

منبع پیشنهادی	9 - رشته: پزشکی پیشگیری و اجتماعی فصل منتب
Life Style Medicine, Rippe, James M., 2024	<p>Part I Lifestyle Management and Prevention of Cardiovascular Disease</p> <p>Chapter 1 The Rationale for Intervention to Reduce the Risk of Cardiovascular Disease, Must know</p> <p>Chapter 2 Lifestyle Strategies for Risk Factor Reduction and Treatment of Cardiovascular Disease, Must know</p> <p>Chapter 3 Physical Activity and Fitness in the Prevention of Cardiovascular Disease, Must know</p> <p>Chapter 4 Clinical Strategies for Managing Dyslipidemias, Must know</p> <p>Chapter 5 Lifestyle Management and Prevention of Hypertension, Must know</p> <p>Part II Nutritional Aspects of Lifestyle Medicine</p> <p>Chapter 7 Nutrition and Cardiovascular Disease, Must know</p> <p>Chapter 8 Optimal Nutrition Guidance for Older Adults</p> <p>Chapter 11 Nutrition, Lifestyle, and Environment</p> <p>Part III Physical Activity</p> <p>Chapter 13 Implementation of the Exercise Prescription</p> <p>Chapter 14 The Role of Physicians in Promoting and Prescribing Increases in Physical Activity</p> <p>Chapter 15 Physical Fitness Evaluation</p> <p>Chapter 16 Exercise Prescription for Apparently Healthy Individuals and for Special Populations, Must know</p> <p>Chapter 18 Overcoming Sedentary Behavior</p> <p>Chapter 19 Promoting Regular Physical Activity</p> <p>Part IV Behavioral Medicine</p> <p>Chapter 20 Behavior Change</p> <p>Chapter 21 Applying Psychological Theories to Promote Healthy Lifestyles, Must know</p> <p>Chapter 22 Motivational Interviewing and Lifestyle Change, Must know</p> <p>Chapter 23 Transtheoretical Model</p> <p>Chapter 24 The Impact of Positive Psychology on Behavioral Change and Healthy Lifestyle Choices</p>

	<p>Chapter 25 The Intention–Behavior Gap</p> <p>Chapter 26 Cognitive-Behavioral Change Approaches to Enhancing Physical Activity Participation and Decreasing Sedentary Behavior in Adults</p> <p>Chapter 27 Enhancing the Nutrition Prescription Using Behavioral Approaches</p> <p>Chapter 28 Behavioral Approaches to Manage Stress</p> <p>Chapter 29 Health Coaching and Behavior Change, Must know</p> <p>Part V Lifestyle Medicine Approaches to Dysglycemia</p> <p>Chapter 30 Overview: Dysglycemia-Based Chronic Disease—Exposing Lifestyle Medicine Targets</p> <p>Chapter 31 Context: Impact of Dysglycemia and Lifestyle Medicine on Cardiometabolic-Based Chronic Disease</p> <p>Chapter 32 Management: Lifestyle Medicine Approaches to Insulin Resistance, Prediabetes, Type 2 Diabetes, and Diabetes Complications, Must know</p> <p>Chapter 33 Implementation: Lifestyle Medicine Tactics to Optimize Dysglycemia Care</p> <p>Part VI Lifestyle Issues in the Prevention and Treatment of Cancer, Must know</p> <p>Chapter 35 Exercise Oncology: The Role of Exercise across the Cancer Control Continuum</p> <p>Chapter 36 The Health Consequences of Tobacco Use and Addiction: Assessment and Treatment</p> <p>Chapter 38 Cancer Prevention Vaccines, Must know</p> <p>Chapter 40 The Importance of Nutrition in Cancer Prevention</p> <p>Part VII Obesity and Weight Management</p> <p>Chapter 41 Exercise Management for the Patient with Obesity, Must know</p> <p>Chapter 42 Dietary Management of Overweight and Obesity, Must know</p> <p>Chapter 43 A Clinical Approach to Pharmacological Management of the Patient with Obesity, Must know</p> <p>Part IX Pulmonary Medicine</p> <p>Chapter 49 Asthma</p> <p>Chapter 50 Occupational and Environmental Lung Diseases, Must know</p> <p>Chapter 52 Influenza, Must know</p> <p>Chapter 53 Indoor Air Quality</p> <p>Chapter 54 COVID-19, Must know</p> <p>Part X Obstetrics, Gynecology, and Women’s Health</p>
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Chapter 56 Menstrual Health and Menopause
Chapter 57 Female Breast and Gynecologic Cancer, **Must know**
Part XII Lifestyle Components of Pediatric Medicine
Chapter 64 Pediatric Preventive Medicine: An Introduction
Chapter 65 Cardiovascular Risk and Physical Activity in Children, **Must know**
Chapter 66 Cardiovascular Risk and Diet in Children, **Must know**
Chapter 67 Sleep and Obesity Prevention in Children and Adolescents, **Must know**
Chapter 68 Childhood Obesity
Chapter 70 Diagnosis, Management, and Treatment of Systemic Hypertension in Youth, **Must know**
Part XIV Mental Health and Psychiatry in Lifestyle Medicine
Chapter 76 Lifestyle Psychiatry: An Overview
Chapter 78 Diet and Exercise Interventions in the Management of Psychiatric Disorders: Mechanism and Efficacy, **Must know**
Chapter 79 Risk and Protective Factors for Mental Health
Part XV Preventive Neurology
Chapter 82 Sleep and Lifestyle Medicine, **Must know**
Chapter 83 Headache and Lifestyle Medicine, **Must know**
Chapter 84 Stroke and Vascular Brain Diseases, **Must know**
Chapter 85 Alzheimer's Disease
Part XVI The Practice of Lifestyle Medicine
Chapter 86 Definition of Lifestyle Medicine*
Chapter 87 Health Provider Core Competencies in Lifestyle Medicine
Chapter 88 Lifestyle Medicine Clinical Processes
Chapter 89 Emotional Health and Stress Management, **Must know**
Part XVII Substance Abuse and Addiction
Chapter 97 Behavioral Approaches to Enhancing Cigarette Smoking Cessation, **Must know**
Chapter 98 Alcohol Use Disorders, **Must know**
Chapter 99 Diagnosis and Treatment of Opioid Use Disorders
Chapter 100 Cannabis Use Disorder and Treatment
Chapter 101 Digital Health Technology for Behavior Change

Chapter 102 Psychosocial Interventions for the Treatment of Substance Use Disorders, **Must know**
Chapter 103 The Digital World and Addiction Treatment
Part XVIII Lifestyle Medicine in Geriatrics
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Chapter 105 Addressing Physical Function, Sarcopenia, and Frailty through Lifestyle Medicine, **Must know**
Chapter 106 Reducing Cognitive Decline through Lifestyle Medicine, **Must know**
Chapter 109 Healthy Aging: Impact of Loneliness and Social Isolation
Part XIX Health Promotion
Chapter 111 Introduction to Health Promotion and Lifestyle Medicine
Chapter 112 Motivation as Medicine
Chapter 113 Hybrid Health Promotion: Patient-Centric Digital Tools to Support Healthier Lifestyles, **Must know**
Chapter 114 Community as a Catalyst for Healthier Lifestyles
Chapter 116 Future Directions of Health Promotion: The Role of the Physician
Chapter 117 “Responders” and “Non-Responders” in Exercise Studies
Part XX Exercise Psychology
Chapter 121 Influence of Physical Activity on Brain Aging and Cognition
Chapter 122 Physical Activity and Anxiety, **Must know**
Chapter 123 Physical Activity and Depression, **Must know**
Part XXI Injury Prevention
Chapter 128 Older Adult Falls: Epidemiology and Effective Injury Prevention Strategies, **Must know**
Chapter 129 Suicide Prevention: CDC’s Approach to Prevention, **Must know**
Part XXII Public and Environmental Supports for Lifestyle Medicine
Chapter 131 Policy and Environmental Supports for Physical Activity, Active Living, and Healthy Eating, **Must know**

<p>Detels, R. ed., 2022. Oxford textbook of global public health. Oxford University Press, USA. SEVENTH EDITION</p>	<p>SECTION 1 The development of the discipline of public health</p> <p>1.1 The scope and concerns of public health, Must know</p> <p>1.3 The history and development of public health in low- and middle-income countries</p> <p>1.4 Public health priorities in countries undergoing economic transition: the middle-income countries, Must know</p> <p>1.5 Globalization, Must know</p> <p>SECTION 2 Determinants of health and disease</p> <p>2.1 Determinants of health: overview, Must know</p> <p>2.2 Politics of public health, Must know</p> <p>2.3 Poverty, justice, and health, Must know</p> <p>2.4 Socioeconomic inequalities in health in high-income countries: the facts and the options, Must know</p> <p>2.5 Reducing health inequalities in developing countries, Must know</p> <p>2.7 Water and sanitation, Must know</p> <p>2.8 Food and nutrition</p> <p>2.9 Climate change and human health, Must know</p> <p>2.10 Behavioural determinants of health and disease, Must know</p> <p>2.11 How access to healthcare affects population health</p> <p>SECTION 3 Public health policies, law, and ethics</p> <p>3.1 Leadership in public health, Must know</p> <p>3.2 Ethical principles and ethical issues in public health, Must know</p> <p>3.3 The right to health supports global public health</p> <p>3.4 Law and the public's health</p> <p>3.5 Health policy in developing countries, Must know</p> <p>3.6 Public health policy in developed countries, Must know</p> <p>SECTION 4 Information systems and sources of intelligence</p> <p>4.1 Information systems in support of public health in high-income countries, Must know</p> <p>4.2 Community diagnosis and health information systems in low- and middle-income countries, Must know</p> <p>4.3 New communication technologies, social media, and public health</p> <p>SECTION 5 Epidemiological and biostatistical approaches</p> <p>5.1 Epidemiology: the foundation of public health, Must know</p>
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- 5.2 Cross-sectional studies, **Must know**
- 5.3 Principles of outbreak investigation, **Must know**
- 5.4 Case-control studies, **Must know**
- 5.5 Cohort studies, **Must know**
- 5.6 Qualitative research imagination, **Must know**
- 5.7 Methodological issues in the design and analysis of cluster randomized trials, **Must know**
- 5.8 Community intervention trials in high-income countries, **Must know**
- 5.9 Natural and quasi-experiments, **Must know**
- 5.10 Clinical epidemiology, **Must know**
- 5.11 Validity and bias in epidemiological research, **Must know**
- 5.12 Causation and causal inference, **Must know**
- 5.13 Systematic reviews and meta-analysis, **Must know**
- 5.14 Statistical methods
- 5.15 Measuring the health of populations: the Global Burden of Disease study methods, **Must know**
- 5.16 Mathematical models of transmission and control of infectious agents, **Must know**
- 5.17 Public health surveillance, **Must know**
- 5.18 Life course epidemiology and analysis, **Must know**
- SECTION 6 Social science techniques**
- 6.1 Sociology and psychology in public health
- 6.2 Sexuality and public health
- 6.3 Demography and public health
- 6.4 Health promotion, health education, and the public's health, **Must know**
- 6.5 Development and evaluation of complex multicomponent interventions in public health, **Must know**
- 6.6 Economic appraisal in public healthcare: assessing efficiency and equity, **Must know**
- 6.7 Behavioural economics and health, **Must know**
- 6.8 Governance and management of public health programmes, **Must know**
- 6.9 Implementation science and translational public health
- SECTION 7 Environmental and occupational health sciences**
- 7.1 Environmental health methods, **Must know**

- 7.2 Radiation and public health
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- 7.4 Toxicology and environmental risk analysis
- 7.5 Risk perception and communication, **Must know**
- 7.6 Urbanization and health
- SECTION 8 Major health problems
- 8.2 Cancer epidemiology and public health, **Must know**
- 8.5 Physical activity and public health, **Must know**
- 8.6 Diabetes mellitus, **Must know**
- 8.7 Public mental health and suicide, **Must know**
- 8.8 Dental public health
- 8.9 Musculoskeletal disorders
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- 8.13 Acquired immunodeficiency syndrome (AIDS), **Must know**
- 8.14 Tuberculosis, **Must know**
- 8.15 Malaria
- 8.16 Viral alcoholic and fatty liver diseases
- 8.17 Emerging and re-emerging infections, **Must know**
- 8.18 Bioterrorism
- 8.19 Genetic epidemiology
- SECTION 9 Prevention and control of public health hazards
- 9.1 Tobacco, **Must know**
- 9.2 Substance use and misuse: considerations on global public health, **Must know**
- 9.3 Alcohol, **Must know**
- 9.4 Injury prevention and control: the public health approach, **Must know**
- 9.5 Interpersonal violence, **Must know**
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- SECTION 10 Public health needs of population groups
- 10.1 The changing family
- 10.3 Child health, **Must know**
- 10.4 Adolescent health, **Must know**
- 10.5 Intersectional and social epidemiology approaches to understanding the influence of race, ethnicity, and caste on global public health

	<p>10.7 People with disabilities, Must knows</p> <p>10.8 Health of older people</p> <p>10.9 Forced migrants and other displaced populations</p> <p>10.10 Prisoners: a wicked problem for public health</p> <p>SECTION 11 Public health functions</p> <p>11.1 Health needs assessment, Must know</p> <p>11.2 The political economy of non-communicable diseases: lessons for prevention, Must know</p> <p>11.3 Immunization and vaccination, Must know</p> <p>11.4 Principles of infectious disease control, Must know</p> <p>11.5 Medical screening: theories, methods, and effectiveness, Must know</p> <p>11.7 Strategies and structures for public health interventions, Must know</p> <p>11.8 Strategies for health services, Must know</p> <p>11.9 Training of public health professionals in developing countries, Must know</p> <p>11.10 Transformative learning for health professionals in the twenty-first century for the future health workforce</p> <p>11.11 Humanitarian emergencies, Must know</p> <p>11.12 Principles of public health emergency response for acute environmental, chemical, and radiation incidents</p> <p>11.13 Private support of public health, Must know</p> <p>11.14 Global health in the era of sustainable development, Must know</p>
<p>David, A.K., Fields, S.A., Phillips, D.M., Scherger, J.E. and Taylor, R.B. eds., 2022. <i>Family medicine: Principles and practice</i>. Springer Science & Business Media.</p>	<p>Part I: The Principles of Family Medicine</p> <p>3 Family Issues in Health Care</p> <p>4 Family Stress and Counseling</p> <p>5 Population-Based Health Care, Must know</p> <p>Part II: Preventive Care</p> <p>6 Clinical Prevention</p> <p>Part III: Pregnancy, Childbirth, and Postpartum Care</p> <p>11 Medical Problems During Pregnancy, Must know</p> <p>13 Problems During Labor and Delivery</p> <p>Part IV: Care of the Infant, Child, and Adolescent</p> <p>17 Infectious Diseases in Children, Must know</p> <p>18 Behavioral Problems of Children, Must know</p>

19 Musculoskeletal Problems of Children, **Must know**
21 Health Care of the Adolescent, **Must know**
Part V: Care of the Elderly
23 Common Problems of the Elderly, **Must know**
25 Elder Abuse, **Must know**
Part VI: Family Conflict and Violence
27 Child Abuse and Neglect, **Must know**
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31 Anxiety Disorders, **Must know**
32 Mood Disorders, **Must know**
34 Somatic Symptom and Related Disorders
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91 Gastritis, Esophagitis, and Peptic Ulcer Disease
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99 Urinary Tract Infections
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128 Disorders of Nutrition
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Part XXVI: Family Medicine Applications
132 Medical Informatics, the Internet, and Telemedicine, **Must know**
133 Complementary and Alternative Medicine

	134 Patient-Centered Medical Home 136 Engaging the Future of Family Medicine and Healthcare
Barton, B. and Peat, J., 2014. Medical statistics: A guide to SPSS, data analysis and critical appraisal. John Wiley & Sons.	All chapters, Must know

مقالات منتخب از ژورنال های مرتبط :

1. Nabipoorashrafi, S.A., Seyedi, S.A., Rabizadeh, S., Ebrahimi, M., Ranjbar, S.A., Reyhan, S.K., Meysamie, A., Nakhjavani, M. and Esteghamati, A., 2022. The accuracy of triglyceride-glucose (TyG) index for the screening of metabolic syndrome in adults: a systematic review and meta-analysis. *Nutrition, Metabolism and Cardiovascular Diseases*, 32(12), pp.2677-2688., **Must know**
2. Paykani, T., Zimet, G.D., Esmaeili, R., Khajedaluee, A.R. and Khajedaluee, M., 2020. Perceived social support and compliance with stay-at-home orders during the COVID-19 outbreak: evidence from Iran. *BMC public health*, 20(1), p.1650., **Must know**
3. Kazemian, S.V., Dadgarmoghaddam, M., Tabesh, H., Khajedaluee, A. and Khajedaluee, M., 2025. All-Cause and Cause-Specific Excess Mortality During the First Two Years of the COVID-19 Pandemic in North-East of Iran: Reiterating the Significance of High-Quality Healthcare Systems. *International Journal of Health Policy and Management*, 14, p.8757.
4. Abachizadeh, K., Ostovar, A., Pariani, A. and Raeisi, A., 2020. Banning advertising unhealthy products and services in Iran: A one-decade experience. *Risk Management and Healthcare Policy*, pp.965-968., **Must know**
5. Ebrahimoghi, R., Pezeshki, M.Z., Farajzadeh, P., Arab-Zozani, M., Mehrtak, M. and Alizadeh, M., 2025. Factors influencing social prescribing initiatives: a systematic review of qualitative evidence. *Perspectives in Public Health*, 145(3), pp.157-166.
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7. Abbasi, A.F., Karimi Dehkordi, N., SoleimanvandiAzar, N., Roohravan Benis, M. and Nojomi, M., 2025. Gini coefficient, GDP per capita and COVID-19 mortality: a systematic review of ecologic studies. *BMC Public Health*, 25(1), p.1960., **Must know**
8. Amin, R., Sohrabi, M.R., Zali, A.R. and Hannani, K., 2024. COVID-19 in pregnancy: A cross-sectional study on clinical features, disease severity, and health outcome. *Biomolecules and Biomedicine*, 24(3), p.659.

9. Khatibi, S.R., Moradi-Lakeh, M., Karimi, S.M., Kermani, M. and Motevalian, S.A., 2024. Catalyzing healthier air: the impact of escalating fossil fuel prices on air quality and public health and the need for transition to clean fuels. *Biofuel Research Journal*, 11(2), pp.2099-2104., **Must know**
10. Ghalichi, L., Shariat, S.V., Naserbakht, M., Taban, M., Abbasi-Kangevari, M., Afrashteh, F., Ajami, M., Akbarialiabad, H., Amiri, S., Arabloo, J. and Azizi, H., 2024. National and subnational burden of mental disorders in Iran (1990–2019): findings of the Global Burden of Disease 2019 study. *The Lancet Global Health*, 12(12), pp.e1984-e1992., **Must know**
11. Askarian, M., Ahmadkhani, A., Mousavi, S., Muhajarine, N., Sadeghi, A., Zarei, S., Hatam, N. and Taherifard, E., 2025. Adherence to national and international vaccine information sources and future pandemic preparedness among Iranian adults in the post-COVID-19 era. *BMC Public Health*, 25(1), p.2859., **Must know**
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14. Bakhtiyari, M., Kazemian, E., Kabir, K., Hadaegh, F., Aghajanian, S., Mardi, P., Ghahfarokhi, N.T., Ghanbari, A., Mansournia, M.A. and Azizi, F., 2022. Contribution of obesity and cardiometabolic risk factors in developing cardiovascular disease: a population-based cohort study. *Scientific reports*, 12(1), p.1544.
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18. Pormasoumi, H., Rostami, D., Jamebozorgi, K., Mirshekarpour, H. and Heshmatnia, J., 2022. COVID-19 management in Iran and international sanctions. *European journal of translational myology*, 32(4), p.10777.
19. Amin, R., Kolahi, A.A. and Sohrabi, M.R., 2021. Disparities in obesity prevalence in Iranian adults: cross-sectional study using data from the 2016 STEPS survey. *Obesity Facts*, 14(3), pp.298-305., **Must know**