

**In the Name of God**



**Surname/Family Name:**

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**Date of birth:**

1978

**Education:**

- Fellowship
  - 2010-2012
  - Fellowship of psychosomatic in Tehran University of Medical Sciences, Tehran, Iran
- Specialty
  - 2006-2009
  - Resident of Psychiatry, Iran University of Medical Sciences, Tehran , Iran
- MD
  - 1996 – 2003
  - Isfahan University of Medical Sciences, Isfahan, Iran
- Early Education
  - 1991– 1995
  - High school diploma from National Organization for Development of Exceptional Talents, Isfahan, Iran

**Areas of Clininal and Research Interest:**

- **Psychosomatic Medicine**
  - Chronic Pain Management
  - Eating disorders and Obesity Management

- **Psychotherapy**
  - Cognitive Behavioral Therapy

### Awards & Honors

- First rank in entrance exam to Psychosomatic Fellowship in Tehran university of Medical Sciences, 2010
- First rank in entrance exam to Child and Adolescent Psychiatry subspecialty in Tehran university of Medical Sciences, 2010
- Forth rank in national board certification exam of Psychiatry, 2009

### Papers

- Assessing the Effectiveness of Repetitive Transcranial Magnetic Stimulation in the Treatment of Obsessive-Compulsive Disorder, Clinical EEG and Neuroscience, 2022
- Effects of Pulmonary Rehabilitation Program on Patients With Chronic Obstructive Pulmonary Disease, Journal of Modern Rehabilitation, 2022
- Service Development and Implementation of an Exercise Therapy Unit in a Psychiatric Hospital in Iran: A Brief Report, Iran J Psychiatry Behav Sci, 2021
- Health Care Professionals' Perception of Stress During COVID-19 Pandemic in Iran: A Qualitative Study, Frontiers in psychiatry, 2021
- Mental Health of Health Care Workers at Imam Khomeini Hospital in Tehran During COVID-19 Pandemic, Journal of Iranian Medical Council, 2021
- Comparison of mental health and quality of life in euthyroid patients under levothyroxine mono-therapy based on the causes of hypothyroidism, Turkish Journal of Endocrinology and Metabolism, 2021
- IASEM-TUMS COVID-19 Virtual Pulmonary Rehabilitation Framework; Exercise Prescription for Recovered COVID-19 Patients, Asian J Sports Med, 2020
- Prevalence of anxiety and depression in patients with overweight and obesity, Obesity medicine, 2020
- Design and Evaluation of Mental Health Integration Model in Prenatal Care Programs: A Pilot Study in Kashan University of Medical Sciences, Hakim Health Systems research journal, 2020
- Transcranial Direct Current Stimulation for Treatment-Resistant Major Depression: A Double-Blind Randomized Sham-Controlled Trial, Clinical EEG and neuroscience, 2019
- A Survey on Mental Health Status of Adult Population Aged 15 and above in the Province of Isfahan, Iran, Archives of Iranian medicine, 2017

- The age of accountability of consultation liaison, an example from a big referral hospital, *European Psychiatry* , 2017
- The Persian Version of Örebro Musculoskeletal Pain Screening Questionnaire: Translation and Evaluation of its Psychometric Properties. *International journal of preventive medicine*, 2017
- A concise rehabilitation protocol for sub-acute and chronic non-specific neck pain, *Journal of Bodywork and Movement Therapies* , 2016
- Effect of Omega-3 PUFA as Supplementation with Lifestyle Modification on Depression and Anxiety in Overweight Women, *Journal of Nutritional Sciences and Dietetics*, 2015
- Validation of the Persian version of the fear avoidance belief questionnaire in patients with Low Back Pain, *Journal of Back and Musculoskeletal Rehabilitation* , 2013
- Comparison of serum cholesterol level in patient with obsessive compulsive disorder before and after treatment with SSRIs, *Iranian Journal of psychiatry and clinical psychology*, 2010
- Behavioral and Emotional Problems in Offsprings of Bipolar Parents and the Control Group, *Iranian Journal of Psychiatry and Clinical Psychology* ,2009
- Fatal poisoning cases admitted to the emergency department of poisoning, Noor hospital, Isfahan in 1378-1380, *scientific journal of forensic medicine*, 2003

### Books

- **From Tension to Relaxation**  
 Authors: E Sharafi et al  
 Publisher: Nasle Nowandish publication, 2016, Original, in Persian language

### Projects and Thesis:

- The effectiveness of augmentative trans cranial direct current stimulation (tDCS) in poor responder with major depressive disorder,2015
- Evaluation of substance abuse, anxiety and depression prevalence among patients receiving opioid analgesics in the inpatient department of Imam Khomeini Hospital,2016
- Mental health evaluation among the women donating oocyte referred to Imam khomeini hospital complex infertility clinic (Axis 1 psychiatric disorders, Personality characteristics and ,IQ),2017
- Comparative study of quality of life and mental health in euthyroid patients with different cause of hypothyroidism treated with levothyroxine,2017

- Evaluation of prevalence of anxiety and depression in patients with overweight and obesity referred to obesity clinic in Imam Khomeini complex hospital in 2018
- Comparison of saffron effect and placebo in chronic pain management, 2019
- Assessment of mental health and necessary intervention for Covid-ICU medical staff of Imam Khomeini hospital in Tehran,2019
- Prevalence of post traumatic stress disorder in patients recovering from Covid 19 hospitalized in Tehran University of Medical Sciences,2019
- Evaluation of the effectiveness of clonidine in the prevention of delirium in patients admitted to the ICU with covid 19,2019
- Evaluation of diabetes related distress prevalence among patients with type 2 diabetes mellitus in Emam Khomeini hospital complex diabetes clinic from May 2019 to May 2020
- Evaluation of sexual dysfunction prevalence among infertile patients with polycystic ovarian syndrome in comparison to infertile patients because of other reasons in Arash hospital complex infertility clinic from December 2019 to December 2020
- mental health status of infertile women with polycystic ovary syndrome and infertile women without polycystic ovary syndrome and its related factors in Arash hospital in 2019-2020
- Prevalence of psychiatric disorders among bariatric surgery candidates and their effect on surgical outcomes in Imam Khomeini hospital,2021
- Catatonia a neuropsychiatric syndrome with a variety of causes: A case series from psychosomatic ward,2021

### Reviewing Activities

- Iranian journal of psychiatry and behavioral sciences
- Iranian journal of psychiatry
- Psychosomatic medicine research

### Experiences:

- Collaborating with pain and low back pain clinic in Imam khomeini hospital , 2011-current
- Assistant professor of psychiatry, psychosomatic ward, Imam khomeini hospital since 2013
- Collaborating with Obesity Clinic in Imam khomeini hospital, 2014-current
- Psychosomatic clinic manager in Imam Khomeini hospital, 2015-current
- Collaborating with pulmonary transplantation team in Imam khomeini hospital, 2015-current
- Vice chancellor of education of psychosomatic ward in Imam Khomeini hospital, 2016-current
- Collaborating with cigarette cessation clinic in Imam khomeini hospital,since 2017
- Collaborating with infertility clinic in Imam khomeini hospital, 2017-current
- Collaborating with Student counseling center of Tehran University of Medical Sciences 2020-current

#### **Professional memberships:**

- Member of Iranian psychiatric Association since 2009
- Member of Iranian psychosomatic medicine association since 2016
- Member of research council of psychosomatic research center of Tehran university of medical sciences since 2017
- Board of directors of psychosomatic medicine association 2016 - 2021
- Board of directors of obesity association since 2020
- Member of educational and research committee of Iranian Medical council since 2021
- Member of research council of obesity research center of Tehran university of medical sciences since 2022

#### **Teaching Experiences:**

Psychiatric emergency  
 Psychiatric symptomatology  
 Somatic symptom and related disorders  
 Pain management  
 Psychosomatic consideration in low back pain  
 Cognitive behavioral therapy for chronic pain  
 Psychosomatic aspects of obesity  
 Cognitive behavioral therapy for obesity  
 Psychiatric disorders management in pregnancy and lactation  
 Eating disorders  
 ICU psychosis in covid-19

#### **Presentations:**

Presenting many lectures at psychiatric, psychosomatic and multidisciplinary congresses on psychosomatic topics, such as  
Eating disorders, obesity, chronic pain, psychocardiology, psychocotaneus, cognitive-behavioral therapy in psychosomatic disorders , etc.