

Najmeh Seifi

MD-PhD

Assistant Professor of Clinical Nutrition

Address:

**Nutrition Department, Medical Faculty, Mashhad University of Medical Sciences,
Mashhad, Iran**

Email:

Seifin@mums.ac.ir

najmehseifi@gmail.com

ORCID:

<https://orcid.org/0000-0002-0505-7220>

EDUCATION

2016- 2020, Mashhad University of Medical Sciences - Mashhad, Iran

- **PhD of Nutrition** (GPA= 18.37)
- **Proposal title:** Effects of synbiotic supplementation on energy and macronutrient homeostasis of critically ill patients
- **Thesis supervisor:** Dr. M. Safarian

2009-2016, Mashhad University of Medical Sciences - Mashhad, Iran

- **Doctor of Medicine, Medicine** (GPA = 18.1, First rank)
- **Thesis title:** Assessment of Sense of job security in Assistant professors of Medical School of Mashhad University of Medical Sciences, 2015
- **Thesis supervisor:** Dr. M. Dadgar Moghadam

AWARDS/ACHIEVEMENTS

- 2016**, 1% of 2d rank among medical graduates 2016-17 according to Z score ranking of graduate students
- 2016**, Rank 1 in M.D. level in Mashhad University of Medical Sciences, Medical School, among 70 students of class 2009
- **2015**, Rank 4 in the fifty- fifth comprehensive pre-internship exam
- **2015**, Selected process in the 7th Shahid Motahari Educational Festival (The process of forming a committee for excellence in medical education with the concurrence of elites)
- 2013**, Rank 3 in the forty-sixth comprehensive exam of basic sciences
- 2009**, Rank 178 in Nationwide Entrance Exams for Government Universities, 2009

PUBLICATIONS

Articles

- 2024, Seifi N, Bahari H, Hafezi SG, Ghotbani F, Afzalinia A, Ferns GA, Farkhani EM, Ghayour-mobarhan M. Dietary mineral intakes predict Coronavirus-disease 2019 (COVID-19) incidence and hospitalization in older adults. BMC Nutrition (ISI, IF=2)**
- 2024, Seifi N, Shahri AMM, Beydokhti LS, Mohammadi-Bajgiran M, Oliyaee NT, Rezaeifard H, Ferns GA, Esmaily H, Ghayour-Mobarhan M. Insulinemic potential of lifestyle is associated with depression and anxiety in adults: A large community-based study. Journal of Affective Disorders (ISI, IF=6.6)**
- 2024, Nosrati M, Seifi N, Hosseini N, Ferns GA, Kimiafar K, Ghayour-Mobarhan M, Essential dataset features in a successful obesity registry: a systematic review, International Health (ISI, IF=2.5)**
- 2024, Seifi N., Nosrati M., Koochackpoor G. et al. The association between hyperuricemia and insulin resistance surrogates, dietary- and lifestyle insulin resistance indices in an Iranian population: MASHAD cohort study. Nutrition Journal (ISI, IF=5.4)**
- 2023, Seifi N., Rahimi H., Koochakpoor G. et al. Higher dietary acid load is associated with an increased risk of metabolic syndrome. Sci Rep (ISI, IF=4.6)**
- 2023, Seifi N., Bahari H., Nosrati M. et al. Higher dietary acid load is associated with the risk of hyperuricemia. Int Urol Nephrol (ISI, IF=2)**
- 2023, Mansoori A., Seifi N., Vahabzadeh R. et al. The relationship between anthropometric indices and the presence of hypertension in an Iranian population sample using data mining algorithms. J Hum Hypertens (ISI, IF=2.7)**
- 2023, Hafezi S.G., Seifi N., Bahari H. et al. The association between macronutrient intakes and coronavirus disease 2019 (COVID-19) in an Iranian population: applying a dynamical system model. J Health Popul Nutr (ISI, IF=1.9)**
- 2023, Bahari H., Seifi N., Foroumandi E. et al. Dietary acid load, depression, and anxiety: results of a population-based study. BMC Psychiatry (ISI, IF=4.4)**
- 2023, Seifi N, Bahari H, Soltani S, et al. The effects of electronic-based lifestyle interventions on nonalcoholic fatty liver disease: A systematic review. DIGITAL HEALTH (ISI, IF=3.9)**
- 2022, Seifi N, Sedaghat A, Rezvani R, Nematy M, Khadem-Rezaian M, Safarian M. The Effects of Synbiotic Supplementation on Enteral Feeding Tolerance, Protein Homeostasis and Muscle Wasting of Critically Ill Adult Patients: A Randomized Controlled Trial. Trials (ISI, IF=2.7)**
- 2022, Seifi N, Mohammadi MA, Dabagh AE, Sedaghat A, Rezvani R, Khadem-Rezaian M, Nematy M, Safarian M. Effect of Early Enteral Nutrition Supplemented with Synbiotics On Lipid and Glucose Homeostasis in Critically Ill Patients: A Randomized Controlled Trial. Diabetes Metab Syndr 16 (1) . (ESCI, IF= 2.46)**
- 2022, Seifi N, Sedaghat A, Rezvani R, Nematy M, Khadem-Rezaian M, Shirazinezhad R, Ranjbar G, Safarian M. The Effects of Synbiotic Supplementation on the Serum Endotoxin Level, Inflammatory Status, and Clinical Outcomes of Critically Ill Adult Patients: A Randomized Controlled Trial. Nutrition in Clinical Practice. (2021) (ISI, IF= 3.08).**
- 2021, N. Seifi, A.J. Esfahani, A. Sedaghat, R. Rezvani, M. Khadem-Rezaian, M. Nematy, M. Safarian, Effect of gut microbiota modulation on feeding tolerance of enterally-fed critically ill adult patients: a systematic review, Sys Rev . (ISI, IF= 2.47, Under review)**
- 2020, N. Seifi, M. Safarian, M. Nematy, R. Rezvani, M. Khadem-Rezaian, A. Sedaghat, Effects of synbiotic supplementation on energy and macronutrients homeostasis and muscle wasting of critical care patients: study protocol and a review of previous studies, Trials 21 (1) (2020) 1-11. (ISI, IF=2.18)**

2020, A. Bahrami, Z. Khorasanchi, M. Tayefi, A. Avan, **N. Seifi**, S.S. Tavakoly, G. Ferns, H. Bahrami-Taghanaki, M. Ghayour-Mobarhan, **Anemia is associated with cognitive impairment in adolescent girls: A cross-sectional survey**, Applied neuropsychology. Child 9 (2) (2020) 165. (ISI, IF= 1.51)

2019, F. Shiva, **N. Seifi**, M. Yaghoubi, A. Momenzadeh, A. Moradi, E. Darchini-Maragheh, M. Razmara, P. Hebrani, P. Layegh, **Evaluation of Quality of Life, Anxiety and Depression in Children with Cutaneous Leishmaniasis**, International Journal of Pediatrics 7 (6) (2019) 9591-9600. (ISI)

2017, Z. Dehnavi, M. Faghani, Z. Khorasanchi, M. Safari Bidokhti, **N. Seifi**, A. Norouzy, **Investigation of the Volume of Food Waste in Qaem and Imam Reza Hospitals in Mashhad, Iran**, Journal of Nutrition, Fasting and Health 5 (4) (2017) 178-183. (ISC)

2017, **N. Seifi**, M. Hashemi, M. Safarian, V. Hadi, M. Raeisi, **Effects of Ramadan fasting on common upper gastrointestinal disorders: A review of the literature**, Journal of Nutrition, Fasting and Health 5 (1) (2017) 20-23 (ISC)

2016, M. Shafiee, M. Belghaisi-Naseri, **N. Seifi**, S.M. Arabi, A. Norouzy, **An audit to evaluate the knowledge and attitude of Iranian medical specialists towards Oral Nutritional Supplements**, Journal of Nutritional Sciences and Dietetics (2016).

2012, **N. Seifi**, N. Kahani, E. Askari, S. Mahdipour, N.M. Naderi, **Inducible clindamycin resistance in Staphylococcus aureus isolates recovered from Mashhad, Iran**, Iranian journal of microbiology 4 (2) (2012) 82. (PMC)

2012, M. Hassanzadeh-Nazarabadi, S. Shekouhi, **N. Seif**, **The incidence of spontaneous abortion in mothers with blood group O compared with other blood types**, International journal of molecular and cellular medicine 1 (2) (2012) 99. (ISC)

Books:

2019, A practical guide to enteral nutrition in adults admitted to the intensive care unit (In Persian)

2019, Enteral Nutrition Care in Pediatric Intensive Care Unit (In Persian)

2019, Nutritional deficiency and impact on health (book chapter, In English)

RESEARCH PROPOSALS

Establishment of Obesity and obesity treatment database (registry) in nutrition clinics across the country (third phase)

Diagnosis of familial hypercholesterolemia in first-degree relatives of patients (diagnosis and treatment) in the form of starting a lipid clinic

Investigating the changes in food intake in the study population of Mashhad between 1386 and 1396 and its related factors

Predicting factors of nutritional iron deficiency anemia in Iranian women using machine learning methods

Investigating the relationship between body weight changes and phase angle

Investigating the relationship between the acidity index of the diet and the occurrence of cardiometabolic diseases and the resulting mortality in Mashhad cohort population

Investigating food intake in Iran and its relationship with the occurrence of cardiovascular diseases

Evaluation of the health status of pilgrims to holy Mashhad at the end of the month of Safar

Designing and implementing a site (online database) to determine the reference distances of children and adults in Iranian laboratories.

Effects of synbiotic supplementation on energy and macronutrient homeostasis of critically ill

patients

Level determination of quality of life, depression and anxiety of patients referring to cutaneous leishmaniasis clinics of Quaem and Imam Reza hospitals of Mashhad

PRESENTATIONS

2023, Dietary and lifestyle factors in predicting diabetes incidence. 2nd international congress of nutrition: from laboratory research to clinical studies (Invited Speaker)

2023, Assessment of age-specific diet quality using dietary quality index-international (DQI-I) in an Iranian population, 2nd international congress of nutrition: from laboratory research to clinical studies (Poster presentation)

2023, Dietary acid load is associated with depression among Iranian females: MASHAD cohort study. 2nd international congress of nutrition: from laboratory research to clinical studies (Poster presentation)

2022, Nutrition management in eating disorders workshop: caring for hospitalized patients with eating disorders: current practice among dietitians, 4rd International Clinical Nutrition Conference, Mashhad, Iran (Oral presentation)

2022, Probiotic Supplementation in Critically Ill Patients, 4rd International Clinical Nutrition Conference, Mashhad, Iran (Oral presentation, symposium)

2022, The Effects of Synbiotic Supplementation on Enteral Feeding Tolerance, Protein Homeostasis and Muscle Wasting of Critically Ill Adult Patients, 4rd International Clinical Nutrition Conference, Mashhad, Iran (Oral presentation)

2020, Synbiotic supplementation effect on muscle wasting in critically ill patients: A randomized controlled trial. 3rd International Clinical Nutrition Conference, 2020, Mashhad, Iran (Oral presentation)

2020, Does synbiotic supplementation improve clinical outcomes in critically ill patients? 3rd International Clinical Nutrition Conference, 2020, Mashhad, Iran (Poster presentation)

2020, Effect of synbiotic supplementation on energy and protein homeostasis in critically ill patients. 3rd International Clinical Nutrition Conference, 2020, Mashhad, Iran (Poster presentation)

2012, Study on bacteria and their antibiotic resistance associated with coates of two general hospitals in Mashhad. 5th international online medical conference, 2012 (Oral presentation)

2012, Role of ABO and Rh blood group phenptypes on infections due to Staphylococcus aureus. 5th international online medical conference, 2012 (Oral presentation)

2012, Incidence rate of hospital acquired infections in cardiac, open heart ICU, vascular and open-heart surgery wards of Imam Reza and Quaem Hospitals of Mashhad, 2010-11. 5th international online medical conference, 2012 (Oral presentation)

2011, Life quality, depression and anxiety in Cutaneous Leishmaniasis children. 7th ARCEMSS, Mashhad, Iran. 2011, (Poster presentation)

2010, Investigating the Prevalence of Inducible Clindamycin Resistant Staphylococcus aureus in Imam Reza Hospital and Outpatient Clinic in Mashhad, during 2010. Iccm, Isfahan, Iran, 2010. (Poster presentation)

PROFESSIONAL TRAINING

ChatGPT in Medicine, 2023, Mashhad, Iran.

Approach to parenteral nutrition. LLL Course, ESPEN. 2020, Mashhad, Iran.

Nutritional support in cancer. LLL Course, ESPEN. 2020, Mashhad, Iran.

Nutritional support in gastrointestinal diseases. LLL Course, ESPEN. 2020, Mashhad, Iran.

Nutritional support in intensive care unit (ICU) patients. LLL Course, ESPEN. 2016, Tehran, Iran.
Basic Biostatistics using SPSS. IOMC professional online workshop. 2012.

Miracle of implementing ideas (innovation in business model design). Mashhad, 2019 (In Persian)

Discover a golden idea for starting a wealth-creating business. Mashhad, 2019 (In Persian)

Nutrition of athletes and sports supplements, Mashhad, 2017 (In Persian)

Presenting a scientific lecture with PowerPoint, Mashhad, 2016 (In Persian)

Systematic Reviews. Mashhad, 2016 (In Persian)

National Creativity Workshop, 2012(In Persian)

RELATED SKILLS

Computer skills

- Office, Statistical softwares, Reference Manager, Endnote

Language skills

- English, Arabic, Persian

Laboratory Skills

- Indirect calorimetry, Enzyme-linked Immunosorbent Assay (ELISA), PCR, HPLC, GC

Research Interest

Human Nutrition

Metabolic Syndrome & Obesity

Probiotics & gut microbiota

Nutrition in hospitalized patient

