

## Curriculum Vitae

**Behrooz Birashk** , Ph.D.

**Birth:** April 1948

**Marital Status:** Married

**Email:** [behrooz.birashk@gmail.com](mailto:behrooz.birashk@gmail.com)

[birashk@ams.ac.ir](mailto:birashk@ams.ac.ir) and [birashk.b@iums.ac.ir](mailto:birashk.b@iums.ac.ir)

**Scientific Status:** Associate Professor of Psychology- Iran University of Medical Sciences, Faculty of School of Behavioral Sciences and Mental Health, Tehran Psychiatric Institute, And Mental Health Research Center.

**Education:** 1-BA, 1973, Melli University, Iran

2-MA, 1975, Counseling Psychology, University of Illinois , U.S.A.

3-Ph.D., 1979, Counseling Psychology, University of Illinois , U.S.A.

4- Post Ph.D., 2006. Simon Fraser University, Vancouver, Canada

## Scientific and Executive Activities

- Deputy Dir. of Educational Affairs-Tehran Psychiatric Institute ,1995-2003.
- Head of training and educational committee, Tehran Psychiatric Institute, 1989-2003.

- Head of Dep. of Clinical Psychology & Behavioral Sciences. Tehran Psychiatric Institute & School of Medicine , 1997-2003.
- Head of Dept. of Clinical Psychology, International Branch, Iran University of Medical Sciences, 2010
- Deputy Dir. Of Research , The Great Persian Encyclopedia Foundation, 1992-1997.
- Member of Scientific Board of Clinical Psychology-Ministry of Health & Medical Education- 1990-2009..
- Member of Iranian Academy of Medical Sciences
- Head of Iranian Psychological Association, 2000-2002
- Member of several administrative committees within IMHME, and IUMS
- Member of Iranian Counseling Association
- Member of Iran Cognitive Society and Editorial Board of the Society
- Member of Higher Education Committee, Tehran Psychiatric Institute
- Head-Iranian Music Therapy Association
- Head-Committee on GID ( transsexuality ), Ministry of Health & Medical Education, 2002
- Member of Illinois Alumni Association
- Member of American Psychological Association
- Member of International Association of Cognitive Psychotherapy
- Member of Society for the Exploration of Psychotherapy Integration
- Member of Board of Directors-Iranian Council of Psychology and Counseling
- Member of Editorial & Scientific Board of 12 Journals of Psychiatry, Psychology & Health

Promotion:

- 1- Iranian Journal of Psychiatry and Clinical Psychology. Tehran University of Medical Sciences

- 2- Psychological Studies ,Quarterly ,Faculty of Psychology ,AL-ZAHRA University.
  - 3-The Journal of Psychology , Tabriz University.
  - 4- The Journal of Cognitive Sciences . Institute for Cognitive Studies.
  - 5- Contemporary Psychology, Biannual Journal of the Iranian Psychological Association.
  - 6- International Journal of Psychology. Iranian Psychological Association.  
( in English).
  - 7- Iranian Journal of Psychiatry .A Journal of Psychiatry, Neuroscience and Psychology. ( in English).
  - 8- Journal of Psychology, Zahedan University. ( Editor in Chief)
  - 9- International high risk behaviors and addiction (Associate Ed., in English)
  - 10- European Journal of Psychology and .....(Editorial Member)
  - 11- Journal of Client Centered Nursing Care (in English)
  - 12- Psychoanalytic Discourse (PSAD) (in English)
- Consultant for 11 Journals of psychology and medical sciences.
  - Acting Advisor and supervisor of Ph.D. & MA students in Clinical Psychology
  - Co-researcher , The International Sexuality Description Project (ISDP) , with Dr. David Schmitt , Bradley University , U.S.A.

### **Training & Education**

- Teaching for Medical Students-Since 1984
- Teaching MA courses in clinical psychology-since 1985
- Teaching Ph.D. courses in clinical psychology - since 1997

- Acting as an advisor & supervisor for the MA students in clinical psychology & consulting professor of more than 40 thesis .
- Acting as an advisor and supervisor for the Ph.D. students in Clinical Psychology, Health, & Medical students (more than 7 thesis ).
- Workshops on counseling in AIDS ( more than 50 ).
- Workshops on Suicide
- Workshops on Addiction
- Workshops on Molecular Psycho neuro immunology
- Workshops on Pain
- Workshops on Statistics

#### **Publications: (1995-2016)**

##### **Books, Chapters**

- 1- People making ,( translation,8<sup>th</sup> ed.) (2015).
- 2- Interview with Children & Youths (translation, 2<sup>nd</sup> ed. 1998).
- 3- Dictionary of Scientific Biographies (co-tranlator-5 Vol. till 2012).
- 4- Concise Dictionary of Scientific Biographies (co-translator, 1998).
- 5- Persian for tourists (Co-author, 2002).
- 6- Counseling in AIDS (translation-WHO, 2004).
- 7- Sex counseling and saying “No” at critical times, for preventing HIV/AIDS in youth (co-author)-2004.
- 8- Editor of 11books on addiction-WHO-2004.
- 9- introduction to Psychology (co-translator) 24<sup>th</sup>. ed.2002. ( Hilgard’s Psychology )
- 10-Marital Therapy (editor-2000 )

- 11-Birashk,B. ,Naziri ,Gh., Selective Bias to Guilt Related Cues in Information Processing of Obsessive-Compulsive Patients . In Cognitive Psychotherapy Toward a New Millennium, Scientific Foundations and Clinical Practice, (Eds.) Tullio Scrimali & Liria Grimaldi , Kluwer Academic, Plenum Publishers (2002).
- 12-Birashk, B., Psychology in Iran, in The Textbook of International Psychology (2004), (Eds.: D. Wedding & M. Stevens .Brunner Rutledge, Taylor/ Francis Group.
- 13-Healthy Self-Esteem, 6<sup>th</sup> Ed (2015)), Nashre Ghatreh, Tehran, Iran
- 14- Birashk, B.(2012). Counseling and Psychotherapy in Iran, in Handbook of Counseling and Psychotherapy in an International Context , (Eds.: Moodley,R , Gielen, U and Wu, R.. Center for Diversity in Counseling and Psychotherapy.
- 15- Mood Disorders (2011). S.N.Ghaemi.( co-translator).Tehran University Press. Tehran, Iran.
- 16- APA Dictionary of Psychology (2012).( co-translatore), Nashre Jeyhoun.Tehran, Iran.
- 17-Psychological Assessment of Elders (2012), (co-author).Rouyan Pazhouh Pub. Co. Tehran,Iran.
- 18- Adolescents Depression ,Practical Guide for Parents and Teens (2011). (co-author).Rouyan Pazhouh Pub. Tehran,Iran.
- 19-Anxiety Disorders Interview Schedule For DSM-IV,(2013),(co-translatore) Neyvand Pub.Tehran.Iran ,2 Vol ,David.H.Barloe,Timothy E. Brown, (N) ,2 Vol
- 20-Thought of Humanistic Psychotherapy by Literary and Mystical Teaching.2014.(Co-author).Mirmah Publisher.Tehran. Iran.
- 21-Death Distress in Nurses: Psychoeducational Interventions. (In English). 2015. Mirmah, Publisher, Tehran. Iran.,

- 22- Counseling and Psychotherapy in Iran : Eds : Roy Moodley; Marguerite Lengyell; Rosa Wu and Uwe P. Gielen. Wiley Online Library. 2015.
- 23- Dementia. (editor).Neyvand Pub. Tehran, Iran. 2015
- 24-Encyclopedia of Medicine (co=author).Iranian Institute for Encyclopedia Research. 2015

#### **Articles-1995-2016**

- Mohaghegh, H., Birashk, B., (1995). Medical Students' Attitude Toward Psychiatric Wards at Iran University of Medical Sciences. Andisheh Va Raftar, Vol. 2, 48-54.
- Thahmasian, K., Mehryar, A.H., Birashk, B., Bolhari, J., (1998). The Efficacy of Parental Training in Reduction of Children's Behavioral Disorders. Andisheh Va Raftar, Vol. 3,54-60.
- Sobhani, M., Birashk,B., Rassoulia,M., (1998). Psychological Problems in Elective Sterilized Women. Student & Research Jou., Shiraz University of Medical Sciences, Vol.6., 4-8.
- Birashk,B., (1996). Review of Psychiatry Revolution. Jou. Gozideh Tazehaye Pezeshki, Iran Academy of Medical Sciences, 2 Vol. [translation].
- Farzadi,H., Birashk,B., Gooya,M., (1998). Psycho-Social Aspects and Coping Methods in Two Groups of Patients With Human Immunodeficiency Virus (HIV). . Andisheh Va Raftar, Vol.4., 56-64.
- Khakpour, M., Birashk, B.,(1999). Epidemiology of Job Burnout Syndrome Among Counselors and Psychotherapists. Andisheh Va Raftar, Vol. 4,14-2L
- Layeghi , H., Birashk, B., Ebrahim Daryani, N., (1999). Psychosocial factors in Patients with Duodenal Ulcer. . Andisheh Va Raftar, Vol. 5, 66-78.

- Naziri, Gh., Birashk, B., Mohamadian, M., (2000). Perfectionistic Child-Rearing Style and Parents' Perfectionistic Traits: Predisposing Factor for Obsessive-Compulsive Disorder. *Andisheh Va Raftar*, Vol.5,30-37.
- Chehrei, A., Birashk, B., Danayi, N., (2000). Establishment of Knowledge Level about the Ways of Transmission and Prevention of AIDS in 15-50 Year Old People in Arak and Simnan. *Rahavard-E Danesh*, Jou. of Arak University of Medical Sciences. Vol.2, 6-13.
- Tavakkoli, M.A., Baghooli, H., Ghamat Boland, H.R., Bolhari, J., Birashk, B., (2000). Standardizing Vineland Adaptive Behavior Scale Among Iranian Population. *Andisheh Va Raftar*, Vol.5,27-36
- Parvizi Fard, A., Birashk, B., Atefvahid, M.K., Shakeri, J., (2001). Comorbidity of Mood and Anxiety Disorders and Substance Abuse Among Treatment-seeking Addicts and Normal Individuals. *Andisheh Va Raftar*, Vol.7. 45-54.
- Naziri, Gh., Birashk, B., (2002). Optional Bias Toward Guilt Feeling Signs in the Course of Information Processing in Obsessive-Compulsive Patients. *Andisheh Va Raftar*, Vol. 8 ,61-69.
- Lesan, Sh., Ghofranipour, F., Birashk, B., Faghihzadeh, S., (2003). Application of PRECDE in Reducing Tehranian Firemen Anxiety. . *Andisheh Va Raftar*, Vol. 9, 77-83.
- Ghasemi, A., Taghipoor Anvari, R., Birashk, B., Moradi, M., (2003). Assessing Psychological State of Pregnant Women Admitted to Health Centers in Tehran. *Jou. of Iran University of Medical Sciences*. Vol.10, 585-598.
- Bakhshani, N.M., Birashk, B., Atefvahid, M.K., Bolhari, J., (2003). Correlation of Social Support and Negative Life Events with Depression. *Andisheh Va Raftar*, Vol. 9 ,49-55.

- Mojahed,A., Birashk, B., (2004). Behavioral Pattern of Children and Mental Health of Parents in Polygamouse Families. . Andisheh Va Raftar, Vol.10, 60-68 .
- Bakhsipour Roodsari, A., Dejkam, M., Mehryar, A.H., Birashk, B., (2004). Structural Relationship Between Dimensions of DSM-IV Anxiety and Depressive Disorders and Dimentions of Tripartite Model. . Andisheh Va Raftar, Vol.9,63-77.
- Ghahari, Sh., Birashk, B., Mehryar, A.H.,(2004).Comparative Study of Some Mental Disorders in Children of Fatherless,Martyred's, Veteran's and Normal (7-12 years old ) in Chalus City.Nameh Daneshgah, Jou. of Mazandaran University of Medical Sciences. Vol.13, No.41, 81-89.
- Moosavi, M., Eslami,M. ,Sheikh Bagloo, O., Birashk, B.,(2004). Mental Strain, More Important than Stressful Life Events in Myocardial Infarction , ACTA MEDICA IRANICA , March-April , 2004.
- Ghassemzadeh, H. Bolhari, J., Birashk, B., Salavati, M.,(2005). Responsibility Attitude in A Sample of Iranian Obsessive- Compulsive Patients. International Journal of Social Psychology, May 2005 .
- Ali Zadeh Mohammadi, Ghaffar Malek Khosravi,Seyyed Jalal Sadrossat, Behrooz Birashk, (2006). The Effect of Active Music Therapy in Reducing Behavioral Problems of Orphan Children and adolescents in Residential Centers. Jou. Of psychology, Vol.10, No.2.
- Dattilio, F. M., Birashk, B. (2006). Cognitive Behavioral Therapy with Couples- First Part: A Review. Advances in Cognitive Science. Vol. 8 (2), Number 30.
- Dattilio, F. M., Birashk, B. (2006). Cognitive Behavioral Therapy with Couples- First Part: A Review. Advances in Cognitive Science. Vol. 8 (3), Number 31



- Khoosfi, H., Monirpoor, N., Birashk, B., Peighambari, M.(2007) . A comparative study of personality factors, stressful life events, and social support in coronary heart patients and non-patients. Contemporary Psychology. Vol. 2. No.3. Spring.
- Naybe, F.B., Kateb,F., Mazaheri,M., Birashk,B. (2007), Effects of light in environment, quality of life and human ethics. Ethics. Vol.2, No. 3-4.
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- Babak Moeini ,Dr.Forough Shafii ,Dr.Alireza Hidarinia , Dr.Gholamreza Babaii & Dr.Behrooz Birashk (2007). The effect of stress management training methods on the adolescents mental health, besed on applying Health Belief Model with Social Marketing Approach in Tehran. OFIS Research Projects- Hamedan University of Medical Sciences. eOFIS
- Afkham Ebrahimi,A., Birashk, B., Maknoon, N, (2008). Attachement Styles and Their Relatiobship to Self and Other Models and Personality Traits in Students of Faculties of Medical Sciences. Advances in Cognitive Science. Vol. 10, No. 39.
- Elham Zareidoost, Mohammad Kazem Atefvahid, Seyed Akbar Bayanzadeh, Behrooz Birashk,(2007 )**Comparison of Locus of Control, Coping Style and Irrational Beliefs in Prostitutes and Non-Delinquent Women** Iranian journal of Psychiatry and Clinical Psychology; 13(3):272-279
- Ahmad Reza Mohammadpour Yazdi, Behrouz Birashk, Ladan Fata, Mahmoud Dejkam (2009). **Case-control study of defense styles and state-trait anxiety among college**

- students with general anxiety disorder.** The Quarterly Journal of Fundamentals of Mental Health. Spring, Vol. 11, No.41.
- Alireza Hidarnia; Behrooz. Birashk; Hamid Allahverdipour ; Frough Shafii, Bobak Moeini (2008). Perceived stress, self-efficacy, and its relations to psychological well-being status in Iranian male students. Social behavior & personality : An International Journal -S.V. Shariat, Assadolahpour, N. Alirezaie, B. Birashk, Z. Bashar Danesh (2009). Age rating of computer games from a psychological prospective: A Delphi Study. Advances in Cognitive Science, Vol.11.
  - M. Zare, A. Afkham Ebrahimi, B. Birashk, (2009). The effects of music therapy on reducing agitation in patients with Alzheimer's disease, a pre-post study. International Jou. of Geriatric Psychiatry, vol 11, (in English)
  - M. Zare, A. Afkham Ebrahimi, B. Birashk, (2009). The effects of music therapy on reducing agitation in patients with Alzheimer's disease. Advances in Cognitive Science, Vol.11.
  - Mehdi Nasr Esfahani , Azizeh Afkham Ebrahimi , **Behrouz Birashk** , Serveh Faraji and Asma Aghebati ,(2010). The frequency and pattern of substance use in outpatients of general hospital. Iran Jour. Of Medical Sciences (in English) .
  - Banafshe Hossein Nazari, Kianoush Hashemian, Sobhan Pour Nikdast, Behrooz Birashk, Reza Ghassemzadeh, Khalil Allahverdi (2012), The effectiveness of CBT for reducing premenstrual symptoms. Jou. Of Medical Council of Islamic Republic of Iran.
  - Behrooz Birashk, (2012), CBT in Iran. Advances In Cognitive Therapy newsletter. Publication Academy of Cognitive Therapy. Canada.

- Hosein Khedmatgozar, Behrooz Birashk, Hassan Ashayeri, Aliasghar AsgharnejadFarid.(2012) .(
- Comparing the Effectiveness of Paroxetine, Attention Modification Program and Combination of both on Improving Social Anxiety Symptoms. Basic &Clinical Neuro Science,Winter,Vol.3.No.4. (in English).
- Abolfazl MOHAMMADI , Behrooz BIRASHK , Banafsheh GHARAIE. (2013). Comparison of the Effect of Group Transdiagnostic Therapy and Group Cognitive Therapy on Anxiety and Depressive Symptoms. Iranian J Publ Health, Vol. 42, No.1, Jan 2013, pp.48-55.(in English).
- Are Metacognitive Factors Common in Generalized Anxiety Disorder and Dysthymia?
- Behrooz Birashk , Abolfazl Mohammadi , Banafsheh Farzinrad , Fatemeh Zargar , Ali Mehrabi
- Practice in Clinical Psychology 2013 \ - : ( ) \ (in English)
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- Dadfar. M, Lester,D., Asgharnejad Farid,AA.,Atef Vahid,MK., Birashk,B.(2014).Death Depression in Iranian nurses. Advance in Environmental Biology.(in English)
- Fereidooni,S.,Gharaei,B., Birashk.B,Hosseini,D.,Saraian,SM. (2014).The efficacy of group behavioral activation treatment as a supplemental treatment for pharmacotherapy with depressive disorders. Jou. of Mood Disorders. (in English).
- Shima Tamannaeifar, Banafsheh Gharraee,\* Behrooz Birashk, Mojtaba Habibi (2014). A Comparative Effectiveness of Acceptance and Commitment Therapy and

- Cognitive Therapy for Major Depressive Disorder. Zahedan Journal of Research in Medical Sciences. (in English) (
- Arabnejad. S, Birashk, B.,Abolmaali Alhosseini,Kh.,(2014). The effectiveness of Acceptance and Commitment Therapy (ACT) on increasing Marital Intimacy and decreasing Marital Conflict between the couples of Tehran. Jou. Of Social Issues & Humanities, Vol.2., Issue 8, August 2014. (in English)
  - Roohodin Heydaria\*, Behrooz Birashk, Aliasghar Asgharnejad .(2014) The Relationship between anxiety and depression with self-esteem and responsibility. RRAMT- Vol. 40, 2014, 1 (in English)(
  - Mohsen Dadashi , Behrooz Birashak , Farhad Taremian , Ali Asghar Asgarnejad , Saeed Momtazi .(2015). Effect of Increase in Amplitude of Occipital Alpha & Theta Brain Waves on Global Functioning Level of Patients with GAD. Basic & Clinical Neuro Science. Winter,Vol 6. No.1. (in English.(
  - Mohammad Jafar Bahredar; Ali Asghar Asgharnejad Farid; AhmadGhanizadeh; Behrooz Birashk. (2014.(
  - The Efficacy of Psycho-Educational Group Program on Medication Adherence and Global Functioning of Patients with Bipolar Disorder Type I. IJCBNM January 2014; Vol 2, No
  - Mahboubeh Dadfar,A.A.Asghar Nejad Farid, Mohammad Kazem Atef Vahid, David, 2014. Reasons for fearing death in Iranian nurses.
  - Global Journal on Advances in Pure & Applied Sciences Vol 4 (2014) 335-341 .( In English ).

- Mahboubeh Dadfar,A.A.Asghar Nejad Farid, Mohammad Kazem Atef Vahid, David Lester, Behrooz Birashk2016. Effectiveness of death education program by methods of didactic, experiential and 8A model on the reduction of death distress among nurses. International Journal of Medical Research , Health Sciences, 2016, 5, 7
- Zadbagher.M, Birashk.B, Zadeh Mohammadi.A. (2016).The effectiveness of music therapy on depression and anxiety of MS patients. Psychological Studies.. 11.,No 4, Winter. Pp
- Mousavi Nik M.; Saberi Zafarghandi M. B.; Birashk B.; Assari A.; Eshaghi Farahman S. R. Evaluating quality of well-being, marital adjustment and sexual dysfunction between infertile women. Iranian Journal of Reproductive Medicine (IJRM). 2016 EBSCO Industries.(in English)
- Assari,A., Birashk.B., Mousavi Nik,M., Naghdbishi,R., (2016). Impact of Built Environment on Mental Health: Review of Tehran City in Iran. IJTPE,Issue 26,Vol.8.No.1 ,March 2016,pp 81-87 .(in English)
- Birashk,B., Mousavi Nik,M.,Saberi Zafarghandi, M.B., Assari, A. Eshaghi Farahmand, S.R., 2016. Identify and reduce occupational road safety risk. www. Neuroscience .ir./ Neuro trauma- Road safety congress. (in English)
- Taheri,E.,Amiri,M.,Birashk,B.,Gharraiyi,B,,2016.Cognitive Thereapy Vs Behavioral Activation Therapy in the Treatment of Social Anxiety Disorder. Jou.of Fundamentals of Mental Health, 18 (5).
- Zafarghandi,MBS.,Musavi Nik, M., Birashk,B., Assari,A., Mousavi NikKhaneh Keshi,A., 2016. Sexual Dysfunction Among Males with Opiate Dependence Undergoing

- Methadone Maintenance Therapy (MMT) .Int. Jou. If High Risk Behavior and Addiction,5(4).(in English)
- Ashkani,S.,Shateri,ZE.,Birashk,B.,2017.Lack of forgiveness as a predisposing comparison of lack of forgiveness in depressed, vulnerable to depression and non-vulnerable to depression subjects. Int. Jou. Of Behavioral Sciences.11(1)-25-29.(in English)
  - Babaei.S.,Lavasani,F.,Birashk,B.,2017. Comparing Impulse Control and Emotional Regulation in Patients With and Without Food Addiction. Iranian Jou. Of Psychiatry and Clinical Psychology.23(1)22-37.
  - Far ST, Gharraee,B.,Birashk,B.,Habibi,M.,2016. Effectiveness of Acceptance and Commitment Therapy in Patients with Major Depression Disorder.Iranian Jou. Of Psychiatry and Clinical Psychology.
  - Joekar,S. Amiri,S.,Birashk,B.,Aghebaty,A..2017. Effectiveness of a visual attention training program on the reduction of ADHD symptoms in preschool children at risk for ADHD in Isfahan: a pilot study. Iranian Jou. of Psychiatry and Clinical Psychology.
  - Joekar,S.,Farid,AA.,Birashk,B., Gharraee,B.Mohammadian, M. 2016. Effectiveness of Acceptance and Commitment Therapy in the Support of Parents of Children with High-Functioning Autism. Int. Jou. of Humanities and Cultural Studies.(in English)
  - Birashk,B.,Musavi Nik, M.,Assari,A., 2017. Cognitive Schema Factors in Opiod Substance Abuser Men with Sexual Dysfunction.MOI.Addict Med.Therapy.3(6) (in English)

- Schmitt,D., Birahk,B., et al. 1917. Narcissism and the strategic pursuit of short-term mating: Universal link across 11 world regions of the International sexuality description project-2. Psychological Topics,26,1,89-137.(in English)

#### **Awards**

- 1- Second Research Prize – Headquarters for Drug Control , 2002.
- 2- Appointed Research Prize – Research Center – Ministry of Education ,2004.
- 3- First Research Prize – University of Rehabilitation and Social Welfare. 2005.saberi