



## SAMANEH EFTEKHARIRANJBAR

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**Phone:** (+39) 3519894979

**Date of birth:** 31/05/1990 **Place of birth:** Hamedan, Iran **Nationality:** Iranian

### WORK EXPERIENCE

#### *University of Reims Champagne-Ardenne (URCA)*

**City:** Reims | **Country:** France

[ 01/03/2026 – 31/08/2026 ]

#### Visiting PhD student

**Project:** Implementation of the Sarcopenic Obesity Prevalence Index (SOPI) and ESPEN-EASO Algorithm within Large-Scale Epidemiological Cohorts.

**Epidemiological Analysis:** Applied the ESPEN-EASO diagnostic framework and the Sarcopenic Obesity Prevalence Index (SOPI) to large-scale datasets, including NHANES and the SOMMA cohort.

#### *Gabriele d'Annunzio University of Chieti-Pescara; Sapienza University of Rome*

**City:** Chieti (CH), Rome (RM) | **Country:** Italy

[ 15/11/2023 – 14/11/2026 ]

#### Experimental kinesiologist in the project "Validation of the ESPEN-EASO diagnostic algorithm for sarcopenic obesity (SO)" (Scientific coordinator: Prof Lorenzo M Donini)

**Physical function assessment** for the clinical validation of the **ESPEN-EASO diagnostic algorithm** at **Policlinico Umberto I Hospital**, directing comprehensive functional profiling for a matched-cohort study (N=150) comparing sarcopenic obesity vs. non-sarcopenic controls, with **95 assessments successfully completed to date**.

**1. Lower Limb Kinetic Profiling:** Conducted biomechanical analysis of **5-time and 30-second sit-to-stand (STS)** tests using **Microgate Gyko inertial sensors**. Quantified mechanical power, velocity, and force dynamics. **2. Maximal Isometric Strength:** Measured Maximal Voluntary Isometric Contraction (MVIC) of **knee extensors** using a **KE RN HCB** digital dynamometer. Calculated standardized **Knee-to-Body Weight (KNEE/BW)** ratios for diagnostic precision. **3. Postural Stability & Agility: Monitored One-Leg Standing Balance (OLSB)** via a wireless **Gyko sensor**. **4. Administered the Timed Up and Go (TUG)** tests to establish functional agility baselines. **5. Aerobic Capacity:** Coordinated the **6-Minute Walk Test (6MWT)** according to ATS (2002) guidelines, recording distance, gait speed, and Borg RPE scores. Monitored cardiovascular response using **Polar Electro™ (RS 400)** telemetry. **6. Upper Limb Screening: Performed Handgrip Strength (HGS)** testing using a **Jamar® 5030J1 dynamometer** following the ASHT protocol to classify sarcopenia risk per EWGSOP2 criteria.

#### *University of Mohaghegh Ardabili*

**City:** Ardabil | **Country:** Iran

[ 2021 – 2022 ]

#### Master's degree project: Effect of Eight Weeks of HIIT and Sodium nitrite Supplementation on Inflammatory and Metabolic Markers

Investigating the impact of high-intensity interval training (HIIT) and sodium nitrite supplementation on the **resistin, Klotho, PI3K, MuRF1, and TNF- $\alpha$**  pathways in type 2 diabetes models.

**Country:** Iran

[ 2016 – 2022 ] **Other Professional Experience**

**Personal trainer**

- Higer Club, 2021–2022, Tabriz, Iran.
- Samaie Gymnastics Club, 2020 – 2021, Tabriz, Iran.

**Personal trainer and fitness club manager**

- Star Fitness gym, 2019 – 2020, Tabriz, Iran

**Personal trainer**

- Aftab gym club, 2018 – 2019, Hamedan, Iran

**Personal trainer**

- Pars Fitness Club, 2016 – 2017, Hamedan, Iran

## EDUCATION AND TRAINING

[ 01/03/2026 – 31/08/2026 ] **Visiting PhD student**

**University of Reims Champagne-Ardenne (URCA)**

**City:** Reims | **Country:** France | **Field(s) of study:** kinesiology

**Supervisor: Prof. Philippe Noirez**, Director of Faculty of Sport Sciences, PSMS, Université de Reims Champagne-Ardenne, Reims, France; Département des Sciences de l'Activité Physique, Faculté des Sciences, UQAM, Montréal, Canada; School of Sport Science, University of Jordan, Amman, Jordan; Université Paris Cité, INSERM, Health & Functional Exposomics - HealthFex Unit, INSEP, IRMES - Institute for Research in Medicine and Epidemiology of Sport, Paris, France.

[ 15/11/2023 – 14/11/2026 ] **PhD course in kinesiology**

**University of Chieti - Pescara; Sapienza University of Rome**

**City:** Chieti (CH), Rome (RM) | **Country:** Italy | **Field(s) of study:** Kinesiology

- **PhD Course Coordinator: Prof. Maurizio Bertollo**, director of the BIND (Behavioral Imaging and Neural Dynamics) Center, Department of Medicine and Aging Sciences, University "G. d'Annunzio" of Chieti-Pescara, Chieti, Italy.
- **Supervisor: Prof. Silvia Migliaccio**, head of the Department of Experimental Medicine, Sapienza University of Rome, Rome, Italy.
- **Co-Supervisor: Prof. Laura Guidetti**, Department of Humanities, Movement, and Education Sciences, Università Telematica degli Studi Niccolò Cusano, Rome, Italy.

[ 2020 – 2022 ] **Master's Degree in Pure Sport Physiology**

**University of Mohaghegh Ardabili**

**City:** Ardabil | **Country:** Iran | **Field(s) of study:** Pure Sport Physiology | **Final grade:** G.P.A. 19.77 out of 20

[ 2011 – 2015 ] **Bachelor's Degree in Urban Development Engineering**

**Islamic Azad University, Hamedan Branch**

**City:** Hamedan | **Country:** Iran | **Final grade:** G.P.A. 16.50 out of 20 | **Thesis:** Improvement and organization of urban axes

## LANGUAGE SKILLS

**Mother tongue(s):** Persian , Azerbaijani Turkish

## Other language(s):

### English

LISTENING C1 READING C1 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

### Italian

LISTENING B2 READING B2 WRITING B2

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

### French

LISTENING A1 READING A1 WRITING A1

SPOKEN PRODUCTION A1 SPOKEN INTERACTION A1

*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user*

## PUBLICATIONS

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### **Cognitive Frailty and Cardiometabolic Risk in Middle-Aged and Older Adults: Evidence from the UK and China**

**Reference:** 2025 Sep 4;37(1):269. doi: 10.1007/s40520-025-03179-1

**Authors:** Haiyang Yan, Jingjing Lang, Chengfeng Li, Samaneh Eftekharianjbar, Guoyan Jiang, Jing Lei, Lixin Sun, Carlos J Toro-Huamanchumo, Zhongyang Guan.J | **Journal**

**Name:** Journal of Aging Clinical and Experimental

### **Male Osteoporosis: The impact of lifestyle, from nutrition to physical activity**

**Reference:** 2025 May;48(5):1075-1083. doi: 10.1007/s40618-024-02517-w. Epub 2024 Dec 16.

**Authors:** Giuseppe Defeudis, Ludovica Cardinali, Samaneh Eftekharianjbar, Maria Chiara Massari, Silvia Migliaccio. | **Journal Name:** Journal of Endocrinological Investigation

### **Current application and future directions for the Sarcopenic Obesity Global**

[ 2026 ] **Leadership Initiative (SOGLI) diagnostic algorithm**

**Authors:** Lorenzo.M Donini and the SOGLI Expert Panel (Samaneh Eftekharianjbar,Philippe Noirez, ...) | **Journal Name:** Clinical Nutrition

### **Assessing Physical Activity and Eating Behavior Changes across the COVID-19**

[ 2026 ] **Pandemic by Social Media Recruitment: a Systematic Review.**

**Reference:** Under review

**Authors:** Giuseppe Bifulco\*, Ludovica Cardinali\*, Edoardo Mocini, Eleonora Fini, Samaneh Eftekharianjbar, Giorgio Gronchi, Carlo Baldari, Marina Ciampi, Silvia Migliaccio and Luisella Cianferotti (\*equal contribution) | **Journal Name:** Obesity Reviews

### **Sarcopenic Obesity – From Molecular to Clinical Practice (Chapter 10: Role of**

[ 2026 ] **Physical Activity in Sarcopenic Obesity)**

**Reference:** Pending submission

Editors: Prof. Ming Yang (Corresponding Editor) and Prof. Andrea P. Rossi (Co-editor).

**Authors:** Samaneh Eftekharianjbar, François Desgorces, Ludovica Cardinali, Silvia Migliaccio, Lorenzo M Donini, Eleonora Poggiogalle, Philippe Noirez | **Publisher:** Springer (Springer Nature Singapore Pte Ltd.)

### **Operations manual for the implementation of the SOGLI algorithm in the diagnosis of sarcopenic obesity.**

[ 2026 ]

**Reference:** Pending submission

**Authors:** Lorenzo.M Donini and the SOGLI Expert Panel (Samaneh Eftekharianjbar, Philippe Noirez,....)

## CONFERENCES

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- [ 07/07/2026 – 10/07/2026 ] **Oral presentation "Phase Angle and Functional Mobility in Sarcopenic Obesity", ECSS congress (European college of sport science)**  
Eftekhariranjbar, S; Cardinali, L; Donini, LM; Migliaccio, S; Di Vincenzo, O; Bertollo, M; Minnetti, M; Poggiogalle, E.  
Lausanne, Switzerland
- [ 01/07/2025 – 04/07/2025 ] **Oral Presentation "Combined Effects of High-Intensity Interval Training and Sodium Nitrite Supplementation on Metabolic and Inflammatory Biomarkers in Type 2 Diabetic Rats", ECSS Congress (European college of sport science)**  
Eftekhariranjbar, S; Frigerio, F; Bertollo, M; Pourrahim, A; Cardinali, L; Baldari, C; Guidetti, L; Donini, L.M; Migliaccio, S.  
Rimini, Italy
- [ 27/11/2025 – 28/11/2025 ] **Sarcopenic Obesity Global Leadership Initiative (SOGLI) conference, 4th edition (chair and lead coordinator: Prof Lorenzo M Donini)**  
**invited expert (SOGLI panel)**  
Rome, Italy
- [ 11/06/2025 – 14/06/2025 ] **Poster presentation "High-Intensity Interval Training and Sodium Nitrite Supplementation: Synergistic Effects on Inflammatory and Metabolic Biomarkers in an Experimental Model of Type 2 Diabetes Mellitus", SIE Congress (Italian Society of Endocrinology)**  
Eftekhariranjbar, S; Frigerio, F; Bertollo, M; Pourrahim, A; Cardinali, L; Baldari, C; Guidetti, L; Donini, L.M; Migliaccio, S.  
Turin, Italy
- [ 05/09/2026 – 08/09/2026 ] **Poster presentation "RELATIVE HANDGRIP STRENGTH BASED ON MUSCLE-TO-BONE RATIO: A CROSS-SECTIONAL ANALYSIS FROM NHANES 2011-2014", ESPEN congress (European Society for Clinical Nutrition and Metabolism)**  
Maxime Truchon, Silvio Lefevre, Johke Smit, Laura Duval, Samaneh Eftekhariranjbar, Lorenzo M. Donini, Eleonora Poggiogalle, Philippe Noirez.  
Berlin, Germany
- [ 04/07/2026 – 11/07/2026 ] **Session chair at 31st Annual Congress of the European College of Sport Science (ECSS)**  
Session-ID: OP-MH10 - Ageing VI  
Date: 10.07.2026, Time: 08:00 - 09:15, Lecture room: SG 0211 (EPFL).  
Lausanne, Switzerland
- [ 01/07/2025 – 04/07/2025 ] **Session chair at 30th Annual Congress of the European College of Sport Science (ECSS)**  
Rimini, Italy.

**Abstract "MUSCLE-TO-BONE RATIO AND STRENGTH IN YOUTH: A CROSS-SECTIONAL ANALYSIS FROM NHANES 2011 2014", ESPEN congress (European Society for Clinical Nutrition and Metabolism)**

[ 05/09/2026 – 08/09/2026 ]

Maxime Truchon, Silvio Lefevre, Johke Smit, Laura Duval, Samaneh Eftekharianjbar, Lorenzo M. Donini, Eleonora Poggiogalle, Philippe Noirez

Berlin, Germany

**Abstract "Associations between nutritional status, functional status, and bone health in individuals with sarcopenic obesity", ORTOMED Congress (National Congress of the Italian Society of Orthopaedics, Regenerative Medicine, and Skeleton Oncology.)**

[ 11/12/2025 – 13/12/2025 ]

Olivia Di Vincenzo, Ludovica Cardinali, Alice Di Stefano, Grazia Semeraro, Giulia Pierantozzi, Giorgia Pistilli, Alina Shaykhova, Samaneh Eftekharianjbar, Luca Muzzioli, Marianna Minnetti, Claudia Piciocchi, Zaira Spinello, Lorenzo Maria Donini, Eleonora Poggiogalle, Silvia Migliaccio.

Florence, Italy.

[ 2025 – Current ] **ECSS STUDENT MEMBER (European College of Sport Science).**

**Food Science Conference/XIII Edition, Sarcopenic Obesity Global Leadership Initiative, SOGLI (chair and lead coordinator: Prof Lorenzo M Donini)**

[ 28/11/2024 – 29/11/2024 ]

**Invited participant**

Rome, Italy

**Participation in SISA congress (Italian Society of Food Sciences / Nutritional Sciences)**

[ 03/10/2024 – 04/10/2024 ]

**Supervisor: Professor Silvia Migliaccio (President of the Italian Society of Food Science - SISA).**

Rome, Italy

**Participation in SISMES CONGRESS (Italian Society of Motor and Sports Sciences).**

[ 19/09/2024 – 21/09/2024 ]

**Hosted by the University of Chieti-Pescara**

Chieti, Italy.

**Participation in the International Organization for Health, Sports, and Kinesiology (IOHSK) conference.**

[ 2023 ]

Bangkok, Thailand

**Participation in Physiology in Focus 2023.**

[ 16/09/2023 – 19/09/2023 ]

Tallinn, Estonia

**WEBINARS, SEMINARS,  
WORKSHOPS, LESSONS**

[ 24/12/2025 ] **The International Course "Essentials of Corrective Exercise Training".**

this course is certified by the National Federation of Professional Trainers (USA), the European Fitness Academy, and the UK Register of Exercise Professionals.

10 CPD HOURS

- [ 21/03/2026 ] **ÉcoTrail Salomon Project – Paris, France**  
On-site biological data collection with Prof. Philippe Noirez.
- [ 28/03/2026 ] **Scientific Half-Trail, University of Reims Champagne-Ardenne (URCA)**  
On-site physical function assessment data collection with Prof. Philippe Noirez
- [ 09/04/2026 ] **Workshop — organized by ACCUSTICA (Association of Stakeholders in Scientific, Technical, and Industrial Culture in Champagne-Ardenne.) Reims, France ·**  
Conducted physical performance assessments on adolescent participants at the Faculty of Sport Sciences (PSMS), Université de Reims Champagne-Ardenne, Reims, France.  
Used multi-modal biomechanical and performance measurement tools including:
- Vertec vertical jump tester
  - 3D motion analysis systems (Vicon)
  - Force plate for jump force measurement
  - ACE shooting simulator
  - Rowing ergometer
- [ 08/06/2026 ] **Seminar "Orthorexia: definition, prevalence and clinical/functional impact" (Prof. LM Donini)**
- [ 08/06/2026 ] **Seminar "RED-S Syndrome" (Prof. Pogiogalle)**
- [ 26/11/2025 ] **Seminar "Citrulline supplementation combined with high-intensity interval training (HIIT) in obese older adults: a translational approach from rat to human and implications for sarcopenic-obesity", Speaker: Professor Philippe Noirez**
- [ 20/11/2025 ] **Seminar "Toxicity of Cooking Oil-Derived Hydroxynonenal", Speaker: Prof. Dr. Tetsumori Yamashima (Department of Psychiatry and Behavioral Science, Kanazawa University Graduate School of Medical Sciences)**
- [ 2024 ] **Seminar "Abdominal aortic calcification and healthy aging: a message from the heart and beyond", Speaker: Dr. Marc Sim.**
- [ 13/03/2025 ] **Seminar "Definition and Diagnostic Criteria of Clinical Obesity", Speaker: Prof. Geltrude Mingrone**
- [ 13/03/2025 ] **workshop "Cosmed K5 indirect calorimeter - Training day"**
- [ 2024 ] **BI4E Open Workshop (Publishing with Impact: Writing, Open Science, and Navigating Reviews).**
- [ 2024 ] **Workshop on EMG: Writing, open science, and navigating reviews**
- [ 26/03/2026 ] **Springer Nature webinar "How to write a scientific paper & the Open Access Author Journey: dedicated to CARE members"**
- [ 05/03/2026 ] **SISMES Webinar "European Projects: The Experience of Those Who Succeeded"**
- [ 2025 ] **Webinar "Sport Neuropsychology", Speaker: Prof. Dr. Edson Filho**
- [ 2024 ] **participation in the Journal Club of the BIND Center.**

**2026:**

- Basic principles of psychophysiology applied to sport and exercise.
- Epidemiological and statistical approaches to longitudinal study design.
- Postural Control and Biomechanics.
- Multivariate analysis methods applied in sports sciences.
- Physical activity, sedentary time, and sleep analysis using accelerometers and/or multisensory devices.
- Electrophysiological measures and analysis.
- Methodology and Research Processes: collection, storage, and analysis of biological samples for integrated psycho-biological studies in ecological sports settings.

**2025:**

- Prof. Di Iorio Angelo—Epidemiological and statistical approaches to longitudinal study design.
- Prof. Claudio Robazza—Multivariate analysis methods applied in sport sciences.
- MOVE ON UP: BRIDGING THE GAP WITH DIGITAL INNOVATION WITH PARKINSON'S DISEASE.

**2024:**

- Research on team sports performance. (Prof. Tomas Garcia)
- Prof. Mirko Pesce - Biological samples and biomarkers.
- Prof. Mirko Pesce—Methodology and Research Processes: collection, storage, and analysis of biological samples for integrated psychobiological studies in ecological sports settings.
- Prof. Zappasodi, Filippo: Electrophysiological measures and analyses.
- Prof. Berchicci, Marika - Basic principles of psychophysiology applied to sport and exercise.

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**DIGITAL SKILLS**

**JASP statistical analysis I Office I Microsoft Word I Microsoft Excel I Microsoft PowerPoint I**

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**RESEARCH INTERESTS**

**Exercise for particular groups**

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**COMMUNICATION AND INTERPERSONAL SKILLS**

**SKILLS**

- Great ability in listening skills and a relationship builder
- Capable of formulating issues,
- conduct research and academic development work
- Curious with a passion to learn and a willingness to accept feedback
- Having a collaborative spirit and empathy
- Ability to work in a multidisciplinary team
- Flexible and resilient with adaptability, sociable, and intrinsically motivated

## ORGANISATIONAL SKILLS

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### SKILLS

- Participates in activities and staff meetings
- Perceptive to details and troubleshooting, Multitasking, and assertiveness
- Punctual and responsible, Strong work ethic

### REFERENCES:

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#### **Professor Lorenzo M Donini**

[lorenzomaria.donini@uniroma1.it](mailto:lorenzomaria.donini@uniroma1.it)

Department of Experimental Medicine, Sapienza University of Rome,  
Rome, Italy

#### **Professor Philippe Noirez**

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Department of Performance, Health, Metrology, Society (PSMS) Research Unit, University  
of Reims Champagne-Ardenne,

Reims, France.

#### **Professor Silvia Migliaccio**

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