

Curriculum Vitae

Aliakbar Parvizifard

▪ **Personal History:**

- **Birth:** 1968-6-29 Iran.
- **Marital Status:** Married
- **Address:** Department of Clinical Psychology. Kermanshah - shahid Shiroudi Boulevard - St. University - School of Medicine - Zip Code 6714869914.
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▪ **Educations:**

- Bachelor of Clinical Psychology. The Department of Clinical Psychology, Ahvaz Jundishapur University of Medical Sciences (AJUMS) 1988 -1992 .
- Master of Clinical Psychology. The Department of Clinical Psychology, Faculty of Behavioral Sciences and Mental Health (Tehran Institute of Medicine), 1996-1999.
- Ph.D. of Counselling Psychology. The Department of Counselling Psychology. University Putra Malaysia, 2008- 2012.

▪ **Honors and Awards:**

- Awards as the selected scientific staff of Kermanshah University of Medical Science, 2021.
- The first rank of an excellent undergraduate student of Clinical Psychology at Ahvaz Jundishapur University of Medical Sciences .1992.
- The first rank of an excellent master student of clinical psychology at Faculty of Behavioral Sciences and Mental Health (Tehran Institute of Medicine).1999.
- The first rank of an excellent Ph.D. student of Counseling Psychology at University Putra Malaysia. 2012.
- Awards as the selected master's thesis in clinical psychology by the Office of the President.2000.
- Awards as the Best Annual Peer Reviewer of Kermanshah University of Medical Science, 2012.
- Awards from the Psychology and Counselling Organization Islamic Republic of **Iran**,2006.

▪ **Professional Appointments and membership:**

- Assistant Professor, The Department of Clinical Psychology, Medical School, Kermanshah University of Medical Science, Iran, 2012-Present.
- Head of The Department of Clinical Psychology, Medical School, Kermanshah University of Medical Science, Iran, 2019-Present.
- Member of the Research Council of the Medical School, Kermanshah University of Medical Science, Iran, 2015-Present.
- Member of The Peer Reviewer of The Journal of Education Development Center, University of Medical Sciences, Kermanshah, Iran,2014- Present.
- Member of The Peer Reviewer of The Journal of Kermanshah University of Medical Sciences, Kermanshah, Iran,2014- Present.
- Executive Director of a Specialized Clinic for Counseling and Psychotherapy, Kermanshah, Iran,2002- 2008.
- Executive Director of Administrative Affairs of Farabi Psychiatric Hospital. Kermanshah, Iran, 2008.

- **Current Research Interest:**
 - Mood, Anxiety and Addictive Disorders.
- **Workshops:**
 - Prevention and Treatment of Addiction, Kermanshah University of Medical Science, 2017-2018.
 - Advanced Search Strategies Within the Scientific Databases, University Putra Malaysia, 2012.
 - Introduction to Bibliographic Management Software (RefWorks, Endnote), University Putra Malaysia (UPM),2011.
 - Introduction to Scientific Journal Writing (ISI Indexed journals), University Putra Malaysia (UPM),2011.
 - International Computer Driving License (ICDL), Kermanshah University of Medical Science, 2005.
 - Research Management License (RML), Kermanshah University of Medical Science, 2006.
 - SPSS Workshop, Kermanshah University of Medical Science, 2004.
 - Evidence-Based Medicine Workshop (EBM), Kermanshah University of Medical Science, 2013.
 - Prevention and Treatment of Addiction, Kermanshah University of Medical Science, 2005.
 - Paper Writing workshop, Kermanshah University of Medical Science, 2015.
 - Teaching Methods workshop, Kermanshah University of Medical Science,2014.
 - Psychological Health workshops. Kermanshah University of Medical Science,2014, 2015.
- **Teaching experience:**
 - Psychology courses for Medical and Clinical Psychology students (Externs and Interns), Kermanshah University of Medical Science, Iran, 2012-Present.
- **Thesis:**
 - Comorbidity of Mood and Anxiety Disorders in Substance Abusers Seeking Treatment, Master's Thesis, 1999.
 - Impact Of Psycho-Educational Group Intervention Using Cognitive Behavioral Therapy On Iranian Male Drug Addicts In A Rehabilitation Center, Ph.D. Thesis,2012.
- **Books:**
 - Self-Compassion in Psychotherapy: Mindfulness-Based Practices for Healing and Transformation [Translation]. Froghi, Aliakbar, Khanjani, Sajad, **Parvizifard, Aliakbar**. 2020. Ibn Sina Publications. Tehran.
- **Thesis Supervision:**
 - Comparing the Effectiveness of Ellis`s Emotional Behavioral Theory and Glaser`s Reality Therapy on Reducing Stress and Anxiety Symptoms of Hemodialysis Patients with Control Group, **Ph.D. of Counseling Psychology Thesis**, Islamic Azad University Kermanshah Branch, 2020.
 - The Effectiveness of Emotional Intelligence on Self-Efficacy, Happiness and Life Quality in Students, **Master of Clinical Psychology Thesis**, Kermanshah University of Medical Science, (2016).
 - Psychometric Properties of Iranian Version of Drug Taking Confidence Questioner in Substance Abusers, **Master of Clinical Psychology Thesis**, Kermanshah University of Medical Science, (2016).
 - The Effectiveness of Music Therapy on Insomnia Using Persian Traditional Music on Iranian Men, **Master of Clinical Psychology Thesis**, Kermanshah University of Medical Science, (2017).

- Effectiveness of Mindfulness-Integrated Cognitive-Behavioral Therapy on Sleep Quality, Anxiety, And Fatigue in Patients with Multiple Sclerosis, *Master of Clinical Psychology Thesis*, Kermanshah University of Medical Science,2019.
 - The Effectiveness of Mindful Self-Compassion Treatment as A Compound Method with Diet Therapy in Women with High Body Mass Indexes (BMI), *Master of Clinical Psychology Thesis*, Kermanshah University of Medical Science,2020.
 - A Comparative Study of the Effectiveness of Trans-diagnosis With Relaxation Therapy on Psychological Symptoms, Parental Beliefs About Neonatal Intensive Care Unit, Adaptation to Mother Role and Social and Occupational Adjustment in Parents of Premature Neonates Admitted to Neonatal Intensive Care Unit, *Master of Clinical Psychology Thesis*, Kermanshah University of Medical Science,2020.
 - Psychometric Properties of the Iranian Version of the Drug-Taking Confidence Questionnaire (DTCQ-IV), *Master of Clinical Psychology Thesis*, Kermanshah University of Medical Science,2018.
 - The Effectiveness of Hypnosis Therapy on Improving Negative Body Image and Self-Esteem, Depression and Anxiety in Women Referring to The Gym, *Master of Clinical Psychology Thesis*, Kermanshah University of Medical Science,2015.
 - The Comparison of Personality Traits, Mental Health and Quality of Life in Transsexual Patients and Control Group, *Master of Clinical Psychology Thesis*, Kermanshah University of Medical Science, (2016).
 - The Effectiveness of CBT On Mental Health in Substance Abusers., *Master of Clinical Psychology Thesis*, Kermanshah University of Medical Science, (2014).
 - The Comparison of In-Person Counseling Effectiveness with On-Phone Counseling on Sexual Performance of Infertile Women, *Master of Clinical Psychology Thesis*, Kermanshah University of Medical Science, (2015).
- **Publications:**
1. **Aliakbar Parvizifard**, Haji Jamaludin Bin Haji Ahmad, Tajularipin Sulaiman, Maznah Binti Baba, Kheirollah, Sadeghi & Arash Parsa Moghadam (2017). Effectiveness of cognitive-behavioral therapy in the treatment of Iranian male drug addicts at a state rehabilitation center. *Global Journal of Health Science; Vol. 9, No. 1; 2017.*
 2. **Aliakbar Parvizifard**, Haji Jamludin Bin Haji Ahmad, Maznah Binti Baba & Tajularipin Sulaiman (2012). Psychometric Properties of the Iranian Version of the Stages of Change Readiness and Treatment Eagerness Scale. *International Journal of Psychological Studies Vol. 4, No. 2; June 2012.*
 3. Jalal Shakeri, **Ali Akbar Parvizifard**, Kheirollah Sadeghi, Shahzad Kaviani , Amir Hossein Hashemian,(2009). Cognitive Correlations and Psychological Morbidities of Doping in Adolescent Athletes in Kermanshah, Iran. *Iranian Journal of Psychiatry and Behavioral Sciences (IJPBS), Volume 3, Number 1, Spring and Summer 2009: 38-43.*
 4. Sahar Pouyanfard, **Aliakbar Parvizifard**, Mohsen Mohammadpour,, Aliakbar Foroughi (2019). The Effectiveness of Mindfulness-Integrated Cognitive-Behavioral Therapy on Sleep Quality, Anxiety, and Fatigue in Patients with Multiple Sclerosis: A Randomized Clinical Trial. *J Sleep Sci, Vol. 4, No. 1-2, 2019.*
 5. Shahram Amiri, **Aliakbar Parvizi Fard**, *, Behnam Khaledi-Paveh,, Aliakbar Foroughi (2019). The Effectiveness of Music Therapy on Insomnia Using Persian Traditional Music. *doi: 10.5812/jkums.86914.*

6. Jalal shakeri, **Ali Akbar Parvizi fard**, Nasrin Jabber ghaderi (2008). Characteristics of Post-Traumatic Stress Disorder in the Witnesses to Victims of Self-Immolation. *Iran J Psychiatry* 2008; 3:52-54.
7. Aliakbar Foroughi, Kheirollah Sadeghi, **AliAkbar Parvizifard**, Arash Parsa Moghadam, Omran Davarinejad, Vahid Farnia, Ghazale Azar. The effectiveness of mindfulness-based cognitive therapy for reducing rumination and improving mindfulness and self-compassion in patients with treatment-resistant depression. *Trends Psychiatry Psychotherapy*. 2020;42(2) – 138-146.
8. Sahar Pouyanfard, Mohsen Mohammadpour, **Aliakbar Parvizifard***, Aliakbar Foroughi. The Effectiveness of Mindfulness-Integrated Cognitive-Behavioral Therapy on Sleep Quality, Anxiety, and Fatigue in Patients with Multiple Sclerosis: A Randomized Clinical Trial. *J Sleep Sci*, Vol. 4, No. 1-2, 2019.
9. Sahar Pouyanfard, **Ali A. ParviziFard**, Mohsen Mohammadpour, Kheirollah Sadeghi. Effectiveness of mindfulness-integrated cognitive behavior therapy on anxiety, depression and hope in multiple sclerosis patients: a randomized clinical trial. *Trends Psychiatry Psychotherapy*. 2020;42(1) – 55-63.
10. Firoozeh Khamoushi, Arash Parsa Moghaddam., Mahtab Sadeghi, **Ali Akbar Parvizifard**, Akram Ahmadzadeh. Achievement Motivation and Academic Motivation among Students of Kermanshah University of Medical Sciences. [*Educ Res Med Sci* 2014; 3(2)] | <http://journals.kums.ac.ir/ojs/>.
11. Kheirollah Sadeghi, Seyed Mojtaba Ahmadi, Arash Parsa Moghadam, **Aliakbar Parvizifard**. The Study of Cognitive Change Process on Depression during Aerobic Exercises. *Journal of Clinical and Diagnostic Research*. 2017 Apr, Vol-11(4).
12. Samad Khoramnia, Amir Bavafa, Nasrin Jaberghaderi, **Aliakbar Parvizifard**, Aliakbar Foroughi, Mojtaba Ahmadi, Shahram Amiri. The effectiveness of acceptance and commitment therapy for social anxiety disorder: a randomized clinical trial. *Trends Psychiatry Psychother*. 2020;42(1) – 30-38.
13. Nadia dorouie , Kheirollah Sadeghi , Ali Akbar Foroughih, Seyed Mojtaba Ahmadi, **Ali Akbar Parvizi Fard**. The Efficacy of Emotion Regulation Skills in Patients with Irritable Bowel Syndrome: Reduction of Psychopathological Symptoms and Improvement in Quality of Life: a case series. *International Journal of Applied Behavioral Sciences (IJABS) volume 4 number 3 Summer 2017*.
14. Farhad Farnoodi, Dr. Hassan Amiri, Dr. Mokhtar Arefi, Dr. Karim Afshari Nia, Dr. **Ali Akbar Parvizi Fard**. Comparing the Effectiveness of Ellis`s Emotional Behavioral Theory and Glaser`s Reality Therapy on Reducing Stress and Anxiety Symptoms of Hemodialysis Patients with Control Group. 2020 *Archives of Pharmacy Practice*.
15. Ali Akbar Foroughi, Mohsen Mohammadpour, Sajad Khanjani, Sahar Pouyanfard,
16. Nadia Dorouie, **Ali Akbar Parvizi Fard**. Psychometric properties of the Iranian version of the Anxiety Sensitivity Index-3 (ASI-3). *Trends Psychiatry Psychother*. 2019;41(3) – 254-261.
17. Mohsen Mohammadpour, Kheirollah Sadeghi*, Aliakbar Foroughi, Shahram Amiri, Sahar Pouyanfard, **Aliakbar Parvizifard**, Samad Khoramniya. The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Treatment of Comorbid Psychopathology Accompanying a Generalized Anxiety Disorder. *Int J Behav Sci*. 2018; 12(3): 125-131.
18. Amir Abbas Taheri . Ali Akbar Foroughi . YoukhabeH Mohammadian . Seyed Mojtaba Ahmadi . Khatereh Heshmati . Leila Afshar Hezarkhani **Ali Akbar Parvizifard**. The Effectiveness of Acceptance and Commitment Therapy on Pain Acceptance and Pain Perception in Patients with Painful Diabetic Neuropathy. *Diabetes Ther* (2020) 11:1695-1708.

19. Habibolah Khazaie & Mohammad Reza Saidi & Amir Ali Sepehry & David C. Knight & Mahin Ahmadi & Farid Najafi & **Ali Akbar Parvizi** & Sara Samadzadeh & Masoud Tahmasian. Abnormal ECG Patterns in Chronic Post-War PTSD Patients: A Pilot Study. *International Society of Behavioral Medicine* 2011.
20. **Parvizi Fard AA**, Birashk B, Atefvahid MK, Shakeri J. Comorbidity of mood and anxiety disorders and substance abuse among treatment-seeking addicts and normal individuals. *IJPCP*. 2001; 7 (1 and 2): 45-55.
21. **Parvizi Fard AA**, Shakeri J, Khilola, Sadeghi, Raza, Ameri. Prevalence of psychiatric disorders in first year students of Kermanshah University of Medical Sciences (2001-2002). *journal of kermanshah university of medical sciences*.
22. Khazaiee, H. **Parvizifard, Aliakbar**. Study of demographic characteristics and mental status of suicide attempters. *Kermanshah Journal of Medical Sciences* , Year 7 Issue 3 (Autumn 2003).
23. *Khairullah Sadeghi, Arash Parsamqadam , Seyed Mojtaba Ahmadi , Ali Akbar Parvizifard*. The Effectiveness of Aerobic Exercise on Depression, Spontaneous Thoughts, Inefficient Receptions, and Early maladaptive Schema. *Journal of Clinical Research in Paramedical Sciences »No. 1*.
24. SHAKERI J. **PARVIZIFARD A.A.**, SADEGHI KH.A., MORADI R. Personality Traits, Stress, Coping and Religious Attitudes Among Individuals Attempting Suicide . *IRANIAN JOURNAL OF PSYCHIATRY AND CLINICAL PSYCHOLOGY FALL 2006 , Volume 12 , Number 3 (46); Page(s) 244 To 250*.
25. Foroughi, A., Azar, Gh., **Parvizifard, A.**, Khanjani, S., Sadeghi, Kh. Psychometric Properties of the Persian Version of the Southampton Mindfulness Questionnaire. *Clinical Psychology Sixth Summer 2014 No. 2 (22 consecutive)*
26. SHAKERI J. **PARVIZIFARD A.A.** Mental Status of HIV Positive Patients Referred to Kermanshah Mental health Centre. *Journal of kermanshah university of medical sciences.2005*.