

DR GOLNAZ RANJBAR

Department of Nutrition, School of Medicine

Mashhad University of Medical Sciences

Azadi Square, Mashhad, Iran

Telephone: +98 51 38002411

Email: golnaz_ranjbar@yahoo.com, g.ranjbar2@herts.ac.uk

WORK EXPERIENCE

November 2017 - Present (Full Time): Lecturer (teaching) for MSc and PhD students of Nutrition department, School of Medicine, Mashhad University of Medical Sciences.

September 2015 - May 2016 (Part Time): Visiting lecturer for BSc students of Biosciences, Nutrition and Dietetics Departments (University of Hertfordshire, Collage Lane, Hatfield UK, AL10 9AZ).

EDUCATION

February 2013 – 2017: PhD in Nutritional Sciences, University of Hertfordshire, Hatfield, UK.

PhD Thesis title: “Influence of Lactase on the in Vitro and in Vivo Antiglycaemic Effects of Flavonoids”.

October 2011 – October 2012: MSc in International Public Health Nutrition, University of Westminster, London, UK.

MSc Thesis Title: “The Association Between Lignans and Isoflavones, and the Risk of Breast Cancer”.

September 2008 – July 2011: BSc in Human Genetics, University College London (UCL), London, UK.

BSc Thesis Title: “Iron Deficiency in Obesity”.

September 2006 – June 2008: University Foundation Programme, David Game College, London, UK.

Major modules: Biology, Chemistry and Further Mathematics.

ACADEMIC ACTIVITIES

EDITORIAL TASKS

Managing Editor of the Journal of Nutrition, Fasting and Health (Peer Reviewed-Open Access Journal) sponsored by Mashhad University of Medical Sciences. Journal website: <http://jinfh.mums.ac.ir/>

PUBLICATIONS

- Hoffman, R, Madden, A, **Ranjbar, G.** (2016). Inhibition of the glycaemic response by onion: a comparison between lactose-tolerant and lactose-intolerant adults. *European Journal of Clinical Nutrition*. **70**, 1089-1091.
- Bagherniya, M, Mostafavi Darani, F, Sharma, M, Maracy, R.R., Allipour Birgani, R, **Ranjbar, G**, Taghipour, A, Safraian, M, and Keshavarz S.A. (2018). Assessment of the Efficacy of Physical Activity Level and Lifestyle Behavior Interventions Applying Social Cognitive Theory for Overweight and Obese Girl Adolescents. *Journal of Research in Health Sciences*. **18** (2): e00409.

PUBLICATIONS IN PROGRESS (under revision)

- **Ranjbar, G** and Sahebkar A. The effect of novel antidiabetic drugs mainly SGLT-2 inhibitors, DPP-4 inhibitors and GLP-2 receptor agonist on NAFLD/NASH.
- Soleymani, S, **Ranjbar, G**, and Nematy, M. Dietary patterns in relation to hepatic fibrosis in patients with nonalcoholic fatty liver disease. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*.
- Rezvani, R and **Ranjbar, G**. Acylation Stimulating Protein/C3adesArg in Metabolic states: Role of Adipocyte Adipokine Dysfunction in Obesity and its Consequences.
- Banazadeh, V, **Ranjbar, G**, Jangjoo, A, Nematy, M, and Ranjbar, G. The relationship between pro-oxidant antioxidant balance and dietary intake six months after gastric bypass surgery. *Obesity Surgery*.
- Bahrami, L.S, **Ranjbar, G**, Norouzy, A, Arabi, S.M. Vitamin D supplementation effects on the clinical outcomes of patients with coronary artery disease: a systematic review and meta-analysis.
- Banazadeh, V, Jangjoo, A, **Ranjbar, G**, Ghayour Mobarhan, M, Jabbari Nooghabi, M, Hamidi Alamdari, D, Faridnia, R, and Nematy, M. The impact of gastric bypass surgery on obesity related complaints and comorbidities six months after the surgery. *MJRI*.
- Arabi, S.M, Bahrami, L, **Ranjbar, G**, Tabesh, H and Norouzy, A. The effect of vitamin D supplementation on inflammation in critically ill patients: a systematic review and meta-analysis. *Scientific reports*.
- Roudi, F, Pouryazdanpanah, M, Rahimi, R, **Ranjbar, G**, Nematy, M and Khademi, G. Obese children in paediatric intensive care unit (PICU)-How to support them by clinical nutrition approaches. *Clinical Obesity*.
- Ahmadi Bonakdar, S, Dorosty Motlagh, A.R., Bagherniya, M, **Ranjbar, G**, Daryabeygi-Khotbehsara, R, Mohajeri, S.A.R., and Safarian, M. Pre-pregnancy Body Mass Index and Maternal Nutrition in Relation to Infant Birth Size. *Clinical Nutrition Research*.
- Arabi, S.M, Bahrami, L.S, Vafa, M, **Ranjbar, G**, and Norouzy, A. The effect of vitamin D supplementation on haemoglobin concentration: A systemic review and meta-analysis.
- Layegh, P, Jangjoo, A, Layegh, P, Asadi, A, Nematy, M, Salehi, M and **Ranjbar G**. Evaluation of thyroid volume and prevalence of thyroid nodules in obese and non-obese adults and their association with insulin resistance status. *Eastern Mediterranean Health Journal*.

CONFERENCE PRESENTATIONS

- Inhibition of glycaemic response by onion: a comparison between lactose-tolerant and intolerant adults. Best poster presentation at the Life and Medical Sciences (LMS) Conference at the University of Hertfordshire (May 2016).
- Poster Presentation: Consuming an Onion Solution Inhibits Glucose Uptake More in Lactose-Intolerant People Than in Lactose-Tolerant People. FENS Nutrition Conference, October 2015, Berlin, Germany.
- Oral Presentation: Health Significance of Lactose Intolerance. *Best Oral Presentation* award at the Life and Medical Sciences (LMS) Conference at the University of Hertfordshire, April 2015.

- Oral Presentation: Effect of Dietary Flavonoids on Glucose Uptake in The Presence of Lactase. Nutrition Society Conference, University of Nottingham, September 2014.

RESEARCH PROPOSALS (CO-SUPERVISION)

- Examination of resting metabolic rate (RMR) and its relationship with the main components of life style in healthy adults: food pattern, sleep quality and physical activity.
- Assessment of dietary inflammatory index (DII) in rheumatoid arthritis patients and its comparison with healthy subjects.
- Evaluation of prevalence and predisposing factors of overweight and obesity rate among high school adolescents (12-17 years) in Gonabad.
- Examination of the effect of probiotic (supplement and yogurt) consumption on plasma free fatty acids and non-invasive arterial stiffness indexes in patients with coronary heart disease.
- Examination of the effect of probiotic (*Lactobacillus rhamnosus*) yogurt consumption on micronutrients and metabolism levels and Gastrointestinal Quality of Life index in diabetic patients with gastric bypass surgery.
- Evaluation of the effect of oat bread enriched with vitamin D on serum levels of vitamin D, renal function and risk of cardiometabolic index in patients with type 2 diabetes: a randomized double-blind placebo-control study
- The Relationship of Household Food Security with Stress, Anxiety and Depression in Mothers Residing in Mashhad in 1397.
- The Effect of Zinc and Selenium co-supplementations on blood glucose levels and inflammatory/antioxidant biomarkers in T2DM patients.
- The Effect of high dose of Vitamin B12, B6 & Folate intake on the improvement of Alzheimer Disease symptoms through microglial inflammatory activities.

OTHER SKILLS

- Expertise and experience in working at Cell Culture (Caco-2 Colon Carcinoma cell models), Radiobiology (Glucose Uptake Assay-using 3H-Tritium) and HPLC laboratories.
- Experience of working at Human Physiology laboratory for the clinical part of PhD course.
- Accredited Training-Phlebotomy Course at UCL Medical School (2014).
- Public Health Nutritionist – familiar with nutrition programme designs and policies to improve nutrition care process.
- International insight and multidisciplinary skills
- A member of UK Nutrition Society (2014-2016).
- Fluent in English and Persian languages.