

Personal Information:

Name: Shamsaddin Niknami
Educational group: Health Education
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Education Records:

<u>Degree</u>	<u>Institute</u>	<u>Field</u>	<u>Date</u>
B.A	Tehran university	Sociology	1980
M.A	Tarbiat modaresUniversity	Sociology	1988
Ph.D	Tarbiat modaresUniversity	Health Education	1994

Academic Experiences:

1979-1984: Director of Education in Education & Training ministry, Tehran, Iran

1985-1988: Director of official affairs at Tarbiat modares university, Tehran, Iran

1988-1994: Director of finance in Medical Faculty at Tarbiat modares University, Tehran, Iran

1991-1998: Head of the Department of Health, Medical faculty, Tarbiat modares university, Tehran, Iran

1995-2002: Director of administration in governmental & social affairs in Judicial organization, Tehran, Iran

2002- 2006: Director of administration & finance in Pasteur institution, Tehran, Iran

1989- present: The member of Health education research group , Tarbiat modares university, Tehran, Iran

1995- present: Instructor in health education (M.Sc), Tarbiat modares University, Tehran, Iran

1995- present : The member of Health education special research group , Tarbiat modares university, Tehran, Iran

1995-present: Lecturer (Assistant professor) in Health education(M.Sc & Ph.D), Medical faculty, Tarbiat modares university, Tehran, Iran

2002- present: The member of research group, Pasteur institution, Tehran, Iran

2006- present: Dean of Chabahar Center Researcher in Tarbiat Modares University,

Membership of Scientific Societies:

2002-Present: Member of Health education science society

1995-1997: Member of the special board of Health Education in health& medical education ministry, Tehran, Iran

2003-Present: Head of Health journal in, Pasteur institution

Referee for Journal Articles Submitted to:

(Iranian journal of) Iranian Health society

(Iranian journal of) Kousar

(Iranian journal of) Journal of Daneshvar

(Iranian journal of)Journal of Yazd medical science (Shahid Sadogi)

Research Interests:

1- Health education models

2- women's health, breast cancer prevention program

3- Obesity, diet, and physical activity

4- Injury prevention and control

- 5- Chronic disease coping and management
- 6- HIV/AIDS prevention
- 7- Tobacco prevention initiative and cessation programs
- 8- Cancer prevention and control
- 9- Healthy Aging and Quality of Life/Life Satisfaction
- 10- School Health Education

Articles:

- 1- **Sh. Niknami**, A. Nadim, D. Shojaezadeh, E. Hajizadeh, F. Shafii. Study of the Knowledge , Attitude& Practice of Mothers about Kala-Azar in the rural communities of endemic area of Meshkin-Shahr. Journal of Behdashte Iran. 1995, 24(1), 15-24.
- 2- S.S. Mazlomi, **Sh. Niknami**, F. Ghofranipour, S. Faghihzadeh, A.R. Heydarnia. Knowledge , Attitude and Practice of Mothers about Leshmaniasis in Yazd. Shahed Journal in Medical Science, Summer 1999,7(2), 32-9.
- 3- S. Mazlomi, **Sh. Niknami**, F. Ghofranipour, S. Faghihzadeh, A.R. Heydarnia. Leishmania: ancient sore in old region of Yazd. Farhange-Yazd. 1999, 1(2 and 3), 107-110.
- 4- F. Rakhshani, **Sh. Niknami**, F. Ghofranipoor, Gh. Babaii, M. Zaim. The application of the Health Belief Model (H.B.M) in preventive behaviors Malaria in Saravan . Daneshvar Journal in Medical Science, Summer 1999, 6(24), 17-22.
- 5- **Sh. Niknami**, A. Nadim, D. Shojaezadeh, E. Hajizadeh, F. Shafii. Study of the Knowledge , Attitude and Practice of Mothers about Kala-Azar in the rural communities of endemic area of Meshkin-Shahr. Daneshvar Journal in Medical Science. Spring 1999, 6(23), 39-45.
- 6- F. Rakhshani, **Sh. Niknami** , F. Ghofranipoor , Gh. Babaii. Perceptio, practice and Believes of the people on Malaria in Saravan . The Journal of Qazvin university of Medical and Health Sciences. Spring1999, No.9, 71-78.
- 7- **Sh. Niknami**, Y. Hamidzadeh Arbabi. A review on the Effectiveness of health education program on the preventive behaviors of male barbers of Ardabil city regarding of Hepatitis B. Shahed Journal in Medical Science. Agu-Sep 2001, 9(35), 79-84.
- 8- **Sh. Niknami**, M. Zeinali. A study on the Effectiveness of health education on the Knowledge , Attitude& Practice of health Workers regarding the prevention of Cervical cancer. Shahed Journal in Medical Science. spring 2002, 9(38), 65-9.
- 9- **Sh. Niknami**, A.R. Heydarnia, R. Mosae. Effects of education on Iron deficiency anemia in girl students. Journal of Health Education and Health Promotion. 2003, 1(1), 39-43
- 10- M. Anoshe, **Sh. Niknami**, R. Tavakoli, S. Faghihzadeh. Preliminary assessment of mature education in adolescent girls: A qualitative research. Journal of Andishe va Raftar. 2003, 9(2), 64-68.

- 11- M. Rennou, M. C. Maes, H.H. Maes, R.F. Maes, A.R. Hadizadeh Tasbiti, Sh. Yari, A. Karimi, **Sh. Niknami**, A.R. Bahrmand. Immune Reactivity of Mycobacterium Bovis (Strain BCG) and Mycobacterium Vaccae. *Tanaffos*. 2004, 3(21), 7-18.
- 12- M. Karimi, **Sh. Niknami**, A.R. Hidarnia, A. Ramezankhani. Effects of health education program on the AIDS preventive behaviors in prisoners. *The journal of Qazvin uni. of Med. Sci.* 2004, 30(1), 40-45.
- 13- **Sh. Niknami**, A.R. Hidarnia, R. Mosaei. Health education effects on reduction of Iron deficiency in girl students. *Journal of Health Education and Health Promotion*. 2003, 1(1), 39-43.
- 14- M. Nazari, **Sh. Niknami**. Evaluation the effect of the health education program on consumer nutrition pattern and eating breakfast at primary school in Chabahar. *Journal of Health Education and Health Promotion*. 2004, 1(2), 19-23.
- 15- **Sh. Niknami**, A. Firozan, F. Ghofranipour. The effect of health education on behavioral health among teenager girls in menstruation. *Journal of Health Education and Health Promotion*. 2004, 1(2), 39-44.
- 16- B. Moeini, **Sh. Niknami**, A. Rajab. Influences of education on the knowledge, attitude and practice of the diabetic patients referred to diabetes clinic of Abhar. *Journal of Health Education and Health Promotion*. 2004, 1(3), 41-45.
- 17- T. Hashemifard, **Sh. Niknami**, A.R. Hidarnia, T. Dehdari. Study of health education stability on patients' quality of life with open heart surgery in Shahid Rajaee hospital. *Journal of Health Education and Health Promotion*. 2004, 1(3), 25-32.
- 18- F. Rakhshani, **Sh. Niknami**, A.R. Ansari Moghaddam. Couple communication in family planning decision-making in Zahedan, Islamic Republic of Iran. *Eastern Mediterranean Health Journal*, 2005, 11(4), 586-93.
- 19- K. Karimzadeh Shirazi, **Sh. Niknami**, L. Wallace, A.R. Hidarnia, E. Rahimi, S. Faghihzadeh. Changes in self-efficacy and decisional balance following an intervention to increase consumption of calcium-rich foods. *Social Behavior and Personality*, 2006, 34 (8), 1007-16.
- 20- M. N azari, **Sh. Niknami**, A.R. Hidarnia, Gh. Babaee, L. Ghahramani. Effects of health education on nutritional behaviors of primary schools girls. *Journal of Daneshvar*. 2006, 61(6), 65-70.
- 21- K. Karimzadeh, Louise M. Wallace, **Sh. Niknami**, A.R. Hidarnia, G. Torkaman, M. Gilchrist, S. Faghihzadeh. A home-based, transtheoretical change model designed strength training intervention to increase exercise to prevent osteoporosis in Iranian woman aged 40-65 years: A randomized controlled trial. *Health Education Research*, 2007, 22(3), 305-17.
- 22- M. Ghaffari, S. Rakhshanderou, **Sh. Niknami**, A. Ramezankhani. Media: response to HIV/AIDS. *Quarterly Pazhoohesh va Sanjesh*. 2007, 50(15), 65-85.
- 23- K. Karimzadeh, **Sh. Niknami**, A.R. Heydarnia, M. Wallace Lewis, G. Torkaman, S. Faghihzadeh. Effects of a TTM-based osteoporosis prevention physical activity education, on increasing muscle strength and balance in women aged 40-65. *Journal of Hakim*, 2007, 10(2), 34-43.
- 24- M. Ghaffari, **Sh. Niknami**, A. Kazemnejad, E. Mirzaee, F. Ghofranipour. Design and validating 10 conceptual scales to prevent HIV among adolescents. *Journal of Behbood*, 2007, 11(1), 38-51.

- 25- K. Karimzadeh, **Sh. Niknami**, A.R. Heydarnia, M. Wallace Lewis, G. Torkaman, S. Faghihzadeh. Effects of a TTM-based Osteoporosis prevention physical activity education, on increasing muscle strength and balance in women aged 40-65. *Journal of Hakim*, 2007, 10(2), 34-43.
- 26- M. Ghaffari, **Sh. Niknami**, A. Kazemnejad, E. Mirzaee, F. Ghofranipour. Design and validating 10 conceptual scales to prevent HIV among adolescents. *Journal of Behbood*, 2007, 11(1), 38-51.
- 27- **Sh. Niknami**, A. Hatami, A.R. Heydarnia. The affect of health education program on preventing AIDS in self-reported addicts' wives. *Journal of Behbood*, 2007, 11(2), 120-130.
- 28- P. Teymori, **Sh. Niknami**, F. Ghofranipour. Effects of a school-based intervention on the bases of Pender's Health Promotion Model to improve physical activity among high school girls. *Journal of Armaghane-danesh*, 2007, 12(2), 47-59.
- 29- F. Zamani Alavijeh, **Sh. Niknami**, E. Mohammadi, A. Montazeri, F. Ghofranipour F. Ahmadi. Iranian Motorcyclists' Personal Experiences of Risky Riding. *Journal of Behbood*, 2008, 38(1), 271-86.
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- 31- P. Taymoori , **Sh. Niknami** , T. Berry , D. Lubans , F. Ghofranipour , A. Kazemnejad. A school based randomized controlled trial to improve physical activity among Iranian high school girls, *International Journal of Behavior Nutrition and Physical Activity*, 2008, 5(18), 1-13.
- 32- **Sh. Niknami**, M. Akbari , F. Ahmadi, Gh. Babaei, A.R. Hidarnia. Smoking Initiation amongst Iranian Adolescents: A Qualitative Study, *Eastern Mediterranean Health Journal*, 2008, 14(6), 1290-1300.
- 33- L. Ghahremani, **Sh. Niknami**, MT. Mosavi, AR. Heidarnia, K. Karimzadeh Shirazi, Gh. Babaei. Transtheroretical Model-based interventions to improve physical activities in elderly men. *Journal of Armaghane-danesh*, 2008, 13(1), 77-88.
- 34- M. Nazari, A. Heidarnia, H. Eftekhari Ardebili, M. Mobasheri, F. Amin Shokravi, **Sh. Niknami**, Gh. Babaei. Interventions based on PRECEDE-PROCEED for promoting safety behaviors in primary school boys. *Journal of Armaghane-danesh*, 2008, 13(2), 83-93.
- 35- P. Taymoori, **Sh. Niknami**, F. Ghofranipour. Cognitive and psychosocial factors of physical activities among adolescents in Sanandaj by frame work of Pender's health promotion and stage of change models. *Journal of Behbood*, 2008, 35(4), 393-406.
- 36- P. Taimoori, **Sh. Niknami**, T. Berry, F. Ghofranipour, A. Kazemnejad. Application of the health promotion model to predict stages of exercise behavior in iranian adolescents. *Eastern Mediterranean Health Journal*, 2009,15(5): 1215-1226
- 37- F. Rahmati Najarkolaee, **Sh. Niknami**, M.R Jafari, R. Farmanbar. Application of health belief model in HIV/AIDS prevention planning. *Journal of Payesh*. 2009, 8(4): 350-359.
- 38- I. Mohammadi Zeydi, A. Hidarnia, **Sh. Niknami**, Ali Safari Variani. The prediction of adoption with correct sitting postural habit: an application of the Theory of Planned Behavior. *European Journal of Scientific Research*, 2009, 28(2), 205-14.

- 39- F. Sadeghnezhad, **Sh. Niknami**, M Ghaffari. Effect of health education method on promoting breast self examination. *Journal of Birjand*, 2009, 15(4), 38-49.
- 40- M. Ghaffari, **Sh. Niknami**, M. Bazargan, A. Kazemnejad, E. Mirzaee, F. Ghofranipour. Correlation of the intention to remain sexually inactive among male adolescents in an islamic country: Case of the Republic of Iran. *Journal of School Health*, 2009, 79(3), 123-9.
- 41- F. Zamani-Alavijeh, **Sh. Niknami**, M. Bazargan, E. Mohammadi, A. Montazeri, F. Ahmadi, F. Ghofranipour. Accident-Related Risk Behaviors Associated with Motivations for Motorcycle Use in Iran: A Country with Very High Traffic Death. *Traffic Injury Prevention*. 2009, 10(3), 237-42.
- 42- R. Farmanbar, **Sh. Niknami**, A. Heydarnia, E. Hajizadeh, D.R. Lubans. Predicting exercise behavior among Iranian college students using the Transtheoretical Model and Structural Equation Modeling. *European Journal of Scientific Research*. 2009, 31(3), 355-65.
- 43- Z. Ghazanfari, **Sh. Niknami**, F. Ghofranipour, B. Larijani. Regular physical activity from perspective of females with diabetes. *Ofogh-e-Danesh*. 2009, 15(2), 5-14.
- 44- **Sh. Niknami**, M. Taheri Aziz, M. Mohraz. Effectiveness of designed health education package on healthy behaviors of patients with Tuberculosis at Pasteur Institute of Iran. *Zanjan Medical University Journal*. 2009, 17(66), 13-20.
- 45- M. Karimi, M. Hassani, R. Khoram, M. Ghaffari, **Sh. Niknami**. The study of Health Belief Model effects on creating breast self examination in health workers in Zarandiyeh. *Journal of Tabibe-shargh*. 2008, 10(4), 283-291.
- 46- R. Farmanbar, **Sh. Niknami**, A.R. Hidarnia, E. Hajizadeh. Predictors of student sport behaviors based on Transtheoretical Model and self-determine theory using path analysis. *Journal of Guilan University of Medical Sciences*. 2009, 18(71), 35-46.
- 47- R. Farmanbar, **Sh. Niknami**, A.R. Hidarnia, E. Hajizadeh. Prediction of exercise behaviors among college students based on Transtheoretical Model (TTM) using path analysis. *Payesh Journal*. 2011, 10(1), 27-37.
- 48- F. Rahmati Najarkolayi, **Sh. Niknami**, F. Aminshokravi, F. Ahmadi. Perceptions and behaviors of HIV/AIDS patients: A qualitative study. *Journal of Behbood*. 2009, 13(3), 220-234.
- 49- I. Mohammadi Zeydi, A.R. Hidarnia, **Sh. Niknami**. Predicting factors of worker behavior for proper working posture based on Plane Behavior Theory. *Journal of Armaghane- Danesh*. 2009, 13(3,4), 111-22.
- 50- R. Farmanbar, **Sh. Niknami**, A.R. Hidarnia, E. Hajizadeh. Validity and reliability of the Behavioral regulation in exercise questionnaire-2 among students. *Journal of Behbood*. 2009, 13(3), 220-234.
- 51- R. Farmanbar, **Sh. Niknami**, A.R. Hidarnia, E. Hajizadeh. Validity and reliability of the Behavioral regulation in exercise questionnaire-2 (BREQ-2) in Iranian University students. *Social Behavior and Personality: An International Journal*. 2010, 38(1)
- 52- F. Rahmati Najarkolayi, **Sh. Niknami**, F. Amin Shokravi, F. Ahmadi, M. Jafari, P. Rahnama. The implication of health belief model in planning educational programs for preventing HIV/AIDS among university students. *Journal of PAYESH*, 2010, 8(4), 349-359

- 53- F. Zamani-Alavijeh, **Sh. Niknami**, E. Mohammadi, A. Montazeri, F. Ghofranipour, F. Ahmadi SH.H. Bazargan. Motorcyclists' reactions to safety helmet law: a qualitative study. BMC Public Health. 2009, 9:393, <http://www.biomedcentral.com/1471-2458/9/393>
- 54- L. Ghahremani, **Sh. Niknami**, MT. Mosavi, AR. Heidarnia, K. Karimzadeh Shirazi, Gh. Babaei. Quality of Life promotion in elderly men based on educational intervention in Kahrizak. Danesh and Tandorosti Journal. Under Published.
55. E. Hatefnia, **Sh. Niknami**, M. Mahmoudi, M. Lamian. The effects of " Theory of planned behavior" based education on the promotion of Mammography performance in employed women. Birjand Medical University Journal. 2010, 17(1), 50-58.
- 56- E. Hatefnia, **Sh. Niknami**, M. Bazargan, M. Mahmoudi, M. Lamian, N. Alavi. Correlates of Mammography Utilization among Working Muslim Iranian women. Health Care for Women International Journal. 2010, 31, 499-514.
- 57- T. F. Harandy, F. Ghofranipour, A. Montazeri, M. Anosheh, M. Bazargan, E. Mohamadi, F. Ahmadi, **Sh. Niknami**. Muslim breast cancer survivor spirituality: Coping strategy or health Seeking Behavior Hindrance? Health Care for Women International. 2010, 31. 88-98.
- 58- E. Hatefnia, **Sh. Niknami**, M. Mahmoudi, M. Lamian. Health Education Effects Based on Health Belief Model on Knowledge, Attitude and Practice of working women in Tehran drug sciences Factories about Breast cancer and Mammography Examination. Journal of Behbood. 2010, 14(1).42-53.
- 59- F. Zamani-Alavijeh, **Sh. Niknami**, M. Bazargan, E. Mohamadi, A. Montazeri, F. Ghofranipour, F. Ahmadi, S.S. Tavafian, Sh. Bazargan-Hejazi. Risk-Taking behaviors motorcyclists in middle east countries: A case Islamic Republic of Iran. Traffic Injury Prevention Journal. 2010, 11(1). 25-34
- 60- T. F. Harandy, F. Ghofranipour, A. Montazeri, M. Anosheh, E. Mohammadi, F. Ahmadi, F. Aminshokravi, **Sh. Niknami**. Health-related quality of life in Iranian breast cancer survivors: A qualitative study. Applied Research in Quality Life. Under published
- 61- F. Rahmati-Najarkolaei, **Sh. Niknami**, F. Aminshokravi, M. Bazargan, F. Ahmadi, E. Hadjizadeh, S. Tavafian. Experiences of stigma in healthcare settings among adults living with HIV in the Islamic Republic of Iran. Journal of the international AIDS society. 2010, 13:27. <http://www.jiasociety.org/content/13/1/27>
- 62- Z. Ghazanfari, **Sh. Niknami**, F. Ghofranipour, Bagher Larijani, H. Agha-Alinejad, A. Montazeri. Determinants of glycemic control in female diabetic patients :a study from Iran. Journal: lipids in Health and Disease. 2010, 9:83. <http://www.lipidworld.com/content/9/1/83>
- 63- I. Mohammadi Zeydi, A.R. Hidarnia, **Sh. Niknami**, A. safari. Vaniani, S. Varmazyar. The effects of an educational intervention on knowledge, attitude and ergonomic behaviors: The journal of Qazvin university of medical sciences. 2010, 14(1). 33-40
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- 68- F .Najar Kolaei , **Sh. Niknami**, F. Amin Shokravi, R. Farmanbar, F. Ahmadi , M .Jafari . Family system and its effect,s on Hiv/Aids high risk behaviors: A qualitative study . Journal of Guilan Univesity of Medical Sciences 2011 , 20(77) .69-80
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- 70- M , Karimi, **Sh. Niknami**, A .Heydarnia,E . Hajizadeh . Assessment of Knowledge ,Health Belief and Patterns of Cigarette Smoking Among Adolescents .Fasa University of Medical Sciences Journal 2011 , 1(3) .68-92
- 71-L , Ghahramani, **Sh. Niknami**, M .Nazari . The Prediction of Physical Activity Intention and Behavior in Elderly Male Residents of a Nursing Home:A Comparison of Two Behavioral Theories . Jorna of IJMS Iranian Journal of medical sciences Shiraz University 2012 , 37(1) .23-31
- 72- MM .Vakili , A .Heydarnia, **Sh. Niknami**. Development and Psychometrics of an Interpersonal Communication Skale (A.S.M.A) among Zanzan Health Volunteers .Jorna of HAYAT faculty of nursing, Tehran University of Medical Sciences 2012 , 18(1) . 5-19
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- 75- F .Najar Kolaei , **Sh. Niknami**, F. Amin Shokravi , A. Ravari . HIV/AIDS patients' Experiences about Stigma: a Qualitative Study. Journal of Qualitative Studies in Health Science 2012 ,1(2) .71-80
- 76- M. Karimi , **Sh. Niknami**, A .Heydarnia , E. Hajizadeh. Intention to start cigarettes smoking among Iranian male a adolescents : usefulness of an extended version of the theory of planned behavior. Journal of Heart Asia (JHA) 2012 , 4 . 120-124
- 77-M. Shamsi, A .Heydarnia, **Sh. Niknami**, Development and psychometric assessment of an oral health instrument based on Health Belief Model in pregnant women. Journal of Arak Medical University 2012, 15(65):45-65
- 78-M.VaKily, A .Heydarnia, **Sh. Niknami** ,N. Mousavinasab . Development and psychometrics of Health Belief Model instrument about HIV/AIDS .Zahedan Journal of research in Medical Sciences 2012,14(9):64-71
- 79-Sh.Naderimaghani, **Sh. Niknami** , F. Abolhassani, E. Hajizadeh and A. Montazeri. Development and psychometric properties of a new social support scale for self-care in

middle-aged patients with type II diabetes (S4-MAD). England Journal of BMC Public Health 2012, 12 (1035) : 1-9 Journal of

80- F .Najar Kolaei , **Sh. Niknami**, F. Amin Shokravi , S.S.Tavafian, N. Joniedi Jafari, A. Golabchi . Promoting sexual abstinence intention among female university students :A quasi-experimental study. Journal of Research in Medical Sciences 2013 ,1(2) .37-43

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83- M. Karimi , **Sh. Niknami**, A .Heydarnia , E. Hajizadeh , A. Montazeri. Prevalence and Determinants of Male Adolescents' smoking in Iran: An Explanon Based on the Theory of Planned Behavior.Iranian Red Crescent Medical Journal 2013 , 15(3).1-7 online

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85- G.Shakerinejad, A .Heydarnia, M. Eslami Motlagh, K. Karami, **Sh. Niknami**, F. Amin Shokravi, M .Tavousi, M. Eslami . Factors predicting mood changes in oral contraceptive pill users . Journal of PAYESH, 2013 , 12(3), 305-311

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93- M. Karimi , **Sh. Niknami**, A .Heydarnia. **Predictors of Oral Health Care in Pregnant Women Based on Health Belief Model** : Journal of Health System Research .2012,8(4). 624-634

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