

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

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	<p>Chapter 56 Menstrual Health and Menopause</p> <p>Chapter 57 Female Breast and Gynecologic Cancer, Must know</p> <p>Part XII Lifestyle Components of Pediatric Medicine</p> <p>Chapter 64 Pediatric Preventive Medicine: An Introduction</p> <p>Chapter 65 Cardiovascular Risk and Physical Activity in Children, Must know</p> <p>Chapter 66 Cardiovascular Risk and Diet in Children, Must know</p> <p>Chapter 67 Sleep and Obesity Prevention in Children and Adolescents, Must know</p> <p>Chapter 68 Childhood Obesity</p> <p>Chapter 70 Diagnosis, Management, and Treatment of Systemic Hypertension in Youth, Must know</p> <p>Part XIV Mental Health and Psychiatry in Lifestyle Medicine</p> <p>Chapter 76 Lifestyle Psychiatry: An Overview</p> <p>Chapter 78 Diet and Exercise Interventions in the Management of Psychiatric Disorders: Mechanism and Efficacy, Must know</p> <p>Chapter 79 Risk and Protective Factors for Mental Health</p> <p>Part XV Preventive Neurology</p> <p>Chapter 82 Sleep and Lifestyle Medicine, Must know</p> <p>Chapter 83 Headache and Lifestyle Medicine, Must know</p> <p>Chapter 84 Stroke and Vascular Brain Diseases, Must know</p> <p>Chapter 85 Alzheimer's Disease</p> <p>Part XVI The Practice of Lifestyle Medicine</p> <p>Chapter 86 Definition of Lifestyle Medicine*</p> <p>Chapter 87 Health Provider Core Competencies in Lifestyle Medicine</p> <p>Chapter 88 Lifestyle Medicine Clinical Processes</p> <p>Chapter 89 Emotional Health and Stress Management, Must know</p> <p>Part XVII Substance Abuse and Addiction</p> <p>Chapter 97 Behavioral Approaches to Enhancing Cigarette Smoking Cessation, Must know</p> <p>Chapter 98 Alcohol Use Disorders, Must know</p> <p>Chapter 99 Diagnosis and Treatment of Opioid Use Disorders</p> <p>Chapter 100 Cannabis Use Disorder and Treatment</p> <p>Chapter 101 Digital Health Technology for Behavior Change</p>
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	<p>Chapter 102 Psychosocial Interventions for the Treatment of Substance Use Disorders, Must know</p> <p>Chapter 103 The Digital World and Addiction Treatment</p> <p>Part XVIII Lifestyle Medicine in Geriatrics</p> <p>Chapter 104 How Geriatrics Principles and Paradigms Can Inform Lifestyle Medicine Practice</p> <p>Chapter 105 Addressing Physical Function, Sarcopenia, and Frailty through Lifestyle Medicine, Must know</p> <p>Chapter 106 Reducing Cognitive Decline through Lifestyle Medicine, Must know</p> <p>Chapter 109 Healthy Aging: Impact of Loneliness and Social Isolation</p> <p>Part XIX Health Promotion</p> <p>Chapter 111 Introduction to Health Promotion and Lifestyle Medicine</p> <p>Chapter 112 Motivation as Medicine</p> <p>Chapter 113 Hybrid Health Promotion: Patient-Centric Digital Tools to Support Healthier Lifestyles, Must know</p> <p>Chapter 114 Community as a Catalyst for Healthier Lifestyles</p> <p>Chapter 116 Future Directions of Health Promotion: The Role of the Physician</p> <p>Chapter 117 “Responders” and “Non-Responders” in Exercise Studies</p> <p>Part XX Exercise Psychology</p> <p>Chapter 121 Influence of Physical Activity on Brain Aging and Cognition</p> <p>Chapter 122 Physical Activity and Anxiety, Must know</p> <p>Chapter 123 Physical Activity and Depression, Must know</p> <p>Part XXI Injury Prevention</p> <p>Chapter 128 Older Adult Falls: Epidemiology and Effective Injury Prevention Strategies, Must know</p> <p>Chapter 129 Suicide Prevention: CDC’s Approach to Prevention, Must know</p> <p>Part XXII Public and Environmental Supports for Lifestyle Medicine</p> <p>Chapter 131 Policy and Environmental Supports for Physical Activity, Active Living, and Healthy Eating, Must know</p>
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<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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<p>David, A.K., Fields, S.A., Phillips, D.M., Scherger, J.E. and Taylor, R.B. eds., 2022. Family medicine: Principles and practice. 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>

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	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 :

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2. Paykani, T., Zimet, G.D., Esmaeili, R., Khajedaluae, A.R. and Khajedaluae, 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., Khajedaluae, A. and Khajedaluae, 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.
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5. Ebrahimoghli, 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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10. Ghalichi, L., Shariat, S.V., Naserbakht, M., Taban, M., Abbasi-Kangevari, M., Afrashteh, F., Ajami, M., Akbarialiabadi, 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**
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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.
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