

Personal Information



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Date of Birth: 29 April 1991
Place of Birth: Kerman, Iran

Scopus academic link:

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<https://scholar.google.com/citations?user=2a0wLHkAAAAJ&hl=En>

Education

PhD in Environmental Health Engineering (In progress)
Yazd University of Medical Sciences, Yazd, Iran | 2022–Present

MSc in Environmental Health Engineering
Kerman University of Medical Sciences, Kerman, Iran | 2018–2021

BSc in Environmental Health Engineering
Kerman University of Medical Sciences, Kerman, Iran | 2010–2014

Academic & Professional Positions

- **Research Expert (Researcher)**, Shahid Sadoughi University of Medical Sciences, Yazd, Iran (2025–Present)
 - **Environmental Health Expert**, University of Hormozgan (2022–Present)
 - **Environmental Health Expert**, Kosar Charity Institute, Kerman, Iran (2017–2020)
 - **Environmental Health Expert**, Kerman Blood Transfusion Organization (2014–2016)
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Honors and Awards

- Distinguished Student Researcher Award, Ministry of Health, Iran (2022)
 - Selected Paper Award, Student Research Committees Festival, Iranian Universities of Medical Sciences (2024)
 - Best Oral Presenter, 6th International & 25th National Environmental Health Conference (2022)
 - Best Poster Award, 5th International & 24th National Environmental Health Conference (2021)
 - **Cultural Distinction Award:** Recipient of the National Statue of Sacrifice, awarded at the 13th National Ceremony of Granting the National Statue of Sacrifice to Iranian Students.
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Research Interests

Environmental exposure assessment • Biomonitoring • Heavy metals • Endocrine-disrupting chemicals • Drinking water quality • Cardiovascular and metabolic risk factors • Environmental epidemiology

Research Projects

National Research Projects

1. **Biomonitoring of urinary fluoride and its association with DMFT index and IQ among children and adolescents in Yazd, Iran (2024).**
Funding body: National Institute for Medical Research Development (NIMAD) – Role: PhD Student
 2. **Association between arsenic levels in drinking water and cardiovascular disease risk factors and identification of geographic hot spots: A cohort study.**
Funding body: National Institute for Medical Research Development (NIMAD) – Role: PhD Student
 3. **Biomonitoring of urinary fluoride and its association with cardiovascular risk factors in children and adolescents in Yazd, Iran (2022–2024).**
Funding body: National Institute for Medical Research Development (NIMAD) – Role: PhD Student
 4. **Association between cardiovascular risk factors, selected genetic polymorphisms, and urinary heavy metals (As, Pb, Cd, Cr, Zn) among adults in Yazd, Iran.**
Funding body: National Science Foundation of Iran – Role: PhD Student
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University-Based Research Projects

1. **Biomonitoring of urinary heavy metals (As, Pb, Cr, Zn) and their association with lipid profile and anthropometric parameters in children and adolescents in Kerman, Iran (2019).**
Kerman University of Medical Sciences – Role: Main Collaborator
2. **Assessment of urinary triclocarban and 2,4-dichlorophenol and their association with obesity and cardiovascular predictors in children and adolescents in Kerman, Iran.**
Kerman University of Medical Sciences – Role: Co-Investigator
3. **Biomonitoring of urinary triclosan and its association with lipid profile and anthropometric parameters in children and adolescents in Kerman, Iran (2019).**
Kerman University of Medical Sciences – Role: MSc Student
4. **Removal of metronidazole antibiotic from wastewater using adsorption by a novel synthesized magnetic nanocomposite.**
Kerman University of Medical Sciences – Role: Main Collaborator
5. **Health surveillance assessment of military personnel in Tehran using generalized linear mixed models with tree-based regression (GLMM-trees) (2018–2022).**
Baqiyatallah University of Medical Sciences – Role: Main Collaborator
6. **Association between drinking water hardness and fluoride with obesity and blood pressure in the general population of Zarand and Sarbisheh cities (2023).**
Shahid Sadoughi University of Medical Sciences, Yazd – Role: Co-Investigator
7. **Quality assessment and health risk evaluation of fluoride and nitrate in drinking water resources of Sarbisheh County.**
Shahid Sadoughi University of Medical Sciences, Yazd – Role: Co-Investigator
8. **Biomonitoring of urinary fluoride and its association with cardiovascular risk factors in children and adolescents in Yazd, Iran (2022–2023).**
Shahid Sadoughi University of Medical Sciences, Yazd – Role: PhD Student
9. **Narrative review on the association between per- and polyfluoroalkyl substances (PFAS) in drinking water and obesity and endocrine disorders.**
Kerman University of Medical Sciences – Role: Main Collaborator
10. **Association between indoor air pollution-related factors and anthropometric indices, blood pressure, and lipid profile among adults: Yazd Shahedieh Cohort Study.**
Shahid Sadoughi University of Medical Sciences, Yazd – Role: Co-Investigator
11. **Health risk assessment of fluoride and nitrate in the drinking water distribution network of Mehr County using Monte Carlo simulation.**
Shahid Sadoughi University of Medical Sciences, Yazd – Role: Collaborator
12. **Waste minimization strategies in healthcare facilities: A systematic review study.**
Shahid Sadoughi University of Medical Sciences, Yazd – Role: Collaborator
13. **Association between household cookware types and thyroid disorders and fatty liver disease in the Yazd Shahedieh Cohort population.**
Shahid Sadoughi University of Medical Sciences, Yazd – Role: Co-Investigator

Publications

1. **Nasab H**, et al. Association of As, Pb, Cr, and Zn urinary heavy metals levels with predictive indicators of cardiovascular disease and obesity in children and adolescents. *Chemosphere*. Q1; IF: 8.8.
2. Nasab H, et al. CuCoFe₂O₄@MC/AC as a new hybrid magnetic nanocomposite for metronidazole removal from wastewater: Bioassay and toxicity of effluent. *Separation and Purification Technology*. Q1; IF: 8.6.
3. **Nasab H**, et al. Association of urinary triclosan, methyl triclosan, triclocarban, and 2,4-dichlorophenol levels with anthropometric and demographic parameters in children and adolescents. *Environmental Science and Pollution Research*. Q1; IF: 5.8.
4. Nasab H, et al. Effective degradation of amoxicillin using peroxymonosulfate activated with MWCNTs–CuNiFe₂O₄: Optimization, degradation pathway, and toxicity assessment. *Biomass Conversion and Biorefinery*. Q2; IF: 4.0.
5. **Nasab H**, et al. Measurement of urinary triclocarban and 2,4-dichlorophenol concentration and their relationship with obesity and predictors of cardiovascular diseases among children and adolescents in Kerman, Iran. *Journal of Environmental and Public Health*.
6. **Nasab H**, et al. Association of urinary triclosan and methyl-triclosan levels with predictive indicators of cardiovascular disease and obesity in children and adolescents. *Environmental Health Engineering and Management*. Q2; IF: 1.6.
7. Nasab H, et al. Concentrations of urinary parabens and reproductive hormones in Iranian women: Exposure and risk assessment. *Toxicology Reports*. Q1.
8. **Nasab H** (Corresponding Author), et al. Demographic and anthropometric characteristics and their effect on urinary heavy metals in children and adolescents. *Heliyon*. Q2; IF: 4.0.
9. Nasab H, et al. Investigating the improvement of industrial effluent quality for reuse using coagulation, flocculation, multilayer filtration, and UV processes. *Scientific Reports*. Q1; IF: 4.6.
10. Nasab H, et al. Correlation between obesity and cardiovascular disease risk factors in military personnel. *Iranian Journal of Public Health*. Q4; IF: 1.4.
11. Nasab H, et al. Per- and polyfluoroalkyl substances as forever chemicals in drinking water: Association with obesity and endocrine disruption – A mini review. *Heliyon*. Q2; IF: 4.0.
12. Nasab H, et al. Evaluation of the efficiency of a dry anaerobic digester in biogas and fertilizer production. *Scientific Reports*. Q1; IF: 4.6.
13. Nasab H, et al. Epidemiological characteristics of road accident mortality and identification of hot spots: Years of life lost in Fars Province, Iran. *Iranian Journal of Public Health*. Q4; IF: 1.4.
14. Nasab H, et al. Investigating factors related to body mass index among military personnel using the GLMM-tree model in Tehran. *Military Medicine*.
15. **Nasab H**, et al. Enhanced sensitive determination of triclosan and methyl triclosan in human urine by DLLME coupled with GC–MS. *Environmental Health and Sustainable Development*.

16. Nasab H, et al. Modified polyacrylamide nanofiber membrane for efficient nitrate removal from landfill leachate. *Scientific Reports*. Q1; IF: 4.6.
 17. **Nasab H** (Corresponding Author), et al. Investigating the level of metal toxicity in used cell phone batteries using TCLP and WET methods. *Environmental Health and Sustainable Development*.
 18. Nasab H, et al. Evaluation of bacterial bioaerosols and their relationship with environmental factors in wastewater treatment plants. *Scientific Reports*. Q1; IF: 4.6.
 19. Nasab H, et al. Influential factors on the prevalence of childhood obesity and overweight in Jiroft. *Iranian Journal of Public Health*. Q4; IF: 1.4.
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Conference Papers and Presentations

1. **Nasab H**, et al. Isolation and determination of triclosan and methyl triclosan in urine samples using dispersive liquid–liquid microextraction (DLLME) and gas chromatography–mass spectrometry: A case study of children and adolescents in Kerman. *5th International & 24th National Environmental Health Conference*, Iran (2021). **Best Poster Award**.
2. Nasab H, et al. Metronidazole antibiotic degradation using a novel magnetic nanocatalyst (CuCoFe₂O₄@MC/AC) in the presence of persulfate and ultrasound. *5th International & 24th National Environmental Health Conference*, Iran (2021). Poster presentation.
3. **Nasab H**, et al. Investigation of urinary triclosan concentration and its association with anthropometric parameters among children and adolescents in Kerman, Iran. *4th International & 23rd National Environmental Health Conference*, Iran (2020). Oral presentation.
4. Nasab H, et al. A novel method for identification and determination of major metabolites of di(2-ethylhexyl) phthalate in human urine using liquid–liquid microextraction and GC–MS. *4th International & 23rd National Environmental Health Conference*, Iran (2020). Oral presentation.
5. **Nasab H** (Corresponding Author), et al. Effects of exposure to arsenic, lead, chromium, and zinc on blood pressure and lipid profile in children and adolescents in Kerman. *6th International & 25th National Environmental Health Conference*, Iran (2022). Poster presentation.
6. **Nasab H** (Corresponding Author), et al. Association between urinary endocrine-disrupting chemicals (triclosan, methyl-triclosan, triclocarban, and 2,4-dichlorophenol) and blood pressure and lipid profile in children and adolescents in Kerman. *6th International & 25th National Environmental Health Conference*, Iran (2022). **Best Oral Presentation Award**.
7. Nasab H, et al. Evaluation of dry anaerobic digester performance for biogas production under mesophilic conditions. *8th International & 27th National Environmental Health Conference*, Iran (2024). Oral presentation.

8. Nasab H, et al. Evaluation of chemical stability, corrosion, and sedimentation in the drinking water distribution network of Yazd city. *9th International & 28th National Environmental Health Conference*, Iran (2024). Poster presentation.
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Book Translation

- *Advances in Nanotechnology and Environmental Sciences: Applications, Innovations and Future Perspectives* (2023), Ketabdar Publishing & Kerman University of Medical Sciences
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Peer Review Activities

Reviewer for journals including:

Scientific Reports, BMC Cardiovascular Disorders, Nutrition & Metabolism, Bio Metals, Applied Water Science, and Environmental Health and Sustainable Development.

Skills

- Environmental and biological sample analysis
- Exposure and health risk assessment
- Statistical modeling (GLMM, regression, cohort analysis)
- Scientific writing and peer review