

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	۱۹۹۹
Health Education	MSc	Tarbiat Modarres Uni	Iran	۲۰۰۴
Health Education	PhD	Tarbiat Modarres Uni	Iran	۲۰۱۰

## 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 ۲۰۱۹; ۲۹(۴), ۱-۱۱.

۲. Moradi A, Mojadam M, Shojaeizadeh D, Ghazanfari Z, Haghhighizadeh MH. Effect of Preceed model-based education on quality of life of patients with type ۲ diabetes. J of Research & Health ۲۰۱۷; ۷(۳): ۸۶۰-۸.
۳. 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 ۲۰۱۷; ۴ (۱):۳۷-۴۴.
۴. Mirzaei A, Ghofranipour F, Ghazanfari Z. Social cognitive predictors of breakfast consumption in primary school's male students. Glob J Health Sci ۲۰۱۶; ۸(۱): ۱۲۴-۳۲. doi:۱۰,۰۰۳۹/gjhs.v۸n۱p۱۲۴
۵. 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 ۲۰۱۶; ۴۲۷۵۱۴۸, ۱-۵ .
۶. Mirzaei A, Ghofranipour F, Ghazanfari Z, Ahmadi Vasmehjini A. The study of primary schoolchildren eating breakfast status in Ilam: A pilot study. JBRMS ۲۰۱۶; ۳ (۱) :۳-۹.
۷. 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 ۲۰۱۴; ۸(۱): ۹۶-۹. doi: ۱۰,۷۸۶۰/JCDR/۲۰۱۴/۷۲۶۱,۳۹۷.
۸. 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 ۲۰۱۴; ۱ (۱): ۲۹-۳۴.
۹. 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 ۲۰۱۴; ۲ (۲) :۱۱-۲۰.
۱۰. Roshan R, Rahnema 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 ۲۰ years after exposure (The Sardasht-Iran Cohort Study). Health Qual Life Outcomes ۲۰۱۳; ۱۱,۶۹. doi:۱۰,۱۱۸۶/۱۴۷۷-۷۵۲۰-۱۱-۶۹
۱۱. 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* ۲۰۱۳; ۱۷:۳, ۹۶۸-۷۳.
۱۲. 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* ۲۰۱۳; ۱۷, ۳: ۹۹۱-۵.
  ۱۳. 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* ۲۰۱۰; ۱۰, ۱۰۴. doi:۱۰,۱۱۸۶/۱۴۷۱-۲۲۸۸-۱۰-۱۰۴
  ۱۴. 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* ۲۰۱۰; ۹, ۸۳. doi:۱۰,۱۱۸۶/۱۴۷۶-۵۱۱X-۹-۸۳
  ۱۵. 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* ۲۰۱۰; ۱۰, ۷۷۹. doi:۱۰,۱۱۸۶/۱۴۷۱-۲۴۵۸-۱۰-۷۷۹
  ۱۶. 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-۱۰ levels ۲۰ years after sulfur mustard exposure: Sardasht-Iran cohort study, *International Immunopharmacology* ۲۰۰۹; ۹, ۱۳-۱۴, ۱۵۰, ۴-۸.
  ۱۷. 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* ۲۰۰۹; ۱۲(۱):۵-۱۴.
  ۱۸. 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 ۲۰ years after exposure. *Toxin Reviews* ۲۰۰۹; ۲۸(۱):۵۴-۹.
  ۱۹. 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* ۲۰۰۹; ۲۸(۱):۸-۱۳.

۲۰. 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 ۲۰ years after sulfur mustard exposure. *Toxin Reviews* ۲۰۰۹; ۲۸(۱):۳-۷.
۲۱. Ghazanfari Z, Ghofranipour F, Tavafian SS, Ahmadi F, Rajab A. Lifestyle Education and Diabetes Mellitus Type ۲: A Non-Randomized Control Trial. *Iran J Public Health* ۲۰۰۷; ۳۶(۲):۶۸-۷۲.

### Papers in Persian Journals:

۱. 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* ۲۰۱۹; ۶(۱):۳-۹.
۲. Asadi M, Naghizade MM, Mazloomi S, Ghazanfari Z. Knowledge, attitude, and responsible environmental behaviors among female secondary school students. *Payesh* ۲۰۱۸; ۱۷(۶): ۶۷۷-۸۶
۳. Daneshvar S, Khodamoradi A, Ghazanfari Z, Montazeri A. Quality of life in diabetic patients: a comparative study. *Payesh* ۲۰۱۸; ۱۷(۵): ۵۴۱-۵۰.
۴. 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), ۲۰۱۵. *SJIMU* ۲۰۱۸; ۲۶(۱): ۱۵۴-۱۶۳.
۵. Jafarpour M, Aivazi A, Jalali A, Ghazanfari Z. Assessing preventive Behaviors of Leishmaniasis in Mehran County at ۲۰۱۴: Application of BASNEF Model. *SJIMU* ۲۰۱۷; ۲۵(۳): ۲۳-۳۱.

٦. 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, ٢٠١٣. SJIMU ٢٠١٦; ٢٣ (٧) :٩-١٧.
٧. Esmailikia M, Gholami Parizad E, Abedzadeh Zavareh M S, Sayehmiri K, Ghazanfari Z. Prediction of Oral Health in Children ٣-٦ Years old in Ilam, ٢٠١٥: Application of Health Belief Model. SJIMU ٢٠١٦; ٢٤ (٣) :٤٩-٥٨.
٨. Gholami Parizad E, Gholami Parizad E, Palizban F, Ghazanfari Z. Gender equality or inequality in the educational system of Ilam province. DSME ٢٠١٥; ٢ (٢) :٣٥-٤٤.
٩. 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 ٢٠١٣. J Ilam Unif Med Sci ٢٠١٥; ٢٣ (٤) :٢٠٩-١٦.
١٠. 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 ٢٠١٥; ٢٢(١١٥): ٧-١٦.
١١. Darabi M, Aivazi AA, Gholami-Parizad Es, Ghazanfari Z, Imanzad M. Test Anxiety among Ilam UMS' students, ٢٠١٢. Advances in Nursing & Midwifery ٢٠١٤; ٢٣, ٨٢: ١-٧.
١٢. Gholami-Parizad E, Gholami-Parizad E, Ashraf Eivazi A, Ghazanfari Z. Assessing lecture as a teaching method from students' perspective in Ilam UMS. DSME ٢٠١٤; ١ (١) :١٨-٢٦.
١٣. 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. ٢٠١٣; ٢١ (٦) :٥٦-٦٢
١٤. 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) ١٣٩٣; ٢(٢): ١-١١.
١٥. 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 ٢٠١٣; ٨(٢): ٢٣١-٨.

۱۶. 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 ۲۰۱۳; ۲۰ (۵): ۱۶۸-۷۵.
۱۷. Rahnama P, Ghazanfari Z, Naghizadeh M, Soroush M, Ghazanfari T. Long- term effects of sulfur mustard on quality of sleep ۲۰ years after exposure (Sardasht-Iran Cohort Study). Iran J War Public Health ۲۰۱۲; ۵ (۱): ۴۵-۹.
۱۸. Ghazanfari Z, Niknami S, Ghofranipour F, Larijani B. Regular physical activity from perspective of females with diabetes: A qualitative study. Horizon Med Sci ۲۰۰۹; ۱۵ (۱): ۵-۱۴.
۱۹. Ghazanfari Z, Ghazanfari T, Yaraee R, Amini R, Ghaderi S, Pirasteh A, et al . Association between physical activity and body mass index in the civilian chemical victims of Sardasht ۲۰ years after sulfur mustard exposure. Iran J War Public Health. ۲۰۰۹; ۱ (۲): ۱-۸.
۲۰. 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 ۲۰۰۶; ۱۴(۶۵): ۴۵-۵۴.

## Courses

### In Ph.D

۱. Knowledge transfer, applying research results and marketing

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

۲. Health education and health promotion in school health
۳. Group dynamics
۴. Health education and health promotion ۱
۵. Models of studying behavior (Health education and health promotion ۲)
۶. Applicable soft wares for analyzing health data
۷. Analytical statistics
۸. Health sociology
۹. Research methodology in health education and health promotion
۱۰. Communication in health education and health promotion

## **In BSc**

۱. Practical skills
۲. Application of PC in analyzing healthy data
۳. Research Methodology
۴. Health education and communication
۵. Food hygiene
۶. Principles of healthy planning
۷. Medical demography
۸. Medical information systems
۹. Health for Anesthesia and Surgery room and Medicine
۱۰. Principles in sociology
۱۱. The internship in health field
۱۲. Family planning
۱۳. 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 ۲۰۱۲
- ✓ Elected as Top Researcher in Ilam UMS in ۲۰۱۰
- ✓ Elected as a member of “Top Department” in ۲۰۱۱
- ✓ 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 ۲۰۰۵

## **Experiences**

۱. **Department Manager**

Department of Public Health, Ilam University of Medical Sciences, ۲۰۰۳-۲۰۰۵

## **۲. 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 ۲۰۱۱
- ✓ Member of Scientific Committee of Ilam University of Medical Sciences' Journal since ۲۰۱۲
- ✓ 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