



Academic and Research Resume of Faculty Members

Iran University of Medical Sciences
Public Health School



Personal Information

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Organizational Position: Faculty Member

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Field of Specialization: Health Education and Health Promotion

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Biography

I am interested in research to solve national and international community health problems.

Educational Background

Degree	Field of Study	Specialization	University
PhD	Health Education	Health Education	Tarbiat Modares University

Teaching Experience

- **One year of teaching experience** at Islamic Azad University, from 2003 to 2004.
- **Two years of teaching experience** at the School of Public Health, Shahid Beheshti University of Medical Sciences, from 2007 to 2009.
- **One year of teaching experience** at the School of Public Health, Iran University of Medical Sciences, from 2008 to 2009, prior to the merger with Tehran University of Medical Sciences.
- **Three years of teaching experience** at the School of Public Health, Tehran University of Medical Sciences, from 2009 to 2012, after the merger of Iran University of Medical Sciences with Tehran University of Medical Sciences.
- **Teaching experience** at the School of Public Health, Iran University of Medical Sciences, from 2012 to the present, after the separation of Iran University of Medical Sciences from Tehran University of Medical Sciences.

Courses Taught

- Health Education and Health Promotion in Schools ([M.Sc.](#) and [Ph.D. in Health Education](#))
- Health Education and Health Promotion 1 and 2 ([M.Sc. in Health Education](#))
- Communication in Health Education and Health Promotion ([M.Sc.](#) and [Ph.D.](#))
- Sociology of Health ([M.Sc. in Health Education](#))
- Educational Technology in Health Education and Health Promotion
- Psychology of Healthy Behavior ([M.Sc. in Health Education and Health Promotion](#))
- Maternal and Child Health ([B.Sc.](#) and [MD-MPH](#))
- Reproductive Health ([B.Sc. in Public Health](#))
- Population and Family Planning ([B.Sc. in Public Health](#))
- Health of the Elderly ([MPH, Gerontology track, and MD-MPH](#))
- Psychology of Behavior Change ([M.Sc.](#) and [Ph.D. in Health Education](#))
- Information and Communication Technology ([Ph.D. in Health Education](#))
- Mental Health and Addiction ([B.Sc. in Public Health](#))
- Health Information Systems ([M.Sc.](#) and [Ph.D. in Health Education](#))
- The Role of Health Education in Socioeconomic Development ([Ph.D. in Health Education](#))
- Youth and Adolescent Health Promotion ([Ph.D. and MD-MPH](#))
- Geography of Common Diseases ([B.Sc. in Public Health](#))
- The Role of Health Education in Disease Prevention ([Ph.D. in Health Education](#))
- Public Health and First Aid ([B.Sc. in Rehabilitation Sciences](#))
- Health Information Systems ([M.Sc.](#) and [Ph.D. in Health Education](#))
- Evaluation in Health Education and Health Promotion ([Ph.D. in Health Education](#))
- Intervention Planning in Health Education and Health Promotion ([Ph.D. in Health Education](#))
- Psychology of Aging ([MPH, Gerontology track](#))
- Health Promotion Strategies ([Ph.D. in Health Education](#))
- Instructional Design and In-Service Training ([M.A. in Community-Oriented Education in the Health System, virtual program](#))
- Sociology and Social Determinants of Health ([M.A. in Community-Oriented Education in the Health System, virtual program](#))
- Introductory Curriculum Planning ([M.A. in Community-Oriented Education in the Health System, virtual program](#))
- Principles and Techniques of Counseling in Health Education and Health Promotion ([M.Sc.](#) and [Ph.D. in Health Education and Health Promotion](#))
- Community-Based Health Promotion ([Ph.D. in Health Education and Health Promotion](#))
- Psychometrics of Instruments in Health Education and Health Promotion ([Ph.D. in Health Education and Health Promotion](#))

Workshops Taught

1. **Educational Strategies and Teaching Techniques Workshop**, Tehran University of Medical Sciences, 2013.
2. **Educational Planning, Teaching Methods, and Instruction Workshop**, Iran University of Medical Sciences, 2014.
3. **Educational Planning, Teaching Methods, and Instruction Workshop**, Iran University of Medical Sciences, 2015.
4. **Message Development and Design Workshop** (*twice*), Ministry of Health, 2013.
5. **Message Development and Design and Mass Media Campaign Design Workshop**, Shahriar City Health Center, 2013.
6. **Message Development and Design and Mass Media Campaign Design Workshop**, Qazvin Health and Treatment Network, 2013.
7. **Message Development and Design Workshop**, Region 4 of the HODA Project (Tehran University of Medical Sciences), 2013.
8. **Campaign Design Workshop (Mass Media Campaign)**, Region 4 of the HODA Project (Tehran University of Medical Sciences), 2013.
9. **Message Development and Design Workshop**, Iranian Nutrition Society, 2014.
10. **Message Design and Development Workshop**, 7th Congress on Health Education and Health Promotion, Imam Khomeini Hospital, Tehran, 2016.
11. **Educational Planning, Teaching Methods, and Instruction Workshop**, Iran University of Medical Sciences, 2016.
12. **Effective Communication Skills and Counseling Foundations for Pharmacists Workshop**, Ministry of Health: Food and Drug Organization, 2016.
13. **Educational Planning, Teaching Methods, and Instruction Workshop**, Iran University of Medical Sciences, 2017–2025.
14. **Workshop on the Principles of Designing Educational Messages in Health**, for experts of the National Health Education and Health Promotion Group, Ministry of Health, 2022.

Research Experience

Authored Books

- *Fundamentals of Health Promotion*, Tehran: Noori Publications, 1st ed., 2010.
- *Communication and Message Design in Health*, Tehran: Tavanegar Publications, 1st ed., 2013; 2nd ed., 2018.
- *Serving as a Reference Person in Health Education and Health Promotion for Empowering People and Communities*, Jansas Publications, 1st ed., 2020.

Published English Articles

The CV contains a very extensive list of English-language publications. I am preserving the academic titles in natural English form:

1. *Effects of phase II cardiac rehabilitation programs on anxiety and quality of life in anxious patients after CABG.*
2. *Anxiety, Self-Efficacy Expectation and Social Support in Patients after Coronary Angioplasty and Coronary Bypass Surgery.*
3. *The Effects of Progressive Muscular Relaxation Training on Anxiety Level and Quality of Life in Anxious Patients after Coronary Artery Bypass Graft Surgery.*
4. *The effects of health education on health-related quality of life in patients with coronary artery bypass surgery.*
5. *Effect of nutrition education intervention based on Pender's Health Promotion Model in improving the frequency and nutrient intake of breakfast consumption among female Iranian students.*
6. *Prediction of Milk Consumption among Iranian Pregnant Women: Application of the Theory of Planned Behavior.*
7. *Developing and testing a measurement tool for assessing predictors of breakfast consumption based on Pender's health promotion model.*
8. *Development of an Instrument based on Protection Motivation Theory to Measure Factors Influencing Women's Intention to Take the First Pap Test.*
9. *Empowering Pinocchio to become a real boy; establishing a framework of influential factors on empowering primary school students in peer mediation.*
10. *Poor sleep quality in patients after coronary artery bypass surgery: an intervention study using the PRECEDE-PROCEED model.*
11. *Effects of an Educational Intervention Based on the Protection Motivation Theory and Implementation Intentions on First and Second Pap Test Practice in Iran.*
12. *Psychometric Properties of the Coping Self-Efficacy Scale among HIV-Infected Iranian Patients.*
13. *Explanation of coping strategies in HIV-infected Iranian patients.*
14. *Dairy food intake among female Iranian students: a nutrition education intervention using a Health Promotion Model.*
15. *Psychological Aspects of Cosmetic Surgery among Females: A Media Literacy Training Intervention.*
16. *The Effect of Communication Skills Training on Caregiver Burden among Caregivers of Elderly Patients with Alzheimer's Disease.*
17. *Predictors of Sun-Protective Behaviors among Iranian Female College Students: An Application of Protection Motivation Theory.*
18. *Effect of an Ergonomics-Based Educational Intervention Based on the Transtheoretical Model in Adopting Correct Body Posture Among Operating Room Nurses.*
19. *Prevention of esophageal cancer: the experience of an educational campaign for reducing hot tea consumption in Iran.*
20. *Predictors of Iranian women's intention to undergo a first Pap smear test: An application of Protection Motivation Theory.*
21. *Oral health practices among a sample of Iranian preschool children: An educational intervention based on a Health-Promoting Schools model.*
22. *Barriers to Pap Smear Test for the Second Time in Women Referring to Health Care Centers in South Tehran: A Qualitative Approach.*
23. *Diet-related stomach cancer behaviors among Iranian college students: A text messaging intervention.*
24. *Self-assessment of health-promoting hospital activities in the largest heart hospital of northwest Iran.*

25. *Sun-protective practices in Iranian seafarers and their psychological predictors.*
26. *Iranian experiences regarding the consumption of disposable single-use plastics: Introduction to theoretical variables for developing environmental health promotion efforts.*
27. *Psychometric Properties of the Iranian Brief Version of the Transtheoretical Model Instrument in Terms of Hookah Tobacco Smoking Cessation.*
28. *Factors influencing the intention to use pesticides among farmers in Mazandaran Province: An application of the Theory of Planned Behavior.*
29. *Nutrition knowledge, attitudes, and practices toward breast cancer prevention among female students of Iran University of Medical Sciences.*
30. *The determinants of anti-diabetic medication adherence based on the experiences of patients with type 2 diabetes.*
31. *Knowledge and practices of safe pesticide use among a group of farmers in northern Iran.*
32. *Obesity consequences from the perspective of people living in Kurdish regions of Iran: A qualitative content analysis.*
33. *The effect of an educational intervention on noise annoyance among workers in a textile industry.*
34. *Determinants of medication adherence among Iranian patients with type 2 diabetes: An application of the Health Action Process Approach.*
35. *A qualitative exploration of Iranian smokers' experiences regarding cigarette butt littering behavior.*
36. *Assessment of knowledge and practice of pistachio farmers in relation to pistachio pesticide safety.*
37. *The effectiveness of an intervention designed based on the Health Action Process Approach on diet and medication adherence among patients with type 2 diabetes: A randomized controlled trial.*
38. *The effect of a short message-based nutrition education intervention on employees' knowledge and practices regarding methods of inhibiting polycyclic aromatic hydrocarbon formation in cooked meat.*
39. *The effects of an educational program on hookah smoking cessation in university students: An application of the Health Action Process Approach (HAPA).*
40. *Development of an instrument based on Theory of Planned Behavior variables to measure factors influencing Iranian adults' intention to quit waterpipe tobacco smoking.*
41. *Effects of gain- and loss-framed messages on preventive nutrition behaviors related to osteoporosis in Iranian female students: A text messaging intervention.*
42. *Can adopting skin cancer preventive behaviors among seafarers be increased via a theory-based mobile phone text-message intervention? A randomized clinical trial.*
43. *Exploring the causes of obesity among adults in the Kurdish regions of Iran: A qualitative study.*
44. *Qualitative exploration of the factors influencing the use of dietary supplements in Iranian women: Introduction to areas of focus for developing interventions.*
45. *The effect of a nutrition education intervention on knowledge, attitudes, and intake of high-fat foods among women.*
46. *The preparedness of the primary health care network in terms of emergency risk communication: A study in Iran.*
47. *The use of Theory of Planned Behavior variables in predicting the intention to quit waterpipe tobacco smoking among Iranian consumers.*
48. *Employees' behaviors concerning metabolic syndrome prevention: A cellphone-based text message education intervention.*
49. *Development of an instrument to measure dietary supplement health literacy.*
50. *Determinants of hot tea consumption in people aware of its complications: A qualitative analysis of medical university students' experiences.*
51. *Delayed cervical cancer diagnosis: A systematic review.*
52. *Application of Bandura's Social Cognitive Theory to predict cigarette butt-littering behavior in male smokers: A case study in parks in Tehran, Iran.*

53. *What factors affect the quality of life of employed physically disabled people? A qualitative exploration of their experiences.*
54. *Metabolic syndrome and its predictors in administrative employees of Rafsanjan University of Medical Sciences in 2022.*
55. *Association between personal characteristics and anxiety and burnout in orthopedic residents: A cross-sectional study.*
56. *Perceived barriers of migrants and refugees to vaccinating their children against measles and polio: A study in Iran.*
57. *Determinants of COVID-19 preventive health behaviors in Iranian adults based on the Extended Parallel Process Model.*
58. *Identification of the opportunities and threats of using social media among Iranian adolescent girls.*
59. *Relationship between physical activity levels and type 2 diabetes in adults: Zahedan Adult Cohort Study, Iran.*
60. *Psychometric properties of the Iranian version of the Attitudes to Disability Scale in people with physical disabilities.*
61. *Comparison of peer and instructor training techniques on waste-separation-at-source behavior among female students in Iran.*
62. *Effect of an educational intervention using the Extended Parallel Process Model on preventive lifestyle for metabolic syndrome among Iranian employees.*
63. *Explaining students' experiences of a health and hygiene class integrated into the 12th grade high school curriculum: A qualitative study.*
64. *Development and validation of a tool to assess determinants of nutritional behavior in patients with heart failure based on the Theory of Planned Behavior.*

Conference Papers and Presentations

The file includes many conference presentations and poster/oral papers. Here is the academic English rendering:

1. Oral presentation at the **1st National Congress on Tobacco and Health**, Hormozgan University of Medical Sciences, January 2008:

The effect of cognitive psychotherapy on smoking cessation behavior in older adults after coronary artery bypass surgery.
2. One oral paper and one poster at the **Aging Congress**, Kashan University of Medical Sciences, November 2007:
 - *A comparative study of quality of life, general self-efficacy, anxiety, perceived stress, and perceived social support among elderly and middle-aged patients after open-heart surgery (poster).*
 - *The effect of cognitive psychotherapy on reducing anxiety and depression in elderly patients after coronary artery bypass surgery (oral presentation).*
3. Poster at the **2nd National Congress on Health Education and Health Promotion**, Zahedan University of Medical Sciences, December 2005:

The effect of health education on the quality of life of patients undergoing open-heart surgery over one year.
4. Oral presentation at the **1st National Congress on Health Education and Health Promotion**, Yazd University of Medical Sciences, December 2003:

The effect of health education on the knowledge, attitude, and performance of atherosclerosis patients regarding their disease.

5. Oral presentation at the **1st National Congress on Quality of Life**, Tarbiat Modares University, March 2005:

The effect of health education on the quality of life of patients undergoing coronary artery bypass surgery.

6. Oral presentation at the **National Congress of Healthy Humans**, Gorgan, 6 June 2009:

An examination of dietary behaviors among dormitory-resident students of Shahid Beheshti University of Medical Sciences in 2008.

7. Published and orally presented abstract at the **AIDS and Human Rights Congress**, Shahrekord University of Medical Sciences, November 1999:

Behavioral study models in AIDS education.

8. Oral presentation at the **International Congress on Safe Pregnancy**, Shahid Beheshti University of Medical Sciences, 4–6 February 2010:

An examination of dietary behaviors among pregnant women attending the Hamzeh Health Center in Mashhad in 2008.

9. Oral presentation at the **1st Urban Health Congress**, Iran University of Medical Sciences, 4–5 April 2010:

Risky occupational behaviors leading to AIDS among municipal street sweepers in Tehran District 20.

10. Oral presentation at the **1st Conference on Social Determinants of Health**, Iran University of Medical Sciences, 21–22 October 2010:

Designing and evaluating an educational intervention based on the PRECEDE-PROCEED model to improve quality of life in patients after coronary artery bypass surgery.

11. Poster at the same conference:

Dietary behaviors among female dormitory students for the prevention of iron-deficiency anemia in 2009.

12. Poster at the same conference:

Knowledge, attitude, and practice among employed women in the Gilangharb health network regarding Pap smears and cervical cancer.

13. Poster at the same conference:

Predictive value of constructs of the Health Belief Model in the dental caries index of fifth-grade boys in Dezful.

14. Poster at the same conference:

A review of studies on the effectiveness of health education interventions in promoting safe street-crossing behaviors for the prevention of traffic injuries and accidents.

15. Oral presentation at the **National Congress on Food and Drinking Water Safety**, Mazandaran University of Medical Sciences, 20–21 October 2010:

A study of criteria for purchasing and packaging liquid oil among women attending health centers covered by Shahid Beheshti University of Medical Sciences.

16. Oral presentation at the **International Congress on Medical Law: Patient Rights**, Kish Island, 3–5 March 2011:

Education: A fundamental patient right in the health system.

17. Paper at the **5th National Congress on Health Education and Health Promotion**, Imam Khomeini Hospital, 28–29 February 2014:

The effect of media literacy education on reducing violence among adolescent video game users.

18. Paper at the **6th National and 2nd International Congress on Health Education and Health Promotion**, Kermanshah University of Medical Sciences, May 2015:

Psychological determinants of elective cosmetic surgery: A media literacy educational intervention.

19. Paper at the **7th National Congress on Health Education and Health Promotion**, Tehran, Imam Khomeini Hospital, May 2016:

The effect of a communication campaign on reducing hot tea consumption among students.

20. Papers at the **8th National and 2nd International Congress on Health Education and Health Promotion**, Isfahan University of Medical Sciences, September 2017:

- *Can dietary behaviors related to stomach cancer prevention be improved through a theory-based mobile phone healthy text-messaging intervention?*
- *Promoting safety behaviors among taxi drivers: An intervention based on the PRECEDE-PROCEED model.*

21. Paper at the **11th International Congress on Addiction Science**, Iran University of Medical Sciences, 22–24 September 2017:

The effect of an empowerment program based on the Theory of Planned Behavior and the Health Action Process Approach for hookah cessation among college students.

22. Lecture in the workshop of the **10th National Congress on Health Education and Health Promotion**, 2025:

Principles and foundations of health message design.

Research Projects

Principal Investigator or Collaborator on Independent Research Projects

1. Designing and evaluating a text-message-based educational intervention grounded in Bandura's Social Cognitive Theory to reduce cigarette butt littering behavior in male smokers.
2. Investigating the effect of an educational intervention based on the Theory of Planned Behavior on behaviors that reduce microplastic pollution among employees of Iran University of Medical Sciences.
3. Explaining the factors contributing to weight regain in obese individuals with a previous history of weight loss.
4. Explaining why smokers discard cigarette filters in the environment.
5. Assessing the knowledge and practice of farmers in Kashmar regarding safe use of pistachio pesticides.
6. Explaining the experiences of patients with type 2 diabetes in medication adherence: a qualitative content analysis.
7. Investigating the effect of a text-message-based educational intervention on unhealthy nutrition behaviors among employees of Iran University of Medical Sciences regarding cooked meat preparation.
8. Design and evaluation of an SMS-based educational intervention based on Bandura's social-cognitive theory to reduce cigarette butt littering behavior in male smokers
9. The effect of an Educational Intervention Based on the Theory of Planned Behavior on Reducing Microplastic Contamination Behaviors Among Employees at Iran University of Medical Sciences

Achievements and Honors

- Selected professor in the **Social Accountability-Based Education** category, 10th Dr. Parvaneh Vossough Educational Festival, Iran University of Medical Sciences, 2024.
- Commended as principal investigator of impactful projects, Research Week, Iran University of Medical Sciences, 2024.
- Selected in the **National Water Lady Campaign Festival**, Tehran Water and Wastewater Company, 2024.
- Received a certificate for best oral presentation in the **Healthy Human Research Congress**, Gorgan, 6 June 2009.
- Received a certificate for first place in the best addiction-prevention papers at the **11th International Congress on Addiction Science**, Iran University of Medical Sciences, 22–24 September 2017.
- Listed among the **top 2% of scientists worldwide** according to Stanford University reports for 2024 and 2025.

Technical and Professional Skills

- English at an intermediate level, Native in Farsi language
- Canva
- ...

Scientific Memberships and Academic Activities

- Founding member of the **Health Promotion Research Center**, Iran University of Medical Sciences.
- Member of the scientific team for the national HODA project (harmonization of health education and health promotion courses), Ministry of Health and Medical Education, 2013.
- Member of the scientific committee of the **Community Health Needs Assessment Project**, Ministry of Health and Medical Education, 2016.
- Member of the scientific committee of the **Office of Health Education and Health Promotion**, Ministry of Health and Medical Education.
- Editorial Board member of **Health Science Monitor**.
- Member of the panel of reviewers for several Persian and English-language journals.