



## Mousa Khalafi

Assistant Professor

College: Faculty of Humanities

Department: Physical Education

### Employment Information

| Faculty/Department | Position/Rank | Employment Type | Cooperation Type | Grade |
|--------------------|---------------|-----------------|------------------|-------|
| (not set)          | (not set)     | (not set)       | Full Time        |       |

### Papers in Journals

1. Mousa Khalafi, Mohammad Hossein Sakhaei, Fatemeh Kazeminasab, Sara K Rosenkranz, Michael E Symonds. Exercise training, dietary intervention, or combined interventions and their effects on lipid profiles in adults with overweight and obesity: a systematic review and meta-analysis of randomized clinical trials. *Nutrition, Metabolism and Cardiovascular Diseases*. ۲۰۲۳.
2. Mousa Khalafi, Amir Akbari, Michael E Symonds, Mohammad Javad Pourvaghari, Sara K Rosenkranz, Elma Tabari, Influence of different modes of exercise training on inflammatory markers in older adults with and without chronic diseases: A systematic review and meta-analysis, *Cytokine*, 2023.
3. Mousa Khalafi, Mohammad Hossein Sakhaei, Michael E Symonds, Saeid Reza Noori Mofrad, Yubo Liu, Mallikarjuna Korivi, Impact of Exercise in Hypoxia on Inflammatory Cytokines in Adults: A Systematic Review and Meta-analysis, *Sports Medicine-Open*, 2023.
4. Elham Moslemi, Parvin Dehghan & Mousa Khalafi, Effectiveness of supplementation with date seed (*Phoenix dactylifera*) as a functional food on inflammatory markers, muscle damage, and BDNF following high-intensity interval training: a randomized, double-blind, placebo-controlled trial, *European Journal of Nutrition*, 2023.
5. zeynab kavyani, Parvin Dehghan, Mostafa khani, Mousa Khalafi and Sara Rosenkranz, The effects of camelina sativa oil and high-intensity interval training on liver function and metabolic outcomes in male type 2 diabetic rats, *Frontiers in Nutrition*, 2023.
6. Mousa Khalafi, Behzad Aria, Michael E Symonds, Sara K Rosenkranz, The effects of resistance training on myostatin and follistatin in adults: A systematic review and meta-analysis, *Physiology & Behavior*, 2023.
7. Mousa Khalafi, Michael E Symonds, Faeghe Ghasemi, Sara K Rosenkranz, Hadi Rohani, Mohammad Hossein Sakhaei, The effects of exercise training on postprandial glycemia and insulinemia in adults with overweight or obesity and with cardiometabolic disorders: a systematic review and meta-analysis, *Diabetes Research and Clinical Practice*, 2023.
8. Mousa Khalafi, Aref Habibi Maleki, Mohammad Hossein Sakhaei, Sara K. Rosenkranz, Mohammad J. Pourvaghari, Mahsa Ehsanifar, Hadis Bayat, Mallikarjuna KORIVI and Liu Yubo\*, The effects of exercise

- training on body composition in postmenopausal women: A systematic review and meta-analysis, *Frontiers in Endocrinology*, 2023.
9. Mousa Khalafi, Mohammad Hossein Sakhaei, Aref Habibi Maleki, Sara K. Rosenkranz, Mohammad Javad Pourvaghari, Yiqun Fang and Mallikarjuna Korivi, Influence of exercise type and duration on cardiorespiratory fitness and muscular strength in post-menopausal women: a systematic review and meta-analysis, *Frontiers in Cardiovascular Medicine*, 2023.
10. محمدجواد پوروقار، سعید رضا نوری مفرد، موسی خلفی، تأثیر تمرین تناوبی با شدت بالا بر سطوح لپتین گردش در افراد با و بدون بیماری های مزمن: مروری نظامند و فراتحلیل، *نشریه علوم زیستی ورزشی*، ۲۰۲۳، فاطمه کاظمی نسب، محدثه شجاعی، موسی خلفی، اثر تمرینهای ورزشی بر آنزیمهای کبدی و محتوی چربی کبد در بزرگسالان مبتلا به کبد چرب غیرالکلی: مرور نظاممند فراتحلیل، *مجله دیابت و متابولیسم ایران*، ۲۰۲۳، موسی خلفی، ساناز محمدی دینانی، مرضیه سادات حسینی، کیوان شریف مرادی، تأثیر تمرین ورزشی بر مارکرهای التهابی در بیماران مبتلا به مولتیپل اسکلروزیس: مروری نظاممند و فراتحلیل، *مجله دانشکده پزشکی اصفهان*، مجلد ۱۱۰۶، ۱۴۰۳/۱۲/۰۷، شماره صفحات ۴۱، SCOPUS, ISC.
11. در افراد با بیماری های A-موسی خلفی، امیر قنبرپور نصرتی، کیوان شریف مرادی، تأثیر تمرین ورزشی بر سطوح فتوئین متابولیکی و کلیوی: مروری نظامند با فراتحلیل، *مجله دیابت و متابولیسم ایران*، مجلد ۲۳، شماره صفحات ۱۹۹، ۱۴۰۲/۰۸/۱۰، SCOPUS, ISC.
12. Mousa Khalafi, Marzieh Faramarzi, Kayvan Sharifmoradi. The effect of exercise training on CTRP<sup>3</sup> levels in adults with metabolic disorders: a systematic review with meta-analysis. *Iranian Journal of Diabetes and Metabolism*. ۲۰۲۳.
13. Mousa Khalafi, Mohammad Borzuk, Amir Ghanbarpour. The effect of exercise training on the circulating levels of BDNF in patients with multiple sclerosis: a systematic review with meta-analysis. *KAUMS Journal (FEYZ)*. ۲۰۲۳.
14. Mousa Khalafi, Pejman Taghibeikzadehbadr, Eisa Naebi Alamdari. The comparison the effect of resistance training versus aerobic training on endothelial function in adults: a systematic review and meta-analysis. *Journal of Applied Health Studies in Sport Physiology*. ۲۰۲۳.
15. mohammad javad pourvaghari, Saeid Reza Noori Mofrad, Mousa Khalafi. The Effect of High-Intensity Interval Training on Circulating Leptin Levels in Individuals With and Without Chronic Diseases: A Systematic Review and Meta-analysis. ۲۰۲۳، *نشریه علوم زیستی ورزشی*.
16. Moghadami, K., Mohebbi, H., Khalafi, M., Akbari, A., Faridnia, M., & Tabari, E. effect of interval training intensity on protein levels of ATGL and Perilipin  $\delta$  in visceral adipose tissue of type ۲ diabetic male rats. *International Journal of Applied Exercise Physiology*. ۲۰۱۸.
17. Sheykhloovand, M., Khalili, E., Gharaat, M., Arazi, H., Khalafi, M., & Tarverdizadeh, B. Practical Model of Low-Volume Paddling-Based Sprint Interval Training Improves Aerobic and Anaerobic Performances in Professional Female Canoe Polo Athletes. *Journal of strength and conditioning research*. ۲۰۱۷.
18. Mousa Khalafi, Mohammad Hossein Sakhaei, Fatemeh Kazeminasab, Michael E Symonds and Sara K Rosenkranz, The impact of high intensity interval training on vascular function in adults: a systematic review and meta-analysis, *Frontiers in Cardiovascular Medicine Cardiovascular Epidemiology and Prevention*, 2022.