

## PERSONAL INFORMATION Vahideh Abedi (BSc, MSc)



Sex F | Nationality Iranian

## EDUCATION AND TRAINING

**Education**

2018 – 2022

University of Rome Tor Vergata | Rome, Italy

MSc: Physical Activity and Health promotion (110/110 with honors, held in English)

Department of Biomedicine and Prevention/ in collaboration with Imperial College London

Supervisor: Professor Laura Di Renzo

Thesis Title: A Physiological Study of the Effect of  $\alpha$ -MSH on Glucose Tolerance and Insulin Sensitivity in Healthy Humans

2004 – 2008

Shiraz University of Medical Sciences | Shiraz, Iran

BSc: Nutrition Sciences (16.03 out of 20)

Supervisor: Prof. Mohammad Hassan Eftekhari

Thesis Title: Assessment of growth status in 2-6-year-old children in Shiraz and comparison with NCHS standards

**Research Experience**

06/2021- 4/2022

Visiting Research Student, Imperial College London, London, UK, Department of Metabolism, Digestion, and Reproduction, Faculty of Medicine.

Thesis aboard program collaboration with the University of Rome Tor Vergata.

Research projects: A Physiological Study of the Effect of  $\alpha$ -MSH on Glucose Tolerance and Insulin Sensitivity in Healthy Humans

Supervisor: Dr. Alex Miras

## PERSONAL SKILLS

Mother tongue(s) Persian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B2	B2	B2
Italian	B1	B1	B1	B1	B1

#### Job-related skills

- Collecting Medical Records
- Patient communication
- Venipuncture & Cannulation
- Centrifugation and Pipetting techniques
- Team work and problem solving

#### Computer skills

- PRISM (Clinical Trials Statistical Data Analysis)
- SPSS
- Microsoft office, Microsoft Access, Graphic and Writing Skills
- Web and Social Skills

#### LearningActivities

- Sep. 2021, Venepuncture and Cannulation, VeinTrain Ltd, London, United Kingdom.
- Jun. 2021, Good Clinical Practice, NIDA Clinical Trials Network.
- Oct. 2020, Dietitian and Nutrition Coach, Udemy Inc, San Francisco, USA (Online Course)

### ADDITIONAL INFORMATION

#### Publications

1. Heydari, S., **Abedi, V.**, Karamati, D., Daniali, M., Shariati-Bafghi, E., Babajafari, S., Akhlaghi, M., Karamati, M., Faghih, Sh. Oxidative Balance Score and Mental Health among Iranian University Students, (Submitted to the International Journal of Clinical and Health Psychology)
2. Jafari-Mourkani, B., Ebrahimi, A., Ekhlasi, S., **Abedi, V.**, Shariati-Bafghi, E., Faghih, Sh., Akhlaghi, M., Karamati, M., Babajafari, S. Major Nutrient Patterns and Mental Health among Iranian University Students, (Submitted to the Nutrition Journal)
3. Babazadeh-Anvigh, B., **Abedi, V.**, Heydari, S. Karamati, D., Babajafari, S., Najafi, A., Rashidkhani, B., Shariati-Bafghi, E., Karamati, M., Healthy eating index-2015 and bone mineral density among adult Iranian women, Arch Osteoporos. 2020; 15, 151.  
<https://doi.org/10.1007/s11657-020-00826-0>
4. Hejazi, J., Davoodi, A., Khosravi, M., Sedaghat, M., **Abedi, V.**, Hosseinverdi, S., Ehrampoush, E., Homayounfar, R., & Shojaie, L. Nutrition and osteoporosis prevention and treatment, Biomedical Research and Therapy, 2020; 7, 3709-3720.  
<https://doi.org/10.15419/bmrat.v7i4.598>

#### Participation in national and international congresses

1. A. Yousefinejad, M. Salehi, M. Basirat-nia, and **Abedi, V.**, "Impact of education regarding proper nutrition on body mass index (BMI) and serum albumin in hemodialysis patients", In Leiden International Medical Student Conference (LIMSC), Leiden, The Netherlands, March 2013. (**poster**)
2. M. Salehi, A. Yousefinejad, and **Abedi, V.**, "Effect of diet with six iso-caloric meals on body weight and blood glucose of patients with type 2 diabetes", In 9th International Congress of Endocrine Disorders, Tehran, Iran, November 2011. (**oral presentation**).

#### Awards & Commendations

- 2021, International Mobility Program Scholarship, University of Rome Tor Vergata
- 2018, Commendation from the CEO of Iran University of Medical Sciences for collaboration in advancing the goals of clinical nutrition programs.
- 2018, Commendation from the CEO of Tehran University of Medical Sciences for

collaboration in health development programs and healthy lifestyle education.

- 2013, Awarded an attendance grant by Leiden University, to attend the LIMSC conference, Leiden, The Netherlands.
- 2004, Scholarship for top students, Iranian public medical university, ministry of health.

#### Registrations & Memberships

- May 2022 - Present, Australasian College of Nutritional and Environmental Medicine (ACNEM)
- Sep 2021 - Present, Association for the Study of Obesity (ASO)
- May 2009 - Present, Dietitian-Nutritionist Practice License (IRAN)
- May 2009 - Present, Iranian Medical Council Registration (Membership No: 4028)

#### Work Experience

- 2013 – 2018  
**Researcher & Nutrition Consultant**, Tehran University of Medical Sciences, Tehran, Iran.  
  - ▮ Member of a team, working on Obesity and Diabetes screening. Also counselling patients in different outpatient settings, including Diabetes, Cardiac, Hypertension, and Providing one-by-one diet education to them.
- 2012 – 2014  
**Nutrition Consultant**, Rasoul Akram Hospital affiliated with Iran University of Medical Sciences, Tehran, Iran. My responsibilities included:
  - ▮ Ordering, prescribing and educating of Healthy Diet to hospitalized people
  - ▮ Nutrition consultant at the Intensive Care Unit
  - ▮ Nutrition consultant at the Hospital Nutrition Clinic
- 2009 – 2012  
**Researcher & Nutrition Consultant**, Tehran University of Medical Sciences, Tehran, Iran.  
  - ▮ Member of a team, working on obesity, and diabetes patients to manage its complications.

Rome, 26 January 2023

