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His main research includes oxidative stress, influence of alcohol and drugs on metabolism, metabolism AGE's, experimental nephrology, tumour markers, and laboratory management and accreditation.

He is author of more than 400 articles, 7 books and co-author of 66 chapters in books, H-index is 25. He is the Editor in Chief – Folia Biologica and Addictology. Prof. Zima is a member in many learned and scientific societies (Czech Medical Academy, Czech Learned Society) and their Boards (e.g. member of Executive Board EFLM, vicepresident of ISOBM Board) and president of European Society for Biomedical Research on Alcoholism.