

In the name of God

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Academic rank:

Associater

Faculty:

Department of Public Health.....

## Educational history

| Academic field   | Degree | University                  | Country | Graduation date |
|------------------|--------|-----------------------------|---------|-----------------|
| Public Health    | BS     | Shahid Beheshti Uni Med Sci | Iran    | 1999            |
| Health Education | MSc    | Tarbiat Modarres Uni        | Iran    | 2004            |
| Health Education | PhD    | Tarbiat Modarres Uni        | Iran    | 2010            |

## Publication

### Papers in English Journals:

1. Mirzaei, A., Ghofranipour, F., & Ghazanfari, Z. The Effectiveness of Social Cognitive Theory-based Educational Intervention on School Children's Breakfast Consumption. Journal of Advances in Medicine and Medical Research 2019; 29(4), 1-11.

2. Moradi A, Mojadam M, Shojaeizadeh D, Ghazanfari Z, Haghhighizadeh MH. Effect of Preceed model-based education on quality of life of patients with type 2 diabetes. *J of Research & Health* 2017; 7,3: 860-8.
3. Soheili B, Mirzaei A, Sayemiri K, Ghazanfari Z. Predicting the behavioral intention of pregnant women's choice of delivery method based on the theory of planned behavior: A cross-sectional study. *JBRMS* 2017; 4 (1):37-44.
4. Mirzaei A, Ghofranipour F, Ghazanfari Z. Social cognitive predictors of breakfast consumption in primary school's male students. *Glob J Health Sci* 2016; 8(1): 124–32. doi:10.5539/gjhs.v8n1p124
5. Jamali kandazi F, Ranjbar El, Gholami-Parizad Es, Ghazanfari Z, Mostafavi SA. Nutritional status and anthropometric indices in high school girls in Ilam, west Iran. *Scientific* 2016;4275148, 1-5 .
6. Mirzaei A, Ghofranipour F, Ghazanfari Z, Ahmadi Vasmehjini A. The study of primary schoolchildren eating breakfast status in Ilam: A pilot study. *JBRMS* 2016; 3 (1) :3-9.
7. Direkvand-Moghadam A, Ghazanfari Z, Sayehmiri K. Predictive factors for Pelvic Organ Prolapse (POP) in Iranian women's: an ordinal logistic approach. *J Clin Diagn Res* 2014; 8(1): 96–9. doi: 10.7860/JCDR/2014/7261.3970
8. Direcvand-Moghadam A, Ghazanfari Z, Montazeri A, Delpisheh A, Direcvand-Moghadam A. Risk factors of pelvic organ prolapse in Iranian women: a cross-sectional study. *International Journal of Epidemiologic Research* 2014; 1 (1): 29-34.
9. Jorvand R, Amin Shokravi F, Ghazanfari Z, Sadeghi Rad K, Delshad M H. Investigating the Factors Influencing the Behavior of Health Care Workers for Needle Stick Injury (NSI). *HEHP* 2014; 2 (2) :11-20.
10. Roshan R, Rahnama P, Ghazanfari Z, Montazeri A, Soroush MR, Naghizadeh MM, Melyani M, Tavoli A, Ghazanfari T. Long-term effects of sulfur mustard on civilians' mental health 20 years after exposure (The Sardasht-Iran Cohort Study). *Health Qual Life Outcomes* 2013;11,69. doi:10.1186/1477-7525-11-69
11. Yaraee R, Hassan ZM, Pourfarzam Sh, Rezaei A, Faghihzadeh S, Ebtekar M, Soroush MR, Ardestani SK, Kazemi H, Mahmoudi M, Ghazanfari Z, Foroutan A, Jalaie Sh, Ghazanfari T. Fibrinogen and inflammatory cytokines in spontaneous sputum of sulfur-

- mustard-exposed civilians — Sardasht-Iran Cohort Study, *International Immunopharmacology* 2013;17:3,968-73.
12. Askari N, Vaez-Mahdavi MR, Moaiedmohseni S, Khamesipour A, Soroush MR, Moin A, Jalaie Sh, Ghazanfari Z, Faghihzadeh E, Ghazanfari T. Association of chemokines and prolactin with cherry angioma in a sulfur mustard exposed population-Sardasht-Iran cohort study, *International Immunopharmacology* 2013; 17,3: 991-5.
  13. Ghazanfari, Z., Niknami, S., Ghofranipour F, Hajizadeh E, Montazeri A. Development and psychometric properties of a belief-based Physical Activity Questionnaire for Diabetic Patients (PAQ-DP). *BMC Med Res Methodol* 2010; 10, 104. doi:10.1186/1471-2288-10-104
  14. Ghazanfari, Z., Niknami, S., Ghofranipour F, Larijani B, Agha-Alinejad H, Montazeri A. Determinants of glycemic control in female diabetic patients: a study from Iran. *Lipids Health Dis* 2010;9, 83. doi:10.1186/1476-511X-9-83
  15. Rahnama, P., Hidarnia, A., Amin Shokravi, F. et al. Withdrawal users' experiences of and attitudes to contraceptive methods: a study from Eastern district of Tehran, Iran. *BMC Public Health* 2010; 10,779. doi:10.1186/1471-2458-10-779
  16. Ghazanfari Z, Ghazanfari T, Kermani-Jalilvand A, Yaraee R, Vaez-Mahdavi MR., Foroutan A, Araghizadeh H, Faghihzadeh S, Moaiedmohseni S, Soroush MR., Naghizadeh MM., Hassan ZM.. Association of physical activity and IL-10 levels 20years after sulfur mustard exposure: Sardasht-Iran cohort study, *International Immunopharmacology* 2009; 9, 13–14, 1504-8.
  17. Ghazanfari T, Faghihzadeh S, Aragizadeh H, Soroush MR, Yaraee R, Hassan ZM and et al in the Sardasht-Iran Cohort Study Research Group. Sardasht-Iran Cohort Study of Chemical Warfare Victims: Design and Methods. *Arch of Iranian Medicine* 2009;12(1):5-14.
  18. Pirasteh A, Ghazanfari T\* , Hassan ZM, Ghazanfari Z, Soroush MR, Amini R, Yaraee R, Vaez Mahdavi MR, Mohammad Naghizadeh MM, Faghihzadeh S. Stages of change for physical activity in sulfur mustard victims 20 years after exposure. *Toxin Reviews* 2009; 28(1):54-9.
  19. Pourfarzam Sh, Ghazanfari T\*, Merasizadeh J, Ghanei M, Azimi Gh, Araghizadeh H, Foroutan A, Shams J, Ghasemi H, Yaraee Y, Shariat-Panahi SH, Soroush MR, Hassan

- ZM, Moaiedmohseni S, Jalali Nadoushan MR, Fallahi F, Vaez Mahdavi MR, Moin A, Ghazanfari Z, Ghaderi S, Yarmohammadi ME, Naghizadeh MM, Faghihzadeh S. Long term pulmonary complications in sulfur mustard victims of Sardasht-Iran. *Toxin Reviews* 2009; 28(1):8-13.
20. Moaiedmohseni S, Ghazanfari T\*, Araghizadeh H, Soroush MR, Yaraee R, Hassan ZM, Foroutan A, Vaez Mahdavi MR, Ghasemi H, Shams J, Pourfarzam Sh, Jalali Nadoushan MR, Fallahi F, Amini R, Khateri Sh, Ghazanfari Z, Moin A, Naghizadeh MM, Ghasemian AR, Faghihzadeh S. Long term health status 20 years after sulfur mustard exposure. *Toxin Reviews* 2009; 28(1):3-7.
21. Ghazanfari Z, Ghofranipour F, Tavafian SS, Ahmadi F, Rajab A. Lifestyle Education and Diabetes Mellitus Type 2: A Non-Randomized Control Trial. *Iran J Public Health* 2007; 36(2):68-72.

### Papers in Persian Journals:

1. Daneshvar S, Aivazi A A, Naghizadeh M M, Ghazanfari Z. Factors Associated with Preventive Behaviors of Pediculosis Infection among Elementary School Girl Students in Eyvan: An Application of the Health Belief Model. *J Educ Community Health* 2019; 6 (1) :3-9.
2. Asadi M, Naghizade MM, Mazloomi S, Ghazanfari Z. Knowledge, attitude, and responsible environmental behaviors among female secondary school students. *Payesh* 2018; 17(6): 677-86
3. Daneshvar S, Khodamoradi A, Ghazanfari Z, Montazeri A. Quality of life in diabetic patients: a comparative study. *Payesh* 2018; 17(5): 541-50.
4. Ahmadi F, Naghizadeh M M, Direkvand-Moghadam A, Mohamadian F, Ghazanfari Z. A Study on Premenstrual Syndromes of High School girl-students in Ilam City (western Iran), 2015 . *SJIMU* 2018; 26 (1) :154-163.
5. Jafarpour M, Aivazi A, Jalali A, Ghazanfari Z. Assessing preventive Behaviors of Leishmaniasis in Mehran County at 2014: Application of BASNEF Model .*SJIMU* 2017; 25 (3) :23-31.

6. Pourtarkarani F, Direkvand-Moghadam A, Pournajaf A, Ghazanfari Z. Survey of Knowledge, Attitude and Practice of Ilam Pregnant Women Towards Arbitrary use of Drugs in Pregnancy, 2013. SJIMU 2016; 23 (7) :9-17.
7. Esmailikia M, Gholami Parizad E, Abedzadeh Zavareh M S, Sayehmiri K, Ghazanfari Z. Prediction of Oral Health in Children 3-6 Years old in Ilam, 2015: Application of Health Belief Model. SJIMU 2016; 24 (3) :49-58.
8. Gholami Parizad E, Gholami Parizad E, Palizban F, Ghazanfari Z. Gender equality or inequality in the educational system of Ilam province. DSME 2015; 2 (2) :35-44.
9. Shahalvand F, Ghazanfari Z, Gholami Parizad E, Pournajaf A H, Ranjbar E. Assessing knowledge attitude and practice of Ilam girl high school students towards Iron deficiency anemia 2013. J Ilam Unif Med Sci 2015; 23 (4) :209-16.
10. Garshasbi A, MoaiedMohseni S, Rafiey M, Ghazanfari Z. Evaluation of women's exercise and physical activity beliefs and behaviors during their pregnancy and postpartum based on the planned behavior theory. Daneshvar Medicine 2015; 22(115): 7-16.
11. Darabi M, Aivazi AA, Gholami-Parizad Es, Ghazanfari Z, Imanzad M. Test Anxiety among Ilam UMS' students, 2012. Advances in Nursing & Midwifery 2014;23, 82: 1-7.
12. Gholami-Parizad E, Gholami-Parizad E, Ashraf Eivazi A, Ghazanfari Z. Assessing lecture as a teaching method from students' perspective in Ilam UMS. DSME 2014; 1 (1) :18-26.
13. Eizadi E, Raeisi M, Sharifirad G, Tavasoli E, Ghazanfari Z, Javadzade H. Knowledge and attitude of students toward research in Isfahan university of medical sciences. SJIMU. 2013; 21 (6) :56-62
14. Khezeli M, Ramezankhani A, Soori H, Mirmiran P, Keshavarz-Mohamadi N, Ghazanfari Z. Stages of change and cognitive and behavioral processes related to fruit and vegetables consumption among women: application of transtheoretical model. Journal of Clinical Care (JCC) 1393; 2(2): 1-11.
15. Gholami Parizad E, Ranjbar E, Pourabbas A, Eivazi AA, Ghazanfari Z., Ashrafi Hafez A. Effective factors on stunted, underweight, and overweight secondary students in Ilam. Iranian Journal of Nutrition Sciences & Food Technology 2013; 8(2): 231-8.

16. Nilsaz M, Tavasoli E, Mazaheri M, Sohrabi F, Khezeli M, Ghazanfari Z, et al. Study of health-promotion behaviors and life style among students of Dezful universities. SJIMU 2013; 20 (5) :168-75.
17. Rahnama P, Ghazanfari Z, Naghizadeh M, Soroush M, Ghazanfari T. Long- term effects of sulfur mustard on quality of sleep 20 years after exposure (Sardasht-Iran Cohort Study). Iran J War Public Health 2012; 5 (1) :45-9.
18. Ghazanfari Z, Niknami S, Ghofranipour F, Larijani B. Regular physical activity from perspective of females with diabetes: A qualitative study. Horizon Med Sci 2009; 15 (1) :5-14.
19. Ghazanfari Z, Ghazanfari T, Yaraee R, Amini R, Ghaderi S, Pirasteh A, et al . Aassociation between physical activity and body mass index in the civilian chemical victims of Sardasht 20 years after sulfur mustard exposure. Iran J War Public Health. 2009; 1 (2) :1-8.
20. Ghazanfari Z, Ghofranipour F, Rajab A, Ahmadi F. The effect of educational program based on the criterion of James Brown on the diabetic patients' on the diabetic patients' nutrition. Daneshvar Medicine 2006;14(65): 45-54.

## **Courses**

### **In Ph.D**

1. Knowledge transfer, applying research results and marketing

### **In MS<sub>c</sub>**

2. Health education and health promotion in school health
3. Group dynamics
4. Health education and health promotion 1
5. Models of studying behavior (Health education and health promotion 2)
6. Applicable soft wares for analyzing health data
7. Analytical statistics
8. Health sociology
9. Research methodology in health education and health promotion
10. Communication in health education and health promotion

## **In BS<sub>c</sub>**

1. Practical skills
2. Application of PC in analyzing healthy data
3. Research Methodology
4. Health education and communication
5. Food hygiene
6. Principles of healthy planning
7. Medical demography
8. Medical information systems
9. Health for Anesthesia and Surgery room and Medicine
10. Principles in sociology
11. The internship in health field
12. Family planning
13. Child's mental health

## **Skills**

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## **Honors**

- ✓ Elected as Top Researcher of Public Health School
- ✓ Elected as Master Professor in Ilam UMS in 2012
- ✓ Elected as Top Researcher in Ilam UMS in 2010
- ✓ Elected as a member of "Top Department" in 2011
- ✓ Receiving Honorary Diploma of Academy of Medical Sciences' Science Festival (third place in clinical science)
- ✓ Top expert in Iran's Ministry of Health and Medical Education in 2005

## **Experiences**

- 1. Department Manager**

Department of Public Health, Ilam University of Medical Sciences, 2003-2005

## **2. Manager of Educational Development Center**

Ilam University of Medical Sciences

### **Memberships**

- ✓ Member of Ethics Committee in Biomedical Research, Ilam University of Medical Sciences
- ✓ Member of Strategic Council of Academic Professors and Elites, Ilam University of Medical Sciences Since 2011
- ✓ Member of Scientific Committee of Ilam University of Medical Sciences' Journal since 2012
- ✓ Member of Research Council of Psychosocial Injuries Research Center, Ilam University of Medical Sciences
- ✓ Member of Audit Board in Ilam University of Medical Sciences
- ✓

### **Research Interests:**

Lifestyle, Environmental Health issues, Behavior change, Health promotion, Chemical victims