

## CURRICULUM VITAE

### Farangis Sharifibastan

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[Google Scholar](#)

## EDUCATION

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- 2012- 2014                      **Masters of Clinical Psychology**  
Alzahra University, Faculty of Educational Sciences and Psychology  
Tehran, Iran.  
**Dissertation:** Relationship Between Cognitive Emotion Regulation  
Strategies and Positive and Negative Affect in Resiliency of Women  
with Breast Cancer.  
**GPA:** 4/4 (A)
- 2008 - 2012                      **Bachelors of Psychology – Education of Exceptional Children**  
Alzahra University, Faculty of Educational Sciences and Psychology  
Tehran, Iran  
**Dissertation:** Association Between Emotional Intelligence and  
Academic Achievements in Normal and Elite Students.  
**GPA:** 4/4 (A)
- 2023 - 2027                      **PhD Candidate– Psychology**  
University of Bergen, Department of Psychosocial Science,  
Bergen, Norway  
**Dissertation:** Clinical use of a normal personality model:  
Developing HEXACO-PI-R for clinical use in Norway.

## HONORS AND AWARDS

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- 2023                      **Accepted for Funding,** PhD Scholarship, Department of Psychosocial Sciences,  
University of Bergen, Norway, 2023-2027 (Full-time).
- 2019                      **Received Congress 60 Special Award,** 13th Annual International Addiction  
Science Congress, Razi Hall, August 21-23, Tehran, Iran.
- 2018                      **Received Top Articles Award,** 1st Scientific Conference Clinical Case Reports and  
Recent Psychiatric, Psychology and Neuropsychiatric, Alborz University of Medical  
Sciences (ABZUMS), August 9, Alborz, Iran.
- 2008- 2014                      **Rank First** in BA and MA Degrees, Alzahra University, Tehran, Iran.

## CURRENT POSITION

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- 2023 – ongoing **PhD Student**, Department of Psychosocial Sciences, University of Bergen, Norway, 2023 – 2027 (Full-time).
- 2014 – 2023 **Lecturer** at the University of Applied Sciences (UAST) and Payam Noor University (PNU), Alborz, Iran.
- 2014 - 2023 **Clinical Psychologist** with Official License from Psychology and Counselling. Organization Islamic Republic of Iran.

## RESEARCH INTEREST

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Clinical psychology, Psychopathology, Substance use disorders, Addictive behaviors, Alcohol use disorder, social media use, OCD, Mood disorders, Anxiety disorders, Bipolar disorder, Schizophrenia, Emotion regulation, Emotion dysregulation, Suicidality, Childhood trauma, Childhood emotional maltreatment, early maladaptive schemas, Resiliency, Alexithymia, Cognitive behavioral therapy (CBT), Mindfulness-based cognitive therapy (MBCT).

## PUBLICATIONS

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- Khosravani, V., Samimi Ardestani, S. M., Wong, S. F., Moulding, R., Aardema, F., **Sharifibastan, F.**, & Aminaee, M. (2023). Cross-sectional direct and indirect relationships between the corrupted feared self and obsessive–compulsive symptoms in a clinical sample: The role of mental contamination. *British Journal of Clinical Psychology*, 62(4), 800-815. [\[Link\]](#)
- Khosravani, V., Spada, M. M., Samimi Ardestani, S. M., & **Bastan, F. S.** Desire thinking as an underlying mechanism in Alcohol Use Disorder and nicotine dependence. *Clinical Psychology & Psychotherapy*. [\[Link\]](#)
- Sharifi Bastan, F.**, Spada, M. M., Khosravani, V., & Samimi Ardestani, S. M. (2022). The independent contribution of desire thinking to problematic social media use. *Current Psychology*, 1-10. [\[Link\]](#)
- Khosravani, V., Berk, M., Samimi Ardestani, S. M., & **Sharifi Bastan, F.** (2022). Confirmatory evaluation of the bipolar depression rating scale (BDRS) in a large sample of female patients with bipolar depression. *International Journal of Psychiatry in Clinical Practice*, 26(1), 85-91. [\[Link\]](#)
- Khosravani, V., Spada, M. M., **Bastan, F. S.**, & Ardestani, S. M. S. (2021). The Desire Thinking Questionnaire-Persian version (DTQ-P) and its association with addictive behaviors in individuals with Alcohol Use Disorder, nicotine dependence, and problematic social media use. *Addictive Behaviors*, 107144. [\[Link\]](#)

- Khosravani, V., Samimi Ardestani, S. M., **Sharifi Bastan, F.**, McKay, D., & Asmundson, G. J. (2021). The associations of obsessive–compulsive symptom dimensions and general severity with suicidal ideation in patients with obsessive–compulsive disorder: The role of specific stress responses to COVID-19. *Clinical Psychology & Psychotherapy*. [\[Link\]](#)
- Khosravani, V., Berk, M., Samimi Ardestani, S. M., & **Sharifi Bastan, F.** (2021). Confirmatory evaluation of the bipolar depression rating scale (BDRS) in a large sample of female patients with bipolar depression. *International Journal of Psychiatry in Clinical Practice*, 1-7. [\[Link\]](#)
- Khosravani, V., **Sharifi Bastan, F.**, Kolubinski, D. C., Amirinezhad, A., & Ghorbani, F. (2021). Distress tolerance and special alcohol metacognitions behave differently in the association of negative affect with alcohol-related patterns in men with problematic alcohol use in the abstinence phase. *Clinical Psychology & Psychotherapy*, 28(2), 345-354. [\[Link\]](#)
- Khosravani, V., Berk, M., **Sharifi Bastan, F.**, Samimi Ardestani, S. M., & Wrobel, A. (2021). The effects of childhood emotional maltreatment and alexithymia on depressive and manic symptoms and suicidal ideation in females with bipolar disorder: emotion dysregulation as a mediator. *International journal of psychiatry in clinical practice*, 25(1), 90-102. [\[Link\]](#)
- Ardestani, S. M. S., Khosravani, V., **Bastan, F. S.**, & Baloğlu, M. (2021). The Persian version of the COVID-19 Phobia Scale (Persian-C19P-S) and the differences in COVID-19-related phobic reactions in patients with anxiety disorders. *International Journal of Mental Health and Addiction*, 1-17. [\[Link\]](#)
- Khosravani, V., Aardema, F., Ardestani, S. M. S., & **Bastan, F. S.** (2021). The impact of the coronavirus pandemic on specific symptom dimensions and severity in OCD: A comparison before and during COVID-19 in the context of stress responses. *Journal of Obsessive-Compulsive and Related Disorders*, 29, 100626. [\[Link\]](#)
- Khosravani, V., Asmundson, G. J., Taylor, S., **Bastan, F. S.**, & Ardestani, S. M. S. (2021). The Persian COVID stress scales (Persian-CSS) and COVID-19-related stress reactions in patients with obsessive-compulsive and anxiety disorders. *Journal of obsessive-compulsive and related disorders*, 28, 100615. [\[Link\]](#)
- Khosravani, V., Ardestani, S. M. S., Mohammadzadeh, A., **Bastan, F. S.**, & Amirinezhad, A. (2020). The emotional schemas and obsessive-compulsive symptom dimensions in people with obsessive-compulsive disorder. *International Journal of Cognitive Therapy*, 17. [\[Link\]](#)
- Khosravani, V., Zandifar, A., **Bastan, F. S.**, Kolubinski, D. C., & Amirinezhad, A. (2020). Psychometric properties of the Persian versions of the Positive Alcohol Metacognitions Scale (Persian-PAMS) and the Negative Alcohol Metacognitions Scale (Persian-NAMS) in alcohol-dependent individuals. *Addictive behaviors*, 101, 106113. [\[Link\]](#)
- Khosravani, V., **Bastan, F. S.**, Ardestani, S. M. S., & Amirinezhad, A. (2020). Psychometric evaluation of the Vancouver Obsessional-Compulsive Inventory (VOCI) and its adaptation based on the DSM-5 in Iranian patients with obsessive-compulsive disorder. *Journal of Obsessive-Compulsive and Related Disorders*, 25, 100536. [\[Link\]](#)

- Khosravani, V., Abramowitz, J. S., Ardestani, S. M. S., **Bastan, F. S.**, & Kamali, Z. (2020). The Persian version of the Dimensional Obsessive-Compulsive Scale (P-DOCS): a psychometric evaluation. *Journal of Obsessive-Compulsive and Related Disorders*, 25, 100522. [[Link](#)]
- Khosravani, V., Ardestani, S. M. S., **Bastan, F. S.**, & Malayeri, S. (2020). Difficulties in emotion regulation and symptom dimensions in patients with obsessive-compulsive disorder. *Current psychology*, 39(5), 1578-1588. [[Link](#)]
- Khosravani, V., Ganji, Z., **Bastan, F. S.**, Ardestani, S. M. S., & Amirinezhad, A. (2019). Psychometric properties of the highly sensitive person scale and its relation to symptom dimensions in patients with obsessive-compulsive disorder. *Current Psychology*, 1-10. [[Link](#)]
- Azadi, S., Khosravani, V., Naragon-Gainey, K., **Bastan, F. S.**, Mohammadzadeh, A., & Ghorbani, F. (2019). Early maladaptive schemas are associated with increased suicidal risk among individuals with schizophrenia. *International Journal of Cognitive Therapy*, 12(4), 274-291. [[Link](#)]
- Khosravani, V., **Bastan, F. S.**, Mohammadzadeh, A., Amirinezhad, A., & Ardestani, S. M. S. (2019). Early maladaptive schemas in patients with obsessive-compulsive disorder, bipolar disorder, and schizophrenia: a comparative study. *Current Psychology*, 1-11. [[Link](#)]
- Khosravani, V., Ardestani, S. M. S., **Bastan, F. S.**, Mohammadzadeh, A., & Amirinezhad, A. (2019). Childhood maltreatment, cognitive emotion regulation strategies, and alcohol craving and dependence in alcohol-dependent males: Direct and indirect pathways. *Child abuse & neglect*, 98, 104197. [[Link](#)]
- Mohammadzadeh, A., Azadi, S., King, S., Khosravani, V., & **Bastan, F. S.** (2019). Childhood trauma and the likelihood of increased suicidal risk in schizophrenia. *Psychiatry research*, 275, 100-107. [[Link](#)]
- Khosravani, V., Mohammadzadeh, A., **Bastan, F. S.**, Amirinezhad, A., & Amini, M. (2019). Early maladaptive schemas and suicidal risk in inpatients with bipolar disorder. *Psychiatry research*, 271, 351-359. [[Link](#)]
- Khosravani, V., **Sharifi Bastan, F.**, Avatefi, B., & Mofidi, F. (2018). Alexithymia influences craving through facets of emotion regulation in alcoholic patients. *Journal of Substance Use*, 23(1), 29-35. [[Link](#)]
- Ghorbani, F., Khosravani, V., **Bastan, F. S.**, & Ardakani, R. J. (2017). The alexithymia, emotion regulation, emotion regulation difficulties, positive and negative affects, and suicidal risk in alcohol-dependent outpatients. *Psychiatry research*, 252, 223-230. [[Link](#)]
- Khosravani, V., **Bastan, F. S.**, Ghorbani, F., & Kamali, Z. (2017). Difficulties in emotion regulation mediate negative and positive affects and craving in alcoholic patients. *Addictive Behaviors*, 71, 75-81. [[Link](#)]
- Khosravani, V., **Bastan, F. S.**, Ardestani, M. S., & Ardakani, R. J. (2017). Early maladaptive schemas and suicidal risk in an Iranian sample of patients with obsessive-compulsive disorder. *Psychiatry research*, 255, 441-448. [[Link](#)]

- Khosravani, V., Ardestani, M. S., **Bastan, F. S.**, & Kamali, Z. (2017). The relationship between alexithymia and symptom dimensions in patients with obsessive-compulsive disorder. *Journal of obsessive-compulsive and related disorders*, 14, 127-133. [[Link](#)]
- Khosravani, V., Alvani, A., **Bastan, F. S.**, Ardakani, R. J., & Akbari, H. (2016). The alexithymia, cognitive emotion regulation, and physical symptoms in Iranian asthmatic patients. *Personality and Individual Differences*, 101, 214-219. [[Link](#)]
- Sharifi Bastan, F.**, Yazdi, S. M., & Zahraei, S. (2016). The role of cognitive emotion regulation and positive and negative affect in resiliency of women with breast cancer. *Iranian Journal of Psychiatric Nursing*, 04, 38- 48. (Persian). [[Link](#)]
- Sharifi Bastan, F.**, Emami Meybodi, F & Yazdi, S. M. (2016). To compare cognitive emotion regulation and resilience strategies in people suffering from multiple sclerosis, breast cancer and normal people. *Recht & Psychiatrie*, 0724- 2247, 421- 430.

## BOOKS

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- Zandifar, A., Badrfam, R., & **Sharifi Bastan, F.** (2020). *Health, Diagnostic and Clinical Aspects of Covid-19*. Tehran: Ebnesina Press.
- Greenberg, L. S. (2011). *Emotion-focused Therapy*. Translated by: Asiabani, S., **Sharifi Bastan, F.**, Kaviani, Z., & Zaree Dehno, A. (2019). Tehran: Roshde Farhang Press.
- Prenn, N. C., & Fosha, D. (2017). *Supervision Essentials for Accelerated Experiential Dynamic Psychotherapy*. Translated by: Asiabani, S., **Sharifi Bastan, F.** (2019). Tehran: Jadooye Ghalam Press.
- Hatami, M., **Sharifi Bastan, F.** (2019). *Pathology and Psychological and Social Coronary and Post-Coronary Interventions*. Tehran: Academic Press.
- Chan, S. (2001). Kaplan & Sadock's Comprehensive Textbook of Psychiatry. Translated by: Badrfam, R., Zandifar, A., & **Sharifi Bastan, F.** (2017). Tehran: Ebnesina Press.
- Sharifi Bastan, F.**, Hossieni, M. (2015). *Emotion Regulation and Increasing Resiliency Patient with Cancer*. Tehran: Shaparac Sorkh.

## COURSES

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- 2023      **Meta analysis**  
*Western Norway Graduate School of Educational Research II*, University of Bergen, Norway, 7<sup>th</sup> December 2023 (online with Zoom).
- 2023      **Quantitative methods**  
*Department of Psychosocial Science*, University of Bergen, Bergen, Norway, November 20<sup>th</sup> – December 4<sup>th</sup>, 2023 (Physical course).

- 2023 **Preliminary program – Introduction to Mixed Method Research**  
*Western Norway Graduate School of Educational Research II*, University of Bergen,  
Norway, 16<sup>th</sup> November 2023 (online with Zoom).
- 2023 **Software package R**  
*Department of Biological and Medical Psychology*, University of Bergen,  
Norway, November 8<sup>th</sup> – 10<sup>th</sup> 2023 (Physical course).
- 2023 **Literature review in a doctoral thesis within educational sciences: Scoping  
review and Rapid review**  
*Western Norway Graduate School of Educational Research II*, University of Bergen,  
Norway, 19<sup>th</sup> October 2023 (online with Zoom).
- 2020 **Beck Institute for Cognitive Behavior Therapy Online Course**  
8 hours / 4-week online course: *Essentials of CBT*.
- 2020 **Beck Institute for Cognitive Behavior Therapy Online Course**  
16 hours / 4-week online course: *CBT for Anxiety*.
- 2020 **Beck Institute for Cognitive Behavior Therapy Online Course**  
16 hours / 4-week online course: *CBT for Depression*.
- 2020 **Beck Institute for Cognitive Behavior Therapy Online Course**  
15 hours / 4-week online course: *CBT for Personality Disorders*.
- 2019 **The Buehler Institute Psychological Services Online Course**  
1.5 CE Hours online course: *Helping Couples Resolve Mismatched Desire*.

## WORKSHOPS

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- 2024 **An introduction to the network approach and its applications in the  
psychological sciences**  
*Department of Psychosocial Science*, University of Bergen, Norway, January 4<sup>th</sup> – 9<sup>th</sup>  
2024(Physical course).
- 2020 **Psychological First Aid**  
*Sina Trauma and Surgery Research Centre (STSRC)*, Tehran university of medical sciences,  
(TUMS), Iran, October 31.
- 2017 **Conceptual Foundations of Cognitive-Behavioral Therapy**  
*Iran Psychology Association (IPA)*, Iran, December 31.
- 2017 **Transcranial Direct Current Stimulation (tDCS)**  
*Neuroscience Research Center (NRC)*, Shahid Beheshti university of Medical Sciences  
(SBUMS), Iran, December 27- 28.

- 2016      **Cognitive Behavioral Therapy, Existential Psychotherapy, Counseling and Psychotherapy Techniques, Learning Disorders, Diagnosis and Treatment of Sexual Problems, Effective Communication Skills Coaching**  
*4<sup>th</sup>. International congress on health psychology, Shahid Beheshti university of Medical Sciences (SBUMS), Iran, January.*
- 2015      **Techniques and Treatment Process**  
*Razi Psychology Institute, Iran, June 11.*
- 2015      **Betrays in Marriage**  
*Razi Psychology Institute, Iran, August 17.*
- 2015      **Mindfulness-Based Cognitive Therapy (MBCT)**  
*Kashan University of Medical Science (KAUMS), Kashan, October 7- 9.*
- 2013      **Cognitive-Behavioral Therapy for Depression**  
*Iran Psychology Association (IPA), Iran, May 15.*
- 2013      **Cognitive Behavioral Therapy for Children**  
*Iran Psychology Association (IPA), Iran, September 12.*
- 2012      **Marriage Counseling**  
*Iran Psychology Association (IPA), Iran, August 24.*

## CONGRESS

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- 2019      Certificate of Attendance in the **13<sup>th</sup> International Addiction Science Congress**, Razi Hall, august 21-23, Tehran, Iran.
- 2019      Certificate of Attendance in the **8<sup>th</sup> Basic and Clinical Neuroscience Congress**, Razi Hall, December 18-20, Tehran, Iran.
- 2018      Certificate of Attendance in the **National Congress on Clinical Case Reports**, Kashan Alborz University of Medical Science, December 26-27, Alborz, Iran.
- 2016      Certificate of Attendance in the **8<sup>th</sup> International Congress of Education Research (Family, Spirituality and Health)**, Shahid Beheshti University of Medical Sciences (SBUMS), January, Tehran, Iran.
- 2016      Certificate of Attendance in the **International Conference on New Research in Sport Science**, University of Applied Science Technology, January 21, Tehran, Iran.

## JOB EXPERIENCE

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- 2023 – ongoing      **PhD Student**, Department of Psychosocial Sciences, University of Bergen, Norway, 2023 – 2027 (Full-time).
- 2021- 2023      **Psychologist** at Centre of Treatment and Care of Patients with Mental

Disorders, Alborz, Iran.

- 2020 - 2021      **Public Relations Manager** at Psychology and Counselling Organization Islamic Republic of Iran, Tehran, Iran.
- 2018 - 2020      **Psychologist** at the Imam Hossein Educational Hospital, Alborz, Iran.
- 2017 - 2018      **Psychologist** at the Kahrizak Charity Sanatorium of Alborz Province, Iran.
- 2015- 2023      **Psychologist** at the Psychological Services Clinic, Alborz, Iran.
- 2013 - 2015      **Psychologist** at the Elite Institute, Alborz, Iran.

## **SPEECHES & CONDUCTED TRAININGS**

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- 2023      Speech at the **Norwegian Gambling and Foundation Authority** about *predicting attitudes toward gambling from demographic characteristics, gambling problems, smoking, alcohol, and snus uses among the Norwegian population*, University of Bergen, November 23, Førde, Norway.
- 2023      Speech at the **Research Fellow Seminar (PS902)** about *Clinical Use of a Normal Personality Model: Developing HEXACO-PI-R for Clinical Use in Norway*, University of Bergen, October 26<sup>th</sup>- 27<sup>th</sup> 2023, Bergen, Norway.
- 2023      lecture at the **University of Bergen**, Personnel Psychology course (PSYK106) about *(Productive and Counterproductive Work Behaviour)*, September 25<sup>th</sup>, Bergen, Norway.
- 2019      Speech at the **2<sup>nd</sup> Congress of Mood Disorders** about *Suicide Attempts and Ideation in Patients with Bipolar I disorder*, Iran University of Medical Sciences (IUMS), February 14, Tehran, Iran.
- 2019      Speech at the **Interdisciplinary Conference on Aging Medicine about Somatizing Personality Disorder**, Alborz University of Medical Science (ABZUMS), February 20, Alborz, Iran.
- 2018      Speech at the **1<sup>st</sup> Scientific Conference Clinical Case Reports and Recent Psychiatric, Psychology and Neuropsychiatric** about *Accelerated Experiential Dynamic Psychotherapy (AEDP)*, Alborz University of Medical Sciences (ABZUMS), August 9, Alborz, Iran.



## LANGUAGES PROFICIENCY

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**English:** Fluent- Toefl iBT- Total Score: 110 out of 120.

**Norwegian:** Elementary Proficiency (A1-A2, CEFR).

**Arabic:** Basic.

**Persian (Farsi):** Fluent.

**Kurdish:** Mother Tongue.

## MEMBERSHIPS

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- 2023-ongoing Member of the **European Association of Personality Psychology (EAPP)**.
- 2023-ongoing Member of the **Norwegian Association for Addiction Psychology (Nfap)**.
- 2021-ongoing Member of the **Iranian Psychotherapy Studies Association I. R. Iran**.
- 2017-ongoing Member of the **American Psychological Association (APA)**.
- 2012-ongoing Member of the **Iranian Psychological Association (IPA), Iran**.

## REFERENCES

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Seyedeh Monavar Yazdi Professor of Psychology, Alzahra University, Tehran, Iran,  
Department of educational sciences and psychology.  
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Mehdi Samimi Ardestani Associate Professor of Psychiatry, Department of psychiatry,  
Shahid Beheshti University of Medical Science  
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