

CURRICULUM VITA (C.V.)



First name: Rasoul
Last name: Heshmati

**Associate Professor, Departments of Psychology,
University of Tabriz**

Personal and contact information:

Date of birth: Monday, December 3, 1984

Place of Birth: Meshkin Shahr, Ardabil, Iran

Marital Status: Married

E-mail: psy.heshmati@gmail.com

Current Address: Department of Psychology, Faculty of Psychology & Education,
University of Tabriz, Tabriz, Iran, Room No. 203

Cell phone: +98-9198260681

Updated January 20, 2020

ACADEMIC HISTORY:

- **M.Sc.**, Clinical Psychology, University of Tehran
- **Ph.D.**, Health Psychology, University of Tehran

Titles of thesis

- **M.Sc.:** a survey on alexithymia and integrative self-knowledge in patients with psychotic, non-psychotic and normal people
- **Ph.D.:** Developing and testing of health-related quality of life model for patients with CAD based on illness perception and quality of life theoretical models

RESEARCH INTERESTS:

- Psychoanalysis
- Mindfulness Base Interventions
- Psychosomatic disorders
- Brain/ Emotion and Emotional disorders

CLINICAL ACTIVITIES:

- Head of Royesh-e-Mehr psychotherapy Clinic
- Psychotherapist of Tehran Heart Center Hospital
- Psychotherapist in Counseling Center at University of Tehran
- Psychotherapist in Counseling Center at Shahid Beheshti University
- Psychotherapist in Counseling Center at Amir-Kabir University
- Psychotherapist in Counseling Center at Khaje-Nasir Tosi University
- 6 months intern at Tehran Heart Center Hospital
- Psychotherapist in Iran Zamin Clinic, Tehran
- Psychotherapist in Counseling Center at University of Tabriz
- Psychotherapist in Royesh-e-Mehr Clinic, Tabriz,
- Psychotherapist in Roshana Clinic, Tabriz
- Psychotherapist in Rahnama Clinic, Tabriz

PUBLICATIONS:

Paper in International Journals

1. **Heshmati, R.**, Salem, M. Jafari Fazel, R. (2020). Emotional Memory, Emotional Styles, and Anxiety Sensitivity in individuals with substance use disorder, *Social Behavior Research and Health Journal*, in press.
2. **Heshmati, R.**, Rahiminejad, A. (2020). Investigation of Maladjustment based on Achieved, Moratorium, Foreclosed and Diffused Identity Statuses. *Journal of Research and Health*, in press
3. Pellerone, M., Ramaci, T., **Heshmati, R.** (2019). The “mask” filtered by the new media: family functioning, perception of risky behaviors and internet addiction in a group of Italian adolescents. *Mediterranean Journal of Clinical Psychology*, 7(1), 1-20.
4. **Heshmati, R.**, Kehtari Harzangh, L., Ahmadi Farsani, Heidari, M. (2019). The relationship between high risk behaviors (substance abuse), emotional suppression and anger expression among Ardebil city's teenagers, *journal of police science*, 22; 129-144.
5. Ahmadi Farsani, M., **Heshmati, R.**, Hashemi Nosrat, T. (2019). Structural pattern of death attitude based on attachment styles in adolescents with cancer: mediator role of emotional repression and anxiety sensitivity, *Iranian Journal of Psychiatry and Clinical Psychology*, in press.
6. **Heshmati, R.**, Pellerone, M., (2019). The Big Five personality traits and dispositional mindfulness as predictors of alexithymia in college students. *Clinical Neuropsychiatry*, 16 (2), 98-106.
7. Kehtari Harzangh, L., **Heshmati, R.**, & Poursharifi, H. (2019). Comparison of Impulsivity and Experiential Avoidance in Obese Individuals With and Without Binge Eating Disorder. *Iranian Journal of Psychiatry and Clinical Psychology*, 25(1), 7-17.
8. Kehtary, L., **Heshmati, R.**, & Pour Sharifi, H. (2018). Investigating Structural Pattern of Depression Based on Experiential Avoidance and Emotional Repression: The Mediating Role of Self-Compassion. *Iranian Journal of Psychiatry and Clinical Psychology*, 24(3), 284-297.

9. **Heshmati, R.,** & Pellerone, M. (2018). Relationship of dispositional mindfulness, self-destruction and self-criticism in academic performance of boy students. *Mediterranean Journal of Clinical Psychology*, 6(3). 1-22.
10. **Heshmati R.** (2018). The Effect of Mindfulness-Based Stress Reduction on Anxiety and Stress in Patients with Coronary Heart Disease after Coronary Artery Bypass Graft Surgery: A Single-Subject Study. *Jorjani Biomedicine Journal*, 6(2), 33-47.
11. **Heshmati, R.,** & Maanifar, S. (2018). Metacognition, Mindfulness, and Spiritual Well-being in Gifted High School Students. *Health, Spirituality and Medical Ethics*, 5(3), 22-28.
12. **Heshmati, R.,** & Azmoodeh, S. (2017). Study of alexithymia trait based on Big-Five Personality Dimensions. *Mediterranean Journal of Clinical Psychology*, 5(3), 1-16.
13. **Heshmati, R.,** & Ahmadkhanloo, E. (2017). Emotional Intelligence, Emotional Self-regulation and Dispositional Mindfulness in High School Intelligent Students. *Mediterranean Journal of Clinical Psychology*, 5(2). 1-22.
14. Etemadi-Chardah, N., Matinpour, B., & **Heshmati, R.** (2017). Effectiveness of Transactional Analysis Group Therapy on Addiction Intensity of Woman Patients Treated with Methadone. *Addiction & health*, 9(3), 146-155.
15. **Heshmati, R.,** Khaleghkhah A., Jafari, E., Marandi, M., (2016) Effectiveness of Self-Regulation Couple Therapy intervention on marital satisfaction and partner abuse (Non-physical). *Mediterranean Journal of Clinical Psychology MJCP*, 4(1), 1-12
16. Allahverdipour, H., AsghariJafarabadi, M., **Heshmati, R.,** Hashemiparast, M. (2013). Functional Status, Anxiety, Cardiac Self-Efficacy, and Health Beliefs of Patients with Coronary Heart Disease. *Health Promotion Perspectives*, 3(2), 217-229.
17. Kooraeim, M.A., Bayrami, M., Nazari, M.A., **Heshmati, R.,** Moslemifar, M. (2012). Investigation of EEG patterns different in males and females during

convergent and divergent thinking, *Procedia - Social and Behavioral Sciences, Volume 46, Pages 2796-2800.*

18. Bayrami, M., **Heshmati, R.**, Mohammadpour, V., Gholamzadeh, M., Ostad hasanloo, H., Moslemifar, M. (2012). Happiness and willingness to communicate in three attachment styles: a study on college students, *Procedia - Social and Behavioral Sciences, Volume 46, Pages 294-298.*
19. Bayrami, M., **Heshmati, R.**, Ghotbi, M., Alizadeh Ghoradel, J., Hojatipor, H., Moslemifar, M. (2012). Relationship between personality dimensions and hopelessness: a study on college students, *Procedia - Social and Behavioral Sciences, Volume 46, Pages 848-852.*
20. Bayrami, M., Nosrat Abad, T.H., Alizadeh Ghoradel, J., Daneshfar, S., **Heshmati, R.**, Moslemifar, M. (2012). The role of positive and negative affectivity, optimism, Pessimism, and information processing styles in student psychological adjustment, *Procedia - Social and Behavioral Sciences, Volume 46, Pages 306-310.*
21. **Heshmati, R.**, Allahverdipour, H., Ghazi Tabatabaei, M., Kamrani, S. (2011). Toronto Alexithymia Scale (TAS-20): a study of patients with schizophrenia spectrum disorder, *Procedia - Social and Behavioral Sciences, Volume 30, Pages 771-775.*
22. Bayrami, M., **Heshmati, R.**, Karami, R. (2011). Anxiety: trait/state, sensation seeking and marital satisfaction in married women, *Procedia - Social and Behavioral Sciences, Volume 30, Pages 765-770.*
23. **Heshmati, R.**, Jafari, R., Hoseinifar, J., Ahmadi, M. (2010). Comparative study of alexithymia in patients with schizophrenia spectrum disorders, non-psychotic disorders and normal people, *Procedia - Social and Behavioral Sciences, Volume 5, 2010, Pages 1084-1089*
24. **Heshmati, R.**, Hoseinifar, J., Rezaeinejad, S., Miri, M. (2010). Sensation Seeking and marital adjustment in handicapped veterans suffering from PTSD, *Procedia - Social and Behavioral Sciences, Volume 5, Pages 1783-1787.*

25. Jafari, E., Dehshiri, G.R., Eskandari, H., Najafi, M., **Heshmati, R.**, Hoseinifar, J. (2010). Spiritual Well-Being and Mental Health in University Students, *Procedia - Social and Behavioral Sciences, Volume 5, Pages 1477-1481.*
26. Jafari, E., Najafi, M., Sohrabi, F., Dehshiri, G.R., Soleymani, E., **Heshmati, R.** (2010). life satisfaction, spirituality well-being and hope in cancer patients, *Procedia - Social and Behavioral Sciences, Volume 5, Pages 1362-1366.*
27. Jafari, E., Eskandari, H., Sohrabi, F., Delavar, A., **Heshmati, R.** (2010). Effectiveness of Coping Skills Training in Relapse Prevention and Resiliency Enhancement in People with Substance Dependency, *Procedia - Social and Behavioral Sciences, Volume 5, Pages 1376-1380.*
28. Ahmadi, M., Abdollahi, M.H., Ramezani, V., **Heshmati, R.** (2010). The impact of written emotional expression on depressive symptoms and working memory capacity in Iranian students with high depressive symptoms, *Procedia - Social and Behavioral Sciences, Volume 5, Pages 1610-1614.*
29. Shaker, A., **Heshmati, R.**, Poor Rahimi, M. (2010). Investigation of Marital adjustment in people with secure, Preoccupied, Dismissing and Fearful Attachment styles, *Procedia - Social and Behavioral Sciences, Volume 5, Pages 1823-1826.*
30. Safaei Rad, I., Karimi, L., Ramezani, V., Ahmadi, M., **Heshmati, R.**, Jafari, E., (2010). Psychometric properties of Torrance test (Persian version) of creative thinking (A form), *Procedia - Social and Behavioral Sciences, Volume 5, Pages 1429-1433.*

Papers in Persian Journals

31. **Heshmati, R.**, Hatami, M., Ebneahmadi, M., Pirmardvand Chegini, S. (2019). Effectiveness of Mindfulness Based Stress Reduction-Children (MBSR-C) on emotional self-regulation and emotional resilience in students with AD/HD, *Middle Eastern Journal of Disability Studies*, in press.
32. Ahmadi Farsani, M., Heshmati, R., Hashemi Nosrat Abad, T., & Rezazadeh, S. (2019). The Comparison of Attitude toward death and Anxiety sensitivity

between adolescents with cancer and normal adolescents. *Iranian Journal of Cancer Nursing (ijcn)*, 1(3), 29-37.

33. **Heshmati, R.**, Pouresmaeili, A., & Khodaparast Kazerooni, S. (2019). Comparison of Persistent vulnerable: The role of Neuroticism, Original Family Function and Relationship beliefs in divorce applicant couples. *Journal of Woman and Family Studies*, 7(1), 8-9.
34. Pouresmaeili, A., **Heshmati, R.**, & Parnian Khoy, M. (2019). The role of family-of-origin function and neuroticism in relationship beliefs of divorce applicant couples. *Quarterly Journal of Woman and society*, in press.
35. Ahmadi Farsani, M., **Heshmati, R.**, Hashemi Nosrat, T. & Rezazadeh, SH. (2019). The Comparison of Attitude toward death and Anxiety sensitivity between adolescents with cancer and normal adolescents. *Iranian Journal of Cancer Care (ijca)*, 1(3),
36. Babapur-Kheiradin, J., Poursharifi, H., **Heshmati, R.**, Naseri-Anbardan, H. (2019). The role of Temperamental and Characteristics Shades of Personality, Basic Psychological Needs, Early Maladaptive Schemas and Vulnerability to Addiction in prediction of Online Social Networking Addiction, *Modern Psychological Research*, in press.
37. **Heshmati, R.**, Pouresmaeili, A. Khodaparast, S. (2019). Comparison of Persistent vulnerable: The role of Neuroticism, Original Family Function and Relationship beliefs in divorce applicant couples. *Journal of Woman and Family Studies*, in press.
38. **Heshmati, R.**, Zemestani, M. (2019). Effectiveness of Mindfulness Based Stress Reduction on health status and symptoms of patients with CAD after CABG. *Journal of Arak University of Medical Sciences (JAMS)*, in press.
39. **Heshmati, R.**, Naseri,e., Parnian Khooy, M. (2019).The role of Emotional repression and Ego – strength in predicting of smoking and non-smoking in cancer patients, *Journal of Health Psychology*, in press.
40. **Heshmati, R.**, Sheikholeslami, A., Jabbari, S. (2018). Determinants of Dispositional Mindfulness Based on Alexithymia and Positive and Negative

Dimensions of Perfectionism in College Students. *Community Health journal*, 12 (2), 69-78.

41. **Heshmati, R.**, Jafari, E., Golzar, T. (2018). Prediction of Depression based on Religious Attitude and Dispositional Mindfulness in students, *Culture in The Islamic University*, 8(3), 365-380.
42. **Heshmati R.**, Mirzamohammad S, Hamedsobhi A, Afshari F, Nazari E, Doodkanloo H. (2018). The Role of Developed, Undeveloped and Neuroticism Defense Styles in Predicting Chronic Pain. *JAP*. 9 (2), 74-82.
43. Jafari, E., **Heshmati, R.**, Faghani, R., & Tanghestani, M. (2018). THE PREDICTIVE ROLE OF SELF-EFFICACY, RESILIENCY AND PRACTICE OF RELIGIOUS BELIEFS IN JOB BURNOUT OF NURSES. *Journal of Urmia Nursing And Midwifery Faculty*, 16(3), 188-197.
44. **Heshmati, R.** (2018). Investigating the Predictive Role of Health Beliefs and Cardiac Self-Efficacy in History of Tobacco Smoking in Patients with Coronary Artery Disease (CAD). *Journal of Health*, 9(3), 267-276.
45. Heshmati, F, ElmyManesh, N, **Heshmati, R.** (2018). Structural relationship of behavioral activation and inhibition system, dispositional mindfulness and chronic pain. *Health Psychology*, 6(4), 120-137.
46. Soleimani E., **Heshmati, R.**, Ebadollahzadeh A. (2018). The Effectiveness of group Cognitive-Social Problem Solving on impulsivity and Self-Controlled in bully Students, *Modern Psychological Research*, 13(50), 111-136.
47. Babapur-Kheiradin, J., Poursharifi, H., **Heshmati, R.**, Naseri-Anbardan, H. (2018). The Role of Temperamental and Characteristics Shades of Personality, Basic Psychological Needs, and Early Maladaptive Schemas in Prediction of Vulnerability to Addiction. *J Res Behav Sci*, 16(2), 143-50.
48. **Heshmati, R.**, Heidari, M., Adl, F. (2018). Effectiveness of Group Logotherapy on Depression and anxiety In Patients With Cancer: A Clinical Trial Study. *Journal of North Khorasan University of Medical Sciences*, 2(10), 79-86.

49. **Heshmati, R.**, Esmailyan, H., Habibi, R., & Matinpoor, B. (2018). Predicting of Suicide Ideation in Individuals with Obsessive-Compulsive Tendencies: The Roles of Alexithymia, Responsibility Attitude, Positive/Negative Affect. *Depiction of Health*, 9(2), 92-100.
50. Mirgol, A., **Heshmati, R.**, & Matinpoor, B. (2018). Investigating the Correlation of Alexithymia in People with Borderline Tendencies with Impulsivity, Self-Harm and Borderline Personality Traits. *Depiction of Health*, 8(4), 233-240.
51. **Heshmati, R.**, Gharadaghi, A., Jafari, E., & Gholizadegan, M. (2017). Prediction of marital burnout in couples seeking divorce with knowledge of demographic characteristics, mindfulness, and emotional resilience. *Family Counseling & Psychotherapy*, 7(1), 1-22.
52. **Heshmati, R.**, Zamanizad, N., Setayeshi, M. (2017). Structural equation modeling of chronic pain determinants: the role of early maladaptive schema and dispositional mindfulness. *JAP*. 8 (2), 34-44.
53. **Heshmati, R.**, & Avarsin, S. B. (2017). Investigating the predictive role of behavioral inhibition/activation system (BIS/BAS) and dispositional mindfulness on the quality of life of middle school talented children. *Journal of School Psychology*, 6(2), 26-43.
54. **Heshmati, R.** (2017). Structural Equation Modelling of Alexithymia Determinants: The Role of BAS/BIS and Dispositional Mindfulness. *Journal of Research in Psychological Health*, 10(4), 30-44.
55. Setayeshi-azhari, M., **Heshmati, R.**, Dehghan, S.A., (2017) Structural equation modeling of determinative interpersonal problems: The role of attachment styles and interpersonal cognitive distortions in students. *Contemporary Educational Psychology*, 12(1), 3-18.
56. **Heshmati R.** (2017). Effectiveness of Mindfulness-Based Stress Reduction (MBSR) on depression and anxiety of people with coronary artery disease after coronary artery bypass graft surgery. *Iranian Journal of Cardiovascular Nursing*, 2 (6), 44-55.

57. Nazari, E, **Heshmati R.**, Doodkanloo Milan, H. (2017). Early maladaptive schemas predictor of suicidal tendency in students. *Contemporary Psychology*, 12, (Suppl.), 1821-1824.
58. **Heshmati, R.** (2016). Predicting of chronic pain based on early maladaptive schema. *JAP*, 7 (3), 49-60.
59. **Heshmati, R.**, Asalonari, R. Shokrallahi, R. (2016).The effectiveness of group play therapy techniques on state anxiety, positive emotions and general compatibility level in special students with learning disabilities. *Journal of Learning Disabilities*, 5(4), 7-24.
60. **Heshmati, R.**, Hoseindoost, F. (2016). Comparative Study of Temperament and Character Dimensions of Personality in Patients with Major Depressive Disorder, Bipolar I Disorder and Normal People. *Sjimu*, 23 (7) :39-50.
61. **Heshmati, R.**, Ghorbani, F. (2016). the effect of Mindfulness Based Stress Reduction (MBSR) on physical functioning and Health Related Quality Of Life in people with Coronary Artery Disease (CAD). *Iranian Journal of Cardiovascular Nursing*, 5(3), 16-25.
62. Matinpour, B., Poursharifi, H., **Heshmati, R.**, Habibi, R., & Yamin, N. (2016). The relationship between perfectionism, positive and negative affection and suicidal ideation in students with obsessive tendencies. *Journal of Torbat Heydariyeh University of Medical Sciences*, 4(3), 1-7.
63. **Heshmati, R.** (2016). Structural Relationships among Functional Status, Health Beliefs and BMI in Patients with CAD: The Mediator Role of Cardiac Self-Efficacy. *Journal of Health and Care*, 18(3), 191-206.
64. **Heshmati, R.** (2016). Psychometric Properties of the Seattle Angina Questionnaire (SAQ): Scale for Assessing Health-Related Quality of Life in Patients with Coronary Artery Disease. *J Res Behav Sci*, 14(3): 271-80.
65. **Heshmati, R.**, Khodaparast kazerooni, S., Koroghipoor, F. (2016). The predictive role of body image, body mass index, dispositional mindfulness and alexithymia in marital satisfaction of employed women. *Quarterly Journal of Women's Studies Sociological and Psychological*, 14(4), 43-68.

66. Hajloo, N., Jafari, E., **Heshmati, R.** (2016). Determinants of nurse marital satisfaction: the role of spiritual well-being and meaning. *Psychology and religion*, 9(2), 73-84.
67. **Heshmati, R.**, Hatami, J., Bahrami Ehsan, H., Sadeghian , S. (2014). Factor structure of Iranian version of Positive and Negative Affect Schedule (PANAS) Short Form (I-PANAS-SF) in patients with Coronary Artery Disease (CAD). *Journal of Applied Psychology*, 2(30), 41-56.
68. **Heshmati, R.**, Hatami, J., Bahrami, E. H., & Sadeghian, S. (2014). The effect of the biological status of CAD patients on health related quality of life: the mediating role of illness representations. *J Res Behav Sci*, 12(3), 328-34.
69. **Heshmati, R.**, Hatami, J., Bahrami Ehsan, H., Sadeghian , S. (2013). A survey on determinators of health related quality of life in patients with CAD. *Journal of research in Behavioral Sciences*, 12(3), 328-341.
70. **Heshmati, R.**, Hatami, J., Bahrami Ehsan, H., Sadeghian , S. (2013). The effect of LVEF of patients with CAD on health related quality of life: the mediating role of illness perceptions and positive/negative affect. *Journal of Modern Research in Psychology*, 10(39), 53-77.
71. Alizadeh Goradel, J., **Heshmati, R.**, Alilooo, M.M., (2011). relationship between personality characteristics, emotional intelligence with burnout in nurses. *Scientific Journal of Tabriz University of Medical Sciences and Health Services*, 34 (5), 46-52.
72. Hasanloo, H., **Heshmati, R.**, Choopani, H. (2011). An investigation of the effect of Iran and Iraq` war in creating and sustaining of social institutions. *Journal of Specialized study on war*, 3 (4), 10-20.
73. Ghamari Givi, H., Moulavi, P., **Heshmati, R.** (2010). Exploration of the Factor Structure of Positive and Negative Syndrome Scale in Schizophrenia Spectrum Disorders, *Journal of Clinical Psychology* , Vol. 2, No. 2 (6), 1-10.
74. **Heshmati, R.**, Ghorbani, N., Rostami, R., Ahmadi, M., Akhavan, H. (2010). Comparative study of alexithymia in patients with psychotic disorders, non psychotic and normal peoples, *Scientific Journal of Hamadan University of Medical Sciences and Health Services*, 17 (1). 56-61.

75. Fooladvand, K. **Heshmati, R.** (2010). Psychometric properties of the Students' Academic Self-efficacy Questionnaire, *journal of psychology. Journal of psychology sciences*, Vol, 9 (34). 5-11.
76. Abolghasemi, A., **Heshmati, R.** (2009). Relationship between metacognition with Obsessive-Compulsive Personality Disorder, *journal of psychology sciences*, Vol, 7 (28). 71-80.
77. Ghamari Givi, H., **Heshmati, R.**, Habibi, M. (2009). Exploration of Main Symptoms in Psychotic Disorders: Schizophrenia, Major Depression, and Bipolar Mood Disorder, *Journal of Applied Psychology*, Vol. 3, No. 4(12), 21-42.

Scholarly Presentations in International Conferences

1. **Heshmati, R.**, Abdolhadi, A., (2018, July). *The relationship of hardiness and psychological well-being among foreign students of Tabriz University*, 11th International Conference on Psychology and Sociology, announcer, complete article, Tehran, Iran.
2. Afshari, F., **Heshmati, R.**, Nazari, E., Doodkanloo Milan, H., Hamedsobhi, A., (2017, November). *Brief article, Investigation of the Predictor Role of Three Dimensions of Defensive Style in Chronic Pain*. 13th congress of Iranian Pain Society, announcer, Tehran, Iran.
3. Heshmati, F., Alipour, A., Akhoondi, N., **Heshmati, R.** (2017, July). *Determinants of chronic pain: the role of behavioral activation and inhibition system, dispositional mindfulness*. 5th. International Congress on Psychology and Behavioral Sciences, announcer, complete article, Tehran, Iran.
4. **Heshmati, R.**, Azmoodeh, S. (2016, February). *Relationship between Big-five personality dimensions and alexithymia in University students* The International Congress on Psychology, announcer, complete article, Tehran, Iran.

Scholarly Presentations in National Conferences

5. Ahmadi Farsani, M., **Heshmati R.** (2018). Predicting of dispositional mindfulness on alexithymia. Third National Conference on Psychology, announcer, complete article,
6. Nojavan, H., **Heshmati R.** (2016). A survey of awareness, and self-criticism in academic performance of high school students (case study of Ahar high schools). Third National Conference on Psychology and educational sciences, announcer, complete article,
7. **Heshmati R.**, Hatami, M., Ahmadi, Sh. (2016). Effectiveness of mindfulness based stress reduction of children on emotional resilience of elementary school students with ADHD. The second national conference of school psychology, announcer, complete article,
8. Jafari, E., Esmaeili, A., Kharrazian M., **Heshmati, R.** (2016, May). *Relationship between parenting style with happiness in Tehran high school students.* The second national conference of school psychology, announcer, complete article,
9. Asl onari, R., Shokrallahi R., **Heshmati R.** (2016, May). *The relationship between aggression, existential anxiety and achievement motivation with exam anxiety in secondary school students of Meshgin city.* The second conference on school psychology, announcer, complete article,
10. Esmaeili, A., Jafari, E., Kharrazian, M., **Heshmati R.** (2016, May). *Relationship between parenting style with self-efficacy in Tehran high school students.* The second national conference of school psychology, announcer, complete article
11. **Heshmati, R.** (2016, May). *Relationship among family functioning, hardiness and dispositional mindfulness in students* The second national conference of school psychology, announcer, complete article.
12. **Heshmati, R.**, Jafari, E., Eyvazi, S. (2016, May). *Relationship between personality dimeption and dispositional mindfulness in students.* The second national conference of school psychology, announcer, complete article
13. Jafari, E., Esmaeili, A., Babaei, A., **Heshmati, R.** (2016, May). *Comparison of psychological hardiness in intelligent and other students.* The second national conference of school psychology, announcer, complete article

14. Aghdasi, M., **Heshmati, R.**, Golizadeh Z. (2016, September). *Effectiveness of Mindfulness Based Stress Reduction on emotional regulation in girl students of Tabriz University*. Second National Conference on Applied Sport Sciences and Health, poster presentation, complete article,
15. Aghdasi, M., **Heshmati, R.**, Razzagzadeh, S. (2016, September). *Effectiveness of eight weeks aerobic exercise on eating disorders of girl students of Tabriz University*. Second National Conference on Applied Sport Sciences and Health, announcer, complete article
16. Mohammadi, H., Aghdasi, M., **Heshmati, R.** (2015, October). *Relationship between personality and behavior regulation in the sport among soccer players in Tabriz*. The National Conference of Applied Sciences Sports and Fitness, poster presentation, complete article, Structural
17. Mohammadi, H., Aghdasi, M., **Heshmati, R.** (2015, October). *Relationship between personality and sport anxiety among players in Tabriz*. The National Conference of Applied Sciences Sports and Fitness, poster presentation, complete article, Structural
18. Hosseini, S.E., **Heshmati, R.**, Aghayan, S., Khodaparast, S. (2015, November). *Relationship between personality traits and psychological well-being in Households women* The first congress on counseling, family and empowering vulnerable population, announcer, complete article,.
19. Khodaparast, S., **Heshmati, R.**, Aghayan, S., Hoseini, S.E.(2015, November). *Religious attitude, social adjustment in tendency to risky behavior*. The first congress on counseling, family and Empowering vulnerable population, announcer, complete article,
20. **Heshmati, R.** (2008, October). *The effectiveness of exercise in the morning on aggression in children in Ardabil*, Congress on the role of exercise in children health - Mashhad University of Medical Sciences, Mashhad, Iran.
21. **Heshmati, R.** (2009, November). *Interaction of information processing model and the central inhibition of male erectile disorder*. Fourth congress on family and sexual health - Shahed University, Tehran, Iran.

22. **Heshmati, R.** (2009, November). *Comorbidity of gender identity disorder in boys with autism spectrum disorders (ASD)*. (Fourth congress on family and sexual health - Shahed University, Tehran, Iran.
23. **Heshmati, R.** (2009, November). *A survey on dysfunctional sexual response in postmenopausal women*. Fourth Congress of the family and sexual health - Shahed University, Tehran, Iran.
24. **Heshmati, R.** (2009, November). *The role of anima and animus in males erectile disorder and females vaginismus Disorders*. Fourth Congress of the family and sexual health - Shahed University, Tehran, Iran.
25. **Heshmati, R.** (2009, October). *A survey on the effectiveness of exercise in reducing psychological symptoms of menopause*. The second congress of nurses, midwives, Research - Golestan University of Medical Sciences, Golestan, Iran.
26. **Heshmati, R.** (2009, October). *A comparative study of the mental health of nurses working in intensive care, cardiac intensive care, and neonatal intensive care in hospitals in Ardabil*. Second congress of nurses, midwives, Research - Golestan University of Medical Sciences, Golestan, Iran.
27. **Heshmati, R.** (2008, October). *Comparison of mental health and psychological adjustment of children in divorced families and normal families in elementary schools in Ardabil*. Conference of divorce and its consequences – Saghes Payamnoor University, Saghes, Iran.
28. **Heshmati, R.** (2010, July). *Psychological and social Risk Factors on violence against women in the city of Ardabil*. Conference on social pathology - Islamic Azad University of Ilam, Ilam, Iran.
29. **Heshmati, R.** (2010, July). *A survey on suicide attempts and its relation to demographic variables among patients referred to Imam Khomeini Hospital in Ardabil*. Congress of suicide: Causes, Consequences and Solutions - Ilam University of Medical Sciences, Ilam, Ilam, Iran.
30. **Heshmati, R.** (2009, December). *Comparison of risky behaviors and social adjustment of working and non- working prisoners*. Third Congress of risky behavior - Yazd University of Medical Sciences and Health Services, Yazd, Iran.

31. **Heshmati, R.** (2009, December). *The effectiveness of AIDS transmission training and prevention training on sexual risky behavior.* Third Congress on risk behaviors - Yazd University of Medical Sciences and Health Services, Yazd, Iran.
32. **Heshmati, R.** (2009, May). The relationship between metacognition and mental health. Fifth Seminar on student mental health - Shahed University, Tehran, Iran.
33. **Heshmati, R.** (2009, May). *The relationship of family functioning, attachment style and mental health among college students of Mohagheg Ardabili University.* National Conference on Psychology in Payam-e- Noor University of Tabriz, Tabriz, Iran.
34. **Heshmati, R.** (2009, May). *A survey on marital adjustment in secure, anxious, fearful and Denier attachment styles.* National Conference on Psychology in Payam-e- Noor University of Tabriz, Tabriz, Iran.

Books:

1. Hickey, C. (2017). *Understanding Davanloo's Intensive Short-Term Dynamic Psychotherapy: A Guide for Clinicians.* (Translated by **Rasoul Heshmati** & Ansieh Majdi). Karnac Books. In press.
2. Snel, E. (2013). *Sitting still like a frog: Mindfulness exercises for kids (and their parents).* (Translated by **Rasoul Heshmati** & Mina Najafi). Shambhala Publications. In press.
3. Rostami, R. & **Heshmati, R.** (2009). *Attention deficit/hyperactivity disorder, assessment, diagnosis and treatment methods,* Tabalvor publication, Tehran.

TEACHING EXPERIENCE:

1) Undergraduate Education

Courses Designed and Taught (2011-present only)

2019-Present	Theories of psychotherapy (B.Sc. level), Department of Psychology, University of Tabriz.
--------------	---

- 2018- Present *Health psychology* (B.Sc. level), Department of Education, University of Tabriz.
- 2017- Present *Health psychology* (B.Sc. level), Department of Psychology, University of Tabriz.
- 2017- Present Stress management (B.Sc. level), Department of Psychology, University of Tabriz.
- 2015- Present Mental health (B.Sc. level), Department of Psychology, University of Tabriz.
- 2016-2017 *Child & adolescents clinical psychology* (B.Sc. level), Department of Psychology, University of Tabriz.
- 2016-2017 Theories of personality (B.Sc. level), Department of Psychology, University of Tabriz.
- 2016-2017 *Fundamentals of Psychology* (B.Sc. level), Department of Sociology, University of Tabriz.
- 2015-2017 Etiology and treatment of addiction (B.Sc. level), Department of Psychology, University of Tabriz.
- 2016 *General Psychology* (B.Sc. level), Department of Economic, University of Tabriz.
- 2015-2016 *General Psychology* (B.Sc. level), Department of Psychology, University of Tabriz.
- 2016 *Cognitive Psychology* (B.Sc. level), Department of Psychology, University of Tabriz.
- 2016 *Social Pathology* (B.Sc. level), Department of Psychology, University of Tabriz.
- 2015 Learning Psychology (B.Sc. level), Department of Psychology, and University of Tabriz.

- 2014 *Research methods* (B.Sc. level), Department of Psychology, Tehran Payame Noor University.
- 2011-2013 *Theories of Personality* (B.Sc. level), Department of Psychology, University of Allame Tabatabaei.

2) Graduate Education
Courses Designed and Taught

- 2019-Present *Theories of personality* (Ph.D. level), Department of Psychology, University of Tabriz.
- 2017- Present *Theories of Psychotherapy* (M.A. level), Department of Psychology, University of Tabriz.
- 2017- Present *Theories of Personality* (M.A. level), Department of Psychology, University of Tabriz.
- 2017-2018 *Advanced Psychology* (M.A. level), Department of Psychology, University of Tabriz
- 2016 *Developmental Psychology* (M.A. level), Department of Psychology, University of Tabriz
- 2015-2017 *Psychology of Child and Youth Rights* (M.A. level), Department of Psychology, University of Tabriz.
- 2015-2017 *Child and adolescent mental health* (M.A. level), Department of Psychology, University of Tabriz
- 2015 *Principles and techniques of psychological counseling* (M.A. level), Department of Sport Psychology, University of Tabriz
- 2013 *Neuropsychology* (M.A. level), Department of Psychology, University of Allame Tabatabaei.

2010-2011 *Child psychopathology* (M.A. level), Department of Psychology, University of Allame Tabatabaei.

RESEARCH SUPERVISORY EXPERIENCE:

Graduate Education

1) Theses and Dissertation and Graduate Supervision

- 2018-present Mohammad Rezvani Dehaghani, M.A. Thesis, Department of Psychology, University of Tabriz, *Study of adolescent pathological symptoms based on parental traits and perceived fathering.*
- 2018-present Delina Mostafazadeh, M.A. Thesis, Department of Psychology, University of Tabriz, *Investigating the structural pattern of social anxiety symptoms, attachment styles and body image: mediating role of anxiety sensitivity.*
- 2018-present Narges Eslami, M.A. Thesis, Department of Psychology, University of Tabriz, *The Effectiveness of Group Narrative Therapy On worry, Uncertainty, Ego strength and Self-compassion of Female Heads of Household.*
- 2018-present Parisa Amiran, M.A. Thesis, Department of Psychology, University of Tabriz, *Investigating the role of emotional suppression, emotional regulation and alexithymia in addiction severity.*
- 2018-present Shoja Jamali, M.A. Thesis, Department of Psychology, University of Tabriz, *Designing a software model of Wechsler intelligence scale for children, Fifth Edition.*
- 2018-present Zahra Zia Azar, M.A. Thesis, Department of Psychology, University of Tabriz, *Investigating the Predictive Role of Spiritual Health and Religious Attitude in Girls' Emotional Failure Experience.*

- 2018-present Mahnaz Gholizadeh, M.A. Thesis, Department of Psychology, University of Tabriz, *The effectiveness of Mindfulness-Based Stress Reduction (MBSR) program on health status, negative emotions and illness symptoms in Coronary Artery Disease (CAD).*
- 2018- present Sevda Noorbakhsh, M.A. Thesis, Department of Psychology, Islamic Azad University, Marand Branch, *Investigation the role of Alexithymiam, Mindfulness and Cognitive flexibility in predicting psychological well-being of Mothers with mental disabilities childs.*
- 2018- present Delara Najafi Sahra Azar, M.A. Thesis, Department of Psychology, Islamic Azad University, Marand Branch, *Evaluation of the most prominent symptoms in children with Attention Deficit Hyperactivity Disorder (ADHD) compared to healthy children*
- 2018- present Fatemeh Mohammad Beigloo, M.A. Thesis, Department of Psychology, Islamic Azad University, Marand Branch, *The relationship of early maladaptive schemas and adverse childhood experience with generalized anxiety symptoms in talent female students.*
- 2017-2019 Atekeh Mosannayei Najibi, M.A. Thesis, Department of Psychology, Islamic Azad University, Marand Branch, *Efficacy of Mindfulness Based Intervention and TDCs on emotional problems in patients with stroke: a randomized clinical trial.*
- 2017-2018 Rasoul Haji Saghati, M.A. Thesis, Department of Psychology, University of Tabriz, *The effectiveness of child-cantered play therapy on the symptoms of Oppositional defiant disorder (ODD).*
- 2017-2018 Mojtaba Ahmadi Farsani, M.A. Thesis, Department of Psychology, University of Tabriz, *Structural pattern of*

death attitude based on attachment styles in adolescents with cancer: mediator role of emotional repression and anxiety sensitivity.

- 2017-2018 Solmaz Javadpour, M.A. Thesis, Department of Psychology, Islamic Azad University, Marand Branch, The Effectiveness of Intensive Short Term Psychotherapy on Emotional Suppression and Negative Emotions in depression.
- 2017-2018 Zahra Etemadi Bonabi, M.A. Thesis, Department of Psychology, Islamic Azad University, Marand Branch, Efficacy of Mindfulness Based Cognitive Therapy on social anxiety And resiliency of Female students.
- 2017-2018 Maryam Abdollahi Dastjerd, M.A. Thesis, Department of Psychology, Islamic Azad University, Marand Branch, Comparison of the temperament-character personality dimensions, coping styles, and defence mechanisms in substance abusers of under methadone maintenance treatment and untreated abusers.
- 2017-2018 Masomeh Kazemi Kahooj, M.A. Thesis, Department of Psychology, Islamic Azad University, Marand Branch, Comparison of Neuropsychological functions (Selective Attention, working memory and Executive Functioning) in students with Attention Deficit Hyperactivity Disorder (ADHD).
- 2016-2018 Hanie Khandani Moghaddam, M.A. Thesis, Department of Psychology, Islamic Azad University, Tabriz Branch, *Rrelationship among confused identity, cognitive disturbance and negative emotion in university students.*
- 2016-2018 Hossein Nojavan, M.A. Thesis, Department of Psychology, Islamic Azad University, Tabriz Branch, *Relationship of dispositional mindfulness, self-destruction and self-criticism in academic performance of boy students.*

- 2016-2017 Afsaneh Mahmoudi, M.A. Thesis, Department of Psychology, University of Tabriz, *Predicting the obsessive trait based on negative affect, rumination, and dispositional mindfulness.*
- 2016-2017 Hossein Norouzi, M.A. Thesis, Department of Psychology, University of Tabriz, Structural Relationships of suicidal ideation based on self-destruction and adverse experiences of childhood: the mediating role of emotional suppression.
- 2016-2017 Leila Kehtari Harzanagh, M.A. Thesis, Department of Psychology, University of Tabriz, Cognitive emotional regulation strategies, impulsivity and experiential avoidance in people with and without binge eating disorder
- 2016-2017 Fereshteh Ghorbani Mollaei, M.A. Thesis, Department of Psychology, Islamic Azad University, Tabriz Branch, *Effectiveness of Mindfulness Based-stress Reducation on physical functioning and health related Quality of life coronary Artery Disease.*
- 2016-2017 Farzad Adl Gigloo, M.A. Thesis, Department of Psychology, Islamic Azad University, Tabriz Branch, *Effectiveness of group logotherapy on anxiety and depression in patients with cancer disease.*
- 2014-2015 Esmail Ahmadkhanloo, M.A. Thesis, Department of Psychology, Islamic Azad University, Urmia Branch, *Emotional Intelligence, Emotional Self-regulation and Dispositional Mindfulness in High School Intelligent Students.*
- 2014-2015 Sima Maanifar, M.A. Thesis, Department of Psychology, Islamic Azad University, Urmia Branch, *Metacognition, Mindfulness, and Spiritual Well-being in Gifted High School Students.*

- 2014-2015 Maryam Gholizadegan, M.A. Thesis, Department of Psychology, Islamic Azad University, Urmia Branch, *Prediction of marital burnout in couples seeking divorce with knowledge of demographic characteristics, mindfulness, and emotional resilience.*
- 2014-2015 Saeid Behjat Avarsin, M.A. Thesis, Department of Psychology, Islamic Azad University, Urmia Branch, *Investigating the predictive role of behavioral inhibition/activation system (BIS/BAS) and dispositional mindfulness on the quality of life of middle school talented children.*
- 2014-2015 Saman Pashazadeh, M.A. Thesis, Department of Psychology, Islamic Azad University, Urmia Branch, *the effectiveness of an aerobics training course on reducing aggression and improving the level of intelligence and increasing social adjustment in the mentally retarded children of Urmia boy.*

Graduate Education

2) Theses and Dissertation and Graduate Advisory

- 2018-present Azra Aryana, Ph.D. Dissertation, Department of Computer, University of Tabriz, *Implementation of sport activities on human robot and its intelligence to reduce the stereotypic behavior in children with autism spectrum disorder.*
- 2018-present Maryam Vahidi Madadloo, , M.A. Thesis, Department of Computer, University of Tabriz, *Emotion Detection Based on Simple Exercise Activities and Extracting Image Features of Facial Motions in Children with Autism Spectrum Disorder.*

- 2018-2019 Samira Ghorjizadeh Sadabad, , M.A. Thesis, Department of Computer, University of Tabriz,, *Emotion Recognition Based on Simple Exercise Activities and Extracting Image Features of Upper Body Motions in Children with Autism Spectrum Disorder.*
- 2018-2019 Roya Ghaemi, M.A. Thesis, Department of Psychology, University of Tabriz, *Effectiveness of Acceptance Commitment Therapy (ACT) on Psychological Well-being and Qualify Life of Hemodialysis teens.*
- 2017-2018 Hossein Naseri Anbardan, Ph.D. Dissertation, Department of Psychology, University of Tabriz, *The relationship of Temperamental and Characteristics Traits of Personality, Basic Psychological Needs, Early Maladaptive Schema and Vulnerability with Online Social Networking Addiction: the mediating role of Vulnerability to addiction and conflict resolution styles: a causal model.*
- 2016-2017 Laya Azmoodeh, M.A. Thesis, Department of Psychology, University of Tabriz, *Comparison of quality of life, self-efficacy and self-esteem in patients with MS and normal people*
- 2016-2017 Ali Atlas Roodi, Ph.D.Thesis, Department of Psychology, University of Tabriz,, *The structural pattern of Tendency to Cigarette in Patients with Coronary Artery Disease: the roles of depression, emotional suppression, and emotional dysregulation.*
- 2016-2017 Reyhane Pourheidary, M.A.Thesis, Department of Psychology, University of Tabriz, *The Effectiveness of Cognitive-Behavioural Therapy on Fatigue and Health Related Quality of Life in Patients with Multiple Sclerosis (MS).*
- 2016-2017 Mahboobe Tooba, M.A.Thesis, Department of Psychology, University of Tabriz,, *The Relationship*

between Parenting Feelings and Parental Attitude on Social Interactions in Children with Cerebral Palsy.

- 2016-2017 Shadi Haji, , M.A. Thesis, Department of Psychology, University of Tabriz,, *prediction of Depression based on defense mechanisms, alexithymia and self-destruction in University of Tabriz college student.*
- 2016-2017 Saba Razzaghzadeh, , M.A. Thesis, Department of Sport Sciences, University of Tabriz, *the effectiveness of mindfulness training and aerobic exercise on social-physical anxiety and eating behaviors in female students of Tabriz University.*
- 2016-2017 Ziba Gholizadeh, , M.A. Thesis, Department of Sport Sciences, University of Tabriz, *The effectiveness of mindfulness training and aerobic exercise on anger rumination and emotion regulation in female students of University of Tabriz.*
- 2015-2016 Hojjat Mohammadi, , M.A. Thesis, Department of Sport Sciences, University of Tabriz, Structural relationship of personality dimension, sport anxiety and sport regulation behavior among footballers in Tabriz City.
- 2015-2016 Somaye Sabety, M.A. Thesis, Department of Sport Sciences, University of Tabriz, Emotion Detection Based on Simple Exercise Activities and Extracting Image Features of Facial Motions in Children with Autism Spectrum Disorder.

Research Awards, Grants and Contracts:

- 2018-2019 Determinants of dispositional mindfulness based on alexithymia and positive and negative dimensions of perfectionism. Grant awarded by the University of Tabriz; Principal Investigator.

- 2017-2018 Effectiveness of Mindfulness Based Stress Reduction-Children (MBSR-C) on emotional self-regulation and emotional resilience in patients with AD/HD. Grant awarded by the University of Tabriz; Principal Investigator.
- 2016-2017 Structural relationship of BAS/BIS, mindfulness, and alexithymia in college student. Grant awarded by the University of Tabriz; Principal Investigator.
- 2011-2012 Survey of anxiety: trait/state, self-efficacy and health beliefs in functional status of patients with coronary heart disease in Tehran.. Grant awarded by the Tabriz University of Medical Sciences; Co-investigator.

Implementation of educational workshops:

- 2018 Intensive Short Term Dynamic Psychotherapy (ISTDP), comprehensive course, Rahyab clinic, Tehran.
- 2018 Mindfulness Based Stress Reduction (MBSR), comprehensive course, Valie-asr Hospital, Tabriz.
- 2017 Mindfulness Based Stress Reduction (MBSR), comprehensive course, Gold Yoga Center, Tabriz.
- 2017 Intensive Short Term Dynamic Psychotherapy (ISTDP), comprehensive course, Rahyab clinic, Tehran.
- 2017 Intensive Short Term Dynamic Psychotherapy (ISTDP), comprehensive course, Tavanafza clinic, Tehran.
- 2017 Mindfulness Based Stress Reduction (MBSR), comprehensive course, Valie-asr Hospital, Tabriz.
- 2017 Mindfulness Based Stress Reduction (MBSR), comprehensive course, Bonyad shahid, Tabriz.

- | | |
|------|---|
| 2016 | Intensive Short Term Dynamic Psychotherapy (ISTDP), comprehensive course, Tavanafza clinic, Tehran. |
| 2016 | Mindfulness Based Stress Reduction (MBSR), comprehensive course, Bonyad shahid, Tabriz. |
| 2016 | Mindfulness Based Stress Reduction (MBSR), Iranian Oil Company, Tehran. |
| 2016 | Mindfulness Based Stress Reduction (MBSR), Tabriz Health Center, Tabriz. |
| 2015 | Mindfulness Based Stress Reduction (MBSR), comprehensive course, Bonyad shahid, Tabriz. |

PROFESSIONAL AFFILIATIONS AND ACTIVITIES:

1) Editorial Board

- Journal of Clinical Psychology and Cognitive Science
- Journal of Etiological Diagnosis
- Journal of Educational, Health and Community Psychology

2) Reviewer

- Iranian Journal of Psychiatry & Clinical Psychology
- Journal of Research in Behavioral Sciences
- Journal of Babol University of Medical Sciences
- Journal of Urmia Nursing And Midwifery Faculty
- Journal of Tabriz University of Medical Sciences
- Journal of Modern Psychological Research
- Journal of Counselling Research
- Research and Development in Medical Education (RDME)

3) Scientific Committee of Congresses

- Second National Conference on School Psychology, University of Mohaghegh Ardabili, May 23, 2016
- The first biennial congress of Psychology and Behavioral Sciences, University of Tabriz, October 16, 2019

4) Societies and organizations memberships

- Iranian society of clinical psychology
- Iranian society of health psychology
- Psychology and counselling organization I.R. Iran

5) Advisor of the scientific associations

- 2019-Present Advisor to the scientific associations of the Faculty of Educational Sciences and Psychology.
- 2018-2019 Advisor to the scientific associations of the Faculty of Education and Psychology.
- 2015-2016 Advisor to the Psychological Association of the Faculty of Educational Sciences and Psychology.
- 2014-2015 Advisor to the Psychological Association of the Faculty of Educational Sciences and Psychology.

Honor and awards:

- Selected elite researcher of Faculty of Education and Psychology in 2019
- High quality intelligence student in bachelor
- High ranked student in bachelor
- High ranked student in the national examination (konkor) for the entrance of master of clinical psychology

- High ranked student in the national examination (konkor) for the entrance of Ph.D of health psychology

Skills in Statistical software:

- Lisrel software (Advanced level)
- Amos software (Advanced level)
- PLS software (Advanced level)
- SPSS software (Advanced level)

Computer Knowledge:

- Microsoft Office software
- Photoshop software

English Language:

- Listening : Good
- Speaking : Good
- Writing : Good
- Reading : Good

I have the MCHC certification and Tehran University English certification as well

Hobbies and Interests:

- Computer & Internet
- Music
- Watching movies
- Camping
- Kung fu Toa

References:

Prof. Mohammad Ali Besharat
Department of Psychology
University of Tehran
Tehran, Iran
E-mail: mabesharat@gmail.com