

Curriculum Vitae



Personal Information

Full name: **Masoumeh Jabbari**

Nationality: Iranian

Current position: Assistant professor in Nutrition Sciences

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Education

- 2024: Ph.D. in Nutrition Sciences (Minor: Epidemiology), Shahid Beheshti University of Medical Sciences, Iran.
- 2017: MSc. in Nutrition Sciences, Tabriz University of Medical Sciences, Iran.
- 2008: BSc. in Nutrition Sciences, Tabriz University of Medical Sciences, Iran.

Research experiences

Top Student Researcher of Shahid Beheshti University of Medical Sciences, Iran. (2023)

Clinical experiences

Dietitian in the personal office, West Azerbaijan Province, Khoy, Iran (2016–2018)

Publications

Papers

- 1) **Jabbari, M., Eini-Zinab, H., Kalhori, A. et al. Development of a CVD mortality risk score with the nutritional predictors: A risk prediction model in the Golestan Cohort Study (2025).** *Nutr Metab Cardiovasc Dis.* 2025 Jan;35(1):103770.doi: 10.1016/j.numecd.2024.10.008. Epub 2024 Oct 17.
- 2) **Jabbari M, Zeinalian R, Aryafar M, Haghghighian-Roudsari A, Babashahi M. Strategies to Improve the Nutritional Status of Patients with Cancer from the Experts' Viewpoint: A Qualitative Study.** *J Health Syst Res* 2025; 20 (4) :325-339.
- 3) **Jabbari, M., Eini-Zinab, H., Kalhori, A. et al. Can nutritional scores improve the WHO calibrated non-laboratory risk prediction model for cardiovascular disease? Golestan Cohort Study.** *J Diabetes Metab Disord* (2024). <https://doi.org/10.1007/s40200-024-01463-x>.
- 4) **Jabbari. M, Haghghighian-Roudsari, A. Nutritional Challenges of Hospitalized Cancer Patients from the Perspective of Healthcare Professionals: A Qualitative Study.** *Journal of Qualitative Research in Health Sciences*, 2024; 13(4): 177-186. doi: 10.34172/jqr.2024.26
- 5) **M. Jabbari, Nazli Namazi, Pardis Irandoost, Leila Rezazadeh, Nahid Ramezani-Jolfaie, Mina Babashahi, Samira Pourmoradian, Meisam Barati. Meta-analysis of community-based interventions on fruits and vegetables consumption in adults.** *Nutrition & Food Science.* Vol. 54 No. 1, pp. 164-191. <https://doi.org/10.1108/NFS-05-2023-0115>.
- 6) **M. Jabbari, H. Eini-Zinab, E. Safaei, F. Poursoleiman, B. Amini, M. Babashahi, M. Barati and A. Hekmatdoost.2023. Determination of the level of evidence for the association between different food groups/items and dietary fiber intake and the risk of cardiovascular diseases and hypertension: An umbrella review.** 1-13. 10.1016/j.nutres.2022.12.011.
- 7) **M. Jabbari, S. Pourmoradian, H. Eini-Zinab, E. Mosharkesh, F. Hosseini Balam, Y. Yaghmaei, A. Yadegari, B.**

- Amini, D. Arman Moghadam, M. Barati and A. Hekmatdoost.**2022. Levels of evidence for the association between different food groups/items consumption and the risk of various cancer sites: an umbrella review.** 861-874. 10.1080/09637486.2022.2103523.
- 8) **M. Jabbari**, M. Barati, A. Fathollahi, F. Javanmardi, F. Hemmati, F. Farahmand, P. Mirmiran, H. EiniZinab and A. Mousavi Khaneghah.**2021. Can Oral Tolerance Explain the Inconsistencies Associated with Total Dietary Diversity and Colon Cancer? A Mechanistic Systematic Review.** 2101-2112.10.1080/01635581.2020.1819349.
 - 9) **M. Jabbari**, T. A. K. Khoshnazar, A. Haghghian-Roudsari, F. Taghizadeh-Hesary and A. Milani Bonab.**2022. The Viewpoints of Hospitalized Patients with Cancer Regarding Their Nutritional Challenges in Hospital: A Phenomenological Study.** 424-436. 10.18502/jnfs.v7i4.11052.
 - 10) R. Zeinalian, E. Mosharkesh, A. H. Tahmassian, A. Kalhori, M. Alizadeh, S. Kheirouri and **M. Jabbari**.**2022. The association of a body shape index and visceral adiposity index with neurotrophic, hormonal and metabolic factors among apparently healthy women: a cross-sectional analysis.** 209-218. 10.1007/s40200-021-00959-0.
 - 11) F. Aliasghari, R. Mahdavi, M. Barati, S. A. Nazm, S. Yasari, M. Bonyadi and **M. Jabbari**.**2021.Genotypes of ANKK1 and DRD2 genes and risk of metabolic syndrome and its components: A cross-sectional study on Iranian women.** 449-454. 10.1016/j.orcp.2021.08.001.
 - 12) R. Zeinalian, D. A. Moghadam, N. Pahlavani, N. Roshanravan, M. Alizadeh, **M. Jabbari** and S. Kheirouri.**2022. Investigation of the association between cardio-metabolic risk factors, neurotrophins and gastric hormones among apparently healthy women: A cross-sectional analysis.** 53-60. 10.34172/JCVTR.2022.10.
 - 13) S. Kheirouri, **M. Jabbari** and M. Alizadeh.**2018. Obestatin and nerve growth factor in patients with metabolic syndrome.** 137-144. 10.23751/pn.v20i2-S.5915.
 - 14) **M. Jabbari**, M. Barati, M. Shabani, E. Kazemian, S. Khalili-Moghadam, F. Javanmardi, E. Hatami, R. Zeinalian, S. H. Davoodi, B. Rashidkhani, S. Jafarzadeh, E. Huseyn and A. Mousavi Khaneghah.**2022. The Association between Consumption of Dairy-Originated Digestion Resistant and Bioactive Peptides and Breast Cancer Risk: A Case-Control Study.** 2426-2435. 10.1080/01635581.2021.2009884.
 - 15) **M. Jabbari**, M. Barati, M. Khodaei, M. Babashahi, A. Kalhori, A. H. Tahmassian, E. Mosharkesh, P. Arzhang and H. Eini-Zinab.**2022. Is collagen supplementation friend or foe in rheumatoid arthritis and osteoarthritis? A comprehensive systematic review.** 973-981. 10.1111/1756-185X.14382.
 - 16) M. Alizadeh, M. Barati, S. Saleh-Ghadimi, N. Roshanravan, R. Zeinalian and **M. Jabbari**.**2018. Industrial furan and its biological effects on the body systems.**10.1111/jfbc.12597.
 - 17) **M. Jabbari**, S. Kheirouri and M. Alizadeh.**2018. Decreased Serum Levels of Ghrelin and Brain-Derived Neurotrophic Factor in Premenopausal Women with Metabolic Syndrome.** 140-146. 10.1093/labmed/lmx087.
 - 18) **M. Jabbari** and M. Barati.**2023. Response letter to the editor regarding “Collagen supplementation for rheumatoid arthritis and osteoarthritis”.** 1201. 10.1111/1756-185X.14639.
 - 19) Kheirouri S, Ghafari A, Barati M. **M. Jabbari.** **The Study of Serum Ghrelin/Obestatin Ratio and Its Association with Metabolic Syndrome Components in Women.** J. Ilam Uni. Med. Sci. 2019; 26 (5) :162-171
 - 20) S. Pourmoradian, A. Ostadrahimi, A. M. Bonab, A. H. Roudsari, **M. Jabbari** and P. Irandoost.**2021. Television food advertisements and childhood obesity: A systematic review.** 3-9. 10.1024/0300-9831/a000681.
 - 21) N. Heidari, R. Nabie, **M. Jabbari**, Z. Irannejad Niri, R. Zeinalian, M. Asghari Jafarabadi and S. Arefhosseini.**2021. The association between food diversity and serum antioxidant indices in cataract patients compared to healthy subjects.** 10.4103/jrms.JRMS_321_20.
 - 22) N. Heidari, **M. Jabbari**, M. Babashahi, R. Nabie, M. Asghari Jafarabadi and S. R.Arefhosseini.**2021.The association between healthy eating index and serum antioxidant indices in patients with different degrees of cataract compared to healthy subjects: a case-control study.** 426-438. 10.1108/NFS-04-2020-0153.
 - 23) A. Mokari-Yamchi, A. Famarzi, A. Salehi-Sahlabadi, M. Barati, D. Ghodsi, **M. Jabbari** and A. Hekmatdoost.**2020. Food security and its association with social support in the rural households a cross sectional study.** 146-152. 10.3746/pnf.2020.25.2.146.
 - 24) E. Ardeshirlarijani, N. Namazi, **M. Jabbari**, M. Zeinali, H. Gerami, R. B. Jalili, B. Larijani and L. Azadbakht.**2019. The link between breakfast skipping and overweigh/obesity in children and adolescents: a meta-analysis of observational studies.** 657-664. 10.1007/s40200-019-00446-7
 - 25) A. Salehi-Sahlabadi, A. Mokari, M. Elhamkia, F. Farahmand, **M. Jabbari** and A. Hekmatdoost.**2020. Dietary total antioxidant capacity and risk of non-alcoholic fatty liver disease: A case-control study.** 1-6. 10.34172/jrhs.2020.18.
 - 26) M. Barati, **M. Jabbari**, A. Abdi Ghavidel, P. Nikmehr, P. Arzhang, A. Aynehchi, M. Babashahi, E. Mosharkesh,

- N. Roshanravan, M. Shabani and S. H. Davoodi.2022. **The engineered probiotics for the treatment of chronic diseases: A systematic review.** 10.1111/jfbc.14343.
- 27) A. Salehi-sahlabadi, F. Teymoori, **M. Jabbari**, A. Momeni, A. Mokari-yamchi, M. Sohoul and A. Hekmatdoost.2021. **Dietary polyphenols and the odds of non-alcoholic fatty liver disease: A case-control study.** 429-435. 10.1016/j.clnesp.2020.09.028.
- 28) M. Barati, **M. Jabbari**, M. Fathollahi, A. Fathollahi, V. Khaki, F. Javanmardi, S. M. H. M. Jazayeri, M. Shabani, S. H. Davoodi, E. Huseyn, Z. Hadian, J. M. Lorenzo and A. M. Khaneghah.2022. **Evaluation of different types of milk proteins-derived epitopes using in-silico tools: a primarily study to propose a new definition for bioactive peptides.** 10.1590/fst.102821.
- 29) Z. Irannejad niri, F. Shidfar, **M. Jabbari**, M. Zarrati, A. Hosseini, M. Malek and A. Dehnad.2021. **The effect of dried *Ziziphus vulgaris* on glycemic control, lipid profile, Apo-proteins and hs-CRP in patients with type 2 diabetes mellitus: A randomized controlled clinical trial.** 10.1111/jfbc.13193.
- 30) Meisam Barati, Erfan Mosharkesh, Amir Hossein Tahmassian, Maryam Khodaei, **Masoumeh Jabbari**, Ali Kalhori, Mohsen Alipour, Afshin Abdi Ghavidel, Sajad Khalili-Moghadam, Anwar Fathollahi, Sayed Hossein Davoodi, **Engineered Probiotics for the Management of Congenital Metabolic Diseases: A Systematic Review.** Preventive Nutrition and Food Science. 2024/3/3
- 31) M. Barati, **M. Jabbari**, F. Teymoori, H. Farhadnejad, S. Khalili-Moghadam, N. Roshanravan, E. Mosharkesh, E. Kazemian, P. Mirmiran, S. H. Davoodi and F. Azizi.2021. **Dairy-originated digestion-resistant and bioactive peptides increase the risk of hypertension: Tehran Lipid and Glucose Study.** 1194-1204. 10.1038/s41440-021-00692-4.
- 32) M. Barati, M. Shabani, **M. Jabbari**, V. Khaki Bakhtiarvand, P. Nikmehr, H. Ahmadi, M. E. Akbari and S. H. Davoodi.2022. **Antioxidant nutrients can increase high-dose Methotrexate efficacy in 4T1 breast tumor Model: An experimental study on Vitamin E Succinate and Methyl-selenic acid.**
- 33) M. Akhbari, **M. Jabbari**, M. H. Ayati and N. Namazi.2021. **The Effects of Oral Consumption of Honey on Key Metabolic Profiles in Adult Patients with Type 2 Diabetes Mellitus and Nondiabetic Individuals: A Systematic Review of Clinical Trials.** 10.1155/2021/6666832.
- 34) M. Barati, F. Javanmardi, S. M. H. Mousavi Jazayeri, **M. Jabbari**, J. Rahmani, F. Barati, H. Nickho, S. H. Davoodi, N. Roshanravan and A. Mousavi Khaneghah.2020. **Techniques, perspectives, and challenges of bioactive peptide generation: A comprehensive systematic review.** 1488-1520. 10.1111/1541-4337.12578.
- 35) M. Barati, F. Javanmardi, **M. Jabbari**, A. Mokari-Yamchi, F. Farahmand, I. Eş, H. Farhadnejad, S. H. Davoodi and A. Mousavi Khaneghah.2020. **An in silico model to predict and estimate digestion-resistant and bioactive peptide content of dairy products: A primarily study of a time-saving and affordable method for practical research purposes.** 10.1016/j.lwt.2020.109616.
- 36) M. Barati, **M. Jabbari**, H. Nickho, M. Esparvarinha, A. Javadi Mamaghani, H. Majdi, A. Fathollahi and S. H. Davoodi.2020. **Regulatory T Cells in Bioactive Peptides-Induced Oral Tolerance; a Two-Edged Sword Related to the Risk of Chronic Diseases: A Systematic Review.** 1-12. 10.1080/01635581.2020.1784442.
- 37) M. Barati, **M. Jabbari**, R. Navekar, F. Farahmand, R. Zeinalian, A. Salehi-Sahlabadi, N. Abbaszadeh, A. Mokari-Yamchi and S. H. Davoodi.2020. **Collagen supplementation for skin health: A mechanistic systematic review.** 2820-2829. 10.1111/jocd.13435.
- 38) A. Mokari-Yamchi, **M. Jabbari**, A. Sharifi, M. Barati and S. Kheirouri.2019. **Low FEV1 is associated with increased risk of cachexia in COPD patients.** 2433-2440. 10.2147/COPD.S221466.
- 39) S. Kheirouri, M. Alizadeh, E. Ebrahimi and **M. Jabbari**.2019. **Association of serum S100B, S100A1 and Zinc- α 2-Glycoprotein levels with anthropometric, metabolic and clinical indices in men and women.** 154-162. 10.23751/pn.v21i1-S.5846.
- 40) F. Tavakoli, R. Jahanban-Esfahlan, K. Seidi, **M. Jabbari**, R. Behzadi, Y. Pilehvar-Soltanahmadi and N. Zarghami.2018. **Effects of nano-encapsulated curcumin-chrysin on telomerase, MMPs and TIMPs gene expression in mouse B16F10 melanoma tumour model.** 75-86. 10.1080/21691401.2018.1452021.
- 41) S. Houjehani, S. Kheirouri, E. Faraji, M. A. Jafarabadi and **M. Jabbari**.2018. **Antioxidant status, lipid peroxidation and protein oxidation in type 2 diabetic patients; beneficial effects of supplementation with carnosine: A randomized, double-blind, placebo-controlled trial.**10.5812/ircmj.64116.
- 42) K. Parastouei, **M. Jabbari**, F. Javanmardi, M. Barati, Y. Mahmoudi, S. Khalili-Moghadam, H. Ahmadi, S. H. Davoodi and A. Mousavi Khaneghah.2022. **Estimation of bioactive peptide content of milk from different species using an in silico method.** 10.1007/s00726-022-03152-6.
- 43) F. Aliasghari, A. Izadi, **M. Jabbari**, B. Imani, B. P. Gargari, F. Asjodi and S. Ebrahimi.2018. **Are Vaspin and Omentin-1 Related to Insulin Resistance, Blood Pressure and Inflammation in NAFLD Patients?** 470-475.

Books

Two chapter of “Enzymes Beyond Traditional Applications in Dairy Science and Technology” (2023),
DOI: <https://doi.org/10.1016/C2021-0-02498-6>

Chapter 5: Methods for identification of bioactive peptides

Chapter6: In-silico methods for milk-derived bioactive peptide prediction

Projects (2016-2024)

- 1) Determining the views of specialists and the treatment team regarding nutritional problems of cancer patients and solutions to solve them: A qualitative study (Project leader)
- 2) Analyzing the views of doctors, nurses, and nutritionists regarding strategies to improve the nutritional status of cancer patients: A qualitative study (Project leader)
- 3) Systematic review and meta-analysis of observational studies on the relationship between food group diversity and mortality and incidence of cardiovascular diseases (Project leader)
- 4) Systematic review of the relationship between dietary factors and the risk of and mortality from various types of cancer (Project leader)
- 5) Systematic review and meta-analysis of case-control studies on the relationship between food diversity score and cancer risk in adults (Project leader)
- 6) Providing policy proposals aimed at improving the nutritional status of cancer patients: A qualitative study (Project partner)
- 7) The relationship between serum ghrelin to obestatin ratio and components of metabolic syndrome in women (Project leader)
- 8) A case-control study of the relationship between dietary factors and the risk of breast cancer (Project leader)
- 9) A systematic review of randomized controlled trials on the effect of oral consumption of hydrolyzed collagen on clinical symptoms in patients with rheumatoid arthritis (Project leader)
- 10) A study of the relationship between serum levels of obestatin, brain-derived neurotrophic factor and nerve growth factor with components of metabolic syndrome in women (Co-investigator)
- 11) A systematic review of the effect of oral presentation of antigens that cause immune-related diseases on the recovery of chronic diseases (Co-investigator)
- 12) An in-silico study of determining epitopes of milk proteins using bioinformatics tools (Co-investigator)
- 13) An in-silico study of determining epitopes of milk proteins using bioinformatics tools (Co-investigator)
- 14) A meta-analysis of randomized clinical trials on the effect of hydrolyzed collagen on skin health components (Co-investigator)

Papers presented in conferences

- 1) **Jabbari M.** Determination of strong evidence for the association between the consumption of different food groups and the incidence of various anatomical cancer sites. 16th International Breast Cancer Congress. March 2023, Shahid Beheshti University of Medical Sciences, Tehran. Iran.
- 2) **Jabbari M.** Evidence for the association between the consumption of total dairy products and milk and the risk of various cancer sites. International Cancer Congress. May 2023. Tehran. Iran.

- 3) **Jabbari M.** Association of serum obestatin and nerve growth factor with metabolic syndrome components in women. 2nd International and the 14th Iranian Nutrition Congress. September. 2016. Tehran. Iran.
- 4) **Jabbari M.** Association of serum ghrelin and ghrelin to obestatin ratio with components of metabolic syndrome in women. September 2016. Tehran. Iran.
- 5) **Jabbari M.** Serum level of NGF, BDNF and obestatin in women with metabolic syndrome. 17th National Annual Congress of Iranian Medical Sciences Students. Kashan University of Medical Sciences. August 2016. Kachan. Iran.

SKILLS

- + SPSS
- + STATA
- + MAXQDA
- + Corel draw
- + RStudio
- + Risk prediction models
- + Development of nutritional indices
- + Cohort studies analysis

RESEARCH INTERESTS

- + Development of risk prediction models
- + Nutritional epidemiology
- + Nutritional indices
- + Evidence grading