

**Farnaz Etesam, M.D.**

**Contact Information**

Roozbeh Psychiatric Hospital,

Tehran University of Medical Sciences, South Kargar Street, Tehran 13185/1741,  
IRAN

Tel:( +9821) 55412222

Fax: (+9821) 55419113

Email: [f-etesam@sina.tums.ac.ir](mailto:f-etesam@sina.tums.ac.ir)

<https://scholar.google.com/citations?user=jLrINgsAAAAJ&hl=en>

**A. Profile at a Glance:**

**Academic Position:**

**Associate Professor of Psychiatry,**

- Roozbeh Hospital, Division of Geriatric Psychiatry, Department of Psychiatry, Tehran University of Medical Sciences (TUMS), Tehran, Iran
- Psychosomatic Ward, Department of Psychiatry, Imam Khomeini Hospital, Tehran University of Medical Sciences, Tehran, Iran.
- Department of Geriatric Medicine, Ziaeeian Hospital  
Tehran University of Medical Sciences, Tehran, Iran (Second Affiliation)

**Specialty:**

Psychiatrist, Fellowship in Psychosomatic Medicine

**Number of publications: 68**

**Original Articles and Reviews: 60**

**Articles in submission/review: 12**

**Published abstracts: 5**

**Citations:**

Number of citations: 846

H-index: 16

## **B. Education:**

1990-1997: Doctor of Medicine, Isfahan University of Medical Sciences

2003-2006: Psychiatry, TUMS

2013-2015: Fellowship in Psychosomatic Medicine, TUMS

2024: Clinical Attachment in Old-Age Psychiatry, June to September 2024, University of Surrey, UK

## **C. Clinical Experiences**

**2021- Present:** Staff Psychiatrist, Department of Psychiatry, Geriatric Psychiatry Division, Roozbeh Hospital, TUMS, Tehran, Iran

**2015-present:** Staff Psychiatrist, Department of Psychosomatic Medicine, Imam Khomeini Hospital Complex, TUMS, Tehran, Iran

**2016- 2020:** Staff Psychiatrist, Department of Geriatric Medicine, Ziaeeian Hospital, TUMS, Tehran, Iran

**2015-2021:** Staff Psychiatrist, Baharloo Hospital, TUMS, Tehran, Iran.

**2013- 2015:** Fellowship Candidate in Psychosomatic Medicine, Imam Khomeini Hospital Complex, Tehran University of Medical Sciences, Tehran, Iran

**2009-2013:** Consultant Psychiatrist, Sina Hospital, Tehran University of Medical Sciences, Tehran, Iran.

**2008-2009:** Assistant Professor of Psychiatry, Kashan University of Medical Sciences, Kashan, Iran.

**2006-2008:** Staff Psychiatrist, Kashan University of Medical Sciences, Kashan, Iran.

**2003-2006:** Psychiatry Resident, Tehran University of Medical Sciences, Tehran, Iran.

**1997-2003:** General Practitioner, Kashan, Iran.

**1990-1997:** Doctor of Medicine, Isfahan University of Medical Sciences, Iran.

**D. Teaching Responsibilities:**

**D.1: Curriculum**

2020: Fellowship of Geriatric Medicine

2018-2020: Geriatric Medicine Curriculum for Medical Students

2022: Geriatric Psychiatry Rotation Program for Psychiatric Residents

**D.2:**

2016- Present: Psychiatric Residents

2015- Present: Medical Students

2016- 2020: Geriatric Medicine Residents

2018- 2021: Family Medicine Residents

2016- Present: Fellowship Candidates in Psychosomatic Medicine

2020- Present: MSc Students in Geriatric Health

**Teaching:**

Psychiatry Residents (120 persons)

Psychosomatic Fellow Candidates (18 persons)

Medical Students (100 persons)

Geriatric Medicine Residents (8 persons)

Family Medicine Residents: 15

**D.3: Supervisor/advisor of graduate students/clinical residents and fellows**

**Theses:**

1. Validity and reliability related to the Persian version of the Children's Sleep Habits Questionnaire in Kashan city, 2013, Fatemeh Sadat Asgarian, Yazd

University of Medical Sciences, thesis for MSc Degree in Epidemiology. (Supervisor)

2. Treatment adherence and its psychological correlates in patients with thalassemia major, Nima Pouyan, thesis for Doctor of Medicine, 2014. (Supervisor)

3. An investigation about self-disclosure as a predictor of anxiety and depression in Multiple Sclerosis, Hooman Khashandish, Science and Research medicine, thesis for MSc Degree in Clinical Psychology. 2016. (Supervisor)

4. Evaluation of the relation between symptoms of the autism spectrum in parents with children diagnosed with ADHD. Niloofar Ziba, thesis for Doctor of Medicine, 2016. (Supervisor)

5. Evaluation of the relation of sleep disorders with anxiety and depression in pregnant women referring to Baharloo Hospital in 1396. Yasamin Keyvan, thesis for Doctor of Medicine, 2017. (Supervisor)

6. Assessing the prevalence of depression in patients with cancer referring to Cancer Institute, Imam Khomeini Hospital, Maryam Sadat Ghoreishi, thesis for Subspecialty Degree in Oncology. (Advisor)

7. Validity and reliability of Cornell Depression Scale in Dementia, Mohammad Mahmoudi, thesis for Specialty Degree in Geriatric Medicine. 2017. (Supervisor)

8. Comparison evaluation of sleep disorders incidence in patients with primary breast cancer admitted to Imam Khomeini Hospital in Tehran who received melatonin during adjuvant chemotherapy, Mohsen Seddigh Shamsi, thesis for Subspecialty Degree in Oncology, 2018. (Supervisor)

9. Comparison of citalopram and venlafaxine role in treating premature menopause hot flashes induced by treatment in 35-65 years old woman with breast cancer in Imam Khomeini and Sina hospital, Sassan Yaghoubi, thesis for Subspecialty Degree in Oncology, 2018. (Supervisor)

10. Investigating the effect of the cognitive-behavioral intervention of the lead nurse on the misbehavior of the elderly and feelings of guilt in the family caregivers of people with Alzheimer's, Afsaneh Pourmollamairza, thesis for MSc Degree in Geriatric Nursing, 2018 (Advisor)

11. Psychoneuroprotective effects of early administration of citalopram on stroke in the elderly in a randomized clinical trial (PEACE), Mohammad Bodaghabadi, Thesis for Specialty in Geriatric Medicine, TUMS; 2018. (Supervisor)
12. Evaluating cognitive function in patients receiving hematopoietic stem cell transplantation. Akram Karimi, thesis for Specialty in Psychiatry, TUMS; 2018. (Advisor)
13. Survey of hope for life in medical students of Tehran University of Medical Sciences. Mohammad Hassan Heidari, thesis for Specialty in Family Medicine, TUMS; 2018. (Advisor)
14. Comparing anticipated stigma in chronic diseases in Tehran city, Hedieh Soleimani, Dissertation for medical degree, 2020. (Supervisor)
15. The validity and reliability of the Persian version of the Dementia Worry Scale in the age group over 50 years old in Tehran, Elham Jaldi, thesis for Doctorate Degree in Medicine, 2021. (Supervisor)
16. Comparison of coping mechanisms and prevalence of mental disorders in patients with controlled and poorly controlled diabetes, Mohaddeseh Charbar, thesis for Doctorate Degree in Medicine, 2021. (Advisor)
17. Investigating the level of NKCC1 gene expression in patients with bipolar disorder with and without a history of suicide attempts. Sougol Musavi, thesis for Specialty in Psychiatry, 2021. (Supervisor)
18. Investigating the effect of mindfulness sessions on the anxiety and depression of patients with a history of COVID-19. Batool Namjoo. Dissertation for specialty in family medicine, TUMS, 2020. (Advisor)
19. Investigating the supplemental effect of probiotic supplementation on cognitive function, inflammatory markers, and oxidative stress in Alzheimer's patients: a double-blind clinical trial. Kamelia Akhgarzhand, thesis for PHD in Nutritional Science, TUMS; 2020. (Advisor)
20. Investigating the relationship between anxiety level and the severity of non-alcoholic fatty liver disease (NAFLD), Aryana Ganjian, thesis for Doctorate Degree in Medicine, TUMS; 2020 (Advisor)
21. Investigating the different dimensions of stigma aimed at suicide attempts in suicidal patients referring to the emergency room of Baharloo Hospital and the

attitude towards suicide in their families (a quantitative-qualitative mixed study). Kianoosh Kaveh thesis for Specialty in Psychiatry, TUMS; 2020 (Advisor)

22. Investigating primary maladaptive schemas in people attempting suicide referring to the emergency unit of Baharloo Hospital in Tehran. Golnaz Khajehnouri, thesis for Specialty in Forensic Medicine, 2019, TUMS. (Advisor)

23. Suicide stigma in the healthcare staff of the intoxication emergency department of Baharloo hospital and associated and background factors: a quantitative-qualitative study. Hamed Cheraghali, thesis for Specialty in Psychiatry, TUMS; 2020. (Advisor)

24. Investigating the relationship between sertraline-induced sexual dysfunction and decreased emotions in patients with anxiety and depression treated with these drugs. Elnaz Azizi, thesis for Doctorate Degree in Pharmacy, 2019. Iran University of Medical Sciences. (Advisor)

25. Comparison of types and types of chronic headaches in psychiatric and non-psychiatric patients 50 years and older and identification of coexisting disorders. Farimah Khosravi, thesis for Specialty in Psychiatry, TUMS; 2022 (Supervisor)

26. Evaluation of neuropsychiatric state in victims of financial fraud in the clients over 60 years old in comparison with the control group. Zahra Darabi, thesis for Specialty in Psychiatry, 2022, TUMS (Supervisor)

27. Investigating the impact of social engagement and the role of taking care of grandchildren on the level of mental health and cognitive performance of the elderly over 60 years old. Elham Riazipour, thesis for Doctor of Medicine, TUMS; 2022. (Supervisor)

## **E. Professional/ administrative Experiences**

1. Chair, Department of Geriatric Medicine, Tehran University of Medical Sciences. 2017-2022
2. Deputy of Education, Department of Geriatric Medicine, Tehran University of Medical Sciences. 2016-2017.
3. Member, National Board of Geriatric Medicine, Tehran University of Medical Sciences. 2017-present

4. Head of Educational Development Office, Tehran University of Medical Sciences.2015-present.
5. Member of the Exams Committee for Residents of Psychiatry; Tehran University of Medical Sciences (TUMS)
6. Member of the Exams Committee for Trainees of Psychosomatic Fellowship; Tehran University of Medical Sciences (TUMS)
7. Member of the Exams Committee for Residents of Geriatric Medicine; Tehran University of Medical Sciences (TUMS)
8. Scientific Secretary of Communications Skill Conferences, Baharloo Hospital, Tehran University of Medical Sciences, 2014 and 2015.
9. Scientific Secretary of Communication Skills Conference, Ministry of Health and Medical Education, Tehran, 2015
10. Scientific Secretary of the Conference on Physician-Patient Communication in Psychiatric Emergencies, Sina Hospital, Tehran University of Medical Sciences, 2015
11. Scientific Secretary of Suicide Prevention Conference, Baharloo Hospital, Tehran University of Medical Sciences, 2017
12. Scientific Secretary of Depression in the Elderly Conference, Ziaean Hospital, Tehran University of Medical Sciences, 2017
13. Scientific Secretary of 7<sup>th</sup> International Congress of Basic and Clinical Neuroscience, Iran University of Medical Sciences, 2018, Tehran, Iran
14. Member of Scientific Committee and Referees of the First Basic and Clinical Neuroscience Olympiad, Tehran, 2018
15. Scientific Secretary of Headache Conference, Sina Hospital, TUMS, 2018
16. Scientific Secretariat of the Conference on Management and Treatment of Suicidal Behaviors, Baharloo Hospital, TUMS, 2019
17. Scientific Secretary of the 5<sup>th</sup> Annual Congress of Iranian Psychosomatic Medicine, Tehran, Iran, 2023

**Invited Speaker in the last 5 years:**

Annual International Congress of Neurology and Clinical Electrophysiology since 2016 -2021

Annual Congress of Iranian Psychosomatic Medicine 2018-2025

Annual Congress of Iranian National Psychiatric Association 2018-2021

Annual International Congress of Iranian Headache Society 2018-2024

Annual Congress of the Iranian Psychotherapy Association, 2018

Annual Congress of Cancer Institute 2019  
Annual National Congress of Geriatric Medicine 2018- 2021  
Annual Neuropsychiatry Congress 2018-2024  
Annual Geriatric Congress in Iran 2018-2019  
Symposium of Sleep Disorders in Elderly in Iran 2018  
Symposium (Online) of Rehabilitation in Elderly in Iran 2021  
Nursing Training Courses for Psycho-Oncology 2019-2022  
The 10th International Congress of Iranian Women's Cancer Society, 2022

### **Presentations in International Congresses**

1. Stigma and its determinants among male drug dependents receiving methadone maintenance treatment. Presented as a poster at WPA Congress in Prague, October 2012.
2. An evaluation of sleep problems of Iranian elementary school children. Presented as a poster at the Third Annual Scientific Conference of the European Association of Psychosomatic Medicine (EAPM), July 2015, Nuremberg, Germany.
3. Emotional intelligence, personality and quality of life: a comparison between newly diagnosed MS patients and a healthy control group. Presented as a poster at the Third Annual Scientific Conference of the European Association of Psychosomatic Medicine (EAPM), July 2015, Nuremberg, Germany.
4. The role of dependent-related factors in the transition of episodic headache to medication-overuse headache. Oral presentation, International Headache Congress. Tehran, 2015.
5. Evaluating the Relationship between Emotional Intelligence and Cognitive Disorders in MS Patients. poster presentation. PACTRIMS, Nov 2015. Seoul, South Korea.
6. An investigation about self-disclosure as a predictor of anxiety and depression in Multiple Sclerosis, Annual Scientific Conference of the European Association of Psychosomatic Medicine (EAPM), 2016, Lulea, Sweden



7. Treatment adherence and its psychological correlates in patients with thalassemia major, 7th Annual Scientific Conference of the European Association of Psychosomatic Medicine (EAPM), 2019, Rotterdam, Netherlands.

## **F. Research Activities:**

### **F.1. Ongoing Researches:**

1. Comparison evaluation of sleep disorders incidence in patients with primary breast cancer received melatonin during adjuvant chemotherapy, Dissertation for subspecialty degree in oncology, 2018, Co-PI
2. Real-world evidence for the effectiveness and acceptability of a combined rehabilitation, follow-up, and cognitive monitoring program in MS clinics, 2019 (co-worker)
3. Cross-cultural validation of dementia knowledge scales, 2021, PI
4. Multi-center suicidal behavior registry program in Iran, 2020, PI
5. Investigating the relationships of unmet needs of the elderly with cognitive impairment and their caregivers with the psycho-behavioral symptoms in the patients, 2022, PI
6. Identification of mutations in known genes, gene positions (loci), and new genes causing dementia diseases in Iranian patients, 2021 (Co-worker)
7. Neurocognitive evaluation of patients with diabetes mellitus, 2021 (Co-worker)
8. The effectiveness of transcranial direct-current stimulation (tDCS) and cognitive rehabilitation (CT) in patients with mild cognitive impairment (MCI) referred to the memory clinic of Tehran University of Medical Sciences, 2021. (Co-worker)

## **F.2. Books:**

### **1. Cognitive Rehabilitation in Multiple Sclerosis**

Authors: Fereshteh Ghadiri, Abdorreza Nasermoghaddasi, Mahsa Ouji, Maryam Bidadian, **Farnaz Etesam**, Fatemeh Ardeshir Larijani, Amir Reza Azimi

Persian, 2015, Original

### **2. Cognitive Dysfunction in Rheumatologic Diseases. (Chapter)**

“Rheumatological Diseases in the Elderly”, 2022 (Persian)

### **3. Headache Attributed to Psychiatric Disorder. (Chapter)**

“Headache and Migraine in Practice”, Academic Press, 2022; Jan 1:215-28.

## **F.3. Articles published in the last 6**

### **years:**

1. Kashani L, Esalatmanesh S, Eftekhari F, Salimi S, Foroughifar T, **Etesam F**, Safiaghdam H, Moazen-Zadeh E, Akhondzadeh S . Efficacy of *Crocus sativus* (saffron) in treatment of major depressive disorder associated with post-menopausal hot flashes: a double-blind, randomized, placebo-controlled trial. Arch Gynecol Obstet. 2018 Mar;297(3):717-724. doi: 10.1007/s00404-018-4655-2. Epub 2018 Jan 13.

2. Divsalar P, Noorbala AA, Moazen-Zadeh E, Jafarinia M, Shakiba M, Shahmansouri N, Ghazizadeh-Hashemi M, **Etesam F**, Akhondzadeh S. Red yeast rice as an adjunct to sertraline for treatment of depression in patients with percutaneous coronary intervention: Placebo-controlled trial. Advances in Integrative Medicine. 2018 Aug 1;5(2):69-74.

3. Ghorbani Z, Nazari S, **Etesam F**, Nourimajd S, Ahmadpanah M, Jahromi SR. The effect of synbiotics as an adjuvant therapy to fluoxetine in moderate depression: a randomized multicenter trial. Arch Neurosci. 2018 Apr 1;5(2):e60507.

4. Sakha FG, Saeen AA, Moazzeni SM, **Etesam F**, Vaezi G. A Randomized, Triple-blind Placebo-controlled Trial to Determine the Effect of Saffron on the Serum Levels of MMP-9 and TIMP-1 in Patients with Multiple Sclerosis. *Iranian Journal of Allergy, Asthma and Immunology*. 2020 Jun 29.
5. GHASEMI SAKHA FA, Moazzeni SM, **Etesam F**, AZIMI SAEEN AM, Vaezi G. Biomarker efficacy in multiple sclerosis diagnosis and treatment. *Iranian Journal of Pharmacology and Therapeutics*. 2019 Jun 10;17(1):1-0.
6. Kouchaki E, Namdari M, Khajeali N, **Etesam F**, Asgarian FS. Prevalence of Suicidal Ideation in Multiple Sclerosis Patients: Meta-Analysis of International Studies. *Social work in public health*. 2020 Aug 30;1-9.
7. Pourmollamirza A, Sharifi F, **Etesam F**, Navab E. Abuse of people with Alzheimer's disease by family caregivers: A Review. *Iranian Journal of Nursing Research*. 2020 Apr 10;15(2): 96-108. (Persian)
8. Asgarian FS, Keyhani A, Moghadasi AN, Sahraian MA, **Etesam F**. Predictors of suicidal ideation among Iranian patients with multiple sclerosis. *Current Journal of Neurology*. 2020 Oct 10;19(4):154.
9. Asgarian FS, Keyhani A, Moghadasi AN, Sahraian MA, **Etesam F\*(corresponding author)**. Predictors of suicidal ideation among Iranian patients with multiple sclerosis. *Current Journal of Neurology*. 2020 Oct 10;19(4):154.
10. Mahmoudi M, Noroozian M, Mahboobi M, Vahabi Z, Sharifi F, **Etesam F\***. Validity and reliability of the Persian version of the Cornell Scale for Depression in Dementia. *Applied Neuropsychology: Adult*. 2021 Jun 26;1-8.
11. **Etesam F**, Akhlaghi M, Vahabi Z, Akbarpour S, Sadeghian MH. Comparative study of occupational burnout and job stress of frontline and non-frontline healthcare workers in hospital wards during COVID-19 pandemic. *Iranian journal of public health*. 2021 Jul;50(7):1428.
12. Vahabi Z, **Etesam F**, Zandifar A, Badrfam R. Psychosocial stress, blood-brain barrier and the development of anti N-methyl-D-aspartate receptor (NMDAR) encephalitis. *Multiple Sclerosis and Related Disorders*. 2021 May 1;50:102876.
13. Rouhbakhsh A, Arbabi M, Nejatisafa AA, Sharafi SE, **Etesam F**, Shahmansouri N, Bagheri Amiri F, Badrfam R, Noorbala AA. The mental health of healthcare workers at Imam Khomeini Hospital in Tehran during the COVID-19 pandemic. *Journal of Iranian Medical Council*. 2021 Dec 1;4(4):209-20.

14. Sadeghian MH, **Etesam F**, Nakhostin-Ansari A, Akbarpour S, Akhlaghi M. Association between hopelessness and suicidal ideation in Iranian medical students: a cross-sectional study. *Health Psychology Research*. 2021;9(1).
15. Vahabi Z, **Etesam F**, Zandifar A, Alizadeh F, Badrfam R. Anti N-Methyl-D-Aspartate (NMDA) receptor encephalitis: from psychosis to cognitive impairment. *Clinical Case Reports*. 2021 Apr;9(4):2174-8.
16. Nakhostin-Ansari A, Akbarour S, Haghighi KS, Alemohammad ZB, **Etesam F**, Najafi A. In-depth characterization of Sleep Patterns Among People with Insomnia During the Pandemic of COVID-19. *Current Health Sciences Journal*. 2021 Apr;47(2):157.
17. Vahabi Z, Azarpazhooh MR, Raeesi S, Oveisgharan S, **Etesam F**, Abedi-Taleb E, Hashemi R. Post-stroke Cognitive Impairment and Malnutrition in the Elderly (PCIME): Study design and protocol. *Journal of Diabetes & Metabolic Disorders*. 2021 Dec;20:2081-4.
18. Mahboobi M, Khashandish A, Moghadasi AN, Sahraian MA, Bahrami-Hidaji M, **Etesam F\***. The contribution of self-disclosure to the prediction of mood symptoms in patients with multiple sclerosis. *Current Journal of Neurology*. 2021 Oct 10;20(4):214.
19. Akhlaghi M, **Etesam F**, Heidarinejad MH, Akbarpour S, Goudarzi F, Sadeghian MH. Evaluation of the Hopelessness of Medical Students and Related Factors. *Iranian Journal of Forensic Medicine*. 2021 Sep 10;27(2):127-34. (Persian)
20. Rouhbakhsh A, Badrfam R, Nejatisafa AA, Soori M, Sharafi SE, **Etesam F**, Shahmansouri N, Arbabi M, Noorbala AA. Health care professionals' perception of stress during COVID-19 pandemic in Iran: a qualitative study. *Frontiers in psychiatry*. 2022 Feb 1;12:2590.
21. Akbarpour S, Nakhostin-Ansari A, Haghighi KS, **Etesam F**, Alemohammad ZB, Aghajani F, Najafi A. COVID-19 fear association with depression, anxiety, and insomnia: a national web-based survey on the general population. *Iranian journal of psychiatry*. 2022 Jan;17(1):24.
22. Nakhostin-Ansari A, Akhlaghi M, **Etesam F**, Sadeghian MH. Suicidal Ideation and Its Associated Factors in Medical, Dental, and Pharmacy Students: A Cross-Sectional Study during COVID-19 Pandemic. *Psychiatry Journal*. 2022 Nov 28;2022.

23. Kaviani M, Nikooyeh B, **Etesam F**, Behnagh SJ, Kangarani HM, Arefi M, Yaghmaei P, Neyestani TR. Effects of vitamin D supplementation on depression and some selected pro-inflammatory biomarkers: a double-blind randomized clinical trial. *BMC psychiatry*. 2022 Nov 11;22(1):694.
24. Jafari E, Kazemizadeh H, Togha M, Haghighi S, Salami Z, Shahamati D, Martini F, Baigi V, **Etesam F**. The influence of anxiety and depression on headache in adolescent migraineurs: a case-control study. *Expert Review of Neurotherapeutics*. 2022 Dec 9:1-5.
25. Hashempour S, Ansari S, Arbabi M, **Etesam F**, Sharafi SE, Khaje vand M, Noorbala AA. Assessing the Effectiveness of Repetitive Transcranial Magnetic Stimulation in the Treatment of Obsessive-Compulsive Disorder. *Clinical EEG and Neuroscience*. 2022 Nov;53(6):491-8.
26. **Etesam F**, Bafrani MA, Akbarpour S, Tarighatnia H, Rajabi G, Dolatshahi M, Vahabi Z. Depression, Anxiety and Coping Responses among Iranian Healthcare Professionals during the Coronavirus Disease (COVID-19) Outbreak. *Iranian Journal of Psychiatry*. 2022 Sep 14;17(4):446-54.
27. Nejatisafa AA, Sharafi E, Motamed M, Mohammadjafari A, **Etesam F**, Shahmansouri N, Arbabi M, Haki-Kazazi E, Sadrameli H, Hormozpoor M, Noorbala AA. Persian Translation and Cultural Adaptation of Mini International Neuropsychiatric Interview and its Psychometric Properties. *Archives of Iranian Medicine*. 2022 May 1;25(5):294-9.
28. Vahabi Z, **Etesam F**, Zandifar A, Khaleghi A, Badrfam R. Is psychosocial stress a potential risk factor for Anti NMDAR Encephalitis? Attention to the important role of NK cell's innate immune system. *Clinical neurology and neurosurgery*. 2022 Feb;213:106979.
29. Akhgarjand C, Vahabi Z, Shab-Bidar S, **Etesam F**, Djafarian K. Effects of probiotic supplements on cognition, anxiety, and physical activity in subjects with mild and moderate Alzheimer's disease: A randomized, double-blind, and placebo-controlled study. *Frontiers in Aging Neuroscience*. 2022;14.
30. Noroozian M, Vahabi Z, Hooshyari Z, **Etesam F**, Tarighatnia H. Validation study of the Persian version of behavioral pathology in Alzheimer's Disease Rating scale (BEHAVE-AD) and the empirical BHAVE-AD (E-BEHAVE-AD). *Applied Neuropsychology: Adult*. 2023 Feb 9:1-1.

31. Taleghani SY, **Etesam F**, Esfandbod M. Evaluation and Comparison of Citalopram and Venlafaxine for Management of Hot Flashes in Women with Breast Cancer. *Drug Research*. 2023 Aug 30.
32. Habibi Asgarabad M, **Etesam F**, Salehi Yegaei P, Vahabi Z, Akbari Saneh N, Fathi F, Ghosi F, Wium N. Measurement invariance of the General Health Questionnaire (GHQ-12) across gender and age: Demographic and medical correlates of mental health in patients with COVID-19. *Frontiers in Psychology*. 2023 Jun 5;14:1132154.
33. Keyhani A, Shabani MJ, **Etesam F**, Rezaeimanesh N, Azimi A, Naser Moghadasi A. Evaluation of obsessive-compulsive disorder prevalence in Iranian patients with multiple sclerosis and its relationship with demographic characteristics. *Current Journal of Neurology*. 2023 Jul 4.
34. Radkhah H, Khadembashiri MA, Eslami M, **Etesam F**, Shahi F, Shobeiri P, Rafiemehr M. Comparative Study of the Effects of Duloxetine and Venlafaxine on Acute Symptomatic Taxane-induced Neuropathy in Breast Cancer Patients: a randomized clinical trial. *Journal of Community Hospital Internal Medicine Perspectives*.;14(1):4.
35. Taleghani SY, **Etesam F**, Esfandbod M. Evaluation and Comparison of Citalopram and Venlafaxine for Management of Hot Flashes in Women with Breast Cancer. *Drug Research*. 2023 Oct;73(08):465-72.
36. Habibi Asgarabad M, Vahabi Z, Cheung HN, Ahmadi R, Akbarpour S, Sadeghian MH, **Etesam F**. Perceived social support, perceived stress, and quality of sleep among COVID-19 patients in Iran: assessing measurement invariance of the multidimensional scale of perceived social support across gender and age. *Frontiers in Psychiatry*. 2024 Apr 18;15:1337317.
37. Akhgarjand C, Hashemi R, Amini M, Rasekhi H, Farazandeh D, **Etesam F**, Rasooli A, Houjaghani H, Faezi S, Vahabi Z. The relationship between micronutrients and cognitive ability in an elderly population with mild cognitive impairment and Alzheimer's disease: a cross-sectional study. *BMC neurology*. 2024 Dec;24(1):1-0.
38. Gheiasi SF, Hosseini E, Sharifi F, Esmaeili M, **Etesam F**, Navab E. Effect of a Nurse-Led Cognitive-Behavioral Therapy on Sleep Quality in Patients Undergoing Open Heart Surgery: A Prospective Randomized Clinical Trial. *Health Scope*. 2024 Feb 1;13(1).

39. Ansari S, Parsaei M, Noorbala AA, Nejatisafa AA, Arbabi M, Hedayati A, Elyasi F, Banihashem S, Salehian R, **Etesam F**, Shokrani M, Faridhosseini F. Prevalence and associated factors of mental health distress among hospitalized patients in general hospitals: a multi-center cross-sectional study in Iran. *Discover Mental Health*. 2024 Dec 19;4(1):66.
40. Esmailpour N, Afhami S, Alizadeh M, Mousavi Movahhed SM, Goudarzi F, Mehrdad R, **Etesam F**, Montazeri M. Implementing Educational, Executive and Managerial Strategies (Interventions) to Reduce Urinary Catheter Utilizations in a University Hospital. *Jundishapur Scientific Medical Journal*. 2024 Nov 21;23(5):448-60.
41. Fathi M, Malakouti SK, Rezaeian M, Sayehmiri K, Sheikhtaheri A, Ghaemmaghmaghamfarahani I, Hajebi A, Ghanbari B, **Etesam F**. A multicenter registry experience for suicidal behaviors in Iran (2019-2022). *Archives of Iranian medicine*. 2024 Jul 1;27(7):371.
42. Noroozian M, Vahabi Z, Hooshyari Z, **Etesam F**, Tarighatnia H. Validation study of the Persian version of behavioral pathology in Alzheimer's Disease Rating scale (BEHAVE-AD) and the empirical BHAVE-AD (E-BEHAVE-AD). *Applied Neuropsychology: Adult*. 2025 Mar 4;32(2):431-41.
43. Dalvand H, Kadkhodaei Z, Vahabi Z, **Etesam F**, Hashiani AA. Investigating Occupational Performance and Life Habits in Older Adults with Early Stages of Alzheimer Disease in Tehran City, Iran. *Journal of Modern Rehabilitation*. 2025 Apr 1;19(2):180-8.
44. Morad-Abbasi R, Naeini F, **Etesam F**, Hosseinzadeh-Attar MJ. Effects of bariatric surgeries on Binge eating disorders, Food addiction, and eating behaviors: A comprehensive systematic review of RCTs. *Clinical Nutrition ESPEN*. 2025 Mar 18.
45. Noormohammadi M, **Etesam F**, Amini A, Khosravian-Dehkordi P, Mohammadzadeh M, Shidfar F. Nano-selenium and the SRC family kinases pathway: Redefining gene expression dynamics in major depressive disorder based on a randomized controlled trial. *Current Journal of Neurology*. 2025 Mar 4:239-49.

#### **F.4. Reviewing Activities:**

Iranian Journal of Psychiatry and Behavioral Sciences: 2008- present

Archives of Neuroscience: 2014-present

Iranian Journal of Neurology: 2014-present

Iranian Journal of Psychiatry: 2014-present

Frontiers Journals: 2022-present

International Journal of Behavioral Medicine: 2023-present

BMC Journals: 2022- present

### **G. Memberships/ community activities**

1. Member of the Iranian Psychiatric Association
2. Member of the Iranian Psychosomatic Medicine Association
3. Member of the Iranian Headache Association

### **H. Research Interests:**

1. Geriatric Psychiatry
2. Neuropsychiatry
3. Psychosomatic Medicine