



Personal and Contact Information

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Last Update: 2023

Education

- ❖ PhD in Health Education and Health Promotion, Isfahan University of Medical Sciences

Dissertation Title: Designing and assessing the effects of an educational intervention based on the social marketing model on increasing the consumption of healthy breakfast and snacks among female junior high school students: A mixed methods study

- ❖ Master of Science in Health Education, Isfahan University of Medical Sciences

Thesis Title: The Effect of an Educational Intervention Based on the Health Belief Model on AIDS Preventive Actions of Addicts in Khorramabad, Iran

- ❖ Bachelor of Science in Public Health, Zabol University of Medical Sciences

Thesis Title: Effect of educational pamphlets on knowledge and attitudes of non-medical students about AIDS in University of Zabol in 2008

- ❖ Associate's degree in Family Health, Lorestan University of Medical Sciences





Honors, Awards, and Scholarships (if available)

Honor student during M.Sc.

student of Brilliant talent in master's degree

Top professor at Lorestan University of Medical Sciences in 2023

Experiences

1. Scientific position

Assistant Professor, Lorestan University of Medical Sciences, Khorramabad, Iran.

2. Clinical Experiences

3. Teaching Experiences

1. Practical training instructor, Lorestan University of Medical Sciences (2012-2020)
2. Designing internship logbooks in the field of public health students(2020)
3. Adjunct instructor of undergraduate health courses, Lorestan University of Medical Sciences (2015-2017)
4. Instructor of undergraduate courses as assistant professor, , Lorestan University of Medical Sciences (Since 2018)
5. Instructor of workshops on methods of health education, operational planning, needs assessment and prioritization, health and treatment centers in Khorramabad, Iran (2014-2015)
6. Instructor of pre-training workshops, Department of Public Health, Lorestan University of Medical Sciences (2012).
7. Instructor of workshops on research methods, designing self-care education programs, and health education needs assessment, Department of Health Education and Promotion, School of Health, Isfahan University of Medical Sciences (2015-2016)
- 8.

Grants

Supervisor





Advisor

1. Exploring Behvarzes' Experiences of Insufficient Participation of Some Individuals in Preventive Measures of COVID-19 Pandemic
2. Investigating the effect of messages based on the developed parallel process model on the prevention behaviors of covid-19 in fifth grade female students: a four-group randomized trial
3. Investigating the effect of educational intervention based on social cognitive theory on the level of marital satisfaction in infertile women referred to Ali Ibn Abitaleb Hospital in Zahedan
4. Determining the status of marital satisfaction and its related factors in married men and women living in Taft city in 2017-2018

Publications

Book

Published Articles

1. Articles (In English)

1. Effect of educational pamphlets on knowledge and attitudes of non-medical students about AIDS in the University of Zabol in 2008, Health System Research.
2. The effect of training interventions on psychological factors of oral health in pregnant women, Electronic Physician.
3. Effect of educational intervention on knowledge, perceived benefits, barriers and self-efficacy regarding AIDS preventive behaviors among drug addicts, Journal of education and health promotion.
4. Sources of health care providers' self-efficacy to deliver health education: A qualitative study, BMC medical education.
5. Factors associated with mental health of high-school students in the Islamic Republic of Iran, Eastern Mediterranean Health Journal.
6. Formative research on a social marketing campaign to promote the consumption of healthy breakfast and snacks: A qualitative study, International Journal of Pediatrics.
7. Risk factors of depression among the elderly: A review study, Journal of Gerontology.
8. Exploring the perceived capabilities of health professionals in providing health education and counseling to their clients: A qualitative study, Medical-Surgical Nursing Journal.
9. Self-efficacy in physical activity among high school students in Falavarjan, Iran, Journal of Health System Research.
10. The psychological determinants of self-medication among the elderly: An explanation based on the Health Belief Model, Elderly Health Journal.
11. DMFT and OHIS indexes in pregnant mothers: An explanation based on the Health Belief Model, Journal of Community Health Research.
12. Identification of determinant factors of health-related quality of life in the Iranian urban population, International Journal of Hospital Research.
13. Evaluation of oral health in pregnant women of Khorramabad, Iran: Application of the Health Belief Model,
14. An evaluation of the pattern of energy drinks consumption and its associated factors among college students, Health System Research.





15. The relationship between Health Belief Model constructs with regard to AIDS preventive behaviors among addicts, Health System Research.
16. Effect of educational intervention based on the Health Belief Model on psychological factors of AIDS preventive behaviors in addicts, Journal of Research & Health.
17. Development and psychometric evaluation of a new instrument to market healthy breakfast and snacks among adolescents, International Journal of adolescent Medicine and Health.
18. The Prevalence of Different Types of Accidents Among Elderly People. Residing in Khorramabad, Iran: A Descriptive-Analytical Study
19. An investigation of the effects of infertility on Women's quality of life: a case-control study
20. Factors behind healthy snack consumption at school among high-school students: a qualitative study
21. Explaining the Dimensions of Social Support for Breakfast and Healthy Snacks in Students: A Qualitative Study.
22. Application of Freire's Adult Education Model in Modifying the Psychological Constructs of Health Belief Model in Self-medication Behaviors of Elderly: a randomized controlled trial.
23. The promotion of healthy breakfast and snacks based on the social marketing model: a mixed-methods study
24. The predictors of marital satisfaction among married women and men.
25. Evaluation of the observance of the charter of patient's rights by General dentists.
26. Application of the Health Promotion Model to Predict Breakfast Consumption Among Adolescent Girls: A Structural Equation Modeling Approach
27. Factors related to preventive COVID-19 behaviors using health belief model among general population: a cross-sectional study in Iran
28. Energy drinks consumption and increased risk of smoking and alcohol sweetened beverages use among university students
29. Investigating the level of knowledge and performance of postmenopausal women about breast self-examination in Khorramabad in 2019
30. An Investigation of the Relationship between Food Literacy and Adherence to a Healthy Diet: Consumption of Food Groups in People with Type 2 Diabetes
31. Stigma, Anxiety, Depression, and Quality of Life Among Patients With Hepatitis C in Iran
32. Predicting Preventive Behaviors against COVID-19: A Structural Equation Modeling Approach from Iran
33. Development and Psychometric Assessment of Questionnaires for Evaluation of Social Support for Healthy Breakfast and Snack Consumption
34. Development and psychometric analysis of a new tool to assess food literacy in diabetic patients
35. Depression Severity and Sexual Satisfaction in Fertile and Infertile Women in Iran: A Population-Based Case-Control Study

2. Articles Presented in Conferences and Seminars

1. The effect of an educational intervention based on the Health Belief Model on AIDS preventive actions of addicts in Khorramabad, Iran. The First International Conference and the Fifth International Seminar on AIDS.
2. Risk factors of depression among the elderly: A review study. The 6th International Seminar on the Safety of the Elderly (Presentation, 2014)





3. Factors associated with mental health of high-school students in the Islamic Republic of Iran. The 2nd National Conference on Healthy Society (Poster, 2015).
4. Chronic diseases and catastrophic health expenditures: Evidence from Hamadan, Iran. The 3rd International Conference and the 8th National Conference on Health Education and Promotion (Poster, 2017).
5. Evaluation of oral health in pregnant women of Khorramabad, Iran: The application of the Health Belief Model. The 5th International Conference on Women's Health (Cancer in Women) (Poster, 2017)
6. Factors behind healthy snack consumption at school among high-school students: A qualitative study. The 9th National Conference on Health Education and Promotion and the 2nd National Conference on Health Literacy (Poster, 2018).
7. Self-efficacy determinants and consequences of physical activity. The 3rd International Conference and the 8th National Conference on Health Education and Promotion (Poster, 2018).
8. The relationship between psychological factors and two oral health indicators. The 3rd International Conference and the 8th National Conference on Health Education and Promotion (Poster, 2018).
9. Formative research on a social marketing campaign to promote healthy breakfast consumption. The 3rd International Conference and the 8th National Conference on Health Education and Promotion (Poster, 2018).
10. The sources of health care providers' self-efficacy to deliver health education: A qualitative study. The 3rd International Conference and the 8th National Conference on Health Education and Promotion (Poster, 2018).
11. Needs assessment for an educational intervention based on the Health Belief Model (HBM) regarding Self-Medication among the Elderly. The 7th National Conference on Health Education and Promotion (Poster, 2016).
12. The exploration of the facilitators and barriers to health education in the family health units of health and treatment centers in Isfahan, Iran. The 7th National Conference on Health Education and Promotion (Poster, 2016).
13. The effects of an educational intervention on the psychological factors affecting behavior and its outcomes in the oral and dental health of pregnant women. The 7th National Conference on Health Education and Promotion (Poster, 2016).
14. Exploring the Perceived Capabilities of Health Professionals in Providing Health Education and Counseling to Their Clients: A Qualitative Study (Poster: accepted for The 21st National Conference on Medical Education)





15. Belief predictors of preventive behaviors related to Covid-19 in Lorestan province(Poster: accepted for the Virtual conference of research achievements of Covid-19, 29 February 1399)
16. Application of health belief model to predict prevention behaviors related to covid 19: with structural equation model approach(Lecture: Top article in The first national conference of health media focusing on Corona, Ahvaz University of Medical Sciences, December 15 and 16, 1400)

Reviewer of national and international scientific journal

Health System Research (2015)
BMC Public Health (2018-2020)
Health Education (2018-20196)
Health Scope (2019)

PLOS ONE
Jundishapur Journal of Health Sciences

Editorial Board of Medical Journals

Workshops

1. Instructor of workshops on methods of health education operational planning
2. needs assessment and prioritization research methods
3. designing self-care education programs and health education needs assessment.
4. Endnote
5. Health Education and Promotion
6. Social Marketing
7. media literacy workshop
8. health information mobilization workshop
9. health self-care workshop





10. social marketing workshop in the field of health

Interest

1. Health Education
2. Qualitative research
3. communications
4. Medical sociology
5. mental health

Language Proficiency

	Speaking	Reading	Writing	Listening
Language English	✓	✓	✓	✓
Degree of Proficiency	MHLI			

Research Projects

Number	Project Title	Sponsor	Responsibility	Status
1	The effect of an educational intervention based on the Health Belief Model (HBM) on the awareness of self-medication behaviors of the elderly referring to health and treatment centers in Khorramabad, Iran	Lorestan University of Medical Sciences	Second researcher	Finished
2	The effect of an educational intervention based on the Health Belief Model (HBM) on the awareness and oral and dental self-care behaviors of pregnant women referring to health centers in Khorramabad, Iran.	Lorestan University of Medical Sciences	Second researcher	Finished
3	The determination of the facilitators and barriers to health education by family health experts in health and treatment centers in Isfahan, Iran.	Isfahan University of Medical Sciences	First Researcher	Finished
4	Study The Effect of Health Worker Participation Promotion Program on Apprenticeship in Public Health Students of Lorestan University of Medical Sciences: a research action study	Lorestan University of Medical Sciences	First Researcher	Runing
5	Preventive beliefs and behaviors about Coronavirus 19 infection in the framework of Health Belief Model based on Structural Equation Model	Lorestan University of Medical Sciences	First Researcher	Finished
6	Explaining the experiences of health and medical personnel about facilitators and	Lorestan University of	Second researcher	Finished





	barriers to screening and health education about Covid 19 disease in comprehensive health service centers and hospitals in Lorestan province	Medical Sciences		
7	Investigating the relationship between Post-traumatic stress disorder and Coping strategies among flood victims in Lorestan province	Lorestan University of Medical Sciences	First Researcher	Finished
	Investigating the Predictors of Help Seeking in Women Exposed to Spousal Violence at the Outbreak of Covid 19 Disease in Lorestan Province in 2020	Lorestan University of Medical Sciences	First Researcher	Finished

Administrative Experiences

Workplace	Position	From	To
Delfan Health and Treatment Network	Family Health Employee	1994	1995
Department of Health Education and Promotion, School of Health, Isfahan University of Medical Sciences	Member of the executive committee and reviewer of articles submitted to the 3 rd international conference and the 8 th national conference on health education and promotion	2017	2017
Department of Public Health, School of Health, Lorestan University of Medical Sciences	Practical training instructor, Lorestan University of Medical Sciences (2012-2020)		
Department of Public Health, School of Health and Nutrition, Lorestan University of Medical Sciences	Deputy Director of Public Health Research(2018-2020)		
Department of Public Health, School of Health and Nutrition, Lorestan University of Medical Sciences	Head of the Virtual Education Committee of the School of Health and Nutrition(2018-2020)		
Nutritional Health Research Center	Deputy of Nutrition Health Research Center at Lorestan University of Medical Sciences in 2022 and 2023.		
Secretariat of the Vice-Chancellor of Education	The head of the working group for socially responsible education and educational justice in 2022 and 2023.		
Health Institute of Lorestan University of Medical Sciences	Head of health think tank at Lorestan University of Medical Sciences in 2022 and 2023.		

Skills





- 1 Skill in using the Endnote software
- 2 Skill in using the SPSS software for the analysis of quantitative data
- 3 Skill in using the MAXQDA for the analysis of qualitative data
- Skill in using the Ennote for the reference management
- Skill in using the Camtasia Studio for the virtual training

Participation in Workshops

- 1 Meta-analysis and systematic review
- 2 Questionnaire design
- 3 The principles and techniques of poster design
- 4 Critical evaluation of scientific articles
- 5 Statistical data analysis

