



## **Bahram Pourghassem Gargari, Ph.D**

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| <b>C.V updated:</b>         | 7 July 2015   |
| <b>Title:</b>               | PhD, Professor of Nutrition   |
| <b>Department:</b>          | Biochemistry and Diet Therapy   |
| <b>Date of Birth:</b>       | 1970/12/1   |
| <b>Place of Birth:</b>      | Hadishar, Jolfa, East Azarbaijan  |
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### Educational Background

| Major     | Minor        | Degree | University                                      | City   | Country | Year |      |
|-----------|--------------|--------|---|--------|---------|------|------|
|           |              |        |   |        |         | From | To   |
| Nutrition | -            | BS     | Shaheed Beheshti University of Medical Sciences | Tehran | Iran    | 1990 | 1994 |
| Nutrition | -            | MS     | Shaheed Beheshti University of Medical Sciences | Tehran | Iran    | 1994 | 1998 |
| Nutrition | Pharmacology | PhD    | Tabriz University of Medical Sciences           | Tabriz | Iran    | 1999 | 2004 |



### Positions Held

Faculty Member,

Professor of Nutrition



### Teaching Experiences

Biochemistry, Introductory and Developed,

Basics of Nutrition,

Special Group Nutrition,

Developed Nutrition,

Nutritional Biochemistry.



### Research Experiences

*Iron Deficiency Anemia, In vitro models (Cell Culture), Commet Assay, Major Depressive Disorder, Type 2 Daibetes, Folate Supplementation, Poly Cystic Ovary Syndrome, Adolescent Nutrition, Eating Disorders.*



### Fields of Interest

*Iron Deficiency Anemia, In vitro models (Cell Culture), Commet Assay, Major Depressive Disorder, Type 2 Daibetes, Folate Supplementation, Poly Cystic Ovary Syndrome, Adolescent Nutrition, Eating Disorders.*



### Professional memberships

**Iranian Nutrition Society**



### Honors and Awards

1. Award of the outstanding Health & Nutrition Faculty student researcher from Tabriz University of Medical Sciences (2002).
2. Award of the outstanding Tabriz University of Medical Sciences student researcher from Tabriz University of Medical Sciences (2004).
3. Award of top researcher from Ministry of Health and Medical Education, Iran (2008).
4. Award of Health & Nutrition Faculty top researcher from Tabriz University of Medical Sciences (2012).



### Theses Supervised

1) *The effect of folic acid supplementation on plasma homocysteine levels and treatment out comes in major depressive disorder patients.* Thesis submitted for MS degree in Nutrition. Maryam Saboktakin (Student), Soltan Ali Mahboob, **Bahram Pourghasem Gargari (Supervisor)**, Nosratollah Pourafkari, Hossein Kooshavar. Approved Date: 2007.

2) *Nutritional assessment, plasma levels of lipoprotein (a) and leptin in patients with major depressive disorders.* . Thesis submitted for MS degree in Nutrition. Sharareh

Hamidifard (Student), Soltan Ali Mahboob, **Bahram Pourghasem Gargari (Supervisor)**, Ali Fakhari. Approved Date:: 2008.

**3) *Effect of flaxseed (*Linum usitatissimum*) and black seed (*Nigella Sativa* Linn) on serum lipid profile, malondialdehyde and antioxidant defense system in hyperlipidemic rabbits.*** **Thesis submitted for MS degree in Nutrition.** Vahideh Ebrahimzadeh-Attary (Student), **Bahram Pourghasem Gargari (Supervisor)**, Maryam Rafrat, Abolfazl Gorbani, Hadi Tabibi. Approved Date:: 2009.

**4) *Relationship between nutritional status and insulin resistance with leptin and ghrelin levels in women with polycystic ovary syndrome.*** **Thesis submitted for MS degree in Nutrition.** Shiva Hoojehani (Student), **Bahram Pourghasem Gargari (Supervisor)**, Soltan Ali Mahboob, Laya Farzadi, Safaian Abdolrasul. Approved Date: 2009.

**5) *Surveying the relationship of junk food consumption with iron deficiency anemia (IDA), stunting and body mass index (BMI) among high school adolescent girls aged between 14-18 in Tabriz, 1387-88.*** **Thesis submitted for MS degree in Nutrition.** Nafiseh Sargheini (Student), Ahmad Reza Dorosti Motlagh, Abbas Rahimi, **Bahram Pourghasem Gargari (Advisor)**. Approved Date: 2009.

**6) *The Effect of l-arginine and selenium with legumes enriched hypocaloric diet on metabolic syndrome components in central obese women.*** **Thesis submitted for PhD degree in Nutrition.** Mohammad Alizadeh (Student), **Bahram Pourghasem Gargari (Supervisor)**, Alireza Ostadrahimi. Approved Date: 2010.

**7) *Effect of folic acid supplementation on serum biochemical and antioxidant indices in patients with type 2 diabetes mellitus.*** **Thesis submitted for MS degree in Nutrition.** Aghamohammadi Vahideh (Student), **Bahram Pourghasem Gargari (Supervisor)**, Aliasgharzadeh Akbar. Approved Date: 2010.

**8) *Relationship between serum 25-hydroxy Vitamin D level and occurrence of apoptosis in gastric mucosa.*** **Thesis submitted for PhD degree in Nutrition.** Jabiz Modaresi Esfeh (Student), Alireza Ostadrahimi, Mohammad Hosein Somi, **Bahram Pourghasem Gargari (Advisor)**, Leila Roshangar. Approved Date: 2011.

**9) *Effect of supplementation with grape seed (*Vitis vinifera*) extract on antioxidant status, lipid peroxidation and lipid profile in patient with type II diabetes.*** **Thesis submitted for MS degree in Nutrition.** Somayeh Abedini (Student), **Bahram Pourghasem-Gargari (Supervisor)**, Parvin Pourabdollahi, Akbar Aliasgarzadeh, Hossein Babaei. Approved Date: 2011.

**10) *Effect of oral vitamin D3 supplementation on glycemic parameters, lipid profile and hs-CRP inflammatory factor in polycystic ovary syndrome.*** **Thesis submitted for MS degree in Nutrition.** Hania Rahimi Ardabili (Student), **Bahram Pourghasem-Gargari (Supervisor)**, Laya Farzadi. Approved Date: 2012.

**11) *Plasma and red blood cell phospholipid fatty acid profile in boys with attention deficit hyper activity disorder.*** **Thesis submitted for MS degree in Nutrition.** Parisa Mousavi

(Student), **Bahram Pourghassem-Gargari (Supervisor)**, Ayoub Malek, Masoud Darabi.  
Approved Date: Continius

**12) *The effect of Inulin's prebiotics supplementation on antioxidant status, metabolic, inflammatory and anti-inflammatory factors in type 2 diabetes.* Thesis submitted for PhD degree in Nutrition.** Parvin Dehghan (Student), **Bahram Pourghassem-Gargari (Supervisor)**, Akbar Aliasgarzadeh, Mohammad Asghari. Approved Date: 2013.

**13) ...**



### Research Projects

**1) *Plasma and red blood cell phospholipid fatty acid profile in boys with attention deficit hyper activity disorder.*** Approved and supported by: Faculty of Health and Nutrition, Tabriz University of Medical Sciences. **Bahram Pourghassem-Gargari (Executor).**

**2) *Effect of oral vitamin D3 supplementation on glycemic parameters, lipid profile and hs-CRP inflammatory factor in polycystic ovary syndrome.*** Approved and supported by: Nutrition Research Center, Tabriz University of Medical Sciences. **Bahram Pourghassem-Gargari (Executor).**

**3) *Effect of supplementation with grape seed (Vitis vinifera) extract on antioxidant status, lipid peroxidation and lipid profile in patient with type II diabetes.*** Approved and supported by: Applied Drug Research Center, Tabriz University of Medical Sciences. **Bahram Pourghassem-Gargari (Executor).**

**4) *Effect of folic acid supplementation on serum biochemical and antioxidant indices in patients with type 2 diabetes mellitus.*** Approved and supported by: Nutrition Research Center, Tabriz University of Medical Sciences. **Bahram Pourghassem-Gargari (Executor).**

**5) *The Effect of l-arginine and selenium with legumes enriched hypocaloric diet on metabolic syndrome components in central obese women.*** Approved and supported by: Nutrition Research Center, Gastrointestinal Diseases Research Center, Tabriz University of Medical Sciences. **Bahram Pourghassem-Gargari (Executor).**

**6) *Relationship between nutritional status and insulin resistance with leptin and ghrelin levels in women with polycystic ovary syndrome.*** Approved and supported by: Nutrition Research Center, Tabriz University of Medical Sciences. **Bahram Pourghassem-Gargari (Executor).**

**7) *Effect of flaxseed (Linum usitatissimum) and black seed (Nigella Sativa Linn) on serum lipid profile, malondialdehyde and antioxidant defense system in hyperlipidemic rabbits.*** Approved and supported by: Nutrition Research Center, Tabriz University of Medical Sciences. **Bahram Pourghassem-Gargari (Executor).**

- 8) *Nutritional assessment, plasma levels of lipoprotein (a) and leptin in patients with major depressive disorders.* . Approved and supported by: Nutrition Research Center, Tabriz University of Medical Sciences. **Bahram Pourghasem-Gargari (Executor).**
- 9) *The effect of folic acid supplementation on plasma homocysteine levels and treatment out comes in major depressive disorder patients.* Approved and supported by: Nutrition Research Center, Tabriz University of Medical Sciences. **Bahram Pourghasem-Gargari (Executor).**
- 10) *Eating disorders and their relation to anthropometric indices in Tabrizian High School Girls in 2007.* Approved and supported by: Tabriz University of Medical Sciences. **Bahram Pourghasem-Gargari (Executor).**
- 11) *Content of phytic acid and its mole ratio to zinc in flour and breads consumed in Tabriz, Iran.* Approved and supported by: Nutrition Research Center, Tabriz University of Medical Sciences. **Bahram Pourghasem-Gargari (Executor).**
- 12) *Iron bioavailability from Iranian bread and effect of retinol on Iron bioavailability in an in vitro model.* Approved and supported by: Nutrition Research Center, Tabriz University of Medical Sciences. **Bahram Pourghasem-Gargari (Executor).**
- 13) *Prevalence of iron deficiency, anemia, and iron deficiency anemia and ferrous sulfate effects on serum zinc and iron biochemical indices in high-school students in jolfa, East Azerbaijan.* Approved and supported by: Shahid Beheshti University of Medical Sciences. **Bahram Pourghasem-Gargari (Co-executor).**
- 14) *Nutritional knowledge, attitude and habits and intervention, among occupied women in Tabriz university of medical sciences.* Approved and supported by: Nutrition Research Center, Tabriz University of Medical Sciences. **Bahram Pourghasem-Gargari (Co- executor).**
- 15) ...



### Books

- 1) Bahram Pourghasem Gargari and Mahmoudreza Nakhaii. *Allergy and Food Intolerance.* 2001; Arak Medical University Publications.
- 2) Fatemeh Pourteimourfard Tabrizi, Aida Malek Mahdavi, Bahram Pourghasem Gargari. *Fat Soluble Vitamins.* 2009, Khodkar Publications (Translation).
- 3) Bahram Pourghasem Gargari. *Nutrition in Adolescence.* 2011, Tabriz Medical University Publications.





### Published Articles (In English)

In English (Retrieved from [www.scopus.com](http://www.scopus.com)):

- 1) **Pourghassem, Gargari B.,** Kimiagar, G. S. M., Abolfathi, A. A., Vallai, N., & Ghaffarpour, M. (2000). *Prevalence of iron deficiency, anaemia, and iron-deficiency anaemia in high-school students in Jolfa, East Azerbaijan.* Food and Nutrition Bulletin, 21(3): 301-304.
- 2) **Gargari, B. P.,** Hamed Behzad, M., Ghassabpour, S., & Ayat, A. (2004). *Prevalence of overweight and obesity among high-school girls in Tabriz, Iran, in 2001.* Food and Nutrition Bulletin, 25(3): 288-291.
- 3) Wickramasinghe, P., & **Gargari, B. P.** (2005). *In response to gargari et al., "prevalence of overweight and obesity among high-school girls in Tabriz, Iran, in 2001" (multiple letters).* Food and Nutrition Bulletin, 26(2): 234-237.
- 4) **Gargari, B. P.,** Razavieh, S. V., Mahboob, S., Niknafs, B., & Kooshavar, H. (2006). *Effect of retinol on iron bioavailability from iranian bread in a caco-2 cell culture model.* Nutrition, 22(6): 638-644.
- 5) **Gargari, B. P.,** Mahboob, S., & Razavieh, S. V. (2007). *Content of phytic acid and its mole ratio to zinc in flour and breads consumed in Tabriz, Iran.* Food Chemistry, 100(3): 1115-1119.
- 6) Shahraki, T., Shahraki, M., Roudbari, M., & **Gargari, B. P.** (2008). *Determination of the leading central obesity index among cardiovascular risk factors in Iranian women.* Food and Nutrition Bulletin, 29(1): 43-48.
- 7) Hamidifard, S., Fakhari, A., Mahboob, S., & **Gargari, B. P.** (2009). *Plasma levels of lipoprotein (a) in patients with major depressive disorders.* Psychiatry Research, 169(3): 253-256.
- 8) **Pourghassem-Gargari, B.,** Ebrahimzadeh-Attary, V., Rafraf, M., & Gorbani, A. (2009). *Effect of dietary supplementation with nigella sativa L. on serum lipid profile, lipid peroxidation and antioxidant defense system in hyperlipidemic rabbits.* Journal of Medicinal Plants Research, 3(10): 815-821.
- 9) Ebrahimzadeh Attari, V., **Pourghassem Gargari, B.,** Rafraf, M., Gorbani, A., & Tabibi, H. (2009). *Effect of flaxseed (linum usitatissimum) on serum lipid profile and malondialdehyde in hyperlipidemic rabbits.* Pharmaceutical Sciences, 15(2): 195-204.
- 10) Rafraf, M., **Pourghassem Gargari, B.,** & Safaiyan, A. (2010). *Prevalence of prehypertension and hypertension among adolescent high school girls in Tabriz, Iran.* Food and Nutrition Bulletin, 31(3): 461-465.
- 11) **Gargari, B. P.,** Khadem-Haghighian, M., Taklifi, E., Hamed-Behzad, M., & Shahraki, M. (2010). *Eating attitudes, self-esteem and social physique anxiety among iranian females who participate in fitness programs.* Journal of Sports Medicine and Physical Fitness, 50(1): 79-84.
- 12) Ebrahimzadeh Attari, V., **Pourghassem Gargari, B.,** Rafraf, M., Gorbani, A., & Tabibi, H. (2010). *Effect of ground black seed (nigella sativa L.) on serum lipid profile, body weight*

- and food intake in hyperlipidemic rabbits.* Journal of Zanjan University of Medical Sciences and Health Services, 18(70): 31-43.
- 13) Alizadeh, M., Daneghian, S., Ghaffari, A., Ostadrahimi, A., Safaeiyan, A., Estakhri, R., & **Gargari, B. P. (2010).** *The effect of hypocaloric diet enriched in legumes with or without L- arginine and selenium on anthropometric measures in central obese women.* Journal of Research in Medical Sciences, 15(6): 331-343.
  - 14) **Pourghassem-Gargari, B.,** Abedini, S., Babaei, H., Aliasgarzadeh, A., & Pourabdollahi, P. (2011). *Effect of supplementation with grape seed (vitis vinifera) extract on antioxidant status and lipid peroxidation in patient with type II diabetes.* Journal of Medicinal Plants Research, 5(10): 2029-2034.
  - 15) Falahi, E., Akbari, S., Ebrahimzade, F., & **Gargari, B. P. (2011).** *Impact of prophylactic iron supplementation in healthy pregnant women on maternal iron status and birth outcome.* Food and Nutrition Bulletin, 32(3): 213-217.
  - 16) **Gargari, B. P.,** Aghamohammadi, V., & Aliasgharzadeh, A. (2011). *Effect of folic acid supplementation on biochemical indices in overweight and obese men with type 2 diabetes.* Diabetes Research and Clinical Practice, 94(1): 33-38.
  - 17) Aghamohammadi, V., **Gargari, B. P.,** & Aliasgharzadeh, A. (2011). *Effect of folic acid supplementation on homocysteine, serum total antioxidant capacity, and malondialdehyde in patients with type 2 diabetes mellitus.* Journal of the American College of Nutrition, 30(3): 210-215.
  - 18) Khiavi Aghamohammadi, V., **Pourghassem Gargari, B.,** & Aliasgharzadeh, A. (2011). *Effect of folic acid supplementation on indices of glycemic control, insulin resistance and lipid profile in patients with type 2 diabetes mellitus.* Iranian Journal of Endocrinology and Metabolism, 13(4).
  - 19) Aghamohammadi, V., **Pourghassem Gargari, B.,** & Aliasgharzadeh, A. (2011). *Evaluation of the level of plasma homocysteine in patients with type 2 diabetes mellitus under metformin treatment and its correlation with serum total antioxidant capacity, malondialdehyde, creatinine, insulin resistance and glycemic control.* Journal of Zanjan University of Medical Sciences and Health Services, 19(76).
  - 20) Alizadeh, M., Safaeiyan, A., Ostadrahimi, A., Estakhri, R., Daneghian, S., Ghaffari, A., & **Gargari, B. P. (2012).** *Effect of L-arginine and selenium added to a hypocaloric diet enriched with legumes on cardiovascular disease risk factors in women with central obesity: A randomized, double-blind, placebo-controlled trial.* Annals of Nutrition and Metabolism, 60(2): 157-168.
  - 21) Ardabili, H. R., **Gargari, B. P.,** & Farzadi, L. (2012). *Vitamin D supplementation has no effect on insulin resistance assessment in women with polycystic ovary syndrome and vitamin D deficiency.* Nutrition Research, 32(3): 195-201.
  - 22) Esmailzadeh, A., Alizadeh, M., Mohtadinia, J., & **Pourghassem-Gargari, B. (2012).** *Major dietary patterns among female adolescent girls of talaat intelligent guidance school, Tabriz, Iran.* Iranian Red Crescent Medical Journal, 14(7): 436-441.



- 23) Houjehani, S., **Gargari, B. P.**, & Farzadi, L. (2012). *Serum leptin and ghrelin levels in women with polycystic ovary syndrome: Correlation with anthropometric, metabolic, and endocrine parameters*. International Journal of Fertility and Sterility, 6(2): 117-126.
- 24) Rahimi-Ardabili, H., **Pourghassem Gargari, B.**, Farzadi, L. (2013). *Effects of vitamin D on cardiovascular disease risk factors in polycystic ovary syndrome women with vitamin D deficiency*. Journal of Endocrinological Investigation, 36 (1): 28-32.
- 25) **Gargari, B.P.**, Dehghan, P., Aliasgharzadeh, A., Jafar-Abadi, M.A. (2013). *Effects of high performance inulin supplementation on glycemic control and antioxidant status in women with type 2 diabetes*. Diabetes and Metabolism Journal, 37 (2): 140-148.
- 26) Rafraf, M., Mohamadi, E., **Gargari, B.P.** (2013). *Prevalence of overall and abdominal obesity among adolescent high school girls in Tabriz, Iran*. International Medical Journal Malaysia, 12 (1): 27-32.
- 27) Rashidkhani, B., **Pourghassem Gargari, B.**, Ranjbar, F., Zareiy, S., Kargarnovin, Z. (2013). *Dietary patterns and anthropometric indices among Iranian women with major depressive disorder*. Psychiatry Research, 210: 115–120.
- 28) Dehghan, P., **Gargari, B.P.**, Jafar-Abadi, M.A., Aliasgharzadeh, A. (2014). *Inulin controls inflammation and metabolic endotoxemia in women with type 2 diabetes mellitus: A randomized-controlled clinical trial*. International Journal of Food Sciences and Nutrition, 65 (1): 117-123.
- 29) Dehghan P, Pourghassem Gargari B, Asghari Jafar-abadi M. (2014). *Oligofructose-enriched inulin improves some inflammatory markers and metabolic endotoxemia in women with type 2 diabetes mellitus: a randomized controlled clinical trial*. Nutrition, 30(4):418-23.
- 30) Alizadeh M, Gharaaghaji R, **Gargari BP** (2014). *The effects of legumes on metabolic features, insulin resistance and hepatic function tests in women with central obesity: a randomized controlled trial*. Int J Prev Med, 5(6):710-20.
- 31) Mousavi P, Darabi M, Malek A, Amiri S, Jabbari-Moghaddam Y, Shahbazi N, **Gargari BP**. (2015) *Comparison of the nutritional status of boys with and without attention deficit hyperactivity disorder*. Journal of Babol University of Medical Sciences, 16(13): 28-36.
- 32) Ebrahimpour Koujan S, **Gargari BP**, Mobasser M, Valizadeh H, Asghari-Jafarabadi M. (2015). *Effects of Silybum marianum (L.) Gaertn. (silymarin) extract supplementation on antioxidant status and hs-CRP in patients with type 2 diabetes mellitus: A randomized, triple-blind, placebo-controlled clinical trial*. Phytomedicine, 5;22(2):290-6.
- 33) Javadi L, **Pourghassem Gargari B**, Salekzamani S, Yousefzadeh R. (2015). *Folate and Homocysteine Levels and Their Association with Dietary Intakes in Iranian Patients Infected with Helicobacter pylori: a Case-Control Study*. Acta Med Iran, 53(3):162-7.
- 34) Kolahi S, **Pourghassem Gargari B**, Mesgari Abbasi M, Asghari Jafarabadi M, Ghamar zad Shishavan N. (2015). *Effects of phylloquinone supplementation on lipid profile in women with rheumatoid arthritis: a double blind placebo controlled study*. Nutr Res Pract, 9(2):186-91.

- 35) Abdolrasoul Safaeiyan, **Bahram Pourghassem-Gargari**, Rasoul Zarrin, Javid Fereidooni, Mohammad Alizadeh. (2015). *Randomized controlled trial on the effects of legumes on cardiovascular risk factors in women with abdominal obesity*. *Arya Atherosclerosis*, 11(2).
- 36) Aliasgharzadeh A, Dehghan P, **Gargari BP**, Asghari-Jafarabadi M. (2015). *Resistant dextrin, as a prebiotic, improves insulin resistance and inflammation in women with type 2 diabetes: A randomised controlled clinical trial*. *British Journal of Nutrition*, 113(2): 321-330.
- 37) **Gargari BP**, Alizadeh M, Safaeiyan A, Zarrin R. (2015). *Effect of L-arginine and selenium on metabolic features, insulin resistance and hepatic function tests in obese women*. *Current Nutrition and Food Science*, 11(2): 93-98.
- 38) Mirtaheri E, **Pourghassem Gargari B**, Kolahi S, Dehghan P, Asghari-Jafarabadi M, Hajalilou M, Shakiba Novin Z, Mesgari Abbasi M. (2015). *Effects of Alpha-Lipoic Acid Supplementation on Inflammatory Biomarkers and Matrix Metalloproteinase-3 in Rheumatoid Arthritis Patients*. *J Am Coll Nutr* 9:1-8. [Epub ahead of print]

*In English (Retrieved from other indexing systems):*

- 39) **Gargari, B. P.**, Houjehani, S., Mahboob, S., Farzadi, L., & Safaeian, A. (2011). *Assessment of nutrients intake in polycystic ovary syndrome women compared to healthy subjects*. *Iranian Journal of Obstetrics, Gynecology and Infertility*, 14(4).
- 40) **Bahram Pourghassem Gargari**, Deniz Kooshavar, Neda Seyed Sajadi, Safoura Safoura, Mahdiyeh Hamed Behzad, Hassan Shahrokhi. (2011). *Disordered Eating Attitudes and Their Correlates among Iranian High School Girls*. *Health Promotion Perspectives*, 1 (1): 41-49
- 41) Hossein Khadem Haghighian, Alireza Farsad Naimi, **Bahram Pourghassem Gargari**, Akbar Ali-Asgharzadeh, Ali Nemat. (2011). *Effect of cinnamon supplementation on blood glucose and lipid levels in type2 diabetic patients*. *Journal of Paramedical Sciences (JPS)* 2(1) 1-6.
- 42) **Gargari, B. P.**, Houjehani, S., Mahboob, S., Farzadi, L., Safaeian, A., & Behzad, M. H. (2012). *Relationship of serum leptin and ghrelin between insulin resistance and anthropometric indices in women with polycystic ovary syndrome*. *Iranian Journal of Obstetrics, Gynecology and Infertility*, 15(1).
- 43) Bahram Pourghassem Gargari, Maryam Saboktakin, Soltanali Mahboob, Nosratollah Pourafkari (2012). *Nutritional Status in Patients with Major Depressive Disorders: A Pilot Study in Tabriz, Iran*. *Health Promotion Perspectives*, 2 (2):145-152
- 44) Parvin Dehghan, **Bahram Pourghassem Gargari**, Mohammad Asgharijafarabadi. (2013). *Effects of High Performance Inulin Supplementation on Glycemic Status and Lipid Profile in Women with Type 2 Diabetes: A Randomized, Placebo-Controlled Clinical Trial*. *Health Promotion Perspectives*, 3(1): 55-63

- 45) Laleh Payahoo, Yaser Khaje-Bishak, Bahram Pourghassem Gargari, Mohammad-Bagher Kabir-Alavi, Mohammad AsghariJafarabadi. (2013). *Assessment of Nutritional and Depression Status in Free-Living Elderly in Tabriz, Northwest Iran*. Health Promotion Perspectives 3(2):288-293.
- 46) Abedini, S., **Pourghassem Gargari, B.**, Babaei, H., Aliasgarzadeh, A., Pourabdollahi, P. (2013). *Effect of supplementation with grape seed extract (Vitis vinifera) on serum lipid profiles in patient with type 2 diabetes*. Iranian Journal of Endocrinology and Metabolism, 15 (1): 59-66.

#### Published Articles (In Persian)

- 1) **Bahram Pourghassem Gargari**, S. M. Kimiagar, A. A. Abolfathi, N. Vallaii, and M. Ghaffarpour. (1999). *Prevalence of iron deficiency, anaemia, and iron deficiency anemia in high-school students in jolfa, East Azerbaijan*. Pejohandeh (Journal of Shaheed Beheshti University of Medical Sciences), 3(5): 25-30.
- 2) **Bahram Pourghassem Gargari**, M. Hamedeh-Behzad, S. Ghassabpour, and A. Ayat. (2003). *Prevalence of Overweight and obesity in high school girls of Tabriz*. Medical Journal of Tabriz University of Medical Sciences and Health Services, 56: 34-39.
- 3) **Bahram Pourghassem Gargari**, S. Mahboob, S.V. Razavieh, B. Niknafs, H. Kooshavar. (2005). *The effect of retinol on iron bioavailability from Iranian bread in Caco-2 cell culture model*. Medical Journal of Tabriz University of Medical Sciences and Health Services, 27(3): 35-39.
- 4) **Soltanali Mahboob**, Bahram Pourghassem Gargari. (2005). *Biodiversity and food security*. The Nutritional World, 45(4):8-10.
- 5) **Bahram Pourghassem Gargari**, S. Mahboob, S.V. Razavieh. (2005). *Content of phytic acid and its mole ratio to zinc in flour and breads consumed in Tabriz, Iran*. Urmia Medical Journal, 16(3):136-142.
- 6) **Bahram Pourghassem Gargari**, Mahdiyeh Hamed Behzad, Abdolrasoul Safaiyan, Diana Anderson. (2006). *Effect of vitamins C, E and B-carotene on iron and H2O2-induced DNA damage in Caco-2 cells*. Medical Journal of Tabriz University of Medical Sciences and Health Services, 28(2): 31-37.
- 7) Maryam Saboktakin, **Bahram Pourghassem Gargari**, Soltan Ali Mahboob, Nosratollah Pourafkari. (2008). *Assessment of Folate and vitamin B12 in patients with major depressive disorder*. Urmia Medical Journal, 19(2): 112-119.
- 8) **M Saboktakin**, Bahram Pourghassem Gargari, S. A Mahboob and N Pourafkari. (2009). *The effect of folic acid supplementation on plasma homocysteine levels: a double-blind placebo-controlled randomization trial on patients*. Urmia Medical Journal, 20(3): 172-180.

- 9) Ebrahimzadeh Attari V, **Pourghassem Gargari Bahram**, Rafraf M, Gorbani A, Tabibi H. (2009). *Effect of flaxseed (*Linum usitatissimum*) on serum lipid profile and malondialdehyde in hyperlipidemic rabbits*. Pharmaceutical Sciences, Journal of Faculty of Pharmacy, Tabriz University of Medical Sciences, 15(2): 195- 204.
- 10) **Bahram Pourghassem Gargari**, Denez Kooshavar, Neda Seyed Sajadi, Safora Karami, Hassan Shahrokhi. (2009). *Risk of Eating Disorders in Tabrizian High School Girls in 2007*. Medical Journal of Tabriz University of Medical Sciences and Health Services, 30(4): 21-26.
- 11) **Mohammad Alizadeh**, Javad Mohtadinia, Bahram Pourhassan Gargari, Ahmad Esmailzadeh. *Major Dietary Patterns among Adolescent Girls*. Medical Journal of Tabriz University of Medical Sciences and Health Services, 2009; 31(3): 63-69.
- 12) Sharareh Hamidifard, Ali Fakhari, Soltanali Mahboob, **Bahram Pourghassem Gargari**. *Plasma Levels of Lipoprotein (a) in Patients with Major Depressive Disorder*. Iranian Journal of Psychiatry and Clinical Psychology, 2009: 15(1):10-17.
- 13) Ebrahimzadeh Attari V, **Pourghassem Gargari Bahram**, Rafraf M, Gorbani A, Tabibi H. Effect of *Ground Black Seed (*Nigella Sativa L.*) on Serum Lipid Profile, Body Weight and Food Intake in Hyperlipidemic Rabbits*. The Scientific Journal of Zanzan University of Medical Sciences, 2009; 18(70): 31-43.
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