

**In the name of God**  
**Summary of the scientific-research certificate of the faculty**  
**members and researchers**  
**Endocrinology and Metabolism Research Institute**  
**Shahid Beheshti University of Medical Sciences**



<b>Name: Maryam</b>	<b>Scopus ID number: 35744463700</b>
<b>Family name: Farahmand</b>	
<b>H-Index: 22</b>	<b>Total number of citations to articles: 875</b> <b>Number of citations to articles in 2024 :180</b>
<b>Total number of research projects: 50</b> <b>Number of research projects in the role of</b> <b>executor:44</b>	<b>Total number of articles: 67</b> <b>Number of articles by the first author/responsible:</b> <b>44</b> <b>Number of articles in 2025: 1</b>

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**Summary of the scientific-research certificate of the faculty**  
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### 1. Personal Information:

<b>Name:</b> Maryam	<b>Last name:</b> Farahmand	<b>National Code</b>
<b>Identity Card No:</b>	<b>Place of Birth:</b> Tehran	<b>Phone:</b> 02122432500
<b>Email:</b> mfarahmand14@yahoo.com	<b>Research center:</b> Reproductive Endocrinology	

### 2- Academic records / training courses

Grade	Education / orientation	University name	Country / city of study	GPA
<b>PhD</b>	Clinical sciences	Tehran University of Medical Sciences	Tehran	19.03
M.Sc.	Maternal and child health	Ahwaz University of Medical Sciences	Ahwaz	18.58
<b>B.Sc.</b>	Midwifery	Shahid Beheshti University of Medical Sciences	Tehran	17.87

### 3. Employment Status:

Faculty members and formal researchers			
Contract researchers			
Work start date	contract type	Researcher rank	Last upgrade date
Faculty members	Contractual	-	2022
2008	Fixed employment contract	Excelent	2013

#### 4. Educational experience:

##### 4.1. Teaching in short courses / educational-research workshops

No.	Course / workshop title	Date	Organization	Teaching title
1	Maternal child health	2003	University of Applied science and Technology, Department of Health and Family planning Tehran	Maternal child health
2	Women's health	2010	Azad University	Women's health
3	Health	2007	Tarbiat Moalem Center	Health
4	Reproductive lifespan	2022	Research Institute for Endocrine sciences	Women's health & reproductive lifespan

#### 5. Research Activities:

##### 5.1. Writing a book / part of a foreign book

No.	Book chapter title	Book Title	Editor	Publisher / place of publication / year of publication
1	All	Reproductive morbidity in Iranian women	Dr. Fahimeh Ramezani Tehrani	Ministry of health

#### 6. Executive records (responsibilities):

No.	Title of responsibility	Organization / Institute	Year
1	Family health expert	North Health Center	1999

#### 7- Academic Awards:

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

- 2- Obtaining the statue of *the best article* of 2018 from the self-care and patient education congress of Tehran University of Medical Sciences
- 3- The *top researcher* selected as the top advanced researcher in the Endocrinology and Metabolism Research Institute in 2016
- 4- Received the title of "*highly access*" in less than two weeks after publication in BMC Public Health for the article entitled: "Barriers to a healthy nutrition: Perceptions and experiences of Iranian women

#### **8. Membership in scientific forums and associations:**

Iranian Medical Council, Membership Number: 5062.

## **Publications:**

1. **Maryam Farahmand**, Fahimeh Ramezani Tehrani, Fereidoun Azizi, Whether age at menarche is influenced with body mass index and lipoproteins profile? *IJRM*, 2012,10(4)
2. **Maryam Farahmand**, Fahimeh Ramezani Tehrani, Leila Pourrajabi, Masood Najafi, Fereidoun Azizi, Factors associated with menopausal age in Iranian women; Tehran Lipid and Glucose Study. *JOGR*, 2013 Apr;39(4):836-41.
3. **Maryam Farahmand**, Fahimeh Ramezani Tehrani, Parisa Amiri, Fereidoun Azizi Barriers to a healthy nutrition:Perceptions and experiences of Iranian women. *BMC Public Health*, 2012, **12**:1064
4. **Maryam Farahmand**, Fahimeh Ramezani Tehrani, Masoumeh Simbar, Yadollah Mehrabi, Davood Khalili, Fereidoun Azizi, Dose metabolic syndrome & its components differ in naturally and surgically menopausal women? *Climacteric*, 2014 Aug;17(4):348-55. doi: 10.3109/13697137.2013.856400. Epub 2013 Nov 29.
5. Fahimeh Ramezani Tehrani, **Maryam Farahmand**, Masoumeh Simbar, Hosein Malek Afzali Yadollah Mehrabi, Factors associated with sexual dysfunction; a population based study in Iranian reproductive age women, *AIM Journal*, 2014 Oct;17(10):679-84..
6. **Maryam Farahmand**, Parisa Amiri, Fahimeh Ramezani Tehrani, Amir Abbas Momenan, Parvin Mirmiran, Fereidoun Azizi, What are the main barriers to healthy eating? A qualitative exploration of perceptions and experiences of Iranian men  
  
*Appetite journal*, 2015 Jun;89:291-7. doi: 10.1016/j.appet.2015.02.025. Epub 2015 Feb 25.
7. Marzieh Rostami Dovom, Fahimeh Ramezani Tehrani ,Parisa Amiri, Golshan Amirshekar, **Maryam Farahmand** , Fereidoun Azizi . Main facilitators of smoking among young males in tehran: tehran lipid and glucose study. *Iranian Red Crescent Medical Journal*, Sep 5;16(9):e15429 2014.
8. Mahnaz Bahri Khomami , Fahimeh Ramezani Tehrani, Somayeh Hashemi , **Maryam Farahmand**, Fereidoun Azizi. Of PCOS symptoms, hirsutism has the most significant impact on

the quality of life of Iranian women. [PLoS One](#). 2015 Apr 15;10(4):e0123608. doi: 10.1371/journal.pone.0123608. eCollection 2015.

9. Somayeh Hashemi, Fahimeh Ramezani-Tehrani, **Maryam Farahmand**. Association of PCOS and its clinical signs with sexual function among Iranian women affected by PCOS. [J Sex Med](#). 2014 Oct;11(10):2508-14. doi: 10.1111/jsm.12627.
- 11- **Maryam Farahmand**, Fahimeh Ramezani Tehrani, Mahnaz Bahri Khomami, Mahsa Noroozzadeh ,Fereidoun Azizi. Surgical menopause versus natural menopause and cardio metabolic disturbances; A 12 year population based cohort study. [J Endocrinol Invest](#). 2015 Jul;38(7):761-7. doi: 10.1007/s40618-015-0253-3. Epub 2015 Feb 27.
- 12- **Maryam Farahmand**, Fahimeh Ramezani Tehrani, Marzieh Rostami dovom, Somayeh Hashemi, Fereidoun Azizi, The impact of oral contraceptives on cardio metabolic parameters. [J Endocrinol Invest](#). 2016 Mar;39(3):277-83. doi: 10.1007/s40618-015-0346-z. Epub 2015 Jul 30.
- 13- Behboudi-Gandevani S, Ramezani Tehrani F, Rostami Dovom M, **Farahmand M**, Bahri Khomami M, Noroozzadeh M, Kabir A, Azizi F. Insulin resistance in obesity and polycystic ovary syndrome: systematic review and meta-analysis of observational studies. [Gynecol Endocrinol](#). 2016;32(5):343-53. doi: 10.3109/09513590.2015.1117069. Epub 2016 Jan 6.
- 14- Noroozzadeh 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. [Int J Impot Res](#). 2017 Jan;29(1):1-6. doi: 10.1038/ijir.2016.35. Epub 2016 Sep 22.
- 15- **Farahmand M**, Tehrani FR, Dovom MR, Azizi F. Menarcheal Age and Risk of Type 2 Diabetes: A Community-Based Cohort Study. [J Clin Res Pediatr Endocrinol](#). 2017 Jun 1;9(2):156-162. doi: 10.4274/jcrpe.3370. Epub 2016 Nov 9.

- 16- Behboudi-Gandevani S, Ramezani Tehrani F, Cheraghi L, Noroozzadeh M, **Farahmand M**, Azizi F. Trends of contraception use among married reproductive age women: Tehran lipid and glucose cohort study 2002-2011. *Sex Reprod Healthc*. 2017 Jun;12:116-122. doi: 10.1016/j.srhc.2017.04.003. Epub 2017 Apr 7.
- 17- **Farahmand M**, Ramezani Tehrani F, Khalili D, Amin G, Negarandeh R. Factors associated with the severity of premenstrual syndrome among Iranian college students. *J Obstet Gynaecol Res*. 2017 Nov;43(11):1726-1731. doi: 10.1111/jog.13439. Epub 2017 Jul 24.
- 18- Behboudi-Gandevani S, Amiri M, Bidhendi Yarandi R, Noroozzadeh M, **Farahmand M**, Rostami Dovom M, Ramezani Tehrani F. The risk of metabolic syndrome in polycystic ovary syndrome: A systematic review and meta-analysis. *Clin Endocrinol (Oxf)*. 2018 Feb;88(2):169-184. doi: 10.1111/cen.13477. Epub 2017 Oct 16. Review.
- 19- **Farahmand M**, Ramezani Tehrani F, Bahri Khomami M, Azizi F. Adverse Cardiometabolic Effect in Bilateral/Unilateral Oophorectomy Versus Natural Menopause: Results of Over a Decade Follow-up Among Iranian Women. *Arch Iran Med*. 2017 Dec 1;20(12):734-739.
- 20- **Farahmand M**, Ramezani Tehrani F, Khalili D, Amin G, Negarandeh R. What domains of quality of life are affected by severity of symptoms in Premenstrual Syndrome? *KMJ*. 2017Oct. Accepted.
- 21- **Farahmand M**, Khalili D, Ramezani Tehrani F, Amin G, Negarandeh R. The effect of Licorice on decreasing the severity of premenstrual syndrome: A randomized controlled trial. *KMJ*. 2017 Sep.
- 22- **Farahmand M**, Ramezani Tehrani F, Khalili D, Cheraghi L, Bahri Khomami M, Azizi F. Association between duration of endogenous estrogen exposure and cardiovascular outcomes: A population - based cohort study. *Life Sci*. 2019 Mar 15;221:335-340. doi: 10.1016/j.lfs.2019.02.020. Epub 2019 Feb 11.
- 23- Ramezani Tehrani F, Behboudi-Gandevani S, Rostami Dovom M, **Farahmand M**, Minooee S, Noroozzadeh M, Amiri M, Nazarpour S, Azizi F. Reproductive Assessment: Findings from 20 Years

of the Tehran Lipid and Glucose Study. *Int J Endocrinol Metab.* 2018 Oct 20;16(4 Suppl):e84786. doi: 10.5812/ijem.84786. eCollection 2018 Oct. Review.

**24- Farahmand Maryam**, Fahimeh Ramezani Tehrani, Samira Behboudi Gandevani, Fereidoun Azizi.

Is there any association between age at menarche and risk of metabolic syndrome? Tehran Lipid & Glucose Study. *Arch Iran Med.* 2019 Sep 1;22(9):495-500.

**25- 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 Complement Med Ther.* 2020 Sep 29;20(1):295.

**26- 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. *Eur J Pediatr.* 2020 Sep;179(9):1379-1388.

**27- Farahmand M**, Khalili D, Ramezani Tehrani F, Amin G, Negarandeh R Could Anise decrease the intensity of premenstrual syndrome symptoms in comparison to placebo? A double-blind randomized clinical trial. *J Complement Integr Med.* 2020 Jul 8.

**28- Ramezani Tehrani F,....Farahmand M,.....**Cost effectiveness of different screening strategies for gestational diabetes mellitus screening: study protocol of a randomized community non-inferiority trial. *Gulf Study Cooperative Research Group. Diabetol Metab Syndr.* 2019 Dec 18;11:106.

**29- Marzieh Rostami Dovom , Razieh Bidhendi-Yarandi, Kazem Mohammad, Maryam Farahmand,** Fereidoun Azizi, Fahimeh Ramezani Tehrani. Prevalence of premature ovarian insufficiency and its determinants in Iranian populations: Tehran lipid and glucose study. *BMC Womens Healt.* 2021 Feb 23;21(1):79. doi: 10.1186/s12905-021-01228-1.

**30- Farahmand M**, Bahri Khomamid M, Rahmati M, Azizi F, Ramezani Tehrani F. Aging and changes in adiposity indices: the impact of menopause. *J Endocrinol Invest.* 2021 Jul 13. doi: 10.1007/s40618-021-01616-2. Online ahead of print.



- 31- 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 Endocr Disor.* 2021 Aug 4;21(1):155. doi: 10.1186/s12902-021-00817-3.
- 32- Maryam Farahmand** , Fahimeh Ramezani Tehrani, \*, Maryam Rahmati , Fereidoun Azizi. Anthropometric Indices and Age at Natural Menopause: A 15-Year Follow-up Population-Based Study. *Int J Endocrinol Metab.* 2021 October; 19(4):e109285.
- 33- Mina Amiri**, Maryam Rahmati,\*, **Maryam Farahmand**, Fereidoun Azizi, Fahimeh Ramezani Tehrani. Age at natural menopause in women with a history of chronic diseases—A population-based cohort study. *Maturitas* 158 (2022) 16–24.
- 34- Saei Ghare Naz M**, **Farahmand M**, Dashti S, Ramezani Tehrani F. Factors Affecting Menstrual Cycle Developmental Trajectory in Adolescents: A Narrative Review. *Int J Endocrinol Metab.* 2022 Mar 2;20(1):e120438.
- 35- Maryam Farahmand**, Maryam Rahmati, Fereidoun Azizi, Samira Behboudi Gandevani, Fahimeh Ramezani Tehrani. The Impact of Endogenous Estrogen Exposure Duration on Fracture Incidence: a Longitudinal Cohort Study. *The Journal of Clinical Endocrinology & Metabolism*, 4 May 2022, 107, e3321–e3329.
- 36- Fahimeh Ramezani Tehrani**, Maryam Rahmati, Farshad Farzadfar, Mehrandokht Abedini, **Maryam Farahmand**, Farhad Hosseinpanah, Farzad Hadaegh, Farahnaz Torkestani, Majid Valizadeh, Fereidoun Azizi, Samira Behboudi-Gandevani. One-step versus two-step screening for diagnosis of gestational diabetes mellitus in Iranian population: A randomized community trial. *Frontiers in Endocrinology Journal*, 02 February 2023, *Front. Endocrinol.* 13:1039643.
- 37- Maryam Farahmand**, Maryam Rahmati, Fereidoun Azizi and Fahimeh Ramezani Tehrani 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) 21:177.

- 38-Maryam Farahmand**, Maryam Mousavi, Amir Abbas Momenan, Fereidoun Azizi, Fahimeh Ramezani Tehrani. The association between arterial hypertension and menarcheal age Maturitas. Published online: May 03, 2023.
- 39- Maryam Farahmand**, Parisa Amiri, Fahimeh Ramezani Tehrani, Leila Cheraghi, Fereidoun Azizi. Health-related quality of life in women with various levels of spiritual health. Women Health. 2023 May-Jun;63(5):392-401.Epub 2023 Jun 11.
- 40- Maryam Farahmand**, Fahimeh Ramezani Tehrani. The impact of premature ovarian insufficiency on sexual function; which domain is mostly disrupted? International Journal of Impotence Research. 2024 Feb 28.
- 41- Saei Ghare Naz M**, Mousavi M, Noroozzadeh 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.
- 42- Saei Ghare Naz M**, Farhadi-Azar M, Noroozzadeh 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.
- 43- Maryam Farahmand** , Maryam Mousavi , Fereidoun Azizi , Fahimeh Ramezani Tehrani. Exploring the Influence of Age at Menarche on Metabolic Syndrome and Its Components Across Different Women's Birth Cohorts. Endocrinol Diabetes Metab. 2024 Nov;7(6):e70015.
- 44- Maryam Farahmand**, Maryam Rahmati, Marzieh Saei Ghare Naz, Mina Amiri, Mahsa Noroozzadeh, Mahbanoo Farhadi-Azar, Fereidoun Azizi and Fahimeh Ramezani Tehrani. Fracture incidence in women: the impact of reproductive characteristics. BMC Public Health 2024, 24(3409).

- 45-** Elahe Rashidi, Fahimeh Ramezani Tehrani, Majid Valizadeh, Mahtab Niroomand, Maryam Mahdavi, Maryam Farahmand, Behnaz Abiri, Fereidoun Azizi, Farhad Hosseini Panah. Association between lifetime endogenous estrogen exposure and body composition metrics in postmenopausal women: findings from the Tehran Lipid and Glucose Study. BMC Women's Health. 2024, 24(648).
- 46-** Mina Amiri, Maryam Mousavi, Mahsa Noroozzadeh, Maryam Farahmand, Fereidoun Azizi, Fahimeh Ramezani Tehrani. Association between anti-mullerian hormone and metabolic syndrome: insights from a prospective community-based study. BMC Endocrine Disorders. 2024, 24(97).
- 47-** Fahimeh Ramezani Tehrani, Maryam Mousavi, Marzieh Saei Ghare Naz, Mahsa Noroozzadeh, Fereidoun Azizi, and **Maryam Farahmand**. Endogenous Estrogen Exposure and Hypertension Risk: A Population-based Cohort Study With About 2 Decades of Follow-up. The Journal of Clinical Endocrinology & Metabolism, 2025 Mar 17;110(4):e1125-e1133.

## **Farsi**

- 1-** **Maryam Farahmand**, Saleh Zahedi Asl, Zahra Abbaspour, Abdorrahman Rasekh  
Comparison of the effects of vitamin E and Ibuprofen on the severity of primary dysmenorrhea, J Physiology & Pharmacology, 2006, 9(2)
- 2-** **Maryam Farahmand**, Fahimeh Ramezani Tehrani, Fereidoun Azizi, The influence of serum lipoproteins and body mass index on the age of menarche, IJEM, 2009, 11(4)
- 3-** **Maryam Farahmand**, Saleh Zahedi Asl, Zahra Abbaspour, Abdorrahman Rasekh, Effects of Vitamin E and Ibuprofen on amount, duration and interval of menstruation period bleeding in primary dysmenorrhea, J Kowsar medical, 2009, 14(1)

- 4- **Maryam Farahmand**, Fahimeh Ramezani Tehrani, Fereidoun Azizi, Age at menopause and its related factors in Tehran Lipid and Glucose Study (TLGS), The journal of Qazvin university of medical sciences, 2011, 15(1)
- 5- Fahimeh Ramezani Tehrani, **Maryam Farahmand**, Mehrandokht Abedini, Zeinab Hashemi, Prevalence of vaginitis in Iranian women; Symptoms & Clinical association  
Medical Sciences journal of Islamic Azad university, 2012, 22(1)
- 6- Fahimeh Ramezani Tehrani, **Maryam Farahmand**, Parisa Amiri, Arash Ghanbarian, Fereidoun Azizi, Barriers to a healthy nutrition from the perspective of Tehranian men: a qualitative study, Payesh journal, 2012, 11(5)
- 7- Fahimeh Ramezani Tehrani, **Maryam Farahmand**, Parisa Amiri \*, Arash Ghanbarian, Fereidoun Azizi, Barriers to a healthy nutrition in women: a qualitative approach among Tehran Lipid and Glucose Study (TLGS) participants, IJEM, 2011, 13(1).
- 8- **Maryam Farahmand**, Fahimeh Ramezani Tehrani, Yadollah Mehrabi, Fereidoun Azizi, Comparison of metabolic syndrome and its components in postmenopausal women with natural or surgical menopause, IJEM, 2012, 14(2)
- 9- Fahimeh Ramezani Tehrani, **Maryam Farahmand**, Yadollah Mehrabi, Hosein Malek Afzali, Mehrandokht Abedini, Prevalence of female sexual dysfunction and its effective factors; a community based study among women living in urban area of four provinces, Payesh journal, 2012, 11(6)
- 10- **Maryam Farahmand**, Fahimeh Ramezani Tehrani, Amir Abbas Momenan, Arash Ghanbarian, Fereidoun Azizi, Comparison of metabolic changes after natural menopause and surgical menopause women, Payesh journal, 2013, 12(6)
- 11- **Maryam Farahmand**, Fahimeh Ramezani Tehrani, Mahnaz Bahri Khomami, Fereidoun Azizi. The association between duration of oral contraceptive pills consumption with metabolic syndrome,

Tehran Lipid and Glucose Study. Iranian Journal of Diabetes and Lipid Disorders. Volume 14, Issue 1 (11-2014).

- 12- Maryam Farahmand**, Fahimeh Ramezani Tehrani, Mahsa Noroozzadeh, Fereidoun Azizi. The relationship between some risk factors of cardiovascular disease in reproductive age women with duration of oral contraceptive pills use: Tehran Lipid and Glucose Study. Medical Sciences journal of Islamic Azad university, 2015, 24(4), 242-247.
- 13- Marzieh Rostami Dovom**, Fahimeh Ramezani Tehrani , **Maryam Farahmand**, Hashemi Somayeh, Nazi Rezaee, Fereidoun Azizi. Prevalence of menstrual disorders and its effective factors in 18-45 year-old women in four selected provinces of Iran. Hakim Journal. 2014, 17(3), 242-247.
- 14- Maryam Farahmand** , Fahimeh Ramezani Tehrani, Mahsa Noroozzadeh, Fereidoun Azizi. The relationship between some risk factors of cardiovascular disease in reproductive age women with duration of oral contraceptive pills use. Medical Sciences journal of Islamic Azad University, 2015, 24(4), 242-247.
- 15- Farahmand M**, Rahmati M, Ramezani Tehrani F, Aziz 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. Vol 23 No.3 Aug-Sep 2021.
- 16- Maryam Farahmand**, Fahimeh Ramezani Tehrani, Fereidoun Azizi. 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. No.110/ Jan-Feb 2021/79-89.
- 17- Maryam Farahmand**, Fahimeh Ramezani Tehrani. The effect of herbal medicine in the treatment of sexual disorders: A narrative Review. IJOGI, Vol. 24, No. 5, pp. 87-102, Jul 2021.
- 18- Farahmand M**, Ramezani Tehrani F, Rahmati M, Aziz F. Relationship between Age at Menarche and Menstrual Irregularities in Reproductive Age. J Mazandaran Univ Med Sci 2021; 31 (200): 90-98.

**19- Maryam Farahmand**, Fahimeh Ramezani Tehrani, Marzieh Saei Ghare Naz. The role of vitamins and minerals on the symptoms of premenstrual syndrome: A narrative review IJOGI, Vol. 25, No. 1, pp. 93-104 Mar 2022.

**20- Farahmand M**, Rahmati M, Ramezani Tehrani F, Aziz 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 Vol 23 No.3 Aug-Sep 2021.

### **Participation in International Conferences/ congresses/ seminars/ meetings**

- 1- Maryam Farahmand**, Saleh Zahedi Asl, Zahra Abbaspour, Abdarrahman Rasekh. “Therapeutic effect of vitamin E compared with Ibuprofen in bleeding of primary dysmenorrhe” [Abstract], presented at the role of women in Congress, Family and Community Health 2009(Oral). **Honorable Mention Scientific Paper.**
- 2- Maryam Farahmand**, Parisa Amiri, Fahimeh Ramezani Tehrani, Fereidoun Azizi. Barriers Of healthy nutrition [Abstract], presented at the self-care symposium, 2019. **Honorable Mention Scientific Paper.**
- 3- Maryam Farahmand**, Zahra Farahmand. “ Maternal and child health in disaster” [Abstract], presented at Third International Congress on Health and Crisis Management in Disaster 2008.
- 4- Maryam Farahmand**, Zahra Farahmand. “Pregnant women's health in emergencies”. [Abstract], presented at 1<sup>th</sup> International Congress of Safe Pregnancy 2010.
- 5- Maryam Farahmand**, Zahra Farahmand.” Ethics in medical research”. [Abstract], presented at 2<sup>th</sup> International Congress of Medical ethics in Iran 2009.
- 6- Maryam Farahmand**, Fahimeh Ramezani Tehrani.”Vaginitis in Iranian women”. [Abstract], presented at 1st International Congress on Women's Role in Society & Family's Health 2012.
- 7- Maryam Farahmand**, Fahimeh Ramezani Tehrani.” Vaginitis ; Symptoms & Clinical association”. [Abstract], presented at 9<sup>th</sup> International Congress of obstetrics & gynecology.
- 8- Maryam Farahmand**, Fahimeh Ramezani Tehrani, Fereidoun Azizi. “Age at menopause”. [Abstract], presented at 9<sup>th</sup> International Congress of obstetrics & gynecology 2010.
- 9- Maryam Farahmand**, Fahimeh Ramezani Tehrani, “Some factors associated with menopause”. [Abstract], presented at 17<sup>th</sup> Congress of Fertility & infertility 2011.

- 10- **Maryam Farahmand**, Fahimeh Ramezani Tehrani. "Healthy food", [Abstract], presented at 1st International Congress on Women's Role in Society & Family's Health 2012.
- 11- **Maryam Farahmand**, Fahimeh Ramezani Tehrani. "Menopause in TLGS". [Abstract], presented at 10<sup>th</sup> International Congress of obstetrics & gynecology 2012.
- 12- **Maryam Farahmand**, Fahimeh Ramezani Tehrani. "Menopause & blood pressure". [Abstract], presented at 11<sup>th</sup> International Congress of obstetrics & gynecology 2013.
- 13- **Maryam Farahmand**, Fahimeh Ramezani Tehrani. "Menopause & Diabetes". [Abstract], presented at 11<sup>th</sup> International Congress of obstetrics & gynecology 2014.
- 14- **Maryam Farahmand**, Fahimeh Ramezani Tehrani. "Menopause & metabolic syndrome". [Abstract], presented at 10<sup>th</sup> International Congress of endocrine disorders 2014.
- 15- **Maryam Farahmand**, Fahimeh Ramezani Tehrani. "Natural menopause & surgical menopause" [Abstract], presented at International Shiraz women health 2013.
- 16- **Maryam Farahmand**, Fahimeh Ramezani Tehrani. "Age at menarche & lipoprotein". [Abstract], presented at 8<sup>th</sup> International Congress of endocrine disorders 2009.
- 17- **Maryam Farahmand**, Zahra Farahmand. "Pregnancy & disaster". [Abstract], presented at 1<sup>th</sup> International Congress of healthy pregnancy 2010.
- 18- **Farahmand Maryam** , Ramezani Tehrani Fahimeh , Azizi Fereidoun. "Menarche age and its relationship to body mass index." [Abstract], presented at Iran obesity 2015.

- 19- Noroozzadeh Mahsa ◊ Rostami Dovom Marzieh ◊ Behboudi Gandevani Samira ◊ Amiri Mina. “Is age at menarche associated with the risk of diabetes in reproductive- aged women? Tehran Lipid & Glucose Study.” [Abstract], presented at 12<sup>th</sup> International Congress of Endocrine Disorders.
- 20- **Farahmand Maryam** ◊ Ramezani Tehrani Fahimeh ◊ Noroozzadeh Mahsa ◊ Rostami Dovom Marzieh ◊ Behboudi Gandevani Samira ◊ Amiri Mina. “Comparison of Cardiovascular Complications in Postmenopausal Women” [Abstract], presented at 12<sup>th</sup> International Congress of Endocrine Disorders.
- 21- Samira Behboudi-gandevani, Fahimeh Ramezani Tehrani, Razieh Bidhendi Yarandi, **Maryam Farahmand**, Mahsa Noroozzadeh, Marzieh Rostami Dovom, Mina Amiri. “Does the Risk of Metabolic Syndrome Increase in Women with Polycystic Ovarian Syndrome? A Systematic Review and Meta-analysis” [Abstract], presented at 12<sup>th</sup> International Congress of Endocrine Disorders.
- 22- Behboudi-gandevani Samira ◊ Ramezani Tehrani Fahimeh, Bidhendi Yarandi Razieh, **Farahmand Maryam** ◊ Noroozzadeh Mahsa ◊ Rostami Dovom Marzieh ◊ Amiri Mina. “The association between serum concentration of visfatin, resistin, chemerin and omentin-1 in overweight / obese and normal weight women with polycystic ovary syndrome.” [Abstract], presented at 12<sup>th</sup> International Congress of Endocrine Disorders.
- 23- Rostami Dovom Marzieh ◊ Noroozzadeh Mahsa ◊ Ramezani Tehrani Fahimeh ◊ Mosaffa



Nariman , **Farahmand Maryam**, Behboudi Gandavani Samira “Chemical induced premature ovarian failure in rat models: A systematic review” [Abstract], presented at 12th International Congress of Endocrine Disorders.

24- **Maryam Farahmand**, Fahimeh Ramezani Tehrani, Fereidoun Azizi. “Is the cause of menopause associated with serum lipoproteins?” [Abstract], presented at the international congress of debatable topics on obstetrics, Gynecology and infertility.2016.

25- Noroozzadeh Mahsa , Behboudi-gandevani Samira , **Farahmand Maryam** , Rostami Dovom Marzieh , Ramezani Tehrani Fahimeh.. “Prenatal androgen exposure leads to occurrence of benign mammary tumors in female rats in later life”. [Abstract], presented at 12th International Congress of Endocrine Disorders.

26- **Maryam Farahmand**, F. Ramezani Tehrani, M. Noroozzadeh, M. Rostami Dovom, S. Behboudi-Gandevani, F. Azizi. “Does unilateral oophorectomy increase the adverse metabolic effects attributed to surgical menopause? A cohort study”. [Abstract], presented at 10th International Congress of Endocrine Disorders.

27- Marzieh Rostami Dovom , Fahimeh Ramezani Tehrani ,**Maryam Farahmand** , Mahsa Noroozzadeh. “Prevalence of pregnancy complications in different phenotypes of polycystic ovary syndrome”. [Abstract], presented at The 2<sup>th</sup> international congress on reproduction.2016

28- Marzieh Rostami Dovom , Fahimeh Ramezani Tehrani , **Maryam Farahmand** , Somayeh Hashemi.” Prevalence and pattern of menstrual disorders and related factors among Iranian

women in reproductive ages: a population based study”. [Abstract], presented at The 1<sup>th</sup> international congress on reproductive health and childbearing. 2016

29- Mahsa Noroozzadeh , Fahimeh Ramezani Tehrani , Sedigheh Sedigh, Mobarakabadi, **Maryam Farahmand**, Marzieh Rostami Dovom. Comparison of the effects of androgen on sexual function in women with and without polycystic ovary syndrome (PCOS). [Abstract], presented at the 1<sup>th</sup> international congress on reproductive health and childbearing. 2016

30- **Farahmand M**, Ramezani Tehrani F, Azizi F. Comparison of metabolic syndrome in postmenopausal women with natural or surgical menopause: Community based cohort study. [Abstract], presented at the 6<sup>th</sup> Yazd International Congress and Student Award in Reproductive Medicine 2015.

31- M Noroozzadeh , S Behboudi-Gandevani , **M Farahmand** , M Rostami Dovo. Comparison of pre and postnatal rat model of polycystic ovary syndrome. [Abstract], presented at the 8<sup>th</sup> Yazd International Congress and Student Award in Reproductive Medicine 2019.

32- **M. Farahmand**. P Amiri ,F Ramezani Tehrani. Explaining the barriers to dietary modification and the factors affecting it from the perspective of Tehran women. [Abstract], 4th International Clinical Nutrition Congress; 8-10 Feb 2022.

33- **M. Farahmand**. The association between menarche and body mass index: A longitudinal community-based study. The 9<sup>th</sup> International Conference on Women’s Health. 2020. Shiraz.

- 34- **M. Farahmand.** Herbal medicine & sexual function. Sexual function symposium. 2019.  
Research Institute for Endocrine Sciences.
- 35- **M. Farahmand,** Fahimeh ramezani Tehrani. Are the anthropometric indices of girls related to the onset of menstruation? [Abstract] , Obesity congress 2023. ir
- 36- **M. Farahmand.** Obesity & pregnancy complications. Obesity & reproduction symposium.  
Obesity congress 2023. ir
- 37- **M. Farahmand,** Fahimeh ramezani Tehrani. Comparison between BMI and waist circumference between surgical & natural menopause. [Abstract] Obesity congress 2019.
- 38- **Maryam Farahmand,** Fahimeh Ramezani Tehrani<sup>1</sup>, Mahsa Noroozzadeh. Factors associated with increased pain in primary dysmenorrhea: analysis via a multivariate ordered linear regression model. [Abstract] The 8<sup>th</sup> International Conference on Women's Health. 2019.
- 39- **Maryam Farahmand.** Nutrition and reproductive health in women (Webinar), Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences
- 40- **Maryam Farahmand.** Endometriosis & Cardiovascular diseases (Webinar), Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences
- 41- **Maryam Farahmand.** Describing the obstacles to making changes in diet and the elements that impact it, Obesity, Clinical Nutrition Congress, 2024.
- 42- **Maryam Farahmand.** Onset of natural menopause and body mass index: A longitudinal study, Obesity congress 2024
- 43- **Maryam Farahmand.** Inhibitors of healthy eating: A qualitative study. Obesity congress 2024

- 44- **Maryam Farahmand.** Age at menarche and body mass index changes during lifetime: Tehran Lipid and Glucose Study. Obesity congress 2024
- 45- **Maryam Farahmand.** The relationship between menarcheal age and body mass index among different generations: A longitudinal cohort study, women's Health Congress
- 46- Breastfeeding infants in disaster situations. Heath in Arbaeen Congress.

### **Research Projects:**

- 1- To determine the association between changes in body shape index and age at menarche in women of TLGS
- 2- To determine the association between clinical hyper-androgenism among women with polycystic ovarian syndrome participating in Tehran lipid and glucose study (TLGS)
- 3- Assessment of the relative risk of chronic kidney disease in postmenopausal women and its relationship with age at menopause: Tehran Lipid and glucose study (TLGS)
- 4- Comparison of Cardiovascular outcomes in Postmenopausal Women by Bilateral or Unilateral Ovariectomy versus Natural Postmenopausal women
- 5- Pregnancy outcome in women with polycystic ovary syndrome in Tehran Lipid and Glucose Study
- 6- Incidence of menstrual disorders based on menarcheal age and its associated factors: Tehran Lipid & Glucose Study
- 7- The changing trend of obesity based on menarcheal age and its associated factors: Tehran Lipid & Glucose Study

8- Association between duration of endogenous estrogen exposure and cardiovascular outcomes:

TLGS

9- Factors associated with the severity of premenstrual syndrome

10- The risk of metabolic syndrome in polycystic ovary syndrome: A systematic review and meta-analysis

11- Adverse cardio-metabolic effect in bilateral/unilateral oophorectomy versus natural menopause: Results of over a decade follow-up among Iranian women

12- Assessment of reproductive health indexes in TLGS

13- Sexual function and hormonal profiles in women with and without polycystic ovary syndrome: A population-based study

14- To determine the insulin resistance and metabolic syndrome in women with polycystic ovary syndrome compared with women with polycystic ovary syndrome: a systematic review and meta-analysis

15- Investigation of Cardiometabolic Profile Among Women with Idiopathic Hirsutism Over the Time: Tehran Lipid and Glucose Study (TLGS)

16- The relationship between age at menarche and diabetes & pre-diabetes among Tehran Lipid and Glucose Study childbearing age women

17- Evaluation of the prevalence of polycystic ovary morphology using ultrasonography among reproductive age women

- 18- Evaluation of the association between clinical symptoms of polycystic ovary syndrome with Patients' Health Related Quality of Life
- 19- Association between duration of endogenous estrogen exposure and chronic kidney disease: Tehran Lipid and Glucose Study
- 20- To determine the association between changes in body shape index and age at menopause in women of TLGS
- 21- To compare the incidence of GDM between SCH and Euthyroid pregnant women in Tehran thyroid and pregnancy study
- 22- Comparison of the effect of vitamin E and ibuprofen on primary dysmenorrhea
- 23- Menstrual age and its relationship with body mass index and serum lipoproteins
- 24- Factors associated with menopausal age
- 25- Facilitates and inhibits the prevention of non-communicable diseases
- 26- Comparison of BMI, Blood Pressure, Metabolic Syndrome and hormonal changes in natural and surgical Menopause
- 27- Comparison of body mass index, blood pressure, metabolic syndrome and hormonal changes in before and after menopause
- 28- Evaluation of cardiometabolic effects in postmenopausal women with bilateral or unilateral oophorectomy
- 29- Reproductive health morbidities

- 30- Evaluation of the relationship between OCP use and risk of cardiovascular disease and Metabolic Syndrome
- 31- The Study on the Effects of *Echium amoenum*, *Pimpinella anisum* & *Glycyrriza glabra* (licorice) compared to placebo on signs of PMS
- 32- The relationship between age at menarche and diabetes & pre- diabetes among Tehran Lipid and Glucose Study childbearing age women
- 33- The relationship between age at menarche and metabolic syndrome among Tehran Lipid and Glucose Study childbearing age women
- 34- The effect of premenstrual syndrome on quality of life
- 35- Assessment of relationship between health-related quality of life and spiritual health status in reproductive and postmenopausal age women
- 36- Association between duration of endogenous estrogen exposure and fracture incidence: Tehran Lipid and Glucose Study
- 37- The role of vitamins and minerals in premenstrual syndrome: A narrative review
- 38- Investigating the Effects of Herbal Medicine in the Treatment of Sexual Disorders: A Narrative Review
- 39- Factors affecting the regulation of menstrual cycles in adolescent girls: a narrative review.
- 40- Association between duration of endogenous estrogen exposure and hypertension incidence: Tehran Lipid and Glucose Study

41- Assessment of association between reproductive characteristics and fracture incidence in Tehranian women: Tehran Lipid and Glucose Study

42- The risk ratio of the menarcheal age in relation to metabolic syndrome incidence : Tehran Lipid & Glucose Study

43- Comparison of sexual function in women with premature ovarian insufficiency compared to women with normal ovarian function

44-Assessment of association between age at menarche and incidence of hypertension in Tehranian women; a longitudinal study

45- Evaluating the effect of the breastfeeding duration on the incidence of metabolic syndrome and its components, Tehran Lipid & Glucose Study

47- Quality control of disease registry program of premature ovarian failure

48- Endogenous estrogen exposure and all-cause mortality in overweight and obese individuals:  
TLGS

49- Development and support of Tehran Primary ovarian insufficiency registry in 2024

50- Investigating the relationship between the reproductive factors and the outcome of cardiovascular diseases in different menarcheal age groups: Tehran Lipid and Glucose Study