



Isfahan University of medical sciences
Curriculum Vitae (CV)

First Name: Firoozeh

Last Name: Mostafavi Darani



Isfahan University of medical sciences, HezarJerib.st.	
Department	Department of Health Education & Promotion
Faculty	Health
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Position Title	Professor

EDUCATION AND TRAINING

INSTITUTION AND LOCATION	DEGREE	Start Date	Completion Date	FIELD OF STUDY
Faculty of Health Isfahan University of Medical sciences, Iran	Bsc	1984	1988	Public Health
Faculty of Health, Tehran University Medical Sciences	Msc	1988	1991	Health Education
Faculty of Medicine UPM, Malaysia	Ph.D.	2006	2011	Community Health

RESEARCH ITEREST

- Health promotion in cardiovascular diseases
- Elderly health and health care
- Preferably methods of health promotion in community and family



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POSITIONS AND EMPLOYMENT

- Dean of School of Public Health from Nov 2021 till now
- Director of Educational Affairs – Isfahan University of Medical Sciences from August 2020 - Nov 2021
- Deputy of Education- Faculty of Health- February 2014- August 2020
- Head of Department - Department of Health Education and promotion- Faculty of Health- from May 202-May 2022
- Academic staff of Department of Health Education and promotion- Faculty of Health from 21 March 1991 till now

PUBLICATIONS AND CONTRIBUTIONS

- Validation of an instrument for perceived factors affecting fruit and vegetable intake based on Pender's health promotion model .JOURNALOFNUTRITIONALSCIENCE .2022, vol. 11, e7, page 1 of 17 .
- Investigating the predictive power of constructs of extended Pender's health promotion model and some background factors in fruit and vegetable consumption behavior among government employees. Journal of Education and Health Promotion. Volume 11 | March 2022.
- Health system-related needs for healthy nutritional behaviors in adolescent girls with polycystic ovary syndrome (PCOS): a qualitative study in Iran. BMC Health Services Research (2022) 22:998
- The Effects of an Educational Program Based on Social Cognitive Theory in Adopting Behaviors to Prevent Excessive Consumption of Sugar-Sweetened Beverages in Children: Application of Shad Social Network Software. Int J Pediatr, Vol.10, N.6, Serial No.102, Jun. 2022
- Psychological determinants of Sugar-Sweetened Beverages consumption among Secondary School Students: An Integrated Application of Social Cognitive Theory and Perceived Barriers Structure. Int J Pediatr, Vol.9, N.10, Serial No.94, Oct. 2021.
- Effectiveness of Community-based Substance Use Prevention Program Among Adolescents - Using Social Cognitive Theory. Research Square. 2021. doi.org/10.21203/rs.3.rs-824049/v1.
- Sociocultural factors contributing to waterpipe tobacco smoking among adolescents and young adult women: a qualitative study in Iran. International Journal of Qualitative Studies on Health and Wellbeing, 2021, VOL. 16, 1857043 <https://doi.org/10.1080/17482631.2020.1857043>.
- The psychosocial barriers to medication adherence of patients with type 2 diabetes: a qualitative study. BioPsychoSocial Medicine: (2021) 15:1, <https://doi.org/10.1186/s13030-020-00202-x>
- Designing and evaluation of E-health educational intervention on students' physical activity: an



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application of Pender's health promotion model: BMC Public Health,(2021) 21:657.
<https://doi.org/10.1186/s12889-021-10641-y>

- Evaluating Community-Based Programs in Promoting Traffic Behaviors and Safe Road Crossing Behaviors in Youth: An Application on Theory of Planned Behavior: International Journal of Preventive Medicine, April 11, 2021, IP: 176.102.244.35]. <http://www.ijpvmjournal.net>
- Assessing the impact of an educational intervention program based on the theory of planned behavior on the nutritional behaviors of adolescents and young adults with PCOS in Iran: a field trial study. BMC Pediatrics. (2021) 21:316
- Self-assessment for implementation of health promotion standards in hospitals, in medical education centers of Isfahan city: Iranian Journal of Health Education & Promotion, Volume 8, Issue 3, Autumn 2020.
- Effect of a mobile application intervention on knowledge, attitude and practice related to healthy marriage among youth in Iran. Journal of Education and Health Promotion .Volume 9 | November 2020
- Food habits in overweight and obese adolescent girls with Polycystic ovary syndrome (PCOS): a qualitative study in Iran. BMC Pediatrics, (2020) 20:277.
- A comprehensive reproductive health program for vulnerable adolescent girls. Reproductive Health, (2020) 17:13.
- Effect of web-based and software-based educational intervention on stages of behavior change of students' physical activity. Journal of Education and Health Promotion, Volume 9/May 2020.
- The Effectiveness of Acceptance and Commitment Therapy on Quality of Life in a Patient with Myocardial Infarction: A Randomized Control Trial. Iran J Psychiatry 2020; 15: 1: 1-9.
- The improvement of dietary behaviors among Iranian adolescent girls: a theory-based randomized controlled trial. HEALTH EDUCATION RESEARCH, February 2019 , 34(2).
- The Prevalence of Depression and Its Association with Self-Management Behaviors in Chronic Disease Patients. Iran J Psychiatry Behav Sc, 2019: 13 (1).
- Factors behind healthy snack consumption at school among high-school students: a qualitative study. BMC Public Health, (2019) 19:1342.
- The development and psychometric evaluation of a new instrument to market healthy breakfast and snacks among adolescents. International Journal of Adolescent Medicine and Health, 2019 Oct 15.
- Effectiveness of educational intervention based on psychological factors on achieving health outcomes in patients with type 2 diabetes. Diabetology & Metabolic Syndrome, (2018) 10:67
- Internet Usage among Pregnant Women for Seeking Health Information: A Review Article. Iranian Journal of Nursing and Midwifery. 2018



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- Obesity intervention programs among adolescents using social cognitive theory: a systematic literature review. HEALTH EDUCATION RESEARCH. Vol.33 no.1 2018
- Barriers to medication adherence in patients with hypertension:A qualitative study. Journal of Education and Health Promotion. 2018
- Hospitals reorientation towards health promotion: A qualitative study of barriers to and strategies for implementation of health promotion in hospitals of Isfahan, Iran. Journal of Education and Health Promotion. 2018
- The Effect of a Social Cognitive Theory-Based Intervention on FastvFood Consumption Among Students. Iran J Psychiatry Behav Sci. 2018 June; 12(2):e10805.
- Formative Research on a Social Marketing Campaign to Promote the Consumption of Healthy Breakfast and Snacks: A Qualitative Study. Int J Pediatr, Vol.6, N.3, Serial No.51, Mar. 2018
- Relationship between health literacy and knowledge among patients with hypertension in Isfahan province, Iran. Electronic Physician. March 2018, Volume: 10, Issue: 3
- Background Determinants of Physical Activity among Iranian Nurses: A Cross Sectional Study. WORLD FAMILY MEDICINE/MIDDLE EAST JOURNAL OF FAMILY MEDICINE VOLUME 16 ISSUE 2, February 2018.
- Being Single as a Social Barrier to Access Reproductive Healthcare Services by Iranian Girls. Int J Health Policy Manag 2017, 6(3), 147–153
- Phenomenological needs assessment of parents of children with cochlear implants. Electronic Physician. September 2017, Volume: 9, Issue: 9,
- The Functional, Communicative, and Critical Health Literacy (FCCHL) Scales: Cross-Cultural Adaptation and the Psychometric Properties of the Iranian Version. Iran Red Crescent Med J. 2017 January; 19(1):e2970
- Effects of an Educational Intervention on Self-Care and Metabolic Control in Patients With Type II Diabetes. Client-Centered Nursing Care, August 2017 . Volume 3. Number 3
- Effect of Theory Based Education on Blood Sugar Control in Type-2 Diabetic Patients. Iranian Journal of Endocrinology abd Metabolism. Vol 18 No.6 February-March 2017
- A Review on Determinants of Nutritional Behavior in Teenagers. Iran J Pediatr. 2017 June; 27(3):e6454.
- Cognitive Determinants of Physical Activity Intention among Iranian Nurses: An Application of Integrative Model of Behavior Prediction.WORLD FAMILY MEDICINE/MIDDLE EAST JOURNAL OF FAMILY MEDICINE VOLUME 15 ISSUE 9, NOVEMBER 2017
- Development and study of self- efficacy scale in medication adherence among Iranian patients with hypertension. Journal of Education and Health Promotion. 2017



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- The impact of educational intervention on self-care behaviors in overweight hypertensive women: A randomized control trial . ARYA Atheroscler 2017; Volume 13; Issue 1
- Illness perception and self-care behavior in patients with myocardial infarction. Biosci. Biotech. Res. Comm. Special Issue No 2:33-38 (2017)
- The Application of the Transtheoretical Model to Identify Physical Activity Behavior in Women. Iranian Journal of Nursing and Midwifery Research. 2017
- Cultural Adaptation and Psychometric Properties of the Persian Version of Self- Efficacy in Chronic Disease Patients. Iranian Journal of Nursing and Midwifery Research. 2017
- Effects of the Educational Intervention on some Health Belief Model Constructs regarding the Prevention of Obesity in Students. Int J Pediatr, Vol.5, N.8, Serial No.44, Aug. 2017
- Barriers to Adherence to Pharmacotherapy among Patients with Hypertension: A Cross-Sectional Study. Int J Med Res Health Sci. 2016, 5(7S):47-53
- Relationship between Self- efficacy and Physical Activity, Medication Adherence in Chronic Disease Patients. Advanced Biomedical Research. 2016
- Health promoting hospitals: a study on educational hospitals of Isfahan, Iran. Health Promotion Perspectives, 2016, 6(1), 23-30
- The Effect of Educational Intervention on Knowledge, Perceived Barriers, Referral Status, and Adherence to the Coronary Rehabilitation Ward Program in Shahid Chamran Hospital, Isfahan, Iran. Journal of Health System Research. Vol. 12, No. 3, Autumn 2016
- The effects of breast cancer educational intervention on knowledge and health beliefs of women 40 years and older, Isfahan, Iran. Journal of education and health promotion. Vol 3, April 2014
- Influencing factors on health promoting behavior among the elderly living in the community. Journal of education and health promotion. Vol3, April 2014
- Farsi Version of Social Skills Rating System-Secondary Student Form: Cultural Adaptation, Reliability and Construct Validity. Iran J Psychiatry Behav Sci. Volume 8, Number 2, Summer 2014.
- Impacts of using electronic devices on road crossing behaviors among medical college student. Life Science Journal. 2014;11(9S)
- Social Support and Self - care Behavior among Heart Failure Patients : Is there any Relationship. Journal of biology and today's world. 2014 September3(9)
- Job satisfaction and job stress among staff of health centers. J Health Syst Res 2014; 10(1).



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- Influencing factors on health promoting behavior among the elderly living in the community. *J Edu Health Promot* 2014;3:40.
- The effects of breast cancer educational intervention on knowledge and health beliefs of women 40 years and older, Isfahan, Iran. *J Edu Health Promot* 2014;3:43
- An assessment of the role of perceived benefits, barriers and self-efficacy in predicting dietary behavior in male and female high school students in the city of Izeh, Iran. *J Edu Health Promot* 2014;3:8.
- Physical activity patterns and its influencing factors among high school students of Izeh city: Application of some constructs of health belief model. *J Edu Health Promot* 2014;3:25
- Comparison of three quality of life questionnaires in heart failure patients participating in cardiac rehabilitation. *J Health Syst Res* 2014; 10(1):
- Relationship of Body Satisfaction, with Nutrition and Weight Control Behaviors in Women. *International Journal of Preventive Medicine* Vol 4, No 4, April, 2013.
- Investigation impact of perceived social and religious support on health status of the elderly Women and Men. *J Health Syst Res* 2013; 9(11).
- Comparing the Effectiveness of Three Educational Interventions based on Health Belief Model on Mammography Screening Behaviors in Women above 40 Years in Isfahan, Iran. *J Health Syst Res* 2013; 9(4):
- A Survey of Knowledge, Risk perceptions and Behavioral intentions in the students of Isfahan University of Medical Sciences regarding Hepatitis B, 2012. *J Health Syst Res* 2013; 9(11)
- The effect of an educational intervention based on health belief model on mammography stage of change in women 40 years of age and older, Isfahan, Iran. *Practice and Theory in Systems of Education*, Volume 8 Number 1 2013.
- Exercising Self-Efficacy in Patient with Heart Failure: A Review Study. *J Health Syst Res* 2013; 8(6)
- A theory-based exercise intervention in patients with heart failure: A protocol for randomized, controlled trial. *Journal of Research in Medical Sciences*, August 2013.
- Perceptions of the Hypertensive Patients From Disease and its Treatment: A Review Article. *J Health Syst Res* 2013;9(6)
- A Study on the Fish Consumption According to Health Education Models Constructs in 2012. *Bull. Env. Pharmacol. Life Sci.*, Vol 3 (1) December 2013.



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- The effect of family based intervention on empowerment of elders, Journal of education and health promotion, Vol 2, May, 2013.
- Relationship of Body Satisfaction, with Nutrition and Weight Control Behaviors in Women. International Journal of Preventive Medicine, Vol 4, No 4, April, 2013.
- Association between Self-Efficacy, Perceived Social Support and Quality of Life in Patients with Cardiovascular Diseases: A Cross-Sectional Study. J Health Syst Res 2013; 9(5).[in persian]
- Knowledge, Attitude and Skill of Multiple Sclerosis Patients; the Effect of Family- Centered Empowerment Model. J Health Syst Res 2012.
- Factors Affecting Fish Consumption Based on Structures of Health Education. Health Syst Res 2012 8(4).
- Can telephone interview consider as an appropriate data collection method in health research? Health Syst Res 2012 8(2).[in persian]
- Smoking behavior , nicotine dependency, and motivation to cessation among smokers in the preparation stage of stage. Journal of education and health promotion, Vol 1, October, 2012.
- Relationship between health literacy, health status and healthy behaviors among older adults in Isfahan, Iran, Journal of education and health promotion, Vol 1, 2012
- Factors associated with the fecal occult blood testing for colorectal cancer screening based on health belief model structures in moderate risk individuals , Isfahan, 2011. Journal of education and health promotion, Vol 1, 2012.
- The Relationship between Body Image, Self-Efficacy and Physical Activity in Female Employees of Isfahan University of Medical Sciences and University of Isfahan, Iran. Journal of Health system research, Vol 8, No 4; 2012 [in Persian]
- Effect of brief stress management intervention on work-related stress in employees of Isfahan Steel Company. Journal of Research in Medical Sciences, March 2012.
- Mammography stage of adoption among Iranian women. Journal of education and health promotion, Vol 1, September 2012.
- Determinants of mammography screening behavior in Iranian women: A population-based study. Journal of Research in Medical Sciences, August 2012.



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- Self-efficacy of health promotion behaviors in hypertensive patients. Scientific-Research Journal of Shahed University Seventeenth Year, No.98 April, May 2012.
- The Relationship between Health Literacy, Health status and Healthy behaviors among Elderly in Isfahan. Journal of Health system research, Vol 7, No 4; 2011 [in Persian]
- The Relationship between Computer Games and Quality of Life in Adolescents Aging 12-15 in the City of Borkhar, Iran. Journal of Health system research, October 2011.
- Factors Related with Quality of Life among Postmenopausal Women in Isfahan based on Behavioral Analysis Phase of PRECEDE Model. Journal of Health system research, Vol 7, No 3; 2011
- The elderly perception and views on their health -Facilitating and nhibiting factors in elderly health care in Iran: a qualitative study. Procedia Social and Behavioral Sciences 5 2010.
- Facilitating and inhibiting factors in elderly health care in Iran: a qualitative study. Proceeding of Third International Asian health and wellbeing conference , 8-9 Sep, 2008, University of Auckland, New Zealand.
- Workers opinions about family planning programs in factories with more than 1000 workers. Scientific Journal of Isfahan University of medical sciences, vol 6, suppl. 2. 2001.
- Determining the relation between maternal risk factors and incidence of low birth weight and infant mortality in Isfahan province. Hamdard Medicus, vol XIIV (1), January, march 2001.
- The study of low birth weight prevalence and determination of its risk factors in Isfahan. Journal of medical faculty, Gilan University of Medical sciences, No, 33-34, November 2000

Seminar presentation

- Self efficacy and control of hypertension. The first international congress on preventive, diagnosis & management of hypertension in Iran & developing the Iranian Guidelines, Isfahan, Sep, 2011.
- Caring Behaviors of Elderly Primary Health CareThe first International & 4th National Congress on Health Education & Promotion, 16-19 May 2011, Tabriz, Iran.
- The Intervening Conditions that may Improve the state of caring behaviors for the elderly in primary health care in Iran. CareThe first International & 4th National Congress on Health Education & Promotion, 16-19 May 2011, Tabriz, Iran.



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- Nature of caring behaviors of the elder's families regarding primary health Care. National Congress of evidenced-based family health, 1-2 March 2011.
- UPMISA International seminar, exhibition and international cultural show 2010. "the role of international students in knowledge production" 5th January 2010. University Putra Malaysia.
- National Congress of Gerontology and Geriatrics, 4 March 2009, Isfahan University of Medical sciences, Isfahan, Iran.
- 3th Congress of Iran and world aging problem. 25 Feb, 2008, University of Rehabilitation and welfare Sciences, Tehran.
- Facilitating and inhibiting factors in elderly health care in Iran: a qualitative study .Third International Asian health and wellbeing conference , 8-9 Sep, 2008, University of Auckland, New Zealand .
- Grand Mothers Society, a case report of Iran, Isfahan. Third International Asian health and wellbeing conference , 8-9 Sep, 2008, University of Auckland, New Zealand
- Conference of Health in the world of Islam, Isfahan University of Medical Sciences, 12-13 Dec, 2006, Isfahan, Iran.
-
- Knowledge and attitude of students regarding smoking in Isfahan, Iran. 8th world conference on Health Promotion and Health Education 26-30 April 2004, Melbourne, Australia.
- Role of mass media on air pollution control, first Iranian congress in air pollution. Oct, 2003.
- Knowledge and attitude of students regarding smoking in Isfahan. First Iranian congress on Health Education. Dec, 2003, Yazd.
- Globalization, health and role of health education. First Iranian congress on Health Promotion and Education, June 2003, Isfahan.
- Determining the relationship between maternal risk factors and incidence of low birth weight and infant mortality in Isfahan province, Iran. International conference Impact of global Issues on women and children. Feb, 2003, Bangkok, Thailand.
-
- 3rd asian congress of Dietetics, 18-21 August, Kuala Lumpur Malaysia.
- Mass media and food consumption promotion. Culture of food and drug consumption seminar, 18-20, Oct, 2000, Mazandaran, Iran.
- Addiction prevention as a primary health care aspect. Health approaches for addiction control seminar. Zahedan University of Medical sciences and health services. March, 1999.
- Air pollution and plants. National conference of Environmental pollutions. Islamic Azad University of Ardabil, 16-18, Jun, 1999.
- Elderly health as a primary health care aspect, Elderly health seminar. Mazandaran University of Medical Sciences. Nov, 1996.
- Addiction prevention, first scientific congress of addiction and control methods. Tehran, 1995.

TEACHING EXPERIENCE



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YEAR	COURSE TITLE	MAJOR
2012-till now	Qualitative Research	PhD students of Health Promotion
2010-2015	Psychology of Behavior Modification & Healthy behavior	Master of Health Education
2011-till now	Health education & Promotion	Master of Health Education
2011-2015	Evaluation in health promotion	PhD students of Health Promotion
2011 till now	Elderly health	PhD students of Health Promotion-Bsc public Health
2012 till now	Community-based health promotion	PhD students of Health Promotion
2012-2105	Strategies of community health promotion	PhD students of Health Promotion
1992-2012	Principles of health services	medical students
1992-2018	Nutrition in primary health care	Bsc Nutrition
1992-2011	Public health	Bs nutrition, public health, medical engineering students)
1992-2012	School health	Bsc public Health
2011 till now	School health	Master of Health Education
2011 till now	Health Communication	PhD students of Health Promotion
2011 till now	Health Communication	Master of Health Education
2013 till now	Comparing Health Systems	PhD students of Reproductive Health

PROFESSIONAL/SCIENTIFIC ASSOCIATION MEMBERSHIP

- Research committee, School of health, Isfahan University of Medical Sciences
- HSR (Health System Research) committee, Deputy of research, Isfahan University of Medical Sciences
- University Committee of Maternal & Child health
- University Committee of elderly health
- Iranian society of Health Education
- Isfahan school health committee
- Isfahan health family planning committee
- Reviewing committee of the training curriculum of the Bachelor's program of public health
- Reviewer of journal of health system research

WORKSHOP AND TRAINING

- Workshop of advanced teaching methodologies, 2013
- Workshop of Medical Journalism, Isfahan University of Medical Sciences, 4-7 July, 2011.



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- Workshop of Marefat afzaee (velayate faghih) , Isfahan University of Medical Sciences, June 2011
- Workshop of effective communication with students, 2011
- Workshop in how to use MS word program for systematic compilation of thesis and dissertation, 15th May 2010. University Putra Malaysia.
- Workshop of Endnote, 30th June, 2009. University Putra Malaysia.
- Workshop of ageing medicine emergencies, 26 Feb, 2008, University of Rehabilitation and welfare Sciences, Tehran.
- Workshop of what you need to know about qualitative research, 27 November 2008, university Putra Malaysia.
- Workshop of SPSS data entering & analysis, 25 March, 2006, University Putra Malaysia.
- Workshop of advanced methodology of research and Using Data bases 2006
- Workshop of course evaluation and multiple choice questions, 2006
- Workshop of leading program culturalization of Isfahan University of medical sciences, 2003.
- Training workshop of advanced methodology of research (qualitative studies).
- National workshop of reviewing of the curriculum of the major of health 1998.
- First educational workshop of the educational and executive coordination of the health training program (society- oriented Medicine) for lecturers, educators, experts and authorities of the faculties, 1994.
- Workshop of the permanent training for the university lecturers as a health training course program. 1993.
- Training workshop of the teaching methodology for society-oriented medical education, 1993.
- Workshop on methodology of research, Isfahan University of Medical sciences, 1992.

Book, book chapters, Encyclopedia chapters

- Get to know Breast Cancer: pathway toward health, 2011, Mitra Moodi, Gholamreza Sharifirad, Zoya Taheri, Firoozeh Mostafavi, Isfahan University of Medical Sciences Publications
- What girls and women need to know about their health, 2015, Fatemeh Mohammadi, Shahnaz Kohan, Firoozeh Mostafavi, Ali Gholami, kankash, Publications, Isfahan.
- Prevention from Traffic Accidents in Youth, 2016, Mohammad Esmaeil Motlagh, Firoozeh Mostafavi, Asiyeh Pirzadeh, Mohsen Jalilian, Samand, Publications
- Women and Physical Activity Pathway Toward Health. 2013, Asiyeh Pirzadeh, Firoozeh Mostafavi. Horoufchin Publications.