

**SEYED FAZEL ZINAT MOTLAGH,
Ph.D. in Health Education and Promotion**



1. Personal information

- **Birth:** 23th July 1979, Yasuj, Iran
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- **Home Address:** No 1, Raja 10, Rajaei Blvd., Yasuj, Iran
- **Work Address:** Dep. of Health Education & Promotion, School of Public Health (SPH), Yasuj University of Medical Sciences (YUMS), Dastjerdi St., Emam-Hosseini Sq., Yasuj, Iran (Tel:+98 7433226850)
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2. Education

- **2012-2016:** Ph.D. in Health Education and promotion from School of Public Health, Isfahan University of Medical Sciences, Isfahan, Iran
- **2008-2010:** M.Sc. in Health Education from School of Public Health, Iran University of Medical Sciences, Tehran, Iran

3. Job Experiences

- **2017- Present:** Faculty Member, School of Public Health (SPH), Yasuj University of Medical Sciences (YUMS), Yasuj, Iran
- **2016- Present:** Member of Research Council, Social Determinants of Health Research Center (SDHRC), YUMS, Yasuj, Iran

- **2013-2017:** Head of Health Education and promotion Office, Deputy of Health, Yasuj University of Medical Sciences, Yasuj, Iran
- **2013- 2017:** Head of Health System Research, Deputy of Health, YUMS, Yasuj, Iran
- **2007-2010:** Head of Diseases Office, Shahid Alizadeh Health Centre. Gachsaran, Iran

4. Research Projects

1. Self-care Behaviors Analysis of Patients Diabetes type 2 Referring in Diabetes Research Center in Hamadan city based on Health Belief Model
2. Study of associated factors with regular physical activity among students in Hamadan university of medical sciences base on the BASNEF model
3. The effect of application of health belief model on increasing self-care among diabetic patients type 2 in rural health care centers in Gachsaran
4. Study of job motivation factors and its relation with job satisfaction in managers and employees of educational hospitals in Hamadan university of medical sciences.
5. Predicting of influential factors on consanguineous marriage intention in Kohgiluyeh-Boyer-Ahmad province based on theory of reason action(Iran), 2010
6. Assessment of Ritalin abuse and factors related with among student in Isfahan University of medical sciences
7. Predicting of obtain a Pap smear among women' who referred to health center in Hamadan city based on behavioral intention model (BIM)
8. Study of attitude and subjective norms in predicting behavioral intention to communicate with people who stuttering among high school students in Hamadan
9. Prevalence and factors associated with abnormal eating attitudes among female students in Hamadan University of Medical Sciences
10. Predicting Factors of Aggression among Yasuoj Adolescent and Youths Based on Theory of Planned Behavior (YUMS, Iran), 2009
11. The Relationship between Drug Use and Crime in Kermanshah City Prisoners (Study; Murder, Robbery and Dispute)
12. Prevalence and factors associated with Methamphetamine among adolescent boys in Yasuj city based on prototype willingness model (YUMS, Iran), 2012
13. Relapse predicting factor among addicts refer to Addiction Treatment Centers Kohgiluyeh Boyer Ahmad (YUMS, Iran), 2013
14. Ritalin abuse Prediction Factors among college student in Yasuj University of Medical Sciences based on Health Belief Model (YUMS, Iran), 2013
15. Knowledge, Perceived Susceptibility, Severity and Prevalence of Tuberculosis among the Nomadic Populations in Kohkilyeh and Boyer-Ahmad Province 2015(HSR, YUMS, Iran), 2015
16. Survey of Knowledge, control and self-care behaviors in patients with Hypertension in Kohgiluyeh and Boyerahmad(SDHRC, YUMS, Iran), 2015
17. Survey of Self-care behaviors in patients with type 2 diabetic in Kohgiluyeh boyerahmad 2015(YUMS, Iran), 2017.

5. Papers

- **In English:**

1. Solhi M, **Zinat Motlagh F**. Peer Education Physical Activity Promotion Program among Iranian Guidance Student Based on Theory of Planned Behavior. Middle-East Journal of Scientific Research 2013; 15 (2): 260-265.
2. **Zinat Motlagh F**, Ataee M, Jalilian F, Mirzaei Alavijeh M, Aghaei A, Karimzadeh Shirazi K. Predicting Aggression among Male Adolescents: an Application of the Theory of Planned Behavior. Health Promot Perspect, 2013; 3(2): 269-275.
3. Jalilian F, **Zinat Motlagh F**, Solhi M, Gharibnavaz H. Effectiveness of self-management promotion educational program among diabetic patients based on health belief model. Journal of education and health promotion, 2014; 3(14): 75-79.
4. Ataee M, **Zinat-Motlagh F**, Aghaei A, Mohammadi MR, Mahboubi M, Ahmadi Jouybari T, Shamohammadi Z. Understanding Physical Activity Behavior among Iranian Type 2 Diabetes Patients: A Test of the Trans theoretical Model. J. Biol. Today's World, 2014; 3(3): 36-38.
5. Ataee M, Ahmadi Jouybari T, Hosseini N, Aghaei A, Mahboubi M, **Zinat-Motlagh F**. Attitude, Perceived Severity and Behavioral Intention to Methamphetamine use among Iranian Adolescents. J. Sci. Today's World, 2014, 3(4): 99-101.
6. Sha-Mohammadi Z, Jalilian F, Mirzaei Alavijeh M, Mahboubi M, **Zinat Motlagh F**, Karami Matin B, Hatamzadeh N. Intention and Behavioral Stages in Pap Testing: A Cross-Sectional Study among Kermanshah Women's, the west of Iran. J. Sci. Today's World, 2014, 3(1): 11-14.
7. F. Jalilian, Mari. A, M. Mahboubi, **F. Zinat Motlagh**, A. Aghaei, M. Mirzaei Alavijeh, N. Hatamzadeh. Explain of Ecstasy Use among Kermanshah Adolescents, the West of Iran: an Application of the Theory of Planned Behavior. Life Science Journal 2014; 11(1s)
8. M. Ataee, T. Ahmadi Jouybari, M. Mirzaei Alavijeh, A. Aghaei, M. Mahboubi, **F. Zinat Motlagh**. Images of Methamphetamine Users among Iranian Adolescents: an Application of Prototype Willingness Model. Life Science Journal 2014;11(4s)
9. Hojat Kakaei, Mehdi Mirzaei Alavijeh, Mohammad Mahboubi, Roholah Maghsodi Moghadam, **Fazel Zinat Motlagh**, Farhad Farasaty, Saeid Jalilian. Factors Related to Personal Protective Equipment Use between Factory Cement Employ in Ilam, the west of Iran: Application of BASNEF Model. J. Sci. Today's World, 2014, 3(2): 56-59.
10. F. Jalilian, B. Karami Matin, M. Mirzaei Alavijeh, M. Ataee, M. Mahboubi, **F. Zinat Motlagh**, A. Aghaei. Prevalence and Factor Related to Ritalin Abuse among Iranian Medical College Student: An Application of Theory of Planned Behavior. 2013; 85 (4s): 22-27,
11. Jalilian, F., **Zinat Motlagh, F.**, Amoei, M. R., Hatamzadeh, N., Gharibnavaz, H., & Alavijeh, M. M. (2014). Which one support (family, friend or other significant) is much more important to drug cessation? A Study among men Kermanshah addicts, the west of Iran. Journal of Addiction Research & Therapy, 2014.
12. Jalilian, F., Karami Matin, B., Ahmadpanah, M., **Zinat Motlagh, F.**, Mahboubi, M., & Eslami, A. A Substance abuse among college students: investigation the role of hopelessness. Life Sci J, 2014;11(9s), 396-399.

13. **Zinat Motlagh, S. F.**, Chaman, R., Ghafari, S. R., Parisay, Z., Golabi, M. R., Eslami, A. A., & Babouei, A. (2015). Knowledge, Treatment, Control, and Risk Factors for Hypertension among Adults in Southern Iran. *International journal of hypertension*, 2015.
14. M Hejazi¹, M Mahboubi², A Keshavarzi³, **F Zinat-Motlagh**. Job Satisfaction and Organizational Commitment a Reflection of Organizational Citizenship Behaviors. *Journal of Science and Today's World*, 2015, volume 4, issue 3, pages: 71-76.
15. T Etesamifard, T Ahmadi Jouybari, **F Zinat-Motlagh**, M Mahbobi, A Aghaei, M Ataei. Is the Health Belief Model as an Appropriate Predictor of the Self-Care Behaviors in Type II Diabetic Patients? *Journal of Biology and today's world* 2014 Dec; 3 (12): 275-279.
16. H Afshinmehr, F Weisi, S S Mortazavi, **F Zinat-Motlagh**, M Mahboubi. Relationship between Islamic Copying Styles and Happiness State in Parents of Exceptional Children. *Journal of Science and Today's World*, 2014, volume 3, issue 12, pages:567-570.
17. Changizi, M., Zadeh, D. S., **Zinat-Motlagh, F.**, & Mahboubi, M. F. M. Beliefs of Female Teenagers on Prevention of Urinary Tract Infection: Application of Health Belief Model. *Journal of Biology and Today's World*, 2014, 3(10), 223-226.
18. Soroush, A., Alavijeh, M. M., Jouybari, T. A., **Zinat-Motlagh, F.**, Aghaei, A., & Ataei, M. Factors Related with Self-Care Behaviors among Iranian Type 2 Diabetic Patients: An Application of Health Belief Model.
19. **Zinat Motlagh, SF**, Chaman, R., Ghafari, S. R., Parisay, Z., Golabi, M. R., Eslami, A. A., & Babouei, A. (2015). Knowledge, Treatment, Control, and Risk Factors for Hypertension among Adults in Southern Iran. *International journal of hypertension*, 2015.
20. Mirzaei Alavijeh M, Jalilian F, **Zinat Motlagh F**, Mazloomi Mahmodabad S, Zolghadr R, Hatamzadeh N. Effectiveness of Drug Abuse Preventative Intervention among Iranian Medical College Students Based on the Theory of Planned Behavior. *Health Education and Health Promotion (HEHP)* (2015) Vol. 2 (1): (41-52).
21. Panahi R, Mahboubi M, **Zinat-Motlagh F**, Keshavarzi A, Moradi M, Amoei MR, Khodadadi A. Assessment of Ecstasy use among Adolescents in Kermanshah. *Journal of Science and Today's World*. 2014, volume 3, issue 8, pages: 381-385.
22. Mirzaei-Alavijeh M, Karami-Matin B, van Lieshout S, Mahboubi M, **Zinat-Motlagh F**, Jalilian F. Applying intervention mapping approach to promoting healthy diet intention among diabetic patients: an efficacy study. *Arvand J Health Med Sci*. 2016;1(4):243-50.
23. Rohani, H., Malekahmadi, M., Eslami, A. A., Ghaderi, A., Bidkhorji, M., Raei, M., & **Zinat-Motlagh, S. F.** Predicting dietary behavior of type 2 diabetics: Application of the theory of planned behavior and perceived risk of diabetes complications construct. *Chronic Diseases Journal*, 2016. 3(2), 71-78.
24. **Zinat Motlagh, SF**, Chaman R, Sadeghi E, Eslami AA, Self-Care Behaviors and Related Factors in Hypertensive Patients. *Iran Red Crescent Med J*. 2016 June; 18(6):e35805
25. Mirzaei Alavijeh M, Soroush A, Nasirzadeh M, Hatamzadeh N, **Zinat-Motlagh F**, Jalilian F Mohammadi M, Mahboubi M. "Socio-Cognitive Determinants of Regular Physical Activity among College Students. *Middle East Journal of Family Medicine*, 2017, 16
26. Mirzaei-Alavijeh M, Karami-Matin B, van Lieshout S, Mahboubi M, **Zinat-Motlagh F**, Jalilian F. Applying intervention mapping approach to promoting healthy diet intention among diabetic patients: an efficacy study. *Arvand Journal of Health and Medical Sciences*. 2017 Jan 1;1(4).

27. Hosseini SN, Ghajari H, **Zinat Motlagh F**, Hosseini T, Khanlari P, Mahboubi M. Psychological Determinants of Sunscreen Use among Iranian Students: A Theory Based Cross-Sectional Study. *International Journal of Pediatrics*. 2018 May 1;6(5):7673-81.
28. Vaezi M, Hatamzadeh N, **Motlagh FZ**, Rahimi H, Khalvandi M. The Relationship Between Resource Management Learning Strategies and Academic Achievement. *Int J Health Life Sci*. 2018 January; 4(1):e79607.
29. Mirzaei-Alavijeh M, Soroush A, Nasirzadeh M, Hatamzadeh N, Zinat-Motlagh F, Jalilian F, Mohammadi M, Mahboubi M. Socio-Cognitive Determinants of Regular Physical Activity among College Students. *World Family Medicine*. 2018 Feb 1;16(2):158-62.

• **In Persian:**

- 1- M Solhi, **F ZinatMotlagh**, F Jalilian. Effectiveness of Education Program on Increasing Self-Management among Patients with Type II Diabetes. *Scientific Journal of Ilam University of Medical Sciences*, 2012: 20(1); 26-34
- 2- M Solhi, **F ZinatMotlagh**, K Karimzade Shirazi, MH Taghdisi, F Jalilian. Designing and Implementing Educational Program to Promote Physical Activity Among Students: An Application of the Theory of Planned Behavior, *Horizon Med Sci*, 2012: 18(1); 45-53.
- 3- Emdadi S, Jalilian F, Shiri M, Mirzayi Alavijeh M, Morshedi M, Ahmad panah M -**Zinat Motlagh F**. The Relationship between Subjective Norms and Registered Volunteer Organ Donors among Students of Hamadan University of Medical Sciences. *IJFM*. 2012; 17 (4):217-224.
- 4- Zinat Motlagh K, Jahangiri M, **Zinat Motlagh F**, Jalilian F. Factors Affecting the Use of Helmets among Motorcyclists. *J Health Syst Res* 2013; 8(7): 1174-79.
- 5- Prevalence of Behavioral Disorders and Its Associated Factors in Hamadan Primary School Students, *Sci J Hamadan Univ Med Sci* 2013; 19 (4):62-68.
- 6- Yassini Ardekani S. M, Banaei Borujenei Sh, Mirzaei Alavijeh M, **Zinat Motlagh F**, Faryabi R. Learning styles and preferred teaching methods in students of Shahid Sadoughi University of Medical Sciences-Yazd. *Journal of Medical Education and Development*. 2013; 7(4): 63-72.
- 7- **Zinat Motlagh F**, Ahmadi Jouybari T, Jalilian F, Mirzaei Alavijeh M, Aghaei A, Karimzadeh Shirazi K. The Prevalence and Factors Associated with Aggression among Adolescents of Yasuj, Iran. *J Health Syst Res* 2013; 9(3): 312-19.
- 8- **Zinat Motlagh F**, Sharifirad Gh, Jalilian F, Mirzaei Alavijeh M, Aghaei A, Ahmadi Jouybari T. Effectiveness of Educational Programs to Promote Nutritional Knowledge in Type II Diabetes Patients based on Health Belief Model. *J Health Syst Res* 2013; 9(4): 412-20.
- 9- Jalilian F, irzaei Alavijeh M, Amoei M R, **Zinat Motlagh F**, Hatamzadeh N, Allahverdipour H. Prevalence and Pattern of Drug Abuse among Prisoners in Kermanshah City. *Iran J Health Educ Health Promot*. 2013; 1 (2) :41-50

- 10- Mirzaei M, Mazloomi S, Yassini S, Askarshahi M, Jalilian F, **Zinat Motlagh F** et al . Fathers' Behavioral Intention and Behavior in Prevention of Children Tendency toward Addictive Drugs. *Iran J Health Educ Health Promot.* 2013; 1 (2) :57-66
- 11- Karami Matin B, Najafi F, Mohammadi N, Karami Matin A, Salimi E, **Zinat Motlagh F.** Karami-Matin B, Najafi F, Mohammadi N, Karami-Matin A, Salimi E, Zinat Motlagh F. The Effectiveness of Implementing a Quality Management System (ISO 9001-2000) on Improvement in Shohada Hospital, Kermanshah, Iran. *J Health Syst Res* 2013; 9(6): 656-62.
- 12- Rakhshani F, Jalilian, F, Mirzaei Alavijeh M, **Zinat Motlagh F,** Aghaei, A., & Ahmadi-Jouibari, T. Pap smear test among women: an educational intervention based on health belief model. *Journal of Birjand University of Medical Sciences,* 2013: 20(2); 136-143
- 13- Solhi, M, **Zinat Motlagh, F.** Peer Education Physical Activity Promotion Program among Iranian Guidance Student Based on Theory of Planned Behavior. *Middle-East Journal of Scientific Research,* 2013; 15(2): 260-265.
- 14- Jalilian,M, SMM, Hazavehei, A Vahidinia, A. Moghimbeigi, **F. Zinat Motlagh.** Study of Causes of Self-Medication among Hamadan Province Pharmacies Visitors. *Sci J Hamadan Univ Med Sci,* 2013; 20 (2):159-165.
- 15- Ramezankhani A, Khalafe Nilsaz M, Dehdari T, Soori H, Tavasoli E, Khezli M, **Zinat Motlagh, F.** Effects of an educational intervention based on planned behavior theory in promoting safe behaviors crossing the street in students. *J Health Syst Res* 2014; Health Education Supplement: 2000-2010.
- 16- Mirzaei Alavijeh, M., Jalilian, F., Movahed, E., Mazloomi, S., **Zinat Motlagh, F.,** & Hatamzadeh, N. Predictors of drug abuse among students with application of Prototype/Willingness Model. *J Police Med,* 2013;2(2): 111-8.
- 17- MirzaeiAlavijeh M, Jalilian F, Baghiani Moghadam M, Hatamzadeh N, **ZinatMotlagh F,** Dahaghin N. Knowledge, Attitude and Practice of Elementary Schools Students about Oral Health in Yazd. 3. 2013; 9 (1) :43-50
- 18- Afsar A, Bashirian S, Poorolaja J, Hazavehei SM, Vatan Nawaz E, **Zinat Motlagh F.** Predictive factors of relapse among patients treated with methadone maintenance treatment referred to addiction centers in Hamadan based on health belief model. *J Health Syst Res* 2014; Health Education supplement: 2034-2045.
- 19- **ZinatMotlagh F,** Hosseini SN, Sharifirad Gh, Ahmadi Jouybari T, Aghaei A, Ataee M, etal. Attitude and Persuasive Subjective Norms on retention in Methadone Treatment Maintenance. *J Health Syst Res* 2014; Health Education supplement: 1849-1857
- 20- Ahmadzadeh, F., Mirzaei Alavijeh, M., Jalilian, F., **Zinat Motlagh, F.,** Khosravi, N., Emdadi, S. H., & Hatamzadeh, N. Nutritional attitudes versus subjective norm fitness among female college students in Hamadan University of Medical Sciences. *Iranian Journal of Nutrition Sciences & Food Technology,* 2014; 9(1): 39-46.

- 21- Binesh F, Pirei Ardakani M, Yosefi A, Falahzadeh H, **Zinat Motlagh F**. Causes of Neonatal Cholestasis in Shahid Sadoughi- Yazd Hospital: A Six Year Histopathologic Study. *J Health Syst Res* 2014; 10(1): 77-84
- 22- Haghghi M, Zinat Motlagh K, **Zinat Motlagh F**, Taghdisi MH. Assessment of patient safety culture among employees of health care providers' hospitals in Tehran. *J Health Syst Res* 2014; 10(1):49-57
- 23- Karami Matin B, Jalilian F, Mirzaei Alavijeh M, Mahboubi M, Abangah R, **Zinat Motlagh F**, Hatamzadeh N. Factors Influencing Delivery Method Choice in Kermanshah Pregnant Women, 2015; 2(3): 53-60.
- 24- Ataee M, Karimzadeh-Shirazi K, Ahmadi-Jouybari T, Karami-Matin B, Aghaei A, **Zinat-Motlagh F**. Cognitive Predictors of Cousin Marriage Among Couples Visiting Counseling Centers in Kohgiluyeh-Boyer Ahmad Province. *JECH*. 2014; 1 (3) :47-53
- 25- Rezaean M, Aqaie Borz Abad P, Yazdanpanah A, **Zinat Motlagh SF**. Patient Safety Culture Status From The Perspective Medical Staff Of Yasuj Hospitals In 2015. *Armaghane-danesh* 2016; 20 (10): 935-946.

6. Presentations

- 1- Jalilian F, Allahverdipour H, **Zinat-Motlagh F**, Mohamadi M, Barati M & Karimi M. **Study of Prevalence and Reasons Cigarette Smoking Among Gachsaran College Students**. First regional congress on Tobacco & Health. Would take place in Kish Island, Iran. 2009
- 2- **zinat motlagh F**, solhi M, Jalilian F. **Effectiveness of educational program in self-management among type 2 diabetic patients**. The first international & 4th National Congress on Health Education & Promotion. 16-19 May 2011. Tabriz, Iran. (*Health Promotion Perspectives Journal*. 2011, volume 1, supplement, page: 358)
- 3- **Zinat motlagh F**, Solhi M, Taghdisi M.H, Karimzadeh shirazi K, Jalilian F. **Designing and implementing educational programs to promote physical activity among students: An application of theory of planned behaviour**. (*Health Promotion Perspectives Journal*. 2011, volume 1, supplement, page: 250)
- 4- **Zinat motlagh F**, Chaman R Ghafari R Behzad Z, Eslami AA. The association between self-efficacy and hypertension self-care behavior among patient with hypertension. *HPP*, 2015;5: 124.
- 5- Zinat motlagh F, Eslami AA. Promoting self-care behaviors in patients with hypertension: Social cognitive theory, 9th National Congress of Health Education and Promotion and the First International Congress of Health Literacy, 2018, Mashhad. P320.
- 6- Zinat motlagh F, Eslami AA. Social support in promoting self-care behaviors of patients with hypertension, 9th National Congress of Health Education and Promotion and the First International Congress of Health Literacy, 2018, Mashhad. P321.
- 7- Hadari T, Zinat motlagh F, Eslami AA. Adoption of intervention mapping approach in promoting self-care behaviors in patients with type 2 diabetes, 9th National Congress of Health Education and Promotion and the First International Congress of Health Literacy, 2018, Mashhad. P322.

7. Peer Reviewing

- Armaghane-danesh, Yasuj University of Medical Sciences Journal (www.yumsj.hbi.ir)
- Iranian Red Crescent Medical Journal (<http://ircmj.com>)
- Health system research Isfahan University of Medical Sciences Journal. School of Health. (<http://hsr.mui.ac.ir>)