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Dr Aliakbar Foroughi
PhD in clinical psychology
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Research interests:

- Mindfulness, Compassion, Self-compassion, Emotion regulation, Perfectionism, Anxiety sensitivity, Generalized Anxiety disorder, Worry, Personality Disorder

Psychotherapy approach

- Cognitive- Behavioral therapist
- Specially interests to third wave of cognitive-behavioral therapies (compassion focused therapy, Mindful Self-Compassion Training, Acceptance-commitment therapy, Mindfulness-based cognitive therapy, Mindfulness Based Stress Reduction, Transdiagnostic treatment approaches)

PhD thesis

- **Title:** Examination fitness of Emotion Dysregulation Model and comparison efficacy of Emotion Regulation Therapy with Integrative Psychotherapy in Generalized Anxiety Disorder (GAD): symptom reduction, improving function, enhancement of emotion regulation skills and decrease interpersonal problems

Articles

Authors	Year of publication	Journal	Type of article	Title	
Alireza Azizi Parvaneh Mohammadkhni Aliakbar Foroughi Samira lotfi Mahmood Bahramkhni	2013	practice in clinical psychology	original article	The Validity and Reliability of the Iranian Version of the Self-Compassion Scale.	1
Aliakbar foroughi , Abbas masjedj arani, Maryam bakhtyari, Abolfazl mohammadi, Mojtaba Habibi	2016	International Journal of Applied Behavioral Sciences (IJABS)	original article	The efficacy of emotion regulation therapy in generalized anxiety disorder	2
Nadia dorouie, kheirollah sadeghi, Aliakbar foroughi (Corresponding author) , Seyed mojtaba ahmadi, Aliakbar parvizifard	2017	International Journal of Applied Behavioral Sciences (IJABS)	original article	The efficacy of emotion regulation skills in patients with irritable bowel syndrome	3
Aliakbar foroughi , Sajad Khanjani, Esmaeil Mousavi Asl	۲۰۱۹	Iran J Psychiatry Behav Sc	original article	Relationship of concern about body dysmorphia with external shame, perfectionism, and negative affect: the mediating role of self-compassion	4

Abolfazl Mohammadi, Mehdi Soleimani, MR Mohammadi, I Abasi, Aliakbar Foroughi	۲۰۱۹	Iranian journal of psychiatry	original article	Unified Protocol for Transdiagnostic Prevention of Depression and Anxiety in Iranian Adolescents: Protocol Development and Initial Outcome Data	5
M Mohammadpour, K Sadeghi, AA Foroughi , S Amiri, S Pouyanfard, ...	۲۰۱۸	Int J Behav Sci	original article	The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Treatment of Comorbid Psychopathology Accompanying a Generalized Anxiety Disorder	6
B Amir, Foroughi Aliakbar , KP Behnam, T Amir Abbas, F Farzane, A Shahram	۲۰۱۸	journal of sleep science 3 (3-4),	original article	The Comparison of Effects of State and Trait Anxiety on the Components of Sleep Quality	7
S Khoramnia, A Bavafa, N Jaberghaderi, A Parvizifard, AA Foroughi , M Ahmadi, Sh Amiri	۲۰۱۹	Trends in Psychiatry and Psychotherapy	original article	The effectiveness of acceptance and commitment therapy for social anxiety disorder: a randomized clinical trial	8
AA Foroughi , M Mohammadpour, S Khanjani, S Pouyanfard, N Dorouie,	۲۰۱۹	Trends in Psychiatry		Psychometric properties of the Iranian version of the Anxiety Sensitivity Index-3 (ASI-3)	9

<p>Maleki M, Khorramnia S, Foroughi AA, Amiri Sh, Amiri S</p>	<p>۲۰۲۱</p>	<p>and Psychothera py Trends in Psychiatry and Psychothera py</p>	<p>original article original article</p>	<p>Comparing the effectiveness of unified protocol in combination with and additional mindfulness treatment to the unified protocol along as treatment for adolescents diagnosed with emotional disorders</p>	<p>10</p>
<p>Davoudi M, Allame Z, Foroughi AA, Taheri AA</p>	<p>۲۰۲۱</p>	<p>Trends in Psychiatry and Psychothera py</p>	<p>original article</p>	<p>A pilot randomized controlled trial of dialectical behavior therapy (DBT) for reducing craving and achieving cessation in patients with marijuana use disorder: feasibility, acceptability, and appropriateness</p>	<p>11</p>
<p>Parsa moghadam A, Foroughi AA, Parvizifard AA, Sadeghi Kh</p>	<p>2021</p>	<p>Trends in Psychiatry and Psychothera py</p>		<p>psychometric properties of the emotion regulation Questionnaire</p>	<p>12</p>
<p>AA Foroughi, S Khanjani, S Rafiee, AA Taheri</p>		<p>Shenakht journal of psychology &</p>	<p>original article</p>	<p>Self-compassion: conceptualization, research, and interventions (Brief review)</p>	<p>13</p>

<p>S Pouyanfard, M Mohammadpour, A akbar Parvizifard, Ali akbar Foroughi</p> <p>S Khanjani, AA Foroughi, Y Asmari Bardezdard</p> <p>K Sadeghi, AA Foroughi, M Bazani, S Amiri, A Parvizifard</p> <p>Amir Bavafa, Ali Akbar Foroughi (correspondence), Nasrin Jaberghaderi, Habibolah Khazaie ...</p>	<p>2020</p> <p>۲۰۱۹</p> <p>۲۰۱۹</p> <p>۲۰۱۸</p> <p>۲۰۱۹</p>	<p>psychiatry 6 (6), 77-87</p> <p>Journal of Sleep Sciences 4 (1-2), 1-8</p> <p>Practice in Clinical Psychology 7 (4), 263- 270</p> <p>Internationa l Journal of Applied Behavioral Sciences 5 (4), 10-18</p> <p>Medical Journal of Mashhad University of Medical Sciences 62 (1), 138-146</p>	<p>Review Article</p> <p>original article</p> <p>original article</p> <p>original article</p>	<p>The Effectiveness of Mindfulness-Integrated Cognitive-Behavioral Therapy on Sleep Quality, Anxiety, and Fatigue in Patients with Multiple Sclerosis: A Randomized Clinical Trial</p> <p>The Psychometric Properties of the Persian Version of Dysmorphic Concern Questionnaire</p> <p>Effectiveness of Self-Help Mindfulness on Depression, Anxiety and Stress</p> <p>Binaural Beat Theta and its Impact on Primary Insomniacs: A Randomized Clinical Trial</p>	<p>14</p> <p>15</p> <p>16</p> <p>17</p>
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<p>S Khanjani, AA Foroughi (correspondence), M Noori</p>	<p>۲۰۱۹</p>	<p>Health, Spirituality and Medical Ethics 6 (1), 25-32</p>	<p>original article</p>	<p>Compassion to Others, Psychometric Properties, Validity, Reliability</p>	<p>18</p>
<p>A Shahram, PF Aliakbar, KP Behnam, Foroughi Aliakbar, B Amir, M bazani, Mohammadian Y, Sadeghi Kh</p>	<p>۲۰۱۹</p>	<p>journal of kermanshah university of medical science 23 (2), 1-6</p>	<p>original article</p>	<p>The Effectiveness of Music Therapy on Insomnia Using Persian traditional music</p>	<p>19</p>
<p>S Amiri, A Foroughi, A Bavafa, M Bazani, Y Mohammadian, N Dorouie, S Khoramnia</p>	<p>۲۰۱۹</p>	<p>Journal of Kermanshah University of Medical Sciences 23 (1)</p>	<p>original article</p>	<p>Validity and Reliability of the Persian Version of the Fear of Happiness Scale</p>	<p>20</p>
<p>M Mohsen, B Amir, Foroughi Aliakbar (correspondence), P Sahar, J Nasrin, E Adele</p>	<p>۲۰۱۸</p>	<p>journal of sleep science 3 (3-4), 8-89</p>	<p>original article</p>	<p>Generalized Anxiety Disorder and Comorbid Symptoms of Sleep: The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders</p>	<p>21</p>
<p>S Rafiee, F Sohrabi, J Shams, AA Foroughi</p>	<p>۲۰۱۸</p>	<p>Journal of Jahrom University of Medical</p>	<p></p>	<p>The efficacy of Cognitive Behavioral Therapy in patients with chronic musculoskeletal pain</p>	<p>22</p>

<p>S Rafiee, AA Foroughi, S Momenzadeh</p>	<p>۱۳۹۱</p>	<p>Sciences 10 (2), 62 Hormozgan Medical Journal 15 (4), 295-303</p>	<p>original article</p>	<p>Comparing the co morbidity of psychological disorder among women and men with chronic musculoskeletal pain</p>	<p>23</p>
<p>S Khanjani, AA Foroughi (correspondence), K Sadeghi, SA Bahrainian</p>	<p>۲۰۱۲</p>	<p>Pajoohandeh Journal 21 (5), 282-289</p>	<p>original article</p>	<p>Psychometric properties of Iranian version of self-compassion scale (short form)</p>	<p>24</p>
<p>S Rafiee, A Hatami, A Foroughi</p>	<p>۲۰۱۶</p>	<p>SOCIOLOGY OF WOMEN (JOURNAL OF WOMAN AND SOCIETY) 2 (15), 21-36</p>	<p>original article</p>	<p>Relationship between early maladaptive schema and attachment style in woman with infidelity</p>	<p>25</p>
<p>AA Foroughi, sajad khanjani, M KAZEMINI, F tayeri</p>	<p>۱۳۹۰</p>	<p>SHENAKHT JOURNAL OF PSYCHOLOGY AND PSYCHIATRY 2 (20046), 49-58</p>	<p>original article</p>	<p>Factor structure and psychometric properties of Iranian version of external shame scale</p>	<p>26</p>
	<p>۲۰۱۵</p>		<p>original article</p>		

Basharpour Sajad, Khanjani sajad. Foroughi Aliakbar		Journal of Shahrekord University of Medical Sciences 18 (6), 102-114		Predict to self-injury behavior in men with borderline personality disorder based on their levels of distress tolerance and self-compassion	27
Golfam Goodarzi,kheirollah sadeghi, Aliakbar Foroughi	1395	The Arts in Psychotherapy	original article	the effectiveness of combining mindfulness and art-making on depression, anxiety and shame in sexual assault victims:A pilot study	28
A A Taheri, A A Foroughi. Y Mohammadian, S M Ahmadi,Kh Heshmati, L Afshar, A A Parvuzifard	2020	Diabetes Thr		The effectiveness of acceptance and commitment therapy on pain acceptance and pain perception in patients with painful diabetic neuropathy: a randomized controlled trial	29
M Mohammadpour, V Ghorbani, S Moradi, Z Khaki, A A Foroughi , M Rezaei	2020	Psychiatry and clinical psychology	original article	Psychometric Properties of the Iranian version of the coronavirus anxiety scale	30
S mohammadi, M maleki, M tashkeh, A foroughi , G goodarzi		J sleep Sci	original article	The effectiveness of mindfulness-based cognitive therapy on sleep quality of students with social anxiety disorder	31

Z Javdfar, H Abdollahzad , J Moludi, SH Rezaeian, H Amirian, A Foroughi , S Nachvak, N Gohrmeher, R Mostafai	2020	Nutrition	original article	Effects of vitamin D supplementation on core syptoms, serum serotonin, and interleukin-6 in children with autism spectrum disorders: a randomized clinical trial	32
S Khanjani, B Gharraee, A Ramezani, A Foroughi	2020	Iran Psychiatry Behave Sci		Psychometric properties of Persian version of body image shame scale: A study in cosmetic surgery clinics	33
A Parvizifard, S M Ahmadi, KH Sadeghi, A Foroughi , H Darushi, N Abzari, M Hossein	2020	chronic diseases journal	Research Paper	A study on the pattern of drug abuse and demographic characteristics of addicts referred to addiction treatment centers of Kermanshah city, iran in 2016	34
M Davoudi, A Taheri, AA Foroughi , S M Ahmadi, KH Heshmati	2020	Journal of diabetes and metabolic disorders	original research	Effectivness of acceptance and commitment therapy on depression and sleep quality in painful diabetic neuropathey: a randomized clinical trial	35
S khoranmiya, AA Foroughi (corresponding) , Goodarzi G, M bahari, AA taheri	2020	Shenakht journal of psychology and psychiatry	original article	the relationship of self- compassion and rumination in prediction of chronic depression	36

M Davoudi, S Shirvani, AA Foroughi, F rajaeiamsheh	2020	journal of gambling studies	research article	Online gambling in Iranian social media users: prevalence, related variables and psychiatric correlations	37
R Bagherzadeh, S Hossaini, AA Foroughi, M Farhoush		clinical excellence	original article	Acceptance and commitment therapy and eating disorders: A theoretical and research review	38
AA Foroughi, Kh Sadeghi, AA Parvizifard, A P Moghadam, O Dvarinejad, V Farnia, GH Azar	۲۰۲۰	Trends in psychiatry and psychotherapy	original article	The effectiveness of mindfulness based cognitive therapy for reducing rumination and improving mindfulness and self compassion in patients with treatment resistance depression	39
S Khanjani, AA Foroughi (correspondence), A Tahmasebi, A Bavafa, N Jaberghderi, S Rafiee	۲۰۲۱	Iranian journal of nursing and midwifery research	original article	Factorial structure and construct validity of an Iranian version of the fear of compassion scale: A study in nurses	40
Foroughi, Azar, ...	۲۰۲۰	مجله روان شناسی بالینی سمنان	original article	psychometric properties of the Persian version of the Southampton mindfulness questionnaire	41

Sadeghi, foroughi, ...		فصلنامه علمی پژوهشی ابن سینا	review article	efficacy of mindfulness based emotional balance program or emotion dysregulation and self- compassion	42
A Bavafa, AA Foroughi, N Jaberghaderi, Khazaiee H	۱۳۹۸	Basic and clinical Neuroscienc e		The efficacy of theta binaural beat on the absolute power of theta activity in primary insomniacs	43
M Mohammadpour, S Amiri, R farnoodi, A Bahari, G Goodarzi, AA Foroughi (corrospanding)	۱۳۹۹	Internationa l journal of behavioral science	original article	The effectiveness of mindfulness based cognitive therapy on the psychological symptoms of students with social anxiety disorder: A randomized clinical trial	44