

Curriculum Vitae Leila Jahangiry



Assistant professor of Health Education and Health promotion
Departement of Health Education
Faculty of Health
Tabriz Universsity of Medical Sciences
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Personal information

Name: Leila

Surname: Jahangiry

Gender: Female

Place of Birth: Tabriz

Citizenship: Tabriz

Nationality: Iranian

Tel:(+984133257580)

Email: Jahangiryl@tbzmed.ac.ir

Atrnative Email: Jahangiryleila@gmail.com

Present Work Adress: Departement of Health Education, Faculty of Health, Tabriz
Universsity of Medical Sciences, Tabriz Iran. P. O. Box 3137-851656, I.R. Iran.

Qualifications:

1. B.Sc. (2005), Public Health (Shahid Beheshti University of Medical Sciences, Faculty of Public Health, Tehran, Iran)

The topic of B.Sc. thesis: Study on knowledge of Girl Studentes about cardiovascular disease risk factores
2005.

2. M.Sc.(2008), Health Education and Health Promotion (Tehran University of Medical Sciences, School of public health, Tehran, Iran).

The topic of M.Sc. thesis: Educational intervention on knowledge and attitude of women referring to Health Centers about prevention of breast cancer by using of Health Belief Model, 2008.

3. Ph.D. (started in 2009), Health Education and Health Promotion (Tehran University of Medical Sciences, School of Public Health, Tehran, Iran).

The topic of PhD thesis: Effectiveness and feasibility of an interactive web-based intervention on healthy lifestyle and its effects on prevention of cardiovascular risk factors on people with metabolic syndrome (2013).

Publications:

1. Dehi M, **Jahangiry L**, Tavakol Kh, Takfalah L ,Karimi. Parental anxiety and quality of life in children with Blindness in Ababa sire- institution. *J Toloe Behdasht*, 6, NO 3, 4. 2009.

2. **Jahangiry L**, Shojaezadeh D, Mahmodi M. Application of Health Belief Model on studying of knowledge and attitude of women referring to Health Centers of Azarshahr about prevention of breast cancer. *J Toloe Behdasht* , Vol 6, NO 3,4. 2009.

3. **Jahangiry L**, Shojaezadeh, Khajeh Kazemi R, Dehi M, Karimi F. Using of health belief model in educational based program and effect on knowledge and attitudes of women on breast cancer screening. *Journal of Health System Research (Persian)*. 2011; 7.6: 1052-1060.

4. Fayazbakhsh A, Khaje kazemi R, Soleymani nejad, Rahimi F, **Jahangiry L**, Heydari S, Shams M. The internet using and health: students' knowledge, attitude and lifestyle related to the internet. *Hakim research journal*, 2011; 14(2): 96- 105.

5.. Dehi Manijeh, Aghajari Parvaneh, Shahshahani Maryam, Takfallah Leila, **Jahangiry Leila**: The Effect of Stationary Walking on the Quality of Life of the Elderly Women: A Randomized Controlled Trial. *Journal of Caring Sciences*, 2014, 3 (2), 103-111. 10.

6. **Jahangiry L**, Shojaezadeh D, Najafi M, Mohammad K, Abbasalizad Farhangi M, Montazeri A: ‘Red Ruby’: an interactive web-based intervention for lifestyle modification on metabolic syndrome. A study protocol for a randomized controlled trial. *BMC Public health*; 2014, 14: 748.
7. **Jahangiry Leila**, Shojaezadeh Davoud, Najafi Mahdi, Mohammad Kazem, Yaseri Mehdi, Montazeri Ali: Adherence and attrition in a web-based lifestyle intervention for people with metabolic syndrome. *Iranian Journal of public health* 2014. 43(9):1248-1258.
8. **Jahangiry Leila**, Shojaezadeh Davoud, Montazeri Ali, Najafi Mahdi, Mohammad Kazem, Abbasalizad Farhangi Mahdieh: Modifiable lifestyle risk factors and metabolic syndrome: opportunities for a web-based preventive program. *Journal of research in health science*. 2014, 14, 303-307.
9. Omolbanin Nekouefard, **Leila Jahangiry**: Sexual function among patients with breast cancer. *Payesh*. 2014.13 (4).
10. Yaghobi A, Mirinejad M, Abbasalizad Farhangi M, **Jahangiry L**: Serum adiponectin concentration in relation to lipid profile, anthropometric variables and insulin resistance in patient with metabolic syndrome. *Malazian Journal of nutrition*. 2014; 20 (3): 283-289.
11. **Leila Jahangiry**, Davoud Shojaezadeh, Mahdieh Abbasalizad Farhangi, Mehdi Yaseri, Kazem Mohammad, Mahdi Najafi, Ali Montazeri: Interactive web-based lifestyle intervention and metabolic syndrome: findings from the Red Ruby (a randomized controlled trial). *Trials* 2015, 16 (1), 418.
12. Abbasalizad Farhangi M, **Jahangiry L***, Asghari Jafarabadi M, Najafi M: Association between dietary patterns and metabolic syndrome in a sample of Tehranian adults. *Obesity research and clinical practice*. 2016.DOI: 10.1026/j
13. Abbasalizad Farhangi Mahdieh, **Jahangiry Leila***, Shojaezadeh Davoud, Montazeri Ali: An interactive web-based lifestyle modification program improves lipid profile and serum adiponect in

concentrations in patients with metabolic syndrome: the "Red Ruby" study. *Int J Diabetes Dev Ctries* 2015. DOI 10.1007/s13410-015-0395-z.

14. Tavousi M, Ebadi M, Fattahi E, **Jahangiry L**, Hashemi A: Health Literacy Measures: A systematic Review of The Literature. *Payesh* 2015; 14 (4): 485-496.

15. F Rezaei, M Yaseri, **L Jahangiry**, S Nejat. A Survey on Social Capital in the Students of Jahrom University of Medical Sciences in 2014. *JRUMS*. 2016; 15:4.

16. **Jahangiry Leila***, Jahangiry H. AIDS and Stigma: Legal advocacy of patients with AIDS and it's effects on public health. *Payesh*. 2016; 15 (6): 717-720.

17. Mahdiah Abbasalizad Farhangi, Asal Ataie-Jafari, Gholamreza Sarami Foroushani, Mohammadreza Mohajeri Tehrani, **Leila Jahangiry**: Gender Differences in Major Dietary Patterns and Their Relationship with Cardio-Metabolic Risk Factors in a Year before Coronary Artery Bypass Grafting (CABG) Surgery Period. *Archives of Iranian Medicine*. 2016; 19, 7.

18. M Najafi, **L Jahangiry**, SH Mortazavi, A Jalali, A Karimi, A Bozorgi. Outcomes and long-term survival of coronary artery surgery: The controversial role of opium as risk marker. *World Journal of Cardiology*. 2016; 8 (11), 676.

19. **Jahangiry Leila**, Shojaeizadeh Davoud, Najafi Mahdi, Mohammad Kazem, Montazeri Ali: Health related quality of life among people participating in a metabolic syndrome e-screening program: a Web-based study. *International Journal of Preventive Medicine* 2016; 7.

20. Mahdiah Abbasalizad Farhangi, Mahsa Emam-Alizadeh, Fatemeh Hamedi, **Leila Jahangiry**: Weight self-stigma and its association with quality of life and psychological distress among overweight and obese women. *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*, 2017; 22,3 p:451-456.

21. **L Jahangiry**, A Montazeri, M Najafi, M Yaseri, MA Farhangi. An interactive web-based intervention on nutritional status, physical activity and health-related quality of life in patient with metabolic syndrome: a randomized-controlled trial (The Red Ruby Study). *Nutrition & Diabetes*. 2017; e 240.
22. Ghazaleh Hajiluian, MA Farhangi, **L Jahangiry**. Mediterranean dietary pattern and VEGF +405 G/C gene polymorphisms in patients with metabolic syndrome: An aspect of gene-nutrient interaction. *Plos-one*. 2017; 12 (2), e0171637.
23. **Leila Jahangiry**, Abbasalizad Farhangi M, Mahdi Najafi. online management of metabolic syndrome and cardiovascular risk factors: a simple method for awareness and actions. *BMJopen*; 2017, 015415.94.
24. **L Jahangiry**, M Najafi, Asghari Jafarabadi M, MA Farhangi. Coronary artery bypass graft surgery outcomes following 6.5 years: a nested case- control study. *International Journal of Preventive Medicine* 2017; 8.
25. Fatemeh Rezaei, Mehdi Nourozi, **Leila Jahangiry*** The role of social and familial factors as predicting factors related to Hookah and cigarette smoking among adolescence in Jahrom, south of Iran. *International journal of pediatric*. 2017; 5 (5),. 4929-4937.
26. Maryam Khazaei-Pool, Tahereh Pashaei, **Leila Jahangiry**, Koen Ponnet, Ali Gholami. Exploring breast cancer preventive lifestyle and social support of Iranian women: a study protocol for a mixed-methods approach. *International Journal for Equity in Health*, 2017. 16(1):97.
27. Mahdieh Abbasalizad Farhangi, Mahdi Najafi, Mohammad Asghari Jafarabadi, **Leila Jahangiry**. Mediterranean dietary quality index and dietary phytochemical index among patients candidate for coronary artery bypass grafting (CABG) surgery. *BMC cardiovascular disorders*, 2017. 17 (1):114
28. **Leila Jahangiry**, Mahdieh Abbasalizad Farhangi, Sakineh Shab-Bidar, Fatemeh Rezaei, Tahereh Pashaei. Web-based physical activity interventions: a systematic review and meta-analysis of randomized controlled trials. *Public Health*. 2017, 152: 36-46.

29. , **Leila Jahangiry**, Haidar Nadrian, Babak Mahdavi, Hamid Allahverdipour, Ahmad Kousha. Primary Development and Psychometric Properties of PRECEDE Model based Scales for Brucellosis Prevention among an Iranian Rural Population. *Archives of Clinical Infectious Diseases*; 2017; 12:3.
30. **Leila Jahangiry**, Mahdieh Abbasalizad Farhangi, Fatemeh Rezaei: Framingham risk score for estimation of 10-years of cardiovascular diseases risk in patients with metabolic syndrome. *Journal of Health, Population and Nutrition*. 2017; 36, 1:36.
31. Farzaneh Daneshkhah, Hamid Allahverdipour, **Leila Jahangiry**, Tatiana Andreeva Sexual Function, Mental Well-being and Quality of Life among Kurdish Circumcised Women in Iran. *Iranian journal of public health*. 2017; 46, 9; 1265.
32. **Leila Jahangiry**, Jalileh Ghanbari, Mahdieh Abbasalizad Farhangi, Parvin Sarbakhsh, Koen Ponnet Predictors of poor blood pressure control among Iranian hypertensive patients. *BMC research notes*. 2017; 10, 1:668.
33. Fatemeh Bakhtari Aghdam, Habibeh Sahranavard, **Leila Jahangiry***, Mohammad Asghari. The Effect of physical activity intervention for sedentary behavior in female teachers: a randomized controlled trial *Health Scope*, 2018; 7 (1) e68267 .
34. Parinaz Doshmangir, **Leila Jahangiry***, Mahdieh Abbasalizad Farhangi. The effectiveness of theory- and model based lifestyle interventions on HbA1c among patient with type II diabetes; a systematic review and Meta-analysis. *Public Health*. 2018. 155, 133-141.
35. Mahdieh Abbasalizad Farhangi, Parvin Dehghan, **Leila Jahangiry*** : Mental health problems in relation to eating behavior patterns, nutrient intakes and health related quality of life among Iranian female adolescents. *PloS one*, 2018, 13, 4: e0195669.

36. Mahdieh Abbasalizad Farhangi, **Leila Jahangiry**. Dietary diversity score is associated with cardiovascular risk factors and serum adiponectin concentrations in patients with metabolic syndrome. BMC cardiovascular disorders, 2018, 18:1; 68.
37. leili Faraji, Parvin Sarbakhsh, Mohamad Asghari Jafarabadi **Leila Jahangiry**. Identifying Factors Associated with Functional Limitation Among Diabetic Patients in Northwest of Iran: Application of the Generalized Additive Model. International Journal of Endocrinology and Metabolism. 2018; 16 (2); e12757.
38. **Leila Jahangiry**; E-screening: Challenges and opportunities for health. Journal of Biostatistics and Epidemiology 3 (1), 29-30.
39. Maryam Khazaee-Pool, Maryam Moeeni, Koen Ponnet, Arezoo Fallahi, **Leila Jahangiri**, Tahereh Pashaei Perceived barriers to methadone maintenance treatment among Iranian opioid users International journal for equity in health. 2018 . 17. 1 P:75.
40. Jafar Hassanzadeh, Fatemeh Rezaei, Mehdi Noroozi, **Leila Jahangiry**. Prevalence of mental Health problems in adolescences and associated familial factors in southern Iran. International Journal of Pediatrics.2018 (inpress).
41. Homayoun Sadeghi-Bazargani, Mohammad-Hossein Somi, Mina Golestani, Mousa Amiri, Saeideh Ghaffarifar, Saeid Aslanabadi, Ali Taghizadieh, Shahryar Behzad-Basirat, Naser Mikaili, Seyed Abdolreza Mortazavi-Tabatabaei, Saeede Sheikhi, Hamid Soori, Davoud Khorasani-Zavareh, Soheil Saadat, Mashyaneh Haddadi, Mohammad Asghari Jafarabadi, Hamid Allahverdipour, Javad Babaeie, Seyed Kazem Shakouri, Ali Meshkini, Fatemeh Bakhtari, Zakieh Piri, **Leila Jahangiry**, Parvin Sarbakhsh, Kavous Shahsavari Nia, Gholam Hossein Safari, Mostafa Farahbakhsh, Amir Mohammad Navali, Abdolhassan Kazemi, Saleh Heidarian, Forouzan Rezapur-Shahkolai, Reza Hekmatshoar, Majid Fallahi, Hasan Ghodsi, Maryam Mazaheri, Behzad Jafarinia, Khalil Pourebrahim, Sajjad

Alihemmati, Ali Ahmadian, Ahad Safayi, Farhad Torbati, Malek Ghorban Niyati, Mirbahador Yazdani, Nooshin Hushian, Fahimeh Bakhtyari. Developing and preliminary evaluation of a general academic course on traffic health and safety. Research and Development in Medical Education. 2018 . 7: 1.

Research Projects, supervision and consuler for MSc students Thesis (Health education and Elderly Health):

17. Physical activity intervention program based on social cognitive theory on people with pre-diabetes in rural population of Ahar: A randomized controlled trial. (supervision).
16. Attitudes toward Female genital mutilation: a systematic review and Meta-Analysis. (supervision).
15. Female genital mutilation and sexual function among Piranshahr women (Consulter 2014-2015)
14. Assessing predictability of Socio- Physical Environment of Shahrekord Elderly Home based on the quality of Life (consulter 2014-2016)
13. Framework of health care system for Iranian aging people (consulter 2014-2016)
12. The study on oral health indexes and oral health literacy among adults in Tabriz, 2016 (supervision).
11. Determination of lifestyle patterns among aging with hypertension through Latent class analysis (LCA), 2016 (supervision).
10. Designing and implementation of the comprehensive brucellosis prevention and control program based on PRECEDE-PROCEED model in Ahar (supervision 2014-2016).
9. Review study of web-based lifestyle interventions 2015 (Manager).
8. The effect of an interactive web-based educational program on insulin resistance, serum adiponectin and AST/ALT ration in patients with metabolic syndrome at risk of cardiovascular disease Tabriz University of Medical Sciences (Finished at 2013) (Manager).

7. An interactive web-based intervention on healthy lifestyle promotion and its effects on prevention of cardiovascular risk factors, Tehran Heart Center, Tehran University of Medical Sciences (2013) (Manager).
6. The survey of cognitive-Behavioral intervention in rate of relapse and risk –taking in seeking care on methadone maintenance treatment (MMT), (Finished at 2011, Assistant).
5. Health Observatory: Iran Multiple-Indicator demographic and health survey 2010 (National Study Assistant in Zanjan University of Medical Sciences).
4. Study of the knowledge, attitude and high risk behavior related to internet usage among students of Tabriz University of Medical science 2009(Manager).
3. Effect of home visit on controlling of diabetes II and quality of life on diabetic disease in Maraghe 2009 (Assistant).
2. Internal Evaluation of educational groups in nursing faculty (Maraghe), Tabriz University of Medical Sciences 2009 (Manager).
1. Study on regular walking on quality of life on referring women to Health Care Centers in Maraghe 2009 (Assistant).

Books:

- 1- Effective Health risk messages, step to step guideline, Ali Montazeri, Leila Jahangiry (Translated to Persian language).
- 2- Do you know your cholesterol level? (Web-based training manual, Persian).
- 3- Control your high blood pressure (Web-based training manual, Persian).
- 4- Are you at risk for heart disease? (Web-based training manual, Persian).
- 5- Do you need to lose weight? (Web-based training manual, Persian).
- 6- Protect your heart against diabetes (Web-based training manual, Persian).

7- Physical activity and your heart (Web-based training manual, Persian).

8- Attitude and Attitude Measuring in Health Education (Tehran, Sobhan publisher, 2011).

Workshops Teaching:

-Organizing and teaching workshops on Scientific Project management in health research sciences in different settings and academic institutes.

-Organizing and teaching workshops on EndNote software in different setting for PhD and MSc students in Public Health School, Tehran and Tabriz University of Medical Sciences (2012-is continued).

-systematic review and meta-analysis in public health sciences

Presentation in Congresses:

9. 5th International Society for *Evidence-Based Healthcare Congress*. December 7-9, 2016 in International Conventional Center *Kish* Island, Iran. Online management of metabolic syndrome and cardiovascular risk factors: a simple method for awareness and actions. (Poster presentation)

8. The Second International and the Sixth National Iranian congress on health education and promotion 19-21 May 2015, Oral Presentation: Interactive web-based lifestyle intervention and metabolic syndrome: a randomized controlled trial (The Red Ruby Study).

7. 8th Middle East Cardiovascular congress, Istanbul, Turkey; 4-6 June 2014. Effectiveness of interactive web-based lifestyle intervention and cardiovascular diseases risk factors on people with metabolic syndrome: a randomized controlled trial (The Red Ruby Study): Poster presentation.

6. The First International and 4th National Congress on Health Education and Promotion, 17-19 May 2011, Tabriz, Iran. Message Strategies To Promote Healthy Behavior: Loss Framed Or Gain Framed? Lecture Presentation.

5. The First International and 4th National Congress on Health Education and Promotion, 17-19 May 2011, Tabriz, Iran. Awareness from the Effects of Internet on High Risk Behaviors: A Cross Sectional Study between Internet User Students in Tabriz University of Medical Sciences. Poster Presentation.
4. National Congress of the Neonatal & Pediatric Nutrition, 23- 24 July 2008. The study on the growth chart of the infants at the same time with the beginning of the complementary feeding in the health care centers in Maraghe: Poster Presentation.
3. National Congress of the Neonatal & Pediatric Nutrition, 23- 24 July 2008. Study of Mothers knowledge about supplemental nutrition in ($2 < AGE$) in Health Centers of Maraghe: Poster Presentation.
2. National Congress of the Neonatal & Pediatric Nutrition, 23- 24 July. Assessment of nutrition in referring pregnant women to health centers in Maraghe Poster Presentation.
1. The First National Congers of Social Sciences and Health in Esfahan 2007. Research approach in studies of consuming health services, social- individual determinants: Poster Presentation.

Occasional review for International Journals

- BMC Health and quality of life outcomes
- Plos one
- BMC Public Health
- Health Promotion Perspectives
- Iranian Health Education & Promotion Association

Honors:

- 1- Ranking the *First* in PhD entrance exam (Ministry of Health), Health Education, 2009.
- 2- Ranking the *Third* in MSc entrance exam (Ministry of Health) of Health Education, 2006.
- 3- Member of Center for Talented growth Tehran University of Medical Sciences.

Lectureships & Teaching:

Faculty Member in Tabriz University of Medical Sciences (faculty of Nursing and Midwifery school 2007-2009) and (Public health faculty 2014 -is continued) Tabriz, Iran

- 1- Research Methodology for Msc Students (2014-continued).
- 2- Lifestyle for Msc Students (2014-continued).
- 3- Medial sociology
- 4- Group dynamic for Msc Students (2014-continued).
- 5- Health Education & communication for public health students.
- 6- Educational Technology for public health students.
- 7- Management & planning in health services.
- 8- Health systems

- 9- School Health.
- 10- Epidemiology in chronic & acute disease in Iran.
- 11- Public Health.
- 12- Vaccination and Immunity in Iran.
- 13- Information Technology in medical research.
- 14- Coach in Training for public health students.

Referees:

- Prof. Ali Montazeri. MPH, PhD, Specialist in Public Health and Epidemiology. Mental Health Research Group, Health Metrics Research Center, Iranian Institutes for Health Sciences Research, ACECR, Tehran, Iran (montazeri@acecr.ac.ir).
- Prof Mohammad, Kazem. Department of Epidemiology and Biostatistics, School of Public Health, Tehran University of Medical Sciences, Tehran, Iran. (mohamadk@sina.tums.ac.ir).
- Prof. Davod . Shojaezadeh, Health Education & Health Promotion Department, School of Public Health, Tehran University of Medical Sciences; Tehran, Iran.(shojaei5@yahoo.com).

Research Interests:

- Prevention on cardiovascular diseases risk factors and Metabolic syndrome
- Prevention of CVD through risk predicting approaches
- Systematic review and meta-analysis
- Lifestyle interventions via technology-based programs.