



Imam Reza International University

Faculty Member's CV



Name...Ata Tehranchi.....

Assistant Professor of Psychology, Department of Psychology, Counselling and Education

Asrar St. Deneshgah Aven. Mashhad, Iran

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Education

University of Isfahan (2013-2018)

PhD of Psychology, Department of Psychology.

University of Shahid Beheshti (2009-2011)

MSc of Family Therapy, Family Research Center

Medical University of Mashhad (2003-2005)

BSc of Radiology.

Teaching/supervising experience

Assistant Professor, International University of Imamreza (2019-present)

- Supervising undergraduate and graduate dissertations
- Delivering teaching sessions on BSc and MSc curricula including Psychology of Personality, Theories of Counselling and Psychotherapy, Research Methods, Statistics for

Research skills

- Taking and interpreting quantitative and qualitative data
- Analysis using SPSS and AMOS

Scientific articles:

1. Comparison of the Effectiveness of Treatment Based on Mindfulness and Schema Therapy on Distress Tolerance of Students with a History of Suicide Attempts
 - i. J Taghavi Khiabani, F SHAHAMAT DEHSORKH, A Tehranchi
 - ii. Journal of Sabzevar University of Medical Sciences 30 (4), 475-489 (2023)



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2. The effect of combined exercises on taekwondo practitioners' motivational and impulsive self-talk
 - i. hamideh mohammadi; amin azimkhani; Ata Tehranchi
 - ii. Sport Psychology 15(2), 109-124 (2023)
3. Comparing the effectiveness of mindfulness-based therapy and schema therapy on emotional Alexithymia in students with a history of suicide attempts
 - i. KJ Taghavi, DF Shahamat, A Tehranchi
 - ii. MEDICAL JOURNAL OF MASHHAD UNIVERSITY OF MEDICAL SCIENCES 66 (1002853), 0-0 (2023)
4. Validation and psychometric properties of the Persian version of the 24 item Dysfunctional Attitudes Scale among Iranian students
 - i. A Tehranchi, S Soleimani, H Kareshki
 - ii. Rooyesh-e-Ravanshenasi Journal (RRJ) 10 (8), 45-56 (2021)
5. Comparing the Effectiveness of CBT and ACT on Weight Loss and Quality of Life among overweight women
 - i. M Keivani, A Tehranchi
 - ii. Journal of Research in Behavioural Sciences 19 (3), 489-498 (2021)
6. Developing an integrative model of positive psychotherapy and comparing its effectiveness with CBT, and PPT in improvement of depressive symptoms among individuals with major depression
 - i. A Tehranchi, HT Neshatdoost, S Amiri, M Power
 - ii. Rooyesh-e-Ravanshenasi journal (RRJ) 10 (1), 75-86 (2021)
7. Analysis of emotions and dysfunctional attitudes in depression
 - i. A Tehranchi, HT Neshatdoost, S Amiri, M Power
 - ii. Japanese Psychological Research 61 (3), 166-178 (2019)
8. The role of character strengths in depression: A structural equation model
 - i. A Tehranchi, HT Neshat Doost, S Amiri, MJ Power
 - ii. Frontiers in psychology 9, 1609 (2018)
9. VALIDATION AND FACTOR ANALYSIS OF POSITIVE PSYCHOTHERAPY QUESTIONNAIRE (THREE-FACTOR FORM) IN IRANIAN POPULATION
 - i. S SOLEIMANI, ATA TEHRANCHI, H KARESHKI
 - ii. RESEARCH IN PSYCHOLOGICAL HEALTH 11 (4), 83-98 (2018)
10. Depressive and anxiety symptoms of Iranian immigrants in Denmark: a comparison
 - i. MR Sadri, A Tehranchi
 - ii. International Journal of Applied Behavioral Sciences 3 (2), 9-14 (2016)
11. A study of the role of psychological factors and pain related variables in the prediction of emotional distress in patients with multiple sclerosis
 - i. F Haghghat, A Tehranchi, P Dehkordian, SK Rasoolzade Tabatabaei
 - ii. Journal of Public Health Research 6 (4), 1-11 (2013)
12. The role of mother-child relationship and pain-related variables in the depression level of mothers with chronic illness
 - i. A Tehranchi, M Dehghani, K Tahmasian, H Zaree (2013)
13. Mind reading and mindfulness deficits in patients with major depression disorder
 - i. V Nejati, A Zabihzadeh, G Maleki, A Tehranchi
 - ii. Procedia-social and behavioral sciences 32, 431-437 (2012)



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