

Alireza Milajerdi

List of Publications by Year in descending order

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Version: 2024-02-01

81
papers

1,744
citations

279487

23
h-index

377514

34
g-index

83
all docs

83
docs citations

83
times ranked

2566
citing authors

#	ARTICLE	IF	CITATIONS
1	Fruit and vegetable consumption and risk of depression: accumulative evidence from an updated systematic review and meta-analysis of epidemiological studies. <i>British Journal of Nutrition</i> , 2018, 119, 1087-1101.	1.2	134
2	The effects of vitamin D supplementation on mental health, and biomarkers of inflammation and oxidative stress in patients with psychiatric disorders: A systematic review and meta-analysis of randomized controlled trials. <i>Progress in Neuro-Psychopharmacology and Biological Psychiatry</i> , 2019, 94, 109651.	2.5	70
3	The toxicity of saffron (<i>Crocus sativus</i> L.) and its constituents against normal and cancer cells. <i>Journal of Nutrition & Intermediary Metabolism</i> , 2016, 3, 23-32.	1.7	62
4	The effects of probiotic supplementation on mental health, biomarkers of inflammation and oxidative stress in patients with psychiatric disorders: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2020, 49, 102361.	1.3	56
5	The effect of probiotics on inflammatory biomarkers: a meta-analysis of randomized clinical trials. <i>European Journal of Nutrition</i> , 2020, 59, 633-649.	1.8	55
6	Resveratrol supplementation significantly influences obesity measures: a systematic review and dose-response meta-analysis of randomized controlled trials. <i>Obesity Reviews</i> , 2019, 20, 487-498.	3.1	51
7	Effects of quercetin supplementation on glycemic control among patients with metabolic syndrome and related disorders: A systematic review and meta-analysis of randomized controlled trials. <i>Phytotherapy Research</i> , 2019, 33, 1330-1340.	2.8	49
8	The effect of saffron (<i>Crocus sativus</i> L.) hydroalcoholic extract on metabolic control in type 2 diabetes mellitus: A triple-blinded randomized clinical trial. <i>Journal of Research in Medical Sciences</i> , 2018, 23, 16.	0.4	48
9	Association of Dietary Fiber, Fruit, and Vegetable Consumption with Risk of Inflammatory Bowel Disease: A Systematic Review and Meta-Analysis. <i>Advances in Nutrition</i> , 2021, 12, 735-743.	2.9	45
10	The Association of Dietary Quality Indices and Cancer Mortality: A Systematic Review and Meta-analysis of Cohort Studies. <i>Nutrition and Cancer</i> , 2018, 70, 1091-1105.	0.9	44
11	Dietary total antioxidant capacity and risk of cancer: a systematic review and meta-analysis on observational studies. <i>Critical Reviews in Oncology/Hematology</i> , 2019, 138, 70-86.	2.0	44
12	The effects of alcoholic extract of saffron (<i>Crocus sativus</i> L.) on mild to moderate comorbid depression-anxiety, sleep quality, and life satisfaction in type 2 diabetes mellitus: A double-blind, randomized and placebo-controlled clinical trial. <i>Complementary Therapies in Medicine</i> , 2018, 41, 196-202.	1.3	43
13	The effects of curcumin supplementation on body weight, body mass index and waist circumference: a systematic review and dose-response meta-analysis of randomized controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2020, 60, 171-180.	5.4	43
14	Depression is related to dietary diversity score in women: a cross-sectional study from a developing country. <i>Annals of General Psychiatry</i> , 2017, 16, 39.	1.2	37
15	Effects of resistant starch on glycemic control, serum lipoproteins and systemic inflammation in patients with metabolic syndrome and related disorders: A systematic review and meta-analysis of randomized controlled clinical trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2020, 60, 3172-3184.	5.4	33
16	The Effects of Vitamin D Supplementation on Glycemic Control, Lipid Profiles and C-Reactive Protein Among Patients with Cardiovascular Disease: a Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Current Pharmaceutical Design</i> , 2019, 25, 201-210.	0.9	33
17	Effect of <i>Nigella sativa</i> supplementation on obesity indices: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2018, 38, 48-57.	1.3	32
18	Processed red meat intake and risk of COPD: A systematic review and dose-response meta-analysis of prospective cohort studies. <i>Clinical Nutrition</i> , 2019, 38, 1109-1116.	2.3	32

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19	Association of a plant-based dietary pattern in relation to gestational diabetes mellitus. <i>Nutrition and Dietetics</i> , 2019, 76, 589-596.	0.9	29
20	The effects of L-carnitine supplementation on indicators of inflammation and oxidative stress: a systematic review and meta-analysis of randomized controlled trials. <i>Journal of Diabetes and Metabolic Disorders</i> , 2020, 19, 1879-1894.	0.8	29
21	Maternal vitamin D status and risk of gestational diabetes mellitus: A systematic review and meta-analysis of prospective cohort studies. <i>Clinical Nutrition</i> , 2021, 40, 2576-2586.	2.3	29
22	The effect of saffron (<i>Crocus sativus</i> L.) hydro-alcoholic extract on liver and renal functions in type 2 diabetic patients: A double-blinded randomized and placebo control trial. <i>Journal of Nutrition & Intermediary Metabolism</i> , 2017, 9, 6-11.	1.7	28
23	Dietary total antioxidant capacity in relation to depression and anxiety in Iranian adults. <i>Nutrition</i> , 2019, 65, 85-90.	1.1	26
24	Anti-hypertensive effects of cinnamon supplementation in adults: A systematic review and dose-response Meta-analysis of randomized controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2020, 60, 3144-3154.	5.4	26
25	The effects of spirulina on glycemic control and serum lipoproteins in patients with metabolic syndrome and related disorders: A systematic review and meta-analysis of randomized controlled trials. <i>Phytotherapy Research</i> , 2019, 33, 2609-2621.	2.8	25
26	The effect of zinc supplementation on blood pressure: a systematic review and dose-response meta-analysis of randomized-controlled trials. <i>European Journal of Nutrition</i> , 2020, 59, 1815-1827.	1.8	24
27	The Effects of Quercetin Supplementation on Blood Pressures and Endothelial Function Among Patients with Metabolic Syndrome and Related Disorders: A Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Current Pharmaceutical Design</i> , 2019, 25, 1372-1384.	0.9	24
28	The effects of curcumin supplementation on endothelial function: A systematic review and meta-analysis of randomized controlled trials. <i>Phytotherapy Research</i> , 2019, 33, 2989-2995.	2.8	23
29	The effect of saffron supplementation on blood glucose and lipid profile: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2019, 47, 102158.	1.3	23
30	Caffeine, Type of Coffee, and Risk of Ovarian Cancer: A Dose-Response Meta-Analysis of Prospective Studies. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2019, 104, 5349-5359.	1.8	23
31	The effects of psyllium supplementation on body weight, body mass index and waist circumference in adults: A systematic review and dose-response meta-analysis of randomized controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2020, 60, 859-872.	5.4	22
32	m-TOR inhibitors and risk of Pneumocystis pneumonia after solid organ transplantation: a systematic review and meta-analysis. <i>European Journal of Clinical Pharmacology</i> , 2019, 75, 1471-1480.	0.8	21
33	Association of the Alternative Healthy Eating Index (AHEI-2010) with depression, stress and anxiety among Iranian military personnel. <i>Journal of the Royal Army Medical Corps</i> , 2018, 164, 87-91.	0.8	20
34	Coffee and caffeine intake and risk of ovarian cancer: a systematic review and meta-analysis. <i>International Journal of Gynecological Cancer</i> , 2019, 29, 579-584.	1.2	20
35	Statins influence biomarkers of low grade inflammation in apparently healthy people or patients with chronic diseases: A systematic review and meta-analysis of randomized clinical trials. <i>Cytokine</i> , 2019, 123, 154752.	1.4	20
36	Effects of <i>Nigella sativa</i> on glycemic control, lipid profiles, and biomarkers of inflammatory and oxidative stress: A systematic review and meta-analysis of randomized controlled clinical trials. <i>Phytotherapy Research</i> , 2020, 34, 2586-2608.	2.8	20

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37	The effects of vitamin D treatment on glycemic control, serum lipid profiles, and C-reactive protein in patients with chronic kidney disease: a systematic review and meta-analysis of randomized controlled trials. <i>International Urology and Nephrology</i> , 2019, 51, 1567-1580.	0.6	18
38	Effects of whey protein on glycemic control and serum lipoproteins in patients with metabolic syndrome and related conditions: a systematic review and meta-analysis of randomized controlled clinical trials. <i>Lipids in Health and Disease</i> , 2020, 19, 209.	1.2	17
39	A randomized controlled trial investigating the effect of a diet low in fermentable oligosaccharides, disaccharides, monosaccharides, and polyols on the intestinal microbiome and inflammation in patients with ulcerative colitis: study protocol for a randomized controlled trial. <i>Trials</i> , 2020, 21, 201.	0.7	17
40	Pre- and post-diagnosis body mass index and heart failure mortality: a dose-response meta-analysis of observational studies reveals greater risk of being underweight than being overweight. <i>Obesity Reviews</i> , 2019, 20, 252-261.	3.1	16
41	Potato consumption and risk of all cause, cancer and cardiovascular mortality: a systematic review and dose-response meta-analysis of prospective cohort studies. <i>Critical Reviews in Food Science and Nutrition</i> , 2020, 60, 1063-1076.	5.4	16
42	Effects of soy milk consumption on gut microbiota, inflammatory markers, and disease severity in patients with ulcerative colitis: a study protocol for a randomized clinical trial. <i>Trials</i> , 2020, 21, 565.	0.7	16
43	Dietary Intake of Total Carbohydrates, Sugar and Sugar-Sweetened Beverages, and Risk of Inflammatory Bowel Disease: A Systematic Review and Meta-Analysis of Prospective Cohort Studies. <i>Frontiers in Nutrition</i> , 2021, 8, 707795.	1.6	16
44	The effect of dietary glycemic index and glycemic load on inflammatory biomarkers: a systematic review and meta-analysis of randomized clinical trials. <i>American Journal of Clinical Nutrition</i> , 2018, 107, 593-606.	2.2	15
45	Effects of propolis supplementation on glycemic status, lipid profiles, inflammation and oxidative stress, liver enzymes, and body weight: a systematic review and meta-analysis of randomized controlled clinical trials. <i>Journal of Diabetes and Metabolic Disorders</i> , 2021, 20, 831-843.	0.8	15
46	Breakfast consumption in relation to lowered risk of psychological disorders among Iranian adults. <i>Public Health</i> , 2019, 167, 152-158.	1.4	14
47	Effects of grape seed extract on dyslipidaemia: a systematic review and dose-response meta-analysis of randomised controlled trials. <i>British Journal of Nutrition</i> , 2020, 124, 121-134.	1.2	14
48	Effects of curcumin supplementation on inflammatory biomarkers in patients with Rheumatoid Arthritis and Ulcerative colitis: A systematic review and meta-analysis. <i>Complementary Therapies in Medicine</i> , 2021, 61, 102773.	1.3	14
49	Clinical effectiveness of zinc supplementation on the biomarkers of oxidative stress: A systematic review and meta-analysis of randomized controlled trials. <i>Pharmacological Research</i> , 2020, 161, 105166.	3.1	13
50	A systematic review and meta-analysis: The effects of probiotic supplementation on metabolic profile in patients with neurological disorders. <i>Complementary Therapies in Medicine</i> , 2020, 53, 102507.	1.3	13
51	The effect of ginger supplementation on metabolic profiles in patients with type 2 diabetes mellitus: A systematic review and meta-analysis of randomized controlled trials. <i>Complementary Therapies in Medicine</i> , 2022, 65, 102802.	1.3	12
52	Association between vitamin D status and risk of covid-19 in-hospital mortality: A systematic review and meta-analysis of observational studies. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 5033-5043.	5.4	12
53	Sweetened Beverages Consumption and Pancreatic Cancer: A Meta-Analysis. <i>Nutrition and Cancer</i> , 2019, 71, 375-384.	0.9	11
54	The effects of exercise training on inflammatory biomarkers in patients with breast cancer: A systematic review and meta-analysis. <i>Cytokine</i> , 2022, 149, 155712.	1.4	11

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55	The effects of catechin on endothelial function: A systematic review and meta-analysis of randomized controlled trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2020, 60, 2369-2378.	5.4	10
56	The effect of L-arginine supplementation on obesity-related indices: A systematic review and meta-analysis of randomized clinical trials. <i>International Journal for Vitamin and Nutrition Research</i> , 2021, 91, 164-174.	0.6	10
57	Associations between higher egg consumption during pregnancy with lowered risks of high blood pressure and gestational diabetes mellitus. <i>International Journal for Vitamin and Nutrition Research</i> , 2018, 88, 166-175.	0.6	10
58	Effects of flaxseed oil supplementation on biomarkers of inflammation and oxidative stress in patients with metabolic syndrome and related disorders: A systematic review and meta-analysis of randomized controlled trials. <i>Clinical Nutrition ESPEN</i> , 2020, 40, 27-33.	0.5	9
59	The effects of omega-3 fatty acids supplementation on metabolic status in pregnant women: a systematic review and meta-analysis of randomized controlled trials. <i>Journal of Diabetes and Metabolic Disorders</i> , 2020, 19, 1685-1699.	0.8	9
60	Malondialdehyde concentrations in obsessive-compulsive disorder: a systematic review and meta-analysis. <i>Annals of General Psychiatry</i> , 2021, 20, 34.	1.2	9
61	Dietary acid load in relation to depression and anxiety in adults. <i>Journal of Human Nutrition and Dietetics</i> , 2020, 33, 48-55.	1.3	8
62	Effects of probiotics on salivary cytokines and immunoglobulines: a systematic review and meta-analysis on clinical trials. <i>Scientific Reports</i> , 2020, 10, 11800.	1.6	8
63	A systematic review and meta-analysis of prospective studies on obesity and risk of inflammatory bowel disease. <i>Nutrition Reviews</i> , 2022, 80, 479-487.	2.6	8
64	The Effects of L-Carnitine Supplementation on Serum Lipids: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Current Pharmaceutical Design</i> , 2019, 25, 3266-3281.	0.9	8
65	Inflammatory and Biochemical Biomarkers in Response to High Intensity Resistance Training in Trained and Untrained Men. <i>Asian Journal of Sports Medicine</i> , 2017, In Press, .	0.1	8
66	Dietary total antioxidant capacity in relation to stroke among Iranian adults. <i>Nutritional Neuroscience</i> , 2020, 23, 465-470.	1.5	6
67	The effects of L-carnitine supplementation on glycemic control: a systematic review and meta-analysis of randomized controlled trials. <i>EXCLI Journal</i> , 2019, 18, 631-643.	0.5	6
68	Is there any association between fruit consumption and the risk of gestational diabetes mellitus? A systematic review and meta-analysis. <i>Complementary Therapies in Medicine</i> , 2020, 54, 102445.	1.3	5
69	Influence of Statins on Circulating Inflammatory Cytokines in Patients With Abnormal Glucose Homeostasis: A Meta-analysis of Data From Randomized Controlled Trials. <i>Clinical Therapeutics</i> , 2020, 42, e13-e31.	1.1	5
70	A Case-Control Study on Dietary Acid Load in Relation to Glioma. <i>Nutrition and Cancer</i> , 2022, 74, 1644-1651.	0.9	4
71	Adherence to Alternative Healthy Eating Index (AHEI-2010) is not associated with risk of stroke in Iranian adults: A case-control study. <i>International Journal for Vitamin and Nutrition Research</i> , 2021, 91, 48-55.	0.6	3
72	Administration of dietary antioxidants for patients with inflammatory bowel disease: A systematic review and meta-analysis of randomized controlled clinical trials. <i>Complementary Therapies in Medicine</i> , 2021, 63, 102787.	1.3	3

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73	Progranulin concentration in relation to bone mineral density among obese individuals. <i>Archives of Endocrinology and Metabolism</i> , 2018, 62, 179-186.	0.3	2
74	Reanalysis is needed for the "Oxidative and nitrosative stress markers in obsessive-compulsive disorder: a systematic review and meta-analysis". <i>Acta Psychiatrica Scandinavica</i> , 2020, 141, 88-88.	2.2	2
75	The role of altered long noncoding RNAs in overall survival of ovarian cancer: A systematic review and meta-analysis. <i>Pathology Research and Practice</i> , 2021, 219, 153363.	1.0	2
76	The Effect of Exercise Training on Serum Glucose and Lipid Profiles in Patients With Breast Cancer: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. <i>Journal of Physical Activity and Health</i> , 2021, 18, 863-877.	1.0	2
77	The association of glycemic index and glycemic load with elevated blood pressure in Iranian women. <i>Journal of Cardiovascular and Thoracic Research</i> , 2019, 11, 272-279.	0.3	2
78	Different consumed oils and metabolic parameters in type 2 diabetes patients in diabetes society of Natanz. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2016, 10, S11-S15.	1.8	1
79	Metaanalysis on obesity and risk of inflammatory bowel disease: Reanalysis is needed. <i>Obesity Reviews</i> , 2020, 21, e12965.	3.1	1
80	Breakfast skipping and prevalence of heartburn syndrome among Iranian adults. <i>Eating and Weight Disorders</i> , 2021, 26, 2173-2181.	1.2	0
81	The Effects of N-acetylcysteine on Inflammatory Markers and Homocysteine: A Systematic Review and Meta-analysis of Randomized Controlled Trials. <i>Pharmaceutical Sciences</i> , 2020, 26, 214-224.	0.1	0