

CANER ÖZYILDIRIM, PhD

Postdoctoral Researcher & Research Assistant in Nutrition and Dietetics

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RESEARCH PROFILE

Postdoctoral researcher in Nutrition and Dietetics (PhD awarded November 2024) specializing in metabolic flexibility, adipose tissue dysfunction, and dietary interventions for cardiometabolic disorders across the lifespan. Track record spanning clinical trials and pediatric/adult obesity diagnostics, with publications in *Obesity Medicine*, *BMJ Paediatrics Open*, *Nutrition*, and *Minerva Endocrinology*. Proficient in R for biostatistics (multivariable modeling, data visualization); certified in experimental animal research; and an active participant in European research networks (COST Action CA23110 – INFLAMomx). Experienced in delivering undergraduate courses on AI applications in nutrition, popular diets, medical nutrition therapy, and immunonutrition.

EDUCATION & ACADEMIC CREDENTIALS

- PhD in Nutrition and Dietetics** — Ankara University, Graduate School of Health Sciences, Ankara, Turkey
Sept 2019 – Nov 2024 (graduated November 12, 2024)
Dissertation: *Evaluation of Diet-Related Risk Factors According to Non-Alcoholic Fatty Liver Disease (NAFLD) Severity*. Advisor: Prof. Dr. Nurcan Yabancı Ayhan
- MSc in Nutrition Sciences (with thesis)** — Ondokuz Mayıs University, Graduate School of Health Sciences, Samsun, Turkey
Sept 2016 – Jan 2019
Thesis: *Evaluation of the Relationship Between Zonulin, Total Antioxidant Capacity, Total Oxidative Status, and Nutrition in Individuals Diagnosed with Coronary Artery Disease for the First Time*. Advisor: Asst. Prof. Alper Tokay
- BSc in Nutrition and Dietetics** — Ondokuz Mayıs University, Faculty of Health Sciences, Samsun, Turkey
Sept 2012 – June 2016

ACADEMIC APPOINTMENTS

- Research Assistant** — Department of Nutrition and Dietetics, Faculty of Health Sciences, Akdeniz University, Antalya, Turkey
2017 – Present
Conducts clinical and epidemiological research, data collection, and biostatistical analysis; co-supervises undergraduate dissertations; and instructs undergraduate courses.

PEER-REVIEWED JOURNAL PUBLICATIONS

A. International SCI / SCI-Expanded & Leading Peer-Reviewed Journals

- Özyıldırım, C., Karaçil Ermumcu, M. Ş., Mutlu, M. E., Baran, I., Salim, H., & Seremet Kürklü, N. (2026). Mealtime behaviours, diet quality and parental stress in children with autism spectrum disorder: a cross-sectional study from Türkiye. *BMJ Paediatrics Open*, 10, e002891.
- Özyıldırım, C., Aydemir, M., & Yabancı Ayhan, N. (2026). Waist circumference associates with ultrasound-defined steatosis grade in NAFLD patients characterized by uniformly suboptimal diet. *Obesity Medicine*, 62, 100728.

3. Özdemir Güler, Z., Kılıç, B., **Özyıldırım, C.**, Kamarlı Altun, H., Ay, F., & Özgün Başıbüyük, G. (2025). Factors affecting the risk of falling and fall-related injuries in older people in Turkey. *Zeitschrift für Gerontologie und Geriatrie*, doi:10.1007/s00391-025-02518-1.
4. Seremet Kürklü, N., Karaçil Ermumcu, M. Ş., Suna, G., **Özyıldırım, C.**, Tel Adıgüzel, K., Aydın, M., Kavalcı, A., Bozdağ, F., & Turgut, N. (2024). Adherence to the Mediterranean diet is associated with sustainable nutrition and environmental footprints on higher educated individuals. *International Journal of Environmental Health Research*, 34(10), 3478–3488.
5. **Özyıldırım, C.**, Ünsal, E. N., & Yabancı Ayhan, N. (2023). Performance of triponderal mass index, body mass index z scores, and body mass index performance in the diagnosis of obesity in children and adolescents. *Nutrition*, 114, 112116.
6. **Özyıldırım, C.**, & Uçar, A. (2023). An alternative approach to obesity treatment: intermittent fasting. *Minerva Endocrinology*, 48(3), 334–345.
7. Mengi Çelik, Ö., **Özyıldırım, C.**, & Karaçil Ermumcu, M. Ş. (2023). Evaluation of food insecurity and its association with food consumption and some variables among college students. *Journal of Health, Population and Nutrition*, 42, 436.
8. Mengi Çelik, Ö., Karaçil Ermumcu, M. Ş., & **Özyıldırım, C.** (2023). Turkish version of the 'Food and Nutrition Literacy Questionnaire for Chinese School-Age Children' for school-age adolescents: a validity and reliability study. *BMC Public Health*, 23, 1807.
9. Doğan, G., **Özyıldırım, C.**, & Yabancı Ayhan, N. (2023). Supplementation use and diet changes during the COVID-19 pandemic according to anxiety level and Mediterranean diet adherence. *Clinical Nutrition ESPEN*, 54, 122–129.
10. Kamarlı Altun, H., **Özyıldırım, C.**, Koç, Ş., Aksoy, H. N., Sağır, B., Bozkurt, M. S., & Karasu, H. (2023). The factors associated with orthorexia nervosa in type 2 diabetes and their effect on diabetes self-management scores. *Eating and Weight Disorders*, 28, 1552.

B. Peer-Reviewed National / Regional Journals

11. Seremet Kürklü, N., **Özyıldırım, C.**, Karaçil Ermumcu, M. Ş., Suna, G., & Kamarlı Altun, H. (2023). Evaluation of the effect of internet addiction on eating behaviors, obesity, and sleep quality in adolescents. *İzmir Kâtip Çelebi University Faculty of Health Sciences Journal*, 8(2), 243–249.
12. **Özyıldırım, C.** (2022). The effects of fatty acids on the development of Type 2 Diabetes. *Gazi Medical Journal of Health Sciences*, 7(2), 57–67.
13. Uzdil, Z., Kayacan, A. G., **Özyıldırım, C.**, Kaya, S., Kılınc, G. E., Asal Ulus, C., & Sökülmez Kaya, P. (2019). Evaluation of orthorexia nervosa presence and eating attitudes in adolescents. *Samsun Journal of Health Sciences*, 4(1), 8–13.

RESEARCH PROJECTS & GRANTS

- **World Bank–Funded International Project** — Strengthening Service Capacity in Autism Spectrum Disorder and Intellectual Special Needs & Developing an Individual Service Consultancy Model – Improving Nutrition
- **Ministry of Health National Research Project** — Nutrition Project in Autism and Intellectual Special Needs
- **University Research Fund Project** — Evaluation of Zonulin, Total Antioxidant Capacity, Total Oxidative Status, and Nutritional Relationship in Individuals Diagnosed with Coronary Artery Disease for the First Time

NETWORKS & CERTIFICATIONS

- **COST Action CA23110 (INFLAMomx)** — Active member / working group participant, focusing on multi-omics data integration in metabolic inflammation and clinical phenotypes
- **Experimental Animal User Certificate** — Accredited certification for rodent-model experimental procedures and ethical animal handling

ONGOING RESEARCH

- **Ultra-Processed Foods & Front-of-Pack Labeling Analysis** — Principal Investigator (manuscript in preparation). Evaluating the degree of ultra-processing in commercial food products bearing positive health claims and assessing the classification sensitivity of front-of-pack schemes such as Nutri-Score.
- **UPF Consumption & Sensory Taste Perception Study** — Principal Investigator. Investigating differences in sweet and umami taste thresholds and recognition sensitivity among individuals stratified by low, moderate, and high habitual UPF intake.
- **Personalized Fasting Framework — Narrative Review** — Lead Author (conceptual framework and hypothesis development). Proposing an integrative model in which fasting interventions extend beyond standard caloric restriction, emphasizing personalized fasting protocols tailored to individual metabolic phenotypes (OSF: osf.io/yk2tr).
- **Intermittent Fasting and Insulin Resistance — Meta-Analysis** — Principal Investigator (systematic review and meta-analysis). Determining whether baseline insulin resistance status modulates the magnitude of body-weight loss induced by IF interventions (PROSPERO: CRD420251184394).
- **Time-Restricted Eating in Type 2 Diabetes (T2DM)** — Key Clinical Researcher (randomized controlled trial). Comparing the clinical effectiveness of TRE versus 3-meal and standard 6-meal dietary regimens on glycemic control and metabolic outcomes in patients with T2DM (ClinicalTrials.gov: NCT07674875).

BOOK CHAPTERS & SCHOLARLY CONTRIBUTIONS

1. Seremet Kürklü, N., & **Özyıldırım, C.** (2025). Nutrition in Clinical and Field Settings During Disaster Situations: Nutrition in Individuals with Disabilities. In Ö. Mengi Çelik & N. Koç (Eds.), *Clinical and Field Nutrition in Disasters*. Ankara Nobel Medical Bookstores.
2. Yabancı Ayhan, N., ... **Özyıldırım, C.**, et al. (2025). Nutrition in Children with Specific Learning Disabilities. In O. B. Dursun et al. (Eds.), *Nutrition in Children with Special Needs*. T.C. Ministry of Health Publications.
3. Yabancı Ayhan, N., ... **Özyıldırım, C.**, et al. (2025). Healthy Nutrition in Children. In O. B. Dursun et al. (Eds.), *Nutrition in Children with Special Needs*. T.C. Ministry of Health Publications.
4. **Özyıldırım, C.**, & Yabancı Ayhan, N. (2022). Elderly Individual: Ethical Dilemma. In F. Çelik & M. Soylu (Eds.), *Dietetics and Nutrition Case Studies*. Ankara Nobel Medical Bookstores.

SELECTED CONFERENCE PRESENTATIONS

- **Özyıldırım, C.**, & Yabancı Ayhan, N. (2025). Association of dietary protein composition with fatty liver disease severity in people with type 2 diabetes and overweight/obesity. *47th ESPEN Congress on Clinical Nutrition & Metabolism*, Prague, Czech Republic. (Poster)
- Karaçıl Ermumcu, M. Ş., **Özyıldırım, C.**, Salim, H., Baran, I., & Mutlu, M. E. (2024). Effects of parental stress and mealtime attitudes on meal behaviour and diet quality of children with autism spectrum disorder. *36th Annual Meeting of the European Academy of Childhood Disability (EACD)*. (Oral presentation)

TEACHING & ACADEMIC INSTRUCTION

Undergraduate Modules Instructed / Co-Instructed

Department of Nutrition and Dietetics, Akdeniz University

- Computer and AI Applications in Nutrition and Dietetics
- Immune System and Immunonutrition
- Medical Nutrition Therapy in Adult Diseases (Theory & Clinical Application)
- Dietary Principles and Popular Diets
- Psychosocial Aspects of Nutrition
- Nutrition and Media

Academic Mentorship

Co-supervises BSc graduation dissertations and clinical dietetic internships.

ACADEMIC REFERENCES

- **Prof. Dr. Nurcan Yabancı Ayhan** — PhD Dissertation Advisor, Department of Nutrition and Dietetics, Faculty of Health Sciences, Ankara University, Ankara, Turkey
nyabanci@gmail.com · nyabanci@ankara.edu.tr
- **Assoc. Prof. Dr. Hülya Kamarlı Altun** — Department of Nutrition and Dietetics, Faculty of Health Sciences, Akdeniz University, Antalya, Turkey
hkamarli@akdeniz.edu.tr
- **Assoc. Prof. Dr. Nilgün Seremet Kürklü** — Department of Nutrition and Dietetics, Faculty of Health Sciences, Akdeniz University, Antalya, Turkey
nseremetkurklu@akdeniz.edu.tr
- **Dr. Alper Tokay** — MSc Thesis Advisor, Department of Nutrition and Dietetics, Faculty of Health Sciences, Ondokuz Mayıs University, Samsun, Turkey
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