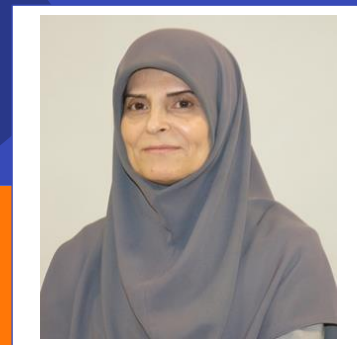




Academic and Research Resume of Faculty Members

Iran University of Medical Sciences
Public Health School



Personal Information

Full Name: Mahnaz Solhi

Academic Rank: Professor

Organizational Position: Academic Member

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Field of Specialization: Health Education and Health Promotion

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Biography

Ph.D. in Health Education and Fellow in Measurement and Evaluation in Medical Sciences. Professor in the Department of Health Services, School of Public Health, Iran University of Medical Sciences (IUMS). Co-founder of the Health Promotion Research Center. Responsible for the Workplace Health Promotion Core and a member of the Research Council at the Occupational Health Research Center.

Educational Background

Degree	Field of Study	Specialization	University
BSc	Audiology	-	Iran University of Medical Sciences
MSPH	Health Education	-	Tarbiat Modares University
PhD h	Health Education	-	Tarbiat Modares University
Fellowship	Measurement & Evaluation in Medical Sciences –	-	Hooshmand University

Teaching Experience

Courses Taught:

- **Undergraduate (BSc):** Health Education, Communications in Health Education, Educational Technology, Rehabilitation, and Public Health Internship.
- **Graduate (MSPH):** Fundamentals of Health Education and Health Promotion, Health Education Models and Theories, Group Dynamics, Educational Technology, and Internship.
- **Postgraduate (PhD):** Advanced Fundamentals of Health Promotion, Advanced Theories of Behavior Change, Educational Technology, and Internship.
- **MPH Program:** Models and Theories for Behavioral Change, and Quality of Life Promotion in the Elderly.

Workshops Conducted:

- Educational Planning and Teaching Methods, Primary Health Care (PHC), Behavior Study Models, Entrepreneurship in Health Education, and Educational Technology.

Research Experience

Published Books (Selected):

- Child Development Stages: From Birth to Five Years (2011).
- Behind the High Wall of Divorce (2017).
- Impact of Media Literacy Educational Intervention on Student Attitudes (2020).
- Self-Care in Hypertension (2018).
- Empowering the Public for Self-Care (2020).

Research Projects:

- More than 54 research projects since 1999, some of which include:
 - Systematic review of the effect of educational interventions on the prevention of musculoskeletal disorders in computer users-1403
 - Design and validation of the health literacy questionnaire for self-care during air pollution-1402
 - Study of vaccination coverage and anthropometric factors in 12-18 month old children in Shahrood-1402
 - Explanation of the decision-making process of infant caregivers for non-exclusive breastfeeding and model design-1402
 - Study of the relationship between self-efficacy and self-care during air pollution in students of Iran University of Medical Sciences-1397
 - Study of lifestyle and related factors in employees of Ardabil University of Medical Sciences in 1394
 - Study of the quality of life of truck drivers in Kermanshah city in 1394
 - Study of job satisfaction of staff of Iran University of Medical Sciences and related factors in 1394

○ Theses:

More than 60 final Letters at the master's and doctoral levels during the years 1378 to date, some of which include:

- Explaining the factors affecting alcohol consumption in young women in Zanjan, designing and evaluating a preventive educational intervention using Fun theory - 1404
- Designing a game-based educational intervention to improve communication and self-control skills and examining its effect on reducing aggression in girls in the second year of elementary school in Kohdasht - 1404
- Explaining the reasons for not performing colorectal cancer screening and designing, implementing and evaluating a peer-based educational intervention in comprehensive health centers in Shahrood - 1402
- Investigating the effect of a mental health literacy promotion intervention designed using contact theory on help-seeking behavior in female adolescents in junior high school
- Investigating the determinants of arbitrary use of supplements based on the theory of planned behavior in men referring to sports clubs in Qom in 1401
- Designing an educational intervention based on the locus of control and coping styles of Endler and Parker and examining its effect on the resilience of nurses in hospitals under the auspices of Iran University of Medical Sciences during the coronavirus outbreak
- Studying the effect of anxiety caused by Corona on emotional eating behavior of students of Iran University of Medical Sciences in 2019
- Studying the relationship between determinants of prevention of Corona disease based on the theory of protective motivation with hope and death anxiety -2019
- Studying the relationship between determinants of prevention of Corona disease based on the theory of protective motivation with hope and death anxiety -2019
- Explaining the concept of psychosocial support from the perspective of earthquake victims in western Iran and presenting an appropriate theory -2019

○ Published articles:

More than 150 articles, some of which include:

- Tahereh Aghajani, **Mahnaz Solhi**, Mahshid Forughan, Akram Ezattifard, Neda Ghahremanzadeh, Fateme Rezaei, Hossein Dargahi. Relationship between Social Support and General Health Among Older Adults in West of Tehran, Iran. *Iranian Journal of Ageing*. 2026,20(4):578-593
- Sadeqh Ghasemzadeh Rishkani, **Mahnaz Solhi***, Seyedeh Maryam Sadighian, Systematic Review of Interventions for Preventing Musculoskeletal Disorders in Computer. *Iran Occupational Health*. 2025 (01 Sep);22: 16
- M Roohravan Benis, Z Rampisheh, N Motamed-Gorji, **M Solhi**, B Tayefi. Identification and prioritization of population health indices in Iranian population, a qualitative study. *BMC Public Health*. 2025, 25(1).
- Badriyeh Karami, **Mahnaz Solhi**, Hadi Darvishigilan. Dengue Alarm in Iran: An Emerging Threat. *Journal of Health System Research*. 2025, 21(3):414-416.
- Zahra Saboohi, **Mahnaz Solhi**. The Effect of Educational Intervention Based on Contact Theory on Help-Seeking Intention in Iranian Adolescent Girls. *Iranian Journal of Public Health*. 2025 (2025-9-30).
- Saboohi Z, Nazarnia M, Hoseini A, **Solhi M**. Evaluating the Impact of an Educational Intervention Based on the Adapted Mental Health Literacy Curriculum on Barriers and Help-Seeking Behaviors Among High School Students. *Iranian Journal of Health Education and Health Promotion*. 2025, 13(2):200-212.
- Zahra Saboohi, **Mahnaz Solhi**, Mozghan Lotfi, Malihe Nasiri. The effect of an intervention based on

adapted mental health literacy curriculum on attitude and help-seeking intention in high school students in Iran. Journal of Education and Health Promotion. 14(1).

- Zahra Saboohi, **Mahnaz Solhi**, The Need to Plan Mental Health First Aid Courses for Health Care Workers When Faced with Domestic Violence in Women. Iranian Journal of Public Health.2025, 54(1):234-235

-Zahra Saboohi, **Mahnaz Solhi**, Nurses' Preparation to Manage Psychological Crises: The Importance of Psychological First Aid Training. Journal of Client Centered Nursing Care.2025, 11(3):261-264

- Razieh Pirouzeh, **Mahnaz Solhi**, Nasibeh Zanjari, Nasim Pirzadeh.The Key Life Lessons for Healthy Aging: A Qualitative Study. Journal of Qualitative Research in Health Science. 2025, 14(1)

- Elahe Moslemi Arimi, **Mahnaz Solhi**, Shayan Eghdami, Seyedeh Melika Kharghani Moghadam, Mohammad Mohammadi, Mehrab Fathi, Maryam Kachuei. A Cross-Sectional Study of Patient Satisfaction Among Immigrants in the Pediatric Outpatient Clinic of Firoozabadi Hospital. Journal of Patient Experience.2024, 11

Achievements and Honors

- **Top Researcher (5th Place):** First International Family Health Festival (2004).
- **Responsible Professor (Accountable Faculty):** 1st Dr. Parvaneh Vossough Educational Festival (2014).
- **Top Department Award:** 8th Dr. Parvaneh Vossough Educational Festival (2023).

Technical and Professional Skills

- **English Language Proficiency:** Writing, Speaking, Listening, and Reading (Good).
- **Specialized Software:** SPSS, MAXQDA, EndNote, Reference Manager, LISREL (Proficient).

Scientific Memberships and Academic Activities

- **Member:** Iranian Association of Health Education and Health Promotion
- **Member:** Iranian Audiology Association
- **Scientific Editor:** Iran Occupational Health Journal
- **Editorial Board Member:** *Rahavard-e-Salamat Journal*
- **Reviewer for International Journals:** BMC Public Health, Heliyon, International Journal of Health Promotion, American Journal of Health School
- **Reviewer for domestic journals:** Quarterly Journal of Health Education and Health Promotion, Monitoring, Occupational Health of Iran, Tabib Shargh, Razi Journal of Medical Sciences, etc.

- **Reviewer for foreign journals:** American Journal of Health School, International Journal of Health Promotion, Human Sociology, BMC, Helion
- **Membership in scientific committees of conferences:**
- Member of the scientific committee of the 5th Congress of Health Promotion, Tehran University of Medical Sciences and Health Services, 2002
- Member of the scientific committee of the 1st Congress of Health Education and Promotion, Isfahan University of Medical Sciences and Health Services, 2003
- Member of the faculty of the Scientific Congress of Health Education, Shahid Sadoughi University of Medical Sciences and Health Services, Yazd, 2003
- Member of the faculty of the Scientific Congress of Health Education, Zahedan University of Medical Sciences and Health Services, 2005
- Member of the faculty of the Scientific Congress of Health Education, Hamadan University of Medical Sciences and Health Services, 2007
- Member of the faculty of the Scientific Congress of Health Education, Tabriz University of Medical Sciences and Health Services, 2011
- Member of the faculty of the Congress of Social Factors on Health, Hamadan University of Medical Sciences and Health Services, 2007
- Member of the scientific committee of the International Congress of Health Literacy, Mashhad University of Medical Sciences and Health Services, 2013
- Member of the scientific committee of the 10th National Congress of Health Education and Health Promotion and the 3rd Congress of Health Literacy, Tehran University of Medical Sciences and Health Services, 2015.