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# CURRICULUM VITAE

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Azad Maroufi, M.D.



<b>Name</b>	Azad Maroufi
<b>Date and place of Birth</b>	09/08/1973, Sanandaj, Iran
<b>Current Address</b>	Shebli Blvd., 4 Khanqah Street, Sanandaj, Iran
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<b>Basic Medical Qualifications Institute / Country/ Year obtained</b>	Diploma of Medical Doctorate/ Kurdistan University of Medical Sciences/Iran/ From 1991 to 1998
<b>Medical Licensure</b>	<b>Iran:</b> Permanent Medical Practice License/Ministry of Health and Medical Education/Iran/1998/for Medical Practice in Iran Membership of Medical Council of Iran/1998/for Medical Practice in Iran/ Registration Number: 73069 License to run a Private Office/ Medical Council of Iran/2021/for Practice as a Psychiatrist in Iran/Sanandaj
<b>Internship</b>	Kurdistan University of Medical Sciences/ Iran/ From March 1996 to September 1998. Details: Cardiovascular ward: 1 month/ Hygiene ward: 1 month/ Psychiatric ward: 1 month/ Dermatology ward: 1 month/ Ophthalmology ward: 1 month/ Infectious diseases ward: 1 month/ E.N.T.: 1month/ Gynecology and Obstetrics ward: 2 months/ Pediatrics ward: 3 months/ Orthopedics ward:1 month/ Urology ward:1 month/ Surgery ward: 2 months/ Internal Diseases ward: 3 months
<b>Specialist Qualifications Institute / Country / Year obtained</b>	Specialty in Psychiatry/ Tabriz University of Medical Sciences/ Tabriz, Iran/ From Sep 2000 to Sep 2003 Rotations: General Psychiatry (including inpatient psychiatry units and outpatient clinic), Electroconvulsive Therapy, Consultation and Liaison psychiatry, Forensic Psychiatry, Addiction Psychiatry, Child and Adolescent Psychiatry, Neuropsychiatry, Neurology, Psychodynamic Psychotherapy
<b>English Proficiency</b>	OET results for 25 Jun 2022: Reading: 360, Listening: 360, Speaking: 360, Writing: 350.

<p><b>Qualifying Examinations</b></p>	<p><b>Iran:</b></p> <ol style="list-style-type: none"> <li>1. Qualifying for promotion each year of specialty training program in psychiatry (residency) by work-based assessment. OSCE and MCQ.</li> <li>2. Examination for board certificate based on national written and practical testing (OSCE and MINI-CEX) (Ministry of Health and Medical Education, Tehran). Aug 2003 final result: qualified.</li> </ol>
<p><b>Memberships of Professional organizations</b></p>	<ol style="list-style-type: none"> <li>1. Member of Iranian Psychiatric Association (Since 2003)</li> </ol>
<p><b>Clinical Skills and competencies (independent)</b></p>	<ol style="list-style-type: none"> <li>1. Psychopharmacotherapy: competent.</li> <li>2. Management of Psychiatric inpatients</li> <li>3. Management of Psychiatric emergencies</li> <li>4. Consultation-Liaison Psychiatry (Psychosomatic Medicine)</li> <li>5. Electroconvulsive therapy</li> </ol>
<p><b>Clinical Skills and competencies (Assisted)</b></p>	<ol style="list-style-type: none"> <li>1. Addiction Psychiatry: assisted</li> <li>2. Forensic Psychiatry: assisted</li> </ol>
<p><b>Subsequent Work Experience as a Specialist after qualifying</b></p>	<ol style="list-style-type: none"> <li>1- Member of the faculty as assistant and associate professor of psychiatry: approximately 20 years (ongoing)</li> <li>2- Consultant Psychiatrist of Psychiatric ward /Psychiatric Hospital: approximately 20 years (ongoing)</li> <li>3- Psychiatrist at outpatient clinic: 20 years (2003-present)</li> <li>4- Private Office Experience: 20 years (2003-present)</li> </ol>

<b>Employment History</b>	<ol style="list-style-type: none"> <li>1. Psychiatrist in my Private Office/ sanandaj/ Iran/ August 2003 to present.</li> <li>2. Consultant Psychiatrist in QODS Psychiatric Hospital/ Sanandaj/ Iran/ 2003 to present.</li> <li>3. Associate Professor of Kurdistan University of Medical Sciences, Sanandaj,Iran, Dec 2018 to present.</li> <li>4. Assistant Professor of Sanandaj University of Medical Sciences, Sanandaj, Iran,Nov 2008 to Dec 2018</li> <li>5. Residency of Psychiatry (Specialty Training) / Tabriz/ Iran/ Sep 2000 to Sep 2003.</li> <li>6. General Practitioner/ Besat General Hospital / Sanandaj / Iran / May 1999 to Aug 2000.</li> </ol>
<b>Teaching</b>	<ol style="list-style-type: none"> <li>1. Education and training of undergraduate medical students, medical interns and specialty registrars (including one to one, practical on ward, facilitating morning reports and journal clubs, small classroom based formats): ongoing.</li> <li>2. Supervisors and advisors for graduate thesis (MD and specialty): ongoing</li> <li>3. Educational Mentor for undergraduate medical students: 2004 to 2023</li> <li>4. Doctor-patient communication skills for undergraduate medical students: 2013 to 2016</li> <li>5. Member of the examining committee for National Specialty Board certificate: 1 years (2023)</li> </ol>
<b>Published research papers</b>	<p>During my faculty years I have published 26 research papers as the first, corresponding or co-author in English and Farsi.</p>

- 1) Razieh Salehian, Mahnaz Abdi, Mahdi Sadegh Abedin, **Azad Maroufi**, Khaled Rahmani. Posttraumatic Stress Symptoms, Anxiety, and Depression Among COVID-19 Survivors After Discharge from Hospital. *Iran J Psychiatry Behav Sci.* 2022;16(3):e122958.
- 2) Sara Kamali Ardakani, **Azad Maroufi**<sup>corresponding</sup>, Narges Shams-Alizadeh, Sepideh Khazaie. Covid-19 disease and sleep disorders: a bidirectional relationship. *Scandinavia journal of sleep medicine.* 2021;1(1): 65-68.
- 3) Narges Shams-Alizadeh, Mahnaz Abdi, **Azad Maroufi**<sup>corresponding</sup>, Khaled Rahmani. Serum Interleukin-6 levels in patients with bipolar I disorder under electroconvulsive therapy. *Asian J Psychiatr.* 2021 Sep;63:102754.
- 4) Habibolah Khazaie, Amir Sharafkhaneh, **Azad Maroufi**, Sepideh Khazaie, Mohammad Rasoul Ghadami. Obstructive sleep apnea and Helicobacter pylori infection: is there a link? *Scandinavia Journal of Sleep Medicine.* 2021;1(1):21-26.
- 5) Narges Shams-Alizadeh, **Azad Maroufi**<sup>corresponding</sup>, Zahra Asadi, Khaled Rahmani, Kambiz Hassanzadeh. Trazodone as an Alternative Treatment for Neuroleptic-Associated Akathisia: A Placebo-Controlled, Double-Blind, Clinical Trial. *J Clin Psychopharmacol.* 2020 Nov/Dec;40(6):611-614.
- 6) Narges Shams-Alizadeh, **Azad Maroufi**<sup>corresponding</sup>, Akbar Qanbarzadeh Chelan Sofla, Ebrahim Ghaderi, Kambiz Hassanzadeh. Effect of donepezil on cognitive deficits associated with electroconvulsive therapy: a randomized triple-blind clinical trial. *Clin Neuropharmacol.* 2019 Mar/Apr;42(2):27-31.
- 7) Kaveh Shahveisi, Amir Jalali, Mohammad Raman Moloudi, Shahla Moradi, **Azad Maroufi**, Habibolah Khazaie. Sleep Architecture in Patients with Primary Snoring and Obstructive Sleep Apnea. *Basic Clin Neurosci.* 2018 Mar-Apr; 9(2): 147–156.
- 8) Narges Shams-Alizadeh, **Azad Maroufi**<sup>corresponding</sup>, Mahsa Rashidi, Daem Roshani, Fariba Farhadifar, Habibolah Khazaie. Premenstrual dysphoric disorder and suicide attempts as a correlation among women in reproductive age. *Asian J Psychiatr.* 2018 Jan;31:63-66.
- 9) Narges Shams Alizadeh, **Azad Maroufi**<sup>corresponding</sup>, Shima Rostami, Ebrahim Ghaderi. The relationship between obsessive-compulsive symptoms and glycemic control in patients with diabetes. *Iran J Psychiatry Behav Sci.* 2018;12(3):e11611.
- 10) Habibolah Khazaie, Alireza Ahmadi, **Azad Maroufi**<sup>corresponding</sup>. Workplace violence toward mental healthcare workers: A call for action. *J Inj Violence Res.* 2017 Jul; 9(2): 73–74.
- 11) Shahabeddin Bahrami Kalashgaran, **Azad Maroufi**<sup>corresponding</sup>, Farzin Rezaei, Ebrahim Ghaderi, Kambiz Hassanzadeh. Efficacy of Memantine as an adjuvant therapy in bipolar disorder; a double blind, randomized, clinical trial. *SJKU* 2016, 21(2): 1-10.
- 12) Narges Shams Alizadeh, **Azad Maroufi**<sup>corresponding</sup>, Karim Nasser, Seyed Hosein Sadeghi Najafabadi, Ali Mousavi Taghiabad, Fardin Gharibi, Gholam Reza Esfandiari. Antidepressant Effect of Combined Ketamine and Electroconvulsive Therapy on Patients with Major Depressive Disorder: A Randomized Trial. *Iran J Psychiatry Behav Sci.* 2015 Sep; 9(3): e1578.
- 13) Narges Shams Alizadeh, **Azad Maroufi**<sup>corresponding</sup>, Mehnoosh Jamshidi, Kambiz Hassanzadeh, Fardin Gharibi, Ebrahim Ghaderi. Effect of Memantine on Cognitive Performance in Patients Under Electroconvulsive Therapy: A Double-Blind Randomized Clinical Trial. *Clin Neuropharmacol.* 2015 Nov-Dec;38(6):236-40.
- 14) **Azad Maroufi**, Payam Khomand, Somayeh Ahmadiani, Narges Shams Alizadeh, Fardin Gharibi. Prevalence and quality of anxiety in patients with epilepsy. *Epilepsy Behav.* 2014 Mar;32:34-7.
- 15) Habibolah Khazaie, **Azad Maroufi**<sup>corresponding</sup>. Obstructive sleep apnea syndrome; a neglected cause of traffic collision among Iranian public transport

- drivers. *J Inj Violence Res.* 2014 Jul;6(2):99.
- 17) **Azad Maroufi**, Masoomeh Zarei, Fardin Gharibi. Evaluation of imprinting pattern in patients with obsessive-compulsive disorder (OCD) in sanandaj. *SJKU* 2014, 19(1): 21-29.
  - 18) Habibolah Khazaie, Azadeh Heidarpour, Rojin Nikray, Mansour Rezaei, **Azad Maroufi**, Behzad Moradi, Mohammad Rasoul Ghadami, Shohreh Malek-Khosravi, Masoud Tahmasian. Evaluation of Sleep Problems in Preeclamptic, Healthy Pregnant and Non-Pregnant Women. *Iran J Psychiatry.* 2013 Oct; 8(4): 168–171.
  - 19) **A Maroufi**, H Khazaie. Comparison of frequency of sleep disorders in MMT volunteers and opium dependent patients. *Sleep Medicine.* 2013;14(1):e197.
  - 20) N Shams Alizadeh, F Rezaei, **Azad Maroufi**<sup>corresponding</sup>, H Motasami. A Case of Hyoscine N-Butyl Bromide (NBB) Dependence. *JBUMS* 2012, 14(1): 85-89.
  - 21) Zohreh Amrollahi, Farzin Rezaei, Bahman Salehi, Amir-Hossein Modabbernia, **Azad Maroufi**, Gholam-Reza Esfandiari, Mehrangiz Naderi, Fariba Ghebleh, Seyed-Ali Ahmadi-Abhari, Majid Sadeghi, Mina Tabrizi, Shahin Akhondzadeh. Double-blind, randomized, placebo-controlled 6-week study on the efficacy and safety of the tamoxifen adjunctive to lithium in acute bipolar mania. *J Affect Disord.* 2011 Mar;129(1-3):327-31.
  - 22) Shahin Akhondzadeh, Raofeh Ghayyoumi, Farzin Rezaei, Bahman Salehi, Amir-Hossein Modabbernia, **Azad Maroufi**, Gholam-Reza Esfandiari, Mehrangiz Naderi, Fariba Ghebleh, Mina Tabrizi, Shams-Ali Rezazadeh. Sildenafil adjunctive therapy to risperidone in the treatment of the negative symptoms of schizophrenia: a double-blind randomized placebo-controlled trial. *Psychopharmacology (Berl).* 2011 Feb;213(4):809-15.
  - 23) Karim Nasserli, Mehdi Tayebi Arasteh, **Azad Maroufi**, Shoaleh Shami. Effects of remifentanil on convulsion duration and hemodynamic responses during electroconvulsive therapy: a double-blind, randomized clinical trial. *J ECT.* 2009 Sep;25(3):170-3.
  - 24) memantinMarzieh Moghadam, Narges Rostami Gooran, Modaber Arasteh, Narges Shams Alizadeh, **Azad Maroufi**. Influence of Course Teaching of Life Skills on College Freshmens Knowledge and Attitude to Life Skills and Improving their Psychosocial Capabilities. *Journal of Medical Education Development Center* 2008; 5(1): 26-34.
  - 25) M Moghadam, RN Goran, M Araste, SH Alizadeh, **A Maroufi**. Effect of life skills training on knowledge and attitude of new students about life skills and their mental-social ability. *Developmental steps in Medical Education.* 2008;5(1): 26-34.
  - 26) **Azad Maroufi**, S. M. Goraishizadeh. Obsessive-Compulsive Disorder in Patients with Bipolar I Disorder and Schizophrenia. *IJPCP* 2004, 10(1 And 2): 37-43.
  - 27) Mahnaz Abdi, **Azad Maroufi**, Narges Shams Alizadeh, Khaled Rahmani. Posttraumatic stress disorder and related factors among COVID-19 survivors two years after the pandemic: A web-based cross-sectional survey in Kurdistan, Iran. *Iranian Journal of Psychiatry and Behavioral Sciences.* 2023.
  - 28) Sara Kamali Ardakani, **Azad Maroufi**. Abnormal Movements Resembling Tic Disorder in a Patient with Schizophrenia: A Case Report. *Iranian Journal of Psychiatry and Behavioral Sciences.* 2023.
  - 29) Mahdie Ershad Langroudi, Narges Shams-Alizadeh, **Azad Maroufi**, Khaled Rahmani, Maryam Rahchamani. Association between postictal suppression and the therapeutic effects of electroconvulsive therapy: A systematic review. *Asia-Pacific Psychiatry* 15 (4), e12544. 2023
  - 30) N Hoghoughi, N Shams Alizadeh, **A Maroufi**, F Rezaei, G Esfandiari. Effectiveness of spironolactone on schizophrenia symptoms: A double-blind randomized clinical trial. *Shenakht Journal of Psychology and Psychiatry* 10 (4), 31-35. 2023.
  - 31) Narges Shams Alizadeh, Nasrin Moghimi, Mohammad Ali Azhdari, Sara Kamali Ardakani, **Azad Maroufi**, Ebrahim Ghaderi. Investigating the relationship between sleep quality and health indicators and disease activity in patients with rheumatoid arthritis. *Shenakht Journal of Psychology and Psychiatry* 9 (4), 124-136. 2022.

**Academic Awards**

- 1- Chosen as Second top faculty in terms of improving and revising training programs, The 14th Shahid Motahari festival of education, in Kurdistan University of Medical Sciences, 2021
- 2- Chosen as the Second top clinical researcher among the members of faculty in Kurdistan University of Medical Sciences, 2020

<b>meetings and conferences</b>	<p>1) World psychiatric association thematic conference "mental health and mental illness: focusing on Eurasia" Yerevan, Armenia, Aug. 2013 (oral presentation)</p> <p>2) Women in Neuroscience Symposium. Tbilisi, Georgia, Aug. 2022. (Poster Presentation).</p>
<b>Management of Change (QIP / Audits)</b>	<p>1- Improving the quality of psychiatry morning reports (Academic Audit), Faculty of Psychiatry. QODS Psychiatry Hospital, Sanandaj, Kurdistan University of Medical Sciences, 2018.</p> <p>2- changing journal clubs from traditional to evidence-based (Academic Audit), faculty of psychiatry, QODS Psychiatry Hospital, Sanandaj, Kurdistan University of Medical Sciences, 2017</p>
<b>Management &amp; Leadership</b>	<p>1- Head of Neuroscience Research Centre, Kurdistan University of Medical Sciences/ 2018 to present</p> <p>2- Vice deputy of Educational Affairs, QODS psychiatry hospital, Kurdistan University of Medical Sciences/2017 to present</p>
<b>References</b>	Available upon request