

Farnaz Etesam

Contact Information

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Address:

1. Psychosomatic Research Center, Imam Khomeini Hospital, Tehran University of medical Sciences, Tehran, Iran.
2. Baharloo Hospital, Rahahan Square, Behdari St, Tehran, Iran.
3. Department of Geriatric Medicine, Ziaeian Hospital
Tehran Province, Tehran, District 17, Abouzar St.

Academic Rank: Assistant Professor

School: Medicine

Education

- 1.Fellowship in Psychosomatic medicine, Tehran University of Medical Sciences (TUMS), Tehran, Iran,2015
- 2.Board Certificate in psychiatry, Tehran University of Medical Sciences (TUMS), Tehran, Iran, 2007.
- 3.M.D, Isfahan University of Medical Sciences , Isfahan, Iran , 1997.

Scientific Position

1. Assistant Professor of Psychiatry

Tehran University of Medical Sciences (TUMS), 2015-present

Professional/ administrative Experiences

1. Chair, Department of Geriatric Medicine, Tehran University of Medical Sciences. 2017-present
2. Deputy of education, Department of Geriatric Medicine, Tehran University of Medical Sciences. 2016-2017.
3. Member, Board of geriatric medicine, Tehran University of Medical Sciences. 2017-present
4. Head of Educational Development Office, Tehran University of Medical Sciences. 2015-present.
5. International representative, Tehran University of Medical Sciences, 2015-2016
6. Member of the Exams Committee for Residents of Psychiatry; Tehran University of Medical Sciences (TUMS)
7. Member of the Exams Committee for Trainees of Psychosomatic Fellowship; Tehran University of Medical Sciences (TUMS)
8. Member of the Exams Committee for Residents of Geriatric Medicine; Tehran University of Medical Sciences (TUMS)
9. Scientific secretariat of Communications skill conferences, Baharloo Hospital, Tehran University of Medical Sciences, 2014 and 2015.
10. Scientific secretariat of communication skills conference, Ministry of Health and Medical Education, Tehran, 2015

11. Scientific Secretariat of the Conference on physician-patient communication in psychiatric emergencies, Sina Hospital, Tehran University of Medical Sciences, 2015
12. Scientific Secretariat of suicide prevention conference, , Baharloo Hospital, Tehran University of Medical Sciences, 2017
13. Scientific secretariat of Depression in Elderly Conference, Ziaieian Hospital, Tehran University of Medical Sciences, 2017
14. Scientific secretariat of 7th International congress of basic and clinical neuroscience, Iran University of medical Sciences, Tehran, Iran
15. Member of scientific committee and referees of the first basic and clinical neuroscience Olympiad, Theran, 2018
16. Scientific secretariat of headache conference, Sina Hospital, 2018
17. Scientific secretariat of the conference on management and treatment of suicidal behaviors, baharloo Hospital, 2019
18. Research Assistant, Multiple Sclerosis Research Center, 2009-2013.
19. Consultant Psychiatrist, Tehran University of Medical Sciences. 2009-2014.
20. Focal Point for Narcotics and Substance Dependency, Kashan University of Medical Sciences, 2008-2009.
21. Scientific secretariat of Addiction Conference, Kashan University of Medical Sciences, Kashan, 2009
22. Assistant Professor of Psychiatry, Kashan University of Medical Sciences, 2008-2009.

Postgraduate course works:

1. Workshops on research methodology, reviewing writing scientific papers, Tehran University of Medical Sciences, 2009- 2015
2. Workshop on Educational leadership, Tehran University of Medical Sciences, Tehran, Iran, 2015
3. Workshops on professional commitment, Tehran University of Medical Sciences, Tehran, Iran, 2015-2016
4. Workshop on Epidemiology and prevention of addiction, Held by St George's, University of London, Yazd University of Medical Sciences, 2009
5. Course of treatment of opioid dependency with agonist medications, Tehran University of medical Sciences, Tehran, Iran, 2008
6. Certification of Group Triple P. Parenting and Family Support, Child and adolescent psychiatric association, Tehran, Iran, 2004
7. Course of clinical hypnosis, Iranian Scientific Association of Hypnosis, Tehran, 2004
Workshop on Crisis Intervention, national center for research in medical Sciences, Tehran, Iran, 2003

Lectures

1. Psychiatric consultation in breast cancer, scientific conference on diagnosis and treatment of breast tumors, Kashan University of Medical Sciences, Kashan, 2008
2. Brain development in adolescents, scientific conference on mental health in puberty, Kashan University of Medical Sciences, Kashan, 2008
3. Addiction: definition and epidemiology, Addiction conference, Kashan University of Medical Sciences, Kashan, 2009
4. Neurobiology of addiction, Addiction conference, Kashan University of Medical Sciences, Kashan, 2009

5. Treatment methods and national programs for substance dependence. Addiction conference, Kashan University of Medical Sciences, Kashan, 2009
6. Depression in multiple sclerosis, MS International Congress , Tehran, 2010
7. Concept of recovery in chronic psychiatric disorders, Mental Health Rehabilitation Congress , Kashan University of Medical Sciences, Kashan, 2010
8. Cognitive rehabilitation in multiple sclerosis, MS International Congress, Tehran, 2012
9. Cognitive side effects of psychotropics in MS, MS International Congress , Tehran, 2014
10. Panel member of “ Ethics in Multiple sclerosis” MS International Congress , Tehran, 2014
11. Psychiatric disorders and endocrine diseases. National psychiatric congress, Tehran, 2015
12. Sleep disorders in students of elementary schools of Kashan city in 1392, Sleep disorders congress, Mazandaran University of medical Sciences, 2014
13. Hypertension and Psychosomatic Medicine, Hypertention Conference, Baharloo Hospital, Tehran, Iran
14. Cognitive behavioral therapies in patients with MS, National congress on cognitive behavior therapies, Tehran, 2016
15. Neuropsychiatric symptoms in epilepsy, National psychiatric congress, Tehran, 2016
16. Neuropsychological assessment in Lewi Body Dementia, Tehran Psychiatric Institute, School of Behavioral Sciences and Mental Health, Tehran, 2016
17. Psychiatric care in patients with cancer, National congress of patient care, 2017

- 18.** Cognitive rehabilitation in MS, National psychiatric congress, Tehran, 2017
- 19.** Preventing professional burnout, Annual Congress of Cancer Institute, Imam Khomeini Hospital, Tehran, 2017
- 20.** Vascular depression, National psychiatric congress, Tehran, 2016
- 21.** Neuropsychiatric symptoms in brain neurodegenerative diseases, National congress of clinical pharmacists, Tehran, 2017
- 22.** Depression and dementia, Depression in Elderly Conference, Tehran University of Medical Sciences, Tehran, 2017
- 23.** Pseudodementia, Geriatric Medicine National Congress of Geriatric Medicine, 2017
- 24.** Anxiety disorders in elderly, Geriatric Psychiatry Conference, Roozbeh Hospital, Tehran, 2017
- 25.** Management of kidney diseases from a psychosomatic perspective, Geriatric Psychiatry Conference, Roozbeh Hospital, Tehran, 2017
- 26.** Evaluation of dementia, Psychosomatic medicine National Congress, Tehran, 2018
- 27.** Mood symptoms in neuropsychiatric disorders, Neuropsychiatry Conference, Imam Khomeini Hospital, Tehran, 2018
- 28.** Behavioral variant of frontotemporal dementia, National psychiatric congress, Tehran, 2018
- 29.** Management of psychiatric symptoms in chemotherapy, Nursing in chemotherapy conference, Imam Khomeini Hospital, Tehran, 2018
- 30.** Psychosocial management of suicidal behaviors, National psychiatric congress, Tehran, 2018

- 31.** Chronic dizziness from a psychiatric perspective, National Congress of Geriatric Medicine, 2018
- 32.** Psychosocial and cognitive rehabilitation in the elderly, Rehabilitation in chronic psychiatric disorders, Kashan University of Medical Sciences, Kashan, 2018
- 33.** Fundamentals of Psychological Intervention in Chronic Pain , Annual Congress of the Iranian Psychotherapy Association, Tehran, 2018
- 34.** Group psychotherapy for women with breast cancer, Psychosomatic medicine National Congress, Tehran, 2019
- 35.** Risk assessment and management of suicidal patient, Conference on Management of Suicidal Behaviors, Baharloo Hospital, Tehran, 2019
- 36.** Aging Brain, Imam Khomeini Hospital, Tehran, 2019

Presentations in International Congresses

- 1.** STIGMA AND ITS DETERMINANTS AMONG DRUG DEPENDENTS RECEIVING METHADONE MAINTENANCE TREATMENT IN IRAN. presented as a poster in WPA Congress in Prague, October 2012.
- 2.** An evaluation of sleep problems of Iranian elementary school children. Presented as a poster in the Third Annual Scientific Conference of the European Association of Psychosomatic Medicine (EAPM) , July 2015, Nuremberg, Germany.

3. Emotional intelligence, personality and quality of life: a comparison between newly diagnosed MS patients and a healthy control group. Presented as a poster in the Third Annual Scientific Conference of the European Association of Psychosomatic Medicine (EAPM) , July 2015,Nuremberg,Germany.
4. The role of dependent-related factors in transition of episodic headache to medication-overuse headache. International headache congress. Tehran ,2015.
5. Evaluating the Relationship between Emotional Intelligence and Cognitive Disorders in MS Patients. poster presentation. PACTRIMS, Nov 2015.Seoul, South Korea.
6. An investigation about self-disclosure as a predictor of anxiety and depression in Multiple Sclerosis, Annual Scientific Conference of the European Association of Psychosomatic Medicine (EAPM), 2016, Lulea, Sweden
7. Treatment adherence and its psychological correlates in patients with thalassemia major, 7th Annual Scientific Conference of the European Association of Psychosomatic Medicine (EAPM), 2019, Rotterdam, Netherland.

Books

Farsi

1. Cognitive rehabilitation in Multiple sclerosis

Authors: Fereshteh Ghadiri, Abdorreza Nasermoghaddasi, Mahsa Ouji, Maryam Bidadian, Farnaz Etesam, Fatemeh Ardeshir Larijani, Amir Reza Azimi

Persian, 2015, Original

Papers

“English”

1. Sahraian MA, **Etesam F***. Cognitive impairment in multiple sclerosis.
2. Eshaghi A, Riyahi-Alam S, Roostaei T, Haeri G, Aghsaei A, Aidi MR, Pouretamad HR, Zarei M, Farhang S, Saeedi R, Nazeri A, **Etesam F**, Azimi A, Benedict RH. Validity and reliability of a Persian translation of the Minimal Assessment of Cognitive Function in Multiple Sclerosis (MACFIMS). The Clinical Neuropsychologist. 2012 Aug 1;26(6):975-84.
3. **Etesam F**, Assarian F, Hosseini H, Ghoreishi FS. Stigma and its determinants among male drug dependents receiving methadone maintenance treatment.

4. Fallahzadeh H, **Etesam F**, Asgarian FS. Validity and reliability related to the Persian version of the Children's Sleep Habits Questionnaire. Sleep and Biological Rhythms. 2015 Jul 1;13(3):271-8.
5. An evaluation of sleep problems of Iranian elementary school children, "psychologische medizin", suppl1, 2015. (paper abstract)
6. Emotional intelligence, personality and quality of life: a comparison between newly diagnosed MS patients and a healthy control group. "psychologische medizin", suppl1, 2015. (paper abstract)
7. The role of dependent-related factors in transition of episodic headache to medication-overuse headache (Conference Paper). International headache congress E-Book · September 2015
8. An investigation about self-disclosure as a predictor of anxiety and depression in Multiple Sclerosis **F. Etesam**, H. Khashandish, M.B. Hidaji, A.N. Moghadasi, M.A. Sahraian. Journal of psychosomatic research, June 2016, Volume 85, p1-94.
9. Nejatisafa AA, Mozafari S, Noorbala AA, Asgarian FS, Earnshaw VA, Sahraian MA, **Etesam F***. Psychometric Evaluation of the Persian Version of the Chronic Illness Anticipated Stigma Scale (CIASS). International Journal of Behavioral Medicine. 2017 Aug 1;24(4):634-40.
10. Hosamirudsari H, Afsari F, **Etesam F**. Serial Polymorphonuclear Predominance of Cerebrospinal Fluid in a Child with Advanced Tuberculous Meningitis: A Case Report, Iran Red Crescent Med J. 2017.
11. Kashani L, Esalatmanesh S, Eftekhari F, Salimi S, Foroughifar T, **Etesam F**, Safiaghdam H, Moazen-Zadeh E, Akhondzadeh S. Efficacy of Crocus sativus (saffron) in treatment of major depressive disorder associated with post-menopausal hot flashes: a double-blind, randomized, placebo-controlled trial. Arch Gynecol Obstet. 2018

Mar;297(3):717-724. doi: 10.1007/s00404-018-4655-2. Epub 2018 Jan 13.

12. Divsalar P, Noorbala AA, Moazen-Zadeh E, Jafarinia M, Shakiba M, Shahmansouri N, Ghazizadeh-Hashemi M, **Etesam F**, Akhondzadeh S. Red yeast rice as an adjunct to sertraline for treatment of depression in patients with percutaneous coronary intervention: Placebo-controlled trial. *Advances in Integrative Medicine*. 2018 Aug 1;5(2):69-74.

13. Ghorbani Z, Nazari S, **Etesam F**, Nourimajd S, Ahmadpanah M, Jahromi SR. The effect of synbiotic as an adjuvant therapy to fluoxetine in moderate depression: a randomized multicenter trial. *Arch Neurosci*. 2018 Apr 1;5(2):e60507.

14. Asgarian FS, Fallahzadeh H, **Etesam F**. Sleep habits among a group of Iranian school-aged children. *Journal of Sleep Sciences*. 2017;2(3-4):81-5.

15. Ghasemi Sakha F, Azimi Saeen A, Moazzeni SM, **Etesam F**, Vaezi G. A Randomized, Triple-blind Placebo-controlled Trial to Determine the Effect of Saffron on the Serum Levels of MMP-9 and TIMP-1 in Patients with Multiple Sclerosis. *Iran J Allergy Asthma Immunol*. 19(3):297-304.

16. GHASEMI SAKHA FA, Moazzeni SM, **Etesam F**, AZIMI SAEEN AM, Vaezi G. Biomarker efficacy in multiple sclerosis diagnosis and treatment. *Iranian Journal of Pharmacology and Therapeutics*. 2019 Jun 10;17(1):1-0.

17. Kouchaki E, Namdari M, Khajeali N, **Etesam F**, Asgarian FS. Prevalence of Suicidal Ideation in Multiple Sclerosis Patients: Meta-Analysis of International Studies. *Social work in public health*. 2020 Aug 30:1-9.

“Papers in Persian Language”

1. Sleep Problems in Students of Elementary Schools in Kashan in 2013. FS Asgarian , H Falahzade * , **F Etesam**. Toloue Behdasht. 2016; 15 (1) :26-35.
2. Ghoreishi FS, Assarian F, Sepehrmanesh Z, Ahmadvand A, **Etesam F**. Comorbidity of mental disorders among the stuttering children referred to speech therapy department of Akhavan hospital in Kashan. KAUMS Journal (FEYZ). 2012 May 10;16(2):182-7.
3. Ahmadvand AF, Sepehrmanesh ZA, Ghoreyshi F, Assarian FA, Moosavi GA, Saei R, **Etesam F**. Prevalence of mental disorders in general population of Kashan City. Iranian Journal of Epidemiology. 2010 Sep 10;6(2):16-24.
4. Asadi SM, **Etesam F**, KNIGH K, Elfenbein MH, Rezaei F. Relationship of connected and separate knowing to individualism-collectivism among Iranian and American students.
5. Pourmollamirza A, Sharifi F, Etesam F, Navab E. Abuse of people with Alzheimer's disease by family caregivers: A Review. Iranian Journal of Nursing Research. 2020 Apr 10;15(2):0-.

Reviewing Activities

Iranian Journal of Psychiatry and Behavioral Sciences: 2008- present

Archives of Neuroscience: 2014-present

Iranian Journal of Neurology: 2014-present

Iranian journal of Psychiatry: 2014-present

Memberships/ community activities

1. Member of Iranian Psychiatric Association
2. Member of Iranian Psychosomatic Medicine Association
3. Member of Iranian Headache Association
4. Member of scientific committee of Iranian Multiple Sclerosis Society

Research Interests

1. Psychosomatic Medicine
2. Neuropsychiatry
3. Suicide behaviors/ Prevention
4. Geriatric Psychiatry

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