General specifications



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Education

Bachelor of Clinical Psychology
University: *Mohaghegh Ardabili*

Master of Clinical Psychology
University: *Islamic Azad University of Ardabil*
Thesis title: *The role of impulsivity and cognitive emotion regulation in addiction tendency of Ardabil Azad University students*

Master of Medical Education
University: *Virtual University of Medical Sciences*
Thesis title: *Construction and validation of a scale for evaluating the professional behavior of clinical faculty members*

Articles

Row	Title	Year	Journal Name, Conference Name
1	Reducing depression and anxiety symptoms in patients with Parkinson's disease: The effectiveness of group cognitive behavioral therapy	2023	Parkinsonism & Related Disorders
2	Action status and willingness to change health-promoting behaviors during the COVID-19 pandemic among elementary school children: a study based on Prochaska's stages of behavior change theory (TTM)	2023	BMC Public Health
3	Prevalence of Cardiovascular Disease Risk Factors in the Women Population Covered by Health Centers in Ardabil	2022	International Journal of Hypertension
4	Prediction of academic performance based on learning style and critical thinking among medical students	2022	Journal of Pedagogical Research
5	COVID-19 Has Made the Elderly Lonelier	2021	Dementia and Geriatric Cognitive Disorders Extra
6	Comparison of emotional intelligence, attachment style, and mental health in addicted and nonaddicted people	2021	Addictive Disorders & Their Treatment
7	Death from Alcohol Consumption During the Outbreak of COVID-19	2021	Current Psychiatry Research and Reviews
8	The role of impulsivity and cognitive emotion regulation in the tendency toward addiction in male students	2021	Addictive Disorders & Their Treatment
9	Psychological impacts of COVID-19	2021	Srpski arhiv za celokupno lekarstvo
10	Effectiveness of the cognitive restructuring approach on irrational beliefs and hopelessness in individuals with a substance abuse disorder: a randomized controlled	2021	Addictive Disorders & Their Treatment
11	Comparison of Performance in the Benton Visual-Spatial Perception Test in Students with Special and Regular Learning Disabilities	2021	Journal of Journal of Learning Disabilities
12	The role of the family in preventing addiction	2021	Addictive Disorders & Their Treatment

13	The ethics in society during the COVID-19 outbreak in Iran	2021	Ethics, Medicine, and Public Health
14	The COVID-19 Outbreak, High Stress, and Increased Substance Use	2021	Addictive Disorders & Their Treatment
15	The COVID-19 outbreak and the problems of children with autism	2021	Minerva Psychiatry
16	Effectiveness of Acceptance and Commitment Therapy on Reducing Body Image Disorders in Adolescent Girls	2021	Addictive Disorders & Their Treatment
17	Health Tips to Prevent the Spread of COVID-19 to Nursing Homes	2021	Aging Medicine and Healthcare
18	The psychological impact of covid-19 outbreak on nurses working in iran	2021	Addictive Disorders & Their Treatment
19	Risk perception and adherence to preventive behaviours related to the COVID-19 pandemic: a community-based study applying the health belief model	2021	BJPsych open
20	Ignorance has Turned COVID-19 Into a Social Stigma	2021	Addictive Disorders & Their Treatment
21	Managing Back to School Anxiety During a COVID-19 Outbreak	2021	The Journal of nervous and mental disease
22	A study of the social stigma of coronavirus (COVID-19)	2021	Advances in Dermatology and Allergology
23	Reduce Depression and Anxiety in Methadone Users with Transcranial Direct Current Stimulation	2021	Iranian Journal of Psychiatry and Behavioral Sciences
24	Increased consumption of crystal (methamphetamine) during the COVID-19 outbreak	2021	Addictive Disorders & Their Treatment
25	Behavioural change theories: a necessity for managing COVID-19	2021	Public Health
26	The Predictive Role of Emotional Intelligence, Resilience, and Personality Traits in Addiction Potential of Students at Arak University of Medical Sciences	2021	Addictive Disorders & Their Treatment
27	The COVID-19 outbreak and behavioral changes, public perceptions and psychological responses in Iran	2020	Archives of Psychiatric Nursing
28	Strategies to reduce the anxiety and depression of nurses in the special wards of COVID-19	2020	Archives of Psychiatric Nursing
29	The Relationship Between Internet Addiction and Social Adjustment, and Test Anxiety of the Students of Ardabil University of Medical Sciences	2020	Archives of Psychiatric Nursing
30	Effective recommendations for reducing anxiety and depression caused by COVID-19 outbreak in medical staff	2020	Archives of Psychiatric Nursing
31	COVID-19 Outbreak Provides a Unique Platform to Study Behavioral Changes in Iran	2020	Asian J Psychiatr
32	Comparing the effectiveness of eye movement desensitization reprocessing and cognitive behavioral therapy in reducing post-traumatic stress disorder	2020	Health Psychology Report
33	A comparative analysis of alexithymia, cognitive self-consciousness, and enthusiasm to school in students with and without specific learning disorders	2020	Journal of Learning Disabilities
34	The Effect of Group Counseling Therapy Approach to Psychological Well-Being of Adolescent Girls Treated With Methadone in Iran: A Randomized Controlled Trial	2020	Addictive Disorders & Their Treatment
35	The Effectiveness of Group Cognitive Behavioral Therapy on Depression and Anxiety symptoms in Parkinson´s Patients	2019	Religación. Journal of Social Sciences and Humanities
36	Relationship between Aggression and Birth Order in Police Forces	2019	Journal of police medicine
37	The Role of Quality of Work Life and Organizational Commitment on Teachers' Job Burnout	2019	5th National Conference on Modern Research in Humanities, Economics, and Accounting
38	Redefining and comparing family structure in different theories	2019	5th National Conference on Modern Research in Humanities, Economics, and Accounting

39	The Role of Organizational Justice and Spirituality in the Workplace on Organizational Commitment	2019	5th National Conference on Modern Research in Humanities, Economics, and Accounting
40	Stress Management Training Effects on Mental Health of Intellectual Disabilities Children Parents	2018	Opción
41	Relationship between Aggression and Birth Order in Police Forces.	2018	J Police Med
42	The Effectiveness of Group Cognitive Behavioral Therapy on Depression and Anxiety symptoms in Parkinson's Patients	2018	International Journal of Social Sciences
43	Effectiveness of Acceptance and Commitment Therapy (ACT) on Marital Adjustment and Reduction of Domestic Violence Against Women	2018	Scientific Journal of Research in Humanities and Social Studies
44	An Overview of the Consequences of Integrated Education: Face to Face, Distance Learning, and Electronic Education	2018	National Conference on Responsive Medical Education
45	The role of self-control, self-expression, and depression in students' tendency to addiction	2017	Police Knowledge Quarterly
46	The Effectiveness of Anger Management Skills Training on Marital Adjustment and Reduction of DomesticViolence Against Women in Ardabil	2017	Annual Conference on Research in Humanities and Social Studies
47	Comparison of Self-esteem and Happiness in Athletic and Non-Athletic Students	2017	7th International Conference on Psychology and Social Sciences
48	A Comparison of Mood Disorder and Personality Traits in Addicts and Non-Addicts	2017	7th International Conference on Psychology and Social Sciences
49	Modeling organizational entrepreneurial behavior based on the role of emotional intelligence and perceived organizational support	2017	7th International Conference on Psychology and Social Sciences
50	The role of life skills and self-efficacy in mental health among male students in High school	2016	International Journal of Medical Research & Health Sciences
51	Role of student responsibility and the academic environment as perceived by high school students in their academic progress	2016	International Journal of Philosophy and Social-Psychological sciences
52	The effect of group assertive training on the self-esteem and quality of life in the spouses of drug-abusing patients	2016	International Journal of Psychology and Educational Studies
53	Effectiveness of Positive Thinking on Marital Intimacy and Life Quality of Mothers with Retarded Child	2016	World Applied Sciences Journal
54	The efficacy of life skills training on marital adjustment of women for the prevention of domestic violence	2016	Shenakht Journal of Psychology and Psychiatry
55	The Role of Life Skills and Self-efficacy in Mental Health of High School Male Students in Ardabil	2016	Second National Conference on School Psychology, Ardabil, Mohaghegh Ardabili University
56	Comparison of spiritual intelligence and quality of life in addicts and non-addicts	2015	First International Conference on Educational Psychology, Kharazmi Institute of Science and Technology
57	Comparison of Emotional Intelligence, Attachment Style and Mental Health in Addicts and Non-Addicts	2015	First International Conference on Educational Psychology, Kharazmi Institute of Science and Technology
58	Predicting the tendency for male students to develop addiction based on the role of impulsivity and cognitive emotion regulation in developing a model for prevention	2015	Second International Conference on Behavioral Sciences and Social Studies
59	The role of impulsivity and cognitive emotion regulation in the tendency for male students	2015	Second International Conference on New Approaches in Science, Engineering, and Technology

Books

Row	Title	Year	ISBN
1	Counseling and guidance techniques	2021	978-600-344-787-5
2	Marriage counseling	2020	978-600-344700-4
3	Factors Affecting Emotional Divorce (Psychological Aspects)	2019	978-600-344-602-1
4	Principles of Effective Communication (Psychological Aspects)	2019	978-600-344-572-7
5	Basics of counseling and guidance	2018	978-600-344-507-9

6	Child and adolescent education practices	2018	978-600-344-563-5
7	Principles of Curriculum Planning	2018	978-600-344-547-5
8	Principles of Child Education (Psychological Aspects)	2018	978-600-344-487-4
9	Counseling Techniques and Its Intellectual Principles	2017	978-600-344-444-7
10	Parenting styles	2017	978-600-344-432-4
11	How happy spouses communicate: (The art of effective communication)	2017	978-600-344-457-7
12	Stress management	2017	978-600-344-471-3
13	Methods of Prevention of Addiction and its Treatment	2016	978-600-344-271-9
14	Successful Marriage Solutions	2016	978-600-04-5288-9
15	Metacognitive Therapeutic Applications	2016	978-600-344-337-2
16	Useful Clinic Tips for Children	2016	978-600-344-341-9

Educational Experience

- Psychiatric Nursing
- Psychology and Communication Skills
- Nursing psychiatry
- Psychiatry in Midwifery
- Mental Health
- General Psychology
- Methodology

Workshop Records

- Joint Research Priority Setting Workshop between SDH Research Center and Welfare Organization (Organizer)
- Joint Research Priority Setting Workshop between SDH Research and Education (Organizer)
- Joint Research Priority Setting Workshop between SDH Research Center and Environment Agency (Organizer)
- Workshop on cognitive emotion regulation and anger control (as instructor and speaker)

Membership in the Scientific Committee and Review of Articles, National and International Conferences

Row	Conferences, conferences	National, International	Year	Number of articles reviewed
1	6th National Conference on Psychology Studies in the Humanities	National	2021	20
2	7th National Conference on Management Studies in the Humanities	National	2021	18
3	The 5th International Conference on The new Horizons in The Educational Sciences, Psychology and Social Injuries	International	2020	10
4	The 4th International Conference on The new Horizons in The Educational Sciences, Psychology and Social Injuries	International	2019	74
5	Second International Congress and Third Conference on Community Empowerment in Humanities and Educational Studies	International	2019	15
6	4th International Conference on New Horizons in Humanities and Management	International	2019	8
7	Third International Conference on Modern Research in Education and Psychology and Social Studies in Iran	International	2019	26
8	6th Iranian Scientific Conference on Educational and Psychological Sciences, Social and Cultural Injuries	National	2019	137
9	6th National Conference on Sustainable Development in Educational Sciences and Psychology, Social and Cultural Studies	National	2018	31
10	4th Iranian Conference on Science and Technology of Educational Sciences, Social Studies, and Psychology	National	2018	26

11	4th Iranian National Conference on Sport Science and Physical Education	National	2018	96
12	6th National Conference on Modern Studies and Research in Humanities, Management and Entrepreneurship of Iran	National	2018	28
13	16th National Conference on Modern Research in Science and Technology	National	2018	18
14	The First National Conference on Sustainable Development in Iranian Education and Psychology	National	2018	149
15	7th Iranian Scientific Conference on Educational and Psychological Sciences, Social and Cultural Injuries	National	2018	95
16	Third International Conference on New Horizons in Educational Sciences, Psychology and Social Injury	International	2017	51
17	First International Conference on New Research Findings in Psychology and Education Sciences	International	2017	1
18	First National Conference on Pathogenesis and Degeneration of the Intergenerational Gap Phenomenon	National	2017	11

Membership in scientific-professional associations

- Faculty Member Research Center for Social Factors Affecting Health
- Member of the Research Council of SDH Research Center
- Member of Scientific-Advisory Committee on Social Injuries of Ardabil University of Medical Sciences
- Member of Ardabil University of Medical Sciences
- Member of Research Committee in Education of Ardabil University of Medical Sciences
- Holder (author) of the National Library and Documentation Organization
- An active member of the Researchers and Elites Club
- Iranian Psychological Association
- Iranian Association of Educational Psychology
- Psychology of the country
- Member of Ardabil University of Medical Sciences Health Promotion Team
- Board Member of Anahita Mental Health Knowledge Foundation
- New Horizon Science and Technology Association
- Community Center for Empowering Cultural and Social Skills
- Scientific Association of Communications and Propaganda
- Association for the Development and Promotion of Fundamental Sciences and Technologies
- Pars International Conferences Development Center
- Southern Roof Research Institute
- Member of the Avai Dele Cultural-Artistic Center
- Member of the Cultural-Artistic Center of Lean Poetry
- Member of the Choke Story Poetry Art Society
- Member of the Young Poets Association of Iran

Executive Activities

- Conducting SDH Research Center Executive Affairs (correspondence, documentation, minutes, meetings of the Research Council of the Center)
- Responsible for University Talent Students
- Boali Hospital Clinical Development Center
- Responsible for compiling and compiling a booklet of 69 indices of justice in Ardabil province for the first time in the country
- Responsible for compiling and compiling 17 indicators of social vice
- Logo Design of SDH University Research Center
- Contribute to SDH Research Center Strategic Planning
- Cooperation in Compiling a Comprehensive Health Document in Ardabil Province

Interest Fields

- Social determinants of health
- Justice in health

- Social Psychology
- medical education
- Educational Psychology
- Clinical Psychology
- Violence
- violence
- Suicide
- Parenting styles
- Addiction
- Divorce
- Mutual connection
- Emotion regulation and anger management

Skills

- SPSS, Lisrel, Amos,
- ArcGIS, Rapiminer
- Endnote, Mendeley
- ICDL
- Photoshop

Applied science courses

- Article Writing Course, Reviewing Scientific Articles, Editing, Research Method
- National Workshop on Research in Social Components of Health (SDH)
- National Workshop on 69 Indices of Justice in Health
- ArcGIS (Country Workshop)
- Rapiminer (Country Workshop)
- A gathering of talent officials across the country
- Annual Meeting of SDH Research Centers Officials
- Workshop Entrepreneurship in the context of Third Generation Universities (EDC)
- Workshop Introduction and Application of Navid Virtual Education System (EDC)
- Workshop "Designing Standard Questions" for University Academic Staff (EDC)
- Passive Defense and Capacity Building in Hospital Crisis
- Self Care Guide (2)