

# Curriculum Vitae

## Prof. Ass. Dr. Bernard Tahirbegolli



### Personal information

Surname / First name **Tahirbegolli Bernard**

Address Mati 1, 342 Ndue Perlleshi LinProjekt Bl. B 5/34, 10000 Prishtina, Republic of Kosovo

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Nationality Kosovar

Date of birth 5 October 1985

Gender Male

### Work experience

Dates July 2021-

Occupation or position held **Coordinator of the Kosovo Anti-Doping Agency**

Name and address of employer Kosovo Anti-Doping Agency, Pallati i Rinise, Str Luan Haradinaj, Prishtina, Republic of Kosovo

Type of business or sector Anti-Doping Agency

Dates March 2021-

Occupation or position held **Sports Medicine Physician**

Name and address of employer National Sports Medicine Centre, Pallati i Rinise, Str Luan Haradinaj, Prishtina, Republic of Kosovo

Type of business or sector Health Institution

Dates November 2019-July 2021

Occupation or position held **Dean of Health Institution and Services Management MSc Program**

Name and address of employer PrBHE Kolegji Heimerer, Veranda D4, Hyrja C dhe D, Lagja Kalabria, 10000 Prishtine, Republic of Kosovo

Type of business or sector University College, Education

Dates December 2019-December 2020

Occupation or position held **National Consultant**

Name and address of employer United Nations Population Fund Prishtina office, Str Zagrebi 39, Dragodan, 10000 Prishtina, Republic of Kosovo

Type of business or sector UN Agency

Dates March 2018-October 2019

Occupation or position held **Dean of Professional Education in Health / Vocational Field Nursing**

Name and address of employer PrBHE Kolegji Heimerer, Veranda D4, Hyrja C dhe D, Lagja Kalabria, 10000 Prishtine, Republic of Kosovo

Type of business or sector University College, Education

Dates March 2018-

Occupation or position held **Lecturer**

Name and address of employer PrBHE Kolegji Heimerer, Veranda D4, Hyrja C dhe D, Lagja Kalabria, 10000 Prishtine, Republic of Kosovo

Type of business or sector University College, Education

Dates July 2015- July 2016

Occupation or position held **External Advisor to the Minister of Environment and Spatial Planning**

Name and address of employer Republic of Kosovo, Ministry of Environment and Spatial Planning “Rilindja” building, 10000 Prishtina, Republic of Kosovo

Type of business or sector Government of Kosovo, Ministry of Environment and Spatial Planning

Dates July 2011- October 2014  
Occupation or position held **External Advisor to the Minister of Health**  
Name and address of employer Republic of Kosovo, Ministry of Health  
Str. Zagrebi, 10000 Prishtina, Republic of Kosovo  
Type of business or sector Government of Kosovo, Ministry of Health

Dates February 2012- October 2018  
Occupation or position held **Vice President of The Kosovo Taekwondo Federation**  
Name and address of employer The Kosovo Taekwondo Federation  
House of Sport, Agim Ramadani Str, 10000 Prishtina, Republic of Kosova  
Type of business or sector National Sport Federation

Dates July 2009 – October 2011  
Occupation or position held **Project coordinator**  
Name and address of employer Peer Educators Network-PEN  
Str. Bulevardi i Dëshmorëve, 10000 Prishtina, Republic of Kosova  
Type of business or sector Non Governmental Organization

Dates October 2009 – September 2011  
Occupation or position held **Global Advisory Board Member**  
Name and address of employer Youth Peer education Network (Y-PEER)  
224 East 47th Street, New York, NY 10017, USA  
Type of business or sector International Youth Network

### **Education and training**

Dates February 2015-January 2019  
Title of qualification awarded **Sports Medicine Physician**  
Name and type of organisation providing education and training Ministry of Health, Government of The Republic of Kosovo,  
Level in national or international classification Sports Medicine Specialist

Dates October 2012 – February 2018

Title of qualification awarded **PhD**

Name and type of organisation providing education and training University of Istanbul, Institute of Medical Science, Public Health Department, Istanbul, Turkey

Level in national or international classification PhD – Doctor of Philosophy

Dates October 2004 – July 2011

Title of qualification awarded **Medical Doctor**

Name and type of organisation providing education and training University of Prishtina, Medical Faculty

Level in national or international classification **MD- Medical Doctor**

Dates February 2015-July 2017

Title of education (training) **Fellowship at Sports Medicine Department**

Name and type of organisation providing education and training Istanbul University, Istanbul Medical School, Sports Medicine Department, (Istanbul, Turkey)

Dates December, 2019

Title of education (training) **Doping Control Officer Training**

Name and type of organisation providing education and training Eastern Europe Regional Anti-Doping Organization

Dates February – March, 2020

Title of education (training) **Musculoskeletal Ultrasound course**

Name and type of organisation providing education and training Sonoskills, Prishtina, Republic of Kosovo

Dates April, 2017

Title of education (training) **Basic Musculoskeletal system ultrasound course**

Name and type of organisation providing education and training Türkiye Spor Hekimleri Derneği, Antalya Turkey

Dates September, 2016

Title of education (training) **Team Physician Course**  
 Name and type of organisation providing education and training International Sports Medicine Federation, Ljubljana, Slovenia  
 Dates August 36-31 2013

Title of education (training) **Summer School in Public Health Policy, Economics and Management**  
 Name and type of organisation providing education and training Foundation Swiss School of Public Health, The Institute of Economics of the University of Lugano and The Swiss Tropical and Public Health Institute, Lugano (Ticino, Switzerland)  
 Dates September 5-9 2010

Title of education (training) **Training on Project Development and Management for Youth Coordinators/Focal Points**  
 Name and type of organisation providing education and training United Nations Population Fund(UNFPA), The National Center of Public Health Protection and the Y-PEER International Network, Sofia, Bulgaria,  
 Dates October 2009

Title of education (training) **Advanced Training for Voluntary Counseling and Testing centers**  
 Name and type of organisation providing education and training Non Governmental Organization Labyrinth and The Global Fund, Prishtina, Republic of Kosova  
 Dates August 14 -19 2009

Title of education (training) **Harm Reduction -From Policy to Action**  
 Name and type of organisation providing education and training Non Governmental Organization Labyrinth and The Global Fund, Prishtina, Republic of Kosova  
 Dates October 30 – November 7 2007

Title of education (training) **Trainer of Peer Education Programs & Y-PEER Focal Point Advanced Training of Trainers in Peer Education Programs**  
 Name and type of organisation providing education and training YPEER- Youth Peer Education Network (International Youth Network)/UNFPA- United Nations Populations Found, Cairo, Egypt

**Personal skills and competences**

Mother tongue **Albanian**

Other language(s) **English, Turkish**

Self-assessment <i>European level (*)</i>	Understanding		Speaking		Writing
	Listening	Reading	Spoken interaction	Spoken production	
<b>English</b>	(C1) Proficient user	(C1) Proficient user	(C1) Proficient user	(C1) Proficient user	(C1) Proficient user
<b>Turkish</b>	(C1) Proficient user	(C1) Proficient user	(C1) Proficient user	(C1) Proficient user	(C1) Proficient user

(\*) *Common European Framework of Reference for Languages*

Computer skills and competences Competent with most Microsoft Office programs (Holder of European Computer Driving License-ECDL 2003 certificate.), SPSS

**Handbook**

Doracak i Ekzaminimit Objektiv, Inspekcioni, Palpacioni, Perkusioni, Auskultacioni(**Objective Examination Handbook-Inspection, Palpation, Percussion, Auscultation**); Artan BEJTA, Gazmend SAHITI , Shkelzen OSMANI, **Bernard TAHIRBEGOLLI**, Iliriana ALLOQI, Shkumbin BERISHA; Non Governmental Organization Paqja Studentore e Universitetit të Prishtinës, **2010**

Unë jam virusi HIV(I am HIV virus), Bernard Tahirbegolli, NGO YVESA, Prishtinë, 2009

**Peer Reviews**

Diabeti dhe ushqyerja e personave me diabet(**Diabetes and nutrition of persons with diabetes**), Besarta Pelaj, NGO YVESA, Prishtinë, 2011

## Publications

- Factors affecting the prevalence of idiopathic scoliosis among children aged 8–15 years in Prishtina, Kosovo. Tahirbegolli, Bernard, Rilind Obertinca, Albina Bytyqi, Blerta Kryeziu, Blerte Hyseni, Besarta Taganoviq, and Bujar Shabani. *Scientific Reports* 11, no. 1 (2021): 1-7.
- Assessment of burnout levels among anesthesiologists and anesthesiology technicians in Kosovo: A cross-sectional study. Neziri, Shpresa, Bernard Tahirbegolli, Erza Selmani, and Florim Gallopeni. *International Journal of Risk & Safety in Medicine Preprint* (2021): 1-8.
- Public Health Experts have the Highest Impact on Citizens' Compliance with COVID-19 Prevention Recommendations. Tahirbegolli, Bernard, Iliriana Alloqi Tahirbegolli, Leonora Paice, Adnan Hoxha, Sefedin Mucaj and Suphi Vehid. *The Open Public Health Journal* 14, no. 1 (2021).
- Association between Oral Health and Body Mass Index among Schoolchildren. Haliti, Fehim, Ardiana Murtezani, Bernard Tahirbegolli, Dafina Dobërdoli, and Arbnore Batalli-Këpuska. *World* 12, no. 1 (2021): 85.
- Measles Immunity among Fertile Age Women in Kosovo. Kalaveshi, Ariana, Teuta Osmani Vllasolli, Bernard Tahirbegolli, Leonora Alia Paice, and Naser Ramadani. *Journal of International Dental and Medical Research* 14, no. 1 (2021): 435-439.
- Comparison of league performances of adolescent male football players with different achievement levels in the same age category. Raziye Dut, Bernard Tahirbegolli, Bülent Bayraktar. *Sivas Cumhuriyet Üniversitesi Spor Bilimleri Dergisi* 1, no. 3 (2020): 98-106.
- Anxiety and depressive symptoms among healthcare professionals during the Covid-19 pandemic in Kosovo: A cross sectional study. Gallopeni, Florim, Ilirjana Bajraktari, Erza Selmani, Iliriana Alloqi Tahirbegolli, Gazmend Sahiti, Aferdita Muastafa, Gazmend Bojaj, Venera Berisha Muharremi, and Bernard Tahirbegolli. *Journal of Psychosomatic Research* 137 (2020): 110212.
- Non-steroidal anti-inflammatory drugs and gastroprotection in primary health care users. Driton Shabani, Ardiana Murtezani, Bernard Tahirbegolli, Argjira Juniku-Shkololli, Zana Ibraimi (2020). *Medicine And Pharmacy Reports*, DOI: 10.15386/mpr-1533
- Blood Lead Level of Children and its Trend in Mitrovica, Kosova. Driton Shabani, Ardiana Murtezani, Bernard Tahirbegolli, Adnan Bozalija, Edita Alili-Idrizi, Zana Ibraimi (2019). *Journal of Child Science*, 9(01), e84-e89. DOI: 10.1055/s-0039-1693515
- The drug adherence and lifestyle factors that contribute to blood pressure control among hypertensive patients. Zeynep Güneş Özunal, Iliriana Alloqi Tahirbegolli, Mehmet Baykal, Belen Ateş, Bernard Tahirbegolli, Yiğit Kılıç, Selçuk Şen, Ali Yağız Üresin (2019). *The European Research Journal*. DOI: 10.18621/eurj.431174
- The hospitalisation costs of patients who have undergone cyst hydatid surgery (2017); Suphi Vehid, Bernard Tahirbegolli, Gülnaz Çığ, Sıdika İpek Akdeniz, Esin Çetinkaya Sümer, Serdar Selçuk Köksal. *J. Ponte - Jun 2017 - Volume 73 - Issue 6*. doi:10.21506/j.ponte.2017.6.34
- Athlete presentations and sports injury frequencies by sport branches at a university sports medicine clinic; Bernard Tahirbegolli, Şensu Dinçer, Ömer Batın Gözübüyük, Ufuk Değirmenci, Safinaz Yıldız, Suphi Vehid. *J Sports Med Phys Fitness*. 2017 Feb 22. doi: 10.23736/S0022-4707.17.07157-2.

**Manuscripts under  
review or in the  
publication process**

- Spor hekimliđi polikliniđine başvuran dzenli spor yapmayan bireylerin kas ve iskelet problemlerinin incelenmesi (2016); Bernard Tahirbegolli, řensu DİNÇER, Sertaç YAKAL, Ömer BATIN GÖZÜBÜYÜK, Safinaz YILDIZ; Uluslararası Hakemli Ortopedi Travmatoloji ve Spor Hekimliđi Dergisi. Doi: 10.17372/OTSHD.2016.8.1
- Outpatient admissions and hospital costs of Syrian refugees in a Turkish university hospital; Tahirbegolli, B., Çavdar, S., Sümer, E. Ç., Akdeniz, S. İ., & Vehid, S. Saudi Med J. 2016 Jul;37(7):809-12. doi: 10.15537/smj.2016.7.13839.
- Assessment of knowledge and attitudes toward complementary and alternative medicine (cam) amongst turkish medical faculty students (2015). YURTSEVEN, E., Vehid, S., Bosat, M., Sümer, E. C., ipek Akdeniz, S., Cıđ, G., & Tahirbegolli, B. African Journal of Traditional, Complementary and Alternative medicines (AJTCAM),12(5), 8-13.
- Cost analysis of sports injuries diagnosis in university hospital sports medicine department. Sertaç Yakal, Aysun Ertuna, Bernard Tahirbegolli, Bulent Bayraktar
- Mental health status and the readiness of nursing students to serve during the covid-19 pandemic. Leonora Paice, Naime Brajshori, Iliriana Allođi Tahirbegolli, Antigona Dervishaj Ukehaxhaj, Blerta Kryeziu, Derya Gogebakan Yildiz, Flaka Hoti, Shkelzen Osmani, Bernard Tahirbegolli
- Effects of short-message notifications on management of middle aged turkish people with type 2 diabetes. Bernard Tahirbegolli, Iliriana Allođi Tahirbegolli, Ramazan Çakmak, Cemile İdiz, Sabanur Çavdar, Elif Bađdemir, Suphi Vehid
- Secondary medical school students perceptions on nursing in kosovo. Blerta Kryeziu, Iliriana Allođi Tahirbegolli, Arta Dalipi, Albulena Lecaj, Donjetë Limani, Fatbardha Musa, Rina Musa, Bernard Tahirbegolli
- Motivation and Psychopathology Screening in Adolescent Male Football Players. Raziye Dut, Ali Güven Kılıçođlu, Mustafa řahin, Bernard Tahirbegolli, Sergen Devran and Bülent Bayraktar



## Selected abstracts

- Pre-participation anthropometric parameters of u13 and u16 footballers during the covid 19 pandemic. Tahirbegolli Bernard, Shabani Afrim, Halimi Atdhe, Murseli Gezim, Isufi Imran, Bayraktar Bulent. (2021). 36th FIMS World Congress of Sports Medicine, Athens, Greece.
- The opinion of nursing students about study program and nursing profession. Besarta Taganoviq, Blerte Hyseni, Bernard Tahirbegolli, Leonora Paice, Blerta Kryeziu, (2019) International Scientific Conference, Research and Education in Nursing, Maribor, Slovenia
- Efficacy of capasive-resistive therapy on the treatment of neck/upper trapezius myofascial pain: a randomized double-blind placebo-controlled study, Sergen Devran, Emre Çağrı Savaş, Bernard Tahirbegolli, Şensu Dinçer, (2018) 35th FIMS World Congress of Sports Medicine, Rio De Janeiro.
- Aynı Kronolojik Yaştaki Adolesan Erkek Futbolcularda Relatif Yaşın Psikolojik Etkisi; Raziye Dut, Mustafa Şahin, Sergen Devran, Bernard Tahirbegolli, Ali Güven Kılınçoğlu, Bülent Bayraktar, 16. Ulusal Spor Hekimliği Kongresi, 2-5 Nisan, 2017, Antalya, DOI: 10.5152/tjism.2017.035
- U-14 Yaş Erkek Futbolcuların Teknik-Taktik Değerlendirmesi ve Atletik Performanslarında Relatif Yaşın Etkisi; Raziye Dut, Mustafa Şahin, Sergen Devran, Bernard Tahirbegolli, Anıl Işık, Bülent Bayraktar, 16. Ulusal Spor Hekimliği Kongresi, 2-5 Nisan, 2017, Antalya, DOI: 10.5152/tjism.2017.036
- Atletik Performans Testleri U-14 Yaş Erkek Futbolcuların Elit Düzeye Kabulündeki Seçme Faktörlerinden Biri Olabilir Mi?; Bernard Tahirbegolli, Raziye Dut, Mustafa Şahin, Sergen Devran, Ceylan Köksal, Bülent Bayraktar, 16. Ulusal Spor Hekimliği Kongresi, 2-5 Nisan, 2017, Antalya, Turkish Journal of Sports Medicine, DOI: 10.5152/tjism.2017.037
- Üst Düzey U-14 Erkek Futbolcuların Lig Performansları ve Psikolojik Duygu Durum İlişkisi; Raziye Dut, Mustafa Şahin, Bernard Tahirbegolli, Sergen Devran, Ceylan Köksal, Ali Güven Kılınçoğlu, Bülent Bayraktar, 16. Ulusal Spor Hekimliği Kongresi, 2-5 Nisan, 2017, Antalya, Turkish Journal of Sports Medicine, DOI: 10.5152/tjism.2017.038
- Aynı Yaş Kategorisinde Farklı Başarı Seviyesindeki Erkek Futbolcuların Lig Performanslarının Karşılaştırılması; Raziye Dut, Mustafa Şahin, Bernard Tahirbegolli, Ceylan Köksal, Sergen Devran, Bülent Bayraktar, 16. Ulusal Spor Hekimliği Kongresi, 2-5 Nisan, 2017, Antalya, Turkish Journal of Sports Medicine, DOI: 10.5152/tjism.2017.039
- Aynı Kronolojik Yaştaki Erkek Futbolcuların Antropometrik ve Performans Değişimleri; Mustafa Şahin, Raziye Dut, Bernard Tahirbegolli, Sergen Devran, Ceylan Köksal, Bülent Bayraktar, 16. Ulusal Spor Hekimliği Kongresi, 2-5 Nisan, 2017, Antalya, Turkish Journal of Sports Medicine, DOI: 10.5152/tjism.2017.040
- Erkek Futbolcularda Branşa Ait Özellikler, Atletik Performans Testleri ve Relatif Yaş Etkisi; Mustafa Şahin, Raziye Dut, Bernard Tahirbegolli, Sergen Devran, Bülent Bayraktar, 16. Ulusal Spor Hekimliği Kongresi, 2-5 Nisan, 2017, Antalya, Turkish Journal of Sports Medicine, DOI: 10.5152/tjism.2017.041
- Lisanslı adolesan erkek futbolcularda futbol oynamayı bırakma oranları ve relatif yaş ilişkisi; Raziye Dut, Bernard Tahirbegolli, Anıl Işık, Caner Açıkkada, Bülent Bayraktar, HESTOUREX-World Health Sport Tourism Congress & Exhibition, At Antalya/Turkey (04/2017), OST-012

- Akademi Ligi U-14 Yaş Kategorisinde Futbol Oynayan Erkek Futbolcuların Son İki Sezondaki Bölgesel Özellikleri; Mustafa Şahin, Bernard Tahirbegolli, Ceylan Köksal, Sergen Devran, Raziye Dut, Bülent Bayraktar. HESTOUREX-World Health Sport Tourism Congress & Exhibition, At Antalya/Turkey (04/2017), OST-013.
- Gelişim Ligi U14 ve U15 Yaş Kategorilerindeki Erkek Futbolcularda Bağlı Yaş Etkisi; Mustafa Şahin, Bernard Tahirbegolli, Ceylan Köksal, Sergen Devran, Raziye Dut, Bülent Bayraktar. HESTOUREX-World Health Sport Tourism Congress & Exhibition, At Antalya/Turkey (04/2017), OST-017.
- P-93 Relationship between global positioning system derived measures and heart rate variability after two weeks of training in professional soccer, Isik A, Aslanyürek T, Gözübüyük ÖB, Tahirbegolli B, Br J Sports Med 2016;50:A83-A84. <http://dx.doi.org/10.1136/bjsports-2016-097120.146>
- P-63 Subacute effects of self-myofascial release on isometric force production capabilities of the agonist (HAMSTRING) and antagonist (QUADRICEPS) knee muscles, a randomised controlled study. Gözübüyük, Ö. B., Sahinkaya, T., Mutlu, E. K., Tahirbegolli, B., & Bayraktar, B. (2016).. <http://dx.doi.org/10.1136/bjsports-2016-097120.116>
- P-23 ischemic training gives similar results with classical hypertrophy training in terms of thickness increase and stiffness change of biceps brachii muscle, Gözübüyük ÖB, Akkoç O, Tahirbegolli B, Br J Sports Med 2016;50:A43-A44. <http://dx.doi.org/10.1136/bjsports-2016-097120.76>
- The Reliability of Ultrasonographic Measurement of Biceps Brachii Muscle Thickness and Stiffness. Gozubuyuk, M. B., Tahirbegolli, B., Akkoc, O., Akman, M., & Bayraktar, B. (2016, September). In ACTA PHYSIOLOGICA (Vol. 218, pp. 45-46). 111 RIVER ST, HOBOKEN 07030-5774, NJ USA: WILEY-BLACKWELL.
- Üniversite Hastanesi Spor Hekimliği Polikliniğine Başvuran Sporcuların Branşlara Göre Spor Yaralanmalarının Frekans Dağılımları, Bernard Tahirbegolli, Sertaç Yakal, Şensu Dinçer, Ufuk Değirmenci, Ömer Batın Gözübüyük, Cihan Deniz Arslan, Safinaz Yıldız, Suphi Vehid; 15. Ulusal Spor Hekimliği Kongresi 20-22 Kasım 2015, Program Ve Bildiri Özet Kitabı, Sayfa 19.
- Üniversite Hastanesi Spor Hekimliği Polikliniğine Başvuran Sporcu Olmayan Bireylerin Şikayetlerinin Demografik Özellikleri İle Birlikte İncelenmesi, Bernard Tahirbegolli, Şensu Dinçer, Ömer Batın Gözübüyük, Ufuk Değirmenci, Ceylan Köksal, Engin Dinç, Safinaz Yıldız, Suphi Vehid; 15. Ulusal Spor Hekimliği Kongresi 20-22 Kasım 2015, Program Ve Bildiri Özet Kitabı, Sayfa 39.