

May, 10th 2025

CURRICULUM VITAE

دکتر محمد حسین شریفی - دکترای علوم تغذیه

هیات علمی رسمی دانشگاه علوم پزشکی شیراز - مرکز تحقیقات طب سنتی و تاریخ پزشکی

Personal Background

- First name: Mohammad Hossein
- Last name: Sharifi
- Date of Birth: 7.1.1971,
- Place of Birth: Shiraz
- Nationality: Iranian
- Sex: Male
- Marital Status: Married
- Children: 2 sons
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Previous and Current Position

- Faculty member of MPH department of *Shiraz University of Medical Sciences*
- Faculty member of *Non-Communicable Diseases Research Center, Shiraz University of Medical Sciences*
- Faculty member of Research Center for Traditional Medicine and History of Medicine.
- Execute **manager of health education and promotion** of vice chancellor for health, Shiraz University of Medical Sciences, 2002-2012
- Execute **manager of health voluntary** of vice chancellor for health, Shiraz University of Medical Sciences, 2002-2012
- Execute **manager of health week campaign**, Shiraz University of Medical Sciences, 2004-2008
- **Director of health center in Arsangan city**, Shiraz University of Medical Sciences, 1998-2002
- Execute manager of **national food security project**, Arsangan city, Shiraz University of Medical Sciences, 1999-2002
- Member of **strategic planning province Committee**, Shiraz University of Medical Sciences, 2003
- Member of **health education and promotion national Committee**, 2002-2012
- Execute **manager of HSR Committee**, Shiraz University of Medical Sciences, 2002-2004
- Member of Substance Abuse Prevention Committee of Fars Province, 2004-2005
- Physician in local health center, Ghavkhoshak health center, Kazeran city, Shiraz University of Medical Sciences, 1998

Education

- 2011 - 2017: **Ph.D. of nutrition**, Shiraz University of Medical Sciences
- 2003 - 2007: **Master of Public Health (MPH)**, Shiraz University of Medical Sciences
- 1990 - 1996: **Medical Doctor (MD)**, Shiraz University of Medical Sciences
- Course of International Computer Driving License (ICDL), Shiraz University of Medical Sciences
- Course of **English writing**, Shiraz University of Medical Sciences
- Course of total quality management (TQM), Shiraz University of Medical Sciences

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📄 Certifications

- Educational Workshops: (With Certification since 1999)
 - **General Courses 2218 hours**
 - **Special Courses 336 hours**
 - **Manager Courses 108 hours**

Foreign Language: English

- ILETS Certification, Score 5.5
- Attendant in course of Fakher English Center, 10 terms, Shiraz, Iran

📄 Thesis

- **Title of Thesis (Ph.D.):** Evaluation of effects of combined of supplement with carnitine and coenzyme Q10, versus therapeutic lifestyle changes (TLC Diet) diet on cardiovascular risk factors, function and quality of life after angioplasty in patient with experience of myocardial infarction, **Thesis Score: 19.77**
- **Title of Thesis (MPH):** Assessment of salt and Iron in beard and comparing with WHO standard in Shiraz. **Thesis Score: 19.**
- **Title of Thesis(MD):**Review of anti-helicobacter strategy guide in peptic ulcer disease, **Thesis Score: 18.5**

📄 Honors and Awards

- **1st Honor Ph.D. student** in **educational and research assessment** in all PhD students in nutrition school, Shiraz University of Medical Sciences, 2016
- Awarded as **Annual Best staff**, Shiraz University of Medical Sciences, 2004
- Awarded as **Annual Best staff**, Shiraz University of Medical Sciences, 2008
- Awarded as the **top national external evaluation of health media**, Shiraz, Iran, 2004 (Collaborate with Others)
- Awarded as the **top national need assessment program**, Shiraz, Iran, 2006 (Collaborate with Others)
- Awarded as the **best health campaign project**, Shiraz, Iran, 2009 (Collaborate with Others)
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- **2 Acceptation of suggestion (national level)** in suggestion Committee, Shiraz University of Medical Sciences, 2002-20010 (Collaborate with Others)
- **7 Acceptation of suggestion (province level)** in suggestion Committee, Shiraz University of Medical Sciences, 2002-20010 (Collaborate with Others)

📄 Activity & Teaching

- 218-2020- nutrition epidemiology, school of medicine, Shiraz University of Medical Sciences
- 217-2020, Basic nutrition for medical student, school of medicine, Shiraz University of Medical Sciences
- 2014: Basic nutrition for health student, school of health, Shiraz University of Medical Sciences.
- 2002- 20012 Practical effective health education in community for medical student and assistant in vice canceller for health, Shiraz University of Medical Sciences.
- 2011: Workshop on health campaign and create message, Shiraz University of Medical Sciences.
- 2011: workshop on health education basis of models, Shiraz University of Medical Sciences.
- 2011: Workshop on principle of clinical governmental.
- 2005: workshop on principle of total quality management.

A.Papers

1. Zeinab Sahraian, Masoud Karimi, Mohammad Hossein Sharifi, Leila Gharamani, Ali Asghar Rahmanian Kushkaki, The consumption of phytoestrogen containing foods in postmenopausal women and its relationship with menopause symptoms in Jahrom, Iran, 2022.
2. Habibollah Azarbakhsh, Fatemeh Jafari, Seyed Parsa Dehghani, Andishe Hamed, Mohammad Hossein Sharifi, Alireza Mirahmadizadeh, Trend analysis of suicide and homicide mortality and years of life lost (YLL) in children aged 10-19 years in the south of Iran, 2004-2019
3. Mohammad Hossein Sharifi, Salman Mohammadi, Naseh Pahlavani, Ali Ghaffarian-Bahraman, Sara Darabi, Mohammad Hossein Nikoo, Mohammad Ebrahim Zohalinezhad. Utilization of complementary and alternative medicine among patients with Cardiovascular Disease in Iran: a cross-sectional study, 2024
4. Mohammad Hossein Sharifi, Maryam Afshari, Hossein Molavi Vardanjani, Amirreza Nikmanesh, Mohammad Hossein Nikoo, Correlates of malnutrition in patients with heart failure: the role of social support, 2024
5. Alireza Mirahmadizadeh, Mohammad Hossein Sharifi, Jafar Hassanzadeh, Alireza Heiran, Fariba Moradi Ardekani, Neda Hadizadeh, Mehdi Sharafi, Mohammad Mohammadi Abnavi; The effect of COVID-19 pandemic on diabetes care indices in Southern Iran: an interrupted time series analysis, *BMC Health Services Research*, 2023/12; 23(1): 1-9
6. Alireza Mirahmadizadeh, Alireza Heiran, Amineh Dadvar, Mohammad Javad Moradian, Mohammad Hossein Sharifi, Roya Sahebi; The Association of Opium Abuse with Mortality Amongst Hospitalized COVID-19 Patients in Iranian Population, *Journal of Prevention*, 2022/8; 43(4): 485-497
7. Habibollah Azarbakhsh, Mohammad Hossein Sharifi, Jafar Hassanzadeh, Rebecca Susan Dewey, Maryam Janfada, Alireza Mirahmadizadeh; Diabetes in southern Iran: a 16-year follow-up of mortality and years of life lost, *International Journal of Diabetes in Developing Countries*, 2022/8/30; 1-7
8. Somaye Farzinmehr, Samaneh Hosseini, Hoda Kamali, Abdorreza Naser Moghadasi, Maryam Poursadeghfard, Mohammad Hossein Sharifi; Association of self-reported adherence to the Mediterranean diet with anthropometric indices, comorbidities, and degree of disability in patients with multiple sclerosis, *Multiple Sclerosis and Related Disorders*, 2022/10/1, 66
9. Alireza Mirahmadizadeh, Alireza Heiran, Roya Sahebi, Fatemeh Azadian, Reza Shahriarirad, Mohammadhossein Sharifi; Parents' Attitude to School Reopening before the Emergence of Omicron Variant of SARS-CoV-2: A Retrospective Web-based Survey, *Health Management & Information Science*, 2022/7/1; 9(3): 145-153
10. Mohammad Hossein Sharifi, Payman Izadpanah, Maryam Mohammad Hosseini, Mina Vojoudi; Relationship between dietary variety, adequacy, moderation, and balanced diet and cardiovascular risk factors, *BMC nutrition*, 2022/12; 8 (1): 1-10
11. Alireza Mirahmadizadeh, Zahra Mehdipour Namdar, Ata Miyar, Zahra Maleki, Leila Hashemi Zadehfard Hagheghe, Mohammad Hossein Sharifi, COVID-19 Vaccine Acceptance and Its Risk Factors in Iranian Health Workers 2021; *Iranian Journal of Medical Sciences*, 2022/6/1
12. Hamideh Masumi, Masoud Karimi, Mohammad Hossein Sharifi, Hale Ghaem, The impact of small group education methods on adherence to the Mediterranean diet and quality of life in Iranian elderly women, *International Journal of Health Promotion and Education*, 2022; 1-17
13. Mohammad Hossein Sharifi, Arash Homayouni Meymandi, Malihe Sousani Tavabe, Siavash Babajafari, Dietary Supplement Consumption and Micronutrient Intake Status in Bodybuilders, *Journal of Mazandaran University of Medical Sciences*, 2022; 31 (206), 143-153
14. Majid Nimrouzi, Aniseh Saffar Shahroodi, Mohammad Hossein Sharifi, Babak Daneshfard, Conceptual Relationship Between Traditional Persian Medicine and Modern Nutrition in Middle Age Obesity, *Jundishapur Journal of Natural Pharmaceutical Products*, 2022/2/28; 17 (1)
15. Mohammad Hossein Sharifi, Parisa Keshani, Alireza Salehi, Amir Mohammad Jaladat, Zahra Mirzaei, Alireza Nikseresht, Association between multiple sclerosis and dietary patterns based on the traditional concept of food nature: a case-control study in Iran, *BMC neurology*, 2021/12; 21 (1): 1-9
16. Leila Bazrafkan, Mohammad Amin Choobineh, Mehrnaz Shojaei, Alireza Bozorgi, Mohammad Hossein Sharifi, How do overweight people dropout of a weight loss diet? A qualitative study, *BMC nutrition*, 2021/12; 7 (1): 1-9

17. Maede Ruyvaran, Alireza Salehi, Ebrahim Fallahzadeh, Mina Vojoud, Mohammad Hossein Sharifi, Alireza Mohamadian, Traditional and complementary medicines usage and associated factors in gastrointestinal outpatients in Shiraz, Iran: a cross-sectional survey, *Advances in Integrative Medicine*, 2021/12/1; 8 (4): 285-291
18. Mahbobeh Azadi, Alireza Kamalipour, Hossein Molavi Vardanjani, Hossein Poustchi, Erfan Taherifard, Mohammad Hossein Sharifi, Alireza Salehi, Zahra Mohammadi, Prevalence, Pattern, and Correlates of Polypharmacy among Iranian Type II Diabetic Patients: Results from Pars Cohort Study. *Archives of Iranian Medicine (AIM)*, 2021/9/1; 24 (9)
19. Alireza Mirahmadzadeh, Hojjat Mahizadeh, Mozhgan Seif, Mohammad Hossein Sharifi, Factors related to psychological well-being amongst patients with type 2 diabetes, *Diabetes Research and Clinical Practice*, 2021/8/1; 178:1-9
20. Hamide Ashraf, Alireza Salehi, Malihe Sousani, Mohammad Hossein Sharifi, Use of complementary alternative medicine and the associated factors among patients with depression, *Evidence-Based Complementary and Alternative Medicine*, 2021/3/27; 2021: 1-8
21. Hossein Molavi, Hamid Sharifi, Sajad Delavari, Mohammad Hossein Sharifi, Public Adults Information Seeking Behaviors During Early Weeks of COVID-19 Epidemic: Early Lessons for Improvement of Epidemic Communication, *Shiraz E-Medical Journal*, 2020/10/9; 21(12):
22. Jafar Abolghasemi, Mohammad Ali Farboodniay Jahromi, Mohammad Hossein Sharifi, Zohreh Mazloom, Leila Hosseini, Nasrindokht Zamani, Majid Nimrouzi, Effects of Zataria oxymel on obesity, insulin resistance and lipid profile: A randomized, controlled, triple-blind trial, *Journal of Integrative Medicine*, 2020/9/1; 18 (5), 401-408
23. Parisa Keshani, Mohammad Hossein Sharifi, Mohammad Reza Heydari, Hassan Joulaei, The effect of genetically modified food on infertility indices: a systematic review study, *The Scientific World Journal*, 2020/8/13; 1-7
24. Jafar Abolghasemi, Mohammad Hossein Sharifi, Khadijeh Nasiri, Abolfazl Akbari, Thyme oxymel by improving of inflammation, oxidative stress, dyslipidemia and homeostasis of some trace elements ameliorates obesity induced by high-fructose/fat diet in male rat, *Biomedicine & Pharmacotherapy*, 2020/6/1; 126:1-13
25. Alireza Mirahmadzadeh, Haniyeh Khorshidsavar, Mozhgan Seif, Mohammad Hossein Sharifi, Adherence to medication, diet and physical activity and the associated factors amongst patients with type 2 diabetes, *Diabetes Therapy*, 2020/2; 11 (2): 479-494
26. Alireza Salehi, Hourieh Afsharipur, Hossein Molavi Vardanjani, Mina Vojoud, Leila Bazrafkan, Mohammad Hossein Sharifi, Medical students' knowledge and attitudes toward history of medicine, *Journal of medical ethics and history of medicine*, 2020; 13(6):1-12
27. Naghmeh Yazdi, Alireza Salehi, Mina Vojoud, Mohammad Hossein Sharifi, Ayda Hoseinkhani, Use of complementary and alternative medicine in pregnant women: A cross-sectional survey in the south of Iran, *Journal of Integrative Medicine*, 2019/11/1; 17 (6): 392-395
28. Mohammad Hossein Sharifi, Mohammad Hassan Eftekhari, Mahoor Salehi Mobarakeh, Mohammad Fararouei, Association of vitamin D with diet quality, sun exposure, physical activity, sociodemographic and anthropometrics indices, *International Journal of Nutrition Sciences*, 2017/6/1; 2 (2): 73-79
29. Mohammad Hossein Sharifi, Mohammad Hassan Eftekhari, Mohammad Ali Ostovan, Abbas Rezaianazadeh, Effects of Therapeutic Lifestyle Change Diet and Q10 Plus L-Carnitine Supplementation on Inflammatory Biomarkers of In-Stent Restenosis, Lipid Profile, and Left Ventricular ..., *Iran Red Crescent Med J*, 2017/4/1; 19
30. Mohammad Hossein Sharifi, Mohammad Hassan Eftekhari, Mohammad Ali Ostovan, Abbas Rezaianazadeh, Effects of a therapeutic lifestyle change diet and supplementation with Q10 plus L-carnitine on quality of life in patients with myocardial infarction: a randomized clinical trial, *Journal of cardiovascular and thoracic research*, 2017; 9 (1): 21
31. Sharifi Mohammad Hossein, Eftekhari Mohammad Hassan, Behnezhad Behrouz Babajafari, Seyed Muhammed Mazloomiand, Vegetarian and Western Diets in Islam, *Europe- Revue Litteraire Mensuelle*, 2016; 532-535
32. Zabihollah Gharlipour Gharghani, Seyyed Mohammad Mehdi Hazavehei, Mohammad Hossein Sharifi, Mahin Nazari, Study of cigarette smoking status using extended parallel process model (EPPM) among secondary school male students in Shiraz city, *Jundishapur Journal of Health Sciences*, 2010/9/30; 2 (2): 26-36

▪ Ongoing research Projects

1. A practical approach to adolescent obesity treatment and maintenance, suggestion: AIM model, review of current studies **(In review)**
2. The association between Diet Quality Index-International (DQI-I) and coronary heart disease risk factors among myocardial infarction patients **(In review)**
3. Validation and reliability of warfarin questionnaire in Iran **(In writing)**
4. Evaluation of dietary sport supplement use, sources of information, and dietary intakes among bodybuilding athletes in Shiraz **(In writing)**
5. Evaluation of using steroid and dietary intakes among bodybuilding athletes in Shiraz **(In writing)**
6. The assessment of stress, anxiety, and depression among myocardial infarction patients **(In writing)**

7.

📖 Books

1. Modern nutrition in health and disease **(Translation)**

📄 Presentation

A. Oral

1. **“What are standards of dietary supplementation in burn disease”**, International Conference in burn , Tehran, 2014
2. **. Quality of diet in diabetes patient”**, Local Conference in diabetes care, 2015, Shiraz, Iran
3. **What are appropriate diet post ischemic heart disease?** International Conference in cardiovascular disease, 2017, Kish, Iran
4. **4- Nutrition and Supplement therapy in pregnancy.** International perinatology conger, 2019

B. Posters

1. Lifestyle and dietary habit in myocardial infarction, International Conference in nutrition, 2016
2. The effect of dietary factor on risk of metabolic syndrome, International Conference in cardiovascular disease, 2012
3. Nutrition treatment in cardiac rehabilitation, international Conference in cardiovascular disease, 2012
4. Evaluation of physical access to food groups through grocery stores in the Arsangan villages, national Conference in nutrition, 1998
5. A Survey on Knowledge, Attitude and Practice of Use of Iodized Salt stores in the Arsangan villages, national Conference in nutrition, 2000
6. Evaluation of volunteer driving certificate and traffic department personnel knowledge about aid to road traffic injured, International Conference in accident, 2007
7. Evaluation of knowledge, attitude ,and practice about iodine salt intake household in Arsangan city, 2004

📌 Interesting

- Nutrition in cardiovascular disease
- Nutrition in diabetes
- Nutrition in obesity
- Community nutrition
- Nutrition in Islam and Traditional medicine