



Asghar Jafari

Major: Psychology
Department: Psychology
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EDUCATION

Ph.D. Psychology, Shahid Beheshti University, 1391

M.Sc. Counseling Psychology, Allameh Tabatabai University, 1382

B.Sc. Counseling Psychology, Shahid Beheshti University, 1380

RESEARCH INTERESTS

- Problems and behaviors of Children, adolescents and family
- Problems of students
- Sport psychology, human resource psychology
- Applied psychology

AWARDS AND HONORS

- Grade 1 in high school
- Grade 1 in MA
- Grade 3 in festival of top students
- Selected professor of Education in 2015
- Selected professor of research in 2019
- Selected professor of research in 2020

PUBLICATIONS

Journal Papers

- The relationship of perfectionism and coping strategies with burnout in soccer Players. *Journal of Motor Behaviour*, 2013, 4(11): 147-162.
- The effectiveness of training of motivational self-talk and mental imagery skills in enhancing sport performance of soccer players. *Journal of Psychological Studies*, 2016, 11(4): 71-95.
- Effectiveness of mindfulness-based stress reduction on state/trait anxiety and quality of life in women with obesity. *Feyz* 2017; 21(1): 83-93.
- The relationship of spiritual intelligence factors and tendency to addiction and Its comparison between girls and boy students. *Journal of Research on Religion & Health* Vol. 1, No. 2, Spring 2015, P: 10-18.
- The Effectiveness of Anger Management Skills Training on Reduction Family Violence and Recovery Marital Satisfaction. *Journal of Family Research* Vol.9(3); 299-310;2013.
- The Comparison of Coping Strategies and Psychological Hardiness between Parents of Children with Cancer of Positive and Negative Responding to Treatment. *Scientific Journal of Ilam University of Medical Sciences*, 2016, 24(6): 189-202.
- Effect of a Computerized Training Program on Improving Short-term Memory of Children with Learning Disabilities. *Journal of Empowering Children*, Vol. 6, No. 2 (14), Summer 2015, 38-43.
- Prevalence of Depression among Freshmen of Pharmacy at Zanjan University of Medical Sciences According Demographic Parameters. 2015, 8(17): 21-28.
- The effectiveness of transactional analysis training on self-concept and negative-positive affect of householders. *Journal of woman and Family studies*, 2015, 3(2): 185-203.

- Predicting Life Satisfaction Based on Spiritual Intelligence and Psychological Capital in Older People. *Iranian Journal of Ageing*. 2017; 12(1):90-103.
- The comparison of quality of mother-child relationship and anger self-regulation skill between mothers of normal and with ADHD students. *Quarterly journal of social work*. 2016; 5 (4); 13-24.
- Prediction of depression in students with emotional breakdown based on attachment styles and self-concept. *International Academic Journal of Humanities* Vol. 2, No. 4, 2015, pp. 18-27.
- The Prediction of job motivation of medical employers of Red Cross Organization based on defense mechanisms and culture intelligence. *Journal of Iran Occupational Health*, Oct-Nov 2018/ vol. 15, no.4.
- The Mediating Role of Efficient and Non-Efficient Coping Strategies on Relationship between Positive and Negative Perfectionism with Sport Burnout. *Sport Physiology*, Dec 2019/ No.2/ Vol. 3/ Pages:1-12.
- The Prediction of Academic Procrastination Based on Emotional Intelligence with Mediating Role of Psychological Capital in Medical Sciences Students. *Journal of Education Strategies in Medical Sciences*, May-Jun 2018/ **No** 48, Volume 11, Issue 02.
- Effectiveness of counseling based on Lazarus Multimodal Theory on possible selves, locus of control and decrease of opiate craving in addicts under pharmacotherapy. *Quarterly of Applied Psychology*, Jun 2020/ 13(4): 601-622.
- Design of model cognitive flexibility based on Trend Analysis of Changes of Life Cycle in demanding couples of divorce. *Culture of Counseling Quarterly and Psychotherapy*, Allameh Tabataba'i University, Nov 2019/10(39): 157-180.
- The effectiveness of empowering based on social- cognitive career counseling on self-efficacy and future orientation of female-headed households. *Journal of family and research*, Fed 2020/ 40(4): 106-122.
- Comparison of early maladaptive schemas and cognitive emotion regulation strategies between obese and normal weight women. *Quarterly Journal of Nursing Management (IJNV)*, Dec 2020/ 8(4):32-40.
- The Comparison Between Effectiveness of Storytelling and Play Therapy on Separation Anxiety of Children of Kindergarten. *International Journal of Applied Behavioral Sciences (IJABS)*, Aug 2017/ 4(3): 28-36.
- The Effectiveness of Play Therapy on Reduction of Symptoms of Insecure Attachment and Separation Anxiety of among Preschoolers. *International Journal of Applied Behavioral Sciences (IJABS)*, Oct 2018/ 5(4): 19-28.
- The effectiveness of matrix-based model on change locus of control, reduce craving and tendency to glass in men under therapy. *Quarterly Journal of Research on Addiction*, Spring 2018/ 12(45): 170-188.
- The Effectiveness of psychological empowering on reducing anxiety and improving executive functions of women with addictive spouse. *Culture of Counseling Quarterly and Psychotherapy*, Allameh Tabataba'i University, Feb 2018/ 8(32): 89-109.

- The Effectiveness of a TOM Training Program in Promoting Intimacy between Married Couples. THE AMERICAN JOURNAL OF FAMILY THERAPY, Jun 2020/ 1-18. [https://DOI: 10.1080/01926187.2020.1782285](https://doi.org/10.1080/01926187.2020.1782285)
- The Effectiveness of a TOM Training Program in Promoting Empathy Between Married Couples. JOURNAL OF COUPLE & RELATIONSHIP THERAPY, Jun 2019/ 1-25. DOI: 10.1080/15332691.2019.1620145
- Predicting of affective problems intensity based on attachment styles and possible selves in students with emotional breakdown. Journal of Humanities and social studies, Oct 2019/ 17: 17-27.
- Prediction of the Anxiety Sensitivity Based on Lifestyle Features in Students of Qazvin University of Medical Sciences. The Journal of Qazvin University of Medical Sciences. Apr 2019; 23(2):152-163. doi.org/10.32598/JQUMS.23.2.152
- Predicting Psychological Wellbeing of Women with Hypertension Based on Perceived Stress with Mediating Role Cognitive Emotional Regulation. Iranian Journal of Psychiatric Nursing (IJPN), Jun- Jul 2019/ 7(2): 40-47. DOI: 10.21859/ijpn-07206
- The Efficacy of Aerobic Exercises in Reducing Loneliness and Promoting Happiness in Elderly. Iranian Journal of Psychiatric Nursing (IJPN), Nov- Dec 2017/ 5(5): 40-47. DOI: 10.21859/ijpn-05052
- Comparing the family process-content, and personality traits between mothers with autistic children and the normal ones (6-15 years old). Journal of Fundamentals of Mental Health, Jan-Feb 2018/ 20(1): 39-49.
- The Effectiveness of Cognitive- Behavioral Play Therapy on improve Mathematics Performance and Perception the Spatial Relationships among Students with Mathematics Learning Disability. Journal of Cognitive Psychology. 2019; 7(3): 74-89.
- The effectiveness of schema therapy on increasing family process and content in demanding couples of contested divorce. Quarterly journal of social work. 2019; 9 (4); 5-12.
- The Effectiveness of Painting Therapy on Anxiety in Children with Attention Deficit/Hyperactivity. Journal of Applied Family Therapy, 2020; 1(2): 68-85.
- Modeling the styles of coping with marital conflict based on the analysis of the trend of life cycle changes in couples seeking divorce. Woman police, 2020; 14(33): 341-364.
- The Effectiveness of Painting Therapy on Anxiety in Children with Attention Deficit/Hyperactivity Disorder. Journal of Applied family therapy; 2020; 1(2): 68- 85.
- The relationship Psychological Capital and Job Motivation and Professional Ethics: mediating role of Defense Mechanisms in Nurses. Quarterly Journal of Career & Organizational Counseling Vol, 13/ No, 47 / Summer 2021, 113-128.
- Predicting model of conflict resolution styles based on differentiated dimensions and cognitive flexibility with the mediating role of self-compassion. Journal of Research in Behavioral Sciences Year 2021, Volume 19, Issue 1.
- The Effects of Guided Imagery Adjunct to Pharmacotherapy on Resilience in Patients under Substance Dependence Treatment. MEJDS, 2021; 10: 242.

- The role of coping strategies in the relationship between psychological capital and rumination in patients with obsessive-compulsive disorder. *Chron Dis J* 2021; 9(4): 160-6.
- The effectiveness of self-differentiation training on improving family process and content in demanding couples of contested divorce. *Journal of Counseling Research Iranian Counseling Association*, 2021; 20(77): 61-88.
- The Predicting of Pain based on Emotional Expression in Women with Breast cancer in Pandemic COVID-19: mediating role of life Style. *Iranian Journal of Cancer Care (IJCA)*, 2021; 2(2): 13-23.

Conference Papers

- The development of mental preparation package for soccer players based on mental skills of specific-soccer. 2nd International Congress on Science and Football, 6 and 7 November 2013, Iran National Football Academy.
- Affective problems and basic psychological needs between parents of Child Abuse Parents and match group. *Contemporary Psychology*, 2017, 12: 1275-1279.
- The changes of family function and comparison it among new family models. 1nd International Congress of New researches on education and psychology and Iran social studies.

Books

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INVITED REVIEWER FOR JOURNALS

- Reviewer for Journal of Iran Occupational Health
- Reviewer for Journal of Social working
- Reviewer for Iranian Journal of psychiatric Nursing
- Reviewer for Iranian Journal of Family and research
- Reviewer for Iranian Journal Education
- Reviewer for Book of Cognition in Older People
- Reviewer for Book of developmental Disorders in Childhood and adolescence

GRADUATE AND UNDERGRADUATE COURSES

- CBT
- EFT

LECTURES AND TALKS

- Children and family
- Pre marriage and love
- Psychoanalysis and marriage

COMPUTER SKILLS

- Word and excel
- SPSS and Amos

LANGUAGE SKILLS

- English