

SAYED JAFAR AHMADI, Ph.D.

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EDUCATION

2012 | **Ph.D. in General Psychology**, University of Isfahan, Iran

Dissertation: Specific Recall Training versus. Psychological Debriefing, Writing for Recovery and Cognitive-Behavior Therapy: A Comparative Study of the Effects on the Symptoms of Post Traumatic Stress Disorder (PTSD) and Mood of Bereaved Afghan Adolescents (Neshat Doost)

2004 | **M.A. in Clinical Psychology**, Islamic Azad University of Roudehen Branch, Iran

Thesis: Development and Psychometric Evaluation of a Marital Communication Skills Scale

2000 | **B.A. in General Psychology**, University of Isfahan, Iran

ACADEMIC EXPERIENCE

Adjunct Senior Research Fellow, School of Psychological Sciences, Faculty of Medicine, Nursing and Health Sciences, Monash University, Melbourne, Australia — *2026–Present*

Conducting collaborative research on trauma, resilience, and psychological interventions among refugee and conflict-affected populations. Contributing to international research projects and academic publications.

Visiting Scholar, Center for Global Mental Health, The New School, New York, NY — *2025–Present*
Engaged in collaborative research on global mental health, trauma, and refugee resilience.

Research Scholar (Psychology), Bard College, Annandale-on-Hudson, NY — *2022–Present*

Conducting independent and collaborative research on trauma, psychosocial interventions, and refugee populations.

Principal Investigator / Research Consultant, Monash University, Melbourne, Australia (METRA Project) — *2021–Present*

Leading development, testing, and evaluation of the METRA+ intervention across multiple humanitarian contexts.

Lecturer (Remote), American University of Afghanistan, Doha, Qatar — *2023–2024*

Taught Methods and Statistics courses remotely to Afghan students in exile; supervised student projects and research.

Field Researcher / Team Manager, Global Kids Project (CosmoAfghan), Bedfordshire University, London, UK — *2019–2022*

Coordinated fieldwork, managed research teams, and supervised data collection. Designed and implemented the Cosmokidz program for Afghan children, promoting compassion, social responsibility, and kindness. <https://cmminstitute.org/cosmoafghan-a-research-based-education-project/>

Assistant Professor, Counseling Department, Kabul Education University, Afghanistan — *2018–2021*
Designed and delivered counseling psychology courses and educational leadership programs; supervised graduate and undergraduate students and field practice.

Senior Technical Advisor, Hunter College (CUNY) – Kabul University Collaboration — *2017–2018*
Provided technical expertise in curriculum development and psychology; led faculty training and coordinated the research team.

Founder & CEO, Behrawan Research and Psychology Services Organization, Kabul, Afghanistan — *2015–Present*
Established a leading center for psychological research and services; directed projects on trauma, autism, and psychosocial support; led educational initiatives for psychologists.

Senior Researcher / Consultant, National Center for Policy Research (NCPR), Kabul University, Afghanistan — *2014–2020*
Led national-level studies on trauma, peace, and conflict resolution; developed evidence-based policy recommendations.

Research Director & Assistant Professor, Kateb University, Kabul, Afghanistan — *2011–2017*
Directed the research department; taught undergraduate and graduate courses, including social psychology, organizational psychology, research methods, and statistics.

Consultant & Trainer, Ministry of Public Health, Afghanistan — *2011*
Developed research and training programs for mental health and medical professionals.

Senior Researcher, Afghanistan Human Rights High Commission, Afghanistan — *2010*
Conducted national-level studies on human trafficking; authored a comprehensive policy report.

Research Manager, Isfahan Autism Center, Iran — *2008–2010*
Standardized the Gilliam Autism Rating Scale (GARS); managed autism research and clinical interventions.

Consultant, Ministry of Education, Afghanistan — *2005*
Advised on education system reforms and the development of psychological support structures in schools.

PUBLICATIONS

Books

Year	Title	Publisher / Organization
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Forthcoming, 2025	<i>Train of Life</i> (Pashto, English, Arabic, and Persian editions – currently in press)	Behrawan Research and Psychology Services Organization
2022	<i>Train of Life (Story of Grief Counseling)</i>	Behrawan Research and Psychology Services Organization
2021	<i>War Psychological Pathology and Its Outcomes on Peace</i>	National Center for Policy Research, Kabul University
2019	<i>A Manual of Cognition and Behavior Therapy on PTSD</i>	Behrawan Press
2019	<i>Grief Reaction Counselling to Children and Adolescents</i>	Behrawan Press
2019	<i>Symptomatology of Mental Disorders</i>	Behrawan Press
2019	<i>The Impact of Life Skills Education on University Students' Social Competency</i>	National Research Policy, Kabul University
2016	<i>Applied Statistics 1</i>	Kateb University Press
2016	<i>High Peace Council: Activities and Achievements</i>	National Research Policy, Kabul University
2015	<i>The Role of Media in Peacebuilding</i>	National Research Policy, Kabul University
2014	<i>Life Skills</i>	National Research Policy, Kabul University
2014	<i>The Role of Employment in Peacebuilding</i>	National Research Policy, Kabul University
2012	<i>A Manual for Gilliam Autism Rating Scale Persian Version</i>	Jehad Daneshgahi Press, Isfahan
2011	<i>A Manual for Academic Research</i>	Chahar Dehi, Kabul
2010	<i>Causes of Women and Children Trafficking in Afghanistan</i>	Independent Commission of Human Rights of Afghanistan

Book Chapters

Ahmadi, S. J. (2025). From Academic Repression in Afghanistan to Scientific Resistance: Exiled Scholars and the Role of Support Programs in Sustaining Academic Freedom. In K. Bystrom & A. Kölemen (Eds.), *Threatened Scholarship—Central European University Press / Amsterdam University Press*.

Peer-Reviewed Journal Articles

1. **Ahmadi, S. J., Musavi, Z., Sarwary, S. A., Ebrahimi, D. K., Brown, A., & Jobson, L. (2026).** *Memory-Focused Therapy (MFT): An Integrated Intervention to Reduce Trauma Symptoms, Maladaptive Cognitive Processes, and Emotional Distress in Afghan Youth.* Manuscript under review at *Frontiers in Psychiatry*
2. Ahmadi, S. J., Musavi, Z., Farhat, M. W., Mehry, S., McAvoy, D., Berzengi, A., Brown, A., Dainer-Best, J., & Jobson, L. (2026). *Evaluation of the METRA+ intervention on mental health and social functioning in Afghan refugee adolescents in Pakistan: A pilot study.* Manuscript under review at the *European Journal of Psychotraumatology*.
3. Ahmadi, S. J., Musavi, Z., Brown, A., & Jobson, L. (2026). *Memory-Focused Therapy (MFT): An integrated intervention to reduce trauma symptoms, maladaptive cognitive processes, and emotional distress in Afghan youth.* Manuscript in preparation.
4. Jobson L, Malallah H, **Ahmadi SJ**, McAvoy D, Earnest A, Vaughan K, Berzenji SL, Mohammad S, Berzengi A. (2025). Randomised clinical trial investigating memory training for recovery-adolescents in addressing psychiatric concerns among adolescents in Iraq. *J Glob Health*. Doi: [10.7189/jogh.15.04111](https://doi.org/10.7189/jogh.15.04111)
5. Rezvani, N., Jahanbakhshi, Z., Tabatabaeian, A., Pajouhinia, S., & **Ahmadi, S. J.** (2025). The mediating role of depression and the moderating role of game genre in the relationship between suicidal thoughts and computer game addiction among adolescents in Tehran. *Actas Españolas De Psiquiatría*. 53(5), 1075–1082. <https://doi.org/10.62641/aep.v53i5.1886>
6. Jahanbakhshi, Z., Rezvani, N., Pourhasan, M., Ahmadi, S., & **Ahmadi, S. J.** (2025). Predicting Anxiety and Depression Based on Video Game Addiction With the Mediating Role of Social Support. *Actas Españolas De Psiquiatría*;53(2):267–274 , <https://doi.org/10.62641/aep.v53i2.1745>
7. **Ahmadi, S. J.**, Tavoli, A., Musavi, Z., & Dainer-Best, J. (2024). Acceptance and Commitment Therapy vs. Trauma-Focused Cognitive-Behaviour Therapy: A Comparative Study of the Effects on the Post Traumatic Stress Symptoms of Female Afghan Adolescents, *American Psychologist*, 79(9), 1452–1459. <https://doi.org/10.1037/amp0001451>
8. **Ahmadi, S. J.**, & Musavi, Z. (2024). International Humanitarian Award: Sayed Jafar Ahmadi and Zeinab Musavi. *American Psychologist*, 79(10), 1234–1245. <https://doi.org/10.1037/amp0001460>
9. Jobson, L., McAvoy, D., & Ahmadi, S. J. (2024). Psychological Problems in the Context of Political Violence in Afghan Children. *Current Psychiatry Reports*. <https://doi.org/10.1007/s11920-024-01496-2>
10. **Ahmadi, SJ**, Musavi, Z;...Jobson, L. (2023). Examining MEmory Training for Recovery-Adolescent among Afghan adolescent boys: a pilot randomized controlled trial, *European*

Journal of Psychotraumatology, 14, 2023 (2): 1-8.

<https://doi.org/10.1080/20008066.2023.2251780>

11. **Ahmadi, Sayed Jafar**; Tavoli, Azadeh; Musavi, Zeinab; Dainer-Best, Justin and Ahmadi, Sumia. (2023). Randomized Controlled Trial of Acceptance and Commitment Therapy for Posttraumatic Stress Disorder Symptoms in Afghan Adolescent Girls. *PPRIJ*;8(02). Medwinpublisher. **doi:** <https://doi.org/10.23880/pprij-16000333>
12. **Ahmadi SJ**, Jobson L., Musavi Z., Earnest A., McAvoy,D, Samim, N., Sarwary, S.A.A. (2023). Effect of the MEMory Training for Recovery-Adolescent (METRA) Intervention on Psychiatric Symptoms among Adolescent Girls in Afghanistan: A Randomized Controlled Trial. *JAMA Netw Open*. 2023;6(3):e236086. **doi:** <https://doi.org/10.1001/jamanetworkopen.2023.6086>
13. Alemi, Q., Panter-Brick, C., Oriya, S., Ahmady, M., Alimi, A., Faiz, H., **Ahmadi, S.J**; Ventevogel, P. (2023). Afghan mental health and psychosocial well-being: Thematic review of four decades of research and interventions. *BJPsych Open*, 9(4), E125. **doi:** <https://doi.org/10.1192/bjo.2023.502>
14. **Ahmadi SJ**, Jobson L., Earnest A., McAvoy,D., Musavi Z., , Samim, N., Sarwary, S.A.A. (2022). Prevalence of Poor Mental Health Among Adolescents in Kabul, Afghanistan, as of November 2021. *JAMA Netw Open*. 2022; 5(6): :e2218981. **doi:** <https://doi.org/10.1001/jamanetworkopen.2022.18981>
15. **Ahmadi, S. J**; Musavi, Z; Jobson, L. (2022). Investigating the Feasibility, Acceptability and Efficacy of using modified Written Exposure Therapy in the aftermath of a Terrorist Attack on Symptoms of Posttraumatic Stress Disorder among Afghan Adolescent Girls. *Frontiers in Psychiatry*, 13. DOI: [10.3389/fpsyt.2022.826633](https://doi.org/10.3389/fpsyt.2022.826633)
16. Kaviani, H.; **Ahmadi, S.J.** (2021). A Cross-Cultural and Trans-Generational Study: Links between Psychological Characteristics and Socio-Political Tendency amongst Urban Population in Afghanistan. *Int. J. Environ. Res. Public Health* 2021, 18, 6372. <https://doi.org/10.3390/ijerph18126372>
17. Martha Bragin, Bree Akesson, **Ahmadi, Sayed Jafar**. (2021). Peace, Love, and Justice: A Participatory Phenomenological Study of Psychosocial Wellbeing in Afghanistan. *International Social Work*. <https://doi.org/10.1177/0020872820969781>
18. **Ahmadi, S. J**; Oriya, S; Ayubi, B and Musavi, Z. (2020). Effectiveness of Quality-of-Life Therapy on Subjective Wellbeing of Afghan Women. *International Journal of Innovative Research and Scientific Studies*, 3(4): 158-167 .
19. Naghsh Zahra, Ebrahimi Ali Akbar and **Ahmadi, Sayed Jafar** .(2020). The effectiveness of marital relationship enhancement program on improving quality of traumatic couple's satisfaction, living in thirteen districts of kabul city. *Journal of Psychological Science*, Vol. 18, Issue 82, p 1111-1119.
20. **Ahmadi, S. J** ; Kajbaf M. B. ; Neshat Doost. H. T ; Dalglish, T, Jobson, L & Mosavi, Z. (2018). The efficacy of memory specificity training in improving symptoms of post-traumatic stress disorder in bereaved Afghan adolescents. *Intervention*, 16 (3): 243-248 **DOI:** [10.4103/INTV.INTV_37_18](https://doi.org/10.4103/INTV.INTV_37_18)
21. Bragin, M. Akesson, B, **Ahmadi, S. J.** and others (2018). Developing a culturally relevant counseling psychology degree program in Afghanistan: Results from a DACUM, *Intervention*, 16 (3): 231-242 **doi:** https://doi.org/10.4103/INTV.INTV_54_18
22. **Ahmadi S. J**, Gashool M, Safari T, Hemmatian M, Khalili Z. (2016). Effectiveness of the Use of Computers on Learning Prerequisite Mathematical and Cognitive Concepts in Children with Autism. *J Res Behav Sci*. 14(1): 72-77.
23. **Ahmadi S. J**, Safary T, Arab Baferani H R, Hemmatian M, Khalili Z (2014). Effectiveness of role playing and Applied Behavior Analysis: Increases social behavior in children with autism. *J Res Behave Sci* 2014; 12(3): 351-359

24. **Ahmadi, S. J.**, Kajbaf, M. B., Neshat Doost, H. T. (2012). Efficacy of Trauma Focused-Cognitive-Behavior Therapy on Symptoms of Post-Traumatic Stress Disorder (PTSD) in displaced war-exposed adolescents in Afghanistan: a comparison study of TF- CBT with psychological debriefing, *IJCRB journal*, 4 (4): 1084-1089
25. **Ahmadi, Sayed Jafar**; Kajbaf, Mohammad Baqir, Neshat Dost, Hamid Taher (2016). Effectiveness treatment of cognitive behavior on Post Traumatic Stress Disorder (PTSD) on Afghan Bereavement Adolescents. *The Research and Scientific Journal of Kateb Quarterly*, 3 (3): 41-60
26. **Ahmadi, Sayed Jafar**; Safari, Taiba; Hemmatian, Mansura; Khalili, Zahra (2011). The Psychometric Properties of the Gillim Autism Rating Scale (GARS). *Research in Cognitive and Behavioral Sciences*, 1 (1): 87-107.
27. **Ahmadi, Sayed Jafar**; Safari, Taiba; Hemmatial, Mansura; Khalili, Zahra (2012). Effectiveness of Applicable behaviors Analysis Approach on the Symptoms of Autism children. *J Res Behave Sci*. 10 (4): 292-300.
28. Kalantari, M., Yule, M., Dyregrov, A., Neshatdoost, H. T & **Ahmadi, S. J.** (2012). Efficacy of Writing for Recovery on Traumatic Grief Symptoms of Afghani Refugee Bereaved Adolescents: A Randomized Control Trial, *OMEGA--Journal of Death and Dying*, 65 (2): 139-150.
<https://doi.org/10.2190/OM.65.2.d>
29. Neshat Doost, H.T, Dalglish. T., Yule, W., Kalantari, M, **Ahmadi, S. J.**, Dyregrove, A. (2012). Enhancing Autobiographical Memory Specificity through Cognitive Training: An Intervention for Depression Translated from Basic Science, *Clinical Psychological Science*, 1 (1), 84-92.
<https://doi.org/10.1177/2167702612454613>
30. Raqib, Maedah Sadat; **Ahmadi, Sayed Jafar**; Siadat, Sayed Ali (2009). An Analysis of the Level of Spiritual Intelligence of Isfahan University Students and its Relationship with Demographic Characteristics. *Journal of Educational Psychology Studies*. 5 (8): 39-55.
31. Raqib, Maedah Sadat; **Ahmadi, Sayed Jafar**; Sadat, Ali (2010). Validation of King's Spiritual Intelligence (SISRI-24) Scale in University Students of Isfahan University. *J psychol Archiv*. 17(1): 141-164.
32. **Ahmadi, Sayed Jafar**; Noori, Abulqasim (2008). Psychology of Propaganda. *Monthly Magazine of awareness raising, research, and training of the preachers*; 111(1): 62-81

Public Articles

1. Ahmadi, Sayed Jafar (2023). *Humanitarian Activities of Psychologists: A Vital Step for the Globalization of Psychology*. Newsletter: APA, 2023. [Available here](#).
2. Ahmadi, Sayed Jafar and Carter J. Carter (2021). *Names Withheld: From Afghanistan*. Room Magazine, New York. [Available here](#).
3. *Factors Affecting Violence Against Women in Afghanistan* (2010). 8 Sobh Newspaper.
4. *Psychology of Violence and Terror* (2010). 8 Sobh Newspaper.

Editorial and Peer Review Experience

2026 | Peer Reviewer, *Frontiers in Psychiatry*
 2025 – Present | Topic Editor, *Frontiers in Psychiatry* (Public Mental Health Section)
 - Co-editor of the Research Topic “War Trauma and Psychological Interventions among Refugees”
 2025 | Peer Reviewer, *Psychological Trauma: Theory, Research, Practice, and Policy* (APA Journal)
 2025 | Peer Reviewer, *BMC Psychology*
 2025 | Peer Reviewer, *BMC Psychiatry*

2024 | Peer Reviewer, Child and Adolescent Psychiatry and Mental Health
2024 | Peer Reviewer, Psychological Trauma: Theory, Research, Practice, and Policy (APA Journal)
2024 | Peer Reviewer, Discover Social
2024 | Peer Reviewer, Discover Public Health
2023 | Peer Reviewer, Qeios
2015 – 2017 | Manager and Editorial Board Member, Kateb Journal
2009 – 2012 | Proprietor and Managing Director, Development of Behavioral Sciences Journal, University of Isfahan

AWARDS AND HONORS

2024 | APA International Humanitarian Award: Awarded by the American Psychological Association for outstanding humanitarian contributions to psychology, recognizing pioneering work in trauma interventions, mental health support, and capacity-building for Afghan populations. [Link](#).

2024 | Grant Research Award, Mental Research Institute (MRI): Received competitive funding from the MRI to develop and evaluate an intervention aimed at improving social interactions and relationships among Afghan adolescents in humanitarian contexts.

2023 | Best Researcher Award, International Design Research Awards: Honored for excellence in research innovation and impact, highlighting significant contributions to psychology and mental health interventions in conflict and post-conflict settings.

GRANTS AND FELLOWSHIPS

2024 | Grant Research Award, Mental Research Institute – Developing an Intervention to Improve Social Interactions and Relationships among Afghan Adolescents

2022 - 2025 | Fellowship, Institute of International Education's Scholar Rescue Fund (IIE-SRF)

2022 - 2025 | Research Fellowship, Open Society University Networks, Threatened Scholars Integration Initiative (OSUN-TSI) at Bard College

2020 | Elrha Grant Research for Health in Humanitarian Crises Grant (funded by Wellcome Trust, UKAID, and NIHR)

2018 | Research Grant, Afghanistan Ministry of Higher Education – Efficacy of Quality-of-Life Therapy on Afghan Women

INVITED TALKS

· **April 15, 2025 | Engaging Communities in Humanitarian Research: How Should We Share Our Findings?** elrha, UK

- **March 8, 2024** | *Psychological Borders and Borderless Psychologists*, University at Albany, NY
 - **Oct 26, 2023** | *Memory Training for Recovery in Afghan Adolescents*, Bard College, NY
 - **August 5, 2023** | *Resilience and Post-Traumatic Growth in Scholars*, APA 2023 Convention, Washington, D.C.
 - **May 18, 2023** | *Immigrants for Immigrants: Self-Run School*, Bard College, NY, USA
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MEDIA APPEARANCES

1) News about My Work and Activity

- [Memory Training Recovery Adolescent Helps Improve Depression, PTSD Symptoms - HCP Live Network](#)
- [Bard scholar and wife recognized for humanitarian work in Afghanistan](#)
- [Bard Faculty Member Sayed Jafar Ahmadi Receives 2024 APA International Humanitarian Award](#)
- [Dr. Sayed Jafar Ahmadi - 2024 APA International ...](#)

2) Online and Offline Courses (Behrwan.org, [YouTube Channel](#))

1. Descriptive Statistics Course
2. Inferential Statistics Course
3. SPSS Course
4. Criminal Psychology Course
5. Education Psychology Course

3) Humanitarian Activity in International Media

- [2024 APA International Humanitarian Award](#)
- [Reuters](#)
- [BBC](#): Trauma Healing After Explosions at A Girls' School (26 May 2021)
- [ATN](#)
- [Ettelat Roz](#)
- [DW](#)

4) TV Appearances (Interviews)

- [BBC-Responses to Earthquake in Afghanistan \(Sep 4, 2025\)](#)
- [BBC: Mental Health in Afghanistan \(10/10/2022\)](#)
- [Arezoo TV - Introduction of Counselling System](#)
- [Sputnik - COVID-19](#)

- [BBC - COVID-19](#)
- [BBC - Autism](#)
- [Toloo - About President Ghani](#)
- [Cheragh Medical TV - Psychology](#)

5) Videos on Psychological Skills to Deal with Coronavirus

- [Experiences](#)
- [Psychological Preparations](#)
- [Checking Out Less News and Reports about Corona](#)
- [Acceptance and Positive Thinking](#)
- [Fun and Imagination](#)
- [Happiness at Home](#)
- [Relationship between Body and Psyche](#)
- [Sport to Stay Healthy](#)