

Soghra Jarvandi, MD, MPH, PhD

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SUMMARY

Highly trained and internationally-experienced MD, MPH, with human nutrition PhD and post-doctoral training in epidemiology that has contributed to 2 books, 20 peer-reviewed papers and more than 20 abstracts. Received Recognition and Award of Merit. Organized and performed epidemiological research with expertise in behavioral and type-2 diabetes research. Experienced university lecturer.

EDUCATION

2004-2009	PhD, Human Nutrition McGill University, Montreal, Canada	
1998-2000	Master of Public Health (MPH) Tehran University, Tehran, Iran	GPA: 3.76
1989-1996	Medical Doctor (MD) Tehran University, Tehran, Iran	GPA: 3.80

HONOURS AND AWARDS

2006 & 2008	Alma Mater Student Travel Grant McGill University, Montreal, Canada
2003	Merit Scholarship Program Award for 3-year PhD study Islamic Development Bank

RESEARCH PROJECTS

2009	Role of nutrition in blood pressure control in type 2 diabetes
2006	Effect of a high fat diet on homeostatic control of food intake
2004	Learning processes in food intake
2001	Diagnostic value of CEA, P53, CA15-3, C-erbB-2 in patients with breast cancer and their correlation with other prognostic factors.
2000	Accuracy of fine-needle aspiration in early detection of breast cancer.
2000	Evaluation of breast self examination as a method of breast cancer screening.
2000	Uptake of an invitation for breast clinical examination: a comparison of two different approaches.
1997	Evaluation of knowledge, attitude and practice of women toward breast cancer.
1996	Collection of medical student thesis about breast cancer from seven universities in Iran.

TEACHING EXPERIENCES

Soghra Jarvandi, MD, MPH, PhD

Teaching Assistant. McGill University (2005-2008)

- **Food Fundamentals** (Lecture and Lab)
McGill University, Montreal, Canada
- **Applications of Food Fundamentals** (Lecture and Lab)
McGill University, Montreal, Canada
- **Human Nutrition** (Lecture)
McGill University, Montreal, Canada

MAJOR COURSES AT MCGILL UNIVERSITY

AEMA 610	Statistical Methods 2
NUTR 797	Nutrition Through Life
PSYC 318	Behavioural Neuroscience 2
EPIB 621	Data Analysis in Health Sciences (Auditing)

LANGUAGES

English (Fluent); French (Intermediate); Farsi (Fluent)

COMPUTER SKILLS

Microsoft Office, SPSS, SAS, R, Endnote

VOLUNTEER WORK

- 2009 Research Day Judge. Student research day, Department of Medicine McGill University, Montreal, Canada.
- 2007 “Let’s Talk Science Partnership Program,” McGill University
- 1998-2002 Breast Cancer Support Group

PUBLICATIONS

A. PAPERS:

1. **Jarvandi S**, Joseph L, Gougeon R & Dasgupta K. Vitamin supplement use associated with lower systolic blood pressure during months with low sun exposure in type 2 diabetes. Submitted to Journal of Nutrition.
2. Booth, DA, **Jarvandi S** & Thibault L. Food rewards eating before missed meals. Submitted to Learning and Motivation.
3. Harirchi I, Karbakhsh M, Montazeri A, Ebrahimi M, **Jarvandi S**, Zamani N, Momtahan AJ,

- Kashefi A, Zafarghandi MR. Decreasing trend of tumor size and downstaging in breast cancer in Iran: results of a 15-year study. *European journal of cancer prevention: the official journal of the European Cancer Prevention Organization (ECP)* 2010, 19:126-30.
4. **Jarvandi S**, Thibault L, & Booth, DA. Rats learn to eat more to avoid hunger. *The Quarterly Journal of Experimental Psychology* 2009, 62: 663-672.
 5. **Jarvandi S**, Booth D.A. and Thibault. Hyperhomeostatic learning of anticipatory hunger in rats. *Physiology & Behavior* 2007, 92: 541-547.
 6. Khalighi F, **Jarvandi S**, Taghizadeh M. Interactions between herbs and conventional drugs. *Journal of Medicinal Plants* 2003, 6: 1-12.
 7. Montazeri A, Haji-Mahmoodi M, **Jarvandi S**. Breast self-examination: do religious beliefs matter? A descriptive study. *Journal of Public Health Medicine* 2003; 25:154-5.
 8. Akhondzadeh SH, Kashani L, Foutohi A, **Jarvandi S**, Mobaseri M, Moin M, Khani M, Jamshidi AH, Baghalian K, Taghizadeh M. Comparison of *Lavandula angustifolia* Mill. Tincture and imipramine in the treatment of mild to moderate depression; a double-blind, randomized trial. *Neuro-Psychopharmacology & Biological Psychiatry* 2003; 27: 123-127.
 9. Taghizadeh M, **Jarvandi S**, Yassa N. A review of Echinacea. *Journal of Medicinal Plants* 2002; 1: 13-26.
 10. Montazeri A, Vahdani M, Haji-Mahmoodi M, **Jarvandi S**, Ebrahimi M. Cancer patient education in IRAN: a descriptive study. *Supportive Care in Cancer* 2002; 10: 169-173.
 11. **Jarvandi S**, Montazeri A, Harrirchi I, Kazemnejad A. Beliefs and behaviors of Iranian teachers toward early detection of breast cancer and breast self-examination. *Public Health* 2002; 116: 245-249.
 12. Haji-Mahmoodi M, Montazeri A, **Jarvandi S**, Ebrahimi M, Haghghat S, Harrirchi I. Breast self-examination: knowledge, attitudes, and practices among female health care workers in Tehran, Iran. *Breast J.* 2002; 8: 222-5.
 13. Yassaee VR, Zeinali S, Harrirchi I, **Jarvandi S**, Mohagheghi MA, Hornby DP, Dalton A. Novel mutations in the *BRCA1* and *BRCA2* genes in Iranian women with early-onset breast cancer. *Breast Cancer Research* 2002, 4: R6.
 14. Montazeri A, **Jarvandi S**, Khaleghi F, Haghghat Sh, Vahdani M, Sajadian A, Ebrahimi M, Haji-Mahmoodi M. Anxiety and depression in breast cancer patients before and after participation in a cancer support group. *Patient Education and Counseling* 2001; 45: 195-198.
 15. Harrirchi I, Ebrahimi M, Zamani N, **Jarvandi S**, Montazeri A. Breast cancer in Iran: a review of 903 case records. *Public Health* 2000; 114: 143-146.
 16. Montazeri A, Vahdani M, Ansari M, Sajadian A, Jafari M, **Jarvandi S**, Ebrahimi M, Haji-Mahmoodi M. Anthropometric variables and risk of breast cancer in postmenopausal women in

Iran: a case-control study. *Cancer Strategy* 2000; 2: 81-85.

17. Montazeri A, Harrirchi I, Vahdani M, Khaleghi F, **Jarvandi S**, Ebrahimi M, Haji-Mahmoodi M. Anxiety and depression in Iranian breast cancer patients before and after diagnosis. *European Journal of Cancer Care* 2000; 9: 151-157.
18. Montazeri A, Harrirchi I, Vahdani M, Khaleghi F, **Jarvandi S**, Ebrahimi M, Haji-Mahmoodi M. The EORTC breast cancer-specific quality of life questionnaire (EORTC QLQ-BR23): Translation and validation study of the Iranian version. *Quality of Life research* 2000; 9: 177-184.
19. Montazeri A, Khaleghi F, Harrirchi I, Jafari M, Sajadian A, Vahdani M, **Jarvandi S**. Breast self-examination in Iran: a population-based study. *Cancer Strategy* 1999; 1: 191-194.
20. Montazeri A, Haghigat S, Vahdani M, **Jarvandi S**, Harrirchi I. Evaluation of a national breast cancer information service: the Iranian experience. *Supportive Care in Cancer* 1999; 7: 154-157.
21. Montazeri A, Harrirchi I, Vahdani M, Khaleghi F, **Jarvandi S**, Ebrahimi M, Haji-Mahmoodi M. The European Organization for Research and Treatment of Cancer Quality of Life Questionnaire (EORTC QLQ – C30): translation and validation study of the Iranian version. *Supportive Care in Cancer* 1999; 6: 400-406.
22. Zafarghandi MR, Harirchi I, Ebrahimi M, Zamani N, **Jarvandi S**, Kazemnedjad A. Evaluation of 3058 pathologic reports of breast disorders. *Journal of the Faculty of Medicine Tehran University of Medical Sciences*, 1998; 5: 42-48.

B. BOOKS

1. Khalighi F, **Jarvandi S**, Taghizadeh M. A review of therapeutic indications of 60 commonly used medicinal plants. In press.
2. Khalighi F, **Jarvandi S**, Taghizadeh M. A guide to herb-drug interactions, including contraindications and side effects of medicinal plants. Tehran, 2005.

C. ABSTRACTS AND PRESENTATIONS

1. **Jarvandi S**, Gougeon R, Dasgupta K. Vitamin Intake and Adequacy among Women and Men with Type 2 Diabetes. American Diabetes Association (ADA) 70th Scientific Sessions, June 25-29, 2010, Orlando, Florida, USA.
2. **Jarvandi S**, Joseph L, Gougeon R, Dasgupta K. Vitamin supplementation and blood pressure reduction in adults with type 2 diabetes: interaction with sun exposure. American Diabetes Association (ADA) 70th Scientific Sessions June 25-29, 2010, Orlando, Florida, USA.
3. **Jarvandi S**, Gougeon R, Dasgupta K. Nutritional status of older adults with type 2 diabetes.

McGill Division of Geriatric Medicine Research Day, April 9, 2010. Montreal, Canada.

4. **Jarvandi S**, Booth D.A. and Thibault L. Instrumental learning reinforced by hunger in rats. Society for Study of Ingestive Behaviour (SSIB), 28th July to 1st August, 2009, Portland, Oregon, USA. *Appetite* 2009; 52(3):839
5. **Jarvandi S**, Booth D.A. and Thibault L. Is there negative reinforcement of eating by energy-flow deficit in human beings? Society for Study of Ingestive Behaviour (SSIB), July 15-19, 2008, Paris, France. *Appetite* 2008; 51(2):374
6. Booth D.A, **Jarvandi S** and Thibault L. Self-extinguishing and re-learned instrumental eating negatively reinforced by long-delay energy or nitrogen deficit. Joint meeting of Exp Psych Soc & Psychonomic Soc, 5-7 July 2007, Edinburgh.
7. **Jarvandi S**, Thibault L and Booth D.A. Obesity from high-fat diet weakened learning of anticipatory eating in rats. Society for Study of Ingestive Behaviour (SSIB), July 24-29, 2007, Steamboat Springs Colorado, USA. *Appetite*, 2007; 49(1): 301.
8. **Jarvandi S**, Booth D.A. and Thibault L. Learnt anticipatory eating in rats reinforced by a single length of fast. Society for Study of Ingestive Behaviour (SSIB), July 24-29, 2007, Steamboat Springs Colorado, USA. *Appetite*, 2007; 49(1): 301.
9. **Jarvandi S**, Booth DA and Thibault L. Learning to eat more before a long period without food: anticipatory hunger in protein-carbohydrate choice as well as with a single diet. 26th European Winter Conference on Brain Research (EWCBR), Villars Sur Ollon, Switzerland, March 4-11, 2006.
10. **Jarvandi S**, Booth D.A. and Thibault L. Rats learn anticipatory hunger with a choice of foods as well as on a single diet. 13th Annual meeting Society for the Study of Ingestive Behavior (SSIB), July 18-22, 2006, Naples, Florida, USA. *Appetite*, 2006; 46(3): 362.
11. **Jarvandi S**. Prevention of cardiovascular disease: Meal or Pill. Nutrition et santé cardiovasculaire, Une journée de formation conçue exclusivement pour les diététistes. Septembre 29, 2006. Hyatt Regency Montréal.
12. Booth D.A, **Jarvandi S** and Thibault L. Mammalian brain mechanisms for implicit recognition of energy-predictive features of eating situations in the automatic management of hunger. Canadian Society for Brain, Behaviour & Cognition Science with Experimental Psychology Society. Université de Montréal, 14-17 July 2005.
13. Montazeri A, **Jarvandi S**, Ansari M, Jafari M, Ebrahimi M, Haghghat Sh. The role of depression in the development of breast cancer: a case-control study. 3rd European breast cancer conference 19-23 March 2002, Barcelona.
14. **Jarvandi S**, Bakhtavar Kh, Montazeri A. Mammographic findings versus physical examination in asymptomatic patients. The 1st Iranian Congress of Cancer Research. May 15-19, 2001, Urmia, Iran.

15. Haji-Mahmoodi M, Montazeri A, Sjadian A, Haghghat SH, Ebrahimi M, **Jarvandi S**. A study of breast cancer screening behaviors: Do religious beliefs matter? 5th IEA Eastern Mediterranean Regional Scientific Meeting. October 23-25, 2000, Bahrain.
16. Haji-Mahmoodi M, Montazeri A, Harrirchi I, **Jarvandi S**, Ebrahimi M, Haghghat Sh. Promoting the knowledge of employed women towards breast cancer in Iran: role of education workshops. 5th IEA Eastern Mediterranean Regional Scientific Meeting. October 23-25, 2000, Bahrain.
17. Montazeri A, **Jarvandi S**, Khaleghi F, Haghghat Sh, Vahdani M, Haji-Mahmoodi M, Harrirchi I. Anxiety and depression in breast cancer patients before and after participation in a cancer support group. 12th MASCC International Symposium. March 2000, Washington DC, USA.
18. Ebrahimi M, Montazeri A, Vahdani M, Kazemnegad A, **Jarvandi S**, Haghghat SH. Risk factors for breast cancer in Iran: a case-control study. 5th IEA Eastern Mediterranean Regional Scientific Meeting. October 23-25, 2000, Bahrain.
19. Montazeri A, Haji-Mahmoodi M, Ebrahimi M, **Jarvandi S**, Haghghat Sh. Needs assessment of employed women on breast cancer prevention and early detection. 5th IEA Eastern Mediterranean Regional Scientific Meeting. October 23-25, 2000, Bahrain.
20. **Jarvandi S**, Montazeri A, Ansari, M, Haghghat Sh, Ebrahimi M. Accuracy of Fine Needle Aspiration (FNA) in early detection of breast cancer. 5th IEA Eastern Mediterranean Regional Scientific Meeting. October 23-25, 2000, Bahrain.
21. Montazeri A, Harrirchi I, Vahdani M, Ebrahimi M, Haji-Mahmoodi M, Khaleghi F, **Jarvandi S**. Quality of life in patients with breast cancer before and after diagnosis: a double blind study. International society of quality of life research 3-6 Nov. 1999, Spain.
22. Montazeri A, Ansari M, Motadaien L, Jafari M, Kkhaleghi F, **Jarvandi S**, Harrirchi I. Anxiety and depression in women attending a breast cancer mammography center. Ninth international congress on anti-cancer treatment Feb. 1999 Paris.
23. Harrirchi I, Ebrahimi M, Zamani N, **Jarvandi S**, Montazeri A. Breast Cancer in Iran: a review of 903 pathological records. The XV international scientific meeting of the international epidemiological association. Aug. 1999, Florence, Italy.
24. Montazeri A, Haghghat S, Vahdani M, Harrirchi I, **Jarvandi S**, Ebrahimi M, Haji-Mahmoodi M, Sedighi J. The impact of contacting a breast cancer Information service. 11th MASCC International Symposium Feb. 1999, Nice, France.
25. Geranpayeh L, **Jarvandi S**, Haji-Mahmoodi M. Evaluation of Knowledge, Attitude and Practice toward breast cancer among employed women. Tenth Annual Seminar of Cancer Institute, 23-25 Aban. 1377 ASH, Nov. 14-16 1998.