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CURRICULUM VITAE

Date of Revision: 4/20/2024

Name: Maryam Farahmand

Education:

B.Sc. Shahid Beheshti University of Medical Sciences, Tehran, I.R. Iran

M.Sc. Ahwaz University of Medical Sciences, Ahwaz, I.R. Iran

PhD Tehran University of Medical Sciences, Tehran, I.R. Iran

Career/Academic Appointments:

Educator, University of Applied science and Technology, Department of Health and Family planning Tehran, I.R. Iran. *September 2003- 2014*

Educator, Islamic Azad University, Department of Health and Family planning Tehran, I.R. Iran
September 2003- September 2010

Educator, Tarbiat Moalem Center, Department of Health and Family planning Tehran, I.R. Iran
September 2004- September 2007

Researcher, Reproductive Endocrinology Research Centre, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, I.R. Iran. *December 2008– August 2022*

Faculty member, Reproductive Endocrinology Research Centre, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran. August 2022- Present

Reviewer, Iranian Journal of Endocrinology, Physiology Pharmacology, Journal of Nursing Practice Today, Hayat, Journal of Biological Trace Element Research, Journal of Diabetes & Metabolism. *December 2008– Present*

Administrative Positions:

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Family health expert, North Health Center of Tehran, August1998- August 2000

Professional Honors & Recognition:

1- Received the title of "highly access" in less than two weeks after publication in BMC Public Health 2012 for the article entitled: "Barriers to a healthy nutrition: Perceptions and experiences of Iranian women

2- Obtaining the statue of the best article of 2016 from the Family Health Congress of Al-Zahra University

3- The top researcher selected as the top advanced researcher in the Endocrinology and Metabolism Research Institute in 2016

4- Obtaining the statue of the best article of 2018 from the self-care and patient education congress of Tehran University of Medical Sciences

Grant History:

Grant from Ahwaz University of Medical Sciences, 20۰۴

Grant from Tehran University of Medical Sciences, 2016

Completed Grants:

Grant from Ahwaz University of Medical Sciences, 20۰۴

Grant from Tehran University of Medical Sciences, 2016

Lectures, Courses, Web-based Education: *(If you have presented or participated in any lecture, educational courses or web-based education, during the last 5 years mention their subject or title)*

2023:

- 1- Are the anthropometric indices of girls related to the onset of menstruation?, Obesity congress 2023
- 2- Obesity & pregnancy complications. Obesity & reproduction symposium. Obesity congress 2023.
- 3- Reproductive duration: effective factors and its relationship with women's health. Nutrition and duration of fertility, Webinar. 2023

2022:

1- Explaining the barriers to dietary modification and the factors affecting it from the perspective of Tehran women. 4th International Clinical Nutrition Congress; 8-10 Feb 2022.

2020:

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1- The association between menarche and body mass index: A longitudinal community-based study. The 9th International Conference on Women's Health. 2020. Shiraz.

2019:

- 1- Barriers Of healthy nutrition , presented at the self-care symposium, 2019.
- 2- Herbal medicine & sexual function. Sexual function symposium. 2019. Research Institute for Endocrine Sciences.
- 3- Comparison between BMI and waist circumference between surgical & natural menopause. Obesity congress 2019.
- 4- Factors associated with increased pain in primary dysmenorrhea: analysis via a multivariate ordered linear regression model. The 8th International Conference on Women's Health. 2019

PROFESSIONAL SERVICE

Peer Review Groups/Grant Study Sections

2023: Reviewer of Iranian Journal of Endocrinology, Physiology Pharmacology, Journal of Nursing Practice Today, Hayat, Journal of Biological Trace Element Research, Journal of Diabetes & Metabolism

2022: Reviewer of Iranian Journal of Endocrinology, Physiology Pharmacology, Journal of Nursing Practice Today, Hayat, Journal of Biological Trace Element Research, Journal of Diabetes & Metabolism

2021: Reviewer of Iranian Journal of Endocrinology, Physiology Pharmacology, Journal of Nursing Practice Today, Hayat, Journal of Biological Trace Element Research, Journal of Diabetes & Metabolism

2020: Reviewer of Physiology Pharmacology, Journal of Nursing Practice Today, Hayat, Journal of Diabetes & Metabolism

Journal Service: *(Membership in the editorial board, being a journal director, chief editor or the journal reviewing board or any related position)*

, Journal of Nursing Practice Today, Hayat, Journal of Biological Trace Element Research, Journal of Diabetes & Metabolism.

2024: Reviewer of Iranian Journal of Endocrinology

2023: Reviewer of Iranian Journal of Endocrinology, Physiology Pharmacology Journal

2022: Reviewer of Iranian Journal of Endocrinology, Physiology Pharmacology Journal

2021: Reviewer of Iranian Journal of Endocrinology, Physiology Pharmacology Journal of Nursing Practice Today, Hayat

2020: Reviewer of Iranian Journal of Endocrinology Journal of Nursing Practice Today, Hayat

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Professional Organizations: *(Membership in the Professional and specific Organizations)*

2024: Iranian Medical Council

2023: Iranian Medical Council

2022: Iranian Medical Council

2021: Iranian Medical Council

2020: Iranian Medical Council

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Committees Memberships: *(Membership in university committees such as ethics committee in research and other professional committees)*

2024:.....

2023:.....

2022:.....

2021:.....

2020:.....

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Bibliography:

Peer-Reviewed Original Research: *(List of published articles according to Vancouver style, from past to present)*

1. Farahmand M, Tehrani FR, Azizi F. Whether age at menarche is influenced with body mass index and lipoproteins profile? Iranian Journal of Reproductive Medicine. 2012;10(4):337-42.
2. Farahmand M, Tehrani FR, Amiri P, Azizi F. Barriers to healthy nutrition: perceptions and experiences of Iranian women. BMC public health. 2012;12:1-7.
3. Farahmand M, Tehrani FR, Pourrajabi L, Najafi M, Azizi F. Factors associated with menopausal age in Iranian women: Tehran Lipid and Glucose Study. Journal of Obstetrics and Gynaecology Research. 2013;39(4):836-41.
4. Farahmand M, Ramezani Tehrani F, Simbar M, Mehrabi Y, Khalili D, Azizi F. Does metabolic syndrome or its components differ in naturally and surgically menopausal women? Climacteric. 2014;17(4):348-55.
5. Tehrani FR, Farahmand M, Simbar M, Afzali HM. Factors associated with sexual dysfunction; a population based study in Iranian reproductive age women. Archives of Iranian medicine. 2014;17(10):0-.
6. Dovom MR, Tehrani FR, Amiri P, Amirshakeri G, Farahmand M, Azizi F. Main facilitators of smoking among young males in tehran: Tehran Lipid and Glucose Study. Iranian Red Crescent Medical Journal. 2014;16(9).

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7. Hashemi S, Ramezani Tehrani F, Farahmand M, Bahri Khomami M. Association of PCOS and its clinical signs with sexual function among Iranian women affected by PCOS. *The journal of sexual medicine*. 2014;11(10):2508-14.
8. Khomami MB, Tehrani FR, Hashemi S, Farahmand M, Azizi F. Of PCOS symptoms, hirsutism has the most significant impact on the quality of life of Iranian women. *PLoS One*. 2015;10(4):e0123608.
9. Farahmand M, Amiri P, Tehrani FR, Momenan AA, Mirmiran P, Azizi F. What are the main barriers to healthy eating among families? A qualitative exploration of perceptions and experiences of Tehranian men. *Appetite*. 2015;89:291-7.
10. Farahmand M, Ramezani Tehrani F, Bahri Khomami M, Noroozadeh M, Azizi F. Surgical menopause versus natural menopause and cardio-metabolic disturbances: A 12-year population-based cohort study. *Journal of endocrinological investigation*. 2015;38:761-7.
11. Farahmand M, Ramezani Tehrani F, Rostami Dovom M, Hashemi S, Azizi F. The impact of oral contraceptives on cardiometabolic parameters. *Journal of endocrinological investigation*. 2016;39:277-83.
12. Behboudi-Gandevani S, Ramezani Tehrani F, Rostami Dovom M, Farahmand M, Bahri Khomami M, Noroozadeh M, et al. Insulin resistance in obesity and polycystic ovary syndrome: systematic review and meta-analysis of observational studies. *Gynecological Endocrinology*. 2016;32(5):343-53.
13. Noroozadeh M, Tehrani FR, Mobarakabadi SS, Farahmand M, Dovom MR. Sexual function and hormonal profiles in women with and without polycystic ovary syndrome: a population-based study. *International journal of impotence research*. 2017;29(1):1-6.
14. Farahmand M, Tehrani FR, Dovom MR, Azizi F. Menarcheal age and risk of type 2 diabetes: a community-based cohort study. *Journal of clinical research in pediatric endocrinology*. 2017;9(2):156.
15. Behboudi-Gandevani S, Tehrani FR, Cheraghi L, Noroozadeh M, Farahmand M, Azizi F. Trends of contraception use among married reproductive age women: Tehran lipid and glucose cohort study 2002–2011. *Sexual & Reproductive Healthcare*. 2017;12:116-22.
16. Farahmand M, Ramezani Tehrani F, Khalili D, Amin G, Negarandeh R. Factors associated with the severity of premenstrual syndrome among Iranian college students. *Journal of Obstetrics and Gynaecology Research*. 2017;43(11):1726-31.
17. Farahmand M, Tehrani FR, Khomami MB, Azizi F. Adverse Cardiometabolic Effect in Bilateral/Unilateral Oophorectomy Versus Natural Menopause: Results of Over a Decade Follow-up Among Iranian Women. *Archives of Iranian Medicine*. 2017;20(12):734-9.
18. Farahmand M, Khalili D, Amin G, Negarandeh R. What domains of quality of life are affected by severity of symptoms in Premenstrual Syndrome? *KMJ*. 2017.
19. Farahmand M, Ramezani Tehrani F, Amin G, Negarandeh R. The effect of Licorice on decreasing the severity of premenstrual syndrome: A randomized controlled trial. *KMJ*. 2017.
20. Behboudi-Gandevani S, Amiri M, Bidhendi Yarandi R, Noroozadeh M, Farahmand M, Rostami Dovom M, et al. The risk of metabolic syndrome in polycystic ovary syndrome: a systematic review and meta-analysis. *Clinical endocrinology*. 2018;88(2):169-
21. Tehrani FR, Behboudi-Gandevani S, Dovom MR, Farahmand M, Minooe S, Noroozadeh M, et al. Reproductive assessment: Findings from 20 years of the Tehran Lipid and Glucose Study. *International Journal of Endocrinology and Metabolism*. 2018;16(4 Suppl).

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22. Farahmand M, Tehrani FR, Khalili D, Cheraghi L, Khomami MB, Azizi F. Association between duration of endogenous estrogen exposure and cardiovascular outcomes: a population-based cohort study. *Life sciences*. 2019;221:335-40.
23. Farahmand M, Tehrani FR, Behboudi Gandevani S, Azizi F. Is there any association between age at menarche and risk of metabolic syndrome? The Tehran Lipid & Glucose Study. 2019.
24. Ramezani Tehrani F. Cost effectiveness of different screening strategies for gestational diabetes mellitus screening: study protocol of a randomized community non-inferiority trial. *Diabetology & Metabolic Syndrome*. 2019;11:1-13.
25. Farahmand M, Ramezani Tehrani F, Khalili D, Cheraghi L, Azizi F. Is there any association between age at menarche and anthropometric indices? A 15-year follow-up population-based cohort study. *European Journal of Pediatrics*. 2020;179:1379-88.
26. Farahmand M, Khalili D, Tehrani FR, Amin G, Negarandeh R. Could Anise decrease the intensity of premenstrual syndrome symptoms in comparison to placebo? A double-blind randomized clinical trial. *Journal of Complementary and Integrative Medicine*. 2020;17(4).
27. Farahmand M, Khalili D, Ramezani Tehrani F, Amin G, Negarandeh R. Effectiveness of *Echium amoenum* on premenstrual syndrome: a randomized, double-blind, controlled trial. *BMC Complementary Medicine and Therapies*. 2020;20:1-9.
28. Rostami Dovom M, Bidhendi-Yarandi R, Mohammad K, Farahmand M, Azizi F, Ramezani Tehrani F. Prevalence of premature ovarian insufficiency and its determinants in Iranian populations: Tehran lipid and glucose study. *BMC Women's Health*. 2021;21:1-6.
29. Farahmand M, Ramezani Tehrani F, Khalili D, Cheraghi L, Azizi F. Endogenous estrogen exposure and chronic kidney disease; a 15-year prospective cohort study. *BMC Endocrine Disorders*. 2021;21:1-8.
30. Farahmand M, Tehrani FR, Rahmati M, Azizi F. Anthropometric indices and age at natural menopause: a 15-year follow-up population-based study. *International Journal of Endocrinology and Metabolism*. 2021;19(4).
31. Farahmand M, Bahri Khomamid M, Rahmati M, Azizi F, Ramezani Tehrani F. Aging and changes in adiposity indices: the impact of menopause. *Journal of Endocrinological Investigation*. 2022;45:69-77.
32. Amiri M, Rahmati M, Farahmand M, Azizi F, Tehrani FR. Age at natural menopause in women with a history of chronic diseases—A population-based cohort study. *Maturitas*. 2022;158:16-24.
33. Naz MSG, Farahmand M, Dashti S, Tehrani FR. Factors affecting menstrual cycle developmental trajectory in adolescents: a narrative review. *International Journal of Endocrinology and Metabolism*. 2022;20(1).
34. Farahmand M, Rahmati M, Azizi F, Behboudi Gandevani S, Ramezani Tehrani F. The impact of endogenous estrogen exposure duration on fracture incidence: a longitudinal cohort study. *The Journal of Clinical Endocrinology & Metabolism*. 2022;107(8):e3321-e9.
35. Ramezani Tehrani F, Rahmati M, Farahmand M, Azizi F, Behboudi-Gandevani S. One-step versus two-step screening for diagnosis of gestational diabetes mellitus in Iranian population: A randomized community trial. *Frontiers in Endocrinology*. 2023;13:1039643.
36. Farahmand M, Rahmati M, Azizi F, Ramezani Tehrani F. Lactation duration and lifetime progression to metabolic syndrome in women according to their history of gestational diabetes: a prospective longitudinal community-based cohort study. *Journal of Translational Medicine*. 2023;21(1):177.

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37. Farahmand M, Mousavi M, Momenan AA, Azizi F, Tehrani FR. The association between arterial hypertension and menarcheal age. *Maturitas*. 2023;174:14-22.
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39. Farahmand M, Ramezani Tehrani F. The impact of premature ovarian insufficiency on sexual function; which domain is mostly disrupted? *International Journal of Impotence Research*. 2024;1-6.
40. Saei Ghare Naz M, Mousavi M, Noroozadeh M, Farahmand M, Azizi F, Ramezani Tehrani F. To what extent the weight changes impact the risk of hypertension among menopausal women: insights from Tehran lipid and glucose study. *BMC Women's Health*. 2024;24(1):128.
41. Saei Ghare Naz M, Farhadi-Azar M, Noroozadeh M, Farahmand M, Ramezani Tehrani F. Follicle-Stimulating Hormone and Diabetes in Postmenopausal Women: A Systematic Review and Meta-analysis. *The Journal of Clinical Endocrinology & Metabolism*. 2024:dgae198.

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42. Farahmand M, Zahediasl S, Abbaspour Z, Rasekh A. Comparison of the effects of vitamin E and ibuprofen on the severity of primary dysmenorrhea. *Journal of Physiology and Pharmacology* 2006; 9(2):139-142.
43. Farahmand M, Tehrani FR, Azizi F. The influence of serum lipoproteins and body mass index on the age of menarche. *Iranian Journal of Endocrinology and Metabolism*. 2009; 11(4):415-421.
44. Rasekh A, Farahmand M, Zahedi Asl S, Abbaspour Z. Effects of vitamin E and Ibuprofen on amount, duration and interval of menstruation period bleeding in primary dysmenorrhea. *Article in Persian] Kowsar Med J*. 2009;14(1):49-52.
45. Farahmand M, Ramezani TF, Azizi F. Age at menopause and its related factors in Tehran Lipid and Glucose study (TLGS). *The Journal of Qazvin University of Medical Science* 2011; 58(1): 49-55.
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47. Ramezani Tehrani F, Farahmand M, Amiri P, Ghanbarian A, Azizi F. Barriers of healthy nutrition from the perspective men in Tehran: A qualitative study. *Payesh*. 2012;11(5):725-35.
48. Farahmand M, Abedini M, Hashemi Z. Prevalence of vaginitis in Iranian women-- symptoms and clinical association. *Medical Science Journal of Islamic Azad University-Tehran Medical Branch*. 2012;22(1):62-8.
49. Farahmand M, Tehrani F, Mehrabi Y, Azizi F. Occurrence of metabolic syndrome and components in postmenopausal women with natural or surgical menopause. *Iranian Journal of Endocrinology and Metabolism* 2012; 14(2):117-26.
50. Tehrani FR, Farahmand M, Mehrabi Y, Afzali HM, Abedini M. Prevalence of female sexual dysfunction and its correlated factors: a population based study. *Payesh (Health Monitor)*. 2012;11(6):869-75.
51. Farahmand M, Tehrani FR, Momenan AA, Ghanbarian A, Azizi F. Comparison of metabolic changes after natural menopause and surgical menopause. *Payesh (Health Monitor)*. 2013;12(6):637-47.

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52. Farahmand M, Hashemi S, Rezaee N, Azizi F. Prevalence of menstrual disorders and its related factors in 18-45 year-old Iranian women in four selected provinces. *Hakim Journal*. 2014;17(3):192-9.
53. Farahmand M, Ramezani Tehrani F, Noroozzadeh M, Azizi F. The relationship between some risk factors of cardiovascular diseases in reproductive age women with duration of oral contraceptive pills use. *Medical Science Journal of Islamic Azad Univesity-Tehran Medical Branch*. 2015;24(4):242-7.
54. Farahmand M, Ramezani Tehrani F, Bahri Khomami M, Azizi F. The association between duration of oral contraceptive pills consumption with metabolic syndrome: Tehran lipid and glucose study. *Iranian Journal of Diabetes and Metabolism*. 2015;14(1):37-46.
55. Farahmand M, Rahmati M, Tehrani FR, Azizi F. The relationship between menopausal age and the incidence of chronic kidney disease in postmenopausal women: a population-based longitudinal study. *Iranian Journal of Endocrinology and Metabolism* . *Iranian Journal of Endocrinology and Metabolism* .2021; 23(3):176-81.
56. Farahmand M, Tehrani FR, Azizi F. Comparison of the prevalence rates of metabolic disorders between two groups of women undergone surgically induced menopause by hysterectomy and bilateral oophorectomy: a population-based study. *Scientific Journal of Kurdistan University of Medical Sciences* 2021;25(110):80-89.
57. Farahmand M, Tehrani FR. The effect of medicinal plants in the treatment of sexual disorders: a narrative review. *Iranian Journal of Obstetrics, Gynecology and Infertility*. 2021;24(5):87-102.
58. Farahmand M, Ramezani Tehrani F, Rahmati M, Azizi F. Relationship between Age at Menarche and Menstrual Irregularities in Reproductive Age. *Journal of Mazandaran University of Medical Sciences*. 2021;31(200):90-8.
59. Farahmand M, Ramezani TF, Saei GM. The role of vitamins and minerals on the symptoms of premenstrual syndrome: A narrative review. *Iranian Journal of Obstetrics, Gynecology and Infertility* 2022; 25(1):93-104.

Chapters, Books: (*List of chapters or published books according to Vancouver style, from past to present*)

Invited Editorials, Commentaries, Reports and Case Studies: (*List of journals you took part as invited editor, commentator, list of reports and case studies according to Vancouver style, from past to present*)

Reproductive morbidities among Iranian women, 2009, Main author: Professor Fahimeh Ramezani Tehrani, One of the contributors : Maryam Farahmand