

Curriculum Vitae

Personal Data

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Mahshid Foroughan, born in 1951, Tehran-Iran
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Educational qualifications:

1. Graduated in general medicine, Faculty of medicine, University of Tehran
2. Graduated in psychiatry, Faculty of medicine - Tehran University (1983)
3. Fellowship in Psycho-geriatrics sponsored by professor Taher Zandi (State University of New York) and Professor Martin Cole (Mc Gill University) in the University of Social Welfare and Rehabilitation Sciences (2000) Tehran-Iran;
4. Fellowship in psycho-geriatrics at the Department of Neurobiology, Care Sciences, And Society at Karolinska Institutet (2006), Stockholm, Sweden;
5. PhD Candidate of medical sciences in the Department of Neurobiology, Care Sciences, And Society at Karolinska Institutet (2007), Stockholm, Sweden.

History of employment and administrative positions

1. Scientific member of the Department of Psychiatry, Faculty of Medicine (Rozbeh Psychiatric Hospital), University of Tehran, 1985-1986;
2. Attending physician of psychiatric ward, Shahid Mohammadi General Hospital, 1987-1992; Hormozgan province, Iran
3. Assistant professor of psychiatry, University of Medical Sciences of Bandar Abbas (Hormozgan Province), 1992-1997;
4. Assistant professor of psychiatry, University of Social welfare and Rehabilitation Sciences (1997-2011); Tehran, Iran.
5. A scientific member of Department of Rehabilitation Management since, since 2003;
6. Director of the Department of Rehabilitation Management (2003-2005)
7. A scientific member and deputy of research in Iranian Research Center on Aging since 2002;
8. Coordinator of the Committee on residential training, Department of Psychiatry, Tehran University (1985);
9. Coordinator of PHC training program on Mental Disorders, Hormozgan Province (1995-1997);
10. Member of the Ground Council on research in the University of Bandar Abbas Medical sciences;
11. Director of the Counseling Center for medical students, Bandar Abbas Medical School (1992-1997);

12. Manager of the out-patient Psycho-geriatric Clinic, University of Social Welfare and Rehabilitation Sciences(USWRS) (1998-2003);
13. Registrar of psycho-geriatric courses, department of psychiatry, University of Social Welfare and Rehabilitation Sciences(2000-2003);
14. Director of the counseling center for college students, University of Social Welfare and Rehabilitation Sciences(1999-2006);
15. Coordinator of the Committee of Strategic Planning on Aging in USWRS (2005-2007)
16. Member of the "scientific committee on Aging in Ministry of health, treatment and Medical Education (2004-2006);
17. Scientific member of the department of Gerontology in USWRS (since 2008)
18. Board member of Rehabilitation Management post graduate education (since).
19. Board member of Gerontology post graduate education (since 2009)
20. Member of the focal research group on Community Based Rehabilitation (CBR) in USWR (2005-2007).
21. Member of National Committee on Menopause, Ministry of Health, Treatment, and Medical Education (2007).
22. Member of National Committee on Mental Health Service Planning; Ministry of Health, Treatment and Medical Education (2007)

Other experiences:

Scientific secretary and coordinator of the following assemblies:

1. A seminar on Family Violence (2002), Tehran;
2. First National congress on Gerontology (2002) Tehran, with the cooperation of French Society of Geriatrics and Gerontology;
3. A seminar on "Mental health of students and dormitory Issues' (2003), Tehran;
4. A seminar on "Alzheimer disease" (2004), Tehran;
5. Third national congress on Gerontology (2008) Tehran.
6. Editorial member of Journal of Rehabilitation since 2000;
7. Editorial member of the Iranian Journal of Aging (since 2006).
8. Scientific editor of the newsletter of Iranian Alzheimer Association

Printed articles:

9. Director of the educational committee of Iranian Alzheimer Association
1. Davidian H, Jalili A, Naraghi A, **Foroughan M** (1985). "Depression in Different Cultures: a report on WHO multicenter, cross-cultural study on depression. J Tehran Medical School.
2. **Foroughan M** (1993). "Suicide and Suicidality in Emergency Units", Journal of Drug and Treatment.121:52-56
3. **Foroughan M**, Emami H, Abdi Farkoosh B, Partoazar B (2000). "An Epidemiological Study on the Frequency of Depression in the Students of Bandar Abbas Medical School -1995. J of Rehabilitation. 1(1):19-29
4. **Foroughan M** (2001). "Psychological Factors Affecting Rehabilitation of Neurologic Patients". J of Rehabilitation.1(3):48-52
5. Masnavi A, Samaram E, Hosseini SA, Aghabakhshi H, **Foroughan M**, Sadrolsadat SJ, Rahgozar M (2006). The Viewpoints of Iran University Medical School Students Resided in Dormitory on the Pervert Behaviors in Dormitories-2006. J Rehabilitation; 6(4):21-25
6. Oladabdolhadi B, **Foroughan M**, Dadkhah AA, Delavar B (2004). Frequency of Personality Disorders in the Women Prisoners of Tehran and Kardje Jails. Social Welfare Quarterly; 3(12):301-307
7. Foroughan M, Joghatai MT, Ghaemmaghham Z (2003). A Review on psycho-social Rehabilitative Needs of Elderly women in Iran, Saudi J of Disability and Rehabilitation;9(1):47-49 (International)
8. Kaldi AR, Akbari Kamrani AA, **Foroughan M** (2004)."Bio-psychosocial health status of older people in the 13th district of municipality of Tehran", Social Welfare Quarterly;4(14):222-244
9. **Foroughan M**, Ghemmagam Farahani Z, Akbari Kamrani AA (2007). Diagnostic distribution of mental disorders in geriatric out- patients. Iranian J of Aging; 1 (2): 106- 111.
10. Akbari Kamrani AA, Azadi F, **Foroughan M**, Siadat S, Kalde AR (2007). Characteristics of falls among institutionalized elderly people. Iranian J of Aging; 1(2): 101- 105.
11. **Foroughan M**, Farahani Z G, Shariatpanahi M; Vaezinejad M, Akbari Kamerani A A, Sheikhvatan, M (2008). Risk Factors of Alzheimer's Disease Among Iranian Population. Current Alzheimer Research;5(1):70-73 (International)
12. Heravi-Karimooi M, Anoosheh M, **Foroughan M**, Sheykhi MT, Hajizadeh E, Said Bagher Maddah M, Mohammadi E, Ahmadi F (2008).Loneliness from the

- perspectives of elderly people: A phenomenological study. *Iranian J of Aging*; 2(6): 410-420.
13. Nejadi V, Shirinbayan P, Akbari Kamrani AA, **Foroughan M**, Taheri P, Sheikhvatan, M. Quality of life in elderly people in Kashan, Iran. *Middle East J Age & Aging*. 2008; 5(2): 21-25 (International)
 14. Yadegari F, **Foroughan M**, Mehri A, Shirinbayan P, Dadkhah A (2008). Naming performance in Farsi speaking aged people: Evidence from dementia of Alzheimer type, aphasic, and healthy individuals. *Middle East J Age Aging*. 2008; 5 (4) (International)
 15. **Foroughan M**, Movalleli GH, Salimi m, Asadmalayeri S (2007). The Effectiveness of a Group Counseling Program on Mental Health of the Parents of Hearing Impaired Children. *J Audiology*. 15 (2): 53-60.
 - 16 **Foroughan M**, Jafari Z, Shirinbayan P, Ghaemmaghham Farahani Z (2008). Validation of Mini-Mental Status Examination in the elderly population of Tehran. *J Advances in Cognitive Science*; 10(2):29-37.
 - 17 Davoodi P, Rahgozar M, Vameghi R, **Foroughan M** (2008). Influencing factors on client satisfaction in governmental addiction treatment centers and comparison with private centers of Kordestan Province in the year 2004. *J of Hakim*; 11(1): 48-53
 - 18 Said Bagher Maddah M, Emami A, Rahgozar M, **Foroughan M**, Noroozi K, Mohammadi F, Mazaheri M (2009). The status of social and leisure time activities in the elderly residing in Iran and Sweden, Iranian. *J A ging*; 3(8):62-71
 - 19 Fakhkhar F, Navvabinejad SH, **Foroughan M** (2009). The Effects of a Group Counseling Program with a Logo-therapeutic Approach on Mental Health of Elderly Women, *J of Salmand*; 3(7):56-65
 - 20 Heravi-Karimooi M, Anoosheh M, **Foroughan M**, Sheykhi MT, Hajizadeh Said Bagher Maddah M, Mohammadi E, Ahmadi F (2010). Elder-abuse from the perspectives of older women: a qualitative research, *J of Shahid Beheshti Nursing and Midwifery Faculty*, 2009.
 - 21 Vakili M, **Foroughan M**, Molavinojomi M, Khodabandehlou N (2010). A survey on serum levels of B12, folate, and homocysteine in healthy elderly Tehranies, *J of Razi*; 16(63):189-200
 - 22 Heravi-Karimooi M, Anoosheh M, **Foroughan M**, Sheykhi M Ti, Hajizadeh E (2010). Understanding loneliness in the lived experiences of Iranian elders, *Scan J Caring Sci*; 24(2):274-280 (International)
 - 23 Malakouti SK, **Foroughan M**, Nojomi M, Ghalebandi MF, Zandi T (2009). Sleep patterns, sleep disturbances and sleepiness in retired Iranian elders. *Int J Geriatric*

- 24 Rahimi A, Anoosheh M, Ahmadi F, **Foroughan M** (2011). Exercise and physical activity among healthy elderly Iranians. *Southeast Asian j of tropical medicine and public health*; 42(2): 444-455 (International)
- 25 Heravi-Karimooi M, Anoosheh M, **Foroughan M**, Sheykhi MT, Hajizadeh E (2009). The Meaning of Domestic Elderly Abuse. *J Daneshvar*; 16(85):39-50
- 26 Rahimi A, Anoosheh M, Ahmadi F, **Foroughan M** (2010). Tehranian elderly people's experiences about leisure time activities and recreations. *Iranian J of Ageing*, 2010; 5 (15) :61-77
- 27 Rejeh N, Heravi-Karimooi M, **Foroughan M** (2010). The needs of hospitalized elderly patients: A qualitative study. *Iranian J of Ageing*; 5 (15) :42-52
- 28 Heravi-Karimooi M, Anoosheh M, **Foroughan M**, Sheykhi M Ti, Hajizadeh E (2010). Designing and determining psychometric properties of the Domestic Elder Abuse Questionnaire. *Iranian J of Ageing*; 5 (15) :7-21
- 29 Ghaderpanahi M, Sharifi F, Fakhrzadeh H, Mirarefin M, Badamchizade Z, **Foroughan M**, Fadaievatan R, Ardeshir Larijani MB (2010). Overweight as a Protective Factor in Dementia Incident in Elderly Residents of Kahrizak Charity Foundation Aged 80 and Older. *Iranian J of Ageing*; 4 (12) :49-58
- 30 Kazemi H, Ghasemi S, Sharifi F, Fakhrzadeh H, Ghaderpanahi M, Mirarefin M, **Foroughan M** (2010). The Relationship between Mental State and Functional Status in Elderly Residents of Kahrizak *Iranian Journal of Ageing*; 4 (12) :16-25
- 31 Rejeh N, Heravi karimovi M, **Foroughan M** (2010). An exploration into the lived experiences of the hospitalized older women of sleep phenomenon and its disturbance: A qualitative study. *J Daneshvar Medicine*, 2010(Issue 86):19
- 32 Rejeh N, Heravi-Karimooi M, Montazeri A, **Foroughan M**, Vaismoradi M (2012). Psychometric properties of the Iranian version of the Kogan's Attitudes Toward Older People Scale. *Jap J Nurs Sci* (early view) (International)
- 33 Malakouti SK, Panaghi L, **Foroughan M**, Salehi M, Zandi T (2012). Farsi version of the Neuropsychiatric Inventory: validity and reliability study among Iranian elderly with dementia. *Int J Psychogeriatr*; 24(2):223-230 (International)
- 34 Rashedi V, **Foroughan M**, Hosseini MA (2012). Burnout and related demographic variables among

- Tehran Welfare Organization Staffs. J Kermanshah University Med Sci; 16(1):28-36
- 35 Heravi-Karimooi, M., Rejeh N, **Foroughan M**, Vaismoradi M. (2012) Experience of loneliness in Iranian abused elders. *International Nursing Review*, **59**: 139–145 (*International*)
- 36 Ebn Said S, **Foroughan M**, Akbari Kamrani AA, Ghaemmagam Farahani Z, Delbari A(2012). Clinical Features of Elderly Patients Admitted to Ahvaz Petroleum Hospital. J Sabzevar University Med Sci;19(1):85-95
- 37 Sabour M, **Foroughan M**, Mohammadi F (2012). Drug prescription patterns in older people in residential homes. Iranian J Aging. Supplementary Issue (early view)
- 38 Hervai-Karimooi M, Rejeh N, **Foroughan M** (2012). Frequency of Elder Abuse within Family in Members of Social Senior Clubs in Tehran City. Iranian J Aging;6(22)
- 39 Modirian E, Sahaf R, Akbari Kamrani AA, **Foroughan M**, Zarifyeganeh M, Shoaef F, Kolahdooz f (2011). Effects of tea consumption on risk of osteoporotic bone fracture in older people: Meta-analysis of Observational studies. Iranian J Aging; 6(21)
- 40 Farhadi A, **Foroughan M**, Mohammadi F (2011). The quality of life among rural elderly. Iranian J Aging; 6(20): 38-46
- 41 Najafi Mehri S, Ebadi A, Heravi Karimooi, Foroughan M Sahraei H (2012). Experiences living with fatigue in Iranian Veterans injured by Sulfur Mustard Gas: A Phenomenological Study. Asian Nursing Research; 6:181-6

Books

1. "How to Live a Healthy Life: a guide for elderly people". Published by old Age Health Agency of Ministry of Health, Treatment, and Medical Education in cooperation with WHO, 2003 (one of authors)
2. A Review on Geriatrics. Published by Semnan University of Medical Sciences, 2003 (one of authors)
3. Dementia Screening: A guide for using cognitive tests validated in Iran", Arjmand Publication, 2010, Tehran, Iran.
4. Vascular factors and Alzheimer's disease(Chapter 4) in: Metabolic Influences on Neurological Disorders (edited by Gayle H. Doherty: 43-68; Transworld Research

Network . 2010, Karala, India.

5. Alzheimer's Disease: A guide for family and care-givers. Ghatreh Publication, 2009, Tehran, Iran.

6. Psychiatric rehabilitation in schizophrenia. Roshd Publication, 2006, Tehran, Iran (as editor)

Articles Presented in International Congresses:

1. "Comparison of Drug Abuse Pattern and Socio-Economic characteristics Between Elderly and Non-Elderly Addicts in Tehran; 5th European congress of Gerontology,2003;
2. :Diagnostic Distribution And the Related factors in psycho-geriatric outpatients in Tehran, Iran; 5th European Congress of Gerontology,2003;
3. "La Situation Des Femmes Ages En Iran"; VII e Congrès Intenational Francophone de G rontologie",2002;
4. "un Center Ambulatories De Consultations Multidisiplinaires et de Reeducation pour les Adultes Ages, Une Premiere Experience Dans La R.I d' Iran; VII e Congres International Francophone de Gerontologie , 2002;
5. "Zar Ceremonies: A traditional method of treating psychiatric disorders in South of Iran" ; 2nd International congress of Psychotherapy, 2004;
6. "A Research on Risk Factors of Alzheimer s Disease in a group of Iranian patients"; Seminar on" Research in Dementia Care Makes Difference: Nursing Research in Clinical Practice ", Stockholm, Sweden, 2005 ;
7. "Epidemiology of Cognitive Disorders Among Outpatient Geriatric population "; Regional symposium on Alzheimer s Disease and Related Disorders in the Middle East, Istanbul, Turkey, 2005.
8. "Linguistic Features of Farsi- speaking patients with Alzheimer s Disease "; 21st International Conference of Alzheimer's Disease Internationai,2005.
9. Validation of mini- mental state examination in Iranian elderly. European Regional Meeting of IPA. Istanbul, Turkey, 2007.
10. Validation of abbreviated mental test (AMTS) and its correlation with Mini-mental state examination in Iranian elderly, IAGG World Congress, Paris, 2009.
11. Serum B12, folate and homocysteine serum levels and their associations with cognitive impairment in older people residing in Tehran, Iran, IAGG World Congress, Paris, 2009.

Area of Interests:

1. Alzheimer's Disease

2. Mental health in old age
3. Growth and development in life span
4. Violence and Family
5. Suicide
6. Rehabilitation counseling

References:

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