



NARGES ESFANDIARI

CLINICAL PSYCHOLOGIST

PERSONAL PROFILE

I hold a Ph.D. in clinical psychology from the University of Shahid Beheshti and have worked in mental health centers for over ten years. As an early career researcher, I focus on digital mental health, mainly using internet-based cognitive-behavioral therapy (CBT) to help teenagers with social anxiety. My research includes topics like online communication, adolescent mental health, and social anxiety.

EDUCATION

Doctor of Philosophy (Ph.D.) in Clinical Psychology

MAR 2022 | Shahid Beheshti university, Tehran

Master of Arts (M.A.) in General Psychology

AUG 2012 | Islamic Azad University of Isfahan (Khorasgan) Bra, Isfahan

Bachelor of Arts (B.A.) in Clinical Psychology

AUG 2005 | University of Isfahan, Isfahan

ACADEMIC EXPERIENCE

Membership of the International Organizing Committee of 12th ISRII 2024

APR 2023 - PRESENT | International Society for Research On Internet Interventions


- Meeting with International Committee
- Meeting with Diversity and Inclusiveness committee

Membership of Scientific Committee of 6th Serious Games Prize 2023

NOV 2023 - PRESENT | Iran Computer and Video Games Foundation, Tehran, IRAN

- Reviewed the submitted papers
- Provided detailed feedback on the conference forms

CONTACT

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 Tehran

Peer Reviewer

FEB 2022 - PRESENT | Journal of medical internet research JMIR (23 papers)

- Reviewed manuscripts based on these area: ICBT, Digital mental health, Internet Interventions, Social anxiety disorder, adolescents

Book reviewer

OCT 2023 - OCT 2023 | Springer

- Reviewed 3 chapters of the book "Online Interventions and Cognitive Behavioral Therapies"

External Referee

JUN 2023 - JUL 2023 | The Netherlands Organisation for Health Research and Development (ZonMw)

Peer Reviewer of "3^d, 4th, and 5th Serious Games Prize

DEC 2019 - OCT 2021 | Iran Computer and Video Games Foundation

Editor

AUG 2018 - DEC 2019 | Arjmand publication, Tehran, IRAN

- Edited and proofread Books to ensure accuracy of grammar, spelling, punctuation, syntax, and formatting.

CLINICAL EXPERIENCE

Clinical Psychologist

JUL 2017 - OCT 2017 | Counselling Center of Shahid Beheshti University (Bolvar Keshavarz), Tehran, IRAN

- Provided cognitive-behavioral therapy to individuals struggling with depression, anxiety, and other mental health issues
- Wrote reports on clients and maintained required paperwork.

Clinical Psychologist Internship

JUL 2017 - SEP 2017 | Niyayesh Psychiatry Hospital, Tehran, IRAN

- Conducted Clinical Interviews with strong communication skills when interacting with clients from diverse backgrounds.
- Created detailed reports outlining findings from evaluations that were presented to referral source agencies.
- Actively participated in interdisciplinary team meetings to review patient progress towards goals.
- Provided group psychotherapy for adults with a variety of mental health issues.

Clinical Psychologist

FEB 2016 - MAR 2017 | Counselling Center of Shahid Beheshti University, Tehran

- Provided cognitive-behavioral therapy to individuals struggling with depression, anxiety, and other mental health issues.
- Wrote reports on clients and maintained required paperwork.

Counsellor

JUL 2011 - JUL 2013 | Baran Social Work clinic, Isfahan

- Clinical interview
- Psychological Assessment
- Taking MMPI test for Adults
- Taking the Wechsler Intelligence Scale for Children (WISC)

Clinical Psychologist

JUL 2006 - JUN 2008 | Children Psychiatric Center , Isfahan

- Assessments
- Clinical interview
- Taking Raven's IQ test from children

CERTIFICATIONS

- Cognitive-behavior therapy for social anxiety
- Diagnostic Interview
- How to develop an ICBT (Internet-based cognitive behavior therapy) platform for various mental disorders among children and adolescents
- CBT Supervision by Dr. Mehdi Akbari
- DAAD workshop, Family therapy, Trauma & Loss
- Cognitive-behavior therapy (CBT)
- Social media for psychological research in Ethical, Productive, and Prosocial Ways

PUBLICATIONS

- Comparing the response patterns to variables of human movement (M), animal responses (A) and colorless colors (C') of Rorschach test among depressed and normal females (2011)
- Online communication and social anxiety among adolescents aged 13-16 (2013)
- The relationship between social anxiety and online communication among adolescents in the city of Isfahan, Iran (2013)
- The effect of listening to light and heavy music on reducing the symptoms of depression among female students (2014)
- Internet-delivered versus face-to-face cognitive behavior therapy for anxiety disorders: systematic review and meta-analysis (2021)
- How to e-mental Health? A Guideline for Researchers and Practitioners using Digital Technology in the Context of Mental Health (2023)

PRESENTATIONS

A Disorder Specific Internet-Based Cognitive Behavior Intervention for Social Anxiety Disorder in Adolescents: Contributions to Spence et al. (2017)

An oral presentation was virtually conducted at the University of Pittsburgh, US. 19 Sep 2022

A Specific Internet-based Cognitive Behavior Therapy for Iranian Adolescents with Social Anxiety

Acceptance of a conference abstract as a poster presentation for Esrii 2023 (European Society for Research on Internet Interventions) in Amsterdam, Netherlands. 31 Aug 2023