

Kambiz Karimzadeh Shirazi

Department of Health Education & promotion
School of Health
Yasuj University of Medical Sciences, Yasuj, Iran
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Degree

Ph.D., Health Education, University of Tarbiat Modares, Tehran, Iran, 2006

Area of Professional Interest

Health Education, Health Promotion/ non-communicable Disease Prevention, Health educational technology and Methodological Research

Research Interests

Research interests include methodological evaluation of the planning and implementation of health education programs and health services. I also focus on educational technologies and uses of media in health education/health promotion in society. Regarding to the resent interest, i obtained certification awards on video capturing and film script writing.

Curriculum vitae

Kambiz Karimzadeh Shirazi

EDUCATION

2006	Ph.D. Health Education, Tarbiat Modarres University, Tehran, Iran
1994	M.S. Health Education, Tarbiat Modarres University, Tehran, Iran
1990	B.S. Public Health, Shahid Beheshti University, Tehran, Iran

PROFESSIONAL EXPERIENCE

present	Associate Professor
2006 - 2013	Assistant Professor, Yasuj University of Medical Sciences, Yasuj, Iran
2010-2011	Visiting Assistant Professor, Shiraz University of Medical Sciences, Shiraz, Iran
1994-2006	Academic member and Lecturer, Yasuj University of Medical Sciences, Yasuj, Iran

RECOGNITIONS AND AWARDS

Visiting fellowship, University of Coventry, UK, 2004-2005

Elected fellow for (ICEP) Intensive Course in Epidemiology, Kerman University of medical Sciences , 2007

Outstanding Instructor in Yasuj University of Medical Sciences in 2010

Outstanding Instructor in Yasuj University of Medical Sciences in 2009

Outstanding Researcher in Yasuj University of Medical Sciences in 2008

Outstanding Researcher in Yasuj University of Medical Sciences in 2007

Outstanding Student in Shahid Beheshti University (Master Degree) in 1994

MEMBERSHIPS AND SERVICE

Education Deputy of Health School, Yasuj University of Medical Sciences

Dean of the Medical research and Education Development Center of University, Yasuj University of Medical Sciences

Member of University Research Council, Yasuj University of Medical Sciences

Member of University Publication Council, Yasuj University of Medical Sciences

Representative of Iran scientific health education society in K_B province

Member of education council of health School, Yasuj University of Medical Sciences

Member of university internal evaluation committee, Yasuj University of Medical Sciences

Member of health School internal evaluation committee, Yasuj University of Medical Sciences

Member of university health system research (HSR) planning council, Yasuj University of Medical Sciences

Member of university central committee of consultant professors, Yasuj University of Medical Sciences

Member of post graduation programs council of health School, Yasuj University of Medical Sciences

Associate Editor of two academic journals of the university, Yasuj University of Medical Sciences

Cooperation in establishing of Health Education master of sciences courses, Yasuj University of Medical Sciences

Teaching Experiences

(Under graduate, graduate & post graduate students, 1994 to present)

Health Education and Communication

Public Health

School health

Educational Technology

Human Ecology

Health Behavior Psychology

Research Methods

Learning & studying methods

Post graduate students

Research Methods

Health information systems

Group dynamism

Healthy behavior psychology

Education technology

(Teaching in Workshops for Faculty Members)

Workshop on Research Methodology

Workshop on Qualitative Researches

Workshop on Ethics in Researches

PUBLICATIONS AND PRESENTATIONS

JOURNAL PAPERS (in English):

- Roydel M, Harooni J, Shariatinia S, **Karimzadeh Shirazi K***. Skin cancer protective behaviors among welders of west of Iran: Importance of access to protective equipment, Journal of Cosmetic Dermatology, 2019; 00: 1-9. <https://doi.org/10.1111/jocd.13092>

- Sedaghat Z, Fararouei M, Shahraki G, **Karimzadeh Shirazi K**, and Haghghi R, Addiction and self-reported associated sociodemographic factors in a small province of Iran, 2018; 20(5): 5-11.

- **Karimzadeh Shirazi K*** (correspond A), Jassempour K, Increasing family readiness in natural disasters: A theory-based instruction intervention, International Journal of Advanced Biotechnology and Research 2017, 8(4), p. 715 - 722.

- Kasmaei P, Amin Shokravi F, Hidarnia A, Hajizadeh E, Atrkar-Roushan Z, **Karimzadeh Shirazi K**, Montazeri A, brushing behavior among young adolescents: does perceived severity matter, *BMC Public Health* 2014, 14(8).
- Jassempour K, **Karimzadeh Shirazi K*** (correspond A), Fararouei M, Shams M and Raygan Shirazi A, the impact of educational intervention for providing disaster survival kit: Applying precaution adoption process model, *International Journal of Disaster Risk Reduction*, 2014, 10(part A): 374–380.
- Jamshidi A, **Karimzadeh Shirazi K**, Rayegan Shirazi A, Ghafarian Shirazi H, Study of Particulates Air Pollution in Gachsaran and the Need to Protect the Environment, *therapeutic archives*, 2014, 86(1s); 106-109.
- Kasmaei P, Amin Shokravi F, Hidarnia H, Hajizadeh E, Atrkar-Roushan Z, **Karimzadeh Shirazi K**, Brushing behavior among young adolescents: does perceived severity matter, *BMC Public Health* 2014, 14(8).
- Zinat Motlagh F, Jalilian F, Mirzaei Alavijeh M, Ahmadi Jouybari T, Aghaei A, **Karimzadeh Shirazi K** (correspond A), Aggression Prediction among Boy Adolescents: an Application of the Theory of Planned Behavior, *Health Promotion Perspectives*, 2013 ,3(2): 269-275.
- **Karimzadeh Shirazi K**, Niknami Sh, Rahimi E. Using intervention mapping to develop a tailored health education program based on stages of change to prevent osteoporosis. *J Research Health* 2014; 4(3): 795-802.
- Fararouei M, Rezaee S, Raygan A, Naghmachi M, **Karimzadeh Shirazi K**, Jamshidi A, Jafari J, National guidelines for outbreak investigation: An evaluation study, *WHO Eastern Mediterranean Health Journal*, 2013, 19(9), pp. 816 – 820.
- Mehrabi S, **Karimzadeh Shirazi K**, Results and Complications of Spinal Anesthesia in Percutaneous Nephrolithotomy, *Urology Journal*, 2010, 7 (1) pp. 22 – 25.
- **Karimzadeh Shirazi K**, Morowatisharifabad MA, Religiosity and Determinants of Safe Sex in Iranian Non-Medical Male Students, *Journal of Religious and Health*, 2009, 48 pp. 29 – 36.
- Morowatisharifabad MA, **Karimzadeh Shirazi K**, Determinants of Oral Health Behaviors Among Preuniversity (12th-Grade) Students in Yazd (Iran): An Application of the Health Promotion Model, *Family Community Health*, 2007, 30 (4), pp. 342–350.
- **Karimzadeh Shirazi K**, Wallace LM, Niknami Sh, Hidarnia A, Torkaman G, Gilchrist M, and Faghihzadeh S, A home-based, transtheoretical change model designed strength training intervention to increase exercise to prevent osteoporosis in Iranian women aged 40–65 years: a randomized controlled trial, *Health Education Research*, 2006, 22 (3) pp. 306 - 317.
- **Karimzadeh Shirazi K**, Niknami Sh, Wallace LM, Hidarnia A, Rahimi E, Faghihzadeh S, Changes in self-efficacy and decisional balance following an intervention to increase Consumption of Calcium-rich foods, *Social Behavior and Personality*, 2006, 34(8), 1007-1016.

JOURNAL PAPERS (in Farsi):

- Dashtian M, Eftekhari-Ardebili H, **Karimzadeh-Shirazi K**, Shahmoradi M, Azam K, Piraei E. The Effect of Educational Intervention on Medication Adherence and Physical Activity in Patients with Type 2 Diabetes, Based on Theory of Planned Behavior. *Journal of Health System Research* 2018; 14(1): 41-7.
- Hasani M, Rahimifar M, **Karimzadeh Shirazi K**. Prevalence of Abnormalities in The Structure of Overweight and Obese Girls in Yasuj Elementary Schools. *Armaghane-danesh* 2018; 23(5): 619-630.
- Dashtian M, Eftekhari ardebili, H, **Karimzadeh shirazi K**, Shahmoradi, M, Azam, K, Predicting Factors Affecting Medication Adherence and Physical Activity in Patients with Type-2 Diabetes Mellitus Based on the Theory of Planned Behavior, *Scientific Journal of School of Public Health and Institute of Public Health Research*, 2017; 14(3), p. 133 – 146.
- Darabi S, **Karimzadeh Shirazi K**(correspond), Mousavi A, Akbar Tabareti M, Zamani S. Effect of the Implementation of a Theory-Based Educational Program on the Prevention of Cardiovascular Diseases in Women Aged 30 to 45. *Armaghane-danesh* 2017; 22 (3): 364-374.
- Askari Shahed S, **Karimzadeh Shirazi K**(correspond), Mousavizadeh SA. Processing and Testing the Quality of Life in Families with Mentally Retarded Children. *Armaghane-danesh* 2016; 21 (3): 290-304.
- Shams M, **Karimzadeh shirzadi K**, Fraroei M, Shariatinia, Developing a Tool for Measuring HIV/AIDS Literacy for Iranian Society, *Scientific Journal of Ilam University of Medical Sciences*, 2016, 24(5), p. 138 – 150.
- Shariatinia S, Fararoei M, Karimzadeh Shirazi K, Shams M. Assessment of HIV/AIDS literacy in 15- 49 years old people in Yasuj and its related factors. *Armaghane-danesh* 2015; 19(12): 1082-1095.
- Mahdavi Sh, **Karimzadeh Shirazi K**(correspond), Malekzadeh J, Fararoei M, Determination of Predicting factors of nutritional behaviors for preventing of osteoporosis: Applying the Health Belief Model, *Journal of Nursing & Midwifery Faculty* 2014; 24(78): p.15 – 22.
- 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, *Journal of Education and Community Health* 2014; 1(3):47-53.
- Zinat Motlagh F, Ahmadi Jouybari T, Jalilian F, Mirzaei Alavijeh M, Aghaei A, **Karimzadeh Shirazi K**(correspond A). Prevalence and factors associated with aggression among adolescents in Yasuj city, *Journal of Health System Research*, 2013; 1(3).
- Mehrabi S, Sanaee Moghadam Z, **Karimzadeh Shirazi K**, et, The Effect of Peer Assisted Learning on Clinical Reasoning in Students of Medicine in Clerkship and Internship Phases in Urology Ward of Yasuj Shahid Beheshti Hospital, *Armaghan-e-Danesh*, 16 (5), 2012, p 480 – 488.

- Mahamed F, Amidi Mazaheri M, **Karimzadeh Shirazi K**, The Effect of Educational Intervention about Prenatal Care on Knowledge and Attitudes of Marriage Candidate girls, *Journal of Health System Research*, 8(3),2012.p 1-7.
- Raygan A, Mahamed F, Rezaee S, Jamshidi A , Fararouei M, **Karimzadeh Shirazi K**, et, Internal Evaluation of Educational Groups of Health School of Yasuj University of Medical Sciences, *Research in Medical Education*, 2(3), 2012, p43-51.
- Mayahi O, Delaviz H, , **Karimzadeh Shirazi K**, et, In Vitro Maturation and Fertilization of Cryopreserved Germinal Vesicle Stage Oocytes in NMRI Mice, Using Ethylene Glycol and DMSO , *Armaghan-e-Danesh*, 16 (4), 2011, p 341 – 353.
- solhi M, zinat motlagh F, **Karimzadeh Shirazi K**, taghdisi M , jalilian F, Designing and Implementing Educational Programs to Promote Physical Activity Among Students: An Application of the Theory of Planned Behavior, *Ofogh-e-Danesh*, 18(1), 2011, p45-53.
- Mahamed F, **Karimzadeh Shirazi K**, Pourmahmoudi A, Mosavi A, The Effects of Education on Preventive Behaviors toward Osteoporosis Based on Behavior Intention Model (BIM) on Female Students, *Armaghan-e-Danesh*, 14 (2), 2009, p 117 – 125.
- Mehrabi S, **Karimzadeh Shirazi K**, Application of Spinal Anesthesia for Percutaneous Nephrolithotomy (PCNL), *Armaghan-e-Danesh*, 13 (2), 2007, p 115 – 122.
- Ghahremani L, Niknami SH, Mosavi MT, Haydarnia AR, **Karimzadeh Shirazi K**, Babaei GH, Transtheoretical Model-based (TTM) Interventions to Improve Physical Activities in Elderly Men, *Armaghan-e-Danesh*, 13 (1), 2007, p 77 – 88.
- Jamshidi A, **Karimzadeh Shirazi K**, Raygan Shirazi AR, Particulate Air Pollution Concentration in the City of Gachsaran, 2005-2006, *Armaghan-e-Danesh*, 12 (2), 2006, p 89 – 97.
- Tavakol K, Daneshi AH, **Karimzadeh Shirazi K**, Effect of Instillation of Morphine and Dexamethasone in Epidural Space on Postoperative Pain in Discectomy Operation, *Armaghan-e-Danesh*, 12 (1), 2006, p 89 – 97.
- **Karimzadeh Shirazi K**, Niknami Sh, Hidarnia A, Wallace L M, Torkaman G, Faghihzadeh S, Effects of a TTM based and osteoporosis preventive physical activity education, to increase muscle strength and balance in women aged 40-65, *Hakim*, 10(2), 2005,p 34-46.
- Ahmadi A, **Karimzadeh Shirazi K**, Fararouei M, Kamkar M, Prevalence of cardiovascular risk factors in the elders of Yasuj, *Journal of Yasuj University of Medical Sciences*, 5 (19&20), 2001, p11-17.
- **Karimzadeh Shirazi K**, Haydarnia A, Child to child: A new approach in health education, *Journal of Yasuj University of Medical Sciences*, 5 (17&18), 2000, p28-35.

- Parhizkar S, Ahmadi A, Fararouei M, **Karimzadeh Shirazi K**, A Comparison study between KAP of employed women at the medical University and other offices in Yasuj about fertility health, *Journal of Yasuj University of Medical Sciences*, 4 (13&14), 1999, p33-42.

PAPERS PRESENTED IN CONGRESSES / SEMINARS (INTERNATIONAL)

- **Karimzadeh Shirazi K**, Rahimi E, Fararouei M, Jafari J, The Relationship between Mothers' Weight Related Perceptions and Children's Body Mass Index, Health Wellness & Society, Vancouver, Canada, 14 – 15 March 2014, Lecture.

- **Karimzadeh Shirazi K**, Rahimi E, Fararouei M, Mahamed F, Assessment of some mental, physical and behavioral variables associated with overweight and obesity in women, Yasuj, The third Iranian international conference on women's health, Shiraz, Iran, 21 – 22 May 2013.

- **Karimzadeh Shirazi K**, Media communication and health(Key Lecturing), The first international & 4th national congress on health education & promotion, Tabriz, Iran, 16-19 May 2011.

- Fararouei M, **Karimzadeh Shirazi K**, Abasi A, Estakhrian R, Education in drug addicts (Yasuj – Iran): A cross-sectional study, EPA: 19th European congress of psychiatry, Vienna, Austria, 12 -15 March, 2011.

- **Karimzadeh Shirazi K**, Haydarnia E, Kamalianfard S, Haydarnia M, Fararouei E, Rahimi E, Exploring the mental status of people with opium and heroin addiction, EPA: 19th European congress of psychiatry, Vienna, Austria, 12 -15 March, 2011.

- Rahimi E, **Karimzadeh Shirazi K**, Last year health students' interests to participate in the Red Crescent, ITEM: 4th International trauma & emergency medicine, Doha, Qatar, 24 – 27 , February 2008.

- Jamshidi A & **Karimzadeh Shirazi K**, Air pollution as an emergent case in communities: A one-year study in Gachsaran, Iran, ITEM: 4th International trauma & emergency medicine, Doha, Qatar, 24 – 27 , February 2008.

- Nabavizadeh S, Parisay Z & **Karimzadeh Shirazi K**, Accident rate in under 5 years children in the province of KB, Iran, ITEM: 4th International trauma & emergency medicine, Doha, Qatar, 24 – 27, February 2008.

- **Karimzadeh Shirazi K**, Rahimi E, Niknami Sh, The feelings of postmenopausal women after diagnosis of osteoporosis: A phenomenology study, The 19th IUHPE World Conference, Vancouver, Canada, June 10 – 15, 2007.

- **Karimzadeh Shirazi K**, Rahimi E, Niknami Sh, Determinants of safe sex in Iranian-medical college students, The 19th IUHPE World Conference, Vancouver, Canada, June 10 – 15, 2007.

- **Karimzadeh Shirazi K**, Niknami Sh, Rahimi E, Using Intervention Mapping to Develop a Tailored Health Education Program, Abstract book of the International Council on Women's Health Issues Congress, p.96, 16 – 18 November 2006.

- Niknami Sh, **Karimzadeh Shirazi K**, Rahimi E, Health related quality of life after a physical activity intervention, Abstract book the International Council on Women's Health Issues Congress, p.97, 16 – 18 November 2006.
- Rahimi E, **Karimzadeh Shirazi K**, Stage screening behavior for osteoporosis: Using the Transtheoretical model, the ninth international congress of behavioral medicine, Bangkok, Thailand, *International Journal of Behavioral Medicine*, 13 supp, p. 134-5, November 29 – December 2, 2006.
- **Karimzadeh Shirazi K**, Wallace LM, Rahimi E, Physical activity intervention: A TTM-based intervention designed to prevent of osteoporosis, The ninth international congress of behavioral medicine, Bangkok, Thailand, *International Journal of Behavioral Medicine*, 13 supp, p. 134-5, November 29 – December 2, 2006.
- Makvand Hosseini Sh, **Karimzadeh Shirazi K**, Identity and its relation to mental health in adolescents, 26th International Congress of Applied Psychology, Athens, Greece, July 16-21 2006.
- Niknami Sh, **Karimzadeh Shirazi K**, Torkaman G, Improving Physical Activity through a TTM-based Health Education Intervention, Proceeding of the 11th World Congress of Sport Psychology, Sydney – Australia, August 15 – 19, 2005.
- Niknami Sh, **Karimzadeh Shirazi K**, Rahimi E, Measurement of Self-Esteem in Tehran High School Students, Proceeding of the 8th International Congress of Behavioral Medicine, Mainz - Germany, 2004.
- **Karimzadeh Shirazi K**, Niknami Sh, Rahimi E, Evaluation of readability and comprehension of a pamphlet, Proceeding of The 18th world conference on health promotion and education, Melbourne, Australia, Abstract Number: 1143, April 26-30, 2004.

PAPERS PRESENTED IN CONGRESSES / SEMINARS (National)

- **Karimzadeh Shirazi K**, Rahimi E, Maternal bodily-behavioral profile: Assessment of potential factors in obesity associated with maternal and childhood mortality, Iran, Tehran, September 27 – 28, 2014.
- Afrooshteh L, **Karimzadeh Shirazi K**, Ehteshami M, Assessment of effecting factors on quality of curative services based on SERVQUAL model, National Congress on Life style and Health, Yasuj University of medical sciences – Iran, 2012, March. (Poster)
- Angha P, Ahmadi M, Akbartabar M, **Karimzadeh Shirazi K**, Abdi A, Relationship between abdominal obesity, literacy level and physical activity motivations in women aged 40 – 60 years, National Congress on life style and health, Yasuj University of medical sciences, Iran, 2012, March. (Lecture)

- Angha P, **Karimzdeh Shirazi K**, Association between social factors and body status self-image in women aged 40 – 60 years. National Congress on Quality of Life and Health Promotion, Zahedan University of medical sciences – Iran, 2011, March. . (Lecture)
- Mahamed F, Poor Mohammadi A, **Karimzdeh Shirazi K**, An iron deficiency Anemia KAP survey in female high school students, Gachsaran, The third National Congress on Health Education and health promotion, Hamedan – Iran,2008, Oct. (Poster)
- Mahamed F, Poor Mohammadi A, **Karimzdeh Shirazi K**, Moosavi A, Evaluation of BIM effect on developing osteoporosis preventive behaviors in female college students, The third National Congress on Health Education and health promotion, Hamadan – Iran,2008, Oct(Lecture)
- Rahimi E, **Karimzdeh Shirazi K**, Assessment of quality of parents' monitoring and their relationships with adolescents in Shiraz, The third National Congress on Family Pathology, Shahid Beheshti University of medical sciences – Tehran, Iran, 2008, May. (Lecture)
- Ahmadi T, **Karimzdeh Shirazi K**, Zol'Adl M, Malekzadeh J, Introducing a new method in blinding of RCTs in the field of psycho nursing, National Congress on New Idea in Nursing, Yasuj University of Medical sciences, Yasuj, Iran, 2008, Jun. (Lecture)
- **Karimzdeh Shirazi K**, Zol'Adl M, Mahamed F, Knowledge and ability of nursing students of Yasuj University in utilizing computers, National Congress on New Idea in Nursing, Yasuj University of Medical sciences, Yasuj, Iran, 2008, Jun. (Poster)
- Jamshidi A, **Karimzdeh Shirazi K**, Personal experiences about nursing and midwifery care services in England: A self phenomenological report, National Congress on New Idea in Nursing, Yasuj University of Medical sciences, Yasuj, Iran, 2008, Jun. (Poster)
- **Karimzdeh Shirazi K** , Rahimi E, Perceived social support and life satisfaction in a sample of secondary school students in Shiraz, The third Congress on Family Pathology, Shahid Beheshti University of medical sciences – Iran, 2008, May. (Lecture)
- Zoladl M, **Karimzdeh Shirazi K**, Applying qualitative studies in Health sciences, National Congress on New Idea in Nursing, Yasuj University of Medical sciences, Yasuj, Iran, 2008, Jun. (Key Lecturing)
- Mansoori A, **Karimzdeh Shirazi K**, Rahimi M, Gorji pour, Assessment of last term health students' interest in emergency medicine, The fifth Yasuj University Medical student symposium , Yasuj, Iran, 2007, Jun. (Poster)
- **Karimzdeh Shirazi K**, Sarkari B, A GIS distribution map of surgical operated patients with hydatid cyst in the province of K-B, Iran, National Congress on Hydatid Cyst, Yasuj University of medical sciences – Iran, 2007, May. (Poster)
- **Karimzadeh Shirazi K**, Niknami Sh, Hidarnia A, Faghihzadeh S, A TTM-based intervention to modify decisional balance regard to Consumption of Calcium-rich foods, The second National Congress on Health Education and health promotion, Zahedan – Iran, Des 6-8, Journal of Zahedan University of medical sciences, 16(2), 2005, p.10. (Lecture)

- **Karimzadeh Shirazi K**, Niknami Sh, Rahimi E, Osteoporosis perceived threat and risk factors in women aged 40-65 years, The second National Congress on Health Education and health promotion, Zahedan – Iran, Des 6-8, Journal of Zahedan University of medical sciences, 16(2), 2005, p.99. (Poster)
- **Karimzadeh Shirazi K**, Niknami Sh, Rahimi E, Evaluation of readability and comprehension of a pamphlet, The First National Congress on Health Education, Yazd-Iran, December 9-11, 2003. (Lecture)
- Niknami Sh, **Karimzadeh Shirazi K**, Rahimi E, Measurement of Self-Esteem in Tehran high school students, The First National Congress on Health Education, Yazd-Iran, December 9-11, 2003. (Lecture)
- Ahmadi A, **Karimzadeh Shirazi K**, Fararouei M, Prevalence of cardiovascular risk factors in the elders of Yasuj, Proceeding of the Sixth Iranian Nutrition Congress, Ahvaz-Iran Feb 12-15, 2001. p.90 (poster) Ahmadi A, **Karimzadeh Shirazi K**, Fararouei M, Prevalence of cardiovascular risk factors in the elders of Yasuj, Proceeding of the Sixth Iranian Nutrition Congress, Ahvaz-Iran Feb 12-15, 2001. p.90 (poster)
- **Karimzadeh Shirazi K**, Haydarnia A, A Child-to-child approach comparison with Lecturing method in oral health education, Proceeding of the Forth National Congress On Medical Education, Tehran-Iran, Nov 9-12, 2000, P.56. (Poster)
- **Karimzadeh Shirazi K**, Ahmadi A, Parhizkar S, Poster effect on knowledge of college student about goiter, Proceeding of the Forth National Congress On Medical Education, Tehran-Iran, Nov 9-12, 2000, P.75. (Poster)

BOOK:

- Wallace LM, Niknami Sh, **Karimzadeh Shirazi K**. Validation of a stage of change algorithm for exercise behavior in women of 35-70 years. In: Keller S, Velicer WF (eds). *Research on the Transtheoretical Model: Where Are We Now, Where Are We Going?* Berlin: PaBst, 2004, 129–34.