Soolmaz Dehghanidowlatabadi

Counselling Psychologist, PhD in Counselling

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ORCID: 0009-0002-8568-8627 | Publications appear under both “Dehghanidowlatabadi” and “Dehghani”

RESEARCH PROFILE

Counselling psychologist (PhD in Counselling) with an internationally co-authored publication record of 15 peer-reviewed articles in psychological flexibility, perfectionism, intolerance of uncertainty and depressive symptoms, and in marital and family processes. Six years of clinical practice in Iran in cognitive behavioural, acceptance-based, mindfulness and schema therapy. Additional graduate training in systems and productivity management brings a practical grounding in project design, coordination and evaluation alongside the psychological work. Research interests extend to psychological flexibility, couples and women's health.

EDUCATION

PhD in Counselling 2022 to 2026
Islamic Azad University, Science and Research Branch, Tehran, Iran
GPA 19.8 / 20. Doctoral dissertation grade 20 / 20.

MA in Family Counselling 2019 to 2021
University of Tehran, Aras International Campus, Iran. Completed 18 September 2021.
GPA 19.04 / 20.

MSc in System and Productivity Management completed 2013
School of Engineering, Tarbiat Modares University, Tehran, Iran.

BSc in Agricultural Engineering, Food Science and Industry 2002 to 2007
Islamic Azad University, Kazeroon, Iran.

PROFESSIONAL DEVELOPMENT

Executive Business Administration (DBA) Course, 400 hours 2017 to 2019
School of Management and Accounting, Shahid Beheshti University, Tehran. Open Higher Training Course, Ministry of Science, Research and Technology scheme. A continuing education programme, not a degree.

Structural equation modelling programmes
Universiti Putra Malaysia and Alzahra University. Training received.

RESEARCH APPOINTMENTS

Researcher (Remote), Strategic Research Institute (SRI) Jan to Jun 2026
Asia Pacific University of Technology and Innovation (APU), Kuala Lumpur, Malaysia.

RESEARCH INTERESTS

- Psychological flexibility, perfectionism, intolerance of uncertainty and depressive symptoms
- Interpersonal processes in couples: marital conflict, intimacy and quality of life
- Acceptance, mindfulness and schema-based interventions
- Women's health, including fertility treatment and perinatal well-being

PEER-REVIEWED PUBLICATIONS

15 articles. Reverse chronological order. Corresponding authorship marked.

1. Abdollahi, A., **Dehghanidowlatabadi, S.**, Abu Talib, M., & Susilawati, I. R. (2026). Psychological flexibility and psychological distress among nurses: A longitudinal study of the mediating role of second victim experience and the moderating role of self-compassion. *Psychology, Health & Medicine*, 1 to 19. https://doi.org/10.1080/13548506.2026.2729846

2. Salimian, M., Abdollahi, A., & **Dehghanidowlatabadi, S.** (2026). The moderating role of psychological flexibility in the relationship between intolerance of uncertainty and flourishing. *Discover Psychology*. https://doi.org/10.1007/s44202-026-00777-6
3. Abdollahi, A., **Dehghanidowlatabadi, S.**, Jamaludin, A. N. S. J., & Tan, L. H. (2026). The longitudinal pathway from body appearance perfectionism to social appearance anxiety: The mediating role of digital filter use and moderating role of fear of missing out. *The Journal of Genetic Psychology*. https://doi.org/10.1080/00221325.2026.2680991
4. Karimzadeh, F., Abdollahi, A., & **Dehghanidowlatabadi, S.** (2026). Moderating role of psychological flexibility in the relationship between intolerance of uncertainty and perceived stress among women undergoing in vitro fertilization treatment. *Brain and Behavior, 16*(5), e71436. https://doi.org/10.1002/brb3.71436
5. Abdollahi, A., Nematollahi, F., & **Dehghanidowlatabadi, S.** (corresponding author) (2026). Psychometric comparison of the complete and short form of the Persian Academic Procrastination Scale among Iranian students. *Brain and Behavior, 16*(4), e71417. https://doi.org/10.1002/brb3.71417
6. Abdollahi, A., **Dehghanidowlatabadi, S.**, & Abu Talib, M. (2026). Academic hope as a psychological mechanism linking academic self-efficacy to academic achievement. *Journal of Applied Research in Higher Education*. https://doi.org/10.1108/JARHE-01-2026-0011
7. **Dehghanidowlatabadi, S.**, Pordelan, N., & Vakili, S. (2026). Explaining the model of depressive symptoms based on perfectionism with the mediation of intolerance of uncertainty in female university students. *Journal of Psychological Science*. [In Persian]
8. **Dehghanidowlatabadi, S.**, Pordelan, N., & Vakili, S. (2026). The moderating role of psychological flexibility in the relationship between perfectionism and depressive symptoms in female university students. *Preventive Counseling, 7*(1).
9. **Dehghanidowlatabadi, S.** (corresponding author), Pallathadka, H., Ismail, S. M., Abdullaev, D., Ibrahim, F. M., & Prasad, K. D. V. (2025). Moderating effect of interpersonal mindfulness between marital conflict and marital intimacy among Iranian married individuals. *Brain and Behavior, 15*(3), e70392. https://doi.org/10.1002/brb3.70392
10. **Dehghanidowlatabadi, S.**, Pordelan, N., & Vakili, S. (2025). The moderating role of psychological flexibility in the relationship between intolerance of ambiguity and depressive symptoms in female students. *Journal of Health Psychology and Behavioral Disorders, 2*(4), 1 to 18. [In Persian]
11. Anvari, N., Saeidi, S., **Dehghanidowlatabadi, S.**, & Moghtaderi Esfahani, S. (2023). The effectiveness of positive psychology treatment on depression and migraine headaches in people with migraine. *Journal of Excellence in Counseling and Psychotherapy*. [In Persian]
12. **Dehghanidowlatabadi, S.** (2022). Schema therapy as a useful approach in reducing anxiety disorders: A case study. *Modern Studies in Psychology, Counseling, and Educational Sciences*. [In Persian]
13. Derakhshandeh, A., Ashkar, Z., **Dehghanidowlatabadi, S.**, & Bayat, H. (2022). The role of family emotional atmosphere and emotional expressiveness style in the educational well-being of students with military parents. *Journal of Military Psychology, 13*(51), 53 to 65. [In Persian]
14. **Dehghanidowlatabadi, S.** (2021). Predicting married women's mental health based on emotional components of quality of life. *Journal of Modern Psychology, 1*(3), 25 to 38. [In Persian]
15. **Dehghanidowlatabadi, S.** (2021). A review on the educational impact of game-based learning on academic performance and psychological aspects of students. *Modern Studies in Psychology, Counseling, and Educational Sciences*. [In Persian]

BOOKS

Authored

1. **Dehghani, S.** (2021). *The impact of quality of life on married women's mental health.*

Translated into Persian

1. Zmigrod, L. (2025). *The ideological brain: The radical science of flexible thinking.*
2. Bloom, P. (2023). *Psych: The story of the human mind.*
3. Goldman, L. (2004). *Raising our children to be resilient: A guide to helping children cope with trauma in today's world.*

CONFERENCE PRESENTATIONS

1. **Dehghanidowlatabadi, S.** Predicting married women's mental health based on emotional components of quality of life. 3rd National Congress of the Iranian Scientific Association of Family Psychology and 1st National Festival of Family and Marriage, Iran. [In Persian]

TEACHING EXPERIENCE

Teaching Assistant, Islamic Azad University, Science and Research Branch, Tehran 2022 to 2026
Courses: Counselling Theories and Techniques; Advanced Statistics and Research Methods; Personality and Psychopathology.

Teaching Assistant, Alzahra University, Tehran 2022 to 2024
Courses: Theories of Personality; Descriptive Statistics; Psychopathology; Theories of Counselling and Psychotherapy.

Lecturer, Eram Non-Profit University, Shiraz
Full module responsibility. Courses: Life Skills; Adolescent Psychology.

CLINICAL AND PROFESSIONAL EXPERIENCE

Psychological therapist, Iran six years
Three years at Shoroe Zendegi Clinic and three years in private practice. Individual and couples work with adults, treating anxiety, avoidance and mood difficulties.

Professional practice licence 2023 to 2026
Held a practice licence from the Psychology and Counselling Organization of the Islamic Republic of Iran.

Organisational psychology
Member of the recruitment evaluation committee for Bank Mellat, Bank Tejarat and Bank Pasargad, Tehran. Psychologist at Behso, supporting hiring and promotion decisions in companies and organisations.

Therapeutic modalities
Cognitive behavioural therapy (CBT), mindfulness, acceptance and commitment therapy (ACT), compassion-focused therapy (CFT), schema therapy.

Workshop facilitation
Numerous workshops delivered on mindfulness, schema therapy, CBT, CFT and ACT.

QUANTITATIVE METHODS

Research design, theory and interpretation of quantitative methodology. Co-author on studies applying structural equation modelling, confirmatory factor analysis and multigroup analysis. Formal training in structural equation modelling (Universiti Putra Malaysia, Alzahra University).

LANGUAGES

Persian (native). English (professional working proficiency).