



## Kerman University of Medical Sciences



### Curriculum Vitae

#### Personal information:

**NAME:** Ehsan

**SURENAME:** Movahed

**ADDRESS:** Kerman

**E-mail:** [Ehsanmovahed89@yahoo.com](mailto:Ehsanmovahed89@yahoo.com)

**CELL PHONE:** +989133908319

**TELEPHONE:** +983432133151

**DATE OF BIRTH:** September 23, 1981

**NATIONALITY:** Iranian

**GENDER:** Male

**MARITAL STATUS:** Married

#### Education Records:

##### E-Learning Fellowship:

Shiraz university of medical sciences, 2023

##### Ph.D.:

From: Department of Health Education and Promotion, Faculty of School, Yazd University of Medical Sciences (YUMS), Yazd, Iran.

Student of Health Education and Promotion

Thesis: Design, Implement & Evaluate the effects of an empowerment program based on the Information, Motivation, and Behavioral Skills Model (IMB) over the treatment regimen



Adherence among PWHIV referring to the Behavioral Diseases Counseling Center in Kerman.

April 2019

**MPH**

From: Faculty of Public Health, Kerman University of Medical Sciences, Kerman, Iran.

Student of Health System Reform Management

Thesis: Evaluation of referral system in family physician program in Jirof University of Medical Sciences

2011-2013

**M.Sc.:**

From: Department of Health Education and Promotion, Faculty of School, Tehran University of Medical Sciences (TUMS), Tehran, Iran

Student of Health education and Promotion

Thesis: Self-Medication drug in high school students in Iran

2009-2011

**B.Sc.:**

From: Faculty of Public Health, Kerman University of Medical Sciences, Kerman, Iran.

Student of Public Health

2004-2006

**Work experiences:**

1. Design of educational package for adherence to diet therapy in HIV positive patients in 2018. F.g: Compilation of nutrition-exercise and medicine book for HIV-positive patients, compilation of educational booklet for message, scenario and pamphlet design in educational media in 2019

2. Making an educational-skill video of following the treatment regimen and sending it to the target population of HIV patients in Kerman city and the positive club in 2019

3. Compilation an advocacy program with policymakers in 2024

4. I have been teaching in Jiroft University of Medical Sciences Payame Noor University; 90 credits in 2010-2025



5. I hold 16 workshops in essay writing and searching, Advocacy, Message, scenario and pamphlet design in 2017-2025

6. I participated in 60 workshops about :

- Aessay writing
- Systematic review
- How to communication with the peer-reviewers
- AMOS
- Advanced research method
- Endnote, Rescue
- Search bases
- First Aaid
- Operational Planning
- Advocacy
- Mendely, in 2014-2021

7. I was an expert in charge of expanding health care networks at the health center

8. Expert in charge of research in the Deputy of Research

### **Research Projects:**

1.The effect of empowerment program based on information model, motivation and behavioral skills (IMB) on adherence to medication regimen among HIV positive patients in Kerman

2. Evaluation of the effect of educational program based on self-regulation theory in the prevention of alcohol consumption in second grade high school students in the south of Kerman province

3. Evaluation of perceived anxiety and stress regarding coronary heart disease in people referring to comprehensive health centers in southern Kerman

4. Investigating the factors related to the tendency to perform preventive behaviors for coronary heart disease in adults in the southern region of Kerman using the theory of protection motivation in 1399

5. Study of coping styles with stress in the family and relatives of probable and definite cases of coronary heart disease in the southern region of Kerman province according to the interactive stress model of Lazarus and Folkman in 1399



6. Explain the experiences of managers, health care workers and patients of the challenges of prevention and control of coronary heart disease in southern Kerman
7. Investigating the relationship between the readiness of hospitals in the southern region of Kerman and their resilience to new coronavirus in 1399
8. Evaluation of knowledge and practice of staff of hospitals and health centers affiliated to Jiroft University of Medical Sciences regarding waste management in coronary heart disease
9. Raw and standardized age incidence of 5 common cancers in Jiroft University of Medical Sciences during 2014-2017
10. Evaluation of IgM and IgG antibody responses in patients with Covid-19 in southern Kerman province
11. Evaluation of complications of Covid-19 vaccines in health workers and people over 80 years old in the south of Kerman province in 1400
12. The relationship between chronic urticaria and Helicobacter pylori infection in patients referred to the clinic of Imam Khomeini Hospital in Jiroft from 1996 to 1998
13. Application of the theory of planned behavior in predicting industrial drug use behaviors in the age group of 11-29 years in Yazd in 2016
14. Investigation of lifestyle and high-risk behaviors in drivers referring to Yazd freight terminal in 2016
15. Study of coping styles with stress in the family and relatives of probable and definite cases of coronary heart disease in the southern region of Kerman province according to the interactive stress model of Lazarus and Folkman in 2020
16. Investigating the factors related to the tendency to perform preventive behaviors for coronary heart disease in adults in the southern region of Kerman using the theory of protection motivation in 2020
17. Determining the relationship between the readiness of hospitals in the southern region of Kerman and their resilience to new coronavirus in 2020

**Publications (Books):**

1. Cancer image in Jiroft University of Medical Sciences
2. Nutrition, exercise and medicine and skills to use it in HIV-positive patients: Application of the IMB model



### 3. Health from the perspective of the Quran and Islam

4. Familiarity and prevention of HIV

5. Message design instructions, pamphlets, posters, scenarios with practical examples

6. Principles of health planning

7. Self-care in Covid-19

#### **Publications (Articles):**

1. **Movahed E**, Morowatisharifabad MA, Farokhzadian J, Nikooie R, Hosseinzadeh M, Askarishahi M, Bidaki R. Antiretroviral therapy adherence among people living with HIV: directed content analysis based on information-motivation-behavioral skills model. *International quarterly of community health education*. 2019 Oct;40(1):47-56.

2. Morowatisharifabad MA, **Movahed E**, Nikooie R, Farokhzadian J, Bidaki R, Askarishahi M, Hosseinzadeh M. Adherence to medication and physical activity among people living with HIV/AIDS. *Iranian journal of nursing and midwifery research*. 2019 Sep;24(5):397.

3. Morowatisharifabad MA, **Movahed E**, Farokhzadian J, Nikooie R, Hosseinzadeh M, Askarishahi M, Bidaki R. Antiretroviral therapy adherence and its determinant factors among people living with HIV/AIDS: a case study in Iran. *BMC research notes*. 2019 Dec;12(1):1-5.

4. Morowatisharifabad MA, **Movahed E**, Farokhzadian J, Nikooie R, Askarishahi M, Bidaki R, Hosseinzadeh M. Antiretroviral therapy adherence based on information, motivation, and behavioral skills model and its association with depression among HIV-positive patients: Health promotion strategy towards the 909090 target. *Journal of education and health promotion*. 2019;8.

5. Zareipour M, **Movahed E**, Sadeghi R, Sotoudeh A, Sadeghi S, Ameri M. Evaluation of anthropometric indices, eating habits, and their relationship with CD4 level in individuals with



6. Asadian A, Fattahi Ardakani M, Sotoudeh A, Zareipour M, **Movahed E**. Determinants of Sailors' Protective Behaviors in Fishing Spots against the Risks of Sunlight and Skin Cancer: A Qualitative Study in Iran. *Journal of Skin Cancer*. 2021 Jul 17;2021.
7. Zareipour MA, Ardakani MF, Moradali MR, Jadgal MS, **Movahed E**. Determinants of COVID-19 Prevention Behavior in the Elderly in Urmia: Application of Health Belief Model. *Open Access Macedonian Journal of Medical Sciences*. 2020 Dec 25;8(T1):646-50.
8. Ameri M, **Movahed E**, Farokhzadian J. Effect of information, motivation, and behavioral skills model on adherence to medication, diet, and physical activity in HIV/AIDS patients: A health promotion strategy. *Journal of Education and Health Promotion*. 2020;9.
9. Zareipour M, Jadgal MS, **Movahed E**. Health ambassadors role in self-care during COVID-19 in Iran. *Journal Mil Med*. 2020 Aug 19;22(6):672-4.
10. Morowatisharifabad MA, **Movahed E**, Farokhzadian J, Nikooie R, Hosseinzadeh M, Askarishahi M, Bidaki R. Antiretroviral therapy adherence based on information, motivation, and behavioral skills model and its association with depression among HIV-positive patients: Health promotion strategy towards the 90/90/90 target. *Journal of Education and Health Promotion*, 2019, 8(1), 269784
11. Morowatisharifabad MA, **Movahed E**, Farokhzadian J, Nikooie R, Hosseinzadeh M, Askarishahi M, Bidaki R. Depression and physical activity among HIV-positive people: Integrated care towards 90-90-90. *HIV and AIDS Review*, 2019, 18(2), pp. 131–136
12. Evaluation of the referral system in Iran's rural family physician program; a study of Jiroft University of Medical Sciences
13. The Study of Life's Quality and its Effective Factors on the Health Center's Personnel
14. The Effect of Religious Care by the Clergyman next to the Patients' Bedside on their Depression and Anxiety



15. Application of the Theory of Planned Behavior to Predict Drug Abuse-Related Behaviors among Adolescents
16. Overweight, Obesity and Related Factors in 7 to 11-year-Old Female Students in Robat-Karim, Iran in 2014.
17. Predictors of Physical Activity in Older Adults in Northwest of Iran
18. The relationship between marital satisfaction and men's awareness and practice towards PMS among couples in Kerman
19. Application of the Theory of Planned Behavior to Predict Drug Abuse Related Behaviors
20. Effect of Education on Physical Activity among the Rural Elderly in Zabol City
21. The Effect of educational Intervention about lifestyle modification on knowledge, attitude and behavior of blood pressure control in patients with hypertension in Urmia
22. The relationship between marital satisfaction and men's awareness and practice towards PMS among couples in Kerman
23. Evaluation of the referral system situation in family physician program in Jiroft University of medical sciences
24. Study of Mental health and its Relationship with Family Welfare in Pre-university Students in Salmas City in 2010
25. The Effect of Health Belief Model-Based Training (HBM) on Self-Medication among the Male High School Students
26. Drivers' life quality, marital satisfaction, and social support in cargo terminal of Yazd city
27. Experiences of Health Providers and patients in COVID-19: A SWOT analysis
28. Reviewing the relation between social support and blood sugar control in fielders with diabetes type 2
29. Incidence rate of cutaneous leishmaniasis in Chabahar within 2008-2010
30. Prediction of delivery type based on the theory of planned behaviors
31. Evaluation of effectiveness of education based on the theory of planned behavior on fruit and vegetable consumption of rural women of Chabahar
32. Health promoting behaviors and their relationship with self-efficacy of health workers



33. Predictive Factors Related to the Waste Collection Behavior in Kerman City based on the Health Belief Model
34. Factors related to physical activity based on “BASENF Model” in Kerman university of medical sciences students
35. Predictive control high blood pressure in patients with hypertension based on health belief model in Kerman in 2015
36. HEALTH BELIEF MODEL, THE EFFECT OF HEALTH BELIEF MODEL-BASED TRAINING ON SELF-MEDICATION AMONG THE MALE HIGH SCHOOL STUDENTS
37. The Relationship between the Intensity of Premenstrual Syndrome Symptoms and Marital Satisfaction among the Couples of Kerman City
38. Evaluation of The Frequency of Clinical Manifestations of Premenstrual Syndrome in Young Married Women in Kerman
39. Determinants of COVID-19 Prevention Behavior in the Elderly in Urmia: Application of Health Belief Model
40. Role of self-care in diabetic patients during COVID-19 pandemic
41. Effect of information, motivation, and behavioral skills model on adherence to medication, diet, and physical activity in HIV/AIDS patients: A health promotion strategy
42. Assessment of Fear of Falling and its Relation to Balance in Elderly People of Urmia

**Teaching Experiences:**

1. Health systems in Iran and the world for B.S students in Public Health in Jiroft University of Medical Sciences
2. Special health internship for medical students
3. Methods of changing and modifying behavior for Payame Noor University
4. Principles of health and first aid for Payame Noor University
5. Family and population knowledge for B.S students in Public Health in Jiroft University of Medical Sciences
6. Human ecology for B.S students in Public Health in Jiroft University of Medical Sciences



7. Health Economics in Jiroft University of Medical Sciences

8. Professor of Medical Student Thesis for medical student

9. Internship in the field for B.S students in Public Health in Jiroft University of Medical Sciences

**Conference Presentations:**

	<b>Title</b>	<b>Conference</b>	<b>Year</b>	<b>Conference type</b>	<b>Oral/Poster</b>	<b>Author</b>
1	Youth addiction and positive solutions	First International Student Addiction Congress	2011	International	Poster	Second
2	Depression and its association with physical activity	Hospital management and health care	2020	International	Oral	First
3	Family Physician, referral system and solutions	The first international family Physician seminar	2015	International	Poster	First
4	The effect of induction hypothyroidism on carcass quality and performance in lamb.	Eighth International Congress on Health Education and Health Promotion	2017	International	Poster	First
5	Environment, health	The first national conference on natural environment	2014	Nationajl	Oral	Second
6	New technologies in health education and health promotion (environment, behavior)	Fifth National Congress of Health Education and Health Promotion	2012	Nationajl	Poster	First
7	Health of body and soul	Third National Congress and Eighth International Congress on Health Education and Health Promotion	2016	International	Poster	First
8	Health of mothers, family, community	Ninth Conference on New Health Sciences	2014	Nationajl	Poster	First
9	Research achievements	Fourth Conference on Research Achievements	2014	Nationail	Poster	First
10	Environment, health	The first national conference on natural environment	2014	Nationail	Poster	First
11	New technologies in health education and health promotion	Fifth National Congress of Health Education and Health	2013	Nationail	Poster	First



(environment, behavior)  
Youth health

Promotion  
National Conference on 2017 National  
Youth Health Poster First

**Awards:**

- 1.I was ranked 6<sup>th</sup> in PhD and 8<sup>th</sup> in Masters' National Konkoor exams in health education and promotion.
- 2.I have 6 published textbooks
- 3.I obtained a score of 70 in the MCHE exam
- 4.I earned the title of 'top researcher employee' in 2019
- 5.My grade point average was 19.07 in PhD course
- 6.I am honored to be a member of the EDC Center of the University, the Committee on International Relations, the Committee of Quaid 19, as well as the Committee on Education and Information

**Research works (review in other countries):**

1. Optimal treatment adherence among people who started antiretroviral treatment on the same-day of HIV diagnosis is lower than among those who initiated after 7 days: a multicenter observational study in Ethiopia in **HIV/AIDS - Research and Palliative Care**
2. Determinants of Common Mental Disorders Among People Living with HIV/AIDS Attending ART Service in Southern Ethiopia in **HIV/AIDS - Research and Palliative Care**
3. Antiretroviral treatment adherence level and associated factors among adult HIV-positive patients on the appointment spacing model and routine ART programs in Hospitals of Western Ethiopia, 2019 : A comparative cross-sectional study in **HIV/AIDS - Research and Palliative Care**
4. Levels of Adherence and Associated Factors Among Children on ART Over Time in Northwest, Ethiopia: Evidence from a Multicenter Follow-Up Study in **HIV/AIDS - Research and Palliative Care**
5. Experiences and Lessons Learnt from the HIV Treat All Pilot Phase Implementation in Zimbabwe in **HIV/AIDS - Research and Palliative Care**
6. Predictors of Survival Time among Children on Antiretroviral Therapy in Dilchora Referral Hospital, Dire Dawa, Eastern Ethiopia in **HIV/AIDS - Research and Palliative Care**
7. Improving Quality of Service Among Antiretroviral Therapy Users Through Strategic Problem-Solving Approach at Bure Primary Hospital, Northwest Ethiopia in **Patient Preference and Adherence**



Incidence and Predictors of Severe Adverse Drug Reaction Among Patients on Antiretroviral Therapy in Tigray, Ethiopia: A Retrospective Cohort Study in **HIV/AIDS - Research and Palliative Care**

9. Influence of Lost to Follow Up from Antiretroviral Therapy Among Retroviral Infected Patients at Tuberculosis Centers in Public Hospitals of Benishangul-Gumuz, Ethiopia in **HIV/AIDS - Research and Palliative Care**
10. Evaluation of the Sociodemographic, Behavioral and Clinical Influences on Complete Antiretroviral Therapy Adherence Among HIV-Infected Adults Receiving Medical Care in Houston, Texas in **HIV/AIDS - Research and Palliative Care**
11. Incidence and predictors of loss to follow-up among adult HIV-infected patients taking antiretroviral therapy at North Shewa zone public Hospitals, Northeast Ethiopia: A retrospective follow-up study in **HIV/AIDS - Research and Palliative Care**
12. Predictors of Adverse Drug Reaction Among Patients in ART in Gamo Zone in **HIV/AIDS - Research and Palliative Care**
13. Adherence and Its Associated Factors Among Adult HIV-Infected Patients on Antiretroviral Therapy in South Western Ethiopia, 2020 in **Patient Preference and Adherence**
14. Predictors of Virological Failure after Adherence-Enhancement Counseling among First-Line Adults Living with HIV/AIDS in Kombolcha Town, Northeast Ethiopia in **HIV/AIDS - Research and Palliative Care**
15. Disclosure deficit among people living with HIV on ART at Nekemte Specialized Hospital Western Ethiopia in **Journal of Multidisciplinary Healthcare**
16. Diabetes Mellitus and Associated Factors Among Adult HIV Patients on Highly Active Antiretroviral Treatment in **HIV/AIDS - Research and Palliative Care**
17. Antiretroviral Therapy-Associated Metabolic Complications: Review of the Recent Studies in **HIV/AIDS - Research and Palliative Care**
18. Treatment Patterns and Predictors of Adherence in HIV Patients Receiving Single- or Multiple-Tablet Darunavir, Cobicistat, Emtricitabine, and Tenofovir Alafenamide in **Patient Preference and Adherence**
19. Level of Adherence and Associated Factors Among HIV-Infected Patients on Antiretroviral Therapy in Northern Ethiopia: Retrospective Analysis in **Patient Preference and Adherence**
20. Factors Affecting Adherence to Co-Trimoxazole Preventive Therapy in HIV/AIDS Patients Attending an Antiretroviral Therapy Clinic in Ethiopia University Hospital: A Cross-Sectional Study in Patient Preference and Adherence in **Patient Preference and Adherence**



Efficacy And Safety of Esomeprazole for the Treatment of Reflux Symptoms in Patients with Gastroesophageal Reflux Disease: A Systematic Review And Meta-Analysis in **Iranian Journal of Public Health**

22. The performance of rural family physicians in Fars province, Iran in **INQUIRY**
23. Craniofacial morphology of HIV infected adolescents in **Annals of Infectious Diseases and Therapy**
24. The Role of Serum HMGB1/Srage Levels in Pulmonary Tuberculosis: A Systematic Review and Meta-Analysis in **Iranian Journal of Public Health**
25. Determinants of Self-Medication Prevention in Women based on the Health Belief in **International Journal of Pharmaceutical Research**
26. Evaluation of Family Medicine Program in Iran: A Systematic Review in **International Journal of Pharmaceutical Research**
27. Can The First Web Space Angle Be Predictive of Carpal Tunnel Syndrome in **International Journal of Pharmaceutical Research**