



Asma Salari-Moghaddam

CONTACT

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Current Position

Assistant Professor of Nutrition

Education

Grade	University	Country
BS.c.	Isfahan University of Medical Sciences	Iran
MS.c.	Isfahan University of Medical Sciences	Iran
PhD	Tehran University of Medical Sciences	Iran

Research Interests

1. Nutritional Epidemiology
2. Systematic review and meta-analysis

Thesis

MS.C. Thesis:

Effects of soy-bean flour enriched bread on insulin resistance and lipid profile in type 2 diabetic women

Supervisor: Dr. Mohammad Hassan Entezari

PhD Thesis:

Interaction between Dietary Inflammatory Index (DII) and psychological disorders in irritable bowel syndrome (IBS) using Structural Equation Modeling (SEM)

Supervisor: Dr. Ahmad Esmailzadeh

Teachings

- Principles of mother and child nutrition
- Nutrition and nutritional therapy
- General principles of nutrition
- Principles of nutrition
- Practical Nutrition
- Nutrition in oral health
- Principles of nutrition in surgeries

Scientific profiles

Scopus Profile:

<https://www.scopus.com/authid/detail.uri?authorId=56708925800>

Google Scholar:

<https://scholar.google.com/citations?hl=en&pli=1&user=bDQMIAQAAAAJ>

ResearchGate:

https://www.researchgate.net/profile/Asma-Salari-Moghaddam?ev=hdr_xprf

ORCID Page:

<https://orcid.org/0000-0002-3999-8803>

Publications

1. Koochakpoor G, **Salari-Moghaddam A**, Hassanzadeh Keshteli A, Esmailzadeh A, Adibi P. Association between coffee and caffeine intake and functional dyspepsia. *Sci Rep* 2024;14:31690. doi: 10.1038/s41598-024-81670-x.
2. Jabbari M, **Salari-Moghaddam A**, Bagheri A, Larijani B, Esmailzadeh A. A systematic review and dose-response meta-analysis of prospective cohort studies on coffee consumption and risk of lung cancer. *Sci Rep* 2024;14(1):14991. doi: 10.1038/s41598-024-62619-6.
3. Shemirani F, Pingel WR, Titcomb TJ, **Salari-Moghaddam A**, Arsalandeh F, Saxby SM, Snetselaar LG, Wahls TL. The effect of dietary interventions on inflammatory biomarkers among people with multiple sclerosis: A protocol for systematic review and meta-analysis of randomized controlled trials. *PLoS One* 2024;19(2):e0297510. doi: 10.1371/journal.pone.0297510.
4. Nouri-Majd S, **Salari-Moghaddam A**, Benisi-Kohansal S, Azadbakht L, Esmailzadeh A. Dietary intake of branched-chain amino acids in relation to the risk of breast cancer. *Breast Cancer* 2022;29(6):993-1000.
5. Nouri-Majd S, **Salari-Moghaddam A**, Keshteli AH, Esmailzadeh A, Adibi P. Dietary Inflammatory Potential in relation to General and Abdominal Obesity. *Int J Clin Pract* 2022;2022:5685249. doi: 10.1155/2022/5685249.
6. Nouri-Majd S, **Salari-Moghaddam A**, Hassanzadeh Keshteli A, Afshar H, Esmailzadeh A, Adibi P. Coffee and caffeine intake in relation to symptoms of psychological disorders among adults. *Public Health Nutr* 2022;25(12):1-28.
7. **Salari-Moghaddam A**, Milajerdi A, Surkan PJ, Larijani B, Esmailzadeh A. Caffeine, type of coffee, and risk of ovarian cancer: a dose-response meta-analysis of prospective studies. *J Clin Endocrinol Metab* 2019;104(11):5349-5359. doi: 10.1210/jc.2019-00637.

8. **Salari-Moghaddam A**, Milajerdi A, Larijani B, Esmailzadeh A. Processed red meat intake and risk of COPD: a systematic review and dose-response meta-analysis of prospective cohort studies. *Clin Nutr* 2019;38(3):1109-1116. doi: 10.1016/j.clnu.2018.05.020.
9. **Salari-Moghaddam A**, Saneei P, Larijani B, Esmailzadeh A. Glycemic index, glycemic load, and depression: a systematic review and meta-analysis. *Eur J Clin Nutr* 2019;73(3):356-365. doi: 10.1038/s41430-018-0258-z.
10. **Salari-Moghaddam A**, Larijani B, Esmailzadeh A. Review of earlier evidence on dietary glycemic index and load and depression needs further attention. *Eur J Nutr* 2018;57(7):2341-2342. doi: 10.1007/s00394-018-1765-3.
11. **Salari-Moghaddam A**, Keshteli AH, Afshar H, Esmailzadeh A, Adibi P. Association between dietary inflammatory index and psychological profile in adults. *Clin Nutr* 2019;38(5):2360-2368. doi: 10.1016/j.clnu.2018.10.015.
12. **Salari-Moghaddam A**, Keshteli AH, Haghghatdoost F, Esmailzadeh A, Adibi P. Dietary glycemic index and glycemic load in relation to general obesity and central adiposity among adults. *Clin Nutr* 2019;38(6):2936-2942. doi: 10.1016/j.clnu.2018.12.036.
13. **Salari-Moghaddam A**, Sadeghi O, Keshteli AH, Larijani B, Esmailzadeh A. Metformin use and risk of fracture: a systematic review and meta-analysis of observational studies. *Osteoporos Int* 2019;30(6):1167-1173. doi: 10.1007/s00198-019-04948-1.
14. **Salari-Moghaddam A**, Keshteli AH, Afshar H, Esmailzadeh A, Adibi P. Empirically derived food-based inflammatory potential of the diet, irritable bowel syndrome, and its severity. *Nutrition* 2019;63-64:141-147. doi: 10.1016/j.nut.2019.02.004.
15. **Salari-Moghaddam A**, Keshteli AH, Mousavi SM, Afshar H, Esmailzadeh A, Adibi P. Adherence to the MIND diet and prevalence of psychological disorders in adults. *J Affect Disord* 2019; 256:96-102. doi: 10.1016/j.jad.2019.05.056.
16. **Salari-Moghaddam A**, Keshteli AH, Afshar H, Esmailzadeh A, Adibi P. Empirically derived food-based dietary inflammatory index is associated with increased risk of psychological disorders in women. *Nutr Neurosci* 2021;24(4):260-268. doi: 10.1080/1028415X.2019.1621044.
17. **Salari-Moghaddam A**, Keshteli AH, Afshar H, Esmailzadeh A, Adibi P. Adherence to the pro-inflammatory diet in relation to prevalence of irritable

- bowel syndrome. *Nutr J* 2019;18(1):72. doi:10.1186/s12937-019-0487-6.
18. **Salari-Moghaddam A**, Esmailzadeh A. Reply to: Letter to the editor-dietary inflammatory index and psychological disorders. *Clin Nutr* 2020;39(1):315. doi: 10.1016/j.clnu.2019.11.017.
 19. **Salari-Moghaddam A**, Keshteli AH, Esmailzadeh A, Adibi P. Water consumption and prevalence of irritable bowel syndrome among adults. *PLoS One* 2020;15(1): e0228205. doi:10.1371/journal.pone.0228205.
 20. Shafiei F, Keshteli AH, Pouraram H, Afshar H, **Salari-Moghaddam A**, Esmailzadeh A, Adibi P. Egg consumption and prevalence of psychological disorders in adults. *Eur J Nutr* 2019;58(5):1923-1932. doi: 10.1007/s00394-018-1739-5.
 21. Shafiei F, **Salari-Moghaddam A***, Larijani B, Esmailzadeh A. Adherence to the Mediterranean diet and risk of depression: a systematic review and updated meta-analysis of observational studies. *Nutr Rev* 2019;77(4):230-239. doi: 10.1093/nutrit/nuy070. (*Co-first author)
 22. Shafiei F, **Salari-Moghaddam A**, Milajerdi A, Larijani B, Esmailzadeh A. Coffee and caffeine intake and risk of ovarian cancer: a systematic review and meta-analysis. *Int J Gynecol Cancer* 2019;29(3):579-584. doi: 10.1136/ijgc-2018-000102.
 23. Aminianfar A, Fallah-Moshkani R, **Salari-Moghaddam A**, Saneei P, Larijani B, Esmailzadeh A. Egg consumption and risk of upper aero-digestive tract cancers: a systematic review and meta-analysis of observational studies. *Adv Nutr* 2019;10(4):660-672. doi: 10.1093/advances/nmz010.
 24. Ghorabi S, **Salari-Moghaddam A**, Daneshzad E, Sadeghi O, Azadbakht L, Djafarian K. Association between the DASH diet and metabolic syndrome components in Iranian adults. *Diabetes Metab Syndr* 2019;13(3):1699-1704. doi: 10.1016/j.dsx.2019.03.039.
 25. Aghasi M, Ghazi-Zahedi S, Koohdani F, Siassi F, Nasli-Esfahani E, Keshavarz A, Qorbani M, Khoshamal H, **Salari-Moghaddam A**, Sotoudeh G. The effects of green cardamom supplementation on blood glucose, lipids profile, oxidative stress, sirtuin-1 and irisin in type 2 diabetic patients: a study protocol for a randomized placebo-controlled clinical trial. *BMC Complement Altern Med* 2018;18(1):18. doi: 10.1186/s12906-017-2068-6.
 26. Milajerdi A, Mousavi SM, Sadeghi A, **Salari-Moghaddam A**, Parohan M, Esmailzadeh A. The effect of probiotics on inflammatory biomarkers: a meta-analysis of randomized clinical trials. *Eur J Nutr* 2020;59(2):633-649. doi:

10.1007/s00394-019-01931-8.

27. **Salari-Moghaddam A**, Entezari MH, Iraj B, Askari G, Sharifi Zahabi E, Maracy M. The effects of soy bean flour enriched bread intake on anthropometric indices and blood pressure in type 2 diabetic women: a cross-over randomized controlled clinical trial. *Int J Endocrinol* 2014; 2014:240760. doi: 10.1155/2014/240760.

28. Aghasi M, Matinfar A, Golzarand M, **Salari-Moghaddam A***, Ebrahimpour-Koujan S. Internet use in relation to overweight and obesity: a systematic review and meta-analysis of cross-sectional studies. *Adv Nutr* 2020;11(2):349-356. doi: 10.1093/advances/nmz073. (*Corresponding author)

29. **Salari-Moghaddam A**, Entezari MH, Iraj B, Askari G, Maracy M. The effects of consumption of bread fortified with soy bean flour on metabolic profile in type 2 diabetic women: a cross-over randomized controlled clinical trial. *Int J Prev Med* 2014.

30. **Salari-Moghaddam A**, Larijani B, Esmailzadeh A. Combining population-specific dietary patterns in meta-analyses: true or false? *Adv Nutr* 2020;11(2):463. doi: 10.1093/advances/nmz071.

31. **Salari-Moghaddam A**, Hajhashemi P, Basirat R, Mousavi SM, Salehi-Abargouie A, Larijani B, Esmailzadeh A. Household socioeconomic status in relation to childhood general and central obesity in Farrokhshar, Iran. *ARYA Atheroscler* 2019;15(5):211-217. doi: 10.22122/arya.v15i5.1640.

32. Tangestani H, **Salari-Moghaddam A**, Ghalandari H, Emamat H. Adherence to the Dietary Approaches to Stop Hypertension (DASH) dietary pattern reduces the risk of colorectal cancer: a systematic review and meta-analysis. *Clin Nutr* 2019;39(10):2975-2981. doi: 10.1016/j.clnu.2020.02.002.

33. **Salari-Moghaddam A**, Aslani N, Saneei P, Keshteli AH, Daneshpajouhnejad P, Esmailzadeh A, Adibi P. Water intake and intra-meal fluid consumption in relation to general and abdominal obesity of Iranian adults. *Nutr J* 2020;19(1):39. doi: 10.1186/s12937-020-00551-x.

34. **Salari-Moghaddam A**, Naghshi S, Larijani B, Esmailzadeh A. The protective association of linoleic acid against mortality might be under- or over-estimated. *Am J Clin Nutr* 2020;112(1):237. doi: 10.1093/ajcn/nqaa105.

35. **Salari-Moghaddam A**, Nouri-Majd S, Shakeri F, Keshteli AH, Esmailzadeh A. The association between adherence to the MIND diet and stroke: a case-control study. *Nutr Neurosci* 2022;25(9):1956-1961. doi:

10.1080/1028415X.2021.1918982.

36. Aghamohammadi V, **Salari-Moghaddam A**, Benisi-Kohansal S, Azadbakht L, Esmailzadeh A. Adherence to the MIND diet and risk of breast cancer: a case-control study. *Clin Breast Cancer* 2021;21(3):e158-e164. doi: 10.1016/j.clbc.2020.09.009.

37. Benisi-Kohansal S, **Salari-Moghaddam A**, Zahraalsadat Seyed Rohani, Esmailzadeh A. Dietary acrylamide intake and risk of women's cancers: a systematic review and meta-analysis of prospective cohort studies. *Br J Nutr* 2021;126(9):1355-1363. doi: 10.1017/S0007114520005255.

38. Shemirani F, Golzarand M, **Salari-Moghaddam A**, Mahmoudi M. Effect of low-carbohydrate diet on adiponectin level in adults: a systematic review and dose-response meta-analysis of randomized controlled trials. *Crit Rev Food Sci Nutr* 2022;62(14):3969-3978. doi: 10.1080/10408398.2021.1871588.

39. Koochakpoor G, **Salari-Moghaddam A***, Keshteli AH, Afshar H, Esmailzadeh A, Adibi P. Dietary intake of branched-chain amino acids in relation to depression, anxiety and psychological distress. *Nutr J* 2021;20(1):11. doi: 10.1186/s12937-021-00670-z. (*Co-first author)

40. Asoudeh F, **Salari-Moghaddam A**, Larijani B, Esmailzadeh A. A systematic review and meta-analysis of prospective cohort studies on the association between alcohol intake and risk of fracture. *Crit Rev Food Sci Nutr* 2022;62(20):5623-5637. doi: 10.1080/10408398.2021.1888691.

41. Ghorabi S, Esteghamati A, Azam K, Daneshzad E, Sadeghi O, **Salari-Moghaddam A**, Azadbakht L, Djafarian K. Association between dietary inflammatory index and components of metabolic syndrome. *J Cardiovasc Thorac Res* 2020;12(1):27-34.

42. Asoudeh F, **Salari-Moghaddam A**, Keshteli AH, Esmailzadeh A, Adibi P. Dietary intake of branched-chain amino acids in relation to general and abdominal obesity. *Eat Weight Disord* 2022;27(4):1303-1311. doi: 10.1007/s40519-021-01266-6.

43. Soltani S, **Salari-Moghaddam A**, Saneii P, Askari M, Larijani B, Azadbakht L, Esmailzadeh A. Maternal caffeine consumption during pregnancy and risk of low birth weight: a dose-response meta-analysis of cohort studies. *Crit Rev Food Sci Nutr* 2023;63(2):224-233. doi: 10.1080/10408398.2021.1945532.

44. Koochakpoor G, **Salari-Moghaddam A***, Keshteli AH, Esmailzadeh A, Adibi P. Association of coffee and caffeine intake with irritable bowel

syndrome in adults. Front Nutr 2021. doi: 10.3389/fnut.2021.632469. (*Co-first author)

45. Golzarand M, **Salari-Moghaddam A**, Mirmiran P. Association between alcohol intake and overweight and obesity: a systematic review and dose-response meta-analysis of 127 observational studies. Crit Rev Food Sci Nutr 2022;62(29):8078-8098. doi: 10.1080/10408398.2021.1925221.

46. Nouri-Majd S, **Salari-Moghaddam A**, Hassanzadeh Keshteli A, Esmailzadeh A, Adibi P. The association between adherence to the MIND diet and irritable bowel syndrome. Dig Dis 2022;40(2):198-205. doi: 10.1159/000517015.

47. Rigi S, **Salari-Moghaddam A**, Benisi-Kohansal S, Azadbakht L, Esmailzadeh A. Dietary glycaemic index and glycaemic load in relation to risk of breast cancer. Public Health Nutr 2022;25(6):1658-1666. doi: 10.1017/S1368980021004018.

48. Lotfi K, **Salari-Moghaddam A***, Yousefinia M, Larijani B, Esmailzadeh A. Dietary intakes of monounsaturated fatty acids and risk of mortality from all causes, cardiovascular disease and cancer: a systematic review and dose-response meta-analysis of prospective cohort studies. Ageing Res Rev 2021. doi: 10.1016/j.arr.2021.101467. (*Co-first author)

49. Nouri-Majd S, **Salari-Moghaddam A**, Aminianfar A, Larijani B, Esmailzadeh A. Association between red and processed meat consumption and risk of prostate cancer: a systematic review and meta-analysis. Front Nutr 2022. doi: 10.3389/fnut.2022.801722.

50. **Salari-Moghaddam A**, Nouri-Majd S, Hassanzadeh Keshteli A, Emami F, Esmailzadeh A, Adibi P. Association between dietary total antioxidant capacity and diet quality in adults. Front Nutr 2022. doi: 10.3389/fnut.2022.838752.

Projects

1. Effects of soy-bean flour enriched bread on serum levels of sVCAM1 and anthropometric indices in type 2 diabetic women.
2. Effects of soy-bean flour enriched bread on insulin resistance and lipid profile in type 2 diabetic women.
3. Association between glycemic index and glycemic load and risk of depression : a systematic review and meta-analysis.
4. Association between caffeine and types of coffee and ovarian cancer : a

systematic review and meta-analysis.

5. Association between red and processed meat consumption and risk of COPD : a systematic review and meta-analysis.

6. Association between coffee and caffeine and risk of ovarian cancer : an updated systematic review and meta-analysis.

7. Association between egg consumption and upper aero-digestive tract cancers : a systematic review and meta-analysis.

8. Adherence to the Mediterranean diet and risk of depression : a systematic review and meta-analysis.

9. Association between adherence to the MIND diet and prevalence of psychological disorders in adults.

10. Association between total antioxidant capacity and diet quality in adults.

11. Comparative study of response to weight loss diet in overweight women with and without insulin resistance.

12. Association between dietary glycemic index and glycemic load and risk of all-cause and cardiovascular disease mortality: A systematic review and meta-analysis of prospective cohort studies.

13. Association between dietary inflammatory index and irritable bowel syndrome.

14. Association between red and processed meat consumption and prostate cancer risk: a systematic review and meta-analysis.

15. Association between adherence to the MIND diet and irritable bowel syndrome.

16. Association between dietary intake of branched-chain amino acids and general and abdominal obesity: secondary analysis on SEPAHAN study data.

17. Association between dietary intakes and plasma levels of linoleic acid and risk of mortality: a systematic review and meta-analysis.

Book

1. Hosseini, S. (Ed.). (2017). *Nutrition of Critically Ill Patients in the Intensive Care Unit*. Translated by G. Mohammadi Farsani, S. B. Panahandeh, R. Khalooi-Fard, **A. Salari-Moghaddam**, S. Razaei, N. Arab-Zadegan, & A. Kazemi. Tehran, Iran: Donyaye-Taghziye Press (in Persian). ISBN 978-600-7433-45-4.

Poster

1. **Salari-Moghaddam, A.**, Haji-Hashemi, P., & Azadbakht, L. (2012, November). The effect of dietary fat on appetite, energy balance, gastrointestinal function, and gut hormones related to appetite regulation. Poster presented at the 12th Iranian Nutrition Congress and the 1st International Iranian Nutrition Congress, Tehran, Iran.

Oral Presentation

1. **Salari-Moghaddam, A.**, Nouri-Majd, S., & Esmaeilzadeh, A. (2021, September). Association between adherence to the MIND diet and stroke in Iranian adults. Poster presented at the 3rd International Congress of Food Science, Agriculture, and Food Security, Tehran, Iran.
2. **Salari-Moghaddam, A.**, Nouri-Majd, S., & Esmaeilzadeh, A. (2021, September). Association between adherence to the MIND diet and irritable bowel syndrome in Iranian adult population. Poster presented at the 3rd International Congress of Food Science, Agriculture, and Food Security, Tehran, Iran.

Software

1. SPSS
2. STATA
3. EndNote