	۸ - رشته: پزشکی پیشگیری و اجتماعی
منبع	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

Chapter 25 The Intention—Behavior Gap

Chapter 26 Cognitive-Behavioral Change Approaches to Enhancing Physical

Activity Participation and Decreasing Sedentary Behavior in Adults

Chapter 27 Enhancing the Nutrition Prescription Using Behavioral Approaches

Chapter 28 Behavioral Approaches to Manage Stress

Chapter 29 Health Coaching and Behavior Change, Must know

Part V Lifestyle Medicine Approaches to Dysglycemia

 ${\it Chapter 30\ Overview: Dysglycemia-Based\ Chronic\ Disease-Exposing\ Lifestyle}$

Medicine Targets

Chapter 31 Context: Impact of Dysglycemia and Lifestyle Medicine on

Cardiometabolic-Based Chronic Disease

Chapter 32 Management: Lifestyle Medicine Approaches to Insulin Resistance,

Prediabetes, Type 2 Diabetes, and Diabetes Complications, Must know

Chapter 33 Implementation: Lifestyle Medicine Tactics to Optimize

Dysglycemia Care

Part VI Lifestyle Issues in the Prevention and Treatment of Cancer, Must know

Chapter 35 Exercise Oncology: The Role of Exercise across the Cancer Control

Continuum

Chapter 36 The Health Consequences of Tobacco Use and Addiction:

Assessment and Treatment

Chapter 38 Cancer Prevention Vaccines, Must know

Chapter 40 The Importance of Nutrition in Cancer Prevention

Part VII Obesity and Weight Management

Chapter 41 Exercise Management for the Patient with Obesity, Must know

Chapter 42 Dietary Management of Overweight and Obesity, Must know

Chapter 43 A Clinical Approach to Pharmacological Management of the Patient

with Obesity, Must know

Part IX Pulmonary Medicine

Chapter 49 Asthma

Chapter 50 Occupational and Environmental Lung Diseases, Must know

Chapter 52 Influenza, Must know

Chapter 53 Indoor Air Quality

Chapter 54 COVID-19, Must know

Part X Obstetrics, Gynecology, and Women's Health

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

Chapter 104 How Geriatrics Principles and Paradigms Can Inform Lifestyle

Medicine Practice

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

Detels, R. ed., 2022. Oxford textbook of global	SECTION 1 The development of the discipline of public health
public health. Oxford University Press, USA.	1.1 The scope and concerns of public health, Must know
SEVENTH EDITION	1.3 The history and development of public health in low- and middle-income countries
	1.4 Public health priorities in countries undergoing economic transition: the
	middle-income countries, Must know
	1.5 Globalization, Must know
	SECTION 2 Determinants of health and disease
	2.1 Determinants of health: overview, Must know
	2.2 Politics of public health, Must know
	2.3 Poverty, justice, and health, Must know
	2.4 Socioeconomic inequalities in health in high-income countries: the facts
	and the options, Must know
	2.5 Reducing health inequalities in developing countries, Must know
	2.7 Water and sanitation, Must know
	2.8 Food and nutrition
	2.9 Climate change and human health, Must know
	2.10 Behavioural determinants of health and disease, Must know
	2.11 How access to healthcare affects population health
	SECTION 3 Public health policies, law, and ethics
	3.1 Leadership in public health, Must know
	3.2 Ethical principles and ethical issues in public health, Must know
	3.3 The right to health supports global public health
	3.4 Law and the public's health
	3.5 Health policy in developing countries, Must know
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	SECTION 4 Information systems and sources of intelligence
	4.1 Information systems in support of public health in high-income countries,
	Must know
	4.2 Community diagnosis and health information systems in low- and middle-
	income countries, Must know
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	SECTION 5 Epidemiological and biostatistical approaches

- 5.1 Epidemiology: the foundation of public health, Must know
- 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
- $6.8\ Governance\ and\ management\ of\ public\ health\ programmes, \\ {\color{red} \textbf{Must}\ know}$
- 6.9 Implementation science and translational public health

SECTION 7 Environmental and occup	pational	nealth	sciences
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- 7.1 Environmental health methods, Must know
- 7.2 Radiation and public health
- 7.3 Occupational health, Must know
- 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
- 8.12 Sexually transmitted infections, Must know
- 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
- 9.6 Collective violence: war, Must know
- 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
	10.7 People with disabilitie, Must know s
	10.8 Health of older people
	10.9 Forced migrants and other displaced populations
	10.10 Prisoners: a wicked problem for public health
	SECTION 11 Public health functions
	11.1 Health needs assessment, Must know
	11.2 The political economy of non-communicable diseases: lessons for
	prevention, Must know
	11.3 Immunization and vaccination, Must know
	11.4 Principles of infectious disease control, Must know
	11.5 Medical screening: theories, methods, and effectiveness, Must know
	11.7 Strategies and structures for public health interventions, Must know
	11.8 Strategies for health services, Must know
	11.9 Training of public health professionals in developing countries, Must
	know
	11.10 Transformative learning for health professionals in the twenty-first
	century for the future health workforce
	11.11 Humanitarian emergencies, Must know
	11.12 Principles of public health emergency response for acute environmental,
	chemical, and radiation incidents
	11.13 Private support of public health, Must know
	11.14 Global health in the era of sustainable development, Must know
David, A.K., Fields, S.A., Phillips, D.M., Scherger,	Part I: The Principles of Family Medicine
J.E. and Taylor, R.B. eds., 2022. Family medicine:	3 Family Issues in Health Care
Principles and practice. Springer Science &	4 Family Stress and Counseling
Business Media.	5 Population-Based Health Care, <i>Must know</i>
	Part II: Preventive Care
	6 Clinical Prevention
	Part III: Pregnancy, Childbirth, and Postpartum Care
	11 Medical Problems During Pregnancy, Must know

128 Disorders of Nutrition

13 Problems During Labor and Delivery Part IV: Care of the Infant, Child, and Adolescent 17 Infectious Diseases in Children, Must know 18 Behavioral Problems of Children, Must know 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 Part VII: Behavioral and Psychiatric Problems 31 Anxiety Disorders, Must know 32 Mood Disorders, Must know 34 Somatic Symptom and Related Disorders 36 Anxiety and Stress in Young Adults, Must know Part XIX: The Digestive System 91 Gastritis, Esophagitis, and Peptic Ulcer Disease 92 Diseases of the Small and Large Bowel 96 Colorectal Cancer Part XX: The Renal, Urinary, and Male Genital Systems 99 Urinary Tract Infections 101 Diseases of the Kidney **102 Benign Prostate Conditions** 103 Prostate Cancer, Must know Part XXI: The Female Reproductive System and Women's Health 108 Menstrual Disorders, Must know 109 Menopause Part XXII: The Musculoskeletal System and Connective Tissue 117 Osteoarthritis, Must know Part XXIV: The Endocrine and Metabolic System 127 Osteopenia and Osteoporosis

	Part XXV: The Blood and Hematopoietic System 130 Anemia Part XXVI: Family Medicine Applications 132 Medical Informatics, the Internet, and Telemedicine, <i>Must know</i> 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:

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- 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. 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.
- 6. ZareMobini, F., Farajzadegan, Z., Kazemi, A. and Salehi, M., 2022. Effect of using 5A's model for lifestyle counseling on psychological symptoms in women with polycystic ovary syndrome: a randomized field trial. *Scientific Reports*, *12*(1), p.21847., Must know

- 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
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- 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
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- 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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