

Summarized CURRICULUM VITAE

Name: Shabnam

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Present Position: Associate Professor

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Language: Farsi, Turkish, and English

*EDUCATION

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

1994-1997 Board of education in pediatrics, Iran Medical University.

1986-1994 Received MD, Iran Medical University.

1981-1985 Received high school diploma with honor, Iran.

*ACADEMIC AFFILIATION

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

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

*EXPERIENCE

2014 to date Head of Children Growth Research Center

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

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

2004 to date Member of EDC Committee of Medical University

2002 to date Member of Children Mortality Committee in Children Hospital

2001 to date Member of infant and children Asthma & Allergy Committee

1999 to date Member of Infant and Newborn CPR & Mortality Committee of University

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 in Iran.

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

***PROFESSIONAL MEMBERSHIPS**

1994 to date: Iran medical Association,

2005 to date: Iranian Sleep Medicine society

2005 to date: Australian Sleep Medical Society

2010 to date: President and director of Sleep fellowship programs in Iran.

***PUBLICATIONS**

PEER REVIEWED

- 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
- 2) **S Jalilolghadr**, 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**, Esmaeilzadehha, 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 Azyntfar, 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.

- 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) **Jalilolghadr 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.
- 19) **Jalilolghadr 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.

- 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]
- 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. *Ther Clin Risk Manag*. 2012; 8: 55-63.
- 29) Saffari F, Mahyar A, **Jalilolghadr S**. Endocrine and metabolic disorders in - 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]
- 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.

BOOK:

Jalilalghadr Sh, Author of Book: Sleep and it's Disorders in children, 2013.