

Curriculum Vitae

Behrooz Birashk , Ph.D.

Birth: April 1948

Marital Status: Married

Email: behrooz.birashk@yahoo.com

birashk@ams.ac.ir and birashk.b@iums.ac.ir

Scientific Status: Associate Professor of Psychology- Tehran University of Medical Sciences, Faculty School of Medicine-Tehran Psychiatric Institute, Mental Health Research Center.

Education: 1-BA, 1973, Melli University, Iran

2-MA, 1975, Counseling Psychology, University of Illinois , U.S.A.

3-Ph.D., 1979, Counseling Psychology, University of Illinois , U.S.A.

4- Post Ph.D., 2006. Simon Fraser University, Vancouver, Canada

Scientific and Executive Activities

- Deputy Dir. of Educational Affairs-Tehran Psychiatric Institute ,1995-2003.
- Head of training and educational committee, Tehran Psychiatric Institute, 1989-2003.
- Head of Dep. of Clinical Psychology & Behavioral Sciences. Tehran Psychiatric Institute & School of Medicine , 1997-2003.
- Head of Dept. of Clinical Psychology, Payam International Branch, Iran University of Medical Sciences, 2010
- Deputy Dir. Of Research , The Great Persian Encyclopedia Foundation,1992-1997.
- Member of Scientific Board of Clinical Psychology-Ministry of Health & Medical Education- 1990-2009..
- Member of Iranian Academy of Medical Sciences

- *Head of Iranian Psychological Association, 2000-2002*
- *Member of several administrative committees within IMHME, and IUMS*
- *Member of Iranian Counseling Association*
- *Member of Iran Cognitive Society and Editorial Board of the Society*
- *Member of Higher Education Committee, Tehran Psychiatric Institute*
- *Head-Iranian Music Therapy Association*
- *Head-Committee on GID (transsexuality), Ministry of Health & Medical Education, 2002*
- *Member of Illinois Alumni Association*
- *Member of American Psychological Association*
- *Member of International Association of Cognitive Psychotherapy*
- *Member of Society for the Exploration of Psychotherapy Integration*
- *Member of Board of Directors-Iranian Council of Psychology and Counseling*
- *Member of Editorial & Scientific Board of 10 Journals of Psychiatry, Psychology & Health*

Promotion:

- 1- *Iranian Journal of Psychiatry and Clinical Psychology. Tehran University of Medical Sciences .*
- 2- *Psychological Studies ,Quarterly ,Faculty of Psychology ,AL-ZAHRA University.*
- 3-*The Journal of Psychology , Tabriz University.*
- 4- *The Journal of Cognitive Sciences . Institute for Cognitive Studies.*
- 5- *Contemporary Psychology, Biannual Journal of the Iranian Psychological Association.*
- 6- *International Journal of Psychology. Iranian Psychological Association.*

(in English).

7- *Iranian Journal of Psychiatry .A Journal of Psychiatry, Neuroscience and Psychology.* (in English).

8- *Journal of Psychology, Zahedan University.* (Editor in Chief)

.9- *International high risk behaviors and addiction (Associate Ed.,in English)*

10- *European Journal of Psychology & Educational Studies.*(in English)

- *Consultant for 11 Journals of psychology and medical sciences.*

- *Acting Advisor and supervisor of Ph.D. & MA students in Clinical Psychology*

- *Co-researcher , The International Sexuality Description Project (ISDP) , with Dr. David Schmitt , Bradley University , U.S.A.*

Training & Education

- *Teaching for Medical Students-Since 1984*

- *Teaching MA courses in clinical psychology-since 1985*

- *Teaching Ph.D. courses in clinical psychology - since 1997*

- *Acting as an advisor & supervisor for the MA students in clinical psychology & consulting professor of more than 40 thesis .*

- *Acting as an advisor and supervisor for the Ph.D. students in Clinical Psychology, Health, & Medical students (more than 7 thesis).*

- *Workshops on counseling in AIDS (more than 50).*

- *Workshops on Suicide*

- *Workshops on Addiction*

- *Workshops on Molecular Psycho neuro immunology*
- *Workshops on Pain*
- *Workshops on Statistics*

Publications: (1995-2013)

Books, Chapters

- 1- *People making ,(translation,7th ed.) (2009).*
- 2- *Interview with Children & Youths (translation, 2nd ed. 1998).*
- 3- *Dictionary of Scientific Biographies (co-tranlator-4 Vol. till 2008).*
- 4- *Concise Dictionary of Scientific Biographies (co-translator, 1998).*
- 5- *Persian for tourists (Co-author, 2002).*
- 6- *Counseling in AIDS (translation-WHO, 2004).*
- 7- *Sex counseling and saying “No” at critical times, for preventing HIV/AIDS in youth (co-author)-2004.*
- 8- *Editor of 11books on addiction-WHO-2004.*
- 9- *introduction to Psychology (co-translator)^{24th}. ed.2002.*

(*Hilgard’s Psychology*)
- 10-*Marital Therapy (editor-2000)*
- 11-*Birashk,B. ,Naziri ,Gh., Selective Bias to Guilt Related Cues in Information Processing of Obsessive-Compulsive Patients . In Cognitive Psychotherapy Toward a New Millennium, Scientific Foundations and Clinical Practice, (Eds.) Tullio Scrimali & Liria Grimaldi , Kluwer Academic, Plenum Publishers (2002).*

- 12-Birashk, B., *Psychology in Iran*, in *The Textbook of International Psychology (2004)*, (Eds.: D. Wedding & M. Stevens .Brunner Rutledge, Taylor/ Francis Group.
- 13-*Healthy Self-Esteem (2008)*, Nashre Ghatreh, Tehran, Iran
- 14- Birashk, B.(2012). *Counseling and Psychotherapy in Iran*, in *Handbook of Counseling and Psychotherapy in an International Context* , (Eds.: Moodley,R , Gielen, U and Wu, R.. Center for Diversity in Counseling and Psychotherapy.
- 15- *Mood Disorders (2011)*. S.N.Ghaemi.(co-translator).Tehran University Puc.Inc. Tehran, Iran.
- 16- *APA Dictionary of Psychology (2012)*.(co-translatore), Nashre Jeyhoun.Tehran, Iran.
- 17-*Psychological Assessment of Elders (2012)*, (co-author).Rouyan Pazhouh Pub. Co. Tehran,Iran.
- 18- *Adolescents Depression ,Practical Guide for Parents and Teens (2011)*. (co-author).Rouyan Pazhouh Pub. Tehran,Iran.
- 19-*Anxiety Disorders Interview Schedule for DSM-IV, Lifetime Version & Clinical Manual[for therapists and older patients] (1392)* –co-translator. Nashre Neivand.
- 20-*Anxiety Disorders Interview Schedule for DSM-IV, Lifetime Version & Clinical Manual (1392)* –co-translator. Nashre Neivand.

Articles

- 1- Mohaghegh, H., Birashk, B., (1995). *Medical Students' Attitude Toward Psychiatric Wards at Iran University of Medical Sciences. Andisheh Va Raftar, Vol. 2, 48-54.*

- 2- *Thahmasian, K., Mehryar, A.H., Birashk, B., Bolhari, J., (1998). The Efficacy of Parental Training in Reduction of Children's Behavioral Disorders. Andisheh Va Raftar, Vol. 3,54-60.*
- 3- *Sobhani, M., Birashk,B., Rassoulia,M., (1998). Psychological Problems in Elective Sterilized Women. Student & Research Jou., Shiraz University of Medical Sciences, Vol.6., 4-8.*
- 4- *Birashk,B., (1996). Review of Psychiatry Revolution. Jou. Gozideh Tazehaye Pezeshki, Iran Academy of Medical Sciences, 2 Vol. [translation].*
- 5- *Farzadi,H., Birashk,B., Gooya,M., (1998). Psycho-Social Aspects and Coping Methods in Two Groups of Patients With Human Immunodeficiency Virus (HIV). . Andisheh Va Raftar, Vol.4., 56-64.*
- 6- *Khakpour, M., Birashk, B.,(1999). Epidemiology of Job Burnout Syndrome Among Counselors and Psychotherapists. Andisheh Va Raftar, Vol. 4,14-2L*
- 7- *Layeghi , H., Birashk, B., Ebrahim Daryani, N., (1999). Psychosocial factors in Patients with Duodenal Ulcer. . Andisheh Va Raftar, Vol. 5, 66-78.*
- 8- *Naziri, Gh., Birashk, B., Mohamadian, M., (2000). Perfectionistic Child-Rearing Style and Parents' Perfectionistic Traits: Predisposing Factor for Obsessive-Compulsive Disorder. Andisheh Va Raftar, Vol.5,30-37.*
- 9- *Chehrei, A., Birashk,B., Danayi, N.,(2000). Establishment of Knowledge Level about the Ways of Transmission and Prevention of AIDS in 15-50 Year Old People in Arak and Simnan. Rahavard-E Danesh., Jou. of Arak University of Medical Sciences. Vol.2, 6-13.*

- 10- Tavakkoli, M.A., Baghooli, H., Ghamat Boland, H.R., Bolhari, J., Birashk, B.,(2000).
Standardizing Vineland Adaptive Behavior Scale Among Iranian Population. Andisheh Va Raftar, Vol.5,27-36
- 11- Parvizi Fard, A., Birashk, B., Atefvahid,M.K., Shakeri,J.,(2001). *Comorbidity of Mood and Anxiety Disorders and Substance Abuse Among Treatment-seeking Addicts and Normal Individuals. Andisheh Va Raftar, Vol.7. 45-54.*
- 12- Naziri, Gh., Birashk, B., (2002).*Optional Bias Toward Guilt Feeling Signs in the Course of Information Processing in Obsessive-Compulsive Patients. Andisheh Va Raftar, Vol. 8 ,61-69.*
- 13- Lesan, Sh., Ghofranipour, F., Birashk, B., Faghihzadeh, S.,(2003).*Application of PRECDE in Reducing Tehranian Firemen Anxiety. . Andisheh Va Raftar, Vol. 9, 77-83.*
- 14- Ghasemi, A., Taghipoor Anvari, R., Birashk, B., Moradi, M.,(2003). *Assessing Psychological State of Pregnant Women Admitted to Health Centers in Tehran. Jou. of Iran University of Medical Sciences. Vol.10, 585-598.*
- 15- Bakhshani,N.M., Birashk,B., Atefvahid, M.K., Bolhari, J., (2003). *Correlation of Social Support and Negative Life Events with Depression. Andisheh Va Raftar, Vol. 9 ,49-55.*
- 16- Mojahed,A., Birashk, B., (2004). *Behavioral Pattern of Children and Mental Health of Parents in Polygamouse Families. . Andisheh Va Raftar, Vol.10, 60-68 .*
- 17- Bakhsipour Roodsari, A., Dejkam, M., Mehryar, A.H., Birashk, B., (2004). *Structural Relationship Between Dimensions of DSM-IV Anxiety and Depressive Disorders and Dimentions of Tripartite Model. . Andisheh Va Raftar, Vol.9,63-77.*

- 18-** Ghahari, Sh., Birashk, B., Mehryar, A.H.,(2004).Comparative Study of Some Mental Disorders in Children of Fatherless,Martyred's, Veteran's and Normal (7-12 years old) in Chalus City.Nameh Daneshgah, Jou. of Mazandaran University of Medical Sciences. Vol.13, No.41, 81-89.
- 19-** - Moosavi, M., Eslami,M. ,Sheikh Bagloo, O., Birashk, B.,(2004). Mental Strain, More Important than Stressful Life Events in Myocardial Infarction , ACTA MEDICA IRANICA , March-April , 2004.
- 20-** - Ghassemzadeh, H. Bolhari, J., Birashk, B., Salavati, M.,(2005). Responsibility Attitude in A Sample of Iranian Obsessive- Compulsive Patients. International Journal of Social Psychology, May 2005 .
- 21-** Ali Zadeh Mohammadi, Ghaffar Malek Khosravi,Seyyed Jalal Sadrossat, Behrooz Birashk, (2006). The Effect of Active Music Therapy in Reducing Behavioral Problems of Orphan Children and adolescents in Residential Centers. Jou. Of psychology, Vol.10, No.2.
- 22-** Dattilio, F. M., Birashk, B. (2006). Cognitive Behavioral Therapy with Couples-
- 23-** First Part: A Review. Advances in Cognitive Science. Vol. 8 (2), Number 30.
- 24-** Dattilio, F. M., Birashk, B. (2006). Cognitive Behavioral Therapy with Couples-
- 25-** First Part: A Review. Advances in Cognitive Science. Vol. 8 (3), Number 31
- 26-** Khoosfi, H., Monirpoor, N., Birashk, B., Peighambari, M.(2007) . A comparative study of personality factors, stressful life events, and social support in coronary heart patients and non-patients. Contemporary Psychology. Vol. 2. No.3. Spring.
- 27-** Naybe, F.B., Kateb,F., Mazaheri,M., Birashk,B. (2007), Effects of light in environment, quality of life and human ethics. Ethics. Vol.2, No. 3-4.

- 28- Bakhtiari, M., Yazdandost, R., Birashk, B., Ghazi Tabatabaie, M., (2007). *Relationship between Control –related Beliefs with Externalizing and Internalizing Psychopathology in Children. Vol.13. No.2. summer.*
- 29- Babak Moeini, Dr. Frough Shafii, Dr. Alireza Hidarinia, Dr. Gholamreza Babaii & Dr. Behrooz Birashk (2007). *The effect of stress management training methods on the adolescents mental health, based on applying Health Belief Model with Social Marketing Approach in Tehran. OFIS Research Projects- Hamedan University of Medical Sciences. eOFIS*
- 30- Afkham Ebrahimi, A., Birashk, B., Maknoon, N, (2008). *Attachment Styles and Their Relationship to Self and Other Models and Personality Traits in Students of Faculties of Medical Sciences. Advances in Cognitive Science. Vol. 10, No. 39.*
- 31- Elham Zareidoost, Mohammad Kazem Atefvahid, Seyed Akbar Bayanzadeh, Behrooz Birashk, (2007) **Comparison of Locus of Control, Coping Style and Irrational Beliefs in Prostitutes and Non-Delinquent Women** Iranian journal of Psychiatry and Clinical Psychology; 13(3):272-279
- 32- Ahmad Reza Mohammadpour Yazdi, Behrouz Birashk, Ladan Fata, Mahmoud Dejkam (2009). **Case-control study of defense styles and state-trait anxiety among college students with general anxiety disorder.** *The Quarterly Journal of Fundamentals of Mental Health. Spring, Vol. 11, No.41.*
- 33- Alireza Hidarinia; Behrooz. Birashk; Hamid Allahverdipour ; Frough Shafii, Babak Moeini (2008). *Perceived stress, self-efficacy, and its relations to psychological well-being status in Iranian male students. Social behavior & personality : An International Journal -S.V.*

- Shariat, Assadolahpour, N. Alirezaie, B. Birashk, Z. Bashar Danesh (2009). Age rating of computer games from a psychological prospective: A Delphi Study. *Advances in Cognitive Science*, Vol.11.
- 34-** M. Zare, A. Afkham Ebrahimi, B. Birashk, (2009). The effects of music therapy on reducing agitation in patients with Alzheimer's disease, a pre-post study. *International Jou. of Geriatric Psychiatry*, vol 11,
- 35-** M. Zare, A. Afkham Ebrahimi, B. Birashk, (2009). The effects of music therapy on reducing agitation in patients with Alzheimer's disease. *Advances in Cognitive Science*, Vol.11.
- 36-** Mehdi Nasr Esfahani , Azizeh Afkham Ebrahimi , **Behrouz Birashk** , Serveh Faraji and Asma Aghebati ,(2010). The frequency and pattern of substance use in outpatients of general hospital. *Iran Jour. Of Medical Sciences (in English)* .
- 37-** Nargess Hossein Nazari; Behrooz Birashk, Azizreza Ghasemzadeh,(2012). Effects of Group counseling with cognitive-behavioral approach on reducing psychological symptoms of Premenstrual Syndrom (PMS). *Procedia-Social & Behavioral Sciences*. Vol. 31. Pp.589-92.
- 38-** Banafshe Hossein Nazari, Kianoush Hashemian, Sobhan Pour Nikdast, Behrooz Birashk, Reza Ghassemzadeh, Khalil Allahverdi (2012), The effectiveness of CBT for reducing premenstrual symptoms. *Jou. Of Medical Council of Islamic Republic of Iran*.
- 39-** Behrooz Birashk, (2012), CBT in Iran. *Advances In Cognitive Therapy newsletter*. Publication Academy of Cognitive Therapy. Canada.
- 40-** Hosein Khedmartgozar; Behrooz Birashk; Hassan Ashayeri, Aliasghar Asgharnejad Farid (2012). Comparing the effectiveness of Paroxetine, attention modification program and

combination of both on Improving social Anxiety disorder. *Jou. Basic of Clinical Science*, (in English)

- 41- Sara Kamali; Banafsheh Gharai, Behrooz Birashk (2013). The role of emotional schema in prediction of pathological worry in Iranian students. *Sci Verse ScienceDirect, WCPCG*.
- 42- Abolfazl Mohamadi; Behrooz Birashk, Banafshe Gharai (2013), Comparison of the effect of group transdiagnostic and group cognitive therapy on anxiety and depressive symptoms. *Iranian Jou. Public Health*, Vol.42, No.1, pp 48-55. (in English)
- 43- Sepideh Pournamdarian, Behrooz Birashk, Aliasghar Asgharnejad Farid (2012). The clarification of contribution of Meta-Cognitive beliefs in explaining the symptoms of depression and stress in nurses. *Jou. Knowledge & research in Applied Psychology*. Vol.13, No.49.
- 44- Abolfazl Mohamadi; Behrooz Birashk, Banafshe Gharai (2013), Transdiagnostic Treatment for subclinical symptoms of comparative effectiveness of group anxiety and depression- 3 month follow-up. *Jou. of Psychresearch*.
- 45- Abolfazl Mohamadi; Banafsheh Farzinrad; Fatemeh Zargar, Behrooz Birashk, Ali Mehrabi (2013). Are Metacognitive factors common in Generalized Anxiety Disorder and Dysthymia? *Iranian Jou. of Clinical Psychology (IJCP)*, Vol.2, No.3..

Awards

- 1- Second Research Prize – Headquarters for Drug Control , 2002.
- 2- Appointed Research Prize – Research Center – Ministry of Education ,2004.
- 3- First Research Prize – University of Rehabilitation and Social Welfare. 2005.