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EDUCATION

1985-1991: Isfahan University of Medical Sciences, Medical School (M.D)

1991-1995: Isfahan University of Medical Sciences, Department of internal medicine, Resident of Internal Medicine

1999-2001: Shahid Beheshti University of Medical Sciences, Tehran, Iran, subspecialty degree in pulmonary medicine

POST GRADUATE TRAINING

2007-2013 Every year one month ,Practical sleep medicine in Hannover and Interdisciplinary Sleep Medicine Center of the Charité Berlin

POST DOCTORIAL WORK

2008-2014: Assistant Professor of pulmonary medicine, Isfahan University of Medical Sciences Department of Internal Medicine

2015-2018: Associate Professor of pulmonary medicine, Isfahan University of Medical Sciences Department of Internal Medicine

2018-till now: Professor of pulmonary medicine, Isfahan University of Medical Sciences Department of Internal Medicine

PROFESSIONAL APPOINTMENTS

PRIVATE PRACTICE

Prof ,of pulmonology and sleep

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MEDICAL AND SCIENTIFIC SOCIETIES

Iranian pulmonology society

Iranian sleep society

European respiratory society

Asian Sleep Research Society

European Sleep Research Society

German Sleep Society

World sleep society

COMMITTEE APPOINTMENTS

Asian sleep society scientific committee

European respiratory Society ;sleep assembly group

POST DOCTORIAL CONFERENCES

Membership:

Member of the board of the Iranian sleep society and Asian society of sleep medicine

Editorial member of several reputed journals:

Sleep and breathing, International journal of preventive medicine, Journal of research in medical sciences, Journal of sleep medicine research and journal of sleep science

Member of ERS, ESRS, DGSM and WASM

PUBLICATIONS

1-Amra B, Balouchianzadeh S, Soltaninejad F, Schoebel C, Fietze I, Bateni MH, Abdar Esfahani M, Penzel T. Heart rate variability changes by non-invasive ventilation in obesity hypoventilation syndrome. Clin Respir J. 2021 Mar 16. doi: 10.1111/crj.13359. Epub ahead of print. PMID: 33724712.

2-Sami R, Soltaninejad F, Amra B, Naderi Z, Haghjooy Javanmard S, Iraj B, Haji Ahmadi S, Shayganfar A, Dehghan M, Khademi N, Sadat Hosseini N, Mortazavi M, Mansourian M, Mañanas MA, Marateb HR, Adibi P. A one-year hospital-based prospective COVID-19 open-cohort in the Eastern Mediterranean region: The Khorshid COVID Cohort (KCC) study. PLoS One. 2020 Nov 5;15(11):e0241537. doi: 10.1371/journal.pone.0241537. PMID: 33151983; PMCID: PMC7644058.

3- Amra B, Salmasi M, Soltaninejad F, Sami R, Nickpour M, Mansourian M, Ghasemi K, Morin CM. Healthcare workers' sleep and mood disturbances during COVID-19 outbreak in an Iranian referral center. Sleep Breath. 2021 Feb 13:1–8. doi: 10.1007/s11325-021-02312-4. Epub ahead of print. PMID: 33580842; PMCID: PMC7881749

4-Sajjadih A, Shahsavari A, Safaei A, Penzel T, Schoebel C, Fietze I, Mozafarian N, Amra B, Kelishadi R. The Association of Sleep Duration and Quality with Heart Rate Variability and Blood Pressure. Tanaffos. 2020 Nov;19(2):135-143. PubMed PMID: 33262801; PubMed Central PMCID: PMC7680518.

5-Shaygannejad V, Sadeghi Bahmani D, Soleimani P, Mirmosayyeb O, Barzegar M, Amra B, Brand S. Comparison of prevalence rates of restless legs syndrome, self-assessed risks of obstructive sleep apnea, and daytime sleepiness among patients with multiple sclerosis (MS), clinically isolated syndrome (CIS)

and Neuromyelitis Optica Spectrum Disorder (NMOSD). *Sleep Med.* 2020 Jun;70:97-105. doi: 10.1016/j.sleep.2019.11.1266. Epub 2019 Dec 17. PubMed PMID: 32276200.

6-Ghiasi F, Bagheri Ghaleh A, Salami, Amra B, Kalidari B, Hedayat A, Alavi SR. Effects of Laparoscopic Sleeve Gastrectomy and Roux-En-Y Gastric Bypass on the Improvement of Sleep Quality, Daytime Sleepiness, and Obstructive Sleep Apnea in a Six-Month Follow-up. *Tanaffos.* 2020 Jan;19(1):50-59. PubMed PMID: 33101432; PubMed Central PMCID: PMC7569500.

7-Amra B, Pirpiran M, Soltaninejad F, Penzel T, Fietze I, Schoebel C. The prediction of obstructive sleep apnea severity based on anthropometric and Mallampati indices. *J Res Med Sci.* 2019;24:66. doi: 10.4103/jrms.JRMS_653_18. eCollection 2019. PubMed PMID: 31523252; PubMed Central PMCID: PMC6669992.

8-Amra B, Samadi B, Soltaninejad F. Effect of Bi-Level Positive Airway Pressure (BIPAP) Ventilation on Gas Exchange, Body Mass Index, and Body Composition in Patients with Obesity Hypoventilation Syndrome. *Tanaffos.* 2019 Apr;18(4):315-320. PubMed PMID: 32607112; PubMed Central PMCID: PMC7309893.

9-Asgari A, Soltaninejad F, Farajzadegan Z, Amra B. Effect of CPAP Therapy on Serum Lipids and Blood Pressure in Patients with Obstructive Sleep Apnea Syndrome. *Tanaffos.* 2019 Feb;18(2):126-132. PubMed PMID: 32440300; PubMed Central PMCID: PMC7230123.

10-Amra B, Rahmati B, Soltaninejad F, Feizi A. Screening Questionnaires for Obstructive Sleep Apnea: An Updated Systematic Review. *Oman Med J.* 2018 May;33(3):184-192. doi: 10.5001/omj.2018.36. Review. PubMed PMID: 29896325; PubMed Central PMCID: PMC5971053.

11-Amra B, Javani M, Soltaninejad F, Penzel T, Fietze I, Schoebel C, Farajzadegan Z. Comparison of Berlin Questionnaire, STOP-Bang, and Epworth Sleepiness Scale for Diagnosing Obstructive Sleep Apnea in Persian Patients. *Int J Prev Med.* 2018;9:28. doi: 10.4103/ijpvm.IJPVM_131_17. eCollection 2018. PubMed PMID: 29619152; PubMed Central PMCID: PMC5869953.

12-Schoebel C, Ghaderi A, Amra B, Soltaninejad F, Penzel T, Fietze I. Comparison of Therapeutic Approaches to Addicted Patients with Central Sleep Apnea. *Tanaffos.* 2018 Mar;17(3):155-162. PubMed PMID: 30915131; PubMed Central PMCID: PMC6428378.

13-Amra B, Shahsavari A, Shayan-Moghadam R, Mirheli O, Moradi-Khaniabadi B, Bazukar M, Yadollahi-Farsani A, Kelishadi R. The association of sleep and late-night cell phone use among adolescents. *J Pediatr (Rio J).* 2017 Nov - Dec;93(6):560-567. doi: 10.1016/j.jped.2016.12.004. Epub 2017 Feb 28. PubMed PMID: 28257717.

14-Soltaninejad F, Sadeghi A, Amra B. Compliance with continuous positive airway pressure in Persian patients with obstructive sleep apnea. *J Res Med Sci.* 2017;22:114. doi: 10.4103/jrms.JRMS_108_17. eCollection 2017. PubMed PMID: 29184572; PubMed Central PMCID: PMC5680659.

15-Ghiasi F, Amra B, Sebghatollahi V, Azimian F. Association of irritable bowel syndrome and sleep apnea in patients referred to sleep laboratory. *J Res Med Sci.* 2017;22:72. doi: 10.4103/jrms.JRMS_523_16. eCollection 2017. PubMed PMID: 28717369; PubMed Central PMCID: PMC5508502.

16-Amra B, Behjati M, Penzel T, Fietze I, Schoebel C, Sarrafzadegan N. Nocturnal heart rate variation in diabetic and non-diabetic patients with sleep apnea syndrome. *Sleep Med.* 2017 Jan;29:57-60. doi: 10.1016/j.sleep.2016.11.003. Epub 2016 Nov 23. PubMed PMID: 28153217.

17-Naini AE, Amra B, Mahmoodnia L, Taheri S. Sleep apnea syndrome and restless legs syndrome in kidney transplant recipients. *Adv Biomed Res.* 2015;4:206. doi: 10.4103/2277-9175.166142. eCollection 2015. PubMed PMID: 26605235; PubMed Central PMCID: PMC4627182.

18-Ghazal A, Roghani F, Sadeghi M, Amra B, Kermani-Alghoraishi M. Obstructive sleep apnea, diagnosed by the Berlin questionnaire and association with coronary artery disease severity. *ARYA Atheroscler.* 2015 Sep;11(5):275-80. PubMed PMID: 26715932; PubMed Central PMCID: PMC4680075.

19-Amra B, Borougeni VB, Golshan M, Soltaninejad F. Pulmonary function tests and impulse oscillometry in severe chronic obstructive pulmonary disease patients' offspring. *J Res Med Sci.* 2015 Jul;20(7):697-700. doi: 10.4103/1735-1995.166229. PubMed PMID: 26622261; PubMed Central PMCID: PMC4638074.

20-Ghiasi F, Ahmadpoor A, Amra B. Relationship between obstructive sleep apnea and 30-day mortality among patients with pulmonary embolism. *J Res Med Sci.* 2015 Jul;20(7):662-7. doi: 10.4103/1735-1995.166212. PubMed PMID: 26622255; PubMed Central PMCID: PMC4638068.

21-Amra B, Peimanfar A, Abdi E, Akbari M, Penzel T, Fietze I, Golshan M. Relationship between craniofacial photographic analysis and severity of obstructive sleep apnea/hypopnea syndrome in Iranian patients. *J Res Med Sci.* 2015 Jan;20(1):62-5. PubMed PMID: 25767524; PubMed Central PMCID: PMC4354067.

22-Amra B, Niknam N, Sadeghi MM, Rabbani M, Fietze I, Penzel T. Obstructive sleep apnea and postoperative complications in patients undergoing coronary artery bypass graft surgery: a need for preventive strategies. *Int J Prev Med.* 2014 Nov;5(11):1446-51. PubMed PMID: 25538841; PubMed Central PMCID: PMC4274552.

23-Jazi MH, Amra B, Yazdchi MR, Jahangiri M, Tabesh F, Gholamrezaei A. P wave duration and dispersion in Holter electrocardiography of patients with obstructive sleep apnea. *Sleep Breath.* 2014 Sep;18(3):549-54. doi: 10.1007/s11325-013-0917-1. Epub 2013 Dec 1. PubMed PMID: 24293281.

24-Amra B, Ataabadi G, Emami MH, Hassanzadeh A, Golshan M, Soltaninejad F. Pulmonary function tests in ulcerative colitis. *J Res Med Sci.* 2014 Jul;19(7):605-9. PubMed PMID: 25364358; PubMed Central PMCID: PMC4214017.

25-Gholamrezaei A, Amra B, Mortazavi M. Cardiovascular risk and mortality in end-stage renal disease patients with restless legs syndrome; need for further investigation and looking for underlying mechanisms. *Sleep Med.* 2013 Apr;14(4):385-6. doi: 10.1016/j.sleep.2012.11.015. Epub 2013 Jan 18. PubMed PMID: 23337071.

26-Amra B, Saberpur S, Ghoharian V, Tabatabai SA, Akbari M, Beni BH. Berlin questionnaire study in surgical patient in Alzahra Hospital in year 2010. *Adv Biomed Res.* 2013;2:16. doi: 10.4103/2277-9175.107992. Print 2013. PubMed PMID: 23930261; PubMed Central PMCID: PMC3732883.

27-Amra B, Nouranian E, Golshan M, Fietze I, Penzel T. Validation of the persian version of berlin sleep questionnaire for diagnosing obstructive sleep apnea. *Int J Prev Med.* 2013 Mar;4(3):334-9. PubMed PMID: 23626891; PubMed Central PMCID: PMC3634173.

28-Masoumi M, Naini AE, Aghaghazvini R, Amra B, Gholamrezaei A. Sleep quality in patients on maintenance hemodialysis and peritoneal dialysis. *Int J Prev Med.* 2013 Feb;4(2):165-72. PubMed PMID: 23543042; PubMed Central PMCID: PMC3604848.

29-Amra B, Iraj B, Seyyed Benakdar Z, Sanei H, Mohammad G. Gas transfer and pulmonary function tests in women with disseminated lupus erythematosus. *ARYA Atheroscler.* 2012 Summer;8(2):76-8. PubMed PMID: 23056107; PubMed Central PMCID: PMC3463991.

30-Amra B, Dorali R, Mortazavi S, Golshan M, Farajzadegan Z, Fietze I, Penzel T. Sleep apnea symptoms and accident risk factors in Persian commercial vehicle drivers. *Sleep Breath.* 2012 Mar;16(1):187-91. doi: 10.1007/s11325-010-0473-x. Epub 2011 Jan 6. PubMed PMID: 21210229.

31-Amra B, Bahae FS, Amini M, Golshan M, Fietze I, Penzel T. Sleep Apnea Symptoms in Diabetics and their First Degree Relatives. *Int J Prev Med.* 2012 Feb;3(2):95-101. PubMed PMID: 22347605; PubMed Central PMCID: PMC3278886.

32-Amra B, Farajzadegan Z, Golshan M, Fietze I, Penzel T. Prevalence of sleep apnea-related symptoms in a Persian population. *Sleep Breath*. 2011 Sep;15(3):425-9. doi: 10.1007/s11325-010-0353-4. Epub 2010 Apr 29. PubMed PMID: 20428955.

33-Amra B, Golshan M, Fietze I, Penzel T, Welte T. Correlation between chronic obstructive pulmonary disease and obstructive sleep apnea syndrome in a general population in Iran. *J Res Med Sci*. 2011 Jul;16(7):885-9. PubMed PMID: 22279455; PubMed Central PMCID: PMC3263100.

34-Kelishadi R, Nilforoushan N, Okhovat A, Amra B, Poursafa P, Rogha M. Effects of adenoidectomy on markers of endothelial function and inflammation in normal-weight and overweight prepubescent children with sleep apnea. *J Res Med Sci*. 2011 Mar;16 Suppl 1:S387-94. PubMed PMID: 22247723; PubMed Central PMCID: PMC3252780.

35-Golshan M, Amra B, Welte T. Sample survey of chronic obstructive pulmonary disease and associated risk factors in Isfahan, Iran. *Tanaffos*. 2011;10(3):32-6. PubMed PMID: 25191373; PubMed Central PMCID: PMC4153154.

36-Nikkhah M, Amra B, Eshaghian A, Fardad S, Asadian A, Roshanzamir T, Akbari M, Golshan M. Comparison of impulse oscillometry system and spirometry for diagnosis of obstructive lung disorders. *Tanaffos*. 2011;10(1):19-25. PubMed PMID: 25191346; PubMed Central PMCID: PMC4153135.

37-Kelishadi R, Cook SR, Amra B, Adibi A. Factors associated with insulin resistance and non-alcoholic fatty liver disease among youths. *Atherosclerosis*. 2009 Jun;204(2):538-43. doi: 10.1016/j.atherosclerosis.2008.09.034. Epub 2008 Oct 9. PubMed PMID: 19013572.

38-Golshan M, Amra B, Soltani F, Crapo RO. Reference values for lung volumes in an Iranian population: introducing a new equation model. *Arch Iran Med*. 2009 May;12(3):256-61. PubMed PMID: 19400603.

39-Amra B, Karbasi E, Hashemi M, Hoffmann-Castendiek B, Golshan M. Endothelial dysfunction in patients with obstructive sleep apnoea independent of metabolic syndrome. *Ann Acad Med Singap*. 2009 May;38(5):461-4. PubMed PMID: 19521652.

40-Amra B, Soltaninejad F, Golshan M. Respiratory resistance by impulse oscillometry in healthy Iranian children aged 5-19 years. *Iran J Allergy Asthma Immunol*. 2008 Mar;7(1):25-9. doi: 07.01/ijaai.2529. PubMed PMID: 18322309.

41-Golshan M, Crapo RO, Amra B, Jensen RL, Golshan R. Arm span as an independent predictor of pulmonary function parameters: validation and reference values. *Respirology*. 2007 May;12(3):361-6. doi: 10.1111/j.1440-1843.2007.01070.x. PubMed PMID: 17539839.

42-Amra B, Asadi M, Salehi H, Zamani AR, Golshan M. Normative reference values for lung transfer factor in Isfahan, Iran. *Respirology*. 2006 Jul;11(4):477-81. doi: 10.1111/j.1440-1843.2006.00876.x. PubMed PMID: 16771920.

43-Amra B, Emami MH, Drooshi B, Golshan M. Airway resistance in irritable bowel syndrome as measured by impulse oscillometry. *Indian J Gastroenterol*. 2006 Jul-Aug;25(4):185-7. PubMed PMID: 16974031.

44-Amra B, Hoseini-Asl MK, Rahmani AR, Golshan M, Mohamad-Zadeh Z. Correlation between asthma and irritable bowel syndrome in a general population in Iran in 2003. *Respir Med*. 2006 Jan;100(1):110-4. doi: 10.1016/j.rmed.2005.03.036. Epub 2005 Apr 26. PubMed PMID: 16338596.

45-Amra B, Rahmani A, Salimi S, Mohammadzadeh Z, Golshan M. Association between Asthma and Body Mass Index in Children. *Iran J Allergy Asthma Immunol*. 2005 Mar;4(1):33-7. doi: 10.1016/j.ijaai.2005.03.036. PubMed PMID: 17301421.

46-Hoseini-Asl MK, Amra B. Prevalence of irritable bowel syndrome in Shahrekord, Iran. *Indian J Gastroenterol*. 2003 Nov-Dec;22(6):215-6. PubMed PMID: 15030032.

47-Golshan M, Nematbakhsh M, Amra B, Crapo RO. Spirometric reference values in a large Middle Eastern population. *Eur Respir J*. 2003 Sep;22(3):529-34. doi: 10.1183/09031936.03.00003603. PubMed PMID: 14516147.

48-Golshan M, Amra B, Haghoghi MA. Is arm span an accurate measure of height to predict pulmonary function parameters?. *Monaldi Arch Chest Dis*. 2003 Jul-Sep;59(3):189-92. PubMed PMID: 15065313.

RESEARCH PROJECTS

PERSONAL DATA

Date of birth:30-11-1967

Place of birth: Gachsaran

Languages:Farsi-English