

# Curriculum Vita



## Personal Information

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## Current position

Assistant Professor of Health Education and Promotion Department of Public Health,  
School of Health

Health Promotion Research Center, Zahedan University of Medical Sciences

## Educational Background

1) 2017-2013 PhD, Health Education and Health Promotion, Isfahan University of Medical Sciences

2) 1996-2003 Doctor of Medicine, Zahedan University of Medical Sciences

3) 1991-1993 Associate degree in Laboratory sciences , Zahedan University of Medical Sciences

## Professional Experience Teaching Experiences:

Medical courses of common diseases

Public health undergraduate courses

Master's courses in health education and health promotion

## **Membership of Professional**

Member of Health Promotion Research center, Zahedan University of Medical Sciences, Zahedan, Iran

Member of several committee in Zahedan University

Member of the Scientific Association of Health Education and Health Promotion of Iran

## **Peer-Review Journals**

Reviewer of Health scope Journal, Zahedan University of Medical Sciences, Iran

## **International Publications**

1-Abasi MH, Eslami AA, Rakhshani F. Introducing an Outcome Expectation Questionnaire and Its Psychometric Properties Regarding Leisure Time Physical Activity for Iranian Male Adolescent. Iran Red Crescent Med J. 2015 Mar 20;17(5):e21509. doi: 10.5812/ircmj.21509. PMID: 26082851; PMCID: PMC4464380

2-Abasi MH, Eslami AA, Rakhshani F, Shiri M. A self-efficacy questionnaire regarding leisure time physical activity: Psychometric properties among Iranian male adolescents. Iran J Nurs Midwifery Res. 2016 Jan-Feb;21(1):20-8. doi: 10.4103/1735-9066.174751. PMID: 26985219; PMCID: PMC4776557.

3-Abasi MH, Eslami AA, Rakhshani F, Shiri M. Development and psychometric properties of a self-regulation scale about leisure time physical activity in Iranian male adolescents. *Iran J Nurs Midwifery Res.* 2016 Mar-Apr;21(2):183-90. doi: 10.4103/1735-9066.178246. PMID: 27095993; PMCID: PMC4815375.

4-MH Abasi, M Peyvand, A Dashi Pour, F Peyvand . Prevalence of Underlying Health Threatening Factors in Diabetic Patients in Zahedan City. *Health Research Journal* . 2020 (2020-12-10)

5- H Okati-Aliabad, A Ansari-Moghaddam, H Roohafza, M Mohammadi. The effects of comprehensive home-based cardiac rehabilitation versus usual care in patients with ischemic heart disease in Iran: Study Protocol for a Multicenter Randomized ... *International Journal of Preventive Medicine*, 13 . 2022 (2022-1-1)

6- G Masoudy, AS Dehghani, H Ansari, MH Abbasi, H Bagheri, J Shahraki. Promoting the Physical Activity in Postmenopausal Women. *Trans-Theoretical Model-based intervention . balance* . 2022 (2022-4-10)

7-Mirzaei H, Siavash M, Shahnazi H, Abasi MH, Eslami AA. Assessment of the psychometric properties of the Persian version of the diabetes self-management questionnaire (DSMQ) in patients with type 2 diabetes. *J Diabetes Metab Disord.* 2022 Jan 11;21(1):123-131. doi: 10.1007/s40200-021-00946-5. PMID: 35673431; PMCID: PMC9167419.

8- M Jamalian, A Ansari-Moghaddam, H Roohafza, M Mohammadi, L Vakili, The effect of home-based cardiac rehabilitation on depression score in patients with ischemic heart disease: A longitudinal clinical trial study. *ARYA atherosclerosis* . 2022 (2022-6-1)

9- Abbasi M , Hashemi-Shahri S M, Ansari-Moghaddam A, Khammarnia M, Najafi F , et al. Infodemic in Pandemic of COVID-19. *Shiraz E-Med J.* 2020;21(12):e105707. <https://doi.org/10.5812/semj.105707>.

## Research Interests

Qualitative research

Health promotion campaign

## **Professional Training**

Medical courses

Health lessons

Nursing courses

## **Research Interests**

Qualitative research

## **Grants and Research Activities**

- 1- The application of social cognitive theory in promoting the consumption of fruits and vegetables in middle-aged women with primary hypertension in Darmyam city
- 2- Investigating the effect of education based on social cognitive theory on health behaviors during puberty in female students aged 13-17 years old in the first year of high school in Hirmand city.
- 3- Evaluation of the performance of educational hospitals in Zahedan based on the standards of health promoting hospitals and identification of obstacles and strategies for its implementation.
- 4- Investigating risk perception, dissemination of information and preventive behaviors of the covid-19 disease in the general population of Iran in 2019
- 5- Examining the knowledge, attitude and performance of Iranian health care personnel about the corona disease (Covid-19)
- 6- Investigating the most important interactive styles and their relationship with depression and anxiety in adolescents with thalassemia major in Khash city using the meta-practical model of stress and adaptation
- 7- Organizational experiences of managers and employees of Zahedan University of Medical Sciences from three decades of activity and identifying solutions to improve future performance
- 8- Investigating the effect of training based on the developed parallel process model on preventive behaviors against covid-19 in the rural population of Sistan region
- 9- Explaining the views and experiences of pregnant women and health care providers regarding prenatal care services: a qualitative study
- 10- Investigating the effect of educational intervention based on the systematic comprehensive model of health education and health promotion on health literacy related to AIDS in male hairdressers in Saravan region.

11- Investigating the effect of educational intervention based on the theory of planned behavior on preventive behaviors of computer-induced visual syndrome in high school students of Zahedan city.

### **Theses Supervision/ Consultancy**

1- The application of social cognitive theory in promoting the consumption of fruits and vegetables in middle-aged women with primary hypertension in Darmyam city

2- Investigating the effect of education based on social cognitive theory on health behaviors during puberty in female students aged 13-17 years old in the first year of high school in Hirmand city.

3- Investigating the most important interactive styles and their relationship with depression and anxiety in adolescents with thalassemia major in Khash city using the meta-practical model of stress and adaptation

4- Investigating the effect of training based on the developed parallel process model on preventive behaviors against covid-19 in the rural population of Sistan region

5- Explaining the views and experiences of pregnant women and health care providers regarding prenatal care services: a qualitative study

6- Investigating the effect of educational intervention based on the systematic comprehensive model of health education and health promotion on health literacy related to AIDS in male hairdressers in Saravan region.