S R Mirhafez³, M-T Shakeri⁷, R Kashanifar⁸, R Pourbafarani⁸, H Mirzaei⁶, M Dahri¹, M Mazidi¹, G Ferns⁹ and M Safarian¹. ***Comparative measurement of ghrelin, leptin, adiponectin, EGF and IGF-1 in breast milk of mothers with overweight/obese and normal-weight infants***. European Journal of Clinical Nutrition (2015) 69, 614–618.

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GHAZIZAHEDI SHOHREH*, NOURI MARYAM, NOROUZY ABDOLREZA, NEMATI MOHSEN, SAFARIAN MOHAMMAD, MOHAJERI SEYED AMIR REZA, ESMAEELY HABIBOLLAH, SHALAI NEDA

DEPARTMENT OF NUTRITION, SCHOOL OF MEDICINE, MASHHAD UNIVERSITY OF MEDICAL SCIENCE, MASHHAD, IRAN. NUTRITION AND FOOD SCIENCES RESEARCH NOVEMBER-DECEMBER 2014 , Volume 1 , Number SUPPL. (1); Page(s) 16 To 16.

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acupuncture on obesity: anthropometric parameters, lipid profile, and inflammatory and immunologic markers.

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3. Masoumeh Kordi, Nasrin Salaknasir, Mohammad Safarian, Habibolah Esmaeeli, Khadijeh Shaadjoo. **Effect of oral administration of date syrup during pregnancy delivery on the progress of delivery in nulliparous women.** Journal of Obstetrics Gynecology and Infertility of Iran. May and June 2010;13(2):23-30.
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6. Monir Dahri, Mohammad Safarian, Majid Hajifaraji, Anahita Hooshyarrad, Alireza Abdi. **Study the relationship between obesity and the age of menarche and nutritional status of girls aging 11-15 in Mashad.** Journal of medical science of Mashad. winter of 2010;4(110):245-254.
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8. Mohsen Nemati, Mona saadat Shojaee zadeh, Majid Ghayoor Mobarhan, Habibolah Esmaeeli, Amir reza Razavi. **The study of nutritional patterns, healthy nutritional profile and traditional risk factors of**

cardiovascular diseases among 35-65 adults in Mashad. Journal of medical science of Mashad, Sep and Oct 2013, issue no 4, 56th year.

9. Marzieh Zilae, Dr. Abdol Reza Noroozi, Dr. Bahareh Imani, Dr. Gholamreza Khademi, Dr. Mohammad Safarian, Monireh Dahri. **Study the adequacy of the NPO patient's nutritional support in Dr Sheikh Children's Hospital of Mashad.**

10. Aadeleh Khodabakhshi, Mohsen Mazidi, Mohammad Safarian, Mohsen Nemati. **Study of nutritional status using anthropometric indices and dietary intake in central prison of Mashad.**

Honors & Awards

Ranked first in nutrition course of the 36th comprehensive exam of basic medical science (Feb 2007)

Ranked first at the internal evaluation test, Shahid Mottahari Festival, 2008

Top-ranking educational group in electronic logbook implementation

Top-ranking educational group in test designing

Membership

Member of Biochemical & Nutrition department of medical faculty of Ferdowsi university of Mashad, since March 5th 2004-present

Member of several research and executive committees at headquarters and medical university

Member of national nutrition board

Member of higher council for research and nutrition science of medical science university

Member of Post-graduate education council

Administrative Responsibilities

Head of hospital nutrition committee of Medical University of Mashad, Khorasan Razavi, Jan 31st 2006

Head of the professional environmental health of Rafsanjan Medical University, Sep 94- Sep 95

Director of Nutrition department, June 24th 2011-2014

Head of public health faculty, July 2014-present

Head of state's nutrition committee, Vice Chancellor in Treatment affairs

Head of control committee of treatment regimens

Head of research committee of biochemical and nutrition department

Head of research committee of nutrition department