**Sahar Eshrati, Ph.D.**

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Assistant Professor

Department of Addiction Studies

School of Behavioral Sciences and Mental Health

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| 1. DATE OF PREPARATION  |
| December 8st, 2021 |

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| 2. EDUCATION  |
| **Ph.D. (Addiction Studies)**School of Behavioral Sciences and Mental HealthIran University of Medical Sciences* Thesis: Drug-related community issues and the required interventions in open drug scenes in Tehran, Iran: a mixed method study
* Advisors: Drs. Mohammad Bagher Saberi Zafarghandi & Meroe Vameghi
 | 2015-2020Tehran, Iran |
| **M.A (Clinical Psychology)**Faculty of Education & PsychologyShahid Chamran University of Ahvaz* Thesis: Structural Relations of Parenting, Novelty, Behavioral Problems, Coping Strategies, and Addiction Potential
* Advisor: Dr. Iran Davoudi
 | 2008-2011Ahvaz, Iran |
| **B.A. (Psychology)**Faculty of Education Sciences & PsychologyFerdowsi University Mashhad* Thesis: Relationship between Emotional Intelligence and Addiction Potential
* Advisor: Dr. Nader Bagheri
 | 2001-2006Mashhad, Iran |

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| 3. EMPLOYMENT RECORD |
| **Lecturer & Researcher**Department of Addiction StudiesIran University of Medical Sciences | Sep 2017-present |
| **Psychologist**Médecins Sans Frontières (MSF), Tehran | Jun 2019-present |
| **Lecturer**Tehran Association of Addiction Psychologists and Counselors | 2019-2020 |
| **Lecturer & Advisor**Payame Noor University of Quchan | Jan 2014-2015 |
| **Psychologist**Mashhad University of Medical Sciences, Faculty of Pharmacy | Nov 2013-2015 |
| **Psychologist**Ferdowsi University of Mashhad, Counseling Center | Sep 2012-2014 |
| **Psychologist**Cultural Counseling Group for Cultural Affairs Management, Mashhad University of Medical Sciences | Mar 2012-2013 |
| **Psychologist**Justice Department of Mashhad | Apr 2012-2013 |
| **Psychologist**Mashhad Welfare Organization, Therapeutic Community (TC) | Jun 2011-2012 |
| **Psychologist**Methadone Maintenance Treatment center (MMT), Mashhad | Mar 2007-2008Aug 2010-2011 |

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| 4. MEMBERSHIPS ON PROFESSIONAL ORGANIZATIONS & SOCIETIES |
| 1. Psychology and Counseling Organization of I. R. Iran
 | 2010-present |
| 1. Iranian Psychological Association
 | 2010-present |

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| 4) PUBLICATIONS |
| **A) Books** |
| 1. Saberi Zafarghandi MB, **Eshrati S**, Mosavi Nick M. Specialized meetings on criticism of anti-narcotic law in Iran, Tarkhoon Press, 2018 [In Persian]
 |
| **B) Refereed Journal Articles** |
| 1. Saberi Zafarghandi MB, **Eshrati S**, Arezoomandan R, Farnia M, Mohammadi H, Vahed N, Javaheri A, Amini M, Heidari S. Reviewing, Documenting and assessing of Addiction Treatment, and Harm Reduction Programs in Iranian Prisons. Iranian Journal of Psychiatry and Clinical Psychology (IJPCP). 2021 May 10; 27 (1): 48-63. DOI: [10.32598/ijpcp.27.1.3324.1](http://dx.doi.org/10.32598/ijpcp.27.1.3324.1).
 |
| 1. Saberi Zafarghandi MB, **Eshrati S**, Rashedi V, Vameghi M, Arezoomandan R, Clausen T, Waal H. Indicators of drug-related community impacts of open drug scenes: a scoping review. Journal of European Addiction Research (EAR). 2021 Nov 18. DOI: 10.1159/000519886.
 |
| 1. Saberi Zafarghandi MB, **Eshrati S**, Arezoomandan R, Farnia M. Substance use and the necessity for harm reduction programs in central prison of Sanandaj, Iran. International Journal of High Risk Behaviors and Addiction. 2021 Agu 30. DOI:  [10.5812/ijhrba.113989](https://dx.doi.org/10.5812/ijhrba.113989).
 |
| 1. Saberi Zafarghandi MB, **Eshrati S**, Vameghi M, Ranjbar H, Arezoomandan R, Clausen T, Waal H. Drug-related community issues and the required interventions in open drug scenes in Tehran, Iran: a qualitative study protocol. BMJ open. 2019 Oct 1; 9(10):e030488. DOI: 10.1136/bmjopen-2019-030488.
 |
| 1. **Eshrati S**, Davoudi I, Zargar Y, Hashemi Sheikh Shabani E, Imanzad M. Structural relations of parenting, novelty, behavioral problems, coping strategies, and addiction potential. International Journal of High Risk Behaviors and Addiction. 2017 Mar 31; 6(1). DOI : [10.5812/ijhrba.22691](https://dx.doi.org/10.5812/ijhrba.22691)
 |
| 1. Zargar Y, **Eshrati S**, Ghaseminejad M, Sarami F. Simple and multiple relationships between assertiveness, sensation seeking, alexithymia and addiction potential in university students. International Journal of Psychology; 2011, [https://doi.org/10.1016/S0924-9338(13)77105-0](https://doi.org/10.1016/S0924-9338%2813%2977105-0)
 |
| 1. Riahi N, Khajeddin N, Izadi S, **Eshrati S**, Naghdi Nasab L. The effect of supportive and cognitive-behavioral therapy on mental health and irrational believes of mothers who have a child with autism [in Persian], Jundishapur Scientific Medical Journal, 2011; DOI: [10.22118/JSMJ. 2012.55124](https://dx.doi.org/10.22118/jsmj.2012.55124)
 |
| 1. Hassanzade M, Khajeddin N, Nojomi M, Fleischmann A, **Eshrati S**. Brief intervention and contact after deliberate self-harm: an Iranian randomized controlled trial. Iranian Journal of Psychiatry and Behavioral Sciences. 2010; 4(2):5-12.
 |
| **C) Work Under Review** |
| 1. **Eshrati S**, Saberi Zafarghandi MB, Meroe V, Arezoomandan R, Ranjbar H, Rooshanpajouh M, Clausen T, Waal H. Predisposing and reinforcing factors of open drug scenes and implications for interventions. Submitted to Harm Reduction Journal.
 |
| 1. **Eshrati S**, Saberi Zafarghandi MB, Meroe V, Arezoomandan R, Ranjbar H, Rooshanpajouh M, Clausen T, Waal H. Main issues experienced by the neighbors of Iranian open drug scenes. Submitted to International Journal of Drug Policy.
 |
| 1. Saberi Zafarghandi MB, Jadidi M, Khalili N, Khanipour H, Shamsaei MM, **Eshrati S**, Vahed N. Indicators of Monitoring and Evaluation of Treatment Centers, and Treatment Programs with Agonist Medications: A Narrative Review. Submitted to Journal of Education and Community Health.
 |
| **D) Published & Submitted Abstracts** |
| 1. **Eshrati S**. Simple and multiple relationship between self-directedness, delinquency, attitude towards substance abuse and potential addiction. 5th International Congress on Child and Adolescent Psychiatry, Oct 8-12, 2012.
 |
| 1. **Eshrati S,** Matinnezhad A. The relationship between emotional intelligence and addiction potential. 1th International Student Congress on Addiction. Oct 9-11, 2011.
 |
| 1. **Eshrati S,** Ghasemnezhad MA. Simple and multiple relationships of Morningness, anxiety sensitivity with potential addiction. 1th International Student Congress on Addiction. Oct 9-11, 2011.
 |
| 1. **Eshrati S**, Davoudi I, Zargar Y. Comparison of externalization behavioral problem between male and female students with potential addiction. 5th National addiction congress (prevention and treatment-based). Feb 28-30, 2010.
 |
| **E) Guest Lecturers** |
| 1. **Eshrati S**. Principle of addiction for psychological therapists of opioid use disorder. Tehran Association of Addiction Psychologists and Counselors. Monthly since 2019-2020.
 |
| 1. **Eshrati S**. Principle of addiction for psychological therapists of opioid use disorder. School of Behavioral Sciences and Mental Health, Iran University of Medical Sciences. Monthly since 2017-2018.
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| **F) Invited Academic Presentations** |
| 1. **Eshrati S**. Risk Environment Framework in harm reduction interventions. Journal club of Addiction Department, School of Behavioral Sciences and Mental Health, Iran University of Medical Sciences. Apr 2021.
 |
| 1. **Eshrati S**. Principle of Addiction. Regional in-Service Training for Afghans and Tajiks Drug Treatment Professionals. May 2018.
 |
| 1. **Eshrati S.** Substance use disorder in Iran. Norwegian Center for Addiction Research (SERAF), Oslo, Norway. Nov 2018.
 |
| 1. **Eshrati S.** Open drug scenes in Tehran, Iran. Norwegian Center for Addiction Research (SERAF), Oslo, Norway. Nov 2018.
 |
| 1. **Eshrati S**. harm reduction interventions around open drug scenes in Norway. Dec 2018.
 |
| 1. **Eshrati S**. Evidence- based approach to decriminalization of illicit drugs. 11th International Addiction Science Congress. Sep 2017.
 |
| 1. **Eshrati S**. Neural and psychological mechanisms underlying compulsive drug seeking habits. Journal club of Addiction Department, School of Behavioral Sciences and Mental Health, Iran University of Medical Sciences. Aug 2017.
 |
| 1. **Eshrati S**. Community-based addiction prevention. Addiction Department, School of Behavioral Sciences and Mental Health, Iran University of Medical Sciences. Jun 2016.
 |
| 1. **Eshrati S**. Confirmatory factor analysis. Addiction Department, School of Behavioral Sciences and Mental Health, Iran University of Medical Sciences. Jan 2016.
 |
| 1. **Eshrati S**. Substance use disorder and craving: introducing two studies. Neuroimaging Analysis Group (NIAG) in Imam Khomeini Hospital. Dec 2016.
 |
| **G) Invited Non-Academic Presentations** |
| 1. **Eshrati S**. Monfared F. Eligible Clients with substance use disorder to refer to psychological part. Médecins Sans Frontières (MSF) Workshop, Tehran. 2020.
 |
| 1. **Eshrati S**. Monfared F. Life Skill for Community Health Workers of Médecins Sans Frontières (MSF). Médecins sans Frontières (MSF) Workshop, Tehran. 2018.
 |
| 1. Jabbari AR, **Eshrati S**. How to Manage Emergency Mental Health Clients. Médecins Sans Frontières (MSF) Workshop, Tehran. 2018.
 |
| 1. **Eshrati S**. Relapse Prevention; Life Skills; Control of Withdrawal Symptoms; and Irrational Thoughts caused lapse and relapse. Therapeutic Community Center Workshops, Mashhad, Iran. Dec 2014.
 |
| 1. **Eshrati S**. Ritalin Misuse in college students. Faculty of Pharmacy Workshop, Mashhad University of Medical Sciences. 2014.
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| 1. **Eshrati S**. Life Skills for college students. Counseling Center Workshops, Ferdowsi University of Mashhad. Sep 2012-2013.
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| 5) RESEARCH GRANTS |
| **A) GRANTS CURRENTLY HELD**  |
| **Corona and substance use disorder [in Persian].**Role on Project: co-InvestigatorFunder: Iranian Academy of Medical Sciences, TehranProject Period: March 20, 2021 – December 21, 2021Total Amount: - Description: To address the effects of COVID-19 on Substance use disorder issues in this study, we will review the related studies about the effects of COVID-19 on the producing drugs, smuggling, starting drug use, lapse, relapse, high risk behaviors, access to health care services, and the changes of the current treatments.  |
| **Clinical Guideline of sexual health [in Persian].**Role on Project: co-Principle Investigator Funder: Iranian Academy of Medical Sciences, TehranProject Period: April 20, 2021 – August 23,2022Total Amount: -Description: The objective of this project is to provide a curriculum about the sexual health; sexual health in specific groups such as adolescents; human rights in sexual health; definitions and treatment sexual dysfunction; definitions and treatment of paraphilic disorders; and addiction and sexual health, sexual disorders and sexually transmitted infections.  |
| **B) COMPLETED GRANTS** |
| **Drug Related Community Impacts and the Required Interventions in Open Drug Scenes in Tehran, Iran: A Mixed Method Study**Role on Project: Principle InvestigatorFunder: Iran University of Medical SciencesProject Period: May 20, 2018 – September 30, 2020.Total Amount: -Description: this study seeks to determine main problems experienced by the neighbors of open drug scenes, and accordingly, developing required interventions. |
| **Reviewing, Documenting and assessing of Addiction Treatment, and Harm Reduction Programs in Iranian Prisons**Role on Project: co-Principle InvestigatorFunder: Education and Research Office of Prisons and Security and Corrective Measures OrganizationProject Period: April 1, 2017 – November 31, 2019Total Amount: -Description: The purposes of this study are to document and assessment of drug-related treatment and harm reduction programs in Iranian prisons and suggesting solutions for improvement of these programs. |
| **Indicators of drug-related community impacts of open drug scenes: a scoping review**Role on Project: co-Principle InvestigatorFunder: Iran University of Medical SciencesProject Period: March 3, 2019 – May 30,2020Total Amount: -Description: Places where people deal and/or use drugs publicly, are known as open drug scenes (ODSs). Furthermore drug-related health harms, additional community impacts are the main incentives to interventions towards ODSs. The drug-related community impacts (DRCIs) refer to all drug-related issues that negatively influence communities, businesses, and public space enjoyment. Nevertheless, there are no well-established or functional criteria for identification of DRCIs. The present study review the peer-reviewed literature to determine categories of DRCIs indicators associated with ODSs.  |
| **C) PROPOSAL UNDER REVIEW** |
| **Explain the legal considerations and formulate the necessary judicial-disciplinary interventions to reduce the health and social harms of Iranian drug scenes.**Role on Project: co-Principle InvestigatorFunder: Iran University of Medical Sciences & Iran Drug Control HeadquartersProject Period: July 10,2021- October 30, 2022Total Amount: -Description: Given the consequences of law enforcement activities about open drug scenes in Iran, this study aims to propose a Statement of Legislation to the government about legal activities for Iranian open drug scenes.  |
| **Clinical guideline of Treatment of Marijuana use disorder**Role on Project: Principle InvestigatorFunder: Iran University of Medical Sciences & Incubation and Innovation CenterProject Period: December 10,2021- December 30, 2022Total Amount: - Description: we are facing new legislation about marijuana use in all over the world. One the consequences of new legislation is an increasing in marijuana use prevalence. There is no clinical guideline about marijuana use disorder in Iran. The purpose of the current study is to providing a clinical guideline for mental health specialists in managing people with marijuana use disorder. |

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| 6) SERVICES  |
| **A)UNIVERSITY AND DEPARTMENTAL** |
| CO-Chairs, Chiefs of Iran Drug Control Headquarters and Iran University of Medical Sciences, Meeting on Open Drug Scenes 2020 |
| Co-Chairs, School of Behavioral Sciences and Mental Health, Weekly Journal Club of Addiction Department 2015-present |
| Participant, Roozbeh Psychiatric Hospital, Weekly Roundtable on Monitoring PhD candidate Thesis in Addiction Studies Major, 2018-2019 |
| Participant, Roozbeh Psychiatry Hospital, Monthly Symposium on Addiction and Psychiatric Injuries, 2016-2019 |
| Participant, Shohadaye Tajrish Hospital, Tehran, Monthly Meeting on Neuroscience 2016 |
| Researcher, Neuroimaging Analysis Group (NIAG), Imam Khomeini Hospital 2015-2016 |
| Participant, Roozbeh Psychiatry Hospital, Case Morning for Clients with Substance Use Disorders. 2016 |
| Participant, Shaghayegh Cultural Complex, How to research about addiction and its necessities, December 2015 |
| **B) JOURNAL REVIEW** |
| International Journal of HIV/AIDS Prevention, Education, and Behavioral Sciences (IJHPEBS) | August 2020 - present |
| Iranian Journal of Psychiatry and Psychology  | October2021 - present |
| **C) GRANT REVIEW** |
| Reviewer, Research Office, School of Behavioral Sciences and Mental Health | July 2018 - present |

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| 7) AWARDS |
| First rank PhD graduate  | 2020 |
| First rank in comprehensive exam of PhD degree | 2017 |
| Fourth rank in PhD entrance exam | 2015 |
| workshops in Counseling Center Ferdowsi University of Mashhad | 2012 |
| Fourth rank in postgraduate graduate (M.A) | 2011 |

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| 8) TEACHING |
| **Session** | **Course** | **Class Size** | **Schedule Hours** |
| **Lecture** | **Lab/Tutorial** |
| Fall 2020Spring 2021 | Neuro anatomy& neuro physiology (neuro transmitters)  | 4 | 3 | 0 |
| Fall 2020 Spring 2021 | Principle of mental health, psychiatric & substance use disorders | 4 | 2 | 0 |
| Fall 2013Spring 2014 | Physiological psychology/ Payame Noor University of Quchan, Khorasan Razavi Province | 38 | 18 | 0 |
| Fall 2013Spring 2014 | Neuropsychology/ Payame Noor University of Quchan, Khorasan Razavi Province | 36 | 18 | 0 |
| Fall 2010 | Developmental Psychology/Tarbiat Moalem Center | 22 | 20 | 0 |
| Fall 2010 | Methods of Teaching/ Tarbiat Moalem Center | 18 | 20 | 0 |

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| Completed Students |
| **Trainee Name** | **Type/ Training Period** | **Thesis/ Project Title** | **Role** |
| Vahideh Maghmoumi | BA Psychology, Quchan University(2013-2014) | Relationship between Quality of Life and Psychological Capital in MMT clients  | Dissertation Advisor |
| Hosseini Fatemeh | BA Psychology, Quchan University(2013-2014) | Simple and multiple relationship between Sensation Seeking, self-directedness, and potential addiction | Dissertation Advisor |

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| Students |
| **Trainee Name** | **Type/ Training Period** | **Thesis/ Project Title** | **Role** |
| Yasha Feiz Fayyazi | PhD Addiction Studies, Iran University of Medical Sciences(2020-present) | Evaluation of the additive effect of transcranial direct current stimulation (tDCS) and Haboshefa medication in combination with as-usual psychological therapies in reducing the craving, depression, and improvement of cognition in patients with cannabis use disorders | Dissertation Counselor  |