

# Reza Amani

## List of Publications by Year in descending order

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Version: 2024-02-01

97  
papers

2,171  
citations

257101

24  
h-index

288905

40  
g-index

100  
all docs

100  
docs citations

100  
times ranked

3437  
citing authors

#	ARTICLE	IF	CITATIONS
1	The Role of Magnesium in Sleep Health: a Systematic Review of Available Literature. <i>Biological Trace Element Research</i> , 2023, 201, 121-128.	1.9	9
2	The effect of vitamin D and calcium supplementation on inflammatory biomarkers, estradiol levels and severity of symptoms in women with postpartum depression: a randomized double-blind clinical trial. <i>Nutritional Neuroscience</i> , 2022, 25, 22-32.	1.5	24
3	The effects of wheat germ consumption on mental health and brain-derived neurotrophic factor in subjects with type 2 diabetes mellitus: a randomized, double-blind, placebo-controlled trial. <i>Nutritional Neuroscience</i> , 2022, 25, 46-53.	1.5	5
4	The effect of grape ( <i>Vitis vinifera</i> ) seed extract supplementation on flow-mediated dilation, blood pressure, and heart rate: A systematic review and meta-analysis of controlled trials with duration- and dose-response analysis. <i>Pharmacological Research</i> , 2022, 175, 105905.	3.1	7
5	The role of emulsification strategy on the electrospinning of $\beta$ -carotene-loaded emulsions stabilized by gum Arabic and whey protein isolate. <i>Food Chemistry</i> , 2022, 374, 131826.	4.2	32
6	Correlation Between Zinc Nutritional Status with Serum Zonulin and Gastrointestinal Symptoms in Diarrhea-Predominant Irritable Bowel Syndrome: A Case-Control Study. <i>Digestive Diseases and Sciences</i> , 2022, , 1.	1.1	6
7	Validation of an instrument for perceived factors affecting fruit and vegetable intake based on Pender's health promotion model. <i>Journal of Nutritional Science</i> , 2022, 11, e7.	0.7	0
8	Investigating the predictive power of constructs of extended Pender's health promotion model and some background factors in fruit and vegetable consumption behavior among government employees. <i>Journal of Education and Health Promotion</i> , 2022, 11, 91.	0.3	0
9	Zinc nutritional status, mood states and quality of life in diarrhea-predominant irritable bowel syndrome: a case-control study. <i>Scientific Reports</i> , 2022, 12, .	1.6	2
10	The effect of concentrated pomegranate juice consumption on risk factors of cardiovascular diseases in women with polycystic ovary syndrome: A randomized controlled trial. <i>Phytotherapy Research</i> , 2021, 35, 442-451.	2.8	17
11	The effects of canola and olive oils consumption compared to sunflower oil, on lipid profile and hepatic steatosis in women with polycystic ovarian syndrome: a randomized controlled trial. <i>Lipids in Health and Disease</i> , 2021, 20, 7.	1.2	13
12	The effect of food ration bar enriched with $\beta$ -alanine, L-arginine, and <i>Nigella sativa</i> on performance and inflammation following intense military training: A double-blind randomized clinical trial. <i>Food Science and Nutrition</i> , 2021, 9, 3512-3520.	1.5	4
13	The effect of cocoa/dark chocolate consumption on lipid profile, glycemia, and blood pressure in diabetic patients: A meta-analysis of observational studies. <i>Phytotherapy Research</i> , 2021, 35, 5487-5501.	2.8	11
14	The effect of grape seed extract supplementation on oxidative stress and inflammation: A systematic review and meta-analysis of controlled trials. <i>International Journal of Clinical Practice</i> , 2021, 75, e14469.	0.8	11
15	The effect of zinc supplementation on brain derived neurotrophic factor: A meta-analysis. <i>Journal of Trace Elements in Medicine and Biology</i> , 2021, 66, 126753.	1.5	9
16	A systematic review and meta-analysis of the association between vitamin D and ovarian reserve. <i>Scientific Reports</i> , 2021, 11, 16005.	1.6	6
17	Association of Personality Traits with Dietary Habits and Food/Taste Preferences. <i>International Journal of Preventive Medicine</i> , 2021, 12, 92.	0.2	1
18	Effects of Curcumin Supplementation on Clinical Features and Inflammation, in Migraine Patients: A Double-Blind Controlled, Placebo Randomized Clinical Trial.. <i>International Journal of Preventive Medicine</i> , 2021, 12, 161.	0.2	3

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19	Effect of Zinc Supplementation on Physical and Psychological Symptoms, Biomarkers of Inflammation, Oxidative Stress, and Brain-Derived Neurotrophic Factor in Young Women with Premenstrual Syndrome: a Randomized, Double-Blind, Placebo-Controlled Trial. <i>Biological Trace Element Research</i> , 2020, 194, 89-95.	1.9	38
20	The effects of wheat germ supplementation on metabolic profile in patients with type 2 diabetes mellitus: A randomized, double-blind, placebo-controlled trial. <i>Phytotherapy Research</i> , 2020, 34, 879-885.	2.8	8
21	The effect of cocoa consumption on markers of oxidative stress: A systematic review and meta-analysis of interventional studies. <i>Complementary Therapies in Medicine</i> , 2020, 48, 102240.	1.3	10
22	The effects of zinc supplementation on metabolic profile and oxidative stress in overweight/obese patients with non-alcoholic fatty liver disease: A randomized, double-blind, placebo-controlled trial. <i>Journal of Trace Elements in Medicine and Biology</i> , 2020, 62, 126635.	1.5	23
23	Effect of zinc supplementation on quality of life and sleep quality in young women with premenstrual syndrome: a randomized, double-blind, placebo-controlled trial. <i>Archives of Gynecology and Obstetrics</i> , 2020, 302, 657-664.	0.8	8
24	A longitudinal study on the relationship between mother's personality trait and eating behaviors, food intake, maternal weight gain during pregnancy and neonatal birth weight. <i>Nutrition Journal</i> , 2020, 19, 67.	1.5	3
25	A priority oriented nutrition education program to improve nutritional and cardiometabolic status in the workplace: a randomized field trial. <i>Journal of Occupational Medicine and Toxicology</i> , 2020, 15, 2.	0.9	7
26	The Effect of Zinc Supplementation on Steatosis Severity and Liver Function Enzymes in Overweight/Obese Patients with Mild to Moderate Non-alcoholic Fatty Liver Following Calorie-Restricted Diet: a Double-Blind, Randomized Placebo-Controlled Trial. <i>Biological Trace Element Research</i> , 2020, 197, 394-404.	1.9	14
27	Benefits and harms of ginseng supplementation on liver function? A systematic review and meta-analysis. <i>Complementary Therapies in Clinical Practice</i> , 2020, 39, 101173.	0.7	11
28	The Effect of Lycopene Supplementation on Mood Status and Quality of Life in Infertile Men: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial. <i>International Journal of Fertility &amp; Sterility</i> , 2020, 14, 17-22.	0.2	3
29	Stress and Anxiety Levels Are Associated with Erythrocyte Fatty Acids Content in Young Women. <i>Iranian Journal of Psychiatry</i> , 2020, 15, 47-54.	0.4	0
30	Vitamin D level in non-diabetic adult people with metabolic syndrome. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2019, 13, 236-238.	1.8	1
31	Vitamin D Supplementation for Premenstrual Syndrome-Related inflammation and antioxidant markers in students with vitamin D deficient: a randomized clinical trial. <i>Scientific Reports</i> , 2019, 9, 14939.	1.6	25
32	The effects of curcumin supplementation on glycemic status, lipid profile and hs-CRP levels in overweight/obese women with polycystic ovary syndrome: A randomized, double-blind, placebo-controlled clinical trial. <i>Complementary Therapies in Medicine</i> , 2019, 47, 102201.	1.3	63
33	The effects of lycopene supplement on the spermatogram and seminal oxidative stress in infertile men: A randomized, double-blind, placebo-controlled clinical trial. <i>Phytotherapy Research</i> , 2019, 33, 3203-3211.	2.8	28
34	The effect of hydroalcoholic Saffron ( <i>Crocus sativus</i> L.) extract on fasting plasma glucose, HbA1c, lipid profile, liver, and renal function tests in patients with type 2 diabetes mellitus: A randomized double-blind clinical trial. <i>Phytotherapy Research</i> , 2019, 33, 1648-1657.	2.8	64
35	Sugary beverages are associated with cardiovascular risk factors in diabetic patients. <i>Journal of Diabetes and Metabolic Disorders</i> , 2019, 18, 7-13.	0.8	8
36	The relationship between dietary intakes during pregnancy and incidence of postpartum depression: a case-control study. <i>Nutrition and Food Science</i> , 2019, 50, 751-764.	0.4	6

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37	Zinc status and polycystic ovarian syndrome: A systematic review and meta-analysis. <i>Journal of Trace Elements in Medicine and Biology</i> , 2019, 52, 216-221.	1.5	24
38	The association between diet and mood: A systematic review of current literature. <i>Psychiatry Research</i> , 2019, 271, 428-437.	1.7	48
39	Association of Serum Vitamin D Concentration With Clinical Symptoms and Quality of Life in Patients With Irritable Bowel Syndrome. <i>Journal of the American College of Nutrition</i> , 2019, 38, 327-333.	1.1	18
40	Vitamin D supplementation and non-alcoholic fatty liver disease: A critical and systematic review of clinical trials. <i>Critical Reviews in Food Science and Nutrition</i> , 2019, 59, 693-703.	5.4	19
41	Postpartum depression and vitamin D: A systematic review. <i>Critical Reviews in Food Science and Nutrition</i> , 2019, 59, 1514-1520.	5.4	44
42	Dietary and Biochemical Characteristics Associated with Normal-Weight Obesity. <i>International Journal for Vitamin and Nutrition Research</i> , 2019, 89, 331-336.	0.6	14
43	Genetic Variations in VDR could Modulate the Efficacy of Vitamin D3 Supplementation on Inflammatory Markers and Total Antioxidant Capacity among Breast Cancer Women: A Randomized Double Blind Controlled Trial. <i>Asian Pacific Journal of Cancer Prevention</i> , 2019, 20, 2065-2072.	0.5	14
44	Effect of Vitamin D supplement on mood status and inflammation in Vitamin D deficient Type 2 diabetic women with anxiety: A randomized clinical trial. <i>International Journal of Preventive Medicine</i> , 2019, 10, 17.	0.2	23
45	Volatile organic compounds as a preventive health challenge in the petrochemical industries. <i>International Journal of Preventive Medicine</i> , 2019, 10, 194.	0.2	7
46	Visual cues and food intake: Distortion power of plate and spoon size on overweight and obese university staff. <i>International Journal of Preventive Medicine</i> , 2019, 10, 82.	0.2	1
47	Effect of herbal antioxidant-rich formula on improvement of antioxidant defense system and heat shock protein-70 expression in recreational female athletes: A randomized controlled trial. <i>Journal of Research in Medical Sciences</i> , 2019, 24, 37.	0.4	1
48	Effects of saffron on homocysteine, and antioxidant and inflammatory biomarkers levels in patients with type 2 diabetes mellitus: a randomized double-blind clinical trial. <i>Avicenna Journal of Phytomedicine</i> , 2019, 9, 436-445.	0.1	9
49	The effects of supplementation with vitamin D on inflammatory biomarkers, omentin, and vaspin in women with type 2 diabetes: A randomized double-blind placebo-controlled clinical trial. <i>Journal of Food Biochemistry</i> , 2018, 42, e12631.	1.2	5
50	The impact of self-efficacy education based on the health belief model in Iranian patients with type 2 diabetes: a randomised controlled intervention study. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2018, 27, 546-555.	0.3	19
51	The impacts of Beliefs, Attitude, Subjective Norms, Enabling Factors-based educational program on cardiovascular risk factors through enhanced nutritional behaviors in water and wastewater organization employees. <i>Journal of Family Medicine and Primary Care</i> , 2018, 7, 27.	0.3	1
52	Vitamin D3 Induced Decrease in IL-17 and Malondialdehyde, and Increase in IL-10 and Total Antioxidant Capacity Levels in Patients with Irritable Bowel Syndrome. <i>Iranian Journal of Immunology</i> , 2018, 15, 186-196.	0.4	11
53	Association of Mood Disorders with Serum Zinc Concentrations in Adolescent Female Students. <i>Biological Trace Element Research</i> , 2017, 178, 180-188.	1.9	21
54	Sugar-sweetened beverages consumption is associated with abdominal obesity risk in diabetic patients. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2017, 11, S675-S678.	1.8	19

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55	Inflammatory cytokines and oxidative stress biomarkers in irritable bowel syndrome: Association with digestive symptoms and quality of life. <i>Cytokine</i> , 2017, 93, 34-43.	1.4	104
56	Chromium supplementation and polycystic ovary syndrome: A systematic review and meta-analysis. <i>Journal of Trace Elements in Medicine and Biology</i> , 2017, 42, 92-96.	1.5	42
57	A Randomized, Double-blind, Placebo-controlled Clinical Trial Examining the Effects of Green Tea Extract on Systemic Lupus Erythematosus Disease Activity and Quality of Life. <i>Phytotherapy Research</i> , 2017, 31, 1063-1071.	2.8	21
58	Sex-Related Differences in Clinical Symptoms, Quality of Life, and Biochemical Factors in Irritable Bowel Syndrome. <i>Digestive Diseases and Sciences</i> , 2017, 62, 1550-1560.	1.1	36
59	Body composition and basal metabolic rate in systemic lupus erythematosus patients. <i>Egyptian Rheumatologist</i> , 2017, 39, 99-102.	0.5	4
60	Association of obesity with hypertension and dyslipidemia in type 2 diabetes mellitus subjects. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2017, 11, 37-41.	1.8	33
61	Circulating 25-Hydroxy Vitamin D Relative to Vitamin D Receptor Polymorphism after Vitamin D3 Supplementation in Breast Cancer Women: A Randomized, Double-Blind Controlled Clinical Trial. <i>Asian Pacific Journal of Cancer Prevention</i> , 2017, 18, 1953-1959.	0.5	5
62	Update on riboflavin and multiple sclerosis: a systematic review. <i>Iranian Journal of Basic Medical Sciences</i> , 2017, 20, 958-966.	1.0	12
63	Improvement of Cardiovascular Risk Factors by Applying a Modified Educational Model of Planned Behavior Among the Employees of a Large Petrochemical Company. <i>Iranian Red Crescent Medical Journal</i> , 2017, 19, .	0.5	3
64	Effect of vitamin D on gastrointestinal symptoms and health-related quality of life in irritable bowel syndrome patients: a randomized double-blind clinical trial. <i>Neurogastroenterology and Motility</i> , 2016, 28, 1533-1544.	1.6	55
65	Mediterranean diet and metabolic syndrome prevalence in type 2 diabetes patients in Ahvaz, southwest of Iran. <i>Diabetes and Metabolic Syndrome: Clinical Research and Reviews</i> , 2016, 10, S26-S29.	1.8	25
66	Women may respond different from men to vitamin D supplementation regarding cardiometabolic biomarkers. <i>Experimental Biology and Medicine</i> , 2016, 241, 830-838.	1.1	26
67	Correlation of Serum Lipoprotein Ratios with Insulin Resistance in Infertile Women with Polycystic Ovarian Syndrome: A Case Control Study. <i>International Journal of Fertility &amp; Sterility</i> , 2016, 10, 29-35.	0.2	16
68	Comparison of serum zinc concentrations and body antioxidant status between young women with premenstrual syndrome and normal controls: A case-control study. <i>International Journal of Reproductive BioMedicine</i> , 2016, 14, 699-704.	0.5	13
69	Brain-derived neurotrophic and immunologic factors: beneficial effects of riboflavin on motor disability in murine model of multiple sclerosis. <i>Iranian Journal of Basic Medical Sciences</i> , 2016, 19, 439-48.	1.0	13
70	Comparison of serum zinc concentrations and body antioxidant status between young women with premenstrual syndrome and normal controls: A case-control study. <i>International Journal of Reproductive BioMedicine</i> , 2016, 14, 699-704.	0.5	8
71	The Association between the Risk of Premenstrual Syndrome and Vitamin D, Calcium, and Magnesium Status among University Students: A Case Control Study. <i>Health Promotion Perspectives</i> , 2015, 5, 225-230.	0.8	30
72	Nutritional interventions to reduce cardiovascular risk factors: an Iranian perspective. <i>Nutrition and Dietary Supplements</i> , 2015, , 51.	0.7	1

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73	The relation between serum Vitamin D levels and body antioxidant status in ischemic stroke patients: A case-control study. <i>Advanced Biomedical Research</i> , 2015, 4, 213.	0.2	10
74	Flavonoid-rich beverage effects on lipid profile and blood pressure in diabetic patients. <i>World Journal of Diabetes</i> , 2014, 5, 962.	1.3	25
75	Relationship Between Dietary Patterns and Dental Health in Type I Diabetic Children Compared With Healthy Controls. <i>Iranian Red Crescent Medical Journal</i> , 2014, 16, e9684.	0.5	6
76	Total antioxidant capacity of diet and serum, dietary antioxidant vitamins intake, and serum hs-CRP levels in relation to depression scales in university male students. <i>Redox Report</i> , 2014, 19, 133-139.	1.4	57
77	Comparison of Antioxidant Status and Vitamin D Levels between Multiple Sclerosis Patients and Healthy Matched Subjects. <i>Multiple Sclerosis International</i> , 2014, 2014, 1-5.	0.4	15
78	Does vitamin D improve liver enzymes, oxidative stress, and inflammatory biomarkers in adults with non-alcoholic fatty liver disease? A randomized clinical trial. <i>Endocrine</i> , 2014, 47, 70-80.	1.1	206
79	The Effect of Oral Carbohydrate Solutions on the Performance of Swimmers. <i>Annals of Applied Sport Science</i> , 2014, 2, 13-22.	0.4	4
80	Metabolic syndrome and its correlated factors in an urban population in South West of Iran. <i>Journal of Diabetes and Metabolic Disorders</i> , 2013, 12, 11.	0.8	60
81	Effects of Freeze-Dried Strawberry Supplementation on Metabolic Biomarkers of Atherosclerosis in Subjects with Type 2 Diabetes: A Randomized Double-Blind Controlled Trial. <i>Annals of Nutrition and Metabolism</i> , 2013, 63, 256-264.	1.0	73
82	The Effect of Vitamin A Supplementation on Biochemical Parameters in Multiple Sclerosis Patients. <i>Iranian Red Crescent Medical Journal</i> , 2013, 15, 194-8.	0.5	22
83	Shiftworking, nutrition and obesity: implications for workforce health- a systematic review. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2013, 22, 505-15.	0.3	61
84	Impact of Healthy Eating Practices and Physical Activity on Quality of Life among Breast Cancer survivors. <i>Asian Pacific Journal of Cancer Prevention</i> , 2013, 14, 481-487.	0.5	29
85	Association of Nutritional Status with Quality of Life in Breast Cancer Survivors. <i>Asian Pacific Journal of Cancer Prevention</i> , 2013, 14, 7749-7755.	0.5	42
86	The effect of vitamin A supplementation on stimulated T-cell proliferation with myelin oligodendrocyte glycoprotein in patients with multiple sclerosis. <i>Journal of Neurosciences in Rural Practice</i> , 2012, 03, 294-298.	0.3	24
87	Cardiovascular Disease Risk Factors. , 2012, , .		14
88	Riboflavin Status and Its Association with Serum hs-CRP Levels among Clinical Nurses with Depression. <i>Journal of the American College of Nutrition</i> , 2011, 30, 340-347.	1.1	18
89	Correlation Between Dietary Zinc Intakes and Its Serum Levels with Depression Scales in Young Female Students. <i>Biological Trace Element Research</i> , 2010, 137, 150-158.	1.9	93
90	Nutritional related cardiovascular risk factors in patients with coronary artery disease in IRAN: A case-control study. <i>Nutrition Journal</i> , 2010, 9, 70.	1.5	31

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91	Biochemical and nutritional indices as cardiovascular risk factors among Iranian firefighters. <i>Annals of Clinical Biochemistry</i> , 2009, 46, 385-389.	0.8	4
92	Pre-Treatment Effect of Different Doses of Soy Isoflavones on Spatial Learning and Memory in an Ovariectomized Animal Model of Alzheimer's Disease. <i>Pakistan Journal of Biological Sciences</i> , 2008, 11, 1114-1119.	0.2	32
93	Effect of ovariectomy on reference memory version of Morris water maze in young adult rats. <i>Iranian Biomedical Journal</i> , 2008, 12, 123-8.	0.4	11
94	Is dietary pattern of schizophrenia patients different from healthy subjects?. <i>BMC Psychiatry</i> , 2007, 7, 15.	1.1	55
95	Comparison between bioelectrical impedance analysis and body mass index methods in determination of obesity prevalence in Ahvazi women. <i>European Journal of Clinical Nutrition</i> , 2007, 61, 478-482.	1.3	33
96	We-P14:413 Effects of soyprotein isoflavones on serum lipid profile and hormones of hypercholesterolemic men. <i>Atherosclerosis Supplements</i> , 2006, 7, 438.	1.2	0
97	Nutrition Education Alone Improves Dietary Practices but Not Hematologic Indices of Adolescent Girls in Iran. <i>Food and Nutrition Bulletin</i> , 2006, 27, 260-264.	0.5	19