


Curriculum Vitae

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NAME: Parinaz Poursafa

POSITION TITLE: PhD

RESEARCH IDs

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ORCID	0000-0002-8067-4122	https://orcid.org/0000-0002-8067-4122
Researcher ID	U-2924-2017	http://www.researcherid.com/rid/U-2924-2017
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EDUCATION AND TRAINING

INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	Start Date MM/YYYY	Completion Date MM/YYYY	FIELD OF STUDY
Isfahan University of Medical Sciences, Isfahan-Iran	Ph.D.	2013	2017	Environmental Health Engineering
Islamic Azad University, Science and Research branch, Tehran-Iran	M.Sc.	2008	2010	Environmental sciences
Isfahan University of Medical Sciences, Isfahan-Iran	B.S	2003	2008	Environmental sciences

RESEARCH INTEREST

My research is focused on health effects of environmental pollutants specifically focusing on air pollutants health effect. My another research interest is human biomonitoring as a tool of health-related environmental monitoring with determination and measurement of pollutants in human body.

HONORS AND AWARDS

- 2012** Selected as a member of the National Elite Foundation
- 2012** National Presidential award for being selected as the First rank young researcher in the 17th National Razi Research Festival, Tehran, Iran
- 2012** Governor General award for being selected as the First rank Provincial researcher, Isfahan, Iran
- 2011** Distinguished researcher of Isfahan University of Medical Sciences, Isfahan, Iran
- 2011** Distinguished researcher of Environment Research Center, Isfahan, Iran
- 2011** First rank M.sc thesis in the 5th National congress on Environment, Tehran, Iran

POSITIONS AND EMPLOYMENT

- 2011 – PRESENT Working as a Researcher in Environment Research Center, Isfahan University of Medical Sciences
- 2011 – PRESENT Research Assistant in Environment Research Center, Isfahan University of Medical Sciences

PUBLICATIONS AND CONTRIBUTIONS

1. Ashtari F, Esmaeil N, Mansourian M, Poursafa P, Mirmosayyeb O, Barzegar M, Pourgheisari H. An 8-year study of people with multiple sclerosis in Isfahan, Iran: Association between environmental air pollutants and severity of disease. *J Neuroimmunol.* 2018 Jun 15;319:106-111. PubMed PMID: 29526408.
2. Parastar S, Ebrahimpour K, Hashemi M, Maracy MR, Ebrahimi A, Poursafa P, Kelishadi R. Association of urinary concentrations of four chlorophenol pesticides with cardiometabolic risk factors and obesity in children and adolescents. *Environ Sci Pollut Res Int.* 2018 Feb;25(5):4516-4523.
3. Kelishadi R, Sobhani P, Poursafa P, Amin MM, Ebrahimpour K, Hovsepian S, Mansourian M, Najafi R, Hashemipour M. Is there any association between urinary metabolites of polycyclic aromatic hydrocarbons and thyroid hormone levels in children and adolescents? *Environ Sci Pollut Res Int.* 2018 Jan;25(2):1962-1968. PubMed PMID: 29105036.
4. Poursafa P, Amin MM, Hajizadeh Y, Mansourian M, Pourzamani H, Ebrahim K, Sadeghian B, Kelishadi R. Association of atmospheric concentrations of polycyclic aromatic hydrocarbons with their urinary metabolites in children and adolescents. *Environ Sci Pollut Res Int.* 2017 Jul;24(20):17136-17144. PubMed PMID: 28585013.
5. Poursafa P, Moosazadeh M, Abedini E, Hajizadeh Y, Mansourian M, Pourzamani H, Amin MM. A Systematic Review on the Effects of Polycyclic Aromatic Hydrocarbons on Cardiometabolic Impairment. *Int J Prev Med.* 2017 Apr 6;8:19.
6. Ebrahim K, Poursafa P, Amin MM. Development of a simple and valid method for the trace determination of phthalate esters in human plasma using dispersive liquid-liquid microextraction coupled with gas chromatography-mass spectrometry. *J Sep Sci.* 2017 Nov;40(22):4403-4410.
7. Poursafa P, Amin MM, Mansourian M, Hajizadeh Y, Sadeghian B, Kelishadi R. Association of Exposure to Fine Particulate Matter and Risk Factors of Non-Communicable Diseases in Children and Adolescents; *Int J Pediatr, Vol.5, N.10, Oct. 2017.*
8. Kelishadi R, Hasanghaliaei N, Poursafa P, Keikha M, Ghannadi A, Yazdi M, Rahimi E. A randomized controlled trial on the effects of jujube fruit on the concentrations of some toxic trace elements in human milk. *J Res Med Sci.* 2016 Nov 7;21:108.

9. Ebrahimi A, Mahdavi M, Ghasemian A, Poursafa P, Sharifi F, Mohammadi R, Nejatifar M, Amin MM, Asayesh H, Safiri S, Ansari H, Qorbani M. Trends in health burden of untreated water and insanitary environments in Iran, 1990-2010:
10. Findings from the global burden of disease study 2010. *Med J Islam Repub Iran*. 2016 Oct 15;30:424. eCollection 2016. PubMed PMID: 28210589; PubMed Central PMCID: PMC5307626.
11. Kelishadi R, Shahsanai A, Qorbani M, Ardalan G, Poursafa P, Heshmat R, Motlagh ME. Exposure to Hookah and Cigarette Smoke in Children and Adolescents According to Their Socio-Economic Status: The CASPIAN-IV Study. *Iran J Pediatr*. 2016;12;26(4):e3036.
12. Zarean M, Keikha M, Poursafa P, Khalighinejad P, Amin M, Kelishadi R. A systematic review on the adverse health effects of di-2-ethylhexyl phthalate. *Environ Sci Pollut Res Int*. 2016;23(24):24642-24693.
13. Poursafa P, Baradaran-Mahdavi S, Moradi B, Haghjooy Javanmard S, Tajadini M, Mehrabian F, Kelishadi R. The relationship of exposure to air pollutants in pregnancy with surrogate markers of endothelial dysfunction in umbilical cord. *Environ Res*. 2016 Apr;146:154-60.
14. Poursafa P, Ataei E, Kelishadi R. A systematic review on the effects of environmental exposure to some organohalogens and phthalates on early puberty. *J Res Med Sci*. 2015 Jun;20(6):613-8.
15. Poursafa P, Kelishadi R, Ghasemian A, Sharifi F, Djalalinia S, Khajavi A, Nejatifar M, Asayesh H, Mansourian M, Qorbani M, Ansari H. Trends in health burden of ambient particulate matter pollution in Iran, 1990-2010: findings from the Global Burden of Disease study 2010. *Environ Sci Pollut Res Int*. 2015;22(23):18645-53. doi: 10.1007/s11356-015-5545-9. Epub 2015 Oct 21. PubMed PMID: 26490896.
16. Ataie-Jafari A, Qorbani M, Heshmat R, Ardalan G, Motlagh ME, Asayesh H, Arzaghi SM, Tajadini MH, Nejatnamini S, Poursafa P, Kelishadi R. The association of vitamin D deficiency with psychiatric distress and violence behaviors in Iranian adolescents: the CASPIAN-III study. *J Diabetes Metab Disord*. 2015; 22;14:62
17. Poursafa P, Keikha M, Kelishadi R. Systematic review on adverse birth outcomes of climate change. *J Res Med Sci*. 2015 Apr;20(4):397-402. R
18. Tahmasebi A, Amin MM, Poursafa P, Iraj B, Sadeghiyan H, Kelishadi R, Sadeghian B. Association of geographical distribution of air quality index and type 2 diabetes mellitus in Isfahan, Iran. *Pak J Med Sci*. 2015 Mar-Apr;31(2):369-73.
19. Javidi A, Rafiei N, Amin MM, Hovsepian S, Hashemipour M, Kelishadi R, Taghian Z, Mofateh S, Poursafa P. The Relationship between Perchlorate in Drinking Water and Cord Blood Thyroid Hormones: First Experience from Iran. *Int J Prev Med*. 2015 Feb 20;6:17.
20. Rashidi M, Poursafa P. Geographic Health's Way to Prevention of Diseases: A Case Study on Arsenic Spatial Dispersion and Dyspnea in Isfahan Province. *Int J Prev Med*. 2014 Nov;5(11):1372-8. Mirzakhani L, Poursafa P. The Association between Depression and Climatic Conditions in the Iran Way to Preventive of Depression. *Int J Prev Med*. 2014 Aug;5(8):947-51.
21. Kelishadi R, Mohammadi-Berenjegani A, Javanmard SH, Modaresi M, Poursafa P, Mansourian M. Expression of cord blood cytochrome P450 1A1 gene according to the air pollution level of the maternal residence area. *J Res Med Sci*. 2014 Aug;19(8):691-5. Poursafa P, Kelishadi R, Amin MM, Hashemi M, Amin M. First report on the association of drinking water hardness and endothelial function in children and adolescents. *Arch Med Sci*. 2014 Aug 29;10(4):746-51.
22. Kelishadi R,..., Poursafa P, et al. Independent association between air pollutants and vitamin D deficiency in young children in Isfahan, Iran. *Paediatr Int Child Health*. 2014 ;34(1):50-5.
23. Momeni M,..., Poursafa P, et al.. Does water hardness have preventive effect on cardiovascular disease? *Int J Prev Med* 2014;5:159-63.

24. Kelishadi R, ..., Poursafa P, et al. National report on the association of serum vitamin D with cardiometabolic risk factors in the pediatric population of the Middle East and North Africa (MENA): the CASPIAN-III Study. *Nutrition*. 2014 ;30(1):33-8.
25. Shahrabi NS, ..., Poursafa P. Pathologic analysis of control plans for air pollution management in Tehran metropolis: a qualitative study. *Int J Prev Med*. 2013;4(9):995-1003.
26. Khademikia S, ..., Poursafa P, et al; Association of Nitrate, Nitrite, and Total Organic Carbon (TOC) in Drinking Water and Gastrointestinal Disease. *Journal of Environmental and Public Health*; Volume 2013, Article ID 603468
27. Kelishadi R, Poursafa P, Jamshidi F. Role of Environmental Chemicals in Obesity: A systematic review on the current evidence, *Journal of Environmental and Public Health*; 2013;2013:896789
28. Rashidi M, ..., Poursafa P, et al. Relation of air pollution with epidemiology of respiratory diseases in Isfahan, Iran from 2005 to 2009. *J Res Med Sci*. 2013 ;18(12):1074-9. 9.
29. Kelishadi R, ..., Poursafa P, et al. Effect of particulate air pollution and passive smoking on surrogate biomarkers of endothelial dysfunction in healthy children. *Paediatr Int Child Health*. 2013 Nov 6
30. Kelishadi R, ..., Poursafa P, et al. Determinants of hypovitaminosis d in pregnant women and their newborns in a sunny region. *Int J Endocrinol*. 2013;2013:460970.
31. Poursafa P, et al, The relationship of air pollution and surrogate markers of endothelial dysfunction in a population_based sample of children. *BMC Public Health J* 2011;11(115).
32. Poursafa P, et al. Genetic variation in the association of air pollutants with a biomarker of vascular injury in children and adolescents in Isfahan, Iran. *J Res Med Sci* 2011;16:733-40
33. Poursafa P, et al. Association of air pollution and hematologic parameters in children and adolescents *J Pediatr* . 2011;87(4):350-6
34. Poursafa P, et al. What health professionals should know about the health effects of air pollution and climate change on children and pregnant mothers. *Iran J Nurs Midwif Res* 2011;16(3):1-8
35. Poursafa P, et al. Air pollution, platelet activation and atherosclerosis. *Inflamm Allergy Drug Targets*. 2010 ;9(5):387-92.
36. Hashemi M, ..., Poursafa P, et al. Association of particulate air pollution and secondhand smoke on endothelium-dependent brachial artery dilation in healthy children. *J Res Med Sci*. 2012 ;17(4):317-21.
37. Kelishadi R, Poursafa P. Obesity and Air Pollution: Global Risk Factors for Pediatric Non-alcoholic Fatty Liver Disease. *Hepat Month* 2011 ;11(10):794-802
38. Rashidi M, ..., Poursafa P. The association between spatial distribution of common malignancies and soil lead concentration in Isfahan, Iran. *J Res Med Sci*. 2012 ;17(4):348-54. 19.
39. Kelishadi R, Poursafa P. A review on the genetic, environmental, and lifestyle aspects of the early-life origins of cardiovascular disease. *Curr Probl Pediatr Adolesc Health Care*. 2014;44(3):54-72 20.
40. Kelishadi R, ..., Poursafa P. Association of blood cadmium level with cardiometabolic risk factors and liver enzymes in a nationally representative sample of adolescents: the CASPIAN-III study. *J Environ Public Health*. 2013;2013:142856.
41. Momeni M, ..., Poursafa P, et al. Does water hardness have preventive effect on cardiovascular disease? *Int J Prev Med*. 2014 Feb;5(2):159-63.
42. Rahmanian ..., Poursafa P, et al. Dual burden of body weight among Iranian children and adolescents in 2003 and 2010: the CASPIAN-III study. *Arch Med Sci*. 2014 Feb 24;10(1):96-103.
43. Kargarfard M, Poursafa P, et al Effects of exercise in polluted air on the aerobic power, serum lactate level and cell blood count of active individuals. *Int J Prev Med*. 2011 ;2(3):145-50.
44. Kelishadi R, Poursafa P. Air Pollution and Non-respiratory Health Hazards for Children. *Arch Med Sci* 2010; 6: 483-95.
45. Kelishadi R, Mirghaffari N, Poursafa P, Gidding SS. Lifestyle and environmental factors associated with inflammation, oxidative stress and insulin resistance in children. *Atherosclerosis*. 2009;203(1):311-9.
46. Mansourian M, ..., Poursafa P, et al. Air pollution and hospitalization for respiratory diseases among children in Isfahan, Iran. *Ghana Med J*. 2010 ;44(4):138-43

47. Qorbani M, ..., Poursafa P, et al. Association of anthropometric measures with cardiovascular risk factors and metabolic syndrome in normal-weight children and adolescents: the CASPIAN III study. *Obes Facts*. 2013;6(5):483-92 28.
48. Kelishadi R..., Poursafa P, et al. First National Report on Aminotransaminases' Percentiles in Children of the Middle East and North Africa (MENA): the CASPIAN-III Study. *Hepat Mon*. 2012 ;12(11):e7711. 29.
49. Kelishadi R, Poursafa P, et al. Pediatric metabolic syndrome: from prevention to treatment. *Cholesterol*. 2012;2012:374168.
50. Amiri M...Poursafa P et al. Inequality in school readiness and autism among 6-year-old children across Iranian provinces: National Health Assessment Survey results. *Iran J Pediatr* 2013;23(1):71-78
51. Motlagh ME, ..., Poursafa P. Distribution of Mortality among 1 - 59 Month-Old Children Across Iranian Provinces in 2009: The National Mortality Surveillance System. *Arch Iran Med*. 2013 ;16(1):29-33.
52. Kelishadi R, ..., Poursafa P .First report on body image and weight control in a nationally representative sample of a pediatric population in the Middle East and North Africa: the CASPIAN-III study; *Arch Med Sci* 2013; 9, 2: 210-217
53. Kelishadi R,..., Poursafa P, et al. Development and Evaluation of a Questionnaire for Assessment of Determinants of Weight Disorders among Children and Adolescents: The Caspian-IV Study. *Int J Prev Med*. 2012 ;3(10): 699- 705.
54. Motlagh M, Poursafa P et al Timing of puberty in Iranian girls according to their living area: a national study *J Res Med Sci* 2011 ;16(3)
55. Kelishadi R, ..., Poursafa P.Acute and long term effects of grape and pomegranate juice consumption on endothelial dysfunction in pediatric metabolic syndrome *J Res Med Sci* 2011; 16(6)
56. Rezvanian H,..., Poursafa P. A randomized, triple masked, placebo-controlled clinical trial for controlling childhood obesity. *World J Pediatr*. 2010 ;6(4):317-22.
57. Kelishadi R,..., Poursafa P, et al Effect of zinc supplementation on markers of insulin resistance, oxidative stress, and inflammation among prepubescent children with metabolic syndrome. *Metab Syndr Relat Disord*. 2010 Dec;8(6):505-10.
58. Kelishadi R,..., Poursafa P, et al. Effects of a lifestyle modification trial among phenotypically obese metabolically normal and phenotypically obese metabolically abnormal adolescents in comparison with phenotypically normal metabolically obese adolescents. *Matern Child Nutr*. 2010;6(3):275-86.
59. Kelishadi R,... Poursafa P. Barriers to Physical Activity in a Population-based Sample of Children and Adolescents in Isfahan, Iran. *Int J Prev Med*. 2010 ;1(2):131-7
60. Motlagh ME,..., Poursafa P. Double burden of nutritional disorders in young Iranian children: findings of a nationwide screening survey. *Public Health Nutr*. 2011;14(4):605-10.
61. Ziaoddini H,..., Poursafa P. First nationwide survey of prevalence of weight disorders in Iranian children at school entry. *World J Pediatr*. 2010;6(3):223-7.
62. Kelishadi R,..., Poursafa P.Can a dairy-rich diet be effective in long-term weight control of young children? *J Am Coll Nutr*. 2009 ;28(5):601-10.
63. Kelishadi R,..., Poursafa P, et al. Association of cell blood counts and cardiometabolic risk factors among young obese children. *Saudi Med J*. 2010;31(4):406-12.
64. Kelishadi R,..., Poursafa P. Association of cardiometabolic risk factors and dental caries in a population-based sample of youths. *Diabetol Metab Syndr*. 2010;2:22.
65. Schwandt P, ..., Poursafa P. A three-country study on the components of the metabolic syndrome in youths: the BIG Study. *Int J Pediatr Obes*. 2010;5(4):334-41.
66. Hashemi M,..., Poursafa P. Acute and long-term effects of grape and pomegranate juice consumption on vascular reactivity in paediatric metabolic syndrome. *Cardiol Young*. 2010 ;20(1):73-7.
67. Mahmoudian T,..., Poursafa P, et al. Blood lead levels in children with neurological disorders: a single centre preliminary study. *Zhongguo Dang Dai Er Ke Za Zhi*. 2009;11(11):873-6.
68. Hashemipour M,...,Poursafa P. Effect of zinc supplementation on insulin resistance and components of the metabolic syndrome in pre-pubertal obese children. *Hormones (Athens)*. 2009;8(4):279-85.
69. Kelishadi R, ..., Poursafa P. Association of the components of the metabolic syndrome with non-alcoholic fatty liver disease among normal-weight, overweight and obese children and adolescents. *Diabetol Metab Syndr*. 2009;1:2

70. Moadab MH, ..., Poursafa P. The prevalence of impaired fasting glucose and type 2 diabetes in a population-based sample of overweight/obese children in the Middle East. *Pediatr Diabetes*. 2010;11(2):101-6.
71. Kelishadi R, Poursafa P et al A national experience on physical activity initiatives for adolescent girls and their mothers: Caspian study. *Iran J Pediatr* 2010;20(4) : 420-6.
72. Hosseini SM , ... , Poursafa P et al Risk Score Model for Predicting Sonographic Non-alcoholic Fatty Liver Disease in Children and Adolescents *Iran J Pediatr* 2011;21(2) : 181-187
73. Amirkhani A, ..., Poursafa P. First Nationwide Survey of Prevalence of Pediculosis in Iranian Children and Adolescents. *Iran Red Crescent J* 2011;13(3):167-170 54.
74. Hashemipour M, ..., Poursafa P, et al. Association of anthropometric indexes and cardiometabolic risk factors among obese children. *ARYA Atherosclerosis* 2009; 5(1):39-48.
75. Faghihimani Z, ..., Poursafa P. Validation of the Child-Adolescent- International Physical Activity Questionnaires in Iranian Children and Adolescents. *ARYA Atherosclerosis* 2010; 5 (4): 1-4.
76. Kelishadi R.... Poursafa P Results of a non-pharmacologic trial for weight loss of obese children-parents pairs. *ARYA Atherosclerosis* 2009, 4(4): 143-7.
77. Hosseini M, ..., Poursafa P. Risk Scoring System for Prediction of Abdominal Obesity in a National Sample of Youths: CASPIAN Study. *ARYA Atherosclerosis* 2009.
78. Hashemipour M, ..., Poursafa P. Association of anthropometric indexes and cardiometabolic risk factors among obese children. *ARYA Atherosclerosis* 2009;5 (1): 39-48.

Books

English Book

- Book Chapter **Air Pollution and Primordial Prevention of Chronic Non-Communicable Diseases** by **Parinaz Poursafa** and Roya Kelishadi in the book "**Air Pollution - New Developments**" edited by Anca Maria Moldoveanu, ISBN 978-953-307-527-3, InTech Publisher, 2011
- Book Chapter **Impact of Climate Change and Air Pollution on Dyslipidemia and the Components of Metabolic Syndrome** by Roya Kelishadi and **Parinaz Poursafa** in the book *Dyslipidemia: from prevention to treatment*, ISBN 978-953-307-904-2, In Tech Publisher, 2012.
- Book Chapter **.Non-respiratory Health Hazards of Particulate Matter** by **Parinaz Poursafa** and Roya Kelishadi in the book *Particulate Matter: Sources, Emission Rates and Health Effects*, NOVA Publisher, USA ISBN: 9781614709480 (hardcover); 2012
- Book Chapter. **The effect of climate change and air pollution on children and mothers' health** in the book *Global climate change and public health*, Humana press, ISBN: 978-1-4614-8416-5

Farsi books

- Ozzy, ozone defenders of our planet, Isfahan University of Medical Sciences 2013
- New environmental pollutants, chapter in *National Public Health book*, Tehran ,Iran 2012

PROFFESIONAL SERVICES

Reviewer in the international journals

Reviewer of international journals in the field of environmental and Health studies (*Environmental Science and Pollution Research Journal*, *International Journal of Environmental Health Engineering*, *International Journal of Preventive Medicine*, *Environmental Research*, *Environmental Pollution Journal*)

Organizing Workshops

2012	The regional workshop on celebrating World environment Day in Isfahan University of Medical Sciences, Isfahan, Iran
2013	The regional workshop on celebrating World Ozone Day in Isfahan University of Medical Sciences, Isfahan, Iran
2014	The regional workshop and painting competition for children and parents, on celebrating Clean air day in Isfahan University of Medical Sciences, Isfahan, Iran
2018	The regional workshop on celebrating Clean earth day in Isfahan University of Medical Sciences, Isfahan, Iran
2018	The regional workshop on Scientific writing and research method, Isfahan University of Medical Sciences, Isfahan, Iran

TEACHING EXPERIENCE

YEAR	COURSE TITLE	MAJOR
2010-2018	Scientific writing	BSc, MSc, Ph.D.

PROFESSIONAL/SCIENTIFIC ASSOCIATION MEMBERSHIP

- 1- Editorial Manager, International Journal of Environmental Health Engineering (IJEHE), 2011-Present