

Curriculum Vitae



Ardalan Shariat

Born: 1985

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Personal statement

To develop research expertise in clinical and medical areas, I started my PhD in Occupational Health (exercise for MSD) in Malaysia. After it, I had an **International Graduate Research Fellowship** (IGRF) undertaking research in the Faculty of Medicine and Health Sciences in the University Putra Malaysia (UPM). After it, I had a cooperation with Ministry of Health, Malaysia for 1 year. Then I was invited to Iran by **Talent Association** and started my Post-doctoral Fellow in field of Neurorehabilitation for patients post-stroke in Tehran University of Medical Sciences (TUMS), Iran. Finally I finished my Post-doc project and now I am doing researches in Neurorehabilitation lab, Sports Medicine Research Center for the patients post stroke. In addition, I am assistant professor in Faculty of Medicine and also head of Marketing and Research Department, Office of Vice-Chancellor for Global Strategies and International Affairs, Tehran University of Medical Sciences. Also, I am CEO of Wellness Coaching and New Educations committees in Sport for All Federation.

Education:

(Certificate / Qualification obtained)	(Name of School / Institution)	(Year obtained)	(Area of Specialization)
Post-doctoral of Neurorehabilitation	Tehran University of Medical Sciences	2019	Neurorehabilitation for patients post stroke (Exercise Therapy)
International Graduated Research Fellowship	University Putra Malaysia	2017	Medical Research
PhD of Occupational Health	University Putra Malaysia	2016	Exercise Therapy (for office workers)
Master of Exercise Physiology	Azad University of Isfahan	2010	Exercise Physiology

Projects with Grant

1. Project leader in “Resistance training and circadian rhythm of salivary hormones among athletes” project (2012), Isfahan University of Medical Sciences.
2. Project leader assistant in “Massage for recovery, resistance exercise and physiological parameters” project (2015), Isfahan University of Medical Sciences.
3. Project leader assistant in “Exercise as a therapy, obesity and physiological parameters” project (2015), Isfahan University of Medical Sciences.
4. Project leader in “Physical therapy for neck, shoulder and lower back pain among office workers” project (2016), University Putra Malaysia.
5. Project leader in “Effect of cycling and functional electrical stimulation on gait parameters in patients after Stroke” project (2017), Tehran University of Medical Sciences.
6. Project leader in “Effect of exercise therapy with psychological interventions among army staff with discogenic low back pain” project (2018), AJA University of Medical Sciences.
7. Project leader in “Effect of exercise therapy among hospital staff with discogenic low back pain” project (2018), Tehran University of medical Sciences.
8. Project leader in “Effects of dry needling on upper and lower limb dysfunction among patients post stroke (2018)”, Tehran University of medical Sciences.
9. Project leader in “Effects of walking combined with functional electrical stimulation on gait ability of patients post stroke (2018)”, Tehran University of Medical Sciences.
10. Assessing the pattern of musculoskeletal discomforts associated with prolonged standing at work and effectiveness of specified exercise therapy package (2019), Tehran University of Medical Sciences.
11. Concurrent impact of functional electrical stimulation during walking on gait parameters and ankle spasticity in post-stroke survivors (2019), Tehran University of Medical Sciences.
12. The effect of functional electrical stimulation with interval patterns of timing on gait pattern and dynamic stability in patients after Stroke: nonlinear approach (2020), Tehran University of Medical Sciences.
13. Effect of Dry-Needling Concurrent with Exercise therapy among Office workers with non-specific Low back pain; A Randomised Controlled Trial (2020), Tehran University of Medical Sciences.
14. Design and run the Wellness Coaching in Sport for All Federation. (2020).Tehran, Iran.

Grants and Scholarships

- a. 2013: Telecom Malaysia Company, Malaysia (As a researcher and therapist)
- b. 2016: University Putra Malaysia, Malaysia (International Graduated Research Fellowship)
- c. 2017: Ministry of Health, Malaysia (National Project of Occupational Safety and Health)
- d. 2018: National Talent Association of Iran (Study as a Post-doctoral Fellow)
- e. 2019: Tehran University of Medical sciences (Researcher)
- f. 2020: Sport for All Federation (CEO of Wellness Coaching Committee).

Awards

- a. National Talent, granted by president, 2017
- b. Publons Peer Reviewer Awards 2018, 2019
- c. CEO of Wellness Coaching, Sport for All Federation, 2020

International Research Cooperation

1. University of Zululand, South Africa
2. University of Johnsonburg, South Africa
3. Franklin Pierce University, Manchester, USA
4. Duke University Medical Center, USA
5. Organ Preservation Alliance, USA
6. Tufts University, USA
7. Otago University, Dunedin, New Zealand
8. University of Hull, United Kingdom
9. Universidade Estadual de Londrina, Brazil
10. University Putra Malaysia, Malaysia
11. University of Malaya, Malaysia

Employment Experience

1. Aug 2020 to now: CEO in Wellness Coaching Committee, Sport for All Federation
2. Nov 2019 to now: Research Center, International Office of Tehran University of Medical Sciences
3. Jan 2019 to now: Therapist and researcher in Spasticity Clinic, Tehran University of Medical Sciences, Iran
4. July 2017 to now: Researcher and therapist in AJA, Tehran, Iran
5. July 2017 to now: Researcher and therapist in Sports Medicine Research Center, TUMS, Iran.
6. Jan 2016 to Jan 2017: Researcher in Ministry of Health, Under Faculty of Medicine, UPM, Malaysia.
7. Jan 2016 to Jan 2017: Part Time Lecturer in Faculty of Medicine and Health Sciences, University Putra Malaysia.
8. Feb 2013 to Jan 2017: Part Time Orthopedic Assistant, Serdang Hospital, Malaysia.
9. Jan 2015 to Jan 2016: International Graduate Research Fellowship (IGRF), UPM, Malaysia.
10. Mar 2013 to Jan 2017: Bodybuilding and Conditioning coaching in Synergy Gym, Malaysia.
11. Feb 2013 to Jan 2015: Researcher in Department of Occupational Health, UPM, Malaysia.
12. Jan 2011 to Sep 2012: Lecturer at the Federation of Bodybuilding, Iran.
13. 1Jul 2008 to Feb 2011: Physiotherapist Assistant, Hakim Parsa Clinic, Iran.
14. Apr 2005 to Feb 2008: Bodybuilding and Conditioning Coaching in Valiasr Gym, Iran.

Responsibilities Have Included

1. Jan 2018 to now: Executive manager of “Asian Journal of Sports Medicine” indexed in Scopus.
2. Nov 2016 to now: Editorial Board of “Work: A Journal of Prevention, Assessment & Rehabilitation” indexed in Scopus, ISI, and PubMed.
3. Jan 2015 to now: Editorial Board of the “Korean Journal of Exercise Rehabilitation” indexed in Scopus, ISI, and PubMed.
4. Jan 2015 to now: Editorial Board of “Journal of Physiotherapy Research”.
5. Sep 2017 to now: Co-ordinator of Neurorehabilitation lab in Sports Medicine

Research Center, Neuroscience Institute, Tehran University of Medical Sciences, Tehran, Iran.

6. Oct 2017 to now: International editorial board of “Journal of the Korean Society of Physical Medicine”.

Memberships

1. July 2017 to now: Official member of National Talent Association, Iran
2. June 2017 to now: Official member of American College of Sports Medicine (ACSM). ACSM ID # 804536
3. July 2017 to 2018: Official research member of Sports Medicine Research Center, TUMS, Iran
4. April 2016 till now: Official member of Korean Society of Exercise Rehabilitation, Korea.
5. Oct 2017 till now: Member of The Korean Society of Physical Medicine.

Health and Sports Certificates

1. Excellent coach of conditioning, National Olympic Academy of Iran
2. Bodybuilding Coach, Federation of Bodybuilding, Iran
3. Referee of Bodybuilding, Federation of Bodybuilding, Iran
4. 1th Dan of Judo, Judo and Kurash Federation, Iran
5. First Aid (level A), Tehran University of Medical Sciences
6. Basic Life Support, FIT Malaysia, under ACSM USA
7. Basic Life Support, National Olympic Academy of Iran
8. Stress Management, National Olympic Academy of Iran
9. Periodization for Elite Athletes, Federation of Bodybuilding, Iran
10. Botox injection for Spasticity, Physical Medicine congress, Iran

Computer Skills

Fully competent at working with Windows and Windows Office.

Languages

<i>Language</i>	<i>Poor</i>	<i>Moderate</i>	<i>Good</i>	<i>Very good</i>	<i>Excellent</i>
English				*****	
Malay			*****		
Chinese		*****			

- 1- TOEFL 550
- 2- Certified by ELS center until the final level at the USA center, held in the University of Putra, Malaysia.
3. PhD was taken in English language and all the necessary courses are passed in English.

4. Malay and Chinese courses are already taken during study in Malaysia

Attendance at Meetings

- 1- The 3rd Asian Universities Conference on Physical Education and Sports Science, Thailand,
- 2- International Sports science student's conference, 2013, Kelantan, Malaysia
- 3- Practical guide to write a PhD Thesis, 2012, UPM, Malaysia
- 4- The role of Transcranial Magnetic Stimulation, 2013, UM University, Malaysia
- 5- Managing the research journey, Otago University, 2012, New Zealand

Personal Interests

Coaching, doing exercise, cooking, listening to music and driving.

Complete list of publications of Ardalan Shariat

Further publications:

A) Publications with peer review process

1. **Shariat, A.**, Najafabadi, M. G., Fard, Z. S., Nakhostin-Ansari, A., & Shaw, B. S. (2022). A systematic review with meta-analysis on balance, fatigue, and motor function following aquatic therapy in patients with multiple sclerosis. *Multiple Sclerosis and Related Disorders*, 104107.
2. Najafabadi, M. G., Saghaei, B., **Shariat, A.**, Ingle, L., Babazadeh-Zavieh, S. S., Shojaei, M., & Daneshfar, A. (2022). Validity and reliability of the movement assessment battery second edition test in children with and without motor impairment: A prospective cohort study. *Annals of Medicine and Surgery*, 77, 103672.
3. Babae, T., Moradi, V., **Shariat, A.**, Anastasio, A. T., Khani, A., Bagheri, M., & Rouhani, N. (2022). Disease-Specific Outcome Measures Evaluating The Health-Related Quality Of Life Of Children And Adolescents With Idiopathic Scoliosis And Scheuermann's Kyphosis: A Literature Review. *Spine Surgery and Related Research*, 2021-0237.
4. Babae, T., Moradi, V., Rouhani, N., **Shariat, A.**, Parent-Nichols, J., Safarnejad, H., & Nakhaee, M. (2021). Assessment of reliability and validity of the adapted Persian version of the Spinal Appearance Questionnaire in adolescents with idiopathic scoliosis. *Spine Deformity*, 1-10.
5. Moradi, V., Babae, T., **Shariat, A.**, Khosravi, M., Saedi, M., Parent-Nichols, J., & Cleland, J. A. (2021). Predictive Factors for Outcomes of Overcorrection Nighttime Bracing in Adolescent Idiopathic Scoliosis: A Systematic Review. *Asian Spine J.*
6. Ghayour Najafabadi, M., **Shariat, A.**, Dommerholt, J., Hakakzadeh, A., Nakhostin-Ansari, A., Selk-Ghaffari, M., ... & Cleland, J. A. (2021). Aquatic therapy for improving lower limbs function in post-stroke survivors: A systematic review with meta-analysis. *Topics in Stroke Rehabilitation*, 1-17.

7. **Shariat, A.**, Anastasio, A. T., Soheili, S., & Rostad, M. Home-based fundamental approach to alleviate low back pain using myofascial release, stretching, and spinal strengthening during the COVID-19 pandemic. *Work*, (Preprint), 1-12.
8. Memari, A., **Shariat, A.**, Anastasio, A., & Hakakzadeh, A. Rising incidence of musculoskeletal discomfort in the wake of the COVID-19 crisis. *Work*, (Preprint), 1-3.
9. **Shariat, A.**, Ghannadi, S., Anastasio, A., Rostad, M., & Cleland, J. A. (2020). Novel stretching and strength-building exercise recommendations for computer-based workers during the COVID-19 quarantine. *Work*, (Preprint), 1-11.
10. Mahmoudzadeh, A., Ansari, N. N., Naghdi, S., Sadeghi-Demneh, E., Motamedzadeh, O., Shaw, B. S, **Shariat, A.**, & Shaw, I. (2020). Effect of Ankle Plantar Flexor Spasticity Level on Balance in Patients with Stroke: Protocol for a Cross-Sectional Study. *JMIR Research Protocols*, 9(8), e16045.
11. Memari, A., **Shariat, A.**, & Cleland, J. A. (2020). How Should We Prepare Ourselves for New Normal Related to Stopped Competitions? Public Health and Athletes. *Iranian Journal of Public Health*, 49(10).
12. Soheili, S., **Shariat, A.**, & Anastasio, A. (2020). Modification of existing occupational therapeutic protocols in response to new normal life after COVID 19: Letter to the Editor. *Work (Reading, Mass.)*.
13. Mathunjwa, M. L., Shaw, B. S., Djarova-Daniels, T. G., Shaw, I., & **Shariat, A.** (2020). Hematologic responses following concurrent taekwondo and resistance training. *South African Journal for Research in Sport, Physical Education and Recreation*, 42(1), 47-56.
14. **Shariat, A.**, Hakakzadeh, A., & Cleland, J. (2020). Home-based exercise note in Covid-19 quarantine situation for office workers: A commentary. *Work*, (Preprint), 1-2.
15. Abolhasani, M., Halabchi, F., Afsharnia, E., Moradi, V., Ingle, L., **Shariat, A.**, & Hakakzadeh, A. (2019). Effects of kinesiotaping on knee osteoarthritis: a literature review. *Journal of exercise rehabilitation*, 15(4), 498.
16. **Shariat, A.**, Nakhostin Ansari, N., Honarpishe, R., Moradi, V., Hakakzadeh, A., Cleland, J. A., & Kordi, R. (2019). Effect of cycling and functional electrical stimulation with linear and interval patterns of timing on gait parameters in patients after stroke: a randomized clinical trial. *Disability and rehabilitation*, 1-7.
17. Hakakzadeh, A., **Shariat, A.**, Honarpishe, R., Moradi, V., Ghannadi, S., Sangelaji, B., ... & Ingle, L. (2019). Concurrent impact of bilateral multiple joint functional electrical stimulation and treadmill walking on gait and spasticity in post-stroke survivors: a pilot study. *Physiotherapy theory and practice*, 1-9.
18. **Shariat, A.**, Ghannadi, S., Ingle L., Ansari, N., Tavakol, Z., Honarpishe, R., ... & Noormohammadpour, P. (2020). The Effect of Dry Needling on Lower Limb Dysfunction in Post-Stroke Survivors. *Journal of stroke and cerebrovascular diseases*.
19. **Shariat, A.**, Alizadeh, R., Moradi, V., Afsharnia, E., Hakakzadeh, A., Ansari, N. N., ... & Shaw, I. (2019). The impact of modified exercise and relaxation therapy on chronic lower back pain in office

workers: a randomized clinical trial. *Journal of exercise rehabilitation*, 15(5), 703.

20. Tavakol,Z., **Shariat, A.**, Ghannadi, S., Ansari, N.N., Ingle, L., Honarpishe., R., Hakakzadeh, A., Haghghi,F. Effect of intensive neuromuscular electrical stimulation on chronic neck pain: A case report. *Journal of Pain Management* (Accepted).
21. Hakakzadeh,A., **Shariat,A.**, Moradi, V., Ingle,L., Honarpishe,R., Noormohammadpour,P., Ansari,N.N. Multimodal impact of acupuncture, exercise therapy, and concurrent functional electrical stimulation on osteoarthritis of the knee: a case report. *Acupuncture & Electro-Therapeutics Research* (ACCEPTED).
22. **Shariat,A.**, Najafabadi,G.M., Ansari,N.N., Cleland,J., Fiatarone,M,S., Memari,A.H., Honarpisheh,R., Ghafari,M., Naghdi, S. The Effects of Cycling with and without Functional Electrical Stimulation on Lower Limb Dysfunction in Patients Post-stroke: A Systematic Review with Meta-Analysis (2019). *Neurorehabilitaion* 44, no. 3: 389-412.
23. Ghayour-Najafabadi, M., Memari, A. H., Hosseini, L., **Shariat, A.**, & Cleland, J. A. (2019). Repetitive Transcranial Magnetic Stimulation for the Treatment of Lower Limb Dysfunction in Patients Poststroke: A Systematic Review with Meta-Analysis. *Journal of Stroke and Cerebrovascular Diseases*, 104412.
24. Tavakol,Z., **Shariat, A.**, Ghanadi,S., Noormohammadpour,P., Honarpishe,R., Cleland,J., Ansari, N.N., Moghimi,E. The Effect of Dry Needling on Upper and Lower Limb Spasticity of a Patient with Brain Tumor (2019). *Acupuncture in Medicine*. 37(2), 133-135.
25. Hakakzadeh,A., Moradi, V., **Shariat A.**, Cleland,J., Honarpishe,R., Nakhostin,N,N., Savari, S. Neurorehabilitation, the Practical Method of Returning to Work after Stroke (2018). *Iranian Journal of Public Health* (ACCEPTED).
26. Ghaffari,M., **Shariat, A.**, Honarpishe, R., Hakakzadeh,A., Cleland, J., Haghigi,S., Seif, T., Concurrent Effect of Dry Needling and Electrical Stimulation on Upper Extremity Hemiparesis (2018). *Journal of Acupuncture and Meridian Studies*. 12(3), 90-94.
27. Kargarfard,M., **Shariat, A.** Aquatic exercise training increases serum brain-derived neurotrophic factor in patients with multiple sclerosis: A randomized controlled study (2018). *Annals of Physical and Rehabilitation Medicine* 61, e248.
28. Hosseini L., **Shariat,A.**, Ghafari, M., Cleland, J. The effect of non-functional electrical stimulation, dry needling and exercise therapy on radicular pain: A case report. (2018). *Journal of Exercise Rehabilitaion*.
29. **Shariat,A.**, Hosseini,L., Ghayour, M., Cleland,J., Shaw, B., Shaw, I. Functional electrical stimulation and repetitive transcranial magnetic stimulation for neurorehabilitation in patients post stroke: A short communication. (2018). *Asian Journal of Sports Medicine*.
30. Alizadeh,R., **Shariat,A.**, Ansari,N., Kordi,R., Cleland, J. Office-based exercise therapy as a non-pharmacological treatment for discogenic low back pain among army staff. (2018). *Iranian journal of Public Health*, 47(12): 1969-1970.
31. **Shariat,A.**, Nakhstotin N.N., Shaw,B., Kordi, R., Kargarfard,M., Shaw, I., Combined cycling

training and functional electrical stimulation hypothesis for post-stroke patients (2018). *Brazilian Journal of Sports Medicine* (300-303).

32. **Shariat, A.**, Cleland, J., Danaee, M., Kargarfard, M., Tamrin, S.B.M (2017). Relationships between Cornell Musculoskeletal Discomfort Questionnaire and Online Rapid Office Strain Assessment (ROSA) Questionnaire. *Iranian journal of public health*.
33. **Shariat, A.**, Cleland, J.A., Danaee, M., Alizadeh, R., Sangelaji, B., Kargarfard, M., Ansari, N., N., Tamrin, S.B.M (2018). Borg CR-10 Scale as a New Approach to Monitoring Office Exercise Training. *WORK (ACCEPTED)*.
34. **Shariat, A.**, Nakhostin Ansari, N., Cleland, J., Kordi, R., Kargarfard, M (2019). Therapeutic Effects of Cycling on Disability, Mobility, and Quality of Life in Patients after Stroke. *Iranian Journal of Public Health*. 48(2), 355.
35. Farahbakhsh, F., Akbari, M., **Shariat, A.**, Cleland, J., Barghi, T., Kordi, R., Neck pain and low back pain in relation to functional disability in different sport activities (2018). *Journal of Exercise Rehabilitation*. 14(3):509-515.
36. **Shariat, A.**, Noormohammadpour, P., Memari A., Nakhostin N.N., Cleland, A.J., Kordi, R. Acute effects of one session dry needling on a chronic golfer's elbow disability (2018). *Journal of Exercise Rehabilitation*. 14(1):138-142.
37. **Shariat, A.** Occupational physical and emotional fitness: Sounding board (2018). *WORK*. 59: 463–467
38. **Shariat, A.** Office/Home-based Exercise Rehabilitation is Useful for Computer-based Workers in Today's World: Editorial board (2018). *Journal of Exercise Rehabilitation*. 13(6):614-615.
39. **Shariat, A.**, Cardoso, J., Cleland, J., Danaee, M., Ansari, N.N., Kargarfard, M. (2018). Prevalence rate of neck, shoulder and lower back pain in association with age, body mass index and gender among Malaysian office workers. *WORK*. 60, 191–199.
40. Kargarfard, M., Amiri, E., Shaw, I., **Shariat, A.**, Shaw, B (2018). Salivary testosterone and cortisol concentrations, and psychological societe francaise de medecine du sport overtraining scores as indicators of overtraining syndromes among elite soccer players. *Revista de Psicología del Deporte (Journal of Sport Psychology)*. 27(1), 155-160.
41. Goudarzian, M., Ghavi, S., **Shariat, A.**, Shirvani, H., Rahimi, M (2017). Effects of whole body vibration training and mental training on mobility, neuromuscular performance and muscle strength in older men. *Journal of Exercise Rehabilitation*. 13(5):573-580.
42. Kargarfard, M., **Shariat, A.**, Shaw, I., Haddadi, P., Shaw, B (2017). Effects of Resistance and Aerobic Exercise Training or Education Associated with a Dietetic Program on Visfatin Concentrations and Body Composition in Overweight and Obese Women. *Asian Journal of Sports Medicine*. 8(4), 57-64.

43. Kargarfard, M., **Shariat, A.**, Ingle, L., Cleland, J (2017). A randomized controlled trial to examine the impact of aquatic exercise training on functional capacity, balance, and perceptions of fatigue in female patients with multiple sclerosis. *Archive of physical medicine and rehabilitation*. 99:234-41.
44. **Shariat, A.**, Cleland, J., Danaee, M., Kargarfard, M., Sangelaji, B., Tamrin, S.B.M (2017). Effects of office exercise training and ergonomic modification on the musculoskeletal discomforts of office workers: a randomized controlled trial. *Brazilian Journal of Physical Therapy*. 22(2):144-153.
45. **Shariat, A.**, Lam, T.C.L., Shaw, S.B, Shaw, I.,Kargarfard, M., Sangelaji, B. (2017). Impact of Back Squat Training Intensity on Strength and Flexibility of Hamstring Muscle Group. *Journal of Back and Musculoskeletal Rehabilitation*, 30(3):641-647.
46. **Shariat, A.**, Shaw, S.B., Kargarfard, M., Shaw, I., Lam, T.C.E. (2017). Kinanthropometric attributes of elite male Judo, Karate and Taekwondo athletes. *Revista Brasileira de Medicina do Esporte (Brazilian Journal of Sports Medicine)*, 23(4):318-321.
47. Karimi, M., **Shariat, A.** (2017). Semiparametric Accelerated Failure Time Model as A New Approach for Health Science Studies. *Iranian journal of public health*. 46(11), 1594-1595.
48. Zahiri, N., Abollahi, I., Nabavi, M., Ehsani, F., Sangelaji, B., Shaw, I, **Shariat, A.** (2017). Interference Effect of Prior Explicit Information on Motor Sequence Learning in Relapsing-Remitting Multiple Sclerosis Patients, *Malaysian Journal of Medical Sciences*, 24(1):69-80.
49. **Shariat, A.**, Tamrin, S., Danaee, M (2016). Absence of physical exercise and incidence of musculoskeletal discomforts among office workers: a short review. *Malaysian Journal of Human Factors and Ergonomics*. 1(2), 24-29.
50. **Shariat, A.**, Tamrin, S., Arumugam, M., Danaee, M., Ramasamy, R (2016). Prevalence rate of musculoskeletal discomforts based on severity level among office workers. *Acta Medica Bulgarica* 43 (1), 54-63
51. **Shariat, A.**, Tamrin, S. B. M., Arumugam, M., & Ramasamy, R. (2016). The Bahasa melayu version of cornell musculoskeletal discomfort questionnaire (CMDQ): Reliability and validity study in Malaysia. *Work*, 54(1):171-178
52. **Shariat, A.**, Tamrin, S. B., Arumugam, M., Danaee, M., & Ramasamy, R. (2016). Comparative reliability of different instruments used to measure the severity of musculoskeletal disorders in office workers. *Work*, 54(3):753-758
53. **Shariat, A.**, Tamrin, S. B. M., Arumugam, M., Danaee, M., & Ramasamy, R. (2016). Office Exercise Training to Reduce and Prevent the Occurrence of Musculoskeletal Disorders among Office Workers: A Hypothesis. *The Malaysian Journal of Medical Sciences: MJMS*, 23(4), 54-58.
54. **Shariat, A.**, Arumugam, M., Ramasamy, R., & Danaee, M. (2016). Package of Office Exercise

Training as a New Idea for Office Workers. Iranian journal of public health, 45(4), 544-545.

55. **Shariat, A.**, Tamrin, S. B. M., Arumugam, M., Danaee, M., & Ramasamy, R. (2016). Musculoskeletal disorders and their relationship with physical activities among office workers: a review, Malaysian Journal of Public Health Medicine, 16(1), 32-43.
56. **Shariat, A.**, Lam, T.C.E, Tamrin, S. B. M., Arumugam, M., Danaee, M. (2016). The application of a feasible exercise training program in the office setting. WORK, 56(3):421-428.
57. Kargarfard, M., Lam, E. T., **Shariat, A.**, Shaw, I., Shaw, B. S., & Tamrin, S. B. (2016). Efficacy of massage on muscle soreness, perceived recovery, physiological restoration and physical performance in male bodybuilders. Journal of sports sciences, 34(10), 959-965.
58. Afzalpour, ME., Bashafaat, H., **Shariat, A.**, Sadeghi, H., Shaw, I., Dashtiyani, A., Shaw, B. Plasma protein carbonyl responses to anaerobic exercise in female cyclists. International Journal of Applied Exercise Physiology. 5 (1), 53-58.
59. Shaw, I., Shaw, B., Brown, G., **Shariat, A** (2016). Review of the Role of Resistance Training and Musculoskeletal Injury Prevention and Rehabilitation. Gavin J Orthop Res Ther. 1(1), 1-5
60. **Shariat, A.**, Tamrin, S., Arumugam, M., Danaee, M., Ramasamy, R (2016). Malaysian journal of public health medicine. 16(3), 34-36.
61. Kargarfard, M., Lam, E. T., **Shariat, A.**, Asle Mohammadi, M., Afrasiabi, S., Shaw, I., & Shaw, B. S. (2016). Effects of endurance and high intensity training on ICAM-1 and VCAM-1 levels and arterial pressure in obese and normal weight adolescents. The Physician and sportsmedicine, 44(3), 208-216.
62. **Shariat, A.**, Kargarfard, M., Danaee, M., & Tamrin, S. B. M. (2015). Intensive resistance exercise and circadian salivary testosterone concentrations among young male recreational lifters. The Journal of Strength & Conditioning Research, 29(1), 151-158.
63. **Shariat, A.**, Bahri Mohd Tamrin, S., Daneshjoo, A., & Sadeghi, H. (2015). The Adverse Health Effects of Shift Work in Relation to Risk of Illness/Disease: A Review. Acta Medica Bulgarica, 42(1), 63-72.
64. **Shariat, A.**, Shaw, I., & Sadeghi, H., (2015). Analysis of the effects of resistance training on circadian rhythm of endocrine hormones. Russian Open Medical Journal, 4(3), 14-19.
65. Kargarfard, M., **Shariat, A.**, Shaw, B. S., Shaw, I., Lam, E. T., Kheiri, A., ... & Tamrin, S. B. (2015). Effects of polluted air on cardiovascular and hematological parameters after progressive maximal aerobic exercise. Lung, 193(2), 275-281.
66. Kargarfard, M., **Shariat, A.**, Lam, E., Shaw, B., Shaw, I., & Nayyeri, F. (2015). Prevalence and Perceptions Toward Anabolicandrogenic Steroid Use Amongst University Students. Acta Medica Bulgarica, 42(2), 61-67.

67. **Shariat, A.** Abedi, A, Tamrin, S. Physical activity as a prescription for the children with cerebral palsy. *Russian Open Medical Journal*, 3(1), 1-8.
68. **Shariat, A.**, Kargarfard, M., Tamrin, S. B. M., Danaee, M., & Karimi, H. (2014). Strength-training and biological rhythm of male sex hormone among judoists. *Biological Rhythm Research*, 45(4), 625-631.
69. **Shariat, A.**, Ghamarani, A., Abedi, A., **Shariat, A** (2014). Meta Analysis of Psychological Interventions' Effectiveness on the Rate of Depression Among Elderly Iranians in 2000-2010. *Iranian journal of aging*. 9(1), 12-16.
70. Jabarouti, R., **Shariat, A.**, & Shariatini, A. (2014). Effect of Persian classic poetry on the level of stress hormone in retired academicians. *Journal of Poetry Therapy*, 27(1), 25-33.
71. **Shariat, A.**, Kargarfard, M., Nekooei, P., & Majlesi, S. (2013). Comparison between salivary cortisol release in rest and training days in male fitness trainee. *International Journal of Kinesiology & Sports Science*, 1(1), 23-29.
72. **Shariat, A.**, Shamsul, B. M. T., Danaee, M., & Karimi, H. (2013). The responses of white blood cells to weight loss among young male judoists. *Russian Open Medical Journal*, 2(3), 56-63.
73. Sadeghi, H., **Shariat, A.**, Asadmanesh, E., & Mosavat, M. (2013). The Effects of core stability Exercise on the dynamic balance of volleyball players. *International Journal of Applied Exercise Physiology*, 2(2), 1-10.
74. **Shariat, A.**, Kargarfard, M., & Sharifi, G. R. (2012). The Effect of Heavy Resistance Exercise on Circadian Rhythm of Salivary Cortisol in Male Body Building Athletes. *Journal of Isfahan Medical School*, 29(16), 45-57.

C) List of Conferences

1. Ghannadi,S., **Shariat,A.**, Hakakzadeh,A., Kargarfard,M. The Effectiveness of different types of training programs on markers of atherosclerosis and VO2max among normal weight and obese male adolescents. The First Iranian Congress of Cardio Vasculo Pulmonary Rehabilitation. 2019, Tehran, Iran.
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3. **Shariat.A.**, Moradi,V., Hakakzadeh,A., Honarpishe, R., Nakhostin, A. Office based exercise training for improvement of neck, shoulder and lower back discomforts. 22nd Annual Congress of Iranian Society of Physical Medicine Rehabilitation & Electrodiagnosis. 2018, Tehran, Iran.

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