

# Curriculum Vitae

## Personal Information

**Full Name:** *Ahmad Bahonar*

**Sex:** *Male*

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**Language Ability:** *Persian, English*

**Degree of Education:**

MPH Student (Master of Public Health) on Iran Medical Science University of Tehran. 2007

General Physician from Sh-Beheshti Medical Science University of Tehran. 1990

## **Publications:**

### **Book:**

1. Bahonar Ahmad, Davari Soheila, Aghdak Pezhman. "Prevalence of Cardiovascular Disease for Trainee and high Diploma Group", Isfahan University of Medical Sciences 2006.
2. Sarrafzadegan N, Bahonar A, Kelishadi R. Effective strategies & actions for control & prevention of non-communicable disease in Iran. "First Series Books of IHHP", Isfahan University of Medical Sciences 2007.
3. Member of Advisory board of Series Books IHHP "Educational Package of Isfahan Healthy Heart Program (3<sup>rd</sup> series books) Isfahan University of Medical Sciences 2011.

### **Articles:**

#### **National:**

- 1- Alimohammadian MH, Khamesipour A, Darabi H, Firooz A, Malekzadeh S, Bahonar A, Dowlati Y, Modabber F. "The role of BCG in human immune responses induced by multiple injections of autoclaved Leishmania major as a candidate vaccine against leishmaniasis". Department of Immunology, Pasteur Institute of Iran 2002; 21(3-4):174-80.
- 2- Ansari R, Khosravi AR, Bahonar A, Shirani SH, Kelishadi R. "Prevalence risk factors in the smoke, passive smoker and non-smokers men with hypertension disease on central area of Iran". Shahrekord Medical Science University Journal 2005; 3(1): 23-34.
- 3- Ansariipoor S, Soleimani B, Sadri GH, Bahonar A. "The effect of The effect of Acute Respiratory Infection Education by Rural Health Technicians and Behvarz Training Centre Instructors on knowledge & Practice of Behvarzes". Iranian Journal of Medical Education 2006;5(2):33-38.
- 4- Bahonar A. Qmarsari Z, Jalalpoor Z. "Silent Leshmaniasis disease and whatever trinee should know". Behvarz Journal 1381; 20-25.
- 5- Akhavan Tabib A, Saiedei M, Khosravi A, Bahonar A, Siadat ZD, Alikhassi H. "Relation of hypertriglyceride and high waist with cardiovascular risk factors in women of Middle area of Iran (Based on Isfahan Healthy Heart Program)". Scientific Medical Journal of Ahwaz Jundishapur University 2008; 7(2): 223-233.
- 6- Akhavantabib A, Khosravi A, Golshadi I, Siadat ZN, Bahonar A, Zarfeshani S. Relationship of weigh & CVD risk factors in a sample population from center of Iran: Isfahan Healthy Heart Program. Journal of Isfahan University of Medical Sciences 1389;7(72).
- 7- Nazari B, Nilfrooshzadeh F, Gharipoor M, Nilforooshzadeh M, Shirazinezhad MR, Bahonar A. "Comparison of the effect of different levels of Garlic powder on the levels of serum cholesterol & triglyceride of two strains broiler chicks". Qom University of Medical Sciences Journal 2008; 2(3):33-36.
- 8- Bahonar A, Khosravi A, Esmaeelian H, Babak A, Rahmati M, Jamshidi A, Azad M, Daneshvar P, Sarrafzadeghan N. "Methods of implementing the operational phases of the Health Professionals Education Project- Isfahan Healthy Heart Program (IHHP-HPEP)". ARYA Atherosclerosis Journal 2009; 5(3):102-105.

- 9- Sarrafzadegan N, Alavi M, Rabiei K, Abedi HA, Bahonar A, Zarfeshani S. "Management of an interventional community-based program based on information resulted from process evaluation; Isfahan Healthy Heart Program". *Health Information Management* 2010; 7(3):303-313.
- 10- Bahonar A, Shahnam M, Asadi Lari M, Boshtam M, Gharipour M, Taghdisi MH, Sarrafzadegan N. "Cardiovascular risk factor in a workers population in Isfahan". *Iran Occupational Health* 2010;7(1):4-10.

**International articles:**

- 1- Kelishadi R, Bahonar A, et al. "The Metabolic syndrome in hypertensive and normotensive subject: The Isfahan Healthy Heart Program". *Ann Act Med Singapore* 2005; 34(3):243-9.
- 2- Alimohammadian MH, Darabi H, Malekzadeh SH, Mahmoodzadeh-Niknam H, Ajdary S, Khamesipour A, Bahonar A, Mofarrah A. "Exposure to Leishmania Major Modulates the Proportion of CD4+ T Cells without Affecting Cellular Immune Responses". *Microbiol Immunol* 2007; 51(10):1003-1011.
- 3- Sarrafzadegan N, Kelishadi R, Esmailzadeh A, Mohammadifard N, Rabiei K, Roohafza H, Azadbakht L, Bahonar A, Sadri G, Amani A, Heidari S, Malekafzali H. "Do lifestyle interventions work in developing countries? Finding from Isfahan Healthy Heart Program". *Bulletin of World Health Organization* 2009; 87(1):39-50.
- 4- Rabiei K, Kelishadi R, Sarrafzadegan N, Abedi HA, Alavi M, Heidari K, Bahonar A, Boshtam M, Zare K, Sadeghi S. "Process evaluation of a community-based program for prevention and control of non-communicable disease in a developing country: The Isfahan Healthy Heart Program, Iran". *BMC Public Health* 2009; 9:57.
- 5- Sarrafzadegan N, Sadeghi M, Tavassoli A, Mohseni M, Alikhasi H, Rabiei K, Bahonar A. "Sex differences in the impact of a community-based program for non-communicable disease prevention: The Isfahan Healthy Heart Program (IHHP)". *Journal of Public Health* 2009;17(4):257-263.
- 6- Sarrafzadegan N, Kelishadi R, Dana Siadat Z, Esmaeillzadeh A, Solhpour A, Shirani Sh, Naderi Gh, Asgary S, Sadri Gh, Khosravi A, Bahonar A. "Obesity and cardiometabolic risk factor in a representative population of Iranian adolescents and adults in comparison to a western population: the Isfahan Healthy Heart Program". *Public Health Nutrition* 2009; 6:1-10.
- 7- Roohafza H, Sadeghi M, Shirani S, Bahonar A, Mackie M, Sarrafzadegan N. "Association of socioeconomic status and lifestyle factors with coping strategies in Isfahan Healthy Heart Program, Iran". *Croat Med J* 2009; 50(4):380-6.
- 8- Kelishadi R, Sarrafzadegan N, Sadri Gh, Pashmi R, Mohammadifard N, Tavasoli AA, Amani A, Rabiei K, Khosravi A, Bahonar A. "Short-term Results of a Community-based Program on Promoting Healthy Lifestyle for Prevention and Control of Chronic Disease in a Developing Country Setting: Isfahan Healthy Heart Program". *Asia Pac J Public Health* 2009. (In Press)
- 9- Baghaei A, Sarrafzadegan N, Rabiei K, Gharipour M, Tavasoli AA, Shirani S, Bahonar A, Davarpanah AH, Ramezani MA, Kelishadi R. "How effective are strategies for non-communicable disease prevention and control in a high risk population in a developing country? Isfahan Healthy Heart Programme". *Arch Med Sci* 2010; 6(1): 24-31.

- 10- Tavassoli AA, Gharipour M, Khosravi A, Kelishadi R, Siadat ZD, Bahonar A, Sadri GhH, Sadeghi M, Rabiei K, Sajjadi F, Zarfeshani S, Eshrati B, Shirani Sh, Sarrafzadegan N. "Gender differences in obesogenic behaviour, socioeconomic and metabolic factors in a population-based sample of Iranians: the IHHP study". *J Health Popul Nutr.* 2010; 28(6):602-609.
- 11- Sarrafzadegan N, Kelishadi R, Siadat ZD, Esmailzadeh A, Solhpour A, Shirani S, Naderi G, Asgary S, Sadri G, Khosravi A, Bahonar A. "Obesity and cardiometabolic risk factors in a representative population of Iranian adolescents and adults in comparison to a Western population: the Isfahan Healthy Heart Programme". *Public Health Nutr.* 2010;13(3):314-23.
- 12- Bahonar A, Sarrafzadegan N, Kelishadi R, Shirani S, Ramezani MA, Taghdisi MH, Gharipour M. "Association of socioeconomic profiles with cardiovascular risk factors in Iran: the Isfahan Healthy Heart Program". *Int J Public Health* 2011; 56(1):37-44.
- 13- Roohafza H, Sadeghi M, Shahnam M, Bahonar A, Sarrafzadegan N. "Perceived factors related to cigarette and waterpipe (ghelyan) initiation and maintenance in university students of Iran". *Int J Public Health* 2011; 56:175-180.
- 14- Sarrafzadegan N, Kelishadi R, Baghaei A, Hussein Sadri G, Malekafzali H, Mohammadifard N, Rabiei K, Bahonar A, Sadeghi M, O'Laughlin J. "Metabolic syndrome: An emerging public health problem in Iranian women: Isfahan Healthy Heart Program". *International Journal of Cardiology* 2008; 131(1):90-96.
- 15- Hajianfar H, Hosseinzadeh MJ, Bahonar A, Mohammad Kazem, Askari GR, Entezari MH, Keshavaz A, Ansari N. "The effect of omega-3 on the serum visfatin concentration in patients with type II diabetes". *JRMS* 2011; 16(4):490-495.
- 16- Khosravi A, Pourmoghaddas M, Ziaie F, Enteshari A, Khaledifa A, Bahonar A. "Does Lipoprotein (a) Level Have a Predictive Value in Restenosis after Coronary Stenting?". *International Journal of Preventive Medicine* 2011; 2(3):490-495.

#### **Plans:**

- 1- Bahonar A, Ansari R, Khosravi AR, Amani A, Bashardoost N. Evaluating the effect of training interventions on awareness of health and treatment personels employed on Isfahan, Arak and Najafabad's health and treatment centers about control group and also CVD treatment.
- 2- Bahonar A, Sarrafzadegan N, Kabiri P, Booshtam M, Mahvash M, Oveisegharan SH, Ansari R. Considering the effect of community intervention 19 years old individuals, BASK in Isfahan and Najafabad in compare with Arak on 1384 (evaluation).
- 3- Prevalence of Opium dependence in patient with acute MI & it's relationship with short-term & long term cardiovascular complications 1384.
- 4- Cardiovascular risk assessment of the population & comparison of WHO/ISH risk assessment scores with Framingham risk assessment function & its clinical and public health implications (CAP) 1385.
- 5- Bahonar A, Alaghehmandian. Study of CVD risk factors in employers of Isfahan Electric Company & interventions for Health Promotion of employers & prevention of cardiovascular disease 1388-1389.

#### **Plans colleague or design's executive:**

1. Alikhassi H, Hadizadeh S, Sajadi F, Mohammadifard N, Bahonar A, Talaei M. 2005. Comparative consideration of using soft drinks containing sugar less than standard on the weight and user's blood indexes and comparing with control group. (84132). In process of execution 2005.
2. Shahrookhi SH, Bahonar A, Khosravi AR, Asgary S, Naderi GH, Roohafza H. Quit & Win (84136). In process of execution 2005.
3. Bahonar A, Ansari R, Khosravi AR, Amani A, Bashardoost N. Evaluating the effect of training interventions on awareness of Health and treatment personels employed on Isfahan, Arak and Najafabad's health and treatment centers about control group and also CVD treatment. (84137). In process of execution 2005.
4. Bahonar A, Sarraf zadegan N, Kabiri P, Booshtam M, Mahvash M, Oveise gharan S, Ansari R. Considering the effect of community intervention on 19 years old individuals, BASK in Isfahan and Najafabad in compare with Arak (evaluation). 84144. In process of execution 2005.
5. Khosravi AR, Daneshvar P, Bahonar A, Ansari R. Isfahan, Najafabad and Arak Project (Health Personnel's Training). (81124) 2002.
6. Mohammadifard N. Sarrafzadegan N, Kelishadi R, Bahonar A, Taherinejad F, Sajadi F, Alikhassi H, Maghroon M, Izadgasab N. Evaluating questionnaire's credibility about food frequency to consider different food groups in Isfahan. (84171). In process of execution (progress report) 2005.
7. Assessing population knowledge, attitude and practice regarding hookah and process evaluation of hookah- control legislations in Isfahan, Najafabad and Arak in 2006.
8. Prevalence of opium dependence in patients with active MI in Isfahan city CCUs, and relationship of short-term and long-term cardiovascular complications with it 2006.
9. Sarrafzadegan N, Majed MR, Mandegar MH and et al. Quit & Win antismoking implementation & one year quite rate in ten provinces in Iran 2008.

### **Training Workshops, Congresses and Seminars**

1. Course Executive secretary of "1<sup>st</sup> International Congress of Prevention, Diagnosis & Management of Hypertension", 2001, Esfahan, Iran.
2. Course Executive secretary of "Seminar of Results & achievements of Isfahan Healthy Heart Program", 2010, Isfahan, Iran.
3. Course Secretary of "7<sup>th</sup> Isfahan Healthy Heart Program Training Course on Non-Communicable Diseases Prevention and Health Promotion", 2008, Isfahan, Iran
4. 40<sup>th</sup> World Heart Federation International Teaching Seminar on Cardiovascular Disease Epidemiology and Prevention Sommaroy, Tromso 2007.
5. Course Execute Secretary of "6<sup>th</sup> International Seminar of Isfahan Healthy Heart Program Non-communicable Diseases Prevention and Health Promotion: Interventional Strategies and Results of IHHP", 2007, Isfahan, Iran
6. Forty first of Trainee about Epidemiology Cardiovascular Disease; Norway 2007
7. In-service training workshop entitled "Health Training in Different Fields (Assessment of Needs)", Iranian Management and Training Organization (2005)

8. Re-education programs for physicians (2004-2005)
9. "Occupational Medicine" educational programs for general physicians (2004)
10. In-service training course on "Educational Models Design", the Iranian Management and Planning Organization (2004)
11. In-service training course on "Non-inject able Drugs, Guidelines", the Iranian Management and Planning Organization (2004)
12. In-service training course on "AIDS", the Iranian Management and Planning Organization (2004)
13. Information and communications technology training workshop for university chancellors (2004)
14. "Living Skills" workshop, the Iranian Management and Planning Organization (2004)
15. National gathering of Aging and Geriatric Medicine, Isfahan University of Medical Sciences (2004)
16. In-service training course entitled "The Healthy Child", the Iranian Management and Planning Organization (2004)
17. In-service training entitled "Family Planning Counseling/Vasectomy", the Iranian Management and Planning Organization (2004)
18. In-service training course entitled "Primary skill, LCDL, Fundamental Concepts of Information Technology", Isfahan University of Medical Sciences (2004)
19. In-service training course entitled "Educational Technology", the Iranian Management and Planning Organization (2004)
20. Workshop of "Research Methodology", Isfahan University of Medical Sciences (2003)
21. Thirteenth conference of the latest medical and paramedical findings entitled "The 17th Nationwide Tuberculosis Congress" (2003)
22. Ninth conference of the latest medical and paramedical findings entitled "The 1st Nationwide Conference of Health Promotion and Education" (2003)
23. Article-writing workshop, Isfahan University of Medical Sciences (2002)
24. Educational Workshop of "Strategic Planning", Isfahan University of Medical Sciences (2002)
25. Principles and methods of modern filing systems, Isfahan University of Medical Sciences (2002)
26. Workshop of Medical Questionnaire Design, Isfahan University of Medical Sciences (2002)
27. Seminar of "Common Oral Diseases and Etiological Treatment", Isfahan University of Medical Sciences (2002)
28. National workshop of "Technical points on teaching the textbook of Principles of Health and Working in Villages", Gilan University of Medical Sciences (2002)
29. Internet Workshop, Isfahan University of Medical Sciences (2001)
30. Educational Workshop of "Tuberculosis and Leprosy", Isfahan University of Medical Sciences (2000)

31. Three-day Nationwide Meeting of Directors and Experts of Health Promotion Departments, Hormozgan University of Medical Sciences (2000)
32. Educational Workshop of "Breast-feeding Promotion", Kashan University of Medical Sciences (1997)
33. Nationwide workshop of "Preventing New Cases of Thalassemia and Identification of Carriers" Isfahan University of Medical Sciences, (1996)

### **Professional Appointments:**

#### **Memberships**

1. Principle member of the "High Board for Investigating the Administrative Wrongdoings of Staff Members" of Isfahan University of Medical Sciences (2007).
2. Treasurer of Iranian Heart Foundation (2006).
3. Officer in charge of supervising Treatment affairs in Kashan Health Network (2006).
4. Member of the Research Council of Isfahan Cardiovascular Research Center (2005).
5. Member of the "Volunteer Force for Eradicating Polio", Isfahan University of Medical Sciences (2005).
6. Member of the provincial headquarters of the project for "Promotion of Health Insurance for Villagers and Nomads in Isfahan Province" (2005).
7. Member of "The Committee for Designing Questions for Assessment of Knowledge, Attitude and Practice of Health and Treatment Personnel, the National Healthy Heart Project" (2005).
8. Responsible officer for assembling relief teams of volunteers to be sent to the Bam earthquake-stricken area, Isfahan University of Medical Sciences (2004).
9. Member of the "Lower Board for Investigating the Administrative Wrongdoings of Staff Members" of Isfahan University of Medical Sciences (2004).
10. Cooperating member in organizing the "Student Festival for Preventing Tobacco use by Adolescents" (2004).
11. Member of "The Committee for Decision-making and Action on the Ownership of Properties with Health and Treatment Applications", Isfahan University of Medical Sciences (2004).
12. Member of "The Secondary Commission for Administrative Evolution", Isfahan University of Medical Sciences (2004).
13. Substitute Health Deputy of Kashan University of Medical Sciences (2004).
14. Member of "The Technical Committee for Health Services and Health Promotion in Personnel", Isfahan University of Medical Sciences (2003).
15. Educational Mediator for all specialized units of Isfahan Province health Center, Isfahan University of Medical Sciences (2002).
16. Member of the Committee for Regional Health Management and Community Empowerment and Activation of Health and Treatment Centers of the Provincial City of Isfahan (2002).

17. Officer in charge of "The National Program for Vaccination against Rubella and Measles", Isfahan Province Health Center, Isfahan University of Medical Sciences (2002).
18. Executive Deputy of Isfahan Province Health Center (2002).
19. Member of "The Committee for Assessment of Technical Educational Skills of Health Volunteers for Continuing Education", Isfahan University of Medical Sciences (2001).
20. Member of the Provincial Board for Educating Health Volunteers, Isfahan Provincial Health Center (2000).
21. Head of the Executive Board for Medical Council Elections in the Provincial City of Kashan (1996).
22. Head of Health and Treatment Centers of the Provincial Cities of Aran and Bidgol (1994).