



# Hossein Ashtarian, Ph.D.

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## Professional Experience

- **2017–Present**  
Associate Professor, Department of Health Education and Promotion, School of Public Health, Kermanshah University of Medical Sciences (KUMS)
- **2023–Present**  
Member of the Board of Directors, Iranian Association of Health Education and Health Promotion
- **2020–2025**  
Senior Academic Administrator, KUMS  
(*Deputy of the Faculty of Health; Deputy of the Faculty of Nutrition Sciences and Food Industry*)
- **2020–2024**  
Member, National Board and Accreditation Committees for Health Education and Health Promotion
- **2011–2013**  
Head, Faculty of Nursing and Midwifery, KUMS
- **1995–2006**  
Academic and Executive Roles in Nursing Education, KUMS  
(*Lecturer; Head of Nursing Department; Head of Operating Room Department; Provincial Nursing Office*)

## Biography

Dr. Hossein Ashtarian is an Associate Professor in the Department of Health Education and Promotion at the School of Public Health, Kermanshah University of Medical Sciences. He received his Ph.D. in Health Education and Promotion from the University of Leeds, United Kingdom. He has authored more than 70 peer-reviewed articles and one book. Alongside his academic work, Dr. Ashtarian has served in several academic and administrative roles at university and national levels, including deputy positions and membership in national boards and professional associations related to health education and health promotion.

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<https://scholar.google.com/citations?user=BJjbrCgAAAAJ&hl=en&oi=ao>

## Education

- Ph.D. in Health Education and Promotion  
University of Leeds, Leeds, United Kingdom  
2011
- M.Sc. in Medical Surgical Nursing  
Tehran University of Medical Sciences, Tehran, Iran  
1995
- B.Sc. in Nursing  
Kermanshah University of Medical Sciences, Kermanshah, Iran  
1992

## Research Interests

- Health Education and Health Promotion
- Health Behavior Theories and Models
- Community-Based Health Interventions
- Health Literacy
- Non-Communicable Disease Prevention
- Program Planning and Evaluation in Public Health
- Educational Interventions for Lifestyle Modification

## Selected Peer Reviewed Journal Articles

- ✓ Ashtarian, Hossein, et al. "A Comparison of Two Physical Activity Education Programs for Eighth-Grade Students: Effects on Awareness, Performance, and Self-Efficacy." *Iranian Journal of Nursing and Midwifery Research* 30.4 (2025): 600-605.
- ✓ Ashtarian, Hossein, et al. "The Prevalence and Underlying Factors Related to Hookah Smoking Among Female Students." *Journal of Health Reports and Technology* 11.11 (2025).
- ✓ Ashtarian, Hossein, et al. "Comparing the Effectiveness of Group Discussion and SMS-Based Education on Nutritional Status, Physical Activity, and Blood Cholesterol Levels in Women with Elevated Cholesterol: A Randomized Controlled Trial." *International Journal of Endocrinology and Metabolism* 23.3 (2025): e160891.