

# Curriculum Vitae



## Personal Information

Name: Akbar

Last Name: Azizi-Zeinalhajlou

Nationality: Iranian

Address: Aging Research Institute (ARI), Tabriz University of Medical Sciences, Tabriz, IR.  
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Gender: Male

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## Qualifications:

- 1- Ph.D. in Gerontology, Tabriz University of Medical Sciences, Tabriz, Iran. 2017-2022
- 2- MSc in Social Research, Kharazmi University, Tehran. Iran. 2006-2009.
- 3- BS in Nursing, Tabriz University of Medical Sciences, Tabriz, Iran. 1995-2000.

## **Scientific Position:**

- Affiliated Member of the Geriatric Health Department, TUOMS. Since 2025
- Faculty Member (Research Assistant Professor) at the Aging Research Institute, TUOMS. Since 2023

## **Executive Positions:**

- Administrative Management of TUOMS Research Institutes and Research Centers. Since 2025
- Executive Secretary of the 3rd International Congress on Active Aging-2025
- Membership in the University Technology Council. Since 2024
- Membership in the TUOMS Research Council. Since 2024
- Executive Advisor of the Vice Chancellor for Research and Technology of the TUOMS. Since 2024
- Executive Secretary of the 2nd International Congress on Healthy Aging-2024
- Executive Director of Aging Research Institute (ARI) Tabriz University of Medical Science (TUOMS). Since 2022
- Membership of the East Azerbaijan Provincial Council on Aging. Since 2021

## **Scientific works:**

### **A: Research projects:**

1. *“Prevalence of Hypertension and its relationship with demographic variables among the elderly population in Tabriz (A demographic Study)”*
2. *“Elderly health-related quality of life in Tabriz”*
3. *“prevalence of injury among elderly people in the city of Tabriz”*
4. *“Elderly Awareness and Possibility of Contact to Emergency Medical Service in Tabriz City”*
5. *“Association of SES and Perceived Social Support with anxiety and depression disorders in the elderly people in Tabriz city”*

6. *“Comprehensive assessment of the Social, Economic, and Health status of the older people in Tabriz city”*
7. *Prevalence and predictors of social isolation, explaining of older adults’ experiences in Tabriz city and providing preventive strategies: A sequential explanatory mixed study*
8. *The Role of Anxiety and Depression in Elderly Hypertension*
9. *Tabriz Longitudinal Study on Ageing (TaLSA) (Pilot & enrolment phases)*
10. *Explaining older adults’ experiences of social isolation during the COVID-19 pandemic*

#### **B: Publications:**

1. Azizi-Zeinalhajlou A. ***Berberine-induced glucagon-like peptide-1 and its mechanism for controlling type 2 diabetes mellitus: a comprehensive pathway review*** *Archives of Physiology and Biochemistry*, 1-8 Published online: 03 Nov 2023. <https://www.tandfonline.com/doi/abs/10.1080/13813455.2023.2258559>
2. Azizi-Zeinalhajlou A. ***The Status of Drug Prescription Based on Beers Criteria (Edition 2022) in the Community-dwelling Older Adults Living in Tabriz, Iran: Data From Tabriz Older People Health Survey (TOPS)*** *International Journal of Drug Research in Clinics* 1 (1), e13-e13
3. Azizi-Zeinalhajlou A. ***Obesity prevalence among older people in Tabriz, Iran: data from health status of aged people in Tabriz (HSA-T) study***
4. Azizi-Zeinalhajlou A. ***Loneliness as a predictor of hypertension in older adults: the TOPS study***
5. Azizi-Zeinalhajlou A. ***“Is there a link between Persian medicine eating habits and the nutritional status of older adults? A cross-sectional study”*** *Advances in Integrative Medicine*. Volume 10, Issue 2, May 2023, Pages 58-63. <https://doi.org/10.1016/j.aimed.2023.05.003>
6. Azizi-Zeinalhajlou A. ***“Prevalence and Factors Associated with Depression in Older Adults in Tabriz, Iran: Data from the Health Status of Aged People in Tabriz (HSA-***

- T Study)*” *International Journal of Aging*. 2023;1: e2 | Published on: 2023 Mar 14. doi: [10.34172/ija.2023.e2](https://doi.org/10.34172/ija.2023.e2)
7. Azizi-Zeinalhajlou A. **“The Pattern of Drug Consumption in Community-Dwelling Older People in Tabriz, Iran: Data from Tabriz Older People Health Survey (TOPS)”** *International Journal of Drug Research in Clinics*. 2023;1: e9 | Published on: 2023 May 29. doi: [10.34172/ijdr.2023.e9](https://doi.org/10.34172/ijdr.2023.e9)
  8. Azizi-Zeinalhajlou A. **“Obesity Prevalence Among Older People in Tabriz, Iran: Data from Health Status of Aged People in Tabriz (HSA-T) Study”** *International Journal of Aging*. 2023;1: e8 | Published on: 2023 May 30. doi: [10.34172/ija.2023.e8](https://doi.org/10.34172/ija.2023.e8)
  9. Azizi-Zeinalhajlou A. **“Loneliness as a Predictor of Hypertension in Older Adults: The TOPS Study”** *International Journal of Aging*. 2023;1: e7 | Published on: 2023 May 10. doi: [10.34172/ija.2023.e7](https://doi.org/10.34172/ija.2023.e7)
  10. Azizi-Zeinalhajlou A. **Challenges of Emergency Medical Services Utilization by Older Adults in Tabriz, Iran: Data from Health Status of Aged People in Tabriz (HSA-T Study)**. *International Journal of Aging*. 2023;1: e3. doi: [10.34172/ija.2023.e3](https://doi.org/10.34172/ija.2023.e3)
  11. Azizi-Zeinalhajlou A. **Evaluating the Psychometric Properties of the Persian Version of the Social Disconnectedness and Perceived Isolation Scales in Iranian Older Adults**. *Iranian Journal of Ageing*. 2023 17 (4): 472-491. <http://dx.doi.org/10.32598/sija.2022.856.2>
  12. Azizi-Zeinalhajlou A. **“Saffron as a promising therapy for diabetes and Alzheimer's disease: mechanistic insights”**. *Metab Brain Dis*. 2023; 38: 137–162. <https://doi.org/10.1007/s11011-022-01059-5>
  13. Azizi-Zeinalhajlou A. **“COVID-19 Stigmatization: Consequences and Solutions**. *Archives of Clinical Infectious Diseases*. 2022 December; 17(6): e120644. <https://doi.org/10.5812/archcid-120644>
  14. Azizi-Zeinalhajlou A. **Older Adults in Developing Countries Seem to be Neglected Contacts in Technological Products**. *Elderly Health Journal*. 2022; 8(2): 58-59. <http://dx.doi.org/10.18502/ehj.v8i2.11543>
  15. Azizi-Zeinalhajlou A. **Evaluating the Relationship between Sleep Quality and Temperament in Older Adults: Data from TOPS (Tabriz Older People Health**

- Survey*)". *Traditional and Integrative Medicine*. 2022; 7(4): 369-374.  
<https://doi.org/10.18502/tim.v7i4.11486>
16. Azizi-Zeinalhajlou A. ***The effects of selenium supplementation on inflammatory markers in critically ill patients.*** *SN Applied Sciences*. 2022. 4:326.  
<https://doi.org/10.1007/s42452-022-05208-4>
  17. Azizi-Zeinalhajlou A. ***Profile of Tabriz Older People Health Survey (TOPS-2019): a representative community-based cross-sectional study.*** *Scientific reports*. 2022. 12, 17879. <https://doi.org/10.1038/s41598-022-22710-2>
  18. Azizi-Zeinalhajlou A. ***The contribution of social isolation and loneliness to sleep disturbances among older adults: a systematic review.*** *Sleep and Biological Rhythms*. 2022. volume 20, pages153–163. <http://dx.doi.org/10.1007/s41105-022-00380-x>
  19. Azizi-Zeinalhajlou A. ***Psychometric Properties of the Persian Version of the Social Disconnectedness and Perceived Isolation Scales.*** *Iranian Journal of Aging*. 2022. <http://dx.doi.org/10.32598/sija.2022.856.2>
  20. Azizi-Zeinalhajlou A. ***Viewpoints of Older People Toward the Features of Age-Friendly Communities: Map for Charting Progress in Tabriz, Iran.*** *Journal of Aging and Environment*. 2022 36(1): 73-89. <https://doi.org/10.1080/26892618.2020.1859037>
  21. Azizi-Zeinalhajlou A. ***Dental Health Status of Community-dwelling older adults and its Relation to their Nutritional Status in Northwest of Iran.*** *Healthy Aging Research* 2019; 8(10)
  22. Azizi-Zeinalhajlou A. ***Life satisfaction and the contributors among non-Institutionalized older people in Tabriz, Iran.*** *Eastern Mediterranean Health Journal* 2020; 16;26(4). <https://doi.org/10.26719/emhj.19.037>
  23. Azizi-Zeinalhajlou A. ***Nutritional Status of the Community-dwelling Elderly in Tabriz, Iran.*** *Elderly Health Journal* 2017; 3(2): 80-86.  
<http://dorl.net/dor/20.1001.1.24236179.2017.3.2.8.7>
  24. Azizi-Zeinalhajlou A. ***The Prevalence, awareness, and control rate of hypertension among the elderly in the northwest of Iran.*** *Journal of Cardiovascular Thoracic Research*. 2016. <https://doi.org/10.15171/jcvtr.2016.35>

25. Azizi-Zeinalhajlou A. *Necessity of Increasing Elderly Population Awareness about Emergency Medical Services (EMS) Tabriz, Iran*. *Emerg Med (Los Angel)* 2016, 6:4. [DOI: 10.4172/2165-7548.1000e145](https://doi.org/10.4172/2165-7548.1000e145)
26. Azizi-Zeinalhajlou A. *The status of healthy behaviors, recreational activities, eating habits, stress management, multiple chronic conditions, and social capital among noninstitutionalized older people*
27. Azizi-Zeinalhajlou A. *Healthy Lifestyle Status among Non- Institutionalized Older People: A Literature Review*. *Elderly Health Journal* 2015; 1(2): 52-61. <http://dori.net/dor/20.1001.1.24236179.2015.1.2.6.1>
28. Azizi-Zeinalhajlou A. *Factors Affecting the Work Alienation in Employees of East Azerbaijan Health Insurance Organization*. *Depiction of Health*. 2015;6(4): 23-31
29. Azizi-Zeinalhajlou A. *Population Aging and Burden of Diseases (A Review)*. *Depiction of Health*. 2015; 6(2): 54-61
30. Azizi-Zeinalhajlou A. *Consequences of Population Aging in Iran with Emphasis on its Increasing Challenges on the Health System (Literature Review)*. *Depiction of Health*. 2015; 6(1): 54-64
31. Azizi-Zeinalhajlou A. *Social Determinants in Health: The Impact of Socio-Economical Issues on Individuals' Health Conditions*. *Depiction of Health*. 2014; 5(1): 15-21

#### **C: Book:**

- 1- Azizi-Zeinalhajlou A. 2022. *“Standard of public library services for older adults”*. Tehran. Ketabe Nashr

#### **D: International & Annual Congress Presentations:**

- 1- Azizi-Zeinalhajlou A. *“Aging population; the increasing challenge of the health system in Iran”* International Congress on Health vision in Iran 2025. October 30-31, 2013, Shiraz, Iran.

- 2- Azizi-Zeinalhajlou A. ***“population Aging: challenges and opportunities”***. Aging scientific conference of East Azarbaijan province. 30 Sep-1 Oct 2014
- 3- Azizi-Zeinalhajlou A. ***“Elderly population awareness of Emergency Medical Services (EMS) and its affecting demographic factors”***. The 1<sup>st</sup> International Congress of Trauma and Emergency Critical Care. 28-30 September 2016, Tabriz, Iran
- 4- Azizi-Zeinalhajlou A. ***“Older People in Iran: A Profile of lifestyle”***. The 3<sup>rd</sup> International and 8<sup>th</sup> National Congress on Health Education and Promotion. 23-25 Aug 2017, Isfahan, Iran
- 5- Azizi-Zeinalhajlou A. ***“Elderlies’ Awareness about Emergency Medical Services in Northwest of Iran”***. The 3<sup>rd</sup> International and 8<sup>th</sup> National Congress on Health Education and Promotion. 23-25 Aug 2017, Isfahan, Iran
- 6- Azizi-Zeinalhajlou A. ***“Stages of development and excellence of health and medical education system for maintaining.... Of the country (According to the excellence leadership algorithm and Kar. Pak model). The latest findings and experiences in maintenance management. 9-10 Oct 2017, Tehran, Iran***
- 7- Azizi-Zeinalhajlou A. ***“Dental condition and its relation to nutritional status and anthropometric parameters in elderly people's home city of Tabriz in”***. The 3<sup>rd</sup> International and 8<sup>th</sup> National Congress on Health Education and Promotion. 23-25 Aug 2017, Isfahan, Iran
- 8- Azizi-Zeinalhajlou A. ***“Central obesity prevalence among elderly people in Tabriz”***. The 1st International Congress of NLRCS, “Nutrition, from the Laboratory to Clinical Studies”, 6th – 8th September 2017, Mashhad, Iran
- 9- Azizi-Zeinalhajlou A. ***“Prevalence of general obesity among the elderly in Tabriz”***. The 1st International Congress of NLRCS, “Nutrition, from the Laboratory to Clinical Studies”, 6th – 8th September 2017, Mashhad, Iran

#### **E: Practical experience:**

- Getting certification for **Research Methods** from RDCC of Tabriz University of Medical Sciences
- Getting certification for **SPSS** from RDCC of Tabriz University of Medical Sciences

- Getting certification for **Systematic Review** from RDCC of Tabriz University of Medical Sciences
- Getting certification for **Meta-Analysis** from RDCC of Tabriz University of Medical Sciences
- Getting certificate participation in **Social Determinants of Health, Qualitative Research Methods, and Medical Anthropology Workshop/** conference held by Social Determinants of Health Research Center, Tabriz University of Medical Sciences, Iran and the Global Center for Community Health Worker Training Program (GCHWTP), housed in the School of Health Science, at Jackson State University, Jackson, MS, USA. May 17-19, 2015
- Getting certificate participation in “**1<sup>st</sup> National Training Course on Physical Activity and Health**” held at Tabriz University of Medical Sciences, with support from the Ministry of Health and World Health Organization, Eastern Mediterranean Regional Office. May 24-28, 2015
- Getting certificate participation in “**Good Clinical Practice from NIMAD, MOHME**” held at Tabriz University of Medical Sciences.