



## **Curriculum Vitae** **Fatemeh Kashaninasab**

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### **Current Academic position:**

2017-present (2021): Assistant Professor of Psychiatry, Psychiatry Department, Iran University of Medical Sciences.

2019- Present (2021): Fellowship of Sleep Medicine

### **Education & work :**

1999-2006 M.D., Islamic Azad University, Tehran Medical Branch University in Tehran, Iran.

2006-2008 Worked as General Physician at Narmak welfare complex for children with mental and physical disabilities.

2012-2016 Psychiatry Residency, Iran University of Medical Sciences.

2018-2019 Fellowship of Sleep Medicine, Iran University of Medical Sciences.

### **Languages:**

- Farsi (Persian): Native
- English: Fluent

### **Certifications:**

- Board of general psychiatry (2016)
- Fellowship of Sleep Medicine (2019)

### **Research interests:**

- Chronic insomnia disorders.
- Circadian rhythm sleep-wake phase disorders.
- Sleep related breathing disorders.
- Sleep and Psychiatry.

#### **Academic identifications:**

ORCID ID: [0000-0003-4463-7399](https://orcid.org/0000-0003-4463-7399)

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#### **Published articles:**

**1. Defense Mechanisms in Patients with Irritable Bowel Syndrome and Their Relationship with Symptom Severity and Quality of Life**

Fahimeh Saeed, Mansour Salehi, Kaveh Alavi, Hossein Ajdarkosh, Fatemeh Kashaninasab, Farnaz Nasr Esfahani

Middle East journal of digestive diseases 11 (3), 158

**2. A Comparative study of four Persian versions of sleep questionnaires for screening obstructive sleep apnea syndrome (OSAS)**

Fatemeh Kashaninasab, Kaveh Alavi, Mohammad Farhadi, Mansour Salehi, Mir Farhad Ghaleh Bandi

Medical journal of the Islamic Republic of Iran 31, 122

**3. Electroconvulsive Therapy for a Patient with Suicide by Drinking Bleach During Treatment of COVID-19: A Case Report**

V Hassani, S Amniati, F Kashaninasab, M Niakan, O Moradi Moghadam, ...

Anesthesiology and Pain Medicine 10 (6)

**4. Comorbidity of Coronavirus disease (COVID-19) and the first episode of bipolar disorder and its treatment challenges: A case report**

F Kashaninasab, RP Dashdebi, MF Ghalehbandi

Medical Journal of the Islamic Republic of Iran 34, 103

**5. The Frequency of Pregnancy Associated Sleep Disorders Among Pregnant Mothers Who Referred to Rasoul-Akram Hospital for Prenatal Care 2018-2019**

A Mehdizadehkashi, A Mobasser, S Chaichian, K Tahermanesh, ...

Shiraz E-Medical Journal

**6. Drug Attitude Inventory in Patients with Bipolar Disorder: Psychometric Properties**

B Shariati, A Shabani, E Ariana-Kia, M Ahmadzad-Asl, K Alavi, ...

Iranian Journal of Psychiatry and Behavioral Sciences 12 (3)

**7. Non-Pharmacological Interventions to Improve Quality of Sleep during COVID-19 Pandemic**

MF Ghalehbandi, F Saeed, F Kashaninasab - Journal of Iranian Medical Council, 2021.

**8. The Quality of Sleep and Quality of Life in Patients with Alopecia**

Fatemeh Kashaninasab, Mir Farhad Ghaleh Bandi, Azim Ghazvini, Azadeh Goodarzi, Sussan Moudi, Afsaneh Sadeghzadeh-Bazargan. 2020. Journal of Sleep sciences

### **Current research projects:**

1. psychometric properties of "sleep practices and attitudes questionnaire (SPAQ)" in IRANIAN adults.
2. The effect of life skills training package on general health and burnout and sleep quality in pre-hospital emergency technicians: Quasi-experimental study
3. A comprehensive study of the socio-psychological status of patients with post-traumatic stress disorder in Iran after 30 years.

### **Presentations, Symposia and Workshops**

1. 4<sup>th</sup> International Congress of Psychosomatic Medicine, Isfahan-Iran. November 15-17, 2017, Symposium. Oral presentation.
2. 6<sup>th</sup> Congress of Basic and Clinical Neuroscience, Tehran-Iran. December 20–22, 2017, Symposium. Oral presentation.
3. Iranian Psychosomatic Medicine Association, Dementia with Lewy bodies, July 13, 2017, Symposium. Oral presentation.
4. 34th Annual Conference of the Iranian Scientific Association of Psychiatrists, October 17-20, 2017, Symposium. Oral presentation.
5. Iran University of Medical Sciences, one-day seminar on Cystinosis disease, September 14, 2017.
6. Iranian Sleep medicine society, one-day seminar on Circadian rhythm sleep-wake phase disorders, March 8, 2018. Symposium. Oral presentation.
7. The first annual congress of the Iranian Scientific Association of Psychosomatic Medicine, Symposium. Oral presentation. May 9-11, 2018.
8. 8<sup>th</sup> National Congress on Sleep Disorders, April 25-27, 2018.Symposium. Oral presentation.
9. Iran University of Medical Sciences, History of Sleep Medicine and its place in psychiatry, Oral presentation, December 2, 2019.
10. Tehran Psychiatric Institute, Insomnia Disorder workshop, Oral presentation in a workshop, September 18, 2019.
11. Sleep Science Congress, Mashhad, Iran, CBT insomnia, Oral presentation in a workshop, December 18-20, 2019. **“Top speaker”**
12. Sleep Science Congress, “The quality of life and sleep quality in alopecia patients”. Poster Presentation. Mashhad, Iran, December 18-20, 2019
13. Iranian Psychiatric Association, Chronic Insomnia Disorder, Symposium. Oral presentation. October 29, 2020.

14. 9th Basic and Clinical Neuroscience Congress (virtual), “Neurobiology of REM Sleep”, Oral Presentation, December 9-11, 2020.
15. virtual WPA Thematic Congress on intersectional collaboration - Psychological Trauma: Global burden on mental and physical health, “Psychological profile of domestic violence in Iran: A literature review”. Poster Presentation. December 10-12, 2020.
16. Iran University of Medical Sciences, “Sleep Disturbances in hospitalized patients”. Symposium. Oral presentation. 15 February 2021.
17. Iran University of Medical Sciences, “Management of Sleep complaints in Covid-19”. Symposium. Oral presentation. June 23, 2021.

### **Participate in the workshop**

1. Iranian Sleep medicine society, Polysomnography workshop, May 2017.
2. Iranian Sleep medicine society, MSLT/MWT workshop, May 2017.
3. Iranian Sleep medicine society, CBT-insomnia, May 2017.
4. Iran University of Medical Sciences, PMP workshop, May 2017.
5. Iran University of Medical Sciences, Design multiple choice questions workshop, May 2017.
6. Iran University of Medical Sciences, Media literacy and cyberspace workshop, May 2017.
7. Iran University of Medical Sciences, Advanced PowerPoint Tutorial workshop, June 10, 2017
8. Iran University of Medical Sciences, END NOTE workshop, January 24, 2018.
9. Iran University of Medical Sciences, Preliminary research method workshop, August 5, 2018.
10. Iran University of Medical Sciences. Data bases of Scopus and Web of Science workshop, January 2018.
11. Iran University of Medical Sciences. Search electronic resources workshop, July 5, 2018.
12. Iran University of Medical Sciences. Basic teaching methods workshop, November, 23, 2020.
13. Tehran University of Medical Sciences & university of Missouri. Pediatric Sleep Medicine (Basic). 2020
14. McMaster University, McMaster Day in Sleep Medicine April 23rd, 2021

### **Referee**

1. Iranian Journal of Psychiatry and Behavioral Sciences (IJPBS)
2. Journal of Sleep sciences (JSS)
3. Journal of Iranian Medical Council (JIMC)
4. Iranian Journal of Breast Disease

5. Scandinavia Journal of Sleep Medicine

**Referee of articles in seminars / conferences:**

1. 8<sup>th</sup> National Congress on Sleep Disorders, April 25-27, 2018.
2. Sleep Science Congress, December 18-20, 2019.
3. 9<sup>th</sup> Basic and Clinical Neuroscience Congress (virtual) December 9-11, 2020.

**Executive experiences:**

1. Executive Secretary of the 2<sup>th</sup> Mood Disorders Congress .February 13-15, 2019.
2. Member of the Executive Committee of the first Mood Disorders Congress.
3. Member of the Executive Committee of the 6<sup>th</sup> national congress of sleep disorders.
4. Member of the Board of Examiners of Sleep Medicine Fellowship, since 2020.
5. Chairman of the Sleep Medicine Committee in Iranian Psychiatric Association, since June, 2021.

**Membership in organizations and associations:**

1. Iranian Medical Association
2. Member of Psychiatry Department of Iran University of Medical Sciences.
3. Iranian Psychiatric Association
4. Iranian Sleep medicine society
5. Sleep Medicine Committee (Iranian Psychiatric Association)

**Teaching:**

1. Iran University of Medical Sciences. Faculty of Rehabilitation Sciences, field of Occupational therapy “Adult psychiatry”, 2019-2020
2. Iran University of Medical Sciences. Faculty of Rehabilitation Sciences, field of speech therapy. “Child and adolescent psychiatry”, 2019-2020.
3. Various psychiatry topics for medical students and psychiatric assistants, since 2017.
4. Iran University of Medical Sciences, “suicide prevention” (virtual). September 20, 2020.
5. Various Sleep Medicine topics for medical students and psychiatric assistants and sleep medicine fellowship since 2018.
6. Sleep and alertness) Cognitive Sciences and Technologies Council) Brain Bee 2021 (virtual).