

# Curriculum Vitae



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**Sex:** Male

**Date of Birth:** 20 June 1967

**Nationality:** Iranian

**Country of Birth:** Iran

**Marital Status:** Married

**Office address:** Jomhour Eslami Sq, Khorram St, Sedigeh Tahereh Hospital, Isfahan Cardiovascular Research Institute, Isfahan, Iran.

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**Language ability:** Persian, English

## Education

- \* Specialty in psychiatry – Isfahan University of Medical Science, Iran.
- \* M.D Degree, Isfahan University of Medical Science

## Employer

Isfahan Cardiovascular Research Institute, Isfahan University of Medical Sciences, Isfahan, Iran

## Memberships

- 1) Research Committee of Isfahan Cardiovascular Research Institute, Iran.
- 2) Editorial board of ARYA Atherosclerosis Journal.
- 3) Finance Committee member of Isfahan Cardiovascular Research Institute.
- 4) Committee member of publication unit of Psychosomatic Research Center.
- 5) Committee member of publication unit of Isfahan Cardiovascular Research Institute.
- 6) Member of Research Committee on Health System.
- 7) Member of Research Workgroup of Psycho Gastroenterology Unit, Psychosomatic Research Center.
- 8) Founding Member of Cardiac Rehabilitation Research Center.
- 9) Member of Research Council of Cardiac Rehabilitation Research Center.
- 10) Member of Research Council of Psychosomatic Research Center.

- 11) Reviewer of "Iranian Journal of Psychiatry and Behavioral Sciences (IJPBS)" and " Journal of Isfahan Medical School".
- 12) Member of the Scientific Committee of 3<sup>rd</sup> international psychosomatic disorders congress

## **Responsibilities**

- \* Research manager; Isfahan Cardiovascular Research Center.
- \* Research manager; Isfahan Cardiovascular Research Institute.
- \* Research manager, Cardiac Rehabilitation Research Center.
- \* Head of mental health department; Isfahan Cardiovascular Research Center
- \* Head of Isfahan Healthy Heart Program website. 2003-2005
- \* Head of Tobacco control department; Isfahan Cardiovascular Research Center
- \* Head of education department, Isfahan Cardiovascular Research Center until Jan-2007
- \* Principle investigator of youth intervention project (IHHP)
- \* Principle investigator of NGO's and volunteer participate (IHHP)
- \* Directors of stress management scientific committee of IHHP.
- \* Chairman of the Scientific-Executive Committee on Tobacco Prevention (Students' Campaign Plan), Isfahan Health Center.
- \* Chairman of the Scientific-Executive Committee on mental health of adolescents and youth comprehensive health map, Isfahan Health Center.
- \* Executive Secretary of 3<sup>rd</sup> international psychosomatic disorders congress

## **Workshops**

1. First National Conference on Community Care in Chronic Disease, 14-16 December 2011, Isfahan University of Medical Sciences, Isfahan, Iran.
2. Having passed the research method workshop held by ministry of health
3. Having passed medical writing workshop.
4. Having passed clinical trial workshop. 23 November 2001, Hong Kong.
5. Having passed clinical trial workshop (Iran).
6. Having passed clinical trial workshop on secondary prevention of myocardial infarction and stroke and management of cardiovascular risk (held by WHO). 23 June 2003, Isfahan, Iran.
7. Having passed the global forum NCD prevention and control: rotating international visitors program 5-9 October 2003 (organized by WHO/HQ and EMRO), Isfahan, Iran.
8. Having passed five-day training program in cardiovascular disease rehabilitation and prevention (Melbourne-Australia).
9. Having passed research method (qualitative studies) workshop (Iran).
10. 5<sup>th</sup> international teaching seminar on Isfahan Healthy Heart Program. 16-20 April 2006. Isfahan, Iran.
11. Having passed the Knowledge Transfer and Exchange workshop
12. Having passed the knowledge translate workshop. 3-4 November 2010, Tehran University of Medical Sciences, Tehran, Iran.

13. Having passed Medical Journalism workshop. 25-29 December 2010. Isfahan, Iran.
14. Summer School, Globalization & Mental Health, 5-18 September 2010, Freiburg, German.
15. DAAD workshop of family medicine and therapy, 2-5 May 2011, Isfahan, Iran.
16. DAAD Summer School, 23 July- 3 August 2011. Isfahan- Iran.
17. Having passed the master class on science editing in Isfahan University of Medical Sciences, Isfahan, Iran on 22 November 2011.
18. Having passed designing interventions for programs of adolescents and youth comprehensive health map workshop. 22-23 May 2012 (Iran).
19. DAAD psycho-oncology workshop, 22-25 May 2012, Isfahan, Iran.
20. Third DAAD Psychosomatic Summer School, Globalization & Mental Health, from August 25 to September 8, 2012 in Freiburg, German.
21. The First International Congress on Prevention, Diagnosis & Management of Hypertension in Iran. Isfahan – Iran, 27 – 29 Sep. 2011.
22. DAAD workshop of family therapy, 28-30 May 2013, Isfahan, Iran.
23. First International Conference on Waterpipe Tobacco Research, October 21-23, 2013, in Abu Dhabi, UAE - United Arab Emirates.

## **Lecture**

1. 3<sup>rd</sup> eastern Mediterranean congress on heart health, heart friends around the world (cardiology update 2002), Egypt April 10-13, 2002.
2. Atherosclerosis, from basic science to clinical evidence, 31 Jan-1 Feb 2005, Isfahan, Iran.
3. Training updates on the prevention and control of cardiovascular diseases seminar, 15-17 August 2006, Isfahan Cardiovascular Research Center, Isfahan, Iran.
4. Psychiatry (1), 13 July 2006, Isfahan, Iran.
5. Psychiatry (3), 30 November 2006, Isfahan, Iran.
6. Congress on non-communicable disease prevention and health promotion, 15-19 April, 2007, Isfahan, Iran.
7. Anxiety disorders, 7 March 2008, Isfahan, Iran.
8. First National Congress on Tobacco and Health. 2-4 January 2008, Hormozgan, Iran.
9. 6<sup>th</sup> international teaching seminar on Isfahan Healthy Heart Program. 15-19 April 2007, Isfahan, Iran.
10. 2<sup>nd</sup> international congress of psychosomatic, 8-10 May 2008, Isfahan, Iran.
11. The prevention and control of cardiovascular diseases conference, 3 March 2010, Isfahan, Iran.
12. Psychiatry (1), 24 December 2009, Isfahan, Iran.
13. Disorders of childhood infancy and adolescence (2), 31 December 2009, Isfahan, Iran.
14. 3<sup>rd</sup> international congress of psychosomatic. 24-27 May 2011. Isfahan, Iran
15. The first national conference on community-based care in chronic disease, 14-16 December 2011, Isfahan, Iran.
16. 2<sup>nd</sup> national and 1st international conference for best practices of primary health care. October30- November1, 2012. Bojnurd, Iran

## Accepted Abstract in International Conferences

1. **Roohafza H.** Addiction of parents, addiction of children. Isfahan- Iran, Oct2001.
2. **Roohafza H.** The effect of Rehabilitation in blood pressure. Australia 12-14 Oct. 2001.
3. **Roohafza H.** Sex based difference of rehabilitation on psychological factor. Hong Kong, China. 21-23 Nov 2001.
4. **Roohafza H.** Relaxation training in cardiac Rehabilitation: affect on psychological variable. 3<sup>rd</sup> eastern Mediterranean congress on heart health, heart friends around the world (cardiology update 2002), Egypt April 10-13, 2002.
5. **Roohafza H.** The comparison of stress oxidant in depressive period and recovery. 15<sup>th</sup> international postgraduate course on cardiovascular disease. Davos, Switzerland, February 11-15, 2003.
6. Saadati S, Sadeghi M, **Roohafza H.**, Heidari R. Comparing the effect of cardiac rehabilitation on exercise capacity and some cardiovascular disease (CVD) risk factors on men and women. Cardiology Update 2003. Davos, Switzerland, 10-14 February 2003.
7. Sadeghi M, **Roohafza H.** Carotid intima- media thickness as an independent predictor of atherosclerosis. Cardiology Update 2003. Davos, Switzerland, 10-14 February 2003.
8. Sadeghi M, **Roohafza H.** The prevalence of dyslipidemia in Iranian population. Cardiology Update 2003. Davos, Switzerland, 10-14 February 2003.
9. **Roohafza H.**, Sadeghi M. Serum lipid distribution and prevalence of dyslipidemia in urban and rural communities in Iran- IHHP study, Singapore- Singapore, 9-12 January 2005.
10. **Roohafza H.**, Sadeghi M. Cardiovascular risk factors in Iranian adults according to educational levels: IHHP. Singapore- Singapore, 9-12 January 2005.
11. Sadeghi M, **Roohafza H.** The prevalence of diabetes mellitus in individuals over 19 in the central regions of Iran-Isfahan Healthy Heart Program. 4<sup>th</sup> world congress of cellular and molecular biology. 7-12 October 2005, France.
12. **Roohafza H.**, mousavi GH, Sadeghi M, Sabet B. Stress oxidant and memory in old age. 4<sup>th</sup> world congress of cellular and molecular biology. 7-12 October 2005, France.
13. **Roohafza H.**, Mirzaei H, Sadeghi M. Serum levels of stress oxidants in depression. 4<sup>th</sup> world congress of cellular and molecular biology. 7-12 October 2005, France.
14. **Roohafza H.**, Sadeghi M. Smoking in youth: Isfahan Healthy Heart Program. 4<sup>th</sup> world assembly on tobacco counters health, New Delhi, India. 5-9 December 2005.
15. Sadeghi M, **Roohafza H.** Obesity and its association with other cardiovascular risk factors in women in central Iran- Women Healthy Hear Project. XIV International symposium on atherosclerosis, Rome Italy, June 18-22, 2006.
16. Sadeghi M, **Roohafza H.** Lipid profile in uncomplicated non diabetic hypertensive. XIV International symposium on atherosclerosis, Rome Italy, June 18-22, 2006.
17. The first national congress of psychosomatic, 23-24 May 2007, Isfahan, Iran.
18. **Roohafza H.** Relation between stress and other life style factors. 7<sup>th</sup> International Congress on Coronary Artery Disease from Prevention to Intervention, Venice, Italy, 7-10 October 2007.

19. **Roohafza H**, Triggering effect of Acute Life Events on Acute Coronary syndrome: ALEACE, a case-control study, world congress of cardiology scientific sessions 2010, from 16-19 June 2010 in Beijing, China.
20. **Roohafza H**, sadeghi M, Boshtam M. The correlation between lipid profile and stress levels in part central Iran: Isfahan Healthy Heart Program. 5<sup>th</sup> Middle East cardiovascular congress, 23-25 February 2011, Kish Island, Iran.
21. **Roohafza H**, Psychological Disorders, Quality of Life and Metabolic Syndrome 4th International Congress on Prediabetes and the Metabolic Syndrome. Madrid, Spain, April 6-9, 2011.
22. Sadeghi M, **Roohafza H**, Davoodi M. Carotid intima-media thickness, inflammatory biomarkers, gherlin and adiponectin in individual with and without metabolic syndrome. 4<sup>th</sup> International Congress on Prediabetes and the Metabolic Syndrome. Madrid, Spain, April 6-9, 2011.
23. Sadeghi M, **Roohafza H**, Ahmadi S. Heart rate recovery and exercise xapacity in individuals with and without metabolic syndrome. 4<sup>th</sup> International Congress on Prediabetes and the Metabolic Syndrome. Madrid, Spain, April 6-9, 2011.
24. First international congress on prevention, diagnosis and management of hypertension and developing the Iranian guidelines. Isfahan- Iran, 27-29 September 2011.
25. **Roohafza H**, Pourmoghaddas Z, Rajabi F, Sadeghi M. Social support, coping strategies in relation with acute coronary syndrome. World Congress of Cardiology Scientific Sessions. Dubai, United Arab Emirates, 18-21 April 2012.

### Articles in Persian Journal:

1. Kelishadi R, Rabiee K, Khosravi AR, Famori F, Sadeghi M, Roohafza H, Shirani SH. Evaluation of physical activity among adolescent in Isfahan. The Journal of Shahre-Kord University of Medical Science 2001; 2: 55-62.
2. Mirzaiee H, Roohafza H, Sadeghi M, Asgari S, Naderi Gh. Serum levels of stress oxidant in depression. Research in Medical Science. 2002; 7(4):360-61.
3. Kelishadi R, Hashemipour M, Ansari R, Roohafza H, et al. Comparison of Physical Activity Level among Adolescents of Isfahan in 1994 and 2001. Research in Medical Science 2002; 7 (2): 31-35.
4. Roohafza H, Saeidi M, Sadeghi M, Boshtam M. Effect of rehabilitation on psychological factor in an Iranian population. Research in Medical Science 2003; 8: 94-97.
5. Mosavi Gh, Roohafza H, Sadeghi M. Addiction, parent and children. Research in medical science 2003; 8: 57-59.
6. Sadeghi M, Rabiee M, Roohafza H, Boshtam M. Evaluation effect of rehabilitation on coronary risk factor in both sexes. Research in Medical Science 2003; 8: 31-35.
7. Sadeghi M, Roohafza H. Is common carotid intima-meida thickness as an independent predictor of coronary artery disease? Research in Medical Science 2003; 8: 60-64.
8. Sadeghi M, Roohafza H, Tavasoli AA, et al. Do rose questionnaire predict coronary artery involvement in patient with typical chest pain. Journal of Isfahan Medical School 2003; 71: 38-40.
9. Heidari R, Hashemi M, Sadeghi M, Roohafza H. Is there any relation between angina and fibromyalgia? Journal of Isfahan Medical School 2003; 71: 8-10.
10. Saidi M, Rabiee K, Kelishadi R, Sadeghi M, Roohafza H. Relation between leisure time physical activity and TV watching with atherosclerotic risk factors. Journal of Isfahan Medical School. 2003; 71: 31-37.
11. Kelishadi R, Hashemipoor M, Roohafza H, Sadeghi M. Evaluation the relation between television and selection of food by children and adolescent. Journal of Isfahan Medical School 2003; 71: 71-75.
12. Sadeghi M, Roohafza H. Evaluation of lipid levels in population above 30 years old of Isfahan. Isfahan University J 2003; 21(68): 47-52.
13. Sadeghi M, Roohafza H, Sadri GH, et al. Prevalence of high blood pressure and its relation with cardiovascular risk factors. The Journal of Qazvin Univ of Med Sci 2003; 26: 46-52.
14. Roohafza H, Sadeghi M, Emami A. smoking in youth IHHP. Hakim J 2003; 6(2): 61-68.
15. Roohafza H, Sadeghi M, Emami A, Kelishadi R. The comparison of cardiovascular risk factors between Iranian youth and old age. Journal of Isfahan Medical School (I.U.M.S) 2004; 21(71): 9-15.
16. Kelishadi R, Hashemipoor M, Sarrafzadegan N, Sadri GH, Bashardost N, Alikhasi H, Ansari R, Asgari S, Pashmi R, Rafiee S, Shahab M, Roohafza H, Sadeghi M, Sabet B. Effect of some environmental factors on smoking and the consequences of smoking on major cardiovascular disease(CVD) risk factors in adolescent: Isfahan Healthy Heart Program-Heart Health Promotion From Childhood. Journal of Medical Faculty Guilan University of Medical Sciences 2004; 50: 62-75.

17. Nasr A, Sadeghi M, Najafian J, Kalantari M, **Roohafza H**. Relation between serum CRP and coronary artery involvement in patient with stable angina. Journal of Isfahan Medical School 2004; 22(73): 7-11.
18. Salehi S, **Roohafza H**, Kelishadi R, et al. Study of environmental stress frequency and intensity in adolescents of central area of Iran 2002. Journal of Arak University of Medical Sciences 2004; 7(2): 20-27.
19. Sadeghi M, Moayedi S.N.A.D, **Roohafza H**, Baghaie A, Asgari S, Aghdak P, Sajadi F. The incidence of diabetes in over 19 years old population of Isfahan and Markazi provinces, 2002. Arak Medicla University Journal (AMUJ) 2004; 7(3): 12-20.
20. Nasr Ali, Sadeghi M, **Roohafza H**. Is testosterone level high in postmenopausal women with coronary artery disease? J of Isfahan Medical School 2005; 74: 33-7.
21. Sadeghi M, **Roohafza H**, Heidari R, Naderi GH, Sabet B, Deihini GH. Comparison fasting plasma insulin level between acute coronary disease and non- coronary disease. The Journal of Armaghan Danesh Summer 2005; 10(38): 31-35.
22. Sadeghi M, **Roohafza H**, Aghdak P, Kelishadi R, Shirani S. The prevalence of cardiovascular risk factors among women of central parts of Iran: Isfahan Healthy Heart Programme. J Qasvin University of medical Sciences 2005; 9(2): 76-83.
23. Hashemipour M, Kelishadi R, **Roohafza H**, Pourarian SH. Assessment of anxiety in 12-18 years old overweight and obese students in Isfahan . J Qasvin University of medical Sciences 2005; 9(2):104-108.
24. Afshar H, **Roohafza H**, Nuri M, Amenat S. Comparison of the efficacy of two combinations; sodium valproute with lithium & sodium valproate with olan zapine in treatment of acut mania. J of Shaheed Sadoughi University of medical science and health services Yazd 2005; 13(4): 30-35.
25. **Roohafza H**, Sadeghi M, Afshar H, Mousavi Gh, Attari A, et al. Association of anxiety disorder and carotid arthrosclerosis. Advanced Research Yields in atherosclerosis 2005; 1(3):170-4.
26. Sadeghi M. **Roohafza H** .Baghaei AM, Pourmoghadas M .Shirani Sh. Sadri.Gh. Golshadi.I. Obesity and Its Association with Other Cardiovascular Risk Factors in Women. Arya Journal, 2005, 1(2): 75-79.
27. Tavassoli AA, Sadeghi M, Pourmoghadas M, **Roohafza H**. Lipid profile of uncomplicated non diabetic hypertensive. Iranian Heart J 2005; 6(3): 64-69.
28. **Roohafza H**, Sadeghi M, Afshar H, Mousavi GH, Shirani SH. Lipid profile in patients with major depressive disorder and generalized anxiety disorder. Arya Atherosclerosis 2005; 1(1): 15-18.
29. Yusefi A, Khayyam-Nekouei Z, Sadeghi M, Ahmadi SA, **Roohafza H**, Rabiei K, Khayyam-Nekouei SA. The effect of cognitive-behavioral therapy in reducing anxiety in heart disease patients. Advanced Research Yields in Atherosclerosis 2006; 2(2): 84-88.
30. Sadeghi M, Faghforian B, Sanei H, **Roohafza H**, Asgary S, Karimi S. Evaluation blood Pressure Control Parameters with Captopril: Comparison between Iranian and Foreign Brands by 24-horus Ambulatory Blood Pressure Monitoring. J of Isfahan Medical School 2006; 24(80-81): 95-100.
31. **Roohafza H**. Stress and heart. ARYA Journal 2006; 2(2): 60-1.

32. **Roohafza H**, Akochikian.Sh, Sadeghi M, Fard mosavi A, Khirabadi Gh, Ghasemi tehrani H. Investigating the Relation between Lifestyle and Chronic Obstructive Pulmonary Disease. *Guilan Medical Journal* 2006; 15(59): 32-37.
33. Sadeghi M, **Roohafza H**, Shirani SH, Baghahi AM, Golshadi I, Aghdak P. The evaluation between hematologic parameter and metabolic syndrome in an Iranian population- IHHP. *J of Rafsanjan University* 2006; 5(2): 109-116.
34. Sadeghi M, Garak Yaraghi M, Saneei H, Rozati G, **Roohafza H**, Talaei M. Relationship between the metabolic syndrome and coronary artery disease in patients with stable angina. *Arya Atherosclerosis* 2006; 2(1(5)): 10-14.
35. Sadeghi M, **Roohafza H**, Shirani Sh, Akhavan Tabib A, Aghdak P, Hosseini Sh. The prevalence of coronary artery disease according to Rose questionnaire and ECG: Isfahan Healthy Heart Program. *Arya Atherosclerosis* 2006; 2(2): 70-74.
36. Sadeghi M, **Roohafza H**, Poormoghadac M, Tavassoli A. Predictive value of ST-T change of AVR lead in detection of coronary artery involvement inferior MI patients. *The Journal of Qazvin University of Medical Sciences* 2007; 10(4(41)): 42-45.
37. **Roohafza H**, Moosavi G, Sadeghi M, Sabet B. Stress Oxidant level and Memory Deficit in over 70 years old population. *Hormozgan medical journal* 2007; 11(2): 133-138.
38. Sadeghi M, **Roohafza H**, Tavassoli AA, Asgary S, Sabet B, Hosseini Sh . Evaluation of the association between anti phospholipids antibody and carotid IMT in young people with myocardial infarction. *J of Medical Faculty Guilan University of Medical Science* 2007; 16(63): 11-16.
39. **Roohafza H**, Sadeghi M, Attari A, Afshar H. Serum lipids in patients with mixed anxiety depressive disorder. *The Journal of Qazvin Univ of Med Sci* 2007; 10(4):36-41.
40. Mousavi S Gh, **Roohafza H**, Sharifi AR. Neuroleptic malignant syndrome: predisposing factor, symptomatology, Treatments and complications. *Journal of research in Behavioural Sciences* 2007; 5(2): 85-93.
41. Sadeghi M, poormoghadas M, **Roohafza H**, Sabet B. Predictive Value of coronary artery calcification in coronary artery stenosis. *Qazvin Univ. of med Journal* 2007; 11(3): 46-50.
42. **Roohafza H**, Salehi B, Sadeghi M. Prevalence and severity of emotional stress in Isfahan and Markazi Provinces, 2002. *Arak University of medical journal.*2007; 10(2):22-30.
43. Salek. M .Okhovvat Ar, Sadeghi M, **Roohafza H**. Kelishadi.R. MemarArdestani.P. Raoufei.M. Moiaffab Mh, Nejadnik H. Health Problems in Turner syndrome. *Journal of Research in Medical Sciences (JRMS)* 2007;12(2):90-95
44. Kelishadi R, Javaheri J, **Roohafza H**, Sadri G.H., Eshrati B. Socio-demographic Characteristics of Passive Smokers Exposed to Environmental Tobacco Smoke and the influence of Community –based Interventions on Its Reduction in Isfahan, Najaf Abad and Arak. *Hormozgan Medical journal* 2008; 11(4):283-290.
45. Arman S, Zahed Gh, Shakibaei F, Bina M, Bagherian R, **Roohafza H**. The effect of Couple’s Dialogue technique on marital conflicts and child behavior. *Arak University Medical of Journal* 2008; 11(3):9-19.
46. Sadeghi M, Golshadi I, **Roohafza H**, Aghdak P. Evaluation the relation between coronary risk factors, metabolic syndrome and 10 year ischemic event according to BMI in women above 19



- years in central part of IRAN. Journal of Guilan University of medical sciences 2008; 17(67): 16-23.
47. Sadeghi M, poormogadas M, **Roohafza H**, Talaei M, Golshadi I. The relationship between women physical fitness and obesity and the severity of CAD. Journal of Qazvin Univ.of med.2008; 12(1):46-51.
  48. Sadeghi M, Poormogadas M, **Roohafza H**, Mazaheri F, Tavassoli AA. Prevalence of patent foramen ovale in young patients with cryptogenic ischemic stroke. Advanced Research Yields in Atherosclerosis 2009; 5(2):76-80.
  49. **Roohafza H**, Sarafzadegan N, Shahnam M, Tolouei H, Sharifi M, Navab A, Ansariopor A, Khanbazi HA, Mirzaii MM, Azad KH, Anaraki DJ, Sadeghi M, Sajadi F, Shahrokhi Sh, Saidi M, Sadri PHarm Gh. Are Community –Based Intervention Programs Effective in the Youth Population? Results from Isfahan Healthy Heart Program. Arya Atherosclerosis Fall 2009; 5(3): 111-117.
  50. Akouchekian Sh. **Roohafza H**. Hasanzadeh A. Mohammad sharifi H. Relation between social support and coping with stress in nurses in psychiatric ward. Journal of Guilan University of medical sciences 2009;18(69); 41-46.
  51. Sajadi F, Ghaderian N, Mohammadifard N, Maghroon M, Alikhasi H, **Roohafza H**, Bahonar A, Rahmati M, Salavati B. Comparison of Food Habits among Smoker and Nonsmoker Individuals: Isfahan Healthy Heart Program. Arya Atherosclerosis Winter 2010; 5(4): 181-185.
  52. **Roohafza H**, Afshar H, Sadeghi M, Soleymani B, Saadaty AR, Matinpour M, Asadollahi GH. The relationship between perfectionism and academic achievement, depression and anxiety. Iranian Journal of Psychiatry and Behavioral Sciences 2010; 4(2): 31-36.
  53. Sadri Gh, Sadeghi M, Sarrafzadegan N, **Roohafza H**, Yazdani M, Boshtam M, Sadeghi A, Yazdekhasti S. The relationship between hematologic variables and metabolic syndrome. Iranian Heart Journal 2011(Fall); 12(3):40-46.
  54. **Roohafza H**, Sadeghi S, Shahnam M, Navvab A, Khanbazian HA, Azad Kh. The effects of multimedia compact disk-based lifestyle interventions on youth, 2003-2007 (The Youth Intervention Project). Scientific Research Journal of Health System Research. 2012; 7(5):1-9.
  55. Aghababaei E, Sadeghi M, Sarrafzadegan N, Khaledifar A, **Roohafza H**, Shafei D. Evaluation of heart rate reserve and exercise capacity in individuals with and without metabolic syndrome in Isfahan. Iranian Heart Journal, 2012; 13(2)40-48.
  56. Maghroun M, Mohammadifard N, Sajjadi F, Nouri H, Alikhasi H, **Roohafza H**, Safari H. The effect of Isfahan Healthy Heart Program on food trend in smokers and non-smokers. J Res Behav Sci 2012; 10(7): 635-44.
  57. Nilforoushzadeh MA, **Roohafza H**, Jaffary F, Khatuni M. Comparison of Quality of Life in Women Suffering from Cutaneous Leishmaniasis Treated with Topical and Systemic Glucantime along with Psychiatric Consultation Compared with the Group without Psychiatric Consultation. Journal of Isfahan Medical School 2012; 29(173):3046-3052.
  58. Afshar H, **Roohafza H**, Masaeli N. The serum level of lipoproteins and apolipoproteins in patients with major depression disorder in comparison with control group. J Res Behav Sci 2013; 10(7): 683-9.

59. Masaeli N, Kheirabadi Gh, Afshar H, Merasi MR, Daghighzadeh H, ***Roohafza H***. Relationship between quality of life and symptom severity in patients with irritable bowel syndrome. J Res Behav Sci 2013; 11(1): 39-45.
60. Mohammadian-Hafshejani A, Baradaran-AttarMoghaddam HR, Sarrafzadegan N, Asadi-Lari M, Roohani- Rasaf M, Allahbakshi F, ***Roohafza H***, Chemi S, Bahonar A, and Mohammadian M. Secular trend changes in mean age of morbidity and mortality from an acute myocardial infarction during a 10-year period of time in Isfahan and Najaf Abad. J Shahrekord Univ Med Sci. 2013 Feb, March; 14(6): 101-114.

### Articles in International Journal:

1. Sadeghi M, **Roohafza H**, Kelishadi R. High Blood pressure and associated cardiovascular risk factors in Iran, IHHP. Med J Malaysia 2004; 59(4): 295-304.
2. Sadeghi M, **Roohafza H**. Serum lipid distribution and prevalence of dyslipidemia in urban and rural communities in Iran, IHHP. Pakistan Journal of Cardiology 2004; 14 (2):88-95.
3. **Roohafza H**, Sadeghi M, Kelishadi R. Cardiovascular risk factors in Iranian adults according to educational levels: Isfahan healthy heart program. Asia Pac J Public Health. 2005; 17(1):9-14.
4. Kelishadi R, Hashemipour M, Sadeghi M, **Roohafza H**, Tavassoli A, et al. The impact of familial factors on obesity in Iranian children and adolescents. J Ped Neonat 2005; 2(2): 16-23.
5. Kelishadi R, Sadri GH, Tavassoli A, Khabazi M, **Roohafza H**, Sadeghi M. Cumulative prevalence of risk factors for atherosclerotic cardiovascular disease in Iranian adolescents. Journal de pediatria 2005; 81(6): 447-53.
6. Sadeghi M, **Roohafza H**, Poormoghadas M, Shirani SH, Golshadi I. The effect of smoking habit on C-reactive protein in Iranian population. Pakistan Journal of Cardiology 2005; 16(23):138-42.
7. Sarrafzadegan N, Rabiei K, Shirani S, Kabir A, Mohammadifard N, **Roohafza H**. Drop-out predictors in cardiac rehabilitation programs and the impact of sex differences among coronary heart disease patients in an Iranian sample: a cohort study. Clinical Rehabilitation. 2007; 21: 362–372.
8. Sadeghi M. **Roohafza H**. Shirani Sh. Poormoghadas M. Kelishadi R. Baghaii A. Sarafzadegan N. Diabetes and Associated Cardiovascular risk factors in Iran: the Isfahan heart programme. Ann Acad Med Singapore. 2007;36(3)175-180.
9. **Roohafza H**, Sadeghi M, sarrafzadegan N, Baghaei A, Kelishadi R, Mahvash M. Short communication: relation between stress and other life style factors. Stress and Health 2007; 23: 23-29.
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- 56.



## **Thesis and project**

### **Principle investigator**

- 1- Evaluation of occupational stress and cardiovascular risk factors in Isfahan Saderat Bank employers
- 2- Evaluating the relation between anxiety and carotid artery atherosclerosis in anxious patients
- 3- Two-years evaluation of atherosclerosis changes in carotid artery based on trait anxiety in individuals aged 35-60 years in Isfahan province
- 4- Investigating the prevalence of risk factors for mental health and disability in the general population of Isfahan and Najaf Abad based on scales approved by the World Health Organization in 1383
- 5- Bupropion, an effective mean for smoking cessation in patients following acute coronary syndromes: ZESCA trial
- 6- Effect of statins on memory and cognition in patient with hyperlipidemia and CAD
- 7- The relationship between the rate of oxidation stress and memory retention in people over seventy years
- 8- A study of the process of tobacco use in Isfahan city
- 9- Study of relationship between Acute Life Events and Acute Coronary Events adjusted for psychosocial factors and major risk factors in Isfahan city medical university CCUs (ALEACE)
- 10- Prevalence of opium dependence in patients with acute MI in Isfahan city hospitals and relationship of short-term and long-term cardiovascular complications with it
- 11- Youth Interventional Project
- 12- Assess the effectiveness of education program on knowledge, attitude and behavior of high risk factor for cardiovascular disease in volunteers
- 13- Interventional Plan of Isfahan youth health promotion (Sja)
- 14- Assessing population knowledge, attitude and practice hookah and process evaluation of hookah-control legislations in Isfahan, Najafabad and Arak in 1385
- 15- Considering the effects of the Isfahan Healthy Heart Program interventions through CD-ROM multimedia on youth 19-25 years who referred to Isfahan Red Crescent
- 16- Heart Health Promotion childhood project
- 17- Specialized analysis of community-based research projects and Isfahan Healthy Heart Program
- 18- Considering best of competitive risks models of mortality: analysis of the seven year cohort study
- 19- Evaluation and Comparison of anxiety and depression in patients with cardiovascular disease undergoing coronary stenting and CABG and his wife before and after curing
- 20- Use of educational aids to teach young people on prevention and control of non-communicable diseases
- 21- Education and Control of Non-communicable diseases prevention and control of risk factors in university students and teacher training institutions
- 22- Enforcement of smoking prohibition (hookah or cigarettes, etc.) in tea shops and coffee shops
- 23- Education of prevention and control of non-communicable diseases and lifestyle modification in the Red Crescent staff and volunteers and providing educational CD



- 24- Teaching how to do exercise and physical activity to health volunteers
- 25- Organizing non-governmental organizations related to Isfahan Healthy Heart Program interventions
- 26- Educating rural and urban health volunteers to transfer information to people
- 27- Organizing a center or organization consisting voluntary volunteers to educate and transfer this education to others
- 28- Providing comprehensive training on non-communicable diseases (NCDs) by health volunteers and holding Healthy Heart Program (IHHP) exhibitions.

### **Co- investigator**

- 1- Comparative evaluation of oxidative stress and magnesium ions (Mg +2) during the period of depression in compare to treatment
- 2- A survey of relation between being overweight and self-esteem in 10-18 years old children.
- 3- A Survey of Relation between Anxiety and obesity in 12-18 year old adolescent
- 4- Comparison of depression prevalence in obese children and adolescents aged 10-18 years and control group in Isfahan city in 1382.
- 5- Comparison of the mean levels of serum lipoproteins and apo lipoproteins in schizophrenic patients treated with atypical and conventional antipsychotic
- 6- Comparative study of the mean level of serum lipoproteins and apo lipoproteins in patients with major depression in compare to controls, in Noor and Alzahra Hospitals in 1385.
- 7- Considering relationship between changes in CRP, IL-6, E-Selection according to Beck depression inventory in patients with Acute Myocardial Infarction
- 8- Effectiveness of educational intervention based on perceived social support to improve self-care behaviors among patient with heart failure referred to medical-research heart complex in Isfahan city in 2013
- 9- Comparison of the results of group versus individual approaches in management of childhood obesity
- 10- The National Preventive Program For Coronary Artery Disease and Stroke in Iran (Pilot in Isfahan) Isfahan Heart Health Study
- 11- Comparative evaluation of the results of cardiac rehabilitation in Isfahan Cardiovascular Research Center and at home and control group
- 12- Evaluation of some risk and environmental factors in patients with stroke in young age and their children
- 13- Evaluation relationship between anti phospholipids antibodies and carotid artery intima-media thickness in young adult with myocardial infarction
- 14- The association of testosterone level with coronary artery disease in postmenopausal women
- 15- Evaluation the Predictive Value of Coronary Calcification in Coronary Involvement According to Sex and Age
- 16- Evaluation of Relationship Between Changing of quality of life And Other Cardiac Risk Factors in Coronary Artery Disease Patients After Cardiac Rehabilitation
- 17- Comparative Evaluation of Effects of Cardiac Rehabilitation on Morbidity and knowledge - Attitude-Practice (KAP) of Cardiac patients About Cardiovascular Risk factors in an one Cohort study
- 18- Comparative Evaluation of effects of cardiac rehabilitation on some of risk factors one year after cardiac rehabilitation in rehabilitation and control groups

- 19- Comparative evaluation of effect of cardiac rehabilitation on anxiety, depression and quality of life one year after cardiac rehabilitation and control group
- 20- Prevalent of patent foramen ovale in young patient with stroke
- 21- Quit and Win 2004
- 22- Comprehensive out-patient stroke rehabilitation and secondary prevention
- 23- Evaluation the effect of treatment for chlamydia and helicobacter pylori on markers of inflammation and cardiac events in patients with acute coronary syndrome
- 24- Effect of metabolic syndrome score on atherosclerotic risk profile and coronary artery disease severity via angiography
- 25- To investigate the relationship between the atherosclerosis risk factors and severity of coronary artery in patients with angina
- 26- Healthy life for cardiovascular patients(HLCP)
- 27- Prevalence of anemia and relation with renaval involvement in patients admitted to hospital with diagnosis of congestive heart failure
- 28- Evaluating the effect of studying an education of "heart health book" in literacy campaign on practice of illiterate women
- 29- Health improvement of Mobarake Steel Industries: Studying the effect of nutritional interventions on cardiovascular disease risk factors in Mobarake Steel Industries
- 30- Evaluating the effects of community-based interventions on knowledge, attitude, practice of drivers, passengers and terminal staffs regarding the cardiovascular diseases prevention in Isfahan province
- 31- Quit and Win 2006
- 32- Evaluation of the relation between number and size of fat cell in patient with ischemic heart disease in comparison with control group (GAMMI Study)
- 33- Relation between smoking and emotional disorders and Evaluation of effectiveness of educational method for correct these disorders in decrease of smoking
- 34- Determining the effectiveness of IHHP, a 5 year community-Based Interventional program for CVD prevention & control on the knowledge, Attitudes and behaviors, physical & biochemical indicators in Isfahan and Najafabad compared to Arak
- 35- Evaluating the effect of IMT in incidence of coronary event in an Iranian population :IMT In ICS
- 36- Quit and Win 2008
- 37- A comparative study of environmental indicators and legislation of healthy heart program interventions before and after interventions 1380- 1386.
- 38- Evaluation of cardiovascular disease risk factors in personnel of Isfahan electricity distribution company and implement interventions to improve their health and prevent cardiovascular disease
- 39- Evaluation of knowledge, attitude and practice of overweight and obese individuals after educational and persuasive interventions to weight loss in Isfahan
- 40- The effect of pioglitazone on left ventricular mass & function, plasma levels of inflammatory, endothelial & thrombotic biomarkers & psychiatric indicators in patients with metabolic syndrome
- 41- Designing a standard evaluation tool to evaluate Framework Convention on the Tobacco Control (FCTC) in Iran
- 42- The impact of educational and encouragement interventions of weight reduction on anthropometric and biomarker indicators in overweight and obese population

- 43- The impact of educational and encouragement interventions of weight reduction on anthropometric indicators prelipin level in overweight and obese population
- 44- Evaluating the incidence of coronary events, myocardial infarction, angina, hospitalized in CCU, ischemic stroke, and hypertension and its relation with cardiovascular disease risk factors in the population over 35 years of Isfahan, Najaf Abad and Arak 1380 - 1382.
- 45- Evaluation of predictive value of lead aVR in the determination of coronary heart in patients with inferior MI
- 46- The Effect of surgical Lipectomy on biochemical and echocardiographic parameters and cardiovascular risk factors in obese Women
- 47- Evaluation 2-year incidence of coronary events, ischemic stroke, and hypertension and its association with cardiovascular disease risk factors in the population over 35 years of Isfahan, Najaf Abad and Arak 1379 - 1381.
- 48- Evaluation of lipid disorders in microvascular and macrovascular complications in insulin-dependent diabetic patients
- 49- Age related serum Insulin levels in patients with acute coronary and non coronary events
- 50- Relation of C - reactive protein levels to presence, Extent and severity of atherosclerosis in patients with stable Angina via Coronary Angiography.
- 51- Evaluation of serum insulin levels and insulin resistance in men with ischemic heart disease compared with control group
- 52- Evaluation the relationship of physical fitness versus obesity indicators with coronary artery disease in women with stable angina
- 53- Evaluation of relation between coronary artery disease and Ankle-brachial index in patient with stable angina
- 54- Early and late effect of high and low dose atorvastatin on serum C-Reactive protein reduction in non ST elevation acute coronary syndrome
- 55- Relationship between micro albuminuria and severity of coronary artery disease: An Angiographic study
- 56- Health promotion in offspring of patients with premature coronary artery disease through surveillance of cardiovascular disease risk factors and interventions to control the related risk behaviors
- 57- Association between plasma lipids, and apolipoproteins and coronary atherosclerosis severity
- 58- The association between resting EKG finding and behavioral physical and biochemical factors in central part of Iran
- 59- The relation between serum Trans Fatty Acids, inflammatory factor E-selection and interleukin-6 levels with severity and extent of coronary artery disease in patients with acute coronary syndromes and stable angina
- 60- Evaluation of 6-month predictive factors for heart failure patients 2009-2010
- 61- Evaluation of prevalence of uncontrolled hypertension and its relation with demographic, socioeconomic, lifestyle characteristics and drug compliance, medical recommendation in Isfahan and Najafabad population in the 3rd phase of Isfahan Health Heart(2007)
- 62- comparison of cardiovascular mortality rates between Isfahan ,Tehran and Arak in 2007-2009