Kimia Mohammad Hasani

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Education

BSc of Nutrition and Dietetics, November 2020-June 2024
Gonabad University of Medical Sciences, Gonabad, Iran
GPA: 3.86 / 4.00 (18.50 / 20.00)
Last-2-year GPA: 4.00 / 4.00 (19.64 / 20.00)

Research Interests

- Food Bioactive Compounds
- Food-Gut Microbiota Interactions
- Nutrition, Metabolism & Disease Prevention
- Functional Foods & Human Nutrition

Work Experience

Sports Dietitian, April 2026-Present
Zaraban Wellness Center and Sport Consultancy, Qazvin, Iran
Responsibilities:

- Developed personalized nutrition plans for athletes based on their individual needs and performance goals.
- Provided dietary guidance and recommendations on sports supplements.

Dietitian, September 2024-September 2026
Mahmoudabad Comprehensive Health Center, Qazvin, Iran
Responsibilities:

- Provided nutritional counseling and individualized diet plans for individuals with obesity, diabetes, non-alcoholic fatty liver disease, and cardiovascular diseases, as well as children and pregnant and lactating women.
- Delivered nutrition education sessions for pregnant and lactating women, children, and older adults, covering common health conditions and related complications.

Clinical Nutrition Internship, January 2024-June 2024
Allameh Bohloul Gonabadi Hospital, Gonabad, Iran
Responsibilities:

- Assisted with nutritional assessments and the development of individualized diet plans and nutritional supplement recommendations under supervision.
- Participated in dietary counseling and nutrition care planning for patients with various medical conditions.

Community Nutrition Internship, October 2023-December 2023
Al-Zahra Health Center, Mand Village, Gonabad, Iran
Responsibilities:

- Assisted with nutritional assessments and individualized diet planning, primarily for individuals with obesity or diabetes, as well as pregnant and breastfeeding women, under supervision.

Food Industry Internship, August 2023-September 2023
Shams Azar Food Industries (Pasta), Qazvin, Iran
Responsibilities:

- Assisted in quality control of incoming raw materials.
- Supported microbial testing and quality evaluation of finished pasta products.

Research Assistant, April 2023-May 2023
Infectious Diseases Research Center, Gonabad, Iran
Responsibilities:

- Assisted with laboratory procedures involving DNA and RNA extraction.
- Participated in RT-PCR testing and related laboratory activities.

Teaching Experience

Teaching Assistant, April 2024-May 2024
Gonabad University of Medical Sciences, Gonabad, Iran
Course: Research Project
Number of students: 16 undergraduate students in nutrition and dietetics
Responsibilities:

- Taught narrative review writing skills and guided students through the academic article writing process.
- Reviewed and edited students' drafts to improve their academic writing and overall manuscript quality.

Manuscript Under Review

1. Vahedi Fard, M.*, **Mohammadhasani, K.***, Khorasanchi, Z., Zarban, A., Ferns, G. A., Zamaninasab, Z., Karasi, S., Nordic Diet Is Associated with Improved Total Antioxidant Content of Human Breast Milk and Infant Urine. Nutrition and Food Science.

Peer-Reviewed Publications

Total citations: 125 | Google Scholar | October 2026

1. Hashemi D, Fard MV, **Mohammadhasani K**, Barati M, Nattagh-Eshtivani E. Carotenoids improve obesity and fatty liver disease via gut microbiota: a narrative review. Food science & nutrition. 2025 Mar;13(3):e70092.

2. Nattagh-Eshtivani E, Barghchi H, Hatami A, Barati M, Heydari A, Moghaddam ZA, Fard MV, **Mohammadhasani K**, Miri H, Talebi S, Pahlavani N. The effects of flaxseed supplementation on metabolic syndrome risk factors; A comprehensive review. Clinical Nutrition Open Science. 2025 Apr 1;60:262-85.

3. Vahedi Fard M*, **Mohammadhasani K***, Dehnavi Z, Khorasanchi Z. Chronic obstructive pulmonary disease: The role of healthy and unhealthy dietary patterns—a comprehensive review. Food Science & Nutrition. 2024 Dec;12(12):9875-92.

4. Sharifan, P., Sahranavard, T., Rashidmayvan, M., Darroudi, S., Vahedi Fard, M., **Mohammadhasani, K.**, Mansoori, A., Eslami, S., Safarian, M., Afshari, A., Bagherniya, M., Tayefi, M., Khadem-Rezaiyan, M., Ghazizadeh, H., Ferns, G., a Rezaie, M., & Ghayour-Mobarhan, M. (2024). Effect of dairy products fortified with vitamin d3 on restless legs syndrome in women with premenstrual syndrome, abdominal obesity and vitamin d deficiency: a pilot study. *BMC Women's Health*, 24(1), 434.

5. **Mohammadhasani, K*.**, Vahedi Fard, M.*, Yadegari, M., Barati, M., Bahari, H., Nattagh-Eshtivani, E., & Rashidmayvan, M. (2024). A Healthy Dietary Pattern May Have a Protective Effect Against Cardiovascular Disease Through Its Interaction with the MC4R Gene Polymorphism. *Clinical Nutrition Research*, 13(3), 214-225.

6. **Mohammadhasani, K.***, Vahedi Fard, M.*, Mottaghi Moghaddam Shahri, A., & Khorasanchi, Z. (2024). Polyphenols improve non-alcoholic fatty liver disease via gut microbiota: A comprehensive review. *Food Science & Nutrition*.

7. Araste, A., Shadmand Foumani Moghadam, M. R., **Mohammadhasani, K.**, Vahedi Fard, M., Khorasanchi, Z., Latifi, M., Hasanzadeh, E., Talkhi, N., Sharifan, P., Asadiyan-Sohan, P., Bidokhti, M. K., Ghassemi, A., Assaran Darban, R., Ferns, G., & Ghayour-Mobarhan, M. (2024). Adherence to the nordic diet is associated with anxiety, stress, and depression in recovered COVID-19 patients, a case-control study. *BMC nutrition*, 10(1), 38.

8. Khorasanchi, Z., Rashidmayvan, M., Hasanzadeh, E., Moghadam, M. R. S. F., Afkhami, N., Asadiyan-Sohan, P., Vahedi Fard, M., **Mohammadhasani, K.**, Varaste, N., Sharifan, P., Ferns, G., & Ghayour-Mobarhan, M. (2023). The association of hematological inflammatory markers and psychological function in COVID-19 patients: A cross-sectional study. *Physiological Reports*, 11(24), e15889.

9. Khorasanchi, Z., Vahedi Fard, M., **Mohammadhasani, K.**, Sharifan, Y., Dehnavi, Z., Naderian, R., Esfehani, A. J., Sharifan P., Zare-Feyzabadi R., Ferns G., & Gayour-Mobarhan, M. (2023). Psychological Function and Serum Vitamin D Concentration in COVID19-Patients: A cross-sectional study. *Reviews in Clinical Medicine*, 10(3).

Authors marked with an asterisk (*) contributed equally to this work and share first authorship.

Languages

- **Persian -** Native
- **English** - TOEFL iBT 4.5/6

Academic Projects

Cardiovascular Diseases and Nutritional Management, 2024

Clinical Internship, Allameh Bohloul Gonabadi Hospital, Gonabad, Iran.

- Evidence-based research, scientific literature appraisal, and cardiovascular risk management.
- Clinical nutritional management of cardiovascular diseases, including dietary interventions and supplement recommendations.

Clinical Nutrition Management in Burn Patients, 2024

Clinical Internship, Allameh Bohloul Gonabadi Hospital, Gonabad, Iran.

- Understanding burn pathophysiology, metabolic responses, and clinical treatment approaches.
- Clinical nutritional management, including energy and nutrient requirements, dietary interventions, micronutrients, and supplement recommendations.

Space Nutrition and Food Science, 2023

Gonabad University of Medical Sciences, Gonabad, Iran

- Examined spaceflight-induced physiological changes and their nutritional implications.
- Explored space food processing, food types, and micronutrient requirements.

Workshops

- 4-Hour workshop on Exploratory Data Analysis in Python, Data Camp, November 2026.
- 10-Hour workshop on PCR and Real-Time PCR, Gonabad University of Medical Sciences, Research and Technology Committee, December 2024.
- 20-Hour workshop on Systematic Review and Meta-Analysis, Islamic Azad University of Medical Sciences, Faculty of Nursing and Faculty of Medicine, May 2024.
- 6-Hour workshop on DNA and RNA Extraction, Gonabad University of Medical Sciences, Research and Technology Committee, May 2023.
- 2-Hour workshop on Functional Foods, Gonabad University of Medical Sciences, Medical Education Committee, December 2022.
- 2-Hour workshop on Nutrition and Genetics, Shahid Sadoughi University of Medical Sciences, Research Center for Nutrition and Food Safety, May 2022.

Conferences & Seminars

- Third National Conference on Applied Research in Food Security: Processing, Safety, and Health, Mashhad, Iran, October 2025 - Attendee
- 4th International Congress of Clinical Nutrition of Iran, Mashhad, Iran, May 2022 - Attendee

Computer Skills

- **High proficiency:** Microsoft Office, EndNote, SPSS, and WHO Anthro.
- **Familiar:** R, Python, and GraphPad Prism.

Honors & Awards

Second-Ranked Student in Undergraduate Cohort

Gonabad University of Medical Sciences, Gonabad, Iran.

Professional Memberships and Registration

Registered Member, Iranian Medical Council

Professional Title: Registered Dietitian (Registration No.: Nut-11385)

Leadership Positions

Member, Central Council of the Student Scientific Association of Nutrition and Dietetics, April 2021-April 2024

Gonabad University of Medical Sciences, Gonabad, Iran.

- Coordinated academic webinars and workshops on specialized topics for nutrition and dietetics students.
- Contributed to organizing educational sessions on nutrition and health for students across different academic disciplines.
- Collaborated with association members to plan and deliver student-focused educational and scientific activities.

Volunteer Work

School-Based Health Promotion Initiative, 2025
Iqbalieh, Qazvin, Iran

- Conducted basic health screenings and provided nutrition education to students in underserved schools.
- Promoted healthy dietary habits and raised nutritional awareness among schoolchildren.

Hobbies

- Exploring different dishes through home cooking
- Swimming and playing volleyball
- Reading novels
- Listening to podcasts

References

Dr. Zahra Khorasanchi

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