

Hasti Masihay-Akbar, M.D.

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[Google Scholar](#)

<https://endocrine.ac.ir/>

Research interest

- Health-related behaviors
- Lifestyle modification
- Tobacco use control
- Childhood and Adolescence health
- Health education and promotion

Education

Sep. 2005 – April 2013

Doctor of Medicine, Shahid Beheshti University of Medical Sciences.
GPA: 3.5/4.0 (According to World Education Services/WES evaluation)

Thesis: “Pathological Assessment of Parathyroid Specimens. A Retrospective Study.” Shahid Beheshti University of Medical Sciences, Mar. 2013.

Research and work experiences

May 2014 - Mar. 2016
Dec. 2018 - Present

Researcher, Research Center for Social Determinants of Health (SDH), Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences.

Job description: Study design, data analysis and interpretation, scientific writing.

Apr. 2018 - Mar. 2020

Clinical research physician, Employees’ Health Cohort Study of Iran (EHCSIR), Iran University of Medical Sciences.

Job description: Clinical interview and examination, data acquisition.

Mar. 2014 - Apr. 2018

Physician, clinical practice in private clinic, Guilan, Iran.

Job description: Clinical examinations, diagnosis and treatment, health education, referral to specialists, office management.

Oct. 2013 - Mar. 2014

Physician, Erfan Hospital, Tehran, Iran.

Job description: History taking and clinical examinations, health education.

May 2013 - Oct. 2013

Physician, Emergency ward, Imam Hospital, Garmsar, Iran.

Job description: Providing emergency care, clinical examinations, diagnosis and treatment, referral to specialists.

Skills

Language skills:

- Persian (Native)
- English (Fluent)
- IELTS Academic: 8 (Speaking: 7, Writing: 7, Reading: 8.5, Listening: 8.5)
- IELTS General: 7

Computer skills:

- Microsoft Office (Word, Excel, PowerPoint)
- Data Analysis software (SPSS)
- Research base software (End note, Mendeley)

Professional Skills:

- Research Methodology, Scientific Writing, Literature review and Data Analysis Tehran University of Medical Sciences (2014)
- Research Institute for Endocrine Science, Shahid Beheshti University of Medical Sciences (2020)
- Primary Method in Molecular Biology
- Royan Institute of Reproductive, Biomedicine and Stem cell, (2014)

Analytical skills:

- Statistics and SPSS course
- Tehran Institute of Technology (2015)

Memberships

2014 – present

Iranian Medical Council (Membership Number: 139555)

2014 – present

Iranian General Physicians Society

Honors

Ranked in the top **1%** (137) among approximately 400,000 applicants in the Nationwide University Entrance Exam, Iran (2005). Received scholarship from Shahid Beheshti University of Medical Sciences as an exceptional talent student.

Publications

- **Masihay-Akbar H**, Amiri P, Jalali-Farahani S, Cheraghi L, Momenan A, Azizi F. The cigarette smoking initiation and continuation in adolescents undergoing a long-term behavioral intervention. Nicotine and Tobacco Research. 2021 Apr; 23(4):702-10. DOI: 10.1093/ntr/ntaa208. PMID: [33045085](#).
- Amiri P, **Masihay-Akbar H**, Jalali-Farahani S, Karimi M, Momenan A, Azizi F. The first cigarette smoking experience and future smoking among adolescents with different parental risk: A longitudinal analysis in an urban Iranian population. International Journal of Behavioral Medicine. 2020 Jul 15:1-9. DOI: 10.1007/s12529-020-09910-8. PMID: [32671634](#).

- Naseri P, Amiri P, **Masihay-Akbar H**, Jalali-Farahani S, Khalili D, Azizi F. Long-term incidence of cardiovascular outcomes in the middle-aged and elderly with different patterns of physical activity: Tehran Lipid and Glucose Study. BMC Public Health. 2020 Nov 4; 20(1):1654. DOI: 10.1186/s12889-020-09747-6. PMID: [33148219](#).
- Jalali-Farahani S, Amiri P, **Masihay Akbar H**, Cheraghi L, Karimi M, Azizi F. Effects of a healthy lifestyle education on the incidence of metabolic syndrome in children during a thirteen year follow-up. International Journal of Behavioral Medicine. 2018; 25(1):131-140. DOI: 10.1007/s12529-017-9680-1. PMID: [28795355](#).
- Amiri P, Jalali-Farahani S, **Masihay Akbar H**, Cheraghi L, Khalili D, Momenan A, Mirmiran P, Ghanbarian A, Hedayati M, Hosseini-Esfahani F, Azizi F. The Effects of a Community-Based Lifestyle Intervention on Metabolic Syndrome and Its Components in Adolescents: Findings of a Decade Follow-Up. Metabolic Syndrome and Related Disorders. 2018 Apr 12. DOI: 10.1089/met.2017.0055. PMID: [29648906](#).
- Kaboli M, **Masihay Akbar H**, Gholami H, Jor Gholami M, Kheyrkhah H, Ramezani K, Mirkarimi T, Ghavam M. Sterilized and unsterilized Urinary Catheter and the Urinary Tract Infection in Hospitalized patients. Archives of Clinical Infectious Diseases. 8 (4); e14600. 2013 Oct. DOI: [10.5812/archcid.14600](#).

Manuscripts under review

- **Masihay-Akbar H**, Amiri P, Cheraghi L, Azizi F. The long-term effectiveness of a community-based lifestyle intervention on tobacco-related habits in adolescent boys and girls: Tehran Lipid and Glucose Study. Tobacco Control. (2021)
- **Masihay-Akbar H**, Mehrabi F, Mardi N, Cheraghi L, Azizi F, Amiri P. Smoking habits in men and women with different perceptions of social health: Findings of a large population-based study in the West-Asia. Annals of Behavioral Medicine. (2021)
- **Masihay-Akbar H**, Amiri P, Naseri P, Azizi F. Men's smoking trajectories as a predictor of smoking and health status in the whole family: Findings of a 15-year follow-up. Nicotine and Tobacco Reserch. (2020)
- Mansouri-Tehrani MM, Amiri P, Cheraghi L, **Masihay-Akbar H**, Mirmiran P, Azizi F Risk of hypertension in school-aged children undergoing a long-term community-based lifestyle intervention: Tehran Lipid and Glucose Study. Preventive Medicine. (2021)
- Naseri P, Amiri P, **Masihay-Akbar H**, Sahebi Vaighan N, Ahmadizad S, Ghanbarian A, Azizi F. Time-varying association between physical activity and risk of diabetes in the early and late adulthood: A longitudinal study in a West-Asian country. Primary care diabetes. (2020)

Books

- Jalali-Farahani S, **Masihay-Akbar H**, Amiri P. Parental Factors Associated with Childhood Obesity. Chapter in Childhood Obesity: Causes, Prevention and Management, NOVA Science Publishers, USA [ISBN: 978-1-53618-158-6] 2020

Presentations

- **Invited speaker:**

- Amiri P, **Masihay-Akbar H**, Jalali-Farahani S, Karimi M, Momenan A, Azizi F. The first cigarette smoking experience and future smoking among adolescents with different parental risks: A longitudinal analysis in a Western-Asian population. The 9th Iranian Congress of epidemiology. 22-24 October 2019. Shahid Beheshti University of Medical Sciences, Tehran, Iran.

- **Poster presentation:**

- **Masihay-Akbar H**, Amiri P, Jalali-Farahani S, Cheraghi L, Momenan A, Azizi F. Does a long-term community-based lifestyle intervention postpone smoking uptake in adolescents? The 16th World Congress of Public Health. 12-16 October 2020. Rome, Italy.
- Amiri P, **Masihay-Akbar H**, Naseri P, Jalali-Farahani S, Khalili D, Ghanbarian A, Azizi F. The association between physical activity levels and the incidence of cardio-vascular outcomes in Tehranian adults: Tehran Lipid and Glucose Study (TLGS). The 7th Iranian Congress of prevention and treatment of obesity. 27-29 November 2019. Tehran, Iran.