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Education

B.Sc. in Nutrition, Lorestan University of Medical Science, Khoramabad, IRAN. 2009-2013.
(GPA: 18.5)

M.Sc. in Nutrition, Urmia University of Medical Science, Urmia, IRAN. 2013-2015. (GPA:
19.35)

Ph.D. in Nutrition, Tabriz University of Medical Science, Tabriz, IRAN. 2017-2021. (GPA:
19.24)

Publications in peer-reviewed Journals

1. **Shojaei-Zarghani S**, Fattahi MR, Kazemi A, Safarpour AR. Effects of garlic and its major bioactive components on non-alcoholic fatty liver disease: A systematic review and meta-analysis of animal studies. *Journal of Functional Foods*. 2022; 96:105206.
2. **Shojaei-Zarghani S**, Najafi N, Fattahi MR, Safarpour AR. Influence of Garlic on the Glycemic Control and Lipid Profile in Animals with Nonalcoholic Fatty Liver Disease: A Systematic Review and Meta-analysis. *Planta Medica*. 2023 Jun 29.
3. **Shojaei-Zarghani S**, Molani-Gol R, Rafrat M. Curcumin and Polycystic Ovary Syndrome: a Systematic Review. *Reproductive Sciences*. 2022; 14:1-4.
4. **Shojaei-Zarghani S**, Safarpour AR, Fattahi MR, Keshtkar A. Sodium in relation with nonalcoholic fatty liver disease: A systematic review and meta-analysis of observational studies. *Food Science & Nutrition*. 2022;10(5):1579-91.
5. **Shojaei-Zarghani S**, Rafrat M. Resveratrol and markers of polycystic ovary syndrome: a systematic review of animal and clinical studies. *Reproductive Sciences*. 2021; 26:1-1.
6. **Shojaei-Zarghani S**, Khosroushahi AY, Rafrat M. Oncopreventive effects of theanine and theobromine on dimethylhydrazine-induced colon cancer model. *Biomedicine & Pharmacotherapy*. 2021; 134:111140.

7. **Shojaei-Zarghani S**, Rafrat M, Yari-Khosroushahi A. Theanine and cancer: A systematic review of the literature. *Phytotherapy Research*. 2021;35(9):4782-94.
8. **Shojaei-Zarghani S**, Rafrat M, Khosroushahi AY, Sheikh-Najafi S. Effectiveness of theobromine on inhibition of 1, 2-dimethylhydrazine-induced rat colon cancer by suppression of the Akt/GSK3 β / β -catenin signaling pathway. *Journal of Functional Foods*. 2020; 75:104293.
9. **Shojaei-Zarghani S**, Khosroushahi AY, Rafrat M, Asghari-Jafarabadi M, Azami-Aghdash S. Dietary natural methylxanthines and colorectal cancer: a systematic review and meta-analysis. *Food & Function*. 2020;11(12):10290-305.
10. **Shojaei-Zarghani S**, Alizadeh M. Maternal dietary glycemic index and glycemic load and later risk of obesity: a review of the evidence. *Progress in Nutrition*. 2019; 21:6-15.
11. **Shojaei-Zarghani S**, Soraya H, Alizadeh M. Calcium and vitamin D 3 combinations improve fatty liver disease through AMPK-independent mechanisms. *European journal of nutrition*. 2018;57(2):731-40.
12. **Shojaei-Zarghani S**, Abbaszadeh S, Alizadeh M, Rameshrad M, Garjani A, Soraya H. The effect of metformin combined with calcium-vitamin d3 against diet-induced nonalcoholic fatty liver disease. *Advanced pharmaceutical bulletin*. 2018;8(1):97.
13. **Shojaei-Zarghani S**, Soraya H, Zarei L, Alizadeh M. Comparison of three different diet-induced non alcoholic fatty liver disease protocols in rats: A pilot study. *Pharmaceutical Sciences*. 2016 Mar 30;22(1):9-15.
14. **Shojaei-Zarghani S**, Safarpour AR, Askari H, Jahromi HK, Abbasi E, Fattahi MR. Metabolic Syndrome and Nephrolithiasis; A Cross Sectional Population-based Study on the Baseline Data of the PERSIAN Kavar Cohort Study. *Urology*. 2023 Mar 1;173:61-7.
15. **Shojaei Zarghani S**, Rahimi Kashkooli N, Bagheri Z, Tabatabaei M, Fattahi MR, Safarpour AR. Dietary selenium intake in relation to non-alcoholic fatty liver disease assessed by fatty liver index and hepatic steatosis index; a cross-sectional study on the baseline data of prospective PERSIAN Kavar cohort study. *BMC Endocrine Disorders*. 2023 Mar 3;23(1):51.
16. Ebrahimi ND, **Shojaei-Zarghani S**, Taherifard E, Dastghaib S, Parsa S, Mohammadi N, Sarvestani FS, Moayedfard Z, Hosseini N, Safarpour H, Sadeghi A. Protective effects of melatonin against physical injuries to testicular tissue: A systematic review and meta-analysis of animal models. *Frontiers in Endocrinology*. 2023;14.

17. Dehdari Ebrahimi N, **Shojaei-Zarghani S**, Taherifard E, Rahimian Z, Eghlidos Z, Azarpira N, Sadeghi A, Safarpour AR. Protective Effects of Exogenous Melatonin Therapy Against Oxidative Stress to Male Reproductive Tissue Caused by Anti-Cancer Chemical and Radiation Therapy: A Systematic Review and Meta-Analysis of Animal Studies. *Frontiers in Endocrinology*;2023;14:1184745.
18. Hashemzadeh M, **Shojaei-Zarghani S**, Heidarian Miri H, Kazemi A. The effect of date seed powder supplementation on glycemic markers and lipid profile in women with overweight and obesity: a randomized controlled trial. *International Journal of Food Science & Technology*. 2022 Oct 25.
19. Askari H, **Shojaei-Zarghani S**, Raeis-Abdollahi E, Jahromi HK, Abdullahi PR, Daliri K, Tajbakhsh A, Rahmati L, Safarpour AR. The Role of Gut Microbiota in Inflammatory Bowel Disease-Current State of the Art. *Mini Reviews in Medicinal Chemistry*. 2022 Sep 14.
20. Safarpour AR, **Shojaei-Zarghani S**, Mehrabi M, Keshtkar AA, Oroojan AA, Sivandzadeh GR. Alterations in the course of inflammatory bowel disease following liver transplantation: A systematic review and meta-analysis. *Inflammatory Bowel Diseases*. 2022 Jul 2.
21. Safarpour AR, **Shojaei-Zarghani S**, Mehrabi M, Keshtkar AA, Oroojan AA, Sivandzadeh GR. Reply to “Biologics Are Effective in the Management of Inflammatory Bowel Disease Following Liver Transplantation in Combination with Antirejection Therapy”. *Inflammatory Bowel Diseases*. 2022 Sep 29.
22. Kheiridoost H, Shakouri SK, **Shojaei-Zarghani S**, Dolatkah N, Farshbaf-Khalili A. Efficacy of nanomicelle curcumin, Nigella sativa oil, and their combination on bone turnover markers and their safety in postmenopausal women with primary osteoporosis and osteopenia: A triple-blind randomized controlled trial. *Food Science & Nutrition*. 2022; 10(2):515-24.
23. Askarpour M, Ramezan M, Jafari F, Nouri M, Fattahi MR, Safarpour AR, **Shojaei-Zarghani S**, Ghalandari H, Abdolahi N, Akbarzadeh M, Hejazi N. The Association between Low Carbohydrate Diet and Odds of Metabolic Syndrome in Adults: A cross-sectional study. *Clinical Nutrition ESPEN*. 2023 Mar 28.
24. Safarpour AR, Sivandzadeh GR, Manoosh Mehrabi M, Ashrafizadeh H, Keshtkar AA, **Shojaei-Zarghani S**. Does the inflammatory bowel disease activity alter following

- liver transplantation? A protocol for systematic review and meta-analysis. Iranian Journal of Colorectal Research. 2021; 1;9(4).
25. Pourhabibi-Zarandi F, **Shojaei-Zarghani S**, Rafraf M. Curcumin and rheumatoid arthritis: A systematic review of literature. International Journal of Clinical Practice. 2021; 29: e14280.
 26. Karimipour M, **Shojaei-Zarghani S**, Milani MM, Soraya H. Pre-treatment with metformin in comparison with post-treatment reduces cerebral ischemia reperfusion induced injuries in rats. Bulletin of Emergency & Trauma. 2018;6(2):115.
 27. Barati-Boldaji R, **Shojaei-Zarghani S**, Mehrabi M, Amini A, Safarpour AR. Post-dural puncture headache prevention and treatment with aminophylline or theophylline: A systematic review and meta-analysis. Anesthesia and Pain Medicine. 2023 Apr 6.
 28. Niknam R, Jafari P, Safarpour AR, **Shojaei-Zarghani S**, Fattahi MR. Reliability, Validity, and Transcultural Adaptation of New Persian Version of Celiac Disease Quality of Life Questionnaire. Middle East Journal of Digestive Diseases (MEJDD). 2023 May 25;15(2):126-32.
 29. Beizaei M, Torabizadeh C, **Shojaei-Zarghani S**, Safarpour AR, Mehrabi M, Jorat MV. Effect of Three Educational Methods on Anxiety and Hemodynamics of Candidates for Exercise Stress Test: A Double-blinded Randomized Controlled Trial. Shiraz E-Medical Journal. 2023 Jun 30;24(6).
 30. Safarpour AR, Taghavi SA, Shojaei-Zarghani S. Development and Implementation of an Online Calculation Tool for Relapse Risk Prediction in Ulcerative Colitis. Journal of Biomedical Physics & Engineering. 2023 Apr 2;13.
 ۳۱. مژگان خسروی، **سارا شجاعی زرقانی***، پریسا محمدی نافچی. ارتباط میان دریافت کلسیم رژیم و شاخص های تن سنجی در کارمندان ۶۰-۲۰ ساله دانشگاه علوم پزشکی لرستان در سال ۹۲. یافته. ۲۰۱۶.

Presentations in congresses

1. Safarpour AR, Taghavi SA, **Shojaei-Zarghani S**. Development and Implementation of an Online Calculation Tool for Relapse Risk Prediction in Ulcerative Colitis. 5th Shiraz International Congress on Mobile Health. January 2023.

2. Askari H, Barati-Boldaji R, **Shojaei-Zarghani S**. COVID-19 Pandemic and Kidney Manifestations: Mechanisms, Pharmacological and Nutritional Strategies. 13th International Congress of Medical Laboratory and Clinic. February 2022.

Posters in congresses

1. Safarpour AR, Taghavi SA, **Shojaei-Zarghani S**, Barati-Boldaji R. Development and pilot testing of an online calculation tool for relapse risk prediction in ulcerative colitis. Iranian Congress of Gastroenterology and Hepatology. December 2022.
2. **Shojaei-Zarghani S**, Rahimi Kashkooli N, Bagheri Z, Tabatabaei M, Fattahi MR, Safarpour AR. The association between dietary selenium intake and risk of suspected non-alcoholic fatty liver disease; a cross-sectional study on the baseline data of prospective PERSIAN Kavar cohort study. Iranian Congress of Gastroenterology and Hepatology. December 2022.
3. **Shojaei-Zarghani S**, Safarpour AR, Fattahi MR, Keshtkar A. Sodium in relation with nonalcoholic fatty liver disease: A systematic review and meta-analysis of observational studies. Iranian Congress of Gastroenterology and Hepatology. December 2022.
4. **Shojaei-Zarghani S**, Fattahi MR, Kazemi A, Safarpour AR. Effects of garlic and its major bioactive components on non-alcoholic fatty liver disease: a systematic review and meta-analysis of animal studies. Iranian Congress of Gastroenterology and Hepatology. December 2022.
5. **Shojaei-Zarghani S**, A systematic review of the effects of ginger on rheumatoid arthritis, 15th International congress of immunology and allergy, January 2021.
6. **Shojaei-Zarghani S**, A systematic review of the effects of garlic on multiple sclerosis, 15th International congress of immunology and allergy, January 2021.
7. **Shojaei-Zarghani S**, Caffeine and anti-tumor immunity, 15th International congress of immunology and allergy, January 2021.
8. Relationship between dietary calcium intake and anthropometric indices in adults, International congress of maternal and childhood obesity, May 2015.

۹. سارا شجاعی زرقانی، مژگان خسروی، پریسا محمدی نافچی. لبنیات پرچرب و تاثیر احتمالی آن در پیشگیری از چاقی،

کنگره بین المللی چاقی مادر و کودک، اردیبهشت ۹۴.

۱۰. سارا شجاعی زرقانی. ارتباط میان دریافت کلسیم لبنی و شاخص های آنترپومتریکی در افراد بزرگسال. کنگره بین المللی

چاقی مادر و کودک. اردیبهشت ۱۳۹۴

Reviewing papers for peer-reviewed journals

Biomedicine

Journal of Ethnopharmacology

Food and Function

BMJ Open

Pharmaceutical Sciences

Iranian Journal of Colorectal Research

Teaching experience

بیوشیمی، ۶ واحد، سال تحصیلی ۹۸-۹۹، رشته تربیت بدنی، دانشکده سما تبریز

تغذیه و بهداشت مواد غذایی، ۶ واحد، سال تحصیلی ۹۸-۹۹، رشته تربیت بدنی، دانشکده سما تبریز

تغذیه کاربردی، ۲ واحد عملی، ۲ واحد نظری، سال تحصیلی ۹۸-۹۹، رشته کودکان، دانشکده سما تبریز

Others

- انتخاب به عنوان دانش آموخته برتر دانشگاهی طبق طرح شهید رهنمون بنیاد ملی نخبگان براساس کارگروه مورخ
۱۴۰۰/۴/۱۶
- انتخاب به عنوان پژوهشگر برجسته کشوری مطابق بند ک کمیته کشوری تحقیقات دانشجویی در سه ماهه دوم سال
۱۴۰۰
- عضویت در هسته استعداد درخشان دانشگاه در هر سه مقطع کارشناسی، کارشناسی ارشد و دکترای تخصصی
- همکاری با مرکز تحقیقات گوارش و کبد دانشگاه علوم پزشکی شیراز جهت مشاوره تغذیه به بیماران مبتلا به کبد چرب در درمانگاه شهید مطهری شیراز از فروردین ماه ۱۴۰۰ تا بهمن ماه ۱۴۰۲
- همکاری در تیم علمی برای تهیه وبسایت "ابزار پیش بینی خطر عود بیماری کولیت اولسراتیو" به آدرس

<http://www.ucrelapserisk.com/>

• همکاری در تیم علمی برای تهیه وبسایت "International Registration of Scientific Studies" برای

ثبت مطالعات مروری سیستماتیک به آدرس <https://roseprotocolregistration.org/>