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Education

- ✓ B.Sc, Clinical Psychology, University of Tehran - 2005
- ✓ MS, Psychology, University of Tehran - 2008
- ✓ PhD, Psychology, Tarbiat Modares University - 2017
- ✓ PhD, Psychology, Tarbiat Modares University - 2017

Courses

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|---|---|
| 1. Fundamental Issues in Psychology 1 | 2. Sensation and Perception |
| 3. Developmental Psychology 2 | 4. Cognitive Psychology |
| 5. Child Psychology with Exceptional Needs 1 | 6. Principles of Clinical Psychology |
| 7. Psychology of Aging | 8. New Discussions in Psychopathology |
| 9. Child and Adolescence Psychopathology | 10. General Psychology |
| 11. Child Psychology with Exceptional Needs 2 | 12. Advanced Exceptional Childrens |
| 13. Behavioral and Emotional Disorders | 14. Developmental Psychology1 |
| 15. Psychological pathology according to the specific issues of Iranian culture | 16. Bascis of Psychology-Main Cncepts |
| 17. Fundamental Issues in Psychology 2 | 18. Gender Psychology |
| 19. Psychological pathology based on ecological background | 20. Psychological pathology based on ecological context |
| 21. Developmental Psychology | 22. Practicum |

Thesis

Master Thesis

1. The Relationship Between Attachment Styles And The Perception Of Dehumanization With The Mediating Role Of Objectification In Romantic Relationships

محياسادات دقيق بزاز, [Sana Nourimoghadam, Bahman Kord Tamini, Mahmoud Shirazi, Faramarz Sabeghi]
نیمسال دوم سال تحصیلی 1403-1404

2. The relationship between healthy lifestyle and cognitive skills with the mediating role of self-efficacy in students of Shahid Bahonar University of Kerman

مجید امیدی نیا, [Sana Nourimoghadam, Masoud Rostami, Mahmoud Shirazi, Hadi Esmaeeli Darmian]
نیمسال دوم سال تحصیلی 1403-1404

3. The role of academic emotions and academic entitlement in adolescents academic satisfaction

نازل سلطانیپور, [Sana Nourimoghadam, Bahman Kord Tamini, Mahmoud Shirazi, Kamran Bagherimajd]
نیمسال دوم سال تحصیلی 1403-1404

4. The effectiveness of Acceptance and Commitment Therapy (ACT) in promoting psychological flexibility and reducing rumination in female students with the experience of romantic trauma

مطهره حیدری صادق, [Sana Nourimoghadam, Bahman Kord Tamini, Mahmoud Shirazi, Zahra Nikmanesh, Vali Mehdihezad]
نیمسال اول سال تحصیلی 1403-1404

5. The effectiveness of cognitive behavioral therapy on attitudes towards love, marital expectations and feelings of happiness in people on the verge of marriage

امیر بستان, [Sana Nourimoghadam, Farhad Kahrazei, Masoud Rostami, Kamran Bagherimajd]
نیمسال اول سال تحصیلی 1403-1404

6. Effectiveness of teaching artificial intelligence tools on emotional intelligence, creative thinking and problem solving in students

شهرزاد جلالی افشار, [Sana Nourimoghadam, Bahman Kord Tamini, Mahmoud Shirazi, Mehrdad Mazaheri Dasht Arjandi, Kamran Bagherimajd]
نیمسال اول سال تحصیلی 1403-1404

7. The relationship between speech anxiety and oral communication skills in intermediate level English language learners with the mediating role of emotional intelligence

مرضیه ابراهیمی, [Sana Nourimoghadam, Masoud Rostami, Ali Arab, Hadi Esmaeeli Darmian]
نیمسال دوم سال تحصیلی 1403-1402

8. The relationship between nomophobia and sleep quality with the mediating role of basic psychological needs

علی غلامحسین زاده, [Sana Nourimoghadam, Zahra Nikmanesh, Ali Farnam, Mahmoud Shirazi, Naser Nastiezaie]
نیمسال اول سال تحصیلی 1403-1402

9. The relationship between sleep quality and cognitive ability and health-related quality of life in adolescents

فائزه کریمی مسکونی, [Sana Nourimoghadam, Bahman Kord Tamini, Masoud Rostami, Hadi Esmaeeli Darmian]
نیمسال اول سال تحصیلی 1403-1402

10. Comparing the effectiveness of Emotion-Focused Therapy and Eye Movement Desensitization and Reprocessing on self-esteem, self-criticism, fear of negative evaluation, and Difficulties in Emotion Regulation

جواد محمدیان, [Sana Nourimoghadam, Zahra Nikmanesh, Bahman Kord Tamini]

نیمسال اول سال تحصیلی 1403-1402

11. The effectiveness of transcranial brain stimulation using direct electric current on the improvement of emotion regulation and executive functions of migraine patients

رویا ملاک درآباد, [Sana Nourimoghadam, Masoud Rostami, Bahman Kord Tamini, Kamran Bagherimajd]

نیمسال اول سال تحصیلی 1403-1402

12. The Relationship Between Attention-deficit hyperactivity disorder and Autism Symptoms in Iranian Children and Adolescents: A Network Analysis Approach

ساجده معلائی, [Sana Nourimoghadam, Bahman Kord Tamini, Masoud Rostami, Naser Nastiezaie, Mohammad Hossein Dehghan]

نیمسال اول سال تحصیلی 1403-1402

13. Prediction of investment behaviors based on the level of psychological ability and emotional flexibility in retail traders of Tehran Stock Exchange.

اسما حامدی, [Sana Nourimoghadam, Zahra Nikmanesh, Bahman Kord Tamini, Farhad Kahrazei, Naser Nastiezaie]

نیمسال اول سال تحصیلی 1403-1402

14. Efficacy of Mindfulness-Based Cognitive Therapy on Self-Compassion, Resilience, and Academic Engagement in Students

هلمه جهاننیز, [Zahra Nikmanesh, Sana Nourimoghadam, Bahman Kord Tamini, Mahmoud Shirazi, Vali Mehdinezhad]

نیمسال دوم سال تحصیلی 1401

15. Prediction of social isolation based on childhood abuse with the mediating role of self_compaction in college students.

فاطمه زارعی, [Sana Nourimoghadam, Masoud Rostami, Ali Arab, Hadi Esmaeeli Darmian]

نیمسال اول سال تحصیلی 1402-1401

16. cohesive self-knowledge, Self-knowledge, vitality, youth identity styles

عبدالکریم چنگ, [Sana Nourimoghadam]

نیمسال دوم سال تحصیلی 00-01

17. Predicting eating disorders based on self-differentiation and alertness in adolescents with diabetes

خدیجه خودداری, [Sana Nourimoghadam]

نیمسال دوم سال تحصیلی 00-01

18. Comparison of psychological well-being, psychological cohesion and vitality in elderl helpers covered by Imam Khomeini the committee and ordinary people

زینب زینلی, [Sana Nourimoghadam]

نیمسال دوم سال تحصیلی 00-01

19. Effectiveness of Emotion Focused Therapy on Cognitive Flexibility, Academic Emotion and Test anxiety on Teenagers.

عسل شهرکی قدیمی, [Sana Nourimoghadam]

نیمسال اول سال تحصیلی 00-01

20. Comparison of information processing style, bis/bas and mindfulness in musicians and non-musicians

محمد سهیل مشرفی, [Sana Nourimoghadam, Masoud Rostami, Bahman Kord Tamini, Naser Nastiezaie]

نیمسال اول سال تحصیلی 00-01

21. The relationship between empathy and interpersonal sensitivity with the mediating role of alexithymia in adolescents with social anxiety

زهرة غفاري نيا, [Sana Nourimoghadam]

نیمسال اول سال تحصیلی 00-01

Journals Papers

2024

1. The Effectiveness of Positive Psychological Interventions on Social Isolation of Girl Students During the COVID-19 Pandemic

ziba karimi, Bahman Kord Tamini, Sana Nourimoghadam

Shiraz E Medical Journal Volume: (25) 1 - 7

2. Suicidal Tendency and Impulsivity and Integrative Self-knowledge Among the Adult Population

Esmail Ramezani, Sana Nourimoghadam

International Journal of High Risk Behaviors and Addiction Volume: (13) 1 - 8

3. نقش جهت گیری مذهبی و مکانیسم های دفاعی در استفاده از هرزه نگاری جنسی

Zahra Pir bonian, Zahra Nikmanesh, Sana Nourimoghadam

Volume: (22) 121 - 130

4. The Impact of Mindfulness Therapy on Stress and Anxiety in Patients with Covid-19

Ziba Karimi, Mehrdad Mazaheri Dasht Arjandi, Sana Nourimoghadam

Volume: (10) 159 - 177

5. نقش پیش بینی کننده خودشناسی انسجامی در سرزندگی و سبک های هویت جوانان

ABDOLKARIM CHANG, Sana Nourimoghadam

Volume: (24) 75 - 94

2023

6. تاثیر درمان ذهن آگاهی بر نگرش های ناکارآمد حاصل از بیماری کرونا

Ziba Karimi, Sana Nourimoghadam, Mehrdad Mazaheri Dasht Arjandi

Volume: (30) 150 - 161

7. The effects of attachment style and object relations on aggression in individuals with spousal violence: the mediating role of dark tetrad personality traits

Mojtaba Rahimian Bougar, Sana Nourimoghadam, Azin Soroushvala, Siamak Khodarahimi, Maryam Abdi, Marz

CURRENT PSYCHOLOGY Volume: (42) 1 - 9

8. The comparative study of mindfulness in children with attention deficit hyperactivity disorder, typically developing children, and their mothers

Najme Salmani, Sana Nourimoghadam

CURRENT PSYCHOLOGY Volume: (42) 1 - 9

9. The Mediating Role of Anxiety in the Relationship Between Mothers Cognitive Avoidance and Adolescents Digital Game Addiction

Hellema Jahantigh, Sana Nourimoghadam

International Journal of High Risk Behaviors and Addiction Volume: (12) 1 - 9

10. اثربخشی شناخت درمانی مبتنی بر ذهن آگاهی بر اشتیاق تحصیلی در دانش آموزان

Hellema Jahantigh, Zahra Nikmanesh, Sana Nourimoghadam

Volume: (66) 1008 - 1015

11. شناسایی عوامل مؤثر در بروز خشونت خانگی با روش تحلیل محتوا

alireza moradi, Sana Nourimoghadam

Volume: (12) 62 - 91

2022

12. مقایسه راهبرد های نظم چوبی شناختی هیجان ، بهوشیاری و انعطاف پذیری شناختی در دانش آموزان استعداد درخشان و عادی در دوران قرنطینه خانگی بیماری کووید 19

Sana Nourimoghadam, Aliasghar Moridi

Volume: (19) 87 - 104

13. Anxiety, Depression, and Stress in Women with Frequent Miscarriage Experiences: Before and After Acceptance and Commitment Therapy

Mehrdad Ghanbarpour ganjari, Sana Nourimoghadam

Womens Health Volume: (9) 156 - 163

2021

14. The Effectiveness of Mindfulness-Based Stress Reduction Group Therapy in Emotion Regulation Among Multiple Sclerosis Patients

Haniyeh Nobakht, Sana Nourimoghadam, Zahra Nikmanesh

Medical-Surgical Nursing Journal Volume: (10) 1 - 6

15. The Predictive Role of Parents Integrative Mindfulness and Self- Knowledge in Adolescents Emotion Regulation Patterns

Batol Zare, Sana Nourimoghadam

International Journal of School Health Volume: (8) 55 - 61

2020

16. Prediction of the role of self-efficacy on the basis of meta-cognitive beliefs and executive functions in students

, Sana Nourimoghadam

Volume: (16) 123 - 144

2019

17. نقش پیش بینی کننده مولفه های بهوشیاری و خودمهارگری مادران در تنظیم هیجانات کودکان

Sana Nourimoghadam

Volume: (4) 141 - 153

2018

18. The Effectiveness of Mindfulness Training on Promoting Attention in Children with Attention Deficit -Hyperactivity Disorder (ADHD)

Sana Nourimoghadam, kazem rasoul zade tabatabaie, nima gharbani, alireza moradi, afsane sehat

Volume: (1) 123 - 135

Conferences Papers

2023

1. The Relationship between Self-Control and Sense of Coherence on Teachers Emotional Expression

Ziba Karimi, Sana Nourimoghadam, Bahman Kord Tamini

2. Investigating the Relationship between Primary Maladaptive Schema and Procrastination in College Students

The first international conference of applied psychology

Soghra Fallahi shah abad, Najme Salmani, Sana Nourimoghadam, Zahra Nikmanesh

3. Prediction of Pornography through Shame and Guilt in College Students

1st International Conference on Applied Psychology

Fateme Elahimanesh, Najme Salmani, Sana Nourimoghadam, Zahra Nikmanesh

4. The Effectiveness of Mindfulness-Based Cognitive Therapy on Academic Engagement in Students

1st International Conference on Applied Psychology

Zahra Nikmanesh, Sana Nourimoghadam, Hellema Jahantigh

5. Defense styles, personality traits and document styles in teenagers

, Najme Salmani, Sana Nourimoghadam, Zahra Nikmanesh

6. The Role of Integrative Self-knowledge and Sense of Vitality in Attitudes toward Infidelity

8. The role of anticipating attachment styles and identity styles in emotional intelligence

Executive activities

مشاوره دانشجویان کارشناسی

from 1403/11/06 - to 1404/04/06

مشاوره دانشجویان کارشناسی

from 1403/07/01 - to 1403/11/05

مشاوره دانشجویان کارشناسی

from 1402/11/21 - to 1403/04/04

مشاوره دانشجویان کارشناسی

from 1402/07/01 - to 1402/11/05

مدیر گروه روان شناسی

from 1399/11/01 - to 1401/12/02

مدیر گروه

from 1399/06/22 - to 1399/10/29

Research Project

2024

2023

2021
