



Isfahan University of medical sciences
Curriculum Vitae (CV)

First Name: Fresheteh **Last Name:** Zamani-Alavijeh

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	Department	<u>Health Education and Promotion</u>
	Faculty	<u>Health</u>
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	Position Title	<u>Faculty member</u>

RESEARCH IDs

Item	Value	Web address

EDUCATION AND TRAINING

INSTITUTION AND LOCATION	DEGREE (if applicable)	Start Date MM/YYYY	Comple tion Date MM/YY YY	FIELD OF STUDY
Isfahan University of Medical Sciences	B.Sc.	1992	1994	public health
Tehran University of Medical Sciences	M.Sc.	1995	1997	in Health Education
Tarboat Modares University	Ph.D	2004	2009	in Health Education

RESEARCH ITEREST

Risk Behaviors, Health System Research, Framing Message, Qualitative Studies

HONORS AND AWARDS



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POSITIONS AND EMPLOYMENT

Associate Professor, Academic member of Department of Health Education and Promotion, School of Health, Isfahan University of Medical Sciences.

PUBLICATIONS AND CONTRIBUTIONS

PUBLICATIONS:

۱. Goodarzi F, Araban M, Eslami AA, **Zamani-Alavijeh F***, Development and psychometric evaluation of the diabetic Men's dietary behaviors inventory based on the theory of reasoned action. Archives of Public Health. 2019;19(1) 77 (1),
۲. **Zamani-Alavijeh F**, Araban M, Harandy TF, Bastami F, Almasian M. Sources of Health care providers' Self-efficacy to deliver Health Education: a qualitative study. BMC Medical Education. ۲۰۱۹;۱۹(۱):۱۶.
۳. Mohammadali Makhoul K, Araban M, Hassanzadeh A, **Zamani-Alavijeh F***, Implementation of Targeted Education to Promote Normal Vaginal Delivery: A Randomized Controlled Trial., IJOGI, Dec 2018; 21(10): 66-74
۴. **Zamani-Alavijeh F**, Araban M, Koohestani HR, Karimy M. The effectiveness of stress management training on blood glucose control in patients with type 2 diabetes. Diabetology & metabolic syndrome. 2018;10(1):39.
۵. **Zamani-Alavijeh F**, Araban M, Hassanzadeh A, Makhoul K. Contributing factors of pregnant women's beliefs towards mode of delivery: a cross-sectional study from Iran. Maternal health, neonatology and perinatology. 2018;4(1):9.
۶. Salahshouri A, **Zamani-Alavijeh F**, Mahaki B, Mostafavi F. Effectiveness of educational intervention based on psychological factors on achieving health outcomes in patients with type 2 diabetes. Diabetology & metabolic syndrome. 2018;10(1):67.
۷. Naserpoor F, **Zamani-Alavijeh F***, Shahri P, Saki Malehi A. Effect of education based on Penders health promotion model on nutrition behavior of adolescent girls. Journal of Research and Health. ۲۰۱۸;۸(۵):۳۹۴-۴۰۲.
۸. Goodarzi F, Zahed S, Hassanzadeh A, Esfahani MN, Nourian M, **Zamani-Alavijeh F***. The effects of mobile text messages on raising knowledge of men with type 2 diabetes, Isfahan, 2015: an educational experimental study. Electronic physician. 2018;10(8):7243.
۹. Bastami F, **Zamani-Alavijeh F**, Mostafavi F, Almasian M, Hydari M. Formative Research on a Social Marketing Campaign to Promote the Consumption of Healthy Breakfast and Snacks: A Qualitative Study .International Journal of Pediatrics. 2018;6(3):7353-67.
۱۰. Baji Z, **Zamani-Alavijeh F**, Shakerinejad G, Tehrani M. Effect of Message Framing on Improving Physical Activity in Women with Type 2 Diabetes. Shiraz E-Medical Journal. 2018;19(Suppl).



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۱۱. Baji Z, **Zamani-Alavijeh F**, Shakerinejad G, Tehrani M. Comparing Gain and Loss Framed Message Texting (SMS) on Foot Self-Care Behaviors Among Women with Type 2 Diabetes. Shiraz E-Medical Journal. 2018;19(Suppl).
۱۲. Abdi N, **Zamani-Alavijeh F**, Taghdisi M, Sadeghi R, Shojaeezadeh D, Shahsavari S, et al. Barriers and Strategies of Overcoming Barriers in Healthy Nutritional Behaviors from Women's Perspective. Health Education and Health Promotion. 2018;6(4):1-6.
۱۳. **Zamani-Alavijeh F**, Shahry P, Kalhori M, Araban M. Pregnant women's preferences for mode of delivery questionnaire: Psychometric properties. Journal of education and health promotion. ۲۰۱۷;۶:۲۰.
۱۴. **Zamani-Alavijeh F**, Dehkordi FR, Shahry P. Perceived social support among students of medical sciences. Electronic physician. 2017;9(6):4479.
۱۵. **Zamani-Alavijeh F**, Araban M, Mohammadi V, Goodarzi F. Development and psychometric evaluation of a new instrument to assess nutritional perceptions and behaviors of diabetic men. Diabetes & Metabolic Syndrome: Clinical Research & Reviews. 2017;11:S949-S55.
۱۶. Shokouhi E, **Zamani-Alavijeh F**, Araban M. Explaining family physicians' beliefs about antibiotic prescription. Electronic physician. 2017;9(10):5560.
۱۷. Noughjah S, **Zamani-Alavijeh F***, Heydarabadi AB, Hozaili M. Which outcomes do women expect to achieve after undergoing induced abortion. Electronic physician. 2017;9(2):3741.
۱۸. Jiba M, **Zamani-Alavijeh F**, Araban M, Salahshouri A, Marashi T. Exploring Behavioral Factors Facilitating Treatment of Tuberculosis: A Qualitative Study. Journal of Health System Research. ۲۰۱۷;۱۲(۳).
۱۹. Moshki M, **Zamani-Alavijeh F**, Mojadam M. Correction: Efficacy of peer education for adopting preventive behaviors against head lice infestation in female elementary school students: A randomised controlled trial. PloS one. 2017;12(9):e0185299.
۲۰. Hatamzadeh N, Morowatisharifabad MA, **Zamani-alavijeh F**, Fallahzadeh H, Mosaddegh MH. Effectiveness of Self-medication Prevention in the Elderly based on the Protection Motivation Theory. International Journal of Advanced Biotechnology and Research. 2017;8(1):194-201.
۲۱. Naserpoor F, **Zamani-Alavijeh F***, Amal Saki-Malehi4. Application of the health promotion model to predict physical activity among girl school students. Journal of Health System Research. ۲۰۱۷;۱۳(۱).
۲۲. Bakhtiar K, Gharouni K, Gharouni B, **Zamani-Alavijeh F**, Almasian M, Bakhtiar M, et al. The effect of training interventions on the psychological factors of oral health in pregnant women. Electronic physician. 2017;9(10):5506.
۲۳. Hosseini Z, Nedjat S, Ebadi A, Abbasian L, **Zamani-Alavijeh F**, Aghamollaei T, Shojaeizade D. Adherence to HIV/AIDS antiretroviral therapy among drug users: A qualitative study in Iran. Iranian Journal of Nursing and Midwifery Research. 2016;21(1):29-37.
۲۴. Shahry P, Kalhori SRN, Esfandiyari A, **Zamani-Alavijeh F***. A comparative study of perceived social support and self-efficacy among women with wanted and unwanted pregnancy. International Journal of Community Based Nursing and Midwifery. 2016;4(2):176.



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۲۵. Hatamzadeh N, Morowatisharifabad MA, **Zamani-Alavijeh F**, Fallahzadeh H, Mosaddegh MH. Psychometric Properties of a Protection Motivation Theory-based Questionnaire to Assess Self-Medication in a Sample of Elderly Iranians. *Elderly Health Journal*. 2016;2(2):78-83.
۲۶. Bazargan-Hejazi S, **Zamani-Alavijeh F***, Shahri P, Yazdani R, Shafiee A. Examining motorcyclists' postcrash impressions: A qualitative study. *Traffic injury prevention*. 2016;17(8):848-54.
۲۷. Abdi N, Sadeghi R, **Zamani-alavijeh F**, Taghdisi MH, Shojaeezadeh D. Explaining nutritional habits and behaviors of low socioeconomic status women in Sanandaj: a qualitative content analysis. *Electronic physician*. 2016;8(1):1733.
۲۸. **Zamani-Alavijeh F**, Narimani N, Montazeri A, Fakhri A, Mansourian M, Shafiee A, et al. Self-reported risk behaviors among offender motorcyclists in Ahvaz City. *Electronic physician*. ۲۰۱۵;۷(۷):۱۴۶۴.
۲۹. **Zamani-Alavijeh F**, Asadolahi A. Investigation of Influencing Factors of Taxi Drivers' Risky Behavior in Ahvaz in 2013. *scientific journal of ilam university of medical sciences*. 2015;22(6):143-51.
۳۰. Ghorbani M, **Zamani-Alavijeh F***, Shahry P, Zare K, Marashi T. Understanding Childhood's Sexual Curiosity: An Introduction to Sexual Health Education and Health Promotion. *Iranian Journal of Health Education and Health Promotion*. 2015;3(3):198-210.
۳۱. Baji Z, **Zamani-Alavijeh F***, Noughjah, S., Haghighizadeh. Self-care behaviors and related factors in women with type 2 diabetes. *Iranian Journal of Endocrinology and Metabolism*. 2015;16(6):393-۴۰۱.
۳۲. **Zamani-Alavijeh F**, Dehdari T, Angali KA, Rahdari MT, Azar-Abdar T, Hafez AA, et al. Investigation of temporal pattern of scorpion sting and snakebite incidence in patients referred to Masjedsoleiman's main hospital, during 24 months from 21 March 2008 to 20 March 2009. *Safty Journal*, 2014;1(4): 190-7.
۳۳. Moshki M, Mojadam M, **Zamani-Alavijeh F**. Preventive Behaviors of Female Elementary Students in regard to Pediculosis Infestation based on Health Belief Model (HBM). *Journal of health and development*. 2014;3(3):269-81.
۳۴. Kheiriat M, **Zamani-Alavijeh F***, Araban M. Exploration into causes of unwanted pregnancy: A qualitative study. *Evidence Based Care*. 2014;4(1):41.۵۲-
۳۵. Bazargan-Hejazi S, **Zamani-Alavijeh F***, Hindman D, Mohamadi E, Bazargan M. How do motorcyclists manage mental tensions of risky riding? *BMC public health*. 2013;13(1):865.
۳۶. **Zamani-Alavijeh F**, Shahry P, Kalhory M, Haghighizadeh M, Sharifirad G, Khorsandi M. Identification of factors related to elective cesarean labor: a theory-based study. *Sci Res J Shahed Univ*. ۲۰۱۲;۱۹(۹۶):۱-۱۱.
۳۷. Mansourian M, Solhi M, Dehdari T, Taghdisi MH, **Zamani-Alavijeh F**, Barzoki HR, et al. The reasons for sharing needle using and syringe among injection drug users in the city of Ahvaz: A qualitative study. *HealthMED*. 2012;6(10):3494-500.
۳۸. Mansourian M, Solhi M, Dehdari T, Taghdisi MH, **Zamani-Alavijeh F**, Ahmadi K, et al. Hallucination experiences in Crystal meth abusers: A qualitative study. *HealthMED*. 2012;6(4):1129-36.



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۳۹. **Zamani-Alavijeh F**, Nouhjah S, Kheiriat M. Related Factors of Unwanted Pregnancy and Intention of Women to Continue or Terminate Pregnancy Based on Health Belief Model. *Payesh*. ۲۰۱۲;۱۱(۶):۸۷۷-۸۵.
۴۰. **Zamani-Alavijeh F**, Bazargan M, Shafiei A, Bazargan-Hejazi S. The frequency and predictors of helmet use among Iranian motorcyclists: A quantitative and qualitative study. *Accident Analysis & Prevention*. 2011;43(4):1562-9.
۴۱. Niknami S, **Zamani-Alavijeh F***, Shafiee A, Seifi M. 208 Comparison of Psychological Status of Full Boarding and Day Students in Boarding Schools. *Asian Journal of Psychiatry*. 2011;4:S52-S3.
۴۲. Mosayebi M, **Zamani-Alavijeh F**, Khazaii MR. The effect of education based on a health belief model on Giardia Lamblia preventive behaviors of primary school students in Arak. *Arak Medical University Journal*. 2011;14(3):64-72.
۴۳. **Zamani-Alavijeh F**, Niknami S, Bazargan M, Mohamadi E, Montazeri A, Ghofranipour F, et al. Risk-taking behaviors among motorcyclists in middle east countries: a case of Islamic Republic of Iran. *Traffic injury prevention*. 2010;11(1):25-34.
۴۴. **Zamani-Alavijeh F**, Niknami S, Mohammadi ISA, Montazeri ALI, Ahmadi FE, Ghofranipour FA, et al. High risk behaviors among Iranian motorcyclists: a qualitative study. 2010.
۴۵. **Zamani-Alavijeh F**, Niknami S, Mohammadi E, Montazeri A, Ghofranipour F, Ahmadi F, et al. Motorcyclists' reactions to safety helmet law: a qualitative study. *BMC public health*. ۲۰۰۹;۹(۳۹۳):۱۴۷۱-۲۴۵۸.
۴۶. **Zamani-Alavijeh F**, Niknami S, Bazargan M, Mohammadi E, Montazeri A, Ahmadi F, et al. Accident-related risk behaviors associated with motivations for motorcycle use in Iran: a country with very high traffic deaths. *Traffic injury prevention*. 2009;10(3):237-42.
۴۷. **Zamani-Alavijeh F**, Faghihzadeh S, Sadeghi F. Application of Health Belief Model (HBM) on the prevention of poor nutrition in elementary school in Arak. *Behbood*. 2008;11(4):352-67.
۴۸. **Zamani-Alavijeh F**, Niknami S, Mohammadi I, Ahmadi F, Montazeri A, Ghofranipour F. Reasons for Riding Motorcycles and Taking Risky Behaviors: Reasons for Riding Motorcycles and Taking Risky Behaviors. *Journal of Kermanshah University of Medical Sciences (J Kermanshah Univ Med Sci)*. ۲۰۰۸;۱۲(۱).

Invited reviews:

- Accident Analysis & Prevention,
- Iranian Red Crescent Medical Journal,
- Health Education & Health Promotion,
- Asia Pacific Journal of Cancer Prevention (APJCP),
- International Journal of Preventive Medicine,
- Health and Quality of Life Outcomes,
- Jundishapur Journal of chronic disease,
- Asian Spine Journal



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Oral presentations:

Zamani-Alavijeh F, Montazeri A, Shafiee A, Karami K., Risky behaviors among offender motorcyclists The **First International & 4th National Congress on health Education & Promotion, Tabriz**, May 16-19, 2011 congress.tbzmed.ac.ir. **Abstract** Publish in The International Journal of Health Promotion Perspectives 2011, 1(Supl.); 94.

Bazargan M, Bazargan-Hejazi S, **Zamani-Alavijeh F**, A qualitative analysis of Iranian motorcyclist risky behaviors for applied research policy and social action, Razavi, Mashhad, March 8-9 2012 (Abstracts Book) Motorcyclists' reactions to safety helmet law: a qualitative study, **1st International Conference on Qualitative Research in Nursing & Health in Chiang Rai, Thailand** 1-3 December 2010.

Poster presentations:

1) Zareban I, **Zamani-Alavijeh F**, Sohrabi F., The experience of puberty in adolescent girls: a qualitative study. The **First International & 4th National Congress on health Education & Promotion, Tabriz**, May 16-19, 2011 congress.tbzmed.ac.ir. **Abstract** Publish in The International Journal of Health Promotion Perspectives 2011, 1(Supl.); 142.

2) Bazargan-Hejazi S, Bazargan M, **Zamani-Alavijeh F**, Hindman D, The role of cognitive dissonance in risky riding among motorcyclists living in Iran. Razavi, Mashhad March 8-9 2012 (Abstracts Book)

3) Comparison of Psychological Status of Full Boarding and Day Students in Boarding Schools, Asian Journal of Psychiatry, Volume 4, Supplement 1, July 2011, Pages S02-S03, Abstracts of the **3rd Congress of Asian Psychiatry (WCAP 2011, Melbourne, Australia)**, 31 July - 4 August, 2011.

4) Application of the health belief model in the prevention of hepatitis B among girl students in Iranian high schools, **Sydney Cancer Conference**, 24-26 July 2008 (SCC2008) at The University of Sydney.

5) The Prevention of Hepatitis B Related Risk Behaviors among High School Girl Students, The **First International Safe Pregnancy & Motherhood Congress/ Shaheed Beheshti Medical University/ Iran**, 23-25 February 2009, 1

6) Sensation seeking and perceived needs: Two major causes of risk taking behaviors among the Iranian motorcyclists, **1st International Conference on Qualitative Research in Nursing & Health in Chiang Rai, Thailand** 1-3 December 2010.

7) A qualitative study of health educators' view of barriers to health education, **1st International Conference on Qualitative Research in Nursing & Health in Chiang Rai, Thailand** 1-3 December 2010.

8) Relationship between unwanted pregnancy and women's intention to abortion based on Health Belief Model (HBM). **The first International Congress on Midwifery and Reproductive Health. Mashhad School of nursing and Midwifery**, 2011. Publish in The Iranian Journal of Obstetrics, Gynecology and Infertility, 2011, 16(2); 45.

9) Identify of related factors to elective cesarean method: a theory based study, **14th World Congress on Controversies in Obstetrics, Gynecology & Infertility, Paris, France**, November 17-20, 2011.

10) An analysis of the determinants of improper delivery choice: a challenge for maternal health. **Primary Health Care Research Conference, Canberra, Australia**. 18-20 Jul 2012.

PROFFESIONAL SERVICES

Head of Health Provider Training Centers in Isfahan University of Medical Sciences
Expert of Family Health in Health centers of Isfahan University of Medical Sciences



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TEACHING EXPERIENCE

YEAR	COURSE TITLE	MAJOR
۲۰۱۴ to present	Health Education and Communication, Educational Technology	BSc students of Public Health
۲۰۰۹ to present	Public Health and Principles of Health Services	BSc students of Public Health, Management, Laboratory Science, Speech Therapy, Audiometry
۲۰۰۹-۲۰۱۴	Public Health and Principles of Health Services,	Students of Dentistry, Pharmacology
۲۰۱۶ to present	National Program for Prevention and Control of communicable Diseases	BSc students of Public Health
۲۰۱۶ to present	National Program for Prevention and Control of non-communicable Diseases	BSc students of Public Health
۲۰۱۱-۲۰۱۶	Healthy Behavior Psychology, Health Education at Healthcare Centers, Research Methods, Health Promotion and Healthy Lifestyle, Health Promoting School	Master's students of Health Education
۲۰۱۴ to present	Theories and models of Behavior and Behavior Change, Women Health, Risk Behaviors, Qualitative Research Methods	Ph.D. Students of Health Education and promotion
۲۰۰۱-۲۰۱۴	Vaccination	BSc students of Public Health

PROFESSIONAL/SCIENTIFIC ASSOCIATION MEMBERSHIP

Iranian Health Education & Promotion Association

WORKSHOP AND TRAINING

- Theories and models of Behavior and Behavior Change
- Health education
- Primary health care
- National Program for Prevention and Control of non-communicable Diseases
- National Program for Prevention and Control of communicable Diseases

Book, book chapters, Encyclopedia chapters

Tahereh Dehdari, Davood Shojaeizadeh, **Fereshteh Zamani-Alavijeh**, Fatemeh Rakhshani. Communication and message design in health. Tavangaran Pub, ۲۰۱۸.



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