



Farhad Kahrazei Associate Professor

Faculty : Educational Sciences and Psychology

Departments : Psychology

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Address : Dept.of Psychology, Faculty of Educational Sciences
and Psychology, University of Sistan and Baluchestan, Daneshgah
Ave., Zahedan, Iran.

Education

- ✓ B.Sc, Clinical Psychology, Shahed University - 1997
- ✓ MS, Psychology, Tarbiat Modares University - 2001
- ✓ PhD, Psychology, Shahid Beheshti University - 2011
- ✓ PhD, Psychology, Shahid Beheshti University - 2011

Courses

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| 1. General Psychology 2 | 2. Social Psychology |
| 3. Seminar in General Psychology | 4. General Psychology |
| 5. 5 | 6. General Psychology 1 |
| 7. Developmental Psychology 1 | 8. Learning disorders |
| 9. Developmental Psychology 2 | 10. Personality, theories and concepts |
| 11. History and Schools of Psychology | 12. Addiction psychology ,Etiology and treatment |
| 13. Psychopathology 2 | 14. Advanced Growth Psychology |
| 15. Neuro Psychophysiology | 16. Psychopathology |
| 17. Physiological Psychology | 18. Introduction of neuroPsychology |
| 19. Youth and teenagers issues | 20. Endocrine and Nervous System Physiology |
| 21. Developmental Psychology1 | 22. Psychopathology 2 |
| 23. Addiction Psychology | 24. Neurophysiology |
| 25. Attitudes and their change | 26. Psychopathology1 |
| 27. Experimental Psychology | 28. Cognitive Psychology |
| 29. Developmental Psychology | 30. Developmental psychology(1) |
| 31. Developmental psychology(]]Adolescence | 32. Psychopathology 1 |
| 33. Sensation and Perception | 34. dan |
| 35. Developmental Psychology 2 | 36. Advanced Exercise Physiology |
| 37. Bascis of Psychology-Main Cncepts | 38. New Discussions in Psychopathology |
| 39. New Topics in Pathology | 40. Advanced personality theories |
| 41. Motivation and Emotion | 42. Physiological psychology and neuropsychology |
| 43. Psychology of adolescent growth | 44. Advanced Social Psychology |
| 45. Advanced Social Psychology | 46. Advanced Developmental Psychology |

Thesis

Master Thesis

1. The role of academic self-regulation reducing academic procrastination of secondary school students with the mediation of classroom management style

[Farhad Kahrazei], مجید بابائی پشته ئی

نیمسال اول سال تحصیلی 1401-1402

2. Predicting the level of social acceptance based on self-worth and communication skills with the mediating role of motivation for progress in Iranian insurance employees

[Farhad Kahrazei, Mehrdad Mazaheri Dasht Arjandi], کتایون السادات مهرابی

نیمسال دوم سال تحصیلی 01-00

3. The Effectiveness of Mindfulness Training on Self-efficiency and Adaptive and Social Performance in Poorly-cared and Homeless Girls in Sirjan Welfare Organization

[Farhad Kahrazei, Mahmoud Shirazi, Masoud Rostami, Naser Nastiezaie], مهرانار محمودآبادی

نیمسال دوم سال تحصیلی 01-00

4. The role of school excitement and school well-being in students self-regulated learning and academic procrastination

[Farhad Kahrazei], افسانه ده مرده

نیمسال اول سال تحصیلی 01-00

5. The effectiveness of clay education on decreasing symptoms of anxiety and behavioral problem among badly cared for children

[Farhad Kahrazei], خدیجه جهانگیرزهی

نیمسال اول سال تحصیلی 01-00

6. The relation of Family emotional atmosphere with bullying and behavioral disorders in first grade high school students

[Farhad Kahrazei], زهره بدیهیان نجف آبادی

نیمسال اول سال تحصیلی 01-00

7. The Roie of Coping Styles and Attributional Styles In Students Academic Achievement In Iranshahr School Of Medical Sciences

[Mahmoud Shirazi, Sana Nourimoghadam, Farhad Kahrazei, Ali Farnam], عبدالرحمن انصاری صدر

نیمسال اول سال تحصیلی 99-98

8. The Roie of Inferiority Feeling and Resiliency in Suicidal Thoghts in Girl High School Students of Chabahar

[Bahman Kord Tamini, Ali Arab, Farhad Kahrazei, Ali Farnam], یونس بلوچی

نیمسال دوم سال تحصیلی 98-97

9. a survey of internet pornography and masturbating among students of payam nor university branch minab

[Farhad Kahrazei], محمد پیردایه

نیمسال دوم سال تحصیلی 98-97

Journals Papers

2025

1. Investigating the role of imagotherapy on improving couples communication patterns in married women seeking divorce in Tehran

Negin Zenali araghi, Farhad Kahrazei, Sophia khaneghahI

Volume: (68) 191 - 198

2. The Effectiveness of the Unified Protocol for Transdiagnostic Treatment on Meta-Worry and Emotional Flexibility of Adolescent Girls with Symptoms of Irritable Bowel Syndrome

SAMANEH SADEGHIHAFSHEJANI, Zahra Nikmanesh, Bahman Kord Tamini, Farhad Kahrazei

Volume: (21) 61 - 67

3. اثربخشي آموزش بسته سواد روان شناختي رسانه و فضاي مجازي بر انعطاف پذيري شناختي - هیجاني نوجوانان

Fereydon Ramazani, Bahman Kord Tamini, Farhad Kahrazei, Ali Arab

Volume: (23) 153 - 166

4. اثربخشي آموزش هاي رسانه اي بر سواد روانشناختي رسانه و هويت اجتماعي نوجوانان

Fereydon Ramazani, Bahman Kord Tamini, Farhad Kahrazei, Ali Arab

Volume: (4) 47 - 60

2024

5. The Effectiveness of Mindfulness Skills Training on Extramarital Relationships with a Focus on the Mediating Role of Emotional Schemas

Zahra Nikbakht, Ali Farnam, Farhad Kahrazei

Iranian Evolutionary and Educational Psychology Volume: (6) 1 - 18

2023

6. The effectiveness of positive couple therapy and acceptance and commitment on increasing marital adjustment

Bonyad Jamshidzahi, Farhad Kahrazei, Mahmoud Shirazi

Volume: (65) 2101 - 2112

7. بر کاهش میزان (tDCS) و تحريك مستقيم الكتريكي ورا جمجمه ايي (NF) بررسي تاثير نوروفيدبك افسردگي، اضطراب و استرس بيماران مراجعه كننده به مراكز خدمات جامع سلامت زاهدان

Mozhdeh Mirmoradzehi Sibi, Mahmoud Shirazi, Farhad Kahrazei

Volume: (66) 913 - 927

8. The Relationship between Some Psychological and Personality Traits with Violence Leading to Murder

Reza Nezari, Farhad Kahrazei, Gholamreza Sanagoy Mohrer

Volume: (30) 1 - 11

2022

9. The efficacy of positive couple therapy and treatment based on acceptance and commitment on the desire for divorce

Bonyad Jamshidzahi, Farhad Kahrazei, Mahmoud Shirazi

Volume: (20) 1881 - 1895

10. Impaired set-shifting ability in patients with bulimia nervosa: A systematic review and meta-analysis

Zahra Moghanizadeh, Farhad Kahrazei, Mashhadi Ali

Journal of Fundamentals of Mental Health Volume: (24) 3 - 10

11. Effectiveness of Mindfulness-Based Cognitive Therapy on Body Image Anxiety and Suicidal Ideation of Adolescent Girls with Body Dysmorphic Disorder

Zahra Bahreini, Farhad Kahrazei, Zahra Nikmanesh

Avicenna Journal of Neuro Psycho Physiology Volume: (9) 5 - 10

12. The Effectiveness of Mindfulness-Based Cognitive Therapy on Psychological Well-Being and Positive and Negative Emotions in Adolescent Girls with Body Dysmorphic Syndrome.

Zahra Bahreini, Farhad Kahrazei, Zahra Nikmanesh

Volume: (8) 64 - 79

13. اثربخشی آموزش خوش بینی بر ادراک شایستگی و کیفیت زندگی دانش آموزان ابتدایی

Moslem Beshkar, Zahra Nikmanesh, Farhad Kahrazei

Volume: (10) 65 - 76

14. The effectiveness of schema-based group training on quality of work life and job satisfaction of Sistan and Baluchestan Electricity Emergency Employees in 2020. ioh 2022

Hamidreza Mirshekari, Farhad Kahrazei, Mahmoud Shirazi

Iran Occupational Health Volume: (19) 113 - 137

15. مقایسه اثربخشی سه رویکرد طرحواره درمانی، مهارت فصول و درمان مبتنی بر پذیرش و تعهد بر کاهش افسردگی و نشخوار ذهنی زنان مبتلا به سرطان شهرستان شیراز

Salem Jafari, Bahman Kord Tamini, Farhad Kahrazei

Volume: (65) 838 - 853

2021

16. Function Impairments in Patients with Bulimia Nervosa: a Systematic Review

Zahra Moghanizadeh, Farhad Kahrazei, Ali Mashhadi

Govaresh Volume: (25) 247 - 261

17. The investigation of relationship path between Communication Skills. Individual Adaptation and Positive Psychological states in Male and Female Students of Mashhad Farhangian University

vahid nesaai, Farhad Kahrazei, Ali Farnam, mohammad ali fardin

Volume: (17) 138 - 153

18. The Effectiveness of Spiritual Confrontation Skills on Pain Self-efficacy in Patients with Severe Thalassemia

masoud raisi, Farhad Kahrazei, gholamreza sanagouye mohrer

Religion and health Volume: (8) 1 - 8

19. The Effectiveness of Positivity Skills Training on Improving Extramarital Relationships by Emphasizing the Mediating Role of Attachment Styles

Zahra Nikbakht, Ali Farnam, Farhad Kahrazei

Volume: (4) 23 - 35

20. The Effectiveness of Schema Therapy Approach on Reducing Depression and Rumination in Women with Cancer

salem jaafari, Bahman Kord Tamini, Farhad Kahrazei

Volume: (28) 210 - 219

21. Mindfulness-Based Stress Reduction Management Training on Body Image and Death Anxiety in Patients with Thalassemia Major

raisi masoud, Farhad Kahrazei, gholamreza sanagouy mohrer

Volume: (10) 206 - 212

22. The Effects of Problem-Solving Skills Training on Quality of Work Life and Job Satisfaction in Employees

hamidreza mirshekari, Farhad Kahrazei, Mahmoud Shirazi

Volume: (11) 1 - 9

23. اثربخشي آموزش مثبت نگري بر ادراك شايستگي و كيفيت زندگي دانش آموزان

moslem beshkar, Zahra Nikmanesh, Farhad Kahrazei

Volume: (19) 59 - 67

24. Comparison of the Effect of Transcranial Direct Current Stimulation, Neurofeedback, and Neuro-Linguistic Programming on Reducing the Rate of Depression, Anxiety, and Stress

Mozhdeh Mirmoradzehi Sibi, Mahmoud Shirazi, Farhad Kahrazei, Zahra Ghiasi

Jundishapur Journal of Chronic Disease Care Volume: (10) 1 - 7

25. The relationship between family functioning, social support, and socioeconomic status with homicidal violence

Reza Nezari, Farhad Kahrazei, Gholamreza Sanagouye mohrer

Volume: (28) 100 - 109

2020

26. Effect of Self-management Training on Stress, Mental Health, and Self-Care Behaviors in Patients with Type II Diabetes. J Diabetes Nurs.

gholamreza sanagouye moharer, Mahmoud Shirazi, Farhad Kahrazei, zahra karimi mohaheri, samaneh kia

Volume: (8) 1084 - 1095

27. Effectiveness of Group Therapy Based on Acceptance and Commitment in Reduction of Distress and Pain Catastrophizing Among Diabetic Patients with Chronic Pain.

reza ثناگوي محرر, Farhad Kahrazei, gholamreza ايمان خواه

Volume: (8) 1020 - 1031

28. The effect of group mindfulness-based stress reduction program on Pain self-efficacy in patients with Thalassemia Major.

masoud Raesi, Farhad Kahrazei, gholamreza sanagoye mohrer

Volume: (11) 88 - 97

29. Effectiveness of Cognitive-Behavioral Therapy on Distress Tolerance and Coping with the Childs Illness in Parents of Children with Thalassemia Major

, bahrini zahra, Farhad Kahrazei

Avicenna Journal of Neuro Psycho Physiology Volume: (7) 231 - 235

30. Comparison of the General Health and Happiness of the Elderly Living in Nursing Homes, Private Homes with and without Family-Based Rehabilitation Services

azam akbarizadeh, Farhad Kahrazei

Volume: (4) 56 - 67

2019

31. Comparing Profile of Mental Health and Strategies for Coping with Stress in Women with and without Gastroesophageal Reflux Disease

Farhad Kahrazei, shifteh shahabi, zahra moghanizadeh, zeinab shirin tarkeshdoz, babak keshvari

Govaresh Volume: (24) 81 - 87

32. The Relationship of Homesickness with Loneliness and Attitude to communication with Opposite Sex in Non-local Students Living at Hostels of Sistan and Baluchestan University

Safoora Khoshdel daryasari, Bahman Kord Tamini, Farhad Kahrazei

Volume: (8) 77 - 89

33. The comparison of the effectiveness of group schema therapy and group emotional-based couple therapy on couples maladaptive schemas and life satisfaction

Ahmad Aghaee, Farhad Kahrazei, Ali Farnam

Volume: (18) 133 - 142

34. The Mediating Role of Cognitive-Emotion Regulation Strategies in the Relationship between Theory of Mind with Negative Emotions (Anxiety, Depression, Stress) of Parents of Exceptional Children in Mashhad Daily Rehabilitation Centers

KOBRA AFSHAR, Bahman Kord Tamini, Farhad Kahrazei

Volume: (7) 1 - 18

35. The Effectiveness of Mindfulness-Based Cognitive Therapy on Stress Coping Styles and Depression in Patients with MS

gholamreza sanagoyr-mohrer, Farhad Kahrazei, Mahmoud Shirazi, fahemeh maghsodlou, roya mohamadi

Volume: (62) 1574 - 1586

2018

36. The role of humor in hope and posttraumatic growth among patients with leukemia

, Farhad Kahrazei, Ali Arab

Journal of Fundamentals of Mental Health Volume: (20) 176 - 184

37. role of attitude to the care of a dying patient in prediction of clinical anxiety and sleep quality of nurses

Hamide Shahri, Farhad Kahrazei

Volume: (26) 173 - 183

38. A Cross-Cultural Study of the Relationship of Emotional Self-Regulation With Phobia in Iranian and Indian Students

Farhad Kahrazei, N.K Chadha

Journal of Practice in Clinical Psychology Volume: (6) 29 - 38

2017

39. Relationship of Personality Traits With Quality of Life in Spouses of Patients With Physical Disabilities

, Farhad Kahrazei

Archives of Rehabilitation Volume: (2) 132 - 141

40. Correlation between General Health with Life Expectancy and Quality of Life in Patients with leukemia

Farhad Kahrazei, , Amir Akbari Esfahani

Volume: (6) 118 - 126

41. [The Effect of Cognitive Behavioral Therapy on Components of Anxiety \(Physical Behavioral and Cognitive\) in Patients with Thalassemia Major](#)

Farhad Kahrazei, ,

Volume: (1) 49 - 56

42. [Prediction of Resilience and Happiness with Faith at Work in teachers of special schools](#)

sara kikha, Farhad Kahrazei

Volume: (1) 1 - 7

43. [The role of Parents and peer Attachment in predicting Students Social Self-Efficacy](#)

Farhad Kahrazei,

Volume: (14) 207 - 220

44. [A comparative study of homesickness, depression, and internet addiction between native and nonnative students at University of Sistan and Baluchestan, Iran](#)

Safoora Khoshdel daryasari, , , Farhad Kahrazei,

Annals of Tropical Medicine and Public Health Volume: (10) 1537 - 1546

2016

45. [Relation between the family functions with academic self regulation among the nursing students](#)

Farhad Kahrazei,

Volume: (3) 186 - 193

46. [The role of assertiveness behavior in ego-resiliency and self-control in addict women](#)

, Bahman Kord Tamini, Farhad Kahrazei

Volume: (10) 163 - 182

47. [Relationship between the family function with academic self-regulation among the nursing students](#)

Farhad Kahrazei,

Volume: (9) 186 - 193

48. [The Meta-Analysis of Effectiveness of Psychological Interventions in Students Self-esteem \(2001-2012\) \(Case study: students in middle and high schools\)](#)

Farhad Kahrazei,

Volume: (14) 39 - 56

اثر بخشی مداخله مبتنی بر درمانگری مثبت بر بهبود سبک های مقابله ای و پیشگیری از 49% بازگشت در افراد دارای تخیص مصرف مواد مخدر

Maryam Kadivar, Farhad Kahrazei, Zahra Nikmanesh

Volume: (1) 41 - 54

2015

بررسی تاثیر آموزش گروهی به همسران بر فعالیت های روزانه و کیفیت زندگی بیماران مرد مبتلا 50. به ضایعه نخاعی

Farhad Kahrazei

Volume: (4) 54 - 59

51. Effect of wives group training on activities of daily living and quality of life in male patients with spinal cord injury

Farhad Kahrazei,

Medical-Surgical Nursing Journal Volume: (1) 54 - 59

52. Investigating the Relationship among Personality Traits, Decision-making Styles, and Attitude to Life (Zahedan Branch of Islamic Azad University as Case Study in Iran

, Farhad Kahrazei

Mediterranean Journal of Social Sciences Volume: (6) 311 - 317

53. the relation between stress coping styles and quality of life among patients with breast cancer

, Farhad Kahrazei

Journal of Midwifery and Reproductive Health Volume: (3) 472 - 478

54. INVESTIGATION OF MENTAL HEALTH IN PATIENTS WITH BLOOD CANCER AND ITS RELATION TO LIFE EXPECTANCY AND QUALITY OF LIFE

khatoon rafat, Farhad Kahrazei

INDIAN JOURNAL OF FUNDAMENTAL AND APPLIED LIFE SCIENCES Volume: (5) 1464 - 1475

55. The effectiveness of Interventions based on Positive Psychotherapy on improving coping styles, relapse prevention in people with Substance use disorder

, Farhad Kahrazei, Zahra Nikmanesh

Volume: (4) 41 - 54

2012

56. The Effect of Cognitive - Behavioral Therapy (CBT) on Reduction of Psychological Symptoms among Patients with Cancer

Farhad Kahrazei

Volume: (2) 112 - 116

2010

57. General Health and Life Satisfaction of Students in Polygamy and Monogamy Families

Bahman Kord Tamini, Farhad Kahrazei

Journal of the Indian Academy of Applied Psychology Volume: (36) 307 - 310

2003

58. بررسی اثربخشی مهارت های حل مسئله در کاهش افسردگی دانش آموزان

Farhad Kahrazei, parviz azadfallah, abasali allahyari

Volume: (7) 127 - 143

59. the study of problem solving training on depression among students

Farhad Kahrazei, Parviz Azadfallah, Abasali Allahyari

Volume: (7) 127 - 142

Conferences Papers

2020

1. The effectiveness of art therapy education on reducing social panic and mental health in schizophrenic patients

Farhad Kahrazei, fatemeh karbalae harfate, haniye nobakht, fateme kahaki

2019

2. Effectiveness of self-hypnosis training on Mental Health and Strategies for Coping with Stress in Women with Gastroesophageal Reflux Disease

The first asian hypnosis congress

zobair samimi, babak zarkeshvari, Farhad Kahrazei, zahra moghanizadeh

2018

3. Evaluate the effectiveness of cognitive-behavioral therapy in reducing chest pain in patients with mitral valve prolapse

world concil for psychotherapy/asian feseration

abdolrahim jamshidzehishabaksh, Farhad Kahrazei

2016

4. The Impact of Socio - demographic Variable on Self-Esteem of Students

1st international conference on applied psychology

Bahman Kord Tamini, Farhad Kahrazei

5. the effectiveness of problem solving skills training on anxiety reduction and make efficient coping skills among referred students to counseling centre

1st international confrence applied psychology

Farhad Kahrazei, Bahman Kord Tamini

6. The impact of socio-demographic variabe on self steem of students

1st International Conference on Applied Psychology

Bahman Kord Tamini, Farhad Kahrazei

Executive activities

معاون آموزشی دانشکده علوم تربیتی و روانشناسی

from 1393/07/01 - to 1394/06/20

Research Project

2017

1. Cross-cultureal Study of the Relationship between Emotional Self-regulation and phobia and Suppresse

Farhad Kahrazei, N.K Chada - 2017

2003
