



**Isfahan University of Medical
Sciences**
Curriculum Vitae (CV)

Parastoo Golshiri

INFORMATION:

- **Name:** Parastoo Golshiri MD, MPH
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- **Address:** Department of Community Medicine and Family Physician, School of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran
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EDUCATION and QUALIFICATION:

- **2001–2004:** Resident of Community Medicine Specialty (getting Board Certificate), Isfahan University of Medical Sciences, Isfahan, Iran (Obtaining the first rank of specialized degree)
- **2001-2002 :** Master of Public Health (getting MPH degree)
- **1990–1997:** Medical Student (getting MD degree)



EMPLOYMENT HISTORY:

- **1998 - 2000:** work as a GP
- **2001 - 2004 :** Resident of Community Medicine Specialty
- **2005 - 2007:** Assistant Professor, Department of Health Education and Health Promotion, School of health, Isfahan University of Medical Sciences
- **2008 - 2016:** Assistant Professor, Department of Community Medicine and Family Physician, School of Medicine, Isfahan University of Medical Sciences
- **2010 - 2014:** Head of Department of Family Medicine, School of Medicine
- **2015 - 2021:** Working as Research consultant in Research Center at the School of Medicine
- **2016 - 2023 (Nov):** Associate Professor, Department of Community Medicine and Family Physician, School of Medicine, Isfahan University of Medical Sciences
- **2023 (Dec) - present:** Full Professor, Department of Community Medicine and Family Physician, School of Medicine, Isfahan University of Medical Sciences



CURRENT STATUS

- Full Professor, Department of Community Medicine and Family Physician, School of Medicine , Isfahan University of Medical Sciences
- Director of the International Affair of Isfahan University of Medical Sciences



RESEARCH INTEREST:

- Mental Health
- Mindfulness
- Empathy and body compassion
- Community based intervention in primordial and primary prevention of cancers
- Self care and self efficacy in mental health care
- Consciousness and health
- Body mind relationship
- Women empowerment



CLINICAL EXPERIENCE :

- Working as a GP from 1998 till 2000
- Working as a community medicine specialist in Al-Zahra Specialized Hospital from 2004 till 2005
- Since 2018, I have participated in the establishment of a “**lifestyle modification and health promotion clinic**” at Ibn Sina Health Centre in the city of Isfahan. In this clinic, patients with uncontrolled diabetes, uncontrolled blood pressure, and obesity are accepted, and by using behavior change methods and techniques, including “The stages of change model” and the “Transtheoretical model (TTM Model)”, patients are helped to change their lifestyle. For each patient, a specific strategy and an individual follow-up plan are considered so that they can more successfully change their lifestyle. The patients of this clinic are screened according to the US Preventive Task Force guidelines and are referred to other specialists as needed. Mental health care, empowerment and self-efficacy programs are also offered in this clinic.



TEACHING EXPERIENCE:

Teaching many lessons and courses from 2005 till now for students in different levels such as: Bsc (Bachelor of Sciences), Msc (Masters of Sciences), PHD, MPH (Master of Public Health), MBBS (Bachelor of Medicine, Bachelor of Surgery), General Practitioner and specialized Residents

Titles of some lessons:

- Principle of Health services
- Common Diseases in Children
- Communication Skills (basic and advanced)
- Mental Health Care Services
- Evaluation and Monitoring in Health Programs
- Principle of Disease Prevention
- Health education models
- Health promotion models
- Educational Need Assessment
- Prevention of chronic Disease (cancer, cardiovascular disease, diabetes, psychological disorder)
- National Disease Control Programs
- Epidemiology of non communicable diseases
- Personal Development Skills



HONORS & AWARDS:

- Top medical student graduated from School of Medicine, 1997
- Best student in the Master of Public Health (MPH) for the academic year 2001-2
- Achieving top rank of medical specialist certificate in the residency of Community Medicine, 2003
- Nominated as the "World's Leading Scientist " in 2004 by General Manager of IBC Cambridge , England
- Nominated as the "World's Leading Scientist " in 2005 by General Manager of IBC Cambridge , England
- Achieving top rank in Shahid Motahari Education Festival in 2008
- Achieving top rank in Shahid Motahari Education Festival in 2019
- Appreciated for launching a Campaign for medical students called "**Make Your Own Effect** "
- Elected as "Distinguished Professor" in 2021



Workshops and courses I have been trained:

- 2025 Gamification in Education
- 2024 AI in medicine
- 2023 Diabetic care
- 2022 Establishing a global startup in health
- 2021 Emotional Intelligence and creativity in education for medical students
- 2021 Art in education for medical students
- 2020 How to design virtual education
- 2019 Critical thinking
- 2019 Ethics and professionalism in medical sciences
- 2019 Randomized Clinical Trial workshop
- 2019 Feedback to students
- 2018 Psychosomatic course
- 2017 Effective communication for medical students
- 2017 Medical ethics
- 2015 Summer course quantum physics, Freiburg University (Germany)
- 2012 Advanced article writing
- 2012 Systematic review
- 2012 Patient Education
- 2012 Communication skills to counsel medical student
- 2011 Critical Appraisal Research
- 2010 Research Methodology
- 2009 Teaching Method for students



Workshops that I have conducted and taught:

- 2025 women empowerment training program for female employees of the university
- 2025 Consciousness and Health for medical students
- 2024 Mindfulness based stress reduction for residents of the university
- 2024 Diplomatic etiquette for the professors
- 2023 Advanced communication skills for professors
- 2023 Diplomatic etiquette for the personnel of the international department of the university
- 2022 Mindfulness and self awareness for PhD by research students
- 2022 Empathy and body compassion for professors and university staff
- 2021 Anger management for professors and university staff
- 2021 Motivational interview for professors and residents
- 2021 Stress management during Covid pandemic for medical students
- 2020 How to write a research proposal for specialized residents
- 2020 Communication skills for professors of medical school
- 2020 How to manage meetings for Health Center Experts
- 2019 Stress management for senior managers of the oil industry
- 2019 Life style modification for senior managers of the oil industry
- 2019 Communication skills for Pre-Hospital Emergency Personnel
- 2019 Stress management for Pre-Hospital Emergency Personnel
- 2019 Mental health care and health promotion for female personnel of the faculty
- 2019 Women empowerment for faculty member
- 2019 How to write a scientific article
- 2018 Communication skills for nurses of Amin General Hospital
- 2018 Transactional Analysis for nurses
- 2018 Patient education for medical students
- 2018 Assessment, evaluation and monitoring for university staff
- 2017 CIPP Evaluation Model for Faculty managers



Media program:

- TV program : elderly and its difficulties : how to face it (August 2020)
- TV program : Population aging and related problems (November 2019)
- Radio program : prevention of Covid-19 in children (August 2020)
- Radio program : prevention of Covid-19 in work place (July 2020)
- Radio program : mental health in elderly: problems and approaches (Sep 2020)



SOCIAL ACTIVITIES:

- Education in various health areas, including cancer prevention, especially breast cancer, and mental health (including stress management) for women referred to health centers.
- Training program for the empowerment of women in the cultural centers of Isfahan.
- Creation and management of a campaign called "**Make Your Own Effect**" since 2017
- As part of this campaign, medical students have carried out over a hundred projects in rural and urban areas of Isfahan province, including launching various campaigns to raise awareness among people of different age groups, about Alzheimer's disease, high blood pressure, diabetes, colon cancer screening, depression etc. This program is also frequently implemented in schools to increase the awareness of students in various fields and it has achieved many successes.
- This campaign is recognized by the officials of the Ministry of Health as one of the best skills and best practices for medical students of Isfahan University of Medical Sciences.



MEMBERSHIP:

- ASCO (American Society for Clinical Oncology) (1998-2004)
- ESMO (European Society for Medical Oncology) (1998-2005)
- EACR (European Association for Cancer Research) (1999-2005)



MEMBERSHIP IN COMMITTEES:

- Committee in the Health Care System Vice Chancellor for Research of the Isfahan University of Medical Sciences (2005-2010)
- Research Committee of Community Medicine and Family Physician Department in Isfahan University of Medical Sciences (2007 till now)
- The Community Responsible Education Committee of the Vice Chancellor of Education in Isfahan University of Medical Sciences (2010-2015)
- Commission on Special Student Cases of the Vice Chancellor of Education in Isfahan University of Medical Sciences (2015-2019)
- Research Council of the Institute for Primary Prevention of Non-Communicable Diseases, Isfahan University of Medical Sciences (2015 till now)



Critical appraisal:

- A member of editorial Board of Journal of Arya Atherosclerosis
- Critical appraisal of many manuscripts for journals (American Journal of Public Health , Tehran University Medical Journal , Journal of Isfahan Medical School, Journal of Health Education and Promotion, Journal of Research in Medical Sciences , Advanced Biomedical Research, International Journal of Preventive Medicine)



CONFERENCES (oral and poster presentation):

- Investigating the Attitudes of Specialist Residents on the Patient Rights Charter: A Cross-sectional Study, National Conference on Medical Ethics, Dec 15, 2020
- Investigating the association of some risk factors with type 1 diabetes: a case-control study, International Conference on Endocrinology and Metabolism, Oct 31, 2019
- The Impact of Women's Communication Skills on Domestic Violence , National Conference on Promoting Women's Health, Nov 26, 2019
- The Impact of Anger Management Skills Training Program on Women Exposed to Domestic Violence: An Intervention Study, International Conference on Promoting Women's Health, Nov 27, 2019
- The Role of Depression, Anxiety, and Stress in Medication Adherence in Patients with hypertension, International Conference on Psychosomatic , Oct 26 , 2017
- The Role of Depression, Anxiety, and Stress in Medication Adherence in Patients with Hypertension, International Conference on Psychosomatic , Oct 27 , 2017
- Case–control study of risk factors for suicide attempts in Isfahan , International Health Education and Health Promotion, Aug 23, 2017
- Evaluating the Effect of Lifestyle Education Based on Health Belief Model for Mothers of Obese and Overweight School-age Children on Obesity-Related Behaviors, International Health Education and Health Promotion, Aug 24, 2017
- Evaluation of the quality of provided services at the Research consulting center, The Tenth shahid Motahari Educational Festival, May 10, 2017 Isfahan, Iran

- Design, implementation and evaluation of safety education program in the laboratory, The Tenth shahid Motahari Educational Festival, May 10, 2017 Isfahan, Iran
- Design, commissioning and evaluation of the internship course in the field of laboratory sciences students at the practical skills lab, The Tenth shahid Motahari Educational Festival, May 10, 2017 Isfahan, Iran
- The study of relationship between Emotional Intelligence and Mental Health in Adolescents, The National Conference of Education and Health Services to the individual, family and community, 2016 Isfahan, Iran
- What is Spiritual Therapy? ; The Third National Conference on Prevention and Treatment complementary medicine, November 19-21, 2014 Isfahan, Iran
- Is there a relationship between family functioning and women's health care? ; The National Congress of Women Health: February 19-21, 2013 Isfahan, Iran
- The effect of education plan based on Health Belief Model on health and nutritional behaviors associated with gastric cancer in housewives: The first National Conference on community-based care in chronic diseases: December 14-16 2011 Isfahan, Iran
- The survey impact of education based on BASNEF model on knowledge, attitude and behavior of pregnant women about breastfeeding, Arak-Iran: The 1st global congress for consensus in pediatric & child health February 17-20 2011 Paris, France
- Job stress and its relationship with the IgA of saliva secretion: The fifth National Congress of Occupational Medicine and Occupational diseases October 29-30, 2011, Tehran, Iran
- The Educational system reform of Medical Sciences University base on reduce individual competition and increase collective participation: The first National Conference on Critical Thinking and health system February 22-24, 2011 Isfahan, Iran
- The evaluation of mother's participation project in improvement of nutrition and growth promotion of children by the CIPP model after 2 years: The First International & 4th National Congress on Health Education & Promotion May 16-19, 2011 Tabriz, Iran
- Epidemiological study of religion and spirituality on health: The second National Congress of the care and treatment of patients with alternative medicine, October 20-22, 2010 Isfahan, Iran
- Salivary IgA as a Biomarker Related to Job Stress Among Shift Work Nurses: The 8th international Scientific Conference - Health, Work and Social Responsibility, September 28-October 20, 2010 Roma, Italy
- Interpersonal Differences Among Shift Workers: The 8th international Scientific Conference- Health, Work and Social Responsibility, September 28 - October 20, 2010 Roma, Italy
- Individual differences and serum Cortisol changes in shift worker: Prevention of Occupational Accident in a Changing Work Environment, 30 sep-3oct 2008 Crete, Greece
- The Evaluation of "Mothers participation project" in growth promotion and nutrition improvement of children in the Azadegan Shahid Beheshti Medical Health Center and its Comparison with Dastgerd

- Medical Health Center: The first National Seminar of justice in health system, March 11-12, 2008, Isfahan, Iran
- Relation between physical activity and colorectal cancer: A Population –based case control study: The 8Th congress of gastroenterology and liver, November 25-26, 2007 Isfahan, Iran
- Assessment of an ant vibration handle on a manual grinder and distribution of neurovascular disorder: ELINYAE & ISSA Health Services Sections, June 4-6, 2007 Athens, Greece
- Study of nutritional status and cardiovascular risk factors in workers of oil pipelines in Isfahan: The 9th Iranian Nutrition Congress, September 4 -7, 2005 Tabriz, Iran
- Women's participation, an approach for the promotion of family health: National Conference on the status of women in health system, November 23 -24, 2005 Tehran, Iran
- Offering a model to optimize hospital emergency department based on the latest version of evaluation model of CIPP: The 6th International Conference of Quality Managers, July17 -20, 2005 Tehran, Iran
- The role of teamwork in the development of individual capabilities and quality improvement processes: The 6th International Conference of Quality Managers, July 17 -20, 2005 Tehran, Iran

PUBLICATIONS:

ARTICLES:

- Mostafavi F, Golshiri P, Saeidi N, Samouei R, Hosseiny L. Policy Strategies for Addressing the Challenge of Declining Fertility Rates in Isfahan Province: From Mental Health to Economic Security. *Journal of Isfahan Medical School*. 2025 Oct 14.
- Tabibian F, Adibi A, Motahharynia A, Azimzadeh K, Pourmohammadi A, Rajabi F, Golshiri P, Adibi I. Validity and reliability of fatigue scale for motor and cognitive functions (FSMC) in an Iranian population of people with multiple sclerosis. *Multiple Sclerosis Journal–Experimental, Translational and Clinical*. 2025 Jul;11(3):20552173251375781.
- Golshiri P, Amini S, Najimi A. Impact of health literacy educational intervention on improve medication adherence and blood pressure level in patients with ischemic heart disease. *Journal of Education and Health Promotion*. 2025 Jul 1;14(1):300.
- Eizadi-Mood N, Miranzade N, Haddad S, Aliabadi MG, Golshiri P, Meamar R. Comparison of clinicodemographic characteristics in patients with selective serotonin reuptake inhibitors poisoning: a cross-sectional study. *Medical Journal Armed Forces India*. 2025 Jan 1;81(1):72-9.
- Heidari M, Shetebi H, Golshiri P, Hoghughi S. Lidocaine and Dexamethasone, Ketamine and Dexamethasone, and Dexamethasone Alone in Tonsillectomy Complications. *Advanced Biomedical Research*. 2024 May 1;13(1):40.
- Khandehroo N, Mahmoudian SA, Golshiri P. The Effect of Sleep Hygiene Training Based on Cognitive Behavioral Therapy on Sleep Quality and Headache Intensity in Migraine Patients. *Journal of Isfahan Medical School*. 2024 Sep 22;42(778):666-73.

- Khalili Nezhad R, Golshiri P. The Status of the Referral System in the Family Physician Program in Isfahan Metropolitan Area: a Qualitative Study. *Journal of School of Public Health and Institute of Public Health Research*. 2023 Dec 10;21(3):351-64.
- Golshiri P, Farajzadegan Z, Mirzaean M, Motamedi N. The Relationship Between Movie Violence and Violent Behavior in Adolescents: A Cross-Sectional Population-Based Study in Isfahan, Iran. *Iranian Journal of Psychiatry and Behavioral Sciences*. 2023 Sep 30;17(3).
- Golshiri P, Mostofi A, Rouzbahani S. The effect of problem-solving and assertiveness training on self-esteem and mental health of female adolescents: a randomized clinical trial. *BMC psychology*. 2023 Dec;11(1):1-8.
- Golshiri P, Mohaghegh N, Shamsaee S, Boroumandfar Z. Using education based on the health belief model to modifications in performance of behaviors related to sexually transmitted infections in vulnerable women. *Journal of Education and Health Promotion*. 2023;12.
- Samouei R, Nazari-Kamal M, Golshiri P, Samouei S. Strategies to increase social capital and interaction of faculty members of medical Universities. *Journal of Education and Health Promotion*. 2022 Jan 1;11(1):300.
- Masoumi G, Mansouri M, Shahbazi M, Golshiri P, Mohammadi K, Rahimirigi N. Clinical characteristics and cardiovascular risk factors associated with clinical outcome in hospitalized patients with COVID-19. *J Prev Epidemiol*. 2022;7.
- Faridizad R, Alavi A, Golshiri P, Alavi Shoushtari SM, Lall MD, Neshat S. Factors Associated with Anogenital Warts and Gonorrhea Infection: A Cross-Sectional Study. *Journal of Health Sciences & Surveillance System*. 2022 Jan 1;10(1):113-8.
- Golshiri P, Najimi A, Jafari N. The Relationship between Pender's Health Promotion Model Constructs and Applying Nutritional Supplements in Patients with Hypertension. *J Isfahan Med Sch* 2021; 38(597): 798-803.
- Bemanalizadeh M, Farajzadegan Z, Golshiri P. Estimation of cardiovascular disease risk factors in the undefined participants of campaign in isfahan in 2017. *International Journal of Preventive Medicine*. 2021 Jan 1;12(1):47.
- Soltaninejad F, Beigi G, Golshiri P, Eizadi-Mood N. Clinico-epidemiological Analysis of Adult Patients With Acute Poisoning. *International Journal of Medical Toxicology and Forensic Medicine*. 2021;11(3):33533.
- Pourabdian S, Lotfi S, Yazdanirad S, Golshiri P, Hassanzadeh A. An evaluation of the relationship between mental disorders and driving accidents among truck drivers. *International Journal of Preventive Medicine*. 2021 Jan 1;12(1):74.
- Pirzadeh A, Ansari S, Golshiri P. The effects of educational intervention on breast self-examination and mammography behavior: Application of an integrated model. *Journal of Education and Health Promotion*. 2021 Jan 1;10(1):196.
- Mahmoudian A, Golshiri P, Rejali M. Effect of Education Based on Health Belief Model on Self-care Behavior and Metabolic Indices in Patients with Type 2 Diabetes: A Clinical Research Trial. *Journal of Mazandaran University of Medical Sciences*. 2021; Nov 10;31(202):71-9.
- Pourabdian S, Lotfi S, Yazdanirad S, Golshiri P, Hassanzadeh A. Evaluation of the effect of fatigue on the coping behavior of international truck drivers. *BMC psychology*. 2020 Dec;8(1):1-0.
- Nourian M, Askari G, Golshiri P, Miraghajani M, Shokri S, Arab A. Effect of lifestyle modification education based on health belief model in overweight/obese patients with non-

alcoholic fatty liver disease: A parallel randomized controlled clinical trial. *Clinical Nutrition ESPEN*. 2020 Apr 24.

- Pourabdian S, Golshiri P, Janghorbani M. Overweight, underweight, and obesity among male long-distance professional drivers in Iran. *Journal of Occupational Health*. 2020;62(1):e12114.
- Tavakoli P, Peikari HR, Golshiri P. The mediating role of workplace deviant behavior among nurses in the relationship between organizational justice and privacy protection. *Quarterly Journal of Nursing Management*. 2020 Jun 10;9(2):0
- Khadivi R, Golshiri P, Sadeghi Z. The seizure recurrence rate in epileptic patients following universal health coverage. *Social Determinants of Health*.;5(4):252-8.
- Golshiri P, Farajzadegan Z, NikKhah R, Motamedi N. Relationship between Parental Education and Violent Behaviors in Adolescent Students. *Journal of Mazandaran University of Medical Sciences*. 2020 Apr 10;30(183):22-31.
- Yousefi H, Ziaee ES, Golshiri P. The role of nursing consultant in Iran: A qualitative study. *Iranian journal of nursing and midwifery research*. 2019 Sep;24(5):387.
- Yousefi H, Ziaee ES, Golshiri P. Nurses' consultative role to health promotion in patients with chronic diseases. *Journal of Education and Health Promotion*. 2019;8.
- Ehsani Farid E, Peikari HR, Golshiri P. Correlation of Professional Identity Dimensions with Role Stress in Nurses. *Journal of Health Promotion Management*. 2019 Oct 10;8(5):1-8.
- Pourabdian S, Yazdanirad S, Lotfi S, Golshiri P, Mahaki B. Prevalence hearing loss of truck and bus drivers in a cross-sectional study of 65533 subjects. *Environmental Health and Preventive Medicine*. 2019 Dec;24(1):1-5.
- Naderi-Lordejani M, Golshiri P, Nobakht R. Is There any Relationship between Self-Esteem and Mental Health Status in Teenagers? *J Isfahan Med Sch* 2019; 37(517): 161-8.
- Mahmoudian SA, Golshiri P, Javanmard SM, Geramian N, Akhavan-Taheri S. The Effect of Anger Management Skills Training Program on Women Exposed to Domestic Violence: An Interventional Study. *J Isfahan Med Sch* 2019; 37(516): 119-24.
- Golshiri P, Farajzadegan Z, Tavakoli A, Heidari K. Youth Violence and Related Risk Factors: A Cross-sectional Study in 2800 Adolescents. *Advanced Biomedical Research*. 2018;7.
- Najimi A, Mostafavi F, Sharifirad G, Golshiri P. Barriers to medication adherence in patients with hypertension: A qualitative study. *Journal of education and health promotion*. 2018;7.
- Hashemian SS, Golshiri P, Najimi A, Goudarzi AM. The relationship between Life skills, psychosocial abilities and depression in teenagers. *Journal of Nursing Education*. 2018 Mar 10;6(6):41-7.
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- Shams B, Golshiri P, Zamani A, Pourabdian S. Mothers' participation in improving growth and nutrition of the children: A model for community participation. *Iranian Journal of Public Health*. 2008;37(2):24-31.
- Khazaeli N, Golshiri P, Farajzadegan Z, Hemati S, Amouheidari A, Hakimian MR, et al. Evaluating the Validity and Reliability of Persian Version of the European Organization for Research and Treatment of Cancer Quality of Life Questionnaire for Colorectal Cancer (EORTC QLQ-CR29). *JIMS*. 2014;32 (276):228-42.
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- Golshiri P, Pourabdian S, Najimi A, Mosazadeh H, Hasheminia J. A comparison of salivary immunoglobulin A between Nurses Working in Emergency Wards and Hospital Clerks. *JIMS*. 2012;30(186):524-31.
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