



Curriculum Vitae

Fatemeh zarei

Page | 1 Born in Qazvin, Iran, 19.feb 1978 Marital status: Married Associate professor
Health Education Department, Health Promotion, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran,
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Educational background

2019- fellowship of Learning Electronic, Shiraz University of medical sciences
2013 PhD of health education and promotion
2010 PhD. candidate of health education, Iran University of medical sciences, Tehran. Iran
2006 M.s of Health Education. Iran University of Medical Sciences, Tehran. Iran 2003 BS
of Public Health. Tehran University of Medical Sciences, Tehran. Iran

Awards and Scholarships

- Iranian full scholarship for Bachelor, Master and PhD degrees.
- Nominated for Second rank of entrance exam for being as Ph.D. candidate in health education First Rank Graduated in Master of Health Education, Iran University of Medical Sciences.
- Fifth Rank of Entrance Exam for Master Science in health education.

Employment Experience

- From 2016 until now: Faculty member of Health Education and Health Promotion Department, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran
- 2015- 2016 Assistant professor Health Education Department, Zanjan University of medical sciences
- 2011-2013 collaboration with health education & promotion office in ministry of health, Tehran Iran
- 2010-2012 collaboration with Tehran municipality, district as representative of policy council of safety community, social damage working group
- 2008-2012 Lecturer in Health Education. School of Public Health, Qazvin University of Medical Sciences, Iran.
- 2008 Secretariat of Health Promotion Research Unit, School Of public health, Qazvin University of Medical Sciences, Iran.
- 2009 Invited lecturer In Qazvin Alborz University, Iran
- 2007-2009 Invited lecturer In Qazvin Dehkoda University, Iran

Conference Presentations

No.	Presenter(s)	Title of Presentation	Conference Details	Presentation Type
1	F. Zarei	Art as a Tool and Bridge for Health Promotion	22nd IUHPE World Conference on Health Promotion and Health Education, Curitiba, Brazil, 2016 May	Oral conference presented
2	F. Zaire et al	Health Promotion Conference in Thailand 2013	-	-
3	F. Zaire et al	Essential Skills of Information, Education, and Communication for all Health Workers 2011	Medical Education Congress in Kerbela, Iraq	Oral acceptance presentation
4	F. Zaire et al	An Equity and Diversity Perspective towards Health Research Capacity Building	8th International Congress of Health Education & Promotion in Iran, Tabriz, Iran	Poster acceptance presentation
5	F. Zaire et al	Equity in Health	The First Asia Pacific Conference in Health Education and Health Promotion, Japan	Oral acceptance presentation
6	F. Zarei	Health Promotion Hospital	The First Asia Pacific Conference in Health Education and Health Promotion, Japan	Oral acceptance presentation
7	F. Zarei et al	Curriculum Evaluation of Operating Field Based on the Opinions of Students in QUMS	Qazvin University of Medical Sciences	Poster acceptance presentation
8	F. Zarei	Healthy Patient in Healthy Hospital as New Approach	9th IUHPE European Conference, Turin, Italy 2006	Poster acceptance presentation
9	F. Zarei	Health Promoting Hospital	Third Health Education and Promotion Congress, Hamadan, Iran	Oral acceptance presentation
10	F. Zarei et al	Survey of Lifestyle Based on Food Habits in Medical College Students	First Congress of Social Indicators of Health, Gilan University Medical Sciences, Iran	Poster acceptance presentation
11	F. Zarei	Media Health literacy	12 th Congress of HEHP and the second Congress of health literacy /Mashhad 2023	Invited speaker
12	F. Zarei	Digital self-care farmwork	12 th of Congress of self-care / Tehran 2024	Invited speaker

Publication

1. Development of a web-based patient decision aid for myopia laser correction method BMC Medical Informatics and Decision Making 24(1):2024
2. Interplay of self-care, self-efficacy, and health deviation self-care requisites: a study on type 2 diabetes patients through the lens of Orem's self-care theory BMC Primary Care 25(1)-2024
3. Efficacy of mobile-based educational intervention using Instructional Systems Design in promoting preventive behaviors for sexually transmitted infections among Iranian women: a randomized controlled trial BMC Public Health 24(1):2024
4. Prerequisites of sexual health literacy promoting service: a qualitative study in Iran BMC Health Services Research
5. Design and psychometric properties of a tool to assess the knowledge, attitude and practice of health care workers for infodemic management (KAPIM-Tool) BMC Health Services Research
6. Factors predicting oral health behaviors among students age 13-15 years in Shushtar city, Iran BMC Oral Health
7. Evaluation of a mobile-application educational intervention on the knowledge, attitude, and practice of patients in postoperative care for lumbar disk herniation surgery: A randomized control trial SAGE Open Medicine 11:2024
8. Preventive Behaviors of Iranian Women Toward Sexually Transmitted Infections: A Perspective of Motivation Protection Theory Journal of Education and Community Health 10(3):120-127
9. A mobile-based educational intervention on media health literacy: A quasi-experimental study Health Promotion Perspectives 13(3):227-236 2024
10. Managing the Infodemic; The Power and Pitfalls of Metaphors Health Education and Health Promotion 2023
11. Improve the cervical cancer prevention behaviors through mobile-based educational intervention based on I-CHANGE model: study protocol for a randomized controlled trial Trials23(1):2022
12. Development and psychometric properties of a tool to assess Media Health Literacy (MeHLit) BMC Public Health 22(1):2023
13. Motivation for protection in sexual relationship during the COVID-19 quarantine: analysis of the sociodemographic variables of the Iranian population BMC Public Health 22(1):2022
14. Educational interventions to improve women's preventive behavior of sexually transmitted infections (STIs): study protocol for a randomized controlled trial Trials2022 23(1):2
15. Measuring health literacy: A systematic review and bibliometric analysis of instruments from 1993 to 2021 PLoS ONE 17(7 July)
16. Breast Cancer Prevention Behaviors In women with low levels of health literacy of Reproductive Age: Application of Health belief Model Journal of Health Literacy 7(2):59-68
17. The status of sexual health literacy in Iranian women: A cross-sectional study Journal of Nursing and Midwifery Sciences 9(2):132-139
18. Translation and psychometric properties of the cervical cancer screening self-efficacy scale Iranian Journal of Health Education and Health Promotion 10(1):31-42 2022
19. Effective Factors on Women's Social Exclusion After Divorce From the Viewpoint of Tehran Residents Journal of Education and Community Health 9(1):54-592022
20. Effects of the COVID-19 pandemic on lifestyle among Iranian population: A multicenter cross-sectional study Journal of Research in Medical Sciences 27(1):22 2022
21. Design and Psychometrics of a Questionnaire on COVID-19 Preventive Behaviors Evaluation based on the Health Belief Model Health Education and Health Promotion10(2): 2022

22. Predictors of Sexual Satisfaction based on the Information Motivation-Behavioral Skills Model in Iranian Men Health Education and Health Promotion10(2):2022
23. A blended educational intervention program on Pap-test related behavior among Iranian women Reproductive Health 18(1):2021
24. Application of the PRECEDE -PROCEED model in prevention of brucellosis focused on livestock vaccination process BMC Veterinary Research 2021 17(1)
25. Psychometric properties of health literacy measures in Persian biomedical literature: A systematic review Payesh 20(6):773-7852021
26. Design and Psychometrics of Tools for Measuring the Consequences of Virtual Social Networks on Married Life Iranian Journal of Health Education and Health Promotion 9(4):350-359 2021
27. Promoting spiritual health: Using poetry as a coping strategy for Iranian women post-divorce Book Chapter Arts and Health Promotion: Tools and Bridges for Practice, Research, and Social...:41-52 2021
28. A mobile-based educational intervention on STI-related preventive behavior among Iranian women Health Education Research 36(2):212-223 2.12021
29. Mapping routine measles vaccination in low- and middle-income countries Nature 589(7842):415-4192021
30. Knowledge, attitude, practice, and self-efficacy of women regarding cervical cancer screening Obstetrics and Gynecology Science 64(2):216-225 22021
31. The role of knowledge, risk perceptions, and cues to action among Iranian women concerning cervical cancer and screening: a qualitative explorationBMC Public Health20(1):2020
32. Exploring Iranian individual's perception toward divorce after disability related to spinal cord injury Spinal Cord Series and Cases6(1):2020
33. A mobile-based educational intervention on sexo-marital life in Iranian men with spinal cord injury: a randomized controlled trial Spinal Cord58(11):1189-11962020
34. The effect of counseling based on Bandura's self-efficacy theory on sexual self-efficacy and quality of sexual lifeWomen and Health60(4):473-486 1.22020
35. Exploring the Role of Religious Teachings in Iranian Women's Sexual Life Scenarios Sexuality and Culture24(1):197-208 1.22020
36. Estimating global injuries morbidity and mortality: Methods and data used in the Global Burden of Disease 2017 studyInjury Prevention26(1): 1125-11532020
37. The Prevalence of Internet Addiction and Its Associated Factors Among Iranian Adults Iranian Rehabilitation Journal18(2):163-170 2020
38. Faculties perceive job motivation beyond their self-interests: Emphasis on community-based motivators Health Education and Health Promotion8(1):43-502020
39. Health related startup: A virtual context for capacity building Health Education and Health Promotion8(1):1-32020
40. Comparison of the Effect of Verbal and Nonverbal Education Based on Self-Efficacy Theory on the Self-Efficacy of Osteoporosis Prevention Behavior in Brides Who Were Referred to Pre-Marriage Counselling Center in Zanjan in 2017 Iranian Journal of Health Education and Health Promotion6(4):358-366 2019
41. Translation and psychometric properties of the sexually transmitted infection prevention scales in femalesPayesh18(2):183-189 2019
42. Consequences of Online Social Networks on the Life of Couples: A Qualitative Study Social Online Network Consequences Iranian Journal of Health Education and Health Promotion7(1):30-452019
43. Development and psychometric properties of sexual health literacy for adults (SHELA) questionnaireHAYAT25(1):56-692019

44. Perceived challenges of the school's iron aid national plan from stakeholder perspectives Tehran University Medical Journal 77(4):257-266 2019
45. Comparison of peer led and teacher led oral health educational program among students Brazilian Journal of Oral Sciences 18:1-11 2019
46. Effect of Educational Intervention on Appropriate Weight Gain in Pregnant Women: A Primary Prevention Approach Health Education and Health Promotion 7(4):197-203 2019
47. How Iranian Women Conceptualize the Role of Cultural Norms in Their Sexual Lives Sexuality and Culture 22(4):1376-1390 2018
48. The effectiveness of group counseling based on Bandura's self-efficacy theory on sexual function and sexual satisfaction in Iranian newlywed women: A randomized controlled trial Applied Nursing Research 42:62-69 2018
49. Personal, family and societal educational needs assessment of individuals with spinal cord injury in Iran Neurosciences 23(3):216-22 2018
50. Development of a Sexual Needs Rehabilitation Framework in Women Post-Spinal Cord Injury: A Study from Iran Archives of Physical Medicine and Rehabilitation 99(3):548-554 2018
51. Factors associated with sexual dysfunction in newly married women referred to the urban health centers of Zanzan, Iran: A cross-sectional study International Journal of Women's Health and Reproduction Sciences 6(4):477-482 2018
52. Development and psychometric properties of social exclusion questionnaire for Iranian divorced women Iranian Journal of Public Health 46(5):640-649 2017
53. How do Iranian people with spinal cord injury understand marriage? Topics in Spinal Cord Injury Rehabilitation 23(1), pp. 71-77 2017
54. Exploring the factors affecting Iranian women's quality of sexual life 22(2):185-200 2016
55. Explanation of unwanted pregnancy from the perspective of family planning service providers: An exploratory study Iranian Journal of Obstetrics, Gynecology and Infertility 19(12):18-26 2016
56. Sexuality research in Iran: A focus on methodological and ethical considerations Iranian Journal of Public Health 44(7):979-986 2015
57. How a Divorcee's Sexual Life Is Socially Constructed and Understood in the Iranian Culture Journal of Divorce and Remarriage 55(5):335-347 2014
58. How Does Divorce Affect Iranian Women's Sexual Well-Being? Journal of Divorce and Remarriage 54(5):381-392 2013
59. The PedsQL™ Oral Health Scale in Iranian children: Reliability and validity International Journal of Paediatric Dentistry 21(5):342-352 2011
60. Health-related quality of life in Iranian patients with multiple sclerosis: A cross-cultural study Neurologia i Neurochirurgia Polska 43(6):517-526 2009

Books

Book Title	Year	Publisher
Translation of the Health Promotion Glossary	2024	IEC.Gov
Global Perspectives on Children's Health Literacy	2023	Springer
Glossary of Health Promotion	2021	Translation into Persian 2023
Digital Media & Health	2012	Sobhan Press Tehran Iran
After Divorce	2014	Masgh-e-shab Press Tehran Iran
Mental Health based on Sahifiye sajadiyeh	2017	Press Tehran Iran
Arts and Health Promotion: Tools and Bridges for Practice, Research, and Social Transformation; Chapter 8	2020	Springer
Translation of Health Promotion Foundation	2021	Jansoz Press
Sexual Health Education for Patient with Breast Cancer	2021	Masgh-e-shab Press Tehran

Research Projects

Row	Title	University	Approval Date	End Date	Status/Type
.1	Designing and Psychometric Evaluation of a Critical Appraisal Tool for Assessing KAP Peer Studies in Cancer Patients	Shahid Beheshti	-	2022/11/25	Approved, Pending Execution
.2	Investigating the Impact of Education based on the Health Belief Model on Preventive Behaviors of COVID-19 in Industrial Workers in Khomein	Arak	2021/08/17	2022/10/12	Completed
.3	Designing a Tool and Analyzing the Mental Health Status of Working Women in the Oil Industry and Analyzing the Mental Health of Men in the Petroleum Refining and Distribution Company and Providing Suggestions for Improvement	Iran	2021/01/14	-	Monitoring/Execution
.4	Investigating the Impact of COVID-19 on the Lifestyle of Iranians in 2020	Golestan	2020/12/3	2021/06/30	Completed
.5	Studying the Sexual Relationships of Married Iranians Based on the Protection Motivation Theory and Related Factors during Home Quarantine for COVID-19 in 2020	Tehran	2020/04/15	2021/04/15	Completed
.6	Evaluation of Employees' Perceptions of Safety Culture in a Steel Rolling and Parts Manufacturing Plant based on the Health Belief Model (HBM)- 2011	Iran	2011/03/23	2011/08/16	Completed
.7	Developing Program for Health Promoting Hospitals in Qazvin Hospitals	QUMS	-	-	Completed
.8	Internal Evaluation for School of Public Health Group, Qazvin University of Medical Sciences	QUMS	-	-	Completed
.9	Share of Developing Countries in Editorial Boards of International Public Health Journals by International Health Working Group	QUMS	-	-	Completed
.10	Anthropometric Evaluation of Puberty Among All Girls Students of Several Schools in Qazvin City	QUMS	-	-	Completed

Advisor and Counseling thesis and Dissertation

- 1- Proposed Solution toolbox for female school students nutritional behaviors **PhD thesis Supervisor**
- 2- Mobile application for preventive behavior related to Microplastic management **Msc Dissertation Supervisor**
- 3- Design and assessment of a preventive behavioral training program for Sexual Transmitted Infections among women **PhD thesis Supervisor**
- 4- Design, implementation, and evaluation of theory-based educational intervention to promote cervical cancer prevention behaviors **PhD thesis Supervisor**
- 5- The effect of an educational intervention based on a mobile educational application on the nutritional behaviors of female high school students in Qom **Msc Dissertation Supervisor**
- 6- The effect of educational intervention on promoting health-oriented adult media literacy based on mobile application **Msc Dissertation Supervisor**
- 7- Designing, implementation and evaluation of educational intervention program using mobile application regarding caring behavior on postoperative in patients undergoing lumbar disc herniation surgery in Fayaz-Bakhsh Hospital. **Msc Dissertation Supervisor**
- 8- Design, implementation and evaluation of educational intervention through Patient Decision Aid (PDA) to select the method of correcting nearsightedness, Farabi Hospital, Tehran, **Msc Dissertation Supervisor**
- 9- The effect of educational intervention based on Motivation- Prevention Theory (PMT) through Mobile-app to promoting preventive behaviors of sexually transmitted infections (STIs) among women in Tehran **Msc Dissertation Supervisor**
- 10- Explaining the consequences of being in virtual social networks on the lifestyle of couples in Zanjan city **Msc Dissertation Supervisor**
- 11- The effect of counseling based on sexual self-efficacy on sexual performance and sexual satisfaction of newly married women, a randomized controlled clinical trial.
- 12- Investigation of the prevalence of sexual dysfunction in women of reproductive age in Zanjan city, **Msc Dissertation Supervisor**
- 13- Designing, implementation and evaluation of an educational intervention regarding preventive behaviors of Covid 19 among health liaisons of shemiranat health network 1399-1400 **Counseling of .Msc Dissertation**
- 14- Design, Implementation and Evaluation of an Educational Intervention Based on Health Belief Model in COVID-19 Preventive Behaviors among teachers of Karaj city 1399-1400 **Counseling of .Msc Dissertation**
- 15- Design, Implementation and Evaluation of an Educational Intervention Based on Health Belief Model in Breast Cancer Preventive Behaviors among Women in Reproductive age Referring to Health Care Centers in Qazvin, **Counseling of .Msc Dissertation**
- 16- Design, Implementation and Evaluation of a Cervical Cancer Prevention Behavior Training Program for Women of Reproductive Age 18-49 in Andimeshk in 2019-2020 **Counseling of .Msc Dissertation**
- 17- effect of educational intervention on gestational weigh gain of pregnant women referring to Khorram Darreh health care centers in 1397- 1398: Based on primary prevention approach. **Counseling of .Msc Dissertation**
- 16- Investigating the Effect of Educational Intervention on the Principles of Ergonomics working with computer among health care workers in Comprehensive health centers of Sirjan City 2017-2018 **Counseling of .Msc Dissertation**
- 17- Comparison of two methods of Peer education and classical education on the improvement of oral health behaviors of female student of 6threagioniofTeharan **Counseling of .Msc Dissertation**
- 18- The effect of educational intervention based on self-efficacy theory on adherence in self-care behavior of oral and dental health students of Kashan city **Counseling of PhD thesis**

- 19- Design and Evaluation of an educational-supportive program based on Orem Model on self-care behaviors and HbA1c level in type 2 diabetic patients. **Counseling of PhD thesis**
- 20- Exploring the process of nursing faculty members' competency achievement in e-learning and designing the promotion model **Counseling of PhD thesis**
- 21- Designing and evaluating a program for promoting sexual satisfaction in married men in Sanandaj City Based on IMB model **Counseling of PhD thesis**
- 22- The effect of family-centered theory-based intervention to promote preventive behaviors iron deficiency anemia on the primary students in Kabul **Counseling of PhD thesis**

Professional Qualifications & Membership

- Assistant of chief editor and Editorial Board Member of Health Education and Health Promotion Journal. [Link to Journal 2016-Now](#)
- Editorial Board Member of International Journal of Medical Sciences and Nursing Research 2021-2022
- Head of Health Working Group of Iranian Women Association.
- Member of Iranian Women Association of Iran.
- Member of the Board of Health Education and Promotion Association of Iran, 2010-2023.
- Member of the Policy Council of Safety Community of District 2017, Tehran Municipality, Iran.
- Member of the Health Literacy Committee of the Ministry of Health, Iran, 2022-2023.
- Member of the International Union for Health Promotion and Education (IUHPE) from 2010-2017.
- Reviewer and Scientific Committee Member in the First International Congress of Health Literacy 2023, Mashhad, Iran.
- Reviewer and Scientific Committee Member in the 11th National Congress of Self-Care 2023, Tehran, Iran.
- Reviewer in the 8th Festival of Health & Media, Ministry of Health, Tehran, Iran, 2012.
- Reviewer and Scientific Committee Member in the 2nd National Congress of Health Education & Promotion, Kerman University of Medical Sciences, Kerman, Iran, 2014.
- Reviewer in the 9th Festival of Health & Media, Ministry of Health, Tehran, Iran, 2012.
- Reviewer in the 8th Student Congress of Social Determinants of Health, Tehran University of Medical Sciences, Tehran, Iran, 2010.
- Collaborated with IRIB, Radio Salamat, as a narrator for 8 months.

Workshop /webinars List of several workshop/webinars conducted as instructor and trainer from 2019 to 2023

- Content Creation in Health Education
- Ai in health Education
- RCCE risk communication and community infection
- Health Literacy
- Media Health Literacy
- Infodemic-management
- Health education and promotion strategies
- Application of Chrome Extensions in academic Research
- Toolbox for CC content creation
- Toolbox for a Researcher in medical sciences Digital

Content Creation and Multimedia Expert

- Skilled work with Camtasia, Mirro, Giti mind, audacity, Canva, and many online authorship tools and platform
- Skilled in visualization
- Skilled in making digital booklet
- Making Podcast as a podcaster of Pubreado: <https://shenoto.com/channel/podcast/Pubreado>
- Skilled in references management software/platform: Zotero, Mendely, End Note
- Skilled in developing android based application mobile

- Skilled in moderating online webinar **Language skills**
- Familiar with Arabic
- Skilled in English (Read and write well)

Social Media

- ResearchGate <https://www.researchgate.net/profile/Fatemeh-Zarei>
- Googlescholar: <https://scholar.google.com/citations?user=MYFU8QEAAAAJ&hl=en&authuser=1>
- <https://orcid.org/0000-0003-1561-3646>
- <https://www.webofscience.com/wos/author/record/ITU-6189-2023>
- <https://www.linkedin.com/in/fatemeh-zarei-047109279/>
- <https://www.scopus.com/authid/detail.uri?authorId=15766784900>
- <https://www.semanticscholar.org/author/F.-Zarei/4124650>