

# SOBHAN MARDAN-DEZFOULI

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[LinkedIn](#)

Port Moody, BC

## EDUCATION

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**M.S.** University of British Columbia, Vancouver, BC 2021  
Master of Science in Kinesiology

**B.S.** Simon Fraser University, Burnaby, BC 2018  
Bachelor of Science in Biomedical Physiology and Kinesiology

## PROFESSIONAL EXPERIENCE

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### RESEARCH COORDINATOR

**Vancouver Imaging, Vancouver, BC** 06/2023 – Present

- Develop analysis plans for research projects, analyze data using R statistical program.
- Prepare manuscripts, abstracts, clinical study report.
- Participate in team grant writing applications.
- Mentor research fellows, medical students, co-op students in their research projects.
- Work with the principal investigators to develop feasible research projects and budgets.
- Organize studies on REDCap database.

### RESEARCH ASSISTANT

**Nova Scotia Health Authority, Halifax, NS** 11/2021 – 01/2023

- Develop performance analytics for clinical trials using intelligence dashboards.
- Analyze collected data via R statistical program and develop reports for communication amongst study partners and stakeholders.
- Query electronic medical record database in R studio, and then clean and prepare data for analysis.
- Managing databases for scoping reviews.
- Collect data using REDCap software.
- Prepare study protocol documents, obtain approval from the NSHA Research Ethics Board.
- Screen and enroll participants based on the predetermined study criteria and obtain written consent.
- Perform routine cognitive and physical assessment as per protocol.
- Writing grant applications.
- In charge of obtaining quotes for building a state-of-the-art aging research laboratory.

### GRADUATE THESIS STUDY COORDINATOR

**University of British Columbia, Vancouver, BC** 09/2019 - 11/2021

- Prepare study protocol documents, obtain approval from the UBC Research Ethics Board, and register the trial in a clinical registry system (ClinicalTrials.gov).
- Perform various measurements including body composition analysis utilizing dual energy x-ray absorptiometry (DEXA), heart rate, physical function measures including cardiorespiratory fitness levels, upper and lower strength, agility, and flexibility.
- Provide comprehensive fitness report cards based on the physical function measurements which include exercise prescription advice, cardiovascular risk analysis, and cardiorespiratory fitness levels.

- Collect, analyze, and interpret data utilizing appropriate statistics and presented data in an interactive graphical manner through the use of SPSS and Microsoft Excel.
- Screen and enroll participants based on the predetermined study criteria and obtain written consent.
- Create various documents for the clinical trial including marketing documents, data collection sheets, and procedure information sheets.
- Coordinate participant recruitment from multiple clinical and surgical centers to ensure adequate recruitment and retention rates.

## **TEACHING ASSISTANT**

**University of British Columbia, Vancouver, BC**

09/2019 -04/2021

- Conducted tutorial sessions on physiology and anatomy for students on a weekly basis.
- Collaborated with the course instructor to develop best practice learning resources for students.

## **KINESIOLOGIST & PHYSICIAN ASSISTANT**

**Obesity Medicine and Diabetes Institute, Coquitlam, BC**

03/2018 – 08/2019

- Assisted the medical director, clinicians, and program dietitian in managing patient care by taking extensive medical and weight histories, screening new patients, collecting anthropomorphic measurements, writing detailed consultations and referral letters to other physicians, and maintaining patient's electronic medical records utilizing the MOIS software.
- Took anthropometric measurements and blood pressure readings; assessed basal metabolic rates via indirect calorimetry.
- Developed and modified program material based on current scientific evidence for obesity management.
- Provided one-on-one nutrition and physical activity education to motivate patients to live healthy lifestyles.
- Presented educational and interactive group medical visit sessions for patients on a weekly basis.

## **VOLUNTEER EXPERIENCE**

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### **REHAB ASSISTANT**

**Physical Activity Research Center, Vancouver, BC**

09/2013 -10/2017

- Assisted clients with spinal cord injuries to complete their prescribed exercise plans.
- Tracked client progress regarding strength, flexibility, and mobility.
- Advised clients on the correct exercise procedures and postures.

### **REHAB ASSISTANT**

**Wilson Community Center, Port Coquitlam, BC**

03/2016 – 08/2016

- Assisted the instructor of the *Get Up and Go* program to implement exercise programs on functional exercise including those that would promote core strength, balance, and mobility in vulnerable older adults.
- Guided clients through exercises utilizing verbal, visual, and physical cues.

## **AWARDS AND GRANTS**

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- Canadian Foundation for Innovation JELF Team Grant (\$1,000,000)
- Nova Scotia Research Team Grant (\$100,000)
- KIN Graduate Student Research Grant Competition (\$800)

## **PUBLICATIONS AND CONFERENCES**

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Maqsood A, Asghar M, **Mardan-Dezfouli S**, Khosa F. Gender and racial composition in leadership positions: a comprehensive analysis across medical specialties in Canada. Can Asso Emerg Phys. 2024 Jun. Retrieved from: <https://www.xcdsystem.com/caep/program/TJ55ti0/index.cfm?pgid=1283>.

Jeavons C, Zhang Y, Marcuzzi A, Murphy S, **Mardan-Dezfouli S**, Mannas M, Chang S. Targeted Biopsy on Unilateral mpMRI Prostate PIRADS 4 and 5 lesions: Time to Omit Contralateral Biopsies. Can Asso Rad. 2024 Apr. Retrieved from: <https://assets.swoogo.com/uploads/3699993-65fb514d5ca88.pdf>.

**Mardan-Dezfouli S**, Reid OG, Fliss MD, Stevenson J, Harris D, Lyon MR, Koehle MS, Mitchell CJ. The Impact of Abdominal Body Contouring Surgery on Physical Function After Massive Weight Loss: A Pilot Prospective Matched Comparison. *Aesthet Surg J*. 2023 Jan 9;43(1):NP28-NP37.

Fliss MD, Stevenson J, **Mardan-Dezfouli S**, Li DCW, Mitchell CJ. Higher- and lower-load resistance exercise training induce load-specific local muscle endurance changes in young women: a randomised trial. *Appl Physiol Nutr Metab*. 2022 Dec 1;47(12):1143-1159.

**Sobhan Mardan-Dezfouli**. Exercise After Bariatric Surgery. Canadian Association of Bariatric Physicians and Surgeons. 2022 Mar.

**Sobhan Mardan-Dezfouli**. The Impact of Abdominal Body Contouring Surgery on Physical Function After a Massive Weight Loss: A Pilot Non-Randomized Controlled Trial. Canadian Society for Exercise Physiology. Oct 2021.

Owen Reid, **Sobhan Mardan-Dezfouli**. Measuring the Benefits of Body Contouring. BC Obesity Summit. 2021 Apr.

## PROFESSIONAL SKILLS

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|---------------------------------|--------------------------------|
| • R Statistical Program         | • Physical Rehabilitation      |
| • IBM SPSS Software             | • Leadership & Management      |
| • Quantitative Research         | • Team Mentoring & Tutoring    |
| • Statistical Data Analysis     | • Microsoft Office Suite       |
| • Research Protocol Development | • CPR & First Aid with AED     |
| • Cardiometabolic Diseases      | • Bi-Lingual (English & Farsi) |
| • Chronic Disease Management    |                                |
| • ICH-GCP Guidelines            |                                |