

# **CURRICULUM VITAE**

## **Personal Data**

**Name:** Sonia

**Surname:** Zarfeshani

**Sex:** Female

**Nationality:** Iranian

**Language Ability:** Persian, English

**Address:** Isfahan Cardiovascular Research Institute

**Shahid Rahmani Alley**

**Moshtagh 3rd St.**

**Isfahan, Iran**

**Postal Code 8136747969**

**Tel -0098-31-36115313**

**09133110234**

**Email:** zarfeshani89@gmail.com

## **Current Status:**

Research Associate

Head of Director Office of Isfahan Cardiovascular Research Institute

Clinical Laboratory Research Expert

## **Professional Activities**

## **PUBLICATINES:**

### Familial Hypercholesterolemia (FH) in Iran: Findings from the Four-Year FH Registry

Golnaz Vaseghi, Marzieh Taheri, Kiyan Heshmat-Ghahdarijani, Mohammad Rayati, Sonia Zarfeshani, Ali Pourmoghaddas, Alireza Khosravi, Ehsan Zarepour, Parsa Keshavarzrad, Sina Arabi, Mohammadreza Azizi, Shaghayegh Haghjooy Javanmard, Jamshid Najafian, Nizal Sarrafzadegan

J Lipids. 2021; 2021: 9913969. Published online 2021 Jun 11. doi: 10.1155/2021/9913969

### CASCADE screening and registry of familial hypercholesterolemia in Iran: Rationale and design

Golnaz Vaseghi, Sina Arabi, Shaghayegh Haghjooy-Javanmard, Mohammadreza Sabri, Masoumeh Sadeghi, Alireza Khosravi, Sonia Zarfeshani, Nizal Sarrafzadegan

ARYA Atheroscler. 2019 Mar; 15(2): 53–58. doi: 10.22122/arya.v15i2.1899

### Parental perceptions of weight status of their children

Nizal Sarrafzadegan, Katayoun Rabiei, Fatemeh Nouri, Noushin Mohammadifard, Fariborz Moattar, Hamidreza Roohafza, Shaghayegh Haghjooy Javanmard, Sonia Zarfeshani, Masoud Pourmoghaddas

ARYA Atheroscler. 2013 Jan; 9(1): 61–69.

### Differences in the prevalence of metabolic syndrome in boys and girls based on various definitions

Nizal Sarrafzadegan, Mojgan Gharipour, Masoumeh Sadeghi, Fatemeh Nouri, Sedigheh Asgary, Sonia Zarfeshani

ARYA Atheroscler. 2013 Jan; 9(1): 70–76.

### Impact of a community-based lifestyle intervention program on blood pressure and salt intake of normotensive adult population in a developing country

Alireza Khosravi, Roya Kelishadi, Nizal Sarrafzadegan, Maryam Boshtam, Fatemeh Nouri, Sonia Zarfeshani, Ahmad Esmaillzadeh

J Res Med Sci. 2012 Mar; 17(3): 235–241.

### How can the results of a qualitative process evaluation be applied in management, improvement and modification of a preventive community trial? The IHHP Study

Nizal Sarrafzadegan, Katayoun Rabiei, Mousa Alavi, Heidarali Abedi, Sonia Zarfeshani

Arch Public Health. 2011; 69(1): 9. Published online 2011 Dec 5. doi: 10.1186/0778-7367-69-9

### Apolipoprotein B gene mutation related to familial hypercholesterolemia in an Iranian population: With or without hypothyroidism

Golnaz Vaseghi, Zahra Malakoutikhah, Zahra Shafiee, Mojgan Gharipour, Laleh Shariati, Ladan Sadeghian, Elham Khosravi, Shaghayegh Haghjooy Javanmard, Ali Pourmoghaddas, Ismail Laher, Sonia Zarfeshani, Nizal Sarrafzadegan

J Res Med Sci. 2021; 26: 94. Published online 2021 Oct 18. doi: 10.4103/jrms.JRMS\_970\_19

### The sustainability of interventions of a community-based trial on children and adolescents' healthy lifestyle

Nizal Sarrafzadegan, Katayoun Rabiei, Fiona Wong, Hamidreza Roohafza, Sonia Zarfeshani, Fatemeh Noori, Alice Grainger-Gasser  
ARYA Atheroscler. 2014 Mar; 10(2): 107–117.

The Relationship between Weight and CVD Risk Factors in a Sample Population from Central Iran (Based on IHHP)

Alireza Khosravi, Afshan Akhavan Tabib, Imandokht Golshadi, Zahra Dana Siadat, Ahmad Bahonar, Sonia Zarfeshani, Hassan Alikhasi, Shahrzad Rezaee, Fatemeh Noori, Mohammad Hashemi Jazi, Zahra Khosravi  
ARYA Atheroscler. 2012 Summer; 8(2): 82–89 .

The impact of obesity on hypertension and diabetes control following healthy Lifestyle Intervention Program in a developing country setting

Aliakbar Tavassoli, Mojgan Gharipour, Nafiseh Toghianifar, Nizal Sarrafzadegan, Alireza khosravi, Behzad Zolfaghari, Sonia Zarfeshani  
J Res Med Sci. 2011 Mar; 16(Suppl1): S368–S376.

Metabolic syndrome and health-related quality of life in Iranian population

Nizal Sarrafzadegan, Mojgan Gharipour, Mohammad Arash Ramezani, Katayoun Rabiei, Behzad Zolfaghari, Ali Akbar Tavassoli, Maryam Boshtam, Sonia Zarfeshani, Alireza Khosravi, Alireza Yousefi  
J Res Med Sci. 2011 Mar; 16(3): 254–261.

Gender Differences in Obesogenic Behaviour, Socioeconomic and Metabolic Factors in a Population-based Sample of Iranians: The IHHP Study

Ali Akbar Tavassoli, Mojgan Gharipour, Alireza Khosravi, Roya Kelishadi, Zahra Dana Siadat, Ahmad Bahonar, Gholam Hosein Sadri, Masoumeh Sadeghi, Katayoun Rabiei, Firouzeh Sajjadi, Sonia Zarfeshani, Babak Eshrati, Shahin Shirani, Nizal Sarrafzadegan  
J Health Popul Nutr. 2010 Dec; 28(6): 602–609. doi: 10.3329/jhpn.v28i6.6609

Management of an Interventional Community-Based Program Based on Information Resulted from Process Evaluation: Isfahan Healthy Heart Program\*.

Nizal Sarrafzadegan,; Mousa Alavi, Katayoun Rabie; Heidar Ali Abedi; Ahmad Bahonar; Sonia Zarfeshani.  
Health Information Management 2010; 7(3):

Self-Care Behaviours and Determinants Associated with Hypertension Control in Elderly Patients

Nizal Sarrafzadegan<sup>1\*</sup>, Marjan Mansourian<sup>2</sup>, Hassan Alikhassi<sup>3</sup>, Alireza Sherafat<sup>4</sup>, Alireza Khosravi<sup>5</sup>, Maryam Eghbali<sup>6</sup>, Noushin Mohammadifard, Sonia Zarfeshani, Feridoun Noohi, Mostafa Barghi,  
J Pat Care, Vol.7 Iss. 3 No: 157

Association between cigarette smoking and socio-demographics, lifestyle and mental health factors in a sampled Iranian population.

Rajabizadeh G, Ramezani MA, Roohafza H, Pourdamghan N, Khosravi A, Rabiei K, Sarrafzadegan N, Toghianifar N, Zarfeshani S.

Southeast Asian J Trop Med Public Health. 2011 Jul;42(4):977-87.

**Abstracts:**

Akhavantabib A,Najafian J ,Roohafza H ,Akhavantabib A ,Khani A,Zarfeshani S .The relation between Hyperlipidemia Treatment and some Aspects of Cognitive Function in an Iranian Samples .

International congress on Psychosomatic Medicine ,Isfahan ,Iran

Boshtam M, Rafiei M, Sarrafzadegan N, Asgary S, Khalili S, Zarfeshani S. "Smoking prevalence and its relation with some cardiovascular risk factors". Atherosclerosis 1999;144, Supplement 1: S188-S189.

Tabib A, Siadat Z, Sarrafzadegan N, Kelishadi R, Zarfeshani S, Khosravi A. "Smoking and lipids". Atherosclerosis Supplements 2009; 10(2): e1062-e1062.

Sarrafzadegan N, Rabiei K, Zarfeshani S. "lessons learned from failures: Experiences of demonstration program for cardiovascular disease prevention and control". Circulation 2010;122(2): E358-E358.