

**HELDA TUTUNCHI  
CURRICULUM VITAE**

**PERSONAL INFORMATION**

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**Assistant Professor of Nutrition, Endocrine Research Center, Tabriz University of Medical Sciences, Tabriz, Iran**

LANGUAGES: **English, Persian, and Turkish,**

**CONTACT INFORMATION:**

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**EDUCATION**

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**PhD in Nutritional Sciences, Tabriz University of Medical Sciences** **2020**

• **Specialization in clinical nutrition**

- *Dissertation:* Effects of oleoylethanolamide supplementation on the expression of PPAR- $\alpha$ , UCP1 and UCP2 genes, metabolic parameters, and anthropometric indices among obese adult with non-alcoholic fatty liver disease: A triple-blind randomized controlled clinical trial

**Master of Science in Nutritional Sciences, Tabriz University of Medical Sciences** **2005**

• **Specialization in community nutrition**

- *Thesis:* Determination of validity a six-itemed short questionnaire for screening food insecurity at northwest of Iran

**Bachelor of Science in Nutritional Sciences, Tabriz University of Medical Sciences** **2002**

**UNIVERSITY WORK EXPERIENCE**

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1. Tabriz University of Medical Sciences 2018-2020
  - Medical nutrition therapy for liver disease
  - Medical nutrition therapy for gastrointestinal disorders
2. Islamic Azad University of Tabriz 2007-2008
  - Nutrition (Energy, macronutrients, vitamins, minerals, nutrition in the life cycle)
3. Agriculture Research, Education and Development Organization, Shahid Sardari Education Complex-East Azerbaijan 2007-2011
  - Nutrition in the community
4. Maragheh Foodstuff Applied-Scientific Higher Education Center 2006-2011
  - Digestion, absorption, transport, and excretion of nutrients
  - Nutrition for weight management
  - Nutrition in eating disorders
  - Macronutrients
  - Vitamins and minerals

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**PROJECTS**

	<b>Projects (years)</b>	<b>Year</b>
1	Soy isoflavone intake and risk of cardiovascular disease in adults: a systematic review and dose-response meta-analysis of prospective cohort studies	1403
2	The association between emotion regulation and essential hypertension: A systematic-review	1403
3	Investigation rational use of antidiabetic drugs in Azar the cohort population	1403
4	The effect of boron citrate supplementation on oxidative stress indices SOD, PAB, GPx, TAC in obese people,a double-blind placebo-controlled randomized clinical trial	1403
5	Vitamin D and risk of mortality in patients with chronic kidney disease: systematic review and dose-response meta-analysis of observational cohort studies	1403
6	The predictive value of serum glucose level at the time of hospital admission in diabetic and non-diabetic patients with acute ST-segment elevation myocardial infarction (STEMI) in determining patient outcomes	1403
7	Synbiotic supplementation on gut microbiome metabolite, inflammatory and cardiovascular factors in mild subclinical hypothyroid patients: A double-blind placebo-controlled randomized clinical trial	1403
8	Association of dietary intake and biomarkers of omega 3 fatty acids with the risk of type 2 diabetes: a systematic review and dose-response meta-analysis of prospective cohort studies	1402
9	The effect of boron citrate supplementation on the serum level of thyroid hormones (free and bounded) in obese people: a double-blind placebo-controlled randomized clinical trial	1402
10	Sleep quality and its association with anthropometric and metabolic factors in NAFLD: a case-control study	1402
11	Effects of hydro-alcoholic extract of Fumaria parviflora supplementation on gene expressions of inflammatory parameters, anthropometric indices and body composition in patients with type 2 diabetes: A clinical trial	1402
12	Linoleic acid and risk of cardiovascular disease: a systematic review and dose-response meta-analysis of cohort studies	1402
13	Yogurt consumption and risk of mortality from all causes, cardiovascular disease, and cancer: a comprehensive systematic review and dose-response meta-analysis of cohort studies	1401
14	The effect of boron citrate supplementation on nutritional status, cardiometabolic factors, liver function and TNF- $\alpha$ , Interleukin-10 and 6 and CRP levels in Obese patients: a double-blind placebo-controlled randomized clinical trial	1401
15	The effects of probiotics on VCAM-1 and ICAM-1: A systematic review and meta-analysis of randomized controlled trials	1401
16	Selenium and Zinc Supplementation in HIV- Infected Patients: An Umbrella Review of Systematic Reviews	1401
17	Comparison of the effect of adjuvant treatment with radiotherapy in acromegaly patients: a retrospective study	1401
18	Assessment of hematological inflammatory indices and their relation to metabolic, anthropometry and liver function biomarkers in patients with non-alcoholic fatty liver disease: A cross-sectional study	1401

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19	The effect of royal jelly supplementation on hormonal status, insulin resistance and inflammatory factors in patients with polycystic ovary syndrome (PCOS): pilot study	1401
20	Evaluation of the effect of Empagliflozin on blood glucose, BMI, HbA1c and insulin dose in patients with type 1 diabetes	1401
21	The effect of boron supplementation on PPAR- $\gamma$ , SIRT1, PGC-1 $\alpha$ and AMPK in Obese people: a double-blind randomized clinical trial	1401
22	Non-Alcoholic Fatty Liver Disease Across Endocrinopathies: From Pathophysiology to Novel Therapeutic Approaches	1401
23	The effect of oleoylethanolamide supplementation on serum levels of inflammatory factors (IL-1 $\beta$ , hs-CRP, TNF- $\alpha$ , MCP-1) in adult patients with non-alcoholic fatty liver disease: A triple-blinded, randomized, placebo-controlled clinical trial	1401
24	The effect of oleoylethanolamide supplementation in combination with weight loss diet on oxidative stress status in adult patients with non-alcoholic fatty liver disease	1401
25	A comprehensive systematic review of the therapeutic effects and mechanisms of action of resveratrol on polycystic ovary syndrome (PCOS)	1400
26	The effect of Fumaria parviflora hydroalcoholic extract on lipid profile, blood glucose indices, inflammatory factors, oxidative stress indices, and liver enzymes in patients with type 2 diabetes under low calorie diet	1400
27	The effects of oleoylethanolamide supplementation on serum levels of NRG-4, SIRT-1, AMPK, Follistatin, Myostatin and prooxidant-antioxidant balance (PAB) in obese NAFLD patients under a low-calorie diet	1400
28	The association of the liver fibrosis with NAFLD risk factors, and the effects of oleoylethanolamide supplementation on hematological factors, and genes expression of PPAR- $\gamma$ , PGC-1 $\alpha$ , SIRT1, C/EBP- $\alpha$ , CEBP- $\beta$ , AMPK in adults patients with non-alcoholic fatty liver disease	1400
29	The association of the adipokine zinc-alpha2-glycoprotein with non-alcoholic fatty liver disease and related risk factors: A comprehensive systematic review	1399
30	The Effect of Supplementation with boron-containing compounds and Oleoylethanolamid on Patients with Known COVID-19: pilot study	1399
31	The effect of oleoylethanolamide supplementation on serum level of LBP (Lipopolysaccharide binding protein) and gene expression levels of MYD88(Myeloid differentiation primary response 88), TRIF(TIR-domain-containing adapter-inducing interferon- $\beta$ ), Caspase 8 (cystein-aspartic protease 8), and IL1- $\beta$ (interleukin 1- $\beta$ ) in PBMCs of obese adult patients with non-alcoholic fatty liver disease	1398
32	The effect of Oleoylethanolamide supplementation on pyroptosis pathway genes (TLR4, NLRP3 Caspase1, and IL18) in peripheral blood mononuclear cells of obese patients with non-alcoholic fatty liver disease: a double-blind randomized controlled trial	1398
33	The effect of oleoylethanolamide supplementation on serum levels of Neuregulin 4 batokine in obese patients with non-alcoholic fatty liver disease	1398

**SCHOLARLY CONFERENCE PRESENTATIONS**

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1. Tutunchi, H. (2016). The relationship between the immune system, inflammatory mechanisms in obesity and insulin resistance with colorectal cancer. *Istanbul 26<sup>th</sup> International Conference on Medical, Medicine and Health Science (MMHS), July 2-3, 2016. Turkey, Istanbul.*

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2. Tutunchi, H. (2015). Comparing traditional learning with e-learning of nutrition knowledge: Effectiveness for motivation, learning, and stress among female high school students. *14<sup>th</sup> Annual Worldwide Forum on Education and Culture 3-4 December, 2015. Italy, Rome.*
3. Tutunchi, H. (2015). Investigating the relationship e-learning and family income on nutritional awareness and weekly frequency of food consumption in high school female students. *International Journal Art & Sciences (IJAS). April 13-16. France. Paris.*
4. Tutunchi, H. (2006). Food choices and risk of obesity in Iran. *Congress of Epidemiology. USA, Washington.*
5. Tutunchi, H. (2006). Validity of a short questionnaire for food insecurity surveillance in Iran. *Congress of Epidemiology. USA, Washington.*
6. Tutunchi, H. (2004). Colorectal cancer and dairy products. *4<sup>th</sup> International Congress of Gastroenterology.*

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**PUBLICATIONS**

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1. Naghshi S, **Tutunchi H**, Yousefi M, Naeini F, Mobarak S, Asadi M, Sadeghi O. Soy isoflavone intake and risk of cardiovascular disease in adults: A systematic review and dose-response meta-analysis of prospective cohort studies. *Critical Reviews in Food Science and Nutrition*. 2024;64 (18):6087-6101. (IF=7.3, Q1).
2. Association of systemic inflammatory indices with anthropometric measures, metabolic factors, and liver function in non-alcoholic fatty liver disease. Arefhosseini S, Aghajani T, **Tutunchi H**, Ebrahimi-Mameghani M. *Scientific Reports*. 2024 ;4;14(1):12829. doi: 10.1038/s41598-024-63381-5 (IF=3.8, Q1)
3. Aylee Sobhanifar, Sara Arefhosseini, **Helda Tutunchi**, Seyed Rafie Arefhosseini, Mehrangiz Ebrahimi-Mameghani. Effects of inositols on adipokines: A systematic review of current knowledge and potential mechanisms, *Journal of Functional Foods*, [Volume 114](#), 2024, 106056 (IF= 5.60, Q1).
4. Arash Karimi, Pouria Sefidmooye Azar, Mahmoud Reshadatjoo, Mahdi Vajdi, Amir Bahrami, Farzad Najafipour, **Helda Tutunchi (corresponding author)**. A Double-Blind, Randomized, Clinical Trial of the Effects of *Fumaria parviflora* Supplementation on Metabolic Parameters, Anthropometric Indices and Serum Levels of Leptin, Adiponectin and Resistin in Patients with Type 2 Diabetes. *Journal of Biological Regulators and Homeostatic Agents*. 2023, 37(9): 4825-4836 (IF= 3.20, Q3).
5. Somayeh Rostami, Sara Arefhosseini, **Helda Tutunchi**, Manouchehr Khoshbaten, Mehrangiz Ebrahimi-Mameghani. Does myo-inositol supplementation influence oxidative stress biomarkers in patients with non-alcoholic fatty liver disease? *Food Science & Nutrition*, [Volume 12](#), 2024, 1279-1289 (IF= 3.90, Q1).
6. Neda Roshanravan, **Helda Tutunchi**, Rezayat Parvizi , Sepideh Bastani , et al. Risk factors for atherosclerotic cardiovascular disease (ASCVD) in healthcare professionals of Azar Cohort Study: A cross-sectional Study. *Health Promot Perspect*. 2024;[14\(2\)](#): 161-167. (IF=2.4, Q1).
7. **Tutunchi H**, Ebrahimi-Mameghani M, Hosseinzadeh-Attar MJ, Roshanravan N, Mobasser M, Najafipour F, Naeini F, Naghshi S, Asghari S, Akbarzadeh M, Soleimanzadeh H, Ostadrahimi A. Effects of oleoylethanolamide supplementation on the expression of lipid metabolism-related genes and serum NRG4 levels in patients with non-alcoholic fatty liver disease: A randomized controlled trial. *Clinical Nutrition ESPEN*, 2023;58:311-319 (IF= 3.00, Q3).
8. Faramarzi E, Somi MH, **Tutunchi H**, Almaspour H, Sanaie S, Asemani S. The association of parity number with multimorbidity and polypharmacy among Iranian women in the Azarcohort: a cross-sectional study. *BMC Womens Health*. 2023;23(1):295 (IF= 2.50, Q2).
9. Rooholahzadegan F, Arefhosseini S, **Tutunchi H**, Badali T, Khoshbaten M, Ebrahimi-Mameghani M. The effect of DASH diet on glycemic response, meta-inflammation and serum LPS in obese patients with NAFLD: a double-blind controlled randomized clinical trial. *Nutrition & Metabolism*. 2023 14;20 (1):11 (IF= 4.50, Q1).

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10. Ostadrahimi A, Manzari T, Gohari-Lasaki S, **Tutunchi H**, Mobasseri M, Sadra V, Najafipour F. Effects of levothyroxine replacement therapy on insulin resistance in patients with untreated primary hypothyroidism. *BMC Research Notes*. **2023**, 29;16(1):237(**IF= 1.80, Q2**).
11. Rezazadeh L, Ostadrahimi A, **Tutunchi H**, Naemi Kermanshahi M, Pourmoradian S. Nutrition interventions to address nutritional problems in HIV-positive patients: translating knowledge into practice. *Journal of Health Population and Nutrition*. **2023**, 8;42(1):94 (**IF= 1.90, Q2**).
12. **Tutunchi H**, Arefhosseini S, Nomi-Golzar S, Ebrahimi-Mameghani M. Effects of Hydroxycitric Acid Supplementation on Body Composition, Obesity Indices, Appetite, Leptin, and Adiponectin of Women with NAFLD on a Calorie-Restricted Diet. *International Journal of Clinical Practice*. **2023** Jul 12; 2023:6492478. (**IF= 3.00, Q2**).
13. **Tutunchi H**, Naghshi S, Naemi M, Naeini F, Esmailzadeh A. Yogurt consumption and risk of mortality from all causes, CVD and cancer: a comprehensive systematic review and dose–response meta-analysis of cohort studies. *Public Health Nutrition*. **2023**;26(6):1196-1209 (**IF= 3.20, Q1**).
14. SadrAzar A, Sanaie S, **Tutunchi H**, Sheikh B, Faramarzi E, Jourabchi-Ghadim N. Is early age at menarche associated with multimorbidity? Findings from the Azar Cohort study? *European Journal of Obstetrics & Gynecology and Reproductive Biology*. **2023**; 287:46-51 (**IF= 2.60, Q2**).
15. Roshanravan N, Bastani S, **Tutunchi H**, Kafil B, Nikpayam O, Mesri Alamdari N, Hadi A, Sotoudeh S, Ghaffari S, Ostadrahimi A. A comprehensive systematic review of the effectiveness of *Akkermansia muciniphila*, a member of the gut microbiome, for the management of obesity and associated metabolic disorders. *Archives of Physiology and Biochemistry*. **2023**;129(3):741-751(**IF= 3.00, Q2**).
16. Sara Arefhosseini, Neda Roshanravan, Samira Asghari, **Helda Tutunchi**, Mehrangiz Ebrahimi-Mameghani. Expression of inflammatory genes, WBC-derived inflammatory biomarkers and liver function indices: Effects of myo-inositol supplementation in obese patients with NAFLD. *Journal of Functional Foods*. [Volume 104](#), **2023**, 105524 (**IF= 5.60, Q1**).
17. **Helda Tutunchi**, Farideh Zolrahim, Mahlagha Nikbaf-Shandiz, Fatemeh Naeini, Alireza Ostadrahimi, Sina Naghshi, Reza Salek, Farzad Najafipour. Effects of oleoylethanolamide supplementation on inflammatory biomarkers, oxidative stress and antioxidant parameters of obese patients with NAFLD on a calorie-restricted diet: A randomized controlled trial. *Frontiers in Pharmacology*. Volume 14, **2023**, 1144550 (**IF= 5.60, Q1**).
18. **Tutunchi H**, Arefhosseini S, Ebrahimi-Mameghani M. Clinical effectiveness of  $\alpha$ -lipoic acid, myo-inositol and propolis supplementation on metabolic profiles and liver function in obese patients with NAFLD: A randomized controlled clinical trial. *Clinical Nutrition ESPEN*. **2023**; 54:412-420 (**IF= 3.00, Q3**).

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19. Rezazadeh L, Pourmoradian S, **Tutunchi H**, Farrin N, Radkhah N, Ostadrahimi A. The effects of probiotics on VCAM-1 and ICAM-1: A systematic review and meta-analysis of randomized controlled trials. *Clinical Nutrition ESPEN*. **2023**; 54:60-67(**IF= 3.00, Q3**).
20. Sara Arefhosseini, Neda Roshanravan, **Helda Tutunchi**, Somayyeh Rostami, Manuchehr Khoshbaten, Mehrangiz Ebrahimi-Mameghani. Myo-inositol supplementation improves cardiometabolic factors, anthropometric measures, and liver function in obese patients with non-alcoholic fatty liver disease. *Frontiers in Nutrition*. Volume 10, **2023**, 1092544 (**IF= 5.00, Q2**).
21. Mohammad Naemi Kermanshahi, Ehsan Safaei, **Helda Tutunchi**, Sina Naghshi, Sara Mobarak, Masoomeh Asadi, Omid Sadeghi. Fruit and vegetable intake in relation to gastric cancer risk: A comprehensive and updated systematic review and dose-response meta-analysis of cohort studies. *Frontiers in Nutrition*. Volume 10, **2023**, 973171 (**IF= 5.00, Q2**).
22. Samira Pourmoradian, Leila Rezazadeh, **Helda Tutunchi**, Alireza Ostadrahimi. Selenium and Zinc supplementation in HIV-infected patients. *International Journal for Vitamin and Nutrition Research*. **2023**, **Online ahead of print (IF= 2.30, Q2)**.
23. Mohammad Naemi, Sina Naghshi, Somaye Rostami, Ehsan Safaei, **Helda Tutunchi (corresponding author)** Alireza Ostadrahimi. Effects of boron citrate supplementation on cardiometabolic factors, inflammatory biomarkers and anthropometric measures in obese patients: study protocol for a randomised, double-blind clinical trial. *BMJ Open*. Volume 13, **2023**, e075941 (**IF= 2.90, Q1**).
24. Sara Arefhosseini, **Helda Tutunchi**, Shahrzad Tavakkoli, Seyed Rafie Arefhosseini, Mehrangiz Ebrahimi-Mameghani. Association of neck circumference-related indices with metabolic, atherogenic and liver function biomarkers in patients with non-alcoholic fatty liver disease: a cross-sectional study. *BMJ Open*. [Volume 13](#), **2023**, 13: e073452. (**IF= 2.90, Q1**).
25. Muhammad Reza Joya, Sina Naghshi, Omid Sadeghi, Sanaz Benisi-Kohansal, Leila Azadbakht, Keyhan Lotfi, Alireza Ostadrahimi, **Helda Tutunchi**, Ahmad Esmailzadeh. Dietary linoleic acid intake in relation to breast cancer: A case-control study. *Health Promotion Perspectives*. **2023**, 13 (3), 219. (**IF= 4.40, Q1**).
26. Taghi Badali, Sara Arefhosseini, Farnaz Rooholahzadegan, **Helda Tutunchi**, Mehrangiz Ebrahimi-Mameghani. The effect of DASH diet on atherogenic indices, pro-oxidant-antioxidant balance, and liver steatosis in obese adults with non-alcoholic fatty liver disease: A double-blind controlled randomized clinical trial. *Health Promotion Perspectives*. **2023**, 13 (1), 77 (**IF= 4.40, Q1**).
27. Arefhosseini S, Ebrahimi-Mameghani M, Najafipour F, **Tutunchi H**. Non-alcoholic fatty liver disease across endocrinopathies: Interaction with sex hormones. *Front Endocrinol (Lausanne)*. **2022** Nov 7; 13:1032361. doi: 10.3389/fendo.2022.1032361. (**IF=3.9, Q2**).

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28. Karimi A, **Tutunchi H**, Naeini F, Vajdi M, Mobasser M, Najafipour F. The therapeutic effects and mechanisms of action of resveratrol on polycystic ovary syndrome: A comprehensive systematic review of clinical, animal and in vitro studies. *Clinical and Experimental Pharmacology & Physiology* (**Impact Factor: 2.963, Q2**). 2022; 49 (9):935-949..
29. Zarezadeh M, Musazadeh V, Faghfour AH, Sarmadi B, Jamilian P, Jamilian P, **Tutunchi H**, Dehghan P. Probiotic therapy, a novel and efficient adjuvant approach to improve glycemic status: An umbrella meta-analysis. *Pharmacological Research* (**Impact Factor: 10.334, Q1**). 2022; 183:106397. doi: 10.1016/j.phrs.2022.106397.
30. Akbari N, Ostadrahimi A, **Tutunchi H**, Pourmoradian S, Farrin N, Najafipour F, Soleimanzadeh H, Kafil B, Mobasser M. Possible therapeutic effects of boron citrate and oleoylethanolamide supplementation in patients with COVID-19: A pilot randomized, double-blind, clinical trial. *Journal of Trace Elements in Medicine and Biology* (**Impact Factor: 3.995, Q1**). 2022; 71:126945. doi: 10.1016/j.jtemb.2022.126945.
31. Arefhosseini S, Pouretedal Z, **Tutunchi H**, Ebrahimi-Mameghani M. Serum copper, ceruloplasmin, and their relations to metabolic factors in nonalcoholic fatty liver disease: a cross-sectional study. *European Journal of Gastroenterology and Hepatology* (**Impact Factor: 2.586, Q1**). 2022; 34(4):443-448.
32. Farrin N, Rezazadeh L, Pourmoradian S, Attari VE, **Tutunchi H**, Zarezadeh M, Najafipour F, Ostadrahimi A. Boron compound administration; A novel agent in weight management: A systematic review and meta-analysis of animal studies. *Journal of Trace Elements in Medicine and Biology* (**Impact Factor: 3.995, Q1**). 2022; 72:126969. doi: 10.1016/j.jtemb.2022.126969.
33. Nikbaf-Shandiz M, **Tutunchi H**, Khoshbaten M, Nazari Bonab H, Ebrahimi-Mameghani M. Propolis supplementation in obese patients with non-alcoholic fatty liver disease: effects on glucose homeostasis, lipid profile, liver function, anthropometric indices and meta-inflammation. *Food and Function* (**Impact Factor: 6.317, Q1**). 2022 Oct 20. doi: 10.1039/d2fo01280d. Online ahead of print.
34. Ostadrahimi A , Sadra V , Bahrami A , Razzaghi Z , Najafipour M , **Tutunchi H** , Najafipour F. What hematological and endocrinal indicators are important in COVID-19 infection? Health Promotion Perspectives (*ESCI (ISI), Q1*). 2022, 12(2), 212-217
35. Roshanravan N, **Tutunchi H**, Najafipour F, Dastouri M, Ghaffari S, Jebeli A. A glance at the application of CRISPR/Cas9 gene-editing technology in cardiovascular diseases. *Journal of Cardiovascular and Thoracic Research* (**ESCI (ISI), Q4**). 2022; 14(2):77-83. doi: 10.34172/jcvtr.2022.14.
36. Karimi A, Naeini F, Niazkar HR, **Tutunchi H**, Musazadeh V, Mahmoodpoor A, Asghariazar V, Mobasser M, Tarighat-Esfanjani A. Nano-curcumin supplementation in critically ill patients with sepsis: a randomized clinical trial investigating the inflammatory biomarkers, oxidative stress indices, endothelial function, clinical outcomes and nutritional status. *Food and Function* (**Impact Factor: 6.317, Q1**). 2022; 13(12):6596-6612. doi: 10.1039/d1fo03746c.



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37. Khosravi Z, Hadi A, **Tutunchi H**, Asghari-Jafarabadi M, Naeinie F, Roshanravan N, Ostadrahimi A, Fadel A. The effects of butyrate supplementation on glycemic control, lipid profile, blood pressure, nitric oxide level and glutathione peroxidase activity in type 2 diabetic patients: A randomized triple -blind, placebo-controlled trial. *Clinical Nutrition ESPEN*. (ESCI (ISI), Q3). 2022; 49:79-85. doi: 10.1016/j.clnesp.2022.03.008.
38. Arefhosseini S, **Tutunchi H**, Nomi-Golzar S, Mahboob S, Pouretedal Z, Ebrahimi-Mameghani M. The effect of hydroxy citric acid supplementation with calorie-restricted diet on metabolic, atherogenic and inflammatory biomarkers in women with non-alcoholic fatty liver disease: a randomized controlled clinical trial. *Food and Function* (Impact Factor: 6.317, Q1). 2022; 13(9):5124-5134. doi: 10.1039/d1fo03685h.
39. Amiri P, Hosseini SA, Ghaffari S, **Tutunchi H**, Ghaffari S, Mosharkesh E, Asghari S, Roshanravan N. Role of Butyrate, a Gut Microbiota Derived Metabolite, in Cardiovascular Diseases: A comprehensive narrative review. *Frontiers in Pharmacology* (Impact Factor: 5.988, Q1). 2022 Feb 2; 12:837509. doi: 10.3389/fphar.2021.837509.
40. Naeini F, **Tutunchi H**, Razmi H, Mahmoodpoor A, Vajdi M, Sefidmooye Azar P, Najifipour F, Tarighat-Esfanjani A, Karimi A. Does nano-curcumin supplementation improve hematological indices in critically ill patients with sepsis? A randomized controlled clinical trial. *Journal of Food Biochemistry* (Impact Factor: 3.654, Q2). 2022; 46(5):e14093. doi: 10.1111/jfbc.14093. Epub 2022 Feb 12.
41. Naeini F, Namkhah Z, **Tutunchi H**, Rezayat SM, Mansouri S, Yaseri M, Hosseinzadeh-Attar MJ. Effects of naringenin supplementation on cardiovascular risk factors in overweight/obese patients with nonalcoholic fatty liver disease: a pilot double-blind, placebo-controlled, randomized clinical trial *European Journal of Gastroenterology and Hepatology* (Impact Factor: 2.586, Q1). 2022; 1; 34(3):345-353.
42. Houshyar, J., Ostadrahimi, A., Pourmoradian, S., **Tutunchi, H.**, Mobasseri, M. Associations between Lake Urmia disaster and the prevalence of thyroid nodules and metabolic syndrome: The AZAR cohort survey. 2022. *Health Promotion Perspectives*, 12(3):310-314 (IF, 2.24, Q1)
43. Nasimi Doost Azgomi R, Karimi A, **Tutunchi H**, Moini Jazani A. A comprehensive mechanistic and therapeutic insight into the effect of chicory (*Cichorium intybus*) supplementation in diabetes mellitus: A systematic review of literature. *International Journal of Clinical Practice* (Impact Factor: 3.149, Q2). 2021;75 (12):e14945
44. **Tutunchi H**, Naeini F, Mobasseri M, Ostadrahimi A. Triglyceride glucose (TyG) index and the progression of liver fibrosis: A cross-sectional study. *Clinical Nutrition ESPEN*. IF=2.9, Q3). 2021; 44:483-487. doi: 10.1016/j.clnesp.2021.04.025.
45. **Tutunchi H**, Naeini F, Ebrahimi-Mameghani M, Najafipour F, Mobasseri M, Ostadrahimi A. Metabolically healthy and unhealthy obesity and the progression of liver fibrosis: A cross-sectional study. *Clinics and Research in Hepatology and Gastroenterology* (Impact Factor: 3.189, Q3). 2021; 45(6):101754. doi: 10.1016/j.clinre.2021.101754.

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46. Naeini F, Zarezadeh M, Mohiti S, **Tutunchi H**, Ebrahimi Mamaghani M, Ostadrahimi A. Spirulina supplementation as an adjuvant therapy in enhancement of antioxidant capacity: A systematic review and meta-analysis of controlled clinical trials. *International Journal of Clinical Practice (Impact Factor: 3.149, Q2)*. 2021; 75(10):e14618. doi: 10.1111/ijcp.14618.
47. **Tutunchi H**, Mobasser M, Aghamohammadzadeh N, Hooshyar J, Naeini F, Najafipour F. Serum neuregulin 4 (NRG-4) level and non-alcoholic fatty liver disease (NAFLD): A case-control study. *International Journal of Clinical Practice (Impact Factor: 3.149, Q2)*. 2021; 75(10):e14555. doi: 10.1111/ijcp.14555.
48. Karimi A, Naeini F, Asghari Azar V, Hasanzadeh M, Ostadrahimi A, Niazkar HR, Mobasser M, **Tutunchi H**. A comprehensive systematic review of the therapeutic effects and mechanisms of action of quercetin in sepsis. *Phytomedicine (Impact Factor: 7.707, Q1)*. 2021; 86:153567. doi: 10.1016/j.phymed.2021.153567.
49. Mohiti S, Zarezadeh M, Naeini F, **Tutunchi H**, Ostadrahimi A, Ghoreishi Z, Ebrahimi Mamaghani M. Spirulina supplementation and oxidative stress and pro-inflammatory biomarkers: A systematic review and meta-analysis of controlled clinical trials. *Clinical and Experimental Pharmacology and Physiology (Impact Factor: 2.963 Q2)*. 2021; 48(8):1059-1069. doi: 10.1111/1440-1681.
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