

Research Trends at the Center:

- Investigation of psychological factors influencing chronic diseases
- Study of various mental disorders such as schizophrenia, mood disorders, anxiety disorders, post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), and others
- Research on psychological and psychotherapeutic interventions such as cognitive behavioral therapy (CBT), mindfulness, positive psychotherapy, acceptance and commitment therapy (ACT), and group therapy
- Investigation of chronic pain and its management
- Study of educational, care, and treatment needs related to mental health disorders

Research Priorities of the Center:

The primary mission of research centers within medical universities is to create a conducive environment for knowledge production and to utilize this knowledge to address issues and improve community health across various domains. However, due to resource limitations, it is impossible to cover all fields or meet all research needs. Therefore, establishing research priorities through scientific and realistic methods is crucial for effective research management. Based on community needs, the following research priorities have been identified:

Research Priorities (Code: 40-3):

A. Regional and National Priorities:

- 1-40-3: Epidemiological studies on mental health and mental disorders
- 1-1-40-3: Epidemiological studies on aspects of mental health (hope, happiness, life satisfaction, self-efficacy, self-esteem, adaptation, etc.)
- 2-1-40-3: Epidemiological studies on family mental health
- 3-1-40-3: Epidemiological studies on students' mental health
- 4-1-40-3: Epidemiological studies on mental health during pregnancy and fertility
- 5-1-40-3: Epidemiological studies on sexual mental health
- 6-1-40-3: Epidemiological studies on high-risk behaviors in women, men, and adolescents (violence, suicide, smoking, alcohol, drug use, high-risk sexual behaviors, etc.)

- 7-1-40-3: Epidemiological studies on violence and abuse towards children, the elderly, and other vulnerable groups
- 8-1-40-3: Epidemiological studies on the psychological consequences of consanguineous marriages, early marriage, and marriage to carriers of defective genes
- 9-1-40-3: Epidemiological studies on knowledge, attitudes, and experiences of patients and their families in various areas of mental health
- 10-1-40-3: Epidemiological studies on the mental health of employees
- 11-1-40-3: Epidemiological studies on mental health in healthcare systems
- 12-1-40-3: Epidemiological studies on the mental health of hospitalized patients
- 13-1-40-3: Epidemiological studies on the mental health of patients and their caregivers at discharge
- 14-1-40-3: Prevalence and incidence of anxiety disorders, obsessive-compulsive disorders, post-traumatic stress, various phobias, etc.
- 15-1-40-3: Prevalence and incidence of mood disorders (depressive disorders, bipolar disorders, etc.)
- 16-1-40-3: Prevalence and incidence of psychotic disorders (schizophrenia, schizophreniform disorder, schizoaffective disorder, delusional disorder, etc.)
- 17-1-40-3: Prevalence and incidence of neurocognitive disorders (delirium, dementia, and other cognitive disorders, etc.)
- 18-1-40-3: Prevalence and incidence of personality disorders
- 19-1-40-3: Prevalence and incidence of mental disorders in childhood and adolescence (separation anxiety, autism, attention deficit disorder, learning disorders, developmental disorders, and psychosis in children, etc.)

- 2-40-3: Examination of educational, caregiving, and therapeutic needs concerning mental disorders**
- 1-2-40-3: Assessment of educational, caregiving, and therapeutic needs of patients with mental disorders
- 2-2-40-3: Assessment of educational, caregiving, and therapeutic needs of families of patients with mental disorders
- 3-2-40-3: Mental needs assessment and psychoeducation for healthcare staff
- 4-2-40-3: Examination of educational, caregiving, and therapeutic needs of orphaned children
- 5-2-40-3: Examination of educational, caregiving, and therapeutic needs of high-risk groups and their families
- 6-2-40-3: Examination of educational, caregiving, and therapeutic needs of the elderly and their families

- 3-40-3: The role of individual and environmental factors in mental health and mental disorders

- 1-3-40-3: Impact of individual factors (genetics, physiological indicators, biochemical factors, gender, personal beliefs, etc.) on mental health and mental disorders
- 2-3-40-3: Impact of social factors (social support, social health, quality of social relationships, social participation, satisfaction with social environment, access to healthcare, community mental health, etc.) on mental health and mental disorders
- 3-3-40-3: Impact of economic factors (unemployment and poverty, job security and satisfaction, fair income, suitable work environment, violation of rights and discrimination, access to services, etc.) on mental health and mental disorders
- 4-3-40-3: Impact of cultural factors (mental health literacy, religious-spiritual factors, attitudes, stereotypes, and negative beliefs, etc.) on mental health and mental disorders
- 5-3-40-3: Impact of family factors (relationships among family members, family mental health, parent-child relationship, overprotection, emotional deprivation, intergenerational conflicts, violence against women, etc.) on mental health and mental disorders

- 4-40-3: Treatment, care, and psychosocial rehabilitation interventions in the field of mental health and mental disorders

- 1-4-40-3: Impact of spiritual-religious interventions on the mental health and mental disorders of individuals in the community
- 2-4-40-3: Impact of cognitive-behavioral interventions on the mental health and mental disorders of individuals in the community
- 3-4-40-3: Impact of psychological-educational interventions on the mental health and mental disorders of individuals in the community
- 4-4-40-3: Impact of family-centered interventions on the mental health and mental disorders of individuals in the community
- 5-4-40-3: Impact of interventions based on theories, models, and frameworks (such as the adaptation model) on the mental health and mental disorders of individuals in the community
- 6-4-40-3: Impact of complementary and alternative medicine (relaxation, massage therapy, meditation, etc.) on the mental health and mental disorders of individuals in the community
- 7-4-40-3: Impact of nutrition on mental health and mental disorders of individuals in the community
- 8-4-40-3: Impact of positive psychology interventions on the mental health and mental disorders of individuals in the community

- 9-4-40-3: Impact of psychosocial rehabilitation on the mental health and mental disorders of individuals in the community
- 10-4-40-3: Impact of supportive group psychotherapy interventions on the mental health and mental disorders of individuals in the community
- 11-4-40-3: Impact of mental health and care services on the mental health and mental disorders of individuals in the community
- 12-4-40-3: Impact of life skills training and stress management skills on the mental health and mental disorders of individuals in the community
- 13-4-40-3: Impact of preventive interventions on the mental health and mental disorders of individuals in the community
- **5-40-3: The role of information technology (tele-nursing, telemedicine, SMS, phone, etc.) in mental health and mental disorders**
- 1-5-40-3: Impact of multimedia-based interventions on the mental health and mental disorders of individuals in the community
- 2-5-40-3: Impact of application-based interventions on the mental health and mental disorders of individuals in the community
- 3-5-40-3: Psychological pathology of modern technology
- 4-5-40-3: Impact of integrating information technology with conventional methods on the mental health and mental disorders of individuals in the community
- 5-5-40-3: Negative effects of information technology within families
- 6-5-40-3: Virtual interactions
- **6-40-3: Standardization of tests**
- 1-6-40-3: Development and standardization of tests
- 2-6-40-3: Psychometric evaluation of tests

B. International Priorities:

- Comparison of the prevalence and incidence of mental disorders in Iran and other countries.
- Comparison of the impact of economic factors (unemployment and poverty, job security and satisfaction, fair income, appropriate work environment, violation of individual rights and discrimination, access to services, etc.) on mental health and mental disorders in Iran and other countries.

- Comparison of the impact of cultural factors (mental health literacy, religious-spiritual factors, attitudes, stereotypes, and negative beliefs, etc.) on mental health and mental disorders in Iran and other countries.
- Comparison of the impact of spiritual-religious interventions on mental health and mental disorders in Iran and other countries.
- Comparison of the impact of cognitive-behavioral interventions on mental health and mental disorders in Iran and other countries.
- Comparison of the impact of psychological-educational interventions on mental health and mental disorders in Iran and other countries.
- Comparison of the impact of family-centered interventions on mental health and mental disorders in Iran and other countries.
- Comparison of the impact of interventions based on theories, models, and frameworks (such as the adaptation model) on mental health and mental disorders in Iran and other countries.
- Comparison of the impact of complementary and alternative medicine (relaxation, massage therapy, meditation, etc.) on mental health and mental disorders in Iran and other countries.
- Comparison of the impact of technology-based interventions on mental health and mental disorders in Iran and other countries.
- Development and standardization of tests.
- Psychometric evaluation of tests.