



## Curriculum Vita

### Personal background:

Family name: **Yousefi**  
First Name: **Fayegh**  
Title: **Dr.**  
Date of Birth: **22 / 1 / 1966**  
Nationality: **Iranian**  
Marital status: **Married**  
Gender: **Male**  
Work Address: **Kurdistan University of Medical Sciences, Medical faculty.**  
Academic rank: **Associate Professor.**  
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### Educational and professional Back ground:

- 1994- Present** Teaching Psychological subjects at the Kurdistan University of Medical Science ‘Sanandaj Islamic Republic of Iran .
- 1998-** M.A. in Clinical Psychology at the University of Well- being and Rehabilitation science ‘ Tehran ‘Islamic Republic of Iran.
- 1995-1998** Student of M.A in Clinical Psychology at the University of the Well-being and rehabilitation science ‘ Tehran ‘Islamic Republic of Iran.
- 1988-1994** Student of B.A in Clinical Psychology at the University of Tabriz‘Iran.
- 1987** Diploma at the Talleghani High school ‘Sanandaj Iran.

**2006 - Present** PhD student in child psychology at Putra University Malaysia.

### **Employment:**

**1992- 1994** Expert in Mental health at the Kurdistan University of Medical Science (Sanandaj Islamic Republic of Iran-Islamic Republic of Iran.

**1994- 1998** Expert of research at the Kurdistan University of Medical Science, Sanandaj Islamic Republic of Iran.

**1998- 2006** Director of student counseling Center at the Kurdistan University of Medical Science (Sanandaj Islamic Republic of Iran.

2000 – (NOW) Member of faculty at Kurdistan university of medical sciences

### **Related professional Activities and the Affiliations**

**1998-1999** Member of research Board at the Kurdistan University of Medical Science (Sanandaj Islamic Republic of Iran.

**1997-present** Member of Psychological Association of Iran.

**2000- Present** Agency of Iranian Psychological Association in the Kurdistan Province.

**2001- Present** Editor of the journal of Shenakhet (cognition) psychology and Psychiatry Kurdistan) at the Kurdistan University of Medical Science, Sanandaj Islamic Republic of Iran.

**2001- Present** Member of research Board in Kurdistan Physical Education Organization.

**2015- Present** Head of Spiritual Health Research Center, Kurdistan University of Medical Sciences, Sanandaj, Iran

**2017- Present** Head of Department of Clinical Psychology at Kurdistan University of Medical sciences.

**2015- - Present** Member of Social Determinants of Health Research Center, Research Institute for Health Development, Kurdistan University of Medical Sciences, Sanandaj, Iran.

**2016- - Present** Member of Spiritual Health Research Center, Kurdistan University of Medical Sciences, Sanandaj, Iran.

**2016- - Present** Member of Neurosciences Research Center, Kurdistan University of Medical Sciences, Sanandaj, Iran.

## **WORK SHOPES:**

- 1997** Taking part in work shop of primary research at Kurdistan University of Medical Science, Sanandaj Islamic Republic of Iran.
- 1998-2000** Taking part in work shop of Advanced Research Methods at Kermanshah University of Medical Science .
- 1995** Taking part in work shop of teaching Methods at Kurdistan University of Medical Science , Sanandaj Islamic Republic of Iran.
- 1998-2001** Taking part in work shop of psychotherapy at Education Ministry, Tehran ,Iran.
- 1998-2002** Taking part in work shop of prevention of Addiction at Mazendarran Medical Science University.
- 2001** Taking part in work shop of Article on Writing at Kurdistan University of Medical Science , Sanandaj Islamic Republic of Iran.

## **Essays presented at different conferences:**

1. Prevalence of ADHD disorders in Elementary Students and its relationship to family demography in Sanandaj at 1998 the 4th Iranian congress on stress, 1998, Tehran ,Iran.
2. Investigating high school student's mental health and its relationship to family demography in Sanandaj at 1998, the 4th Iranian congress on Stress ,1998 Tehran ,Iran.
3. Prevalence of self -burning in Sanandaj at 1996 the 1st congress of Iranian psychological Association 1997 ,Tehran ,Iran.
4. Investigating of refer cycles of mental patients In PHC design in Kurdistan province in 1996 ,the 1st congress of Iranian psychological Association ,1997 ,Tehran ,Iran.
5. Paper presented at the Third Symposium on the Global Assessment of life stress retired Kurdistan University of Medical Sciences in 1995.
6. Workshop on Research Methodology, particularly lecturers teaching at the Islamic Azad University of Sanandaj in 1998.
7. Special introductory workshop on research methodology in teaching students of Kurdistan University of Medical Sciences in 2000.
8. Teaching life skills in 4 workshops for staff and managers of Kurdistan University of Medical Sciences in 2004.

9. Paper presented at the First International Conference on Medical Students in Malaysia in 2009.
10. Appreciation from Kurdistan education to address the anxiety among young people in 2005.
11. Paper presented at the seminar of graduate students at the University of Malaysia in 2007.
12. Participate in graduate seminars as a coordinator at the University of UPM in Malaysia in 2009.
13. Teaching in a workshop on stress before the test harness for Talent in Kurdistan University of Medical Sciences in 2010.
14. Teach a workshop on Research Methodology for Medical Danshchvyan of Kurdistan University of Medical Sciences in 2010.
15. Partners in Research 'motivations and factors affecting the progress of medical students in the sixth article martyr Motahari Festival in 2011 to provide training, and was selected as the top in Kurdistan University of Medical sciences.
16. Speaking at the conference on the impact of new technology on mental training at the Medical Center, Kurdistan University Hospital Qods in 2011.
17. Teaching research methodology to medical students in the fourth Workshop in Kurdistan University of Medical sciences in 2011.
18. Teaching the principles and methods of study in a workshop in Kurdistan University of Medical Assistants in 2011.
19. Teaching Workshop Supervisor for Masters of Kurdistan University of Medical Sciences in 2011.
20. Teaching in a Workshop toward counselling for Supervisor system at Kurdistan University of Medical Sciences in 2011.
21. Memory Pathways between Depression and Academic Achievement among Iranian Adolescents, 1<sup>st</sup> Malaysian international medical student's conference 2009, at international medical university in Malaysia.
22. Teaching of Child and Adolescents' depression in at International Conference on Hospital Qods of Kurdistan University of Medical Sciences in 2011.
23. Teaching of mediating variables in a workshop for lecturers at Kurdistan University of Medical Sciences in 2011.
24. Teaching in Workshop due to Special General Psychology for judges in Kurdistan in 2012.

**A: Research Activities:**

1. To investigate the retired worker's Life conditions in Education ministry.
2. To investigate the positive and negative effects of family on guidance school's students in Sanandaj in 1992.
3. To investigate the newly- arrived Student's Mental Health in Kurdistan Medical Science University in 2000.
4. Kurdistan Medical science university student's attitudes towards marriage criteria

5. Investigating the mental health of Kurdistan People and family demography related factors in 1999.
6. Prevalence of self-burning in Sanandaj- 1996.
7. Investigating of high school's students Mental Health and its family demography relationship in Sanandaj '1998.
8. Prevalence of ADHD disorder in Elementary Students and its family demography relationship in Sanandaj 1998.
9. Comparison among three therapeutic procedures (Amitriptylin, Relaxation and cognitive therapy) in Tension head ache in Sanandaj in 1996.
10. investigating of refer cycles of mental Patients in P.H.C design in Kurdistan province in 1996.
11. Investigating of conduct and oppositional Disorders in guidance school students in Sanandaj ' 1998.
12. Prevalence of behavioral disorders in Elementary Students and its family demography related factors In Kurdistan province in 2000.

#### **B: Colleague of research designs:**

1. Comparison among three therapeutic procedures (sport Therapy, Mental training and medical therapeutic routine in treatment of C.V.A patients in Sanandaj in 1998.
2. Prevalence of iron deficiency and its relation relationship to IQ in children in age 6 to 8 years old in Sanandaj '1999.
3. Investigating of attitude of Sanandaj people toward mental disorders in 1997.
4. Investigating the problems of composition lesson in elementary schools in Sanandaj in 1994.

#### **C: Published paper**

1. **Yousefi , Fayegh.** Hypnotic Application in phobic disorders therapy, scientific Journal of Kurdistan University of Medical Science vol1, No1. (Translated paper).
2. **Yousefi , Fayegh.** Control of pain by Hypnotism, scientific Journal of Kurdistan University of Medical Science, Vol1, No2, 3. (Translated paper).
3. **Yousefi , Fayegh.** Computer and human brain 'Etlahat elmi Jur vol.6.No8. (Translated paper).
4. **Yousefi , Fayegh .**Depression and Hypnotherapy Etlahat elmi Jur ol. 10 No8. (Translated paper).
5. **Yousefi , Fayegh.** Art therapy, Kurdistan Awa Jur, No14 (Translated paper).
6. **Yousefi , Fayegh .**Etiology of self -burning at the Kurdistan province, scientific Journal of Kurdistan University of Medical Science ' volt 1 No3, Sep.
7. **Yousefi , Fayegh .**People's attitude of Sanandaj about mental disorders, scientific Journal of University of Medical Science, vol2, No5.
8. **Yousefi , Fayegh.**Mysticism and its psychological effects on the Formulation of human thought, Etlahat elmi Jur, vol12 No.7.
9. **Yousefi , Fayegh.** Discussion about Hypnotism in Iran, Etlahat elmi Jur, vol.6 No4.

- 10 **Yousefi , Fayegh**. Dervish's customs from psychological point of View ' Etlahat elmi Jur vol. 10 No9.
11. **Yousefi , Fayegh**. Mental insecurity, Because of social Abnormality Salam newspaper, Monday, No 4.
12. **Yousefi , Fayegh** Narcism, Salam newspaper, Sat, 25.
13. **Yousefi , Fayegh**. Mental Health effects on Accident prevention.
14. **Yousefi , Fayegh**. Investigating the retired worker's life Condition of education ministry.
15. **Yousefi , Fayegh**. Positive and negative effects of family on the Academic progress of guidance schools students.
16. **Yousefi , Fayegh**. Essays: "Refer cycle of mental patient" Iran psychoigical 1st Association congress.
17. **Yousefi , Fayegh**. Etiology of self -burning in Sanandaj 'Iran Psychological 1st Association congress.
18. **Yousefi , Fayegh** et al .(2001).Prevalence of conduct disorder in a group of Secondary school students of Kurdistan province, Andisheh VA Rafter: Journal of psychology and Psychiatry vol. 6, No.283.fall and winter ..
- 19- **Yousefi , Fayegh** et al .(2009).Memory as mediator between test-anxiety and academic achievement in high school students, European Journal of Scientific Research,ISSN 1450-216X Vol.35 No.2, pp.274-280.
20. **Yousefi , Fayegh** et al. (2010).The Relationship between Test-Anxiety and Academic Achievement among Iranian Adolescents. Asian Social Science, Vol. 6, No. 5; May. [www.ccsenet.org/ass](http://www.ccsenet.org/ass).
21. **Yousefi , Fayegh** et al. (2010).The Relationship between Gender, Age, Depression and Academic Achievement. Current Research in Psychology 6 (1): 61-66,.
22. **Yousefi , Fayegh** et al. (2010).The Effect of Test-Anxiety on Memory among Iranian High School Students. International Journal of Psychological Studies Vol. 2, No. 1; June
23. **Yousefi , Fayegh** et al. (2010).The Effects of Family Income on Test-Anxiety and Academic Achievement among Iranian High School Students. Asian Social Science Vol. 6, No. 6; June
24. **Yousefi , Fayegh** et al .(2011).The Relationship between Test-Anxiety and Academic Achievement among Iranian Adolescents. Asian Social Science. Vol. 6, No. 5; May. [www.ccsenet.org/ass](http://www.ccsenet.org/ass).
25. **Yousefi , Fayegh** et al.(2014). Risk factors associated with bleeding due to uterine dysfunction during the menopausal. Scientific Journal of Kurdistan University of Medical Sciences / 45-50 nineteenth / Spring. (As colleague)
26. **Yousefi , Fayegh** et al.(2014). Mental Health Evaluation in Students of Kurdistan University of Medical Sciences and related to age, sex and degree of them. Medical Journal of Mashhad University of Medical Sciences Vol. 56, No. 6 P: 354-361. Jan-Feb
27. **Yousefi , Fayegh** et al. (2014) .Impact of assertive training on students' shyness at Kurdistan University of Medical Sciences. Scientific Journal of Kurdistan University of Medical Sciences, Volume 18, (As colleague).
28. **Yousefi , Fayegh** et al . (2015) . The prevalence and relation factors of conduct disorder in high school students in Sanandaj city Journal of Kermanshah University of Medical Science, (37),
29. **Fayegh Yousefi et al** .(2014).The relationship between education level and occupation of parents of students with internet dependency, depression and anxiety in Sanandaj, Shenakht Journal of Psychology and Psychiatry Vol. 1/ No. 2/ Winter: 85-22.
30. **Yousefi , Fayegh** et al . (2015) . The effect of cognitive therapy on patients with posttraumatic stress disorder. Shenakht Journal of Psychology and Psychiatry Vol. 1/ No. 3/ winter: 1-14.
31. **Yousefi , Fayegh** et al . (2014) Risk factors related to uterine bleeding caused by dysfunction in the menopause. Journal of Kurdistan University of Medical Sciences, (19): 45-55.
32. **Yousefi , Fayegh** et al. (2013).Test Anxiety Level in Medical Students and its Relationship with Sexuality. Quarterly of Education Strategies in Medical Sciences; 6(3): 141-145.
- 33 **Yousefi , Fayegh** et al . (2013) . Investigation of students' mental health at Kurdistan University of Medical Science and it related with age, gender and their academic courses, Medical Journal of Mashhad University of Medical Sciences Vol. 56, No. 6 P: 354-361. Jan-Feb

34. **Yousefi , Fayegh** et al. (2015).The effect of the combination therapy and family therapy, group therapy and methadone therapy on patients with substance abuse. *Journal of family counselling and psychotherapy*, 5(16): 24.41).
35. **Yousefi , Fayegh** et al (2016) The Effect of Puberty Health Education based on Health Belief Model on Health Behaviors and Preventive among Teen Boys in Marivan, North West of Iran. *Int J Pediatr*, Vol.4, N.5, Serial No.29,
36. **Yousefi , Fayegh.**, et al (2016).Effect of urinary tract infection on the urinary metabolic characteristic as risk factor in producing urolithiasis. *International Journal of Medical Research & Health Sciences*.5, 5(S):229-232.
37. **Yousefi .F** et al (2017).Evaluation of Anger in Teachers of Primary Schools in the Sanandaj City, Iran. *International Journal of Preventive and Public Health Sciences* 2 (5):16-19.
38. **Yousefi , Fayegh** et al (2017) Predictors of Smoking among the Secondary High School Boy Students Based on the Health Belief Model. *International Journal of Preventive Medicine*,8(24):1-5  
DOI: 10.4103/ijpvm.IJPVM\_264\_16
39. Zarezadeh.Y , **Yousefi.F** , Farhad Sharifi.F , Khezri .A M.A., Farzaneh & Gharibi.F.(2017). Compliance of Morning Reports at Teaching Hospitals of Kurdistan University of Medical Sciences with Standards of the Ministry of Health and Medical Education . *Educ Res Med Sci* 6(1)] | <http://journals.kums.ac.ir/ojs>
40. NedaKhasi. N, Khasi.B, **Yousefi .F** & Azadi.N.(2017). Evaluation of trait anger elementary school teachers in Kermanshah. *Rahavard Salamat Journal*.1 (3):43-52.
41. **Yousefi , Fayegh**, Mohammadzadeh.S, Abedini,.M, Noori .S & Abdolmalaki.N.(2017). Comparison of serum vitamin D levels among children with attention deficit hyperactivity disorder and healthy children. *Shenakht Journal of Psychology and Psychiatry*. 4( 2): 39-46.
42. Sohrabi. F, **Yousefi , Fayegh**, Esfandyari G, Saed .G, Abdollahi .N& Bakhivushi. Sh.(2017).Suicide and its relationship with demographic variables, psychiatric diagnosis and duration of disorders in patients of Ghods psychiatric hospital.*Shenakht Journal of Psychology and Psychiatry*, 4 (3): 49-57
43. Fayegh Yousefi .F, Shahvesi.S , Shahvesi,.M, Servatyar.K.(2017). The Relationship between Gender Difference and the History of Psychiatric Disorders in the Family with Oppositional defiant disorder among Primary School Students in Sanandaj in 2014. *Journal of Psychology and Psychiatry*, 4 (3): 58-64.
44. Shaikhamadi, **Yousefi , Fayegh**, Taymori, Roshani (2017)The relationship between Internet addiction with depression and anxiety among Iranian adolescents. *Chron Dis J* 2017; 5(2): 41-9.
45. **Yousefi , Fayegh**,Marof Redzuan, and Rumaya Bte Juhari.(2016). Study of Comparison Among Information Processing Theory,Interference Model of Test Anxiety and Beck’s Cognitive Theory of Depression with Regard to Their Relationship with Academic Achievement. *Avicenna J Neuro Psycho Physiology*. 2016 November; 3(4):e58803.
46. Zarezaedh, Nadrian, Karimi, Ghadimi, **Yousefi , Fayegh**, Arash Pooladi4, Arezoo Yari.(2017). A course on “health management in crises” for medical students: a Delphi study. *Res Dev Med Educ*, 2017, 6(2), 80-86.  
<http://journals.tbzmed.ac.ir/rdme>
47. Sohrabi F, **Yousefi, F**, Esfandyari G, Saed G, Abdollahi N, Bakhivushi Sh(2017). Suicide and its relationship with demographic variables, psychiatric diagnosis and duration of disorders in patients of Ghods psychiatric hospital. *Shenakht Journal of Psychology and Psychiatry*. 4/ No. 3: 49-57.
48. Mohammadzadeh.S, Azadi2.N, Khasi3 B, honarmand.S, **Yousefi.F**.(2018). Evaluation state anger of primary school teachers Kermanshah. *Shenakht Journal of Psychology and Psychiatry*,l. 4/ 4/: 1-8.

49. Vahabi , Vahabi , Yousefi.F , Sayyadi.M , Roshani.D.(2018). Relationship between spiritual health and happiness in the students of Kurdistan University of Medical Sciences and its related factors. Shenakht Journal of Psychology and Psychiatry, 5, 2: 49-409.
50. Sahel Khakpour1, Fayegh Yousefi, Omid Saed.( 2018). Anxiety Sensitivity and Obsessive-Compulsive Disorder: A Mini Review. Shenakht Journal of Psychology and Psychiatry, 5, 5/ 2018.
51. Vahideh Assadollahi , Ebrahim Mohammadi , Fardin Fathi1 ,Kambiz hassanzadeh, , Mohamad Bager Khadem Erfan, Farzad Soleimani, ,Omid Banafshi, | Fayeg Yosefi , Ozra Allahvaisi.(2018). Effects of cigarette smoke condensate on proliferation and pluripotency gene expression in mouse embryonic stem cells. Cell Biochem.;1-10.
52. Boshra Vahabi1, Ahmad Vahabi, Fayegh Yousefi3, Mahnaz Sayyadi1, Daem Roshani(2018) . Relationship between spiritual health and happiness in the students of Kurdistan University of Medical Sciences and its related factors, 5,2.
53. Arezoo Heshmati Joda, Omid Saed, Jahangir Mohammadi Baytamar, Saedeh Zenoozian, Fayegh Yusefi.(2018). The efficacy of group acceptance and commitment therapy on reducing academic procrastination and improving difficulty in emotion regulation: A randomized clinical trial.(2018). Scientific Journal of Kurdistan University of Medical Sciences, No.97/ Nov-Des.
54. Shilan Shaikhamadi, Fayegh Yousefi, Parvaneh Taymori, Daem Roshani.(2017). The relationship between Internet addiction with depression and anxiety among Iranian adolescents. Chron Dis J 2017; 5(2): 41-9.
55. Karo Servatyari1, Fayegh Yousefi, Hajar Kashefi, Mohammad Pedram Bahmani1, Maryam Parvareh2018, Sahar Servatyari3(2018). The survey of test anxiety level among the students of kurdistan university of medical sciences and its related factors in the academic year of 2016. International Journal of Health Medicine and Current Research, 3, (01), 730-741.
56. Soleiman Mohammadzadeh, Tina Kaveh Ahangari, Fayegh Yousefi (Correspondence Author, 2019). The effect of memantine in adult patients with attention deficit hyperactivity disorder. Hum Psychopharmacol Clin Exp;34:e2687. <https://doi.org/10.1002/hup.2687>.

#### **F: Books:**

1. Yousefi Fayegh. (1983). Dictionary of synonyms, antonyms and homonyms, Iran, Tehran·Rahnema publication.
2. Yousefi Fayegh. (1996). Hypnotherapy, Iran, Sanandaj: Hajar publication 3.
3. Yousefi Fayegh (1998). Depression in GP
4. Yousefi Fayegh (2012). Depression among children and adolescence, Sanandaj: College Press,
5. Yousefi Fayegh .( 2010). Depression, Test anxiety, Memory and Academic achievement, German: LAMERT press.
6. Yousefi Fayegh (2014) Back to life, CBT in psychotic patients. Tehran: Jahad of University Press.2015
7. Yousefi Fayegh./(2017). Clinical guide to ADHD , Tehran : Royan Pajjoeh

#### **M . Clinical activities on state and private:**



- 1 Working with counseling center of Education office in Kurdistan province as psychotherapist from 1998 to 2000.
2. Working with counseling center of Welfare organization in Kurdistan province as psychotherapist from 1998 to 2000.
3. Cooperation with the counseling center of police office in Kurdistan province as psychotherapist from 1999 to 2001.
4. As a psychologist working with the police department in Kurdistan province from 2000 to 2002.
5. As a psychologist working with the Kurdistan Physical Education from 2000 to 2002.
6. Collaboration with IRIB Kurdistan as a psychologist about 70's radio voice and TV from 1993 to 2005.
7. Activities at the Razzi Counselling Center, from 2000 to 2005.
8. Working with Kurdish Red Crescent and address mental health concepts in 2000.
9. Working with the prisons organization of Kurdistan as psychologist from 1994 to 1995.
10. As a psychologist working with organizations and interviewers employed in 2001.
11. Cooperation with Kurdistan's' Justice as a psychologist and lecturer from 2001 to now (2014).
12. Supervisor of project monitoring the mental health of students at Medical Sciences Universities in the West Country in 2015.
13. Working as Psychotherapist in Gods Psychiatry Hospital from 2010 to 2014 , Sanandaj- Iran
14. Working as Psychotherapist in Bessat Hospital and Special clinic from 2014 to Present , Sanandaj- Iran .