



ZAUMS Curriculum Vita

Personal information	
First name / Surname	Sara Rahati
Address	Department of nutrition, school of medicine, Zahedan University of medical sciences
E-mail	 Sara_rahati80@yahoo.com s.rahati@zaums.ac.ir
Nationality	Iranian
Date of birth	1989-03-20
Gender	female
Marital Status	Married
Academic Degree	Ph.D
Occupational Field	
	Nutrition Sciences and Dietetics
Education and Training	

Dates (start – end)	<p>Ph.D: (2016-2022)</p> <p>Nutrition Sciences, Department of Cellular - Molecular Nutrition, School of Nutrition Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran.</p> <p>M.Sc: (2011-2014)</p> <p>Nutrition Sciences, Department of Cellular - Molecular Nutrition, School of Nutrition Sciences and Dietetics, Tehran University of Medical Sciences, Tehran, Iran.</p> <p>B.Sc: (2007-2011)</p> <p>Nutrition Sciences, Department of Nutrition, Zahedan University of Medical Sciences, Zahedan, Iran.</p> <p>Ph.D thesis title:</p> <p>The frequency of different MC4R and CLOCK genotypes and their association with ghrelin, cortisol, GLP-1 hormones and behavioural characteristics associated with obesity in obese and overweight individuals</p> <p>M.Sc thesis title:</p> <p>Effect of spinach extract on wound healing in experimental model diabetic rats with streptozotocin</p>
National Conferences / Seminars	
1.	<p>Rahati S, Shahraki M. Food Pattern, Lifestyle and Diabetes Mellitus. The 12th International Nutrition Congress of Isfahan, Isfahan University of Medical Sciences, 2012.</p>

National Publications / Articles	
<ol style="list-style-type: none"> 1. 2. 	<p>Rahati S, Shahraki M, Arjomand G, Shahraki T. Food Pattern, Lifestyle and Diabetes Mellitus. International journal of high risk behaviors & addiction, 2014.(Published)</p> <p>Arjomand G,1 Shahraki M, Rahati S, Shahraki T. food patterns, lifestyle, and hypertension. Zahedan Journal of Research in Medical Sciences, 2016. (Published)</p>
International Publications / Articles	
<ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 	<p>S Rahati, M Eshraghian, A Ebrahimi, H Pishva. Effect of spinach aqueous extract on wound healing in experimental model diabetic rats with streptozotocin. Journal of the science of food and agriculture, 2016. (Published)</p> <p>M Shahraki, N Niknejad, T Shahraki, B Niknejad, S Rahati. The leading anthropometric indicator of Cardiovascular health risks among female nurses: A cross-sectional study. Annals of Medical and Health Sciences Research, 2017. (Published)</p> <p>S Rahati, M Qorbani, A Naghavi, H Pishva. Association and interaction of the MC4R rs17782313 polymorphism with plasma ghrelin, GLP-1, cortisol, food intake and eating behaviors in overweight/obese Iranian adults. BMC Endocrine Disorders, 2022. (Published)</p> <p>S Rahati, M Qorbani, A Naghavi, MH Nia, H Pishva. Association between CLOCK 3111 T/C polymorphism with ghrelin, GLP-1, food timing, sleep and chronotype in overweight and obese Iranian adults. BMC Endocrine Disorders, 2022. (Published)</p> <p>M Shahraki, S Rahati, MA Keykhaei, N Niknejad. Comparison of Canola and Soybean Oils on Serum Lipid and Glucose Profiles and Anthropometric Parameters in overweight and Obese Type 2 Diabetes Mellitus Patients: A Randomized Clinical Trial. Journal of Food Science and Nutrition Research, 2022. (Published)</p> <p>S Rahati, M Kamalinezhad, A Ebrahimi, M Eshraghian, H Pishva. Accelerated wound healing induced by spinach extract in experimental model diabetic rats with streptozotocin. Scientific Reports, 2023. (Published)</p>

7. **S Rahati**, M Qorbani, A Naghavi, H Pishva. Association between CLOCK 3111 T/C polymorphism with appetite hormones, food timing, sleep and Chronotype in obese adults: interaction on obesity and food intake: A cross-sectional investigation. BMC Endocrine Disorders, 2023. (under review)
8. **S Rahati**, M Qorbani, A Naghavi, MH Nia, H Pishva. The interaction between the Circadian Locomotor Output Cycles Kaput and Melanocortin-4-receptor gene variants on obesity and parameters related to obesity. Clinical Nutrition. 2024. (under review)

Thesis/ Research Project

Comparison of the effects of canola oil with Soya oil on hypertension and blood parameters in overweight & obese diabetic (II) patients. Mansour Shahraki, Mahmood Ali Keykhaei, **Sara Rahati**. Zahedan University of Medical Sciences, 2008.

The effects of plant extracts, Rhubarb (*Rheum ribes*) on oxidative stress, ApoA1, ApoB, FBS and insulin levels in patients with type 2 diabetes. Farzad shidfar, **Sara Rahati**, iraj Heidari, fatemeh Aghahosseini. Iran University of Medical Sciences, 2013.

Effect of spinach extract on wound healing in experimental model diabetic rats with streptozotocin. **Sara Rahati**, Hamide Pishva, Abdolali Ebrahimi, Mohammadreza Eshraghian. Tehran University of Medical Sciences, 2013.

The frequency of different MC4R and CLOCK genotypes and their association with ghrelin, cortisol, GLP-1 hormones and behavioural characteristics associated with obesity in obese and overweight individuals. **Sara Rahati**, Hamide Pishva, Mostafa Qorbani, Anoosh Naqavi. Tehran University of Medical Sciences, 2019.

Work Experience / Memberships				
عنوان	واحد	مقطع	محل	سال-نیمسال
تغذیه تجربی	۱	کارشناسی ارشد	دانشگاه علوم پزشکی تهران	۱-۹۲
کارآموزی در عرصه P.H.C	۱/۵	کارشناسی	دانشگاه علوم پزشکی زاهدان	۱-۹۴
کارآموزی صنایع غذایی	۱	کارشناسی	دانشگاه علوم پزشکی زاهدان	۱-۹۴
کارآموزی بیمارستان	۳	کارشناسی	دانشگاه علوم پزشکی زاهدان	۲-۹۵
تغذیه اساسی ۱	۱	کارشناسی	دانشگاه علوم پزشکی زاهدان	۱-۹۵
رژیم درمانی ۲	۱	کارشناسی	دانشگاه علوم پزشکی زاهدان	۱-۱۴۰۲
رژیم درمانی ۳	۱	کارشناسی	دانشگاه علوم پزشکی زاهدان	۱-۱۴۰۲
بیماری های ناشی از سوء تغذیه	۲	کارشناسی	دانشگاه علوم پزشکی زاهدان	۱-۱۴۰۲
خدمات تغذیه در نظام مراقبت های بهداشتی	۲	کارشناسی	دانشگاه علوم پزشکی زاهدان	۱-۱۴۰۲
کارآموزی در عرصه P.H.C	۲	کارشناسی	دانشگاه علوم پزشکی زاهدان	۱-۱۴۰۲
خدمات تغذیه در نظام مراقبت های بهداشتی	۲	کارشناسی	دانشگاه علوم پزشکی زاهدان	۲-۱۴۰۲
رژیم درمانی ۳	۱	کارشناسی	دانشگاه علوم پزشکی زاهدان	۲-۱۴۰۲
کارآموزی بیمارستان	۳/۵	کارشناسی	دانشگاه علوم پزشکی زاهدان	۲-۱۴۰۲
اکولوژی تغذیه	۲	کارشناسی	دانشگاه علوم پزشکی زاهدان	۲-۱۴۰۲
مشاوره و آموزش تغذیه	۱	کارشناسی	دانشگاه علوم پزشکی زاهدان	۱-۱۴۰۲

Personal Skills and Competences	
	<p>Computer skill Expert in MS-Office (Word, Excel, Access, PowerPoint) Expert in Reference manager programs: EndNote Expert in Statistical programs: SPSS, N4, AMOS, STATA, Graphpad Prism</p> <p>Language skill English: listening, speaking, writing, reading: intermediate MSRT language test certification</p> <p>Research field Animal Research: blood draw, injection, surgery Molecular and cellular research: PCR, RFLP, DNA extract</p>
Honors / Awards	
1.	Top researcher of the Faculty of Nutrition and Dietetics, Tehran University of Medical Sciences, 2020.
Additional information	
	<p>book translation:</p> <p>Modern nutrition in health and disease, Sina Teb Publications.</p>