

قالب پیشنهادی رزومه نامزدهای عضویت در هیات مدیره انجمن علمی
(بخش های قرمز رنگ تکمیل شود)
در خاتمه فایل در ساختار PDF آماده شود

Shabnam Jalilolghadr (M.D.)
Prof of Pediatric,
Pediatric Sleep Fellowship

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EDUCATION

Under Graduate Training:

1981-1985 Received high school diploma with honor, Zaynabieh High-School, Ardebil, Ardebil

POST GRADUATE TRAINING

1986-1994 Received MD, Qazvin Medical University, Qazvin

1994-1997 Board of education in Pediatrics, Qazvin Medical University

POST DOCTORIAL WORK

2004-2005 Pediatric Sleep Fellowship, Delta –Sleep Lab, Sydney University, Australia.

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PROFESSIONAL APPOINTMENTS

EXPERIENCE:

- 2021 to date :** Director of the Pediatric Department in Qazvin University
- 2014 to date:** President and director of Pediatric Sleep fellowship programs in Iran,
- 2014 to 2021:** Deputy Director of Hospital Education
- 2010 to date:** Head of Growth Research Center, Qazvin
- 2011 to 2014** Dean of Children Hospital, Qazvin, Iran
- 2002 to 2011** Head of Emergency Ward of Children Hospital
- 1999 to 2005** Head of Social Medical & Sanitation Department of Medical University
- 2005 to date** Sleep Medicine Research
- 2015 to date** Teaching Pediatric Sleep Fellowships
- 2000 to date** Teaching sanitation courses to Medical Students
- 1998 to date** Teaching Pediatrics Courses Residents theoretical and in practice
- 1998 to date** Teaching physiopathology to externs and internships

PRIVATE PRACTICE

- 1999 to date** Private Office , Daneshgah Building, Daneshgah Ave,
Qazvin

MEDICAL AND SCIENTIFIC SOCIETIES

- 2005 to date:** Director board Member of Iranian Sleep Medicine Society (ISMS)
- 1994 to date:** Iran Medical Association,

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2007 to date: Member of International Pediatric Sleep Association (IPSA),
2017 to date: Member of World Sleep Society (WSS),

COMMITTEE APPOINTMENTS

2004 to 2006 Member of EDC Committee of Medical University
2002 to 2014 Member of Children Mortality Committee in Children Hospital
2001 to 2005 Member of infant and children Asthma& Allergy Committee
1999 to 2005 Member of Infant and Newborn CPR .
1999 to date Mortality Committee

POST DOCTORIAL CONFERENCES

1998 to date Main speaker and lots of Lectures in pediatricians' seminars and presentations in sleep seminars and main speakers in sleep and pediatric area. (At least 3 times each year)

2006 to date Scientific Secretary of sleep medicine Seminars in Pediatrics,

1998 to date Participation in several workshops of Sleep medicine done in David Read Laboratory in Sydney University and Sleep Courses in Italy, Prague, Dubai, and Turkey, methodology of Teaching, Research, Asthma, Nutrition, Breast Milk feeding, evaluation methods and etc.

Examples:

Prevalence of daytime sleepiness and its related factors in patients attending in primary care center in Qazvin, Iran. World Sleep 2015,. The 7th World Congress of the World Sleep Federation. Turkey

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Association between sleep hygiene practices and sleep quality in medical students. World Sleep 2015, The 7th World Congress of the World Sleep Federation.

Effect of melatonin on insomnia in 7-12 years old children. World Sleep 2017. 14th world sleep congress. October 7-11, Prague, Czech Republic

Restless leg syndrome in Iranian children with major beta thalassemia. World Sleep 2017. 14th world sleep congress. October 7-11, Prague, Czech Republic

Assessment of Quality and Quantity of sleep in patients with Overlap Syndrome and Its Relationship to Severity of OSA According to Apnea-Hypopnea Index. Tehran,1395

Relationship between Sleep Hygiene Practices and Sleep Quality in Professional Drivers, Tehran ,1395

Association between Dysfunctional Beliefs and Attitudes about Sleep and Insomnia in Three Groups of Psychiatric Patients, Tehran.1395

PUBLICATIONS

BOOKs:

1- **Galilolghadr.Sh**, Author of Book: Sleep and it's Disorders in children, 2013.

2-Sleep Medicine Textbook,Dr.F.Ghalebandi,part of sleep in Pediatrics , Arjmand Publication , 2015.

3- M.Sarreshtedari , SH. Galilolghadr : Selection of Metabolic Disease in Children ,2003.

Articles:

1) M.javadzadeh, z.hashemi, M.Roudbari, F.Mahvelati, **S.Jalilolghadr** , SLEEP PATTERNS AND SLEEP DISORDERS IN PRIMARY SCHOOL IN QAZVIN, IRAN Iranian Journal of Child Neurology 2008,4(2):15-19

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- 2) **S Galilolgadr**, A Afaghi, H OConnor, CM Chow, Low GI milk drink as a bedtime snack predict shorter onset than high GI milk drink 19th ASM_ Sleep across time and age Intercontinental Burswood Resort, Perth, 5-7 October 2006.
- 3) **Jalilolghadr**, Afaghi, OConnor, chow. Effect of low and high glycaemic index drink on sleep pattern in children, JPMA, Vol. 61, No 6, June 2011, 533.
- 4) Saffari.F, **Jalilolghadr.Sh**, Esmailzadehha , Bone mineral density in thalassemia patients in Qazvin,
- 5) Fatemeh Saffari , **Shabnam Jalilolghadr** ,Abolfazl Mahyar ,Endocrine and metabolic disorders in B-thalassemia major patients , Caspian J Intern Med 2012; 3(3): 466-472 .
- 6) Hamid Reza Javadi, **Shabnam Jalilolghadr**, Zohreh Yazdi, Zeinab Rezaie Majd, Correlation between Obstructive Sleep Apnea Syndrome and Cardiac Disease Severity. Cardiovascular Psychiatry and Neurology 01/2014; 2014:631380.
- 7) Manoochehr Mahram, Dariush Shahsavari, Sonia Oveisi, **Shabnam Jalilolghadr**, Comparison of hypertension and diabetes mellitus prevalence in areas with and without water arsenic contamination. Journal of research in medical sciences 05/2013; 18(5):408-12.
- 8) Ghalehbaghi, Babak, Alimohammad Asghari, **Jalilolghadr**, Shabnam, Alireza Ahmadvand, Foroughi, Forough, High Prevalence of Sleep Problems in School- and Preschool-aged Children in Tehran: a Population Based Study Iranian Journal of Pediatrics 03/2013; 23:45-52.
- 9) **Shabnam Jalilolghadr**, Samaneh Hashemi, Maryam Javadi, Neda Esmailzadehha, Hassan Jahanihashemi, Ahmad Afaghi, Sleep habits of Iranian pre-school children in an urban area: Late sleeping and sleep debt in children. Sleep and Biological Rhythms 04/2012; 10(2): 154-156.
- 10) Fatemeh Saffari, **Shabnam Jalilolghadr**, Neda Esmailzadehha, Peyman Azynfar ,Metabolic syndrome in a sample of the 6- to 16-year-old overweight or obese pediatric population: a comparison of two definitions. Therapeutics and Clinical Risk Management 01/2012; 8:55-63.

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- 11) **Shabnam Jalilolghadr**, Ahmad Afaghi, Helen O'Connor, Chin Moi Chow, Effect of low and high glycaemic index drink on sleep pattern in children. Journal of the Pakistan Medical Association 06/2011; 61(6):533-6.
- 12) Zeighami R, Mohamadi hariry F, **Jalilolghadr SH**, Alipour heidari M , Investigating the Effect of “Citrus Aurantium” Aroma on Sleep Quality of Patients Hospitalized in the Coronary Care Unit (CCU), 2014; Volume 4, Number 1 ,6 -10.
- 13) **Shabnam Jalilolghadr** , Ameneh Barikani , Atena Soltanzadi ;Prevalence of Sleep Bruxism in Six Year-old Children in Qazvin (2011) .Iranian Journal of Psychiatry and Clinical Psychology, 2014 Vol, 19, No. 4, 255-263.
- 14) Maryam Javadi ; Naser Kalantari ;**Shabnam Jalilolghadr** ;Nasrin Omidvar ;Bahram Rashidkhani ;Parisa Amiri ,Sleep Habits and Dietary Intake Among Preschool Children in Qazvin. Department of Community Nutrition, Faculty of Nutrition and Food Technology, National Institute of Nutrition and Food Technology, Shahid Beheshti University of Medical J Compr Ped. 2014 ; 5(1): e5134.
- 15) Amintehran, Ebarhim Ghalehbaghi, Babak Asghari, Alimohammad **Jalilolghadr**, **Shabnam** Ahmadvand, Alireza Foroughi, Forough High Prevalence of Sleep Problems in School- and Preschool-aged Children in Tehran: a Population Based Study. Iran J Pediatr , 2013; Vol 23 (No 1), 45-52.
- 16) **S Jalilolghadr**, N Kashanipoor , M Javadi, The effect of zinc supplementation on linear growth in short stature school-aged children in Qazvin, The Journal of Qazvin University of Med. Sci. 2008 ; Vol. 12, No.2, 22-28.
- 17) Shabnam Jalilolghadr ,Fatemeh Saffari ,Maryam Shabani ,Neda Esmailzadehha ;Sleep Disturbances and Respiratory Events in Snorers , Journal of Isfahan Medical School , 2012 Vol 29, 163.
- 18) **Galilolghadr SH** , Hashemi S, Esmailzadehha N, Jahanihashemi H, Saffari F, Javadi M. SLEEP PROBLEM AND SLEEP HABITS IN 3 TO 6 YEARS OLD IRANIAN CHILDREN, Pediatric Sleep Medicine Conference, Rome 3-5 sep 2010.

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19) **Galilalgadr.SH** Normal sleep on polysomnography in children, Iranian journal of pediatrics, 18th international congress of pediatrics, Vol 16, oct 2006.

20) **Jalilolghadr SH**, Afaghi A, OConnor H, Chow CM. Effect of low and high glycaemic index drink on sleep pattern in children. J Pak Med Assoc. 2011;61(6): 533-6.

21) **Jalilolghadr SH**, Khamenehpour Kh, Saffari F, Mirzadeh Hs. Evaluation of obstructive sleep apnea before and after adenotonsillectomy in children referred to Qods hospital, Qazvin. Horizon Med Sci. 2013;18(5) Supplement: 241-7. [In Persian]

22) **Jalilolghadr S**, Barikani A, Soltanzadi A. Prevalence of Sleep Bruxism in Six Year-old Children in Qazvin (2011). IJPCP. 2014; 19(4):255-263. [In Persian]

23) Javadi M, Javadi A, Kalantari N, **Jalilolghadr S**, Mohamad H. Sleep Problems among Pre-School Children in Qazvin, Iran. Malays J Med Sci. 2014;21(6):52-6.

23) Masoume Mansouri , Saeed Sadr , Hoormehr Nozari , Elnaz Parsarad , Heshmat Ghasemi , Zahrasadat Mohammadi , **Shabnam Jalilolghadr** , Polysomnographic Findings Assessment between Obese and Non-Obese Children and Adolescents with Obstructive Sleep Apnea , International Journal Of Pediatrics, 2020.

24) Avani A, **Jalilolghadr SH**, Barikani A, Javadi A, Shab-bidar S, Javadi M. Association of sleep quality with watching TV, computer games and caffeine intake in adolescents of Minoodar district, Qazvin. J Qazvin Univ Med Sci. 2015; 19(5). In press. [In Persian]

25) **Jalilolghadr S**. Prevalence and etiology of hypochromic-microcytic anemia in children admitted at Qods Hospital in Qazvin. The Journal of Qazvin University of Medical Sciences. 2004; 8(3):56-60. [In Persian]

26) Javadi H, Barikani A, **Jalilolghadr S**. Evaluation of Qazvin general practitioners' attitude on hypertension. The Journal of Qazvin University of Medical Sciences. 2005; 8(4):53-58. [In Persian]

27) Saffari F, **Jalilolghadr SH**, Esmailzadehha N, shariatinejad K. Anthropometric Indices in 6-14 Year-Old Girls in Qazvin, Iran. Journal of Isfahan Medical School. 2012;29(165):2187-97. [In Persian]

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28) Saffari F, **Jalilolghadr SH**, Esmailzadehha N, Azinfar P. Metabolic syndrome in a sample of the 6- to 16-year-old overweight or obese pediatric population: a comparison of two definitions. *TherClin Risk Manag.* 2012;8:55-63.

29) Saffari F, Mahyar A, **Jalilolghadr S**. Endocrine and metabolic disorders in β -thalassemia major patients. *Caspian J Intern Med.* 2012;3(3):466-72.

30) Mahram M, Shahsavari D, Oveisi S, **Jalilolghadr S**. Comparison of hypertension and diabetes mellitus prevalence in areas with and without water arsenic contamination. *J Res Med Sci.* 2013;18(5):408-12.

31) Ghanei L, **Jalilolghadr S**, Javadi M, Ghorbani A, Khoeiniha M. Epidemiology of vitamin D deficiency among 10-18 years old population of Minoodar district, Qazvin (2010). *The Journal of Qazvin University of Medical Sciences.* 2015; 18 (6):24-32. [In Persian]

32) Alimoradi F, **Jalilolghadr S**, Shab-bidar S, Javadi A, Javadi M. Evaluation of Blood Lipids Status and Its Association with Body Mass Index of Adolescents in Qazvin. *ZUMS Journal.* 2015; 23 (98 and 3):122-131. [In Persian]

33) Alimoradi F, **Jalilolghadr S**, Javadi A, Javadi M. Lipid Disorders and their Relationship with Anthropometric Indices in Adolescents. *Biomonthly Journal of Sabzevar University of Medical Sciences.* 2015;22(4); 676-684. [In Persian]

34) **Jalilolghadr SH**, Yazdi Z, Mahram M, Babaei F, Esmailzadehha N, Nozari H, Saffari F. Sleep architecture and sleep disordered breathing in obese children with and without metabolic syndrome: a case control study. *Sleep Breath.* (2016) 20:845–851.

35) **Jalilolghadr SH**, Javadi A, Mahram M, Farshidgozar M, Javadi M. Prevalence of Metabolic Syndrome and Insulin Resistance in Children and Adolescent of Qazvin, Iran. *Malays J Med Sci.* Nov-Dec 2015; 22(6): 32-39.

36) Alimoradi F, **Jalilolghadr SH**, Javadi A, Barikani A, Javadi M. The Relationship between Diet Group and Composition of Blood Lipids in Adolescents. *J Mazandaran Univ Med Sci.* 2015; 25(125): 139-142. [In Persian]

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- 37) Yazdi Z, Loukzadeh Z, Moghaddam P, **Jalilolghadr SH**. Sleep hygiene practices and their relation to sleep quality in medical students of Qazvin university of medical sciences. *J Caring Sci* 2016; 5 (2): 153-60.
- 38) **Jalilolghadr SH**, Saffari F, Mahram M, Sadeghi S, Yazdi Z. Obstructive Sleep Apnea Syndrome in Children Referred to a Sleep Clinic. *J Sleep Sci*. 2016; 1(2): 59-66.
- 39) Yazdi Z, Loukzadeh Z, **Jalilolghadr SH**, Rezaian SH. Knowledge, Attitude, and Practice of General Practitioners to Sleep Disorders in Qazvin, Iran. *J Sleep Sci*. 2016; 1(2): 80-86.
- 40) Jahanihashemi H, Noroozi M, Zavoshy R, Afkhamrezaei A, **Jalilolghadr Sh**, Esmailzadehha N. Malnutrition and birth related determinants among children in Qazvin, Iran. *Eur J Pub Health*. 2017; 27(3): 559-562.
- 41) Saffari F, Shahroodi P, Oveisi S, Esmailzadehha N, Hajmanoochehri F, **Jalilolghadr Sh**, Homaei A. Differences in Response to Conventional Vitamin D Therapy among Obese and Normal Weight Children and Adolescents in Qazvin, Iran. *Int J Pediatr*. 2017; 5(9): 5725-5732.
- 42) Yazdi Z, **Jalilolghadr Sh**, Tootoonchian F. Effect of a Sleep Hygiene Education Program on Sleep Problems in Female Nurses on Shift Work. *J Sleep Sci*. 2017; 2(1-2): 28-33.
- 43) Strong K, Ying Lin Ch, **Jalilolghadr Sh**, Updegraff J, Brostrom A, Pakpour A. Sleep hygiene behaviours in Iranian adolescents: an application of the Theory of Planned Behavior. *J Sleep Res*. 2018; 27: 23-31.
- 44) Chung-YingLina Carol Strongb Andrew M.H.Siua **ShabnamJalilolghadr**c PerNilsend AndersBroströme Amir H.Pakpource. Validating the Persian Adolescent Sleep Hygiene Scale-Revised (ASHSr) using comprehensive psychometric testing methods , *Sleep Medicine*, Volume 50, October 2018, Pages 63-71.
- 45) Vida Imani, Chung-Ying Lin, **Shabnam Jalilolgadr**, Amir H. Pakpour. Factor Structure and Psychometric Properties of a Persian translation of the Epworth Sleepiness Scale for Children and Adolescents. *Health Promotion Perspectives*. 2018; 8(3): 200-207.

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46) **Sh. Jalilolghadr** A. Pakpour-Hajiagha A. Usefi R. Pakzad Determining the relationship between sleep pattern with dietary pattern and demographic factors; a schools-based cross-sectional study, JQUMS, Vol.22, No.3, 2018.

47) Vida Imani, **Shabnam Jalilolghadr**, Fatemeh Mirashrafi, Khatereh Khamenehpour, Apert Syndrome with Obstructive Sleep Apnea: A Case Report Journal Mazandaran Univ Med Sci 2019; 29(177): 161-166

48) Fargol Sadeghi, Sakinah Shabbidar, **Shabnam Jalilolghadr**, Amir Javadi, Maryam Javadi, The correlation between major dietary patterns and blood lipid composition among children and Adolescents in Qazvin, Journal of Research & Health, Social Development & Health Promotion Research Center, Vol. 9, No.1, Jan & Feb 2019, Pages: 62- 71.

49) Mahnaz Abbasi, **Shabnam Jalilolghadr**, Mahdi Soltanabadi & Zohreh Yazdi; Prevalence of musculoskeletal disorders in firefighters and its association with insomnia. Policy and Practice in Health and Safety, 2020.

50) **Shabnam Jalilolghadr**, Manouchehr Taghiloo, Elnaz Parsarad, Mohammad TaherAhmadi, Hassan TaherAhmadi, Evaluation of sleep-disordered breathing in children and adolescents referred to the sleep ward of Qazvin children's hospital during 2014-2019. International Journal of Pediatrics, 2021, in press.

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RESEARCH PROJECTS

- 1- 2016-2018 Reliability and validity of Persian version of Children Sleep Habits Questionnaire (CSHQ) in 7-12 years old students in Qazvin
Shabnam Jalilolghadr

- 2- 2017 The translation, cultural adaptation assessment, and both validity and reliability testing of the Iranian version of the Epworth Sleepiness Scale, revised for children
Shabnam Jalilolghadr

- 3- 2018-2019 Evaluation of sleep disorders in children with adeno tonsillar hypertrophy referring to the ENT clinic, Qods Hospital (2018-2019)
Shabnam Jalilolghadr

- 4- 2020-2021 Evaluation of clinical Symptoms and Polysomnography findings in children and adolescence who refer to sleep ward of Qazvin Children Hospital , 2015-2020
Shabnam Jalilolghadr

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PERSONAL DATA

DATE OF BIRTH: 14.9.1967

PLACE OF BIRTH: Ardebil

LANGUAGES: Farsi, Turkish, and English

ACADEMIC AFFILIATION

1997-2011 Assistant Professor, Faculty of Medicine, Qazvin University of
Medical Sciences

2011 to 2016 Associate Professor, Children Growth Research Center, Qazvin
University of Medical Sciences, Qazvin,

2016 to date Professor, Children Growth Research Center, Research Institute for
Prevention of Non-Communicable Diseases, Qazvin University of Medical
Sciences, Qazvin, Iran.