

Curriculum Vita



Personal Data

First name: Zahra
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Marital status: Married

Work Address

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I. Education

Years	Degree	Institution	Location
1999	B.Sc. in nursing	Shiraz University of Medical Sciences	Iran
2002	MSc in Medical-Surgical Nursing education	Iran University of Medical Sciences	Iran
2013	PhD in Nursing	Shiraz University of Medical Sciences	Iran

II. Professional experience

Years	Position	Institution	Location
1999	Staff nurse	Shahid Motahari Hospital	Marvdasht/Iran
2003	Faculty member	Lar Hazrat-e-Zeinab School of Nursing, Shiraz University of Medical Sciences	Lar/Iran
2005	Nursing instructor	Fatemeh (PBUH) School of Nursing and Midwifery, Shiraz University of Medical Sciences	Shiraz/Iran
2013	Assistant professor	Fatemeh (PBUH) School of Nursing and Midwifery, Shiraz University of Medical Sciences	Shiraz/Iran
2018	Associate professor	Fatemeh (PBUH) School of Nursing and Midwifery, Shiraz University of Medical Sciences	Shiraz/Iran

III. Teaching experiences

Years	Course	University	Students
2003-2005	Medical-Surgical nursing 1	Shiraz University of Medical Sciences	BSc in nursing
2003-2005	Medical-Surgical nursing 2	"	BSc in nursing
2003-2005	Medical-Surgical nursing 3	"	BSc in nursing
2003-2005	Medical-Surgical nursing 4	"	BSc in nursing
2004--on	Fundamentals of Nursing (theory, practical and clinical courses)	"	BSc in nursing
2003-2005	Critical care nursing	"	BSc in nursing
2005-on	Fundamentals of Nursing (theory, practical and clinical courses)	"	BSc in Midwifery
2005-on	Fundamentals of Nursing (theory and practical courses)	"	BSc in Surgical Technologists
2013-on	Health assessment	"	BSc in nursing
2013-on	Adult Health Monitoring	"	MSc in Medical-Surgical Nursing
2013-2019	Body systems Assessment	"	MSc in Surgical Technologists
2013-on	Elderly Health Assessment	"	MSc in Geriatric Nursing
2013-2019	Monitoring in Critical Care Settings	"	MSC in Critical Care Nursing
2020-on	Diagnostic assessment	"	MSC in Critical Care Nursing
2017-on	Complementary and Alternative Medicine	"	MSc in Medical-Surgical Nursing
2014-2018	Curriculum planning	"	MSc in Midwifery
2016-2018	Teaching methods and educational evaluation	"	MSc in Surgical Technologists
2015-2017	Nursing Challenges	"	PhD in Nursing
2015-2017	New teaching approaches	"	PhD in Nursing
2018-on	Methodology and critique of mixed method research and instrumentation in nursing	"	PhD in Nursing
2018-on	Special Topics in Nursing	"	PhD in Nursing

IV. Honors and Awards

1. Third top student in BSc program, Shiraz University of Medical Sciences, 1999
2. Second top student in MSc program, Iran University of Medical Sciences, 2002
3. First Top student in PhD program, Shiraz University of Medical Sciences, 2013
4. Selected work (short film), reached the national stage in the staff and professors section of the 8th Cultural Festival of the Ministry of Health

V. Membership

- Member of Iranian Nursing Organization, 2005-on
- Member of International Council of Nurses, 2009-on
- Member of Cultural Council of Fatemeh (PBUH) School of Nursing and Midwifery, 2017-on
- Member of the Nursing PhD Education Promotion Committee, 2018-on
- Member of Consultant Teachers, School of Nursing and Midwifery, Shiraz University of Medical Sciences, 2004-on
- Member of Joint Committee of Nursing Education and Practice, 2007, 2014-2016
- Member of Community Based Psychiatric Care Research Center. Shiraz University of Medical Sciences, 2013-2014
- Member of Core Committee of Talented Students, School of Nursing and Midwifery, Shiraz University of Medical Sciences, 2007
- Member of Nursing Education Council, Zeinab (PBUH) School of Nursing &Midwifery, 2003-2005
- Member of Nursing Research Council, Zeinab (PBUH) School of Nursing &Midwifery, 2003-2005

VI. Publications:

A. Dissertations

1. The study of the relationship between nurses and patients' perceptions of the importance of caring behaviors, MSc Thesis, 2002
2. The improvement of the interprofessional teamwork process in emergency departments of Shahid Rajaee Hospital, PhD dissertation, 2013

B. Articles

1. The effect of distance nurse-led fatigue management on fatigue, sleep quality, and self-efficacy in patients with multiple sclerosis: a quasi-experimental study
2. Sabouri F, Rambod M, Khademian Z. The effect of positive thinking training on hope and adherence to treatment in hemodialysis patients: A randomized controlled trial. *BMC psychology*. 2023 Dec;11(1):1-8
3. Mobaraki MS, Khademian Z, Shirazi F. The effectiveness of a motivational text-messaging program for smoking cessation after coronary angioplasty: a quasi-experimental study. *BMC Research Notes*. 2023 Dec; 16(1):1-6.
4. M shakery, M Mehrabi, Z Khademian. Effect of a smartphone application on women's performance and health beliefs about breast self-examination: A quasi-experimental study. *BMC Medical Informatic and Decision Making*. In Press.
5. NK Taheri, C Torabizadeh, E Aflaki, M Mohammadi, Z Khademian. Experiences of the Patients with Behcet's Syndrom from Adherence to Treatment: A Qualitative Content Analysis. *International Journal of Community Based Nursing & Midwifery*. 2021; 9(4):300-312. doi: 10.30476/ijcbnm.2021.89726.1640.
6. F Khademian, Z Khademian, Z Koohjani, S Delavari. How Was People's Income Affected by the Early Phase of the COVID-19 Pandemic in Iran? *Shiraz E-Medical Journal*. In Press.
7. S Makaremnia, MD Manshadi, Z Khademian. Effects of a positive

- thinking program on hope and sleep quality in Iranian patients with thalassemia: a randomized clinical trial. *BMC psychology*.2021; 9 (1), 1-10.
5. F Khademian, S Delavari, Z Koochjani, Z Khademian. An investigation of depression, anxiety, and stress and its relating factors during COVID-19 pandemic in Iran. *BMC Public Health* 2021; 21 (1), 1-7.
 6. N Zahmatkeshan, M Rakhshan, L Zarshenas, J Kojuri, Z Khademian. The Effect of Applying the Information-Motivation-Behavioral Skills Model on Treatment Adherence in Patients with Cardiovascular Disease: A Quasi-Experimental Study. *International Journal of Community Based Nursing and Midwifery*. 2021; 9 (3), 225.
 7. M Rivaz, M Rahpeima, Z Khademian, MH Dabbaghmanesh. The effects of aromatherapy massage with lavender essential oil on neuropathic pain and quality of life in diabetic patients: a randomized clinical trial. *Complementary Therapies in Clinical Practice*, 2021; 44. 101430.
 8. L Kargr, Z Khademian, M Rambod. Association between perception of caring behaviors and self-efficacy in patients with cardiovascular disease at coronary care units: a cross-sectional study. 2021. *Acute and Critical Care*. 2021; 36 (2), 118.
 9. Z Khademian, N Mohebi, MH Khademian. Effects of training on knowledge and attitudes of coronary care unit nurses in relation to teamwork: A quasi-experimental study. *Journal of Vascular Nursing*. 2020; 38 (3), 132-136.
 10. Z Khademian, FK Ara, S Gholamzadeh. The effect of self-care education based on Orem's nursing theory on quality of life and self-efficacy in patients with hypertension: a quasi-experimental study. *International Journal of Community Based Nursing and Midwifery*. 2020. 8 (2), 140.
 11. Z Khademian, Z Hajinasab, P Mansouri. The Effect of Basic CPR Training on Adults' Knowledge and Performance in Rural Areas of Iran: A Quasi-Experimental Study. *Open Access Emergency Medicine*: 2020; 12, 27.
 12. Z Farmani, M Kargar, Z Khademian, S Paydar, N Zare. The effect of training and awareness of subtle control on the frequency of hand hygiene among intensive care unit nurses. *BMC research notes*. 2019;

12 (1), 1-5.

13. Z Khademian. Mutual Support: A Solution to Improve Patient Safety during Nurses' Work Overload. *Iranian Journal of Nursing and Midwifery Research*. 2019; 24 (6), 475.
14. M Rambod, F Sharif, Z Khademian. The impact of preceptorship program on self- efficacy and outcomes in nursing students. *Iranian Journal of Nursing and Midwifery Research*. 2018; 23 (6), 444-449.
15. S Gholamzadeh, M Khastavaneh, Z Khademian, S Ghadakpour. The effects of empathy skills training on nursing students' empathy and attitudes toward elderly people. *BMC Medical Education*. 2018; 18 (1), 1-7.
16. M Amiri, Z Khademian, R Nikandish. The effect of nurse empowerment educational program on patient safety culture: a randomized controlled trial. *BMC Medical Education*. 2018; 18 (1), 1-8.
17. Z Khademian, Z Pishgar, C Torabizadeh. Effect of training on the attitude and knowledge of teamwork among anesthesia and operating room nursing students: a quasi-experimental study. *Shiraz E-Medical Journal*. 2018; 19 (4).
18. M Amiri, Z Khademian. Simulation-Based Training in Operating Room: A Review Study. *Iranian Journal of Medical Education*. 2018; 18, 496-505. [In Persian].
19. Z Khademian. Teamwork training in healthcare delivery system: A review of the literature. *Sadra Medical Journal*. 2017; 5 (3), 173-186. [In Persian].
20. Z Khademian, B Tehrani Neshat. The relationship between interpersonal communication skills and nursing students' attitudes toward teamwork. *Sadra Medical Journal*. 2017; 5 (2), 99-110. [In Persian].
21. Z Khademian, Masoudi M. The comparison of the frequency of the use of pharmacologic therapy and complementary and alternative medicine for primary dysmenorrhea in adolescent girls of Lar city. *Complementary Medicine Journal of faculty of Nursing & Midwifery* 2016; 6 (3), 1560. [In Persian].
22. M Rambod, F Sharif, Z Khademian, S Javanmardi Fard, H Raiesi.

Nursing students' satisfaction with supervision from preceptors during clinical practice. *Iran Journal of Nursing*. 2016; 29 (101), 23-32. [In Persian].

23. Z Khademian, M Moattari, F Khademian. Iranian nursing students' perceptions of nursing and the ideal career: A descriptive comparative study. *Nursing and Midwifery Stududies*. 2016; 5 (3), e33113.
24. Z Khademian, F Sharif, SZ Tabei, S Bolandparvaz, A Abbaszadeh, H Abbasi. Teamwork improvement in emergency trauma departments. *Iranian Journal of Nursing and Midwifery Research*. 2013. 18 (4), 333. [In Persian].
25. Z Khademian, F Sharif. Nursing students' initial clinical experiences. *Iranian Journal of Nursing Research*. 2012; 7(26): 23-33. [In Persian].
26. F Vaziri, Z Khademian, B Morshed Behbahani. Qualitative investigation of experiences and perception of primiparous women regarding childbirth in women referring to educational hospitals of Shiraz University of Medical Sciences. *Modern Care, Scientific Quarterly of Birjand Nursing and Midwifery Faculty*. 2012; 9 (3): 226-236. [In Persian].
27. Z Khademian. F Saadat. S Hasanshahi. Relationship between Night Work and Nurses' Anthropometric Indices. *Iran Journal of Nursing*. 2012; 25(76): 77-84. [In Persian].
28. Z Khademian, F Vizeshfar. Nursing students' perceptions of the importance of caring behaviors. *Journal of Advanced Nursing*. 2008. 61 (4), 456-462.
29. Z Khademian, S Salemi, T Hakimi, F Hosseini. Patients' perceptions of the importance of caring behaviors in Iran University of Medical Sciences Affiliated hospitals, *Iran Journal of Nursing*. 2002; 15 (32): 83-87. [In Persian].

C. Books

VII. Presentations in Congress

1. The effect of mobile text messages on self-efficacy and success in quitting smoking in patients after angioplasty, 5th Shiraz International Congress on Mobile Health, January 22-26 2023

2. The effect of smart phone application on women's health beliefs about breast self-examination, 5th Shiraz International Congress on Mobile Health, January 22-26 2023
3. Mental health response to COVID-19 pandemic in Iran and mHealth solutions, 5th Shiraz International Congress on Mobile Health, January 22-26 2023
4. Designing and Implementing Treatment Adherence Program in Cardiac Patients. 14th Middle East Cardiovascular Congress, 2 - 4 February 2023
5. Designing a mobile phone application for breast self-examination, International Telemedicine Congress, 21-23 Feb 2022
6. 2019 Study of ethical issues related to mHealth in Iran, Shiraz International Congress on Mobile Health, Shiraz, Iran
7. 2019 Investigating the quality of Persian mobile phone software in the field of nutrition for pregnant women, Shiraz International Congress on Mobile Health, Shiraz, Iran
8. 2019 Effectiveness of mHealth Interventions in Improving Adherence in patients with chronic disease, Shiraz International Congress on Mobile Health, Shiraz, Iran
9. 2018 Training via SMS, an introduction to virtual learning, 4th National Festival Health E-learning in Medical Education, Mashhad, Iran
10. 2017 Investigating the nursing students' satisfaction and their clinical competence after preceptorship program, Tehran, Iran
11. 2015 The effect of aromatherapy with lavender extract on pain and anxiety. International congress on Holy prophet's Mohammad Traditions in medicine, Shiraz, Iran
12. 2015 The effect of mobile education on diabetes control. Shiraz International Mobile Health Seminar, Shiraz, Iran
13. 2015 Family based care in trauma emergency departments, Family Based Care Congress, Shiraz, Iran
14. 2014 Comparing the use of medication and complementary remedies by adolescent girls in dysmenorrhea, Education and Counseling in Reproductive Health Congress, Mashhad, Iran

- 15.2012 Patient safety in trauma emergency departments, The 5th Seminar of Nurse, Midwife and Research, Gorgan, Iran
- 16.2011 Interprofessional teamwork in trauma emergency departments, The 4th Seminar of Nurse, Midwife and Research, Gorgan, Iran
- 17.2011 Spirituality from the perspective of nursing students, The 12th Congress of Medical Education, Mashhad, Iran
- 18.2011 The phenomenological study of the childbirth experiences of primiparous women, The 4th Seminar of Nurse, Midwife and Research, Gorgan, Iran
- 19.2011 First experiences of nursing students about clinical communication, The 12th Congress of Medical Education, Mashhad, Iran.
- 20.2011 The relationship between night work and anthropometric indices of nurses. Professional Nursing Improvement, Challenges and Solutions Seminar, Shiraz, Iran.
- 21.2009 Use of complementary and alternative medicine among high school girls, The 2nd Congress on Complementary and Alternative Medicine, Shiraz, Iran.
- 22.2010 The lifestyle of addict persons attending in rehabilitative centers, The National Seminar of Men Health. Lar, Iran
- 23.2006 The relationship between night work and anthropometric indices, The National Seminar of Obesity and Related Diseases, Shiraz, Iran
- 24.2006 The relationship between anthropometric indices and secondary sexual characteristic in girls of secondary schools, The National Seminar of Obesity and Related Diseases, Shiraz, Iran
- 25.2004 The study of nursing students' perceptions of the importance of caring behaviors, The National Seminar of Strategies to Improve Quality of Nursing Practice, Yazd, Iran
- 26.2002 The study of the relationship between nurses and patients' perceptions of the importance of caring behaviors, The Congress of Nursing and Midwifery Care. Tehran, Iran
- 27.2004 Addiction in adolescents, The Seminar of Youth Risk, Lar, Iran

28.2004 The study of the relationship between nurses and patients' perceptions of the importance of comforting, The National Seminar of Strategies to Improve Quality of Nursing Practice, Yazd, Iran

29.2004 Does the stress increase the risk of breast cancer? The National Seminar of Diseases Caused by Stress, Shiraz, Iran

30.1998 The study of the self-care knowledge of hemodialysis patients, Nursing process seminar, Shiraz, Iran

VIII. Thesis Supervision and Advisement

Years	Student	Title of Dissertation	Role	School/University
2023	Munira Elsadat Mir Ahmadi Neiri	Relationship of nurses' fatigue with their performance and patient safety culture in selected hospitals of Shiraz University of Medical Sciences 2022-2023	Advisor	Fatemeh (PBUH) School of Nursing and Midwifery, Shiraz University of Medical Sciences
2022	Mohammad Mobin Lamei	Factors Influencing Survival Time of COVID-19 Patients Admitted to Hazrat Ali Asghar Children Hospital in Shiraz, Iran 2020	Advisor	“
2021-on	Samira Dehkami	The effect of happiness-based education on the success of water-pipe quitting and the happiness of woman living in the city of Gerash, 2020-2021	Supervisor	“
2021-on	Mahla Ghomi	Effect of distance nurse-led fatigue management on sleep quality and self-efficacy of patients with multiple sclerosis in Arak, 2020	Supervisor	”

2021	Maryam Zarei	The relationship between emotional intelligence and spiritual intelligence with happiness and resilience in the population referring to day care centers in Shiraz in 1398	Advisor	"
2021	Hossein Khoddami Jahromi	The impact of applying the Ergonomic principles on the quality of continuous cardiac massage and the ensuing fatigue in students of Shiraz University of Medical Sciences, 2020	Supervisor	"
2021	Monireh Rahpeyma	The effect of aromatherapy on neuropathic pain and quality of life of diabetic patients referred to affiliated diabetes clinics of Shiraz University of Medical Sciences, 2020	Advisor	"
2020	Mitra Shakeri	Effect of using smart phone application on health about Self Breast Examination in women referred to medical clinics of Jahrom University of Medical Sciences, 2019	Supervisor	"
2021	Nasrin zahmatkeshan	Explaining the effectiveness of interventions Based on Information-Motivation-Behavioral Skills Model on Treatment Adherence and Self-Efficacy in Coronary Artery Disease Patients: A Mixed Method Study	Supervisor	"
2020	Mohammad Sadegh Mobaraki	The effect of educational-persuasive program on self-efficacy and success in smoking cessation in patients after angioplasty admitted in cardiology	Supervisor	"

		units of Kostar Hospital, Shiraz 2019		
2021	Narjes Khatoon Taheri	Designing the plan to improve patient adherence to therapeutic regimen and evaluation of its effect on patients with Behçet Referring to Motahari Clinic of Shiraz, 1397: a mixed method Study	Supervisor	"
2019	Fatemeh Sabouri	The effect of positive thinking training on the hope and adherence to treatment in hemodialysis patients referred to hemodialysis wards affiliated to Shiraz University of Medical Sciences, 2018	Supervisor	"
2019	Leila Kargar	The association between perception of caring behaviors and self-efficacy in patients with cardiovascular diseases coronary care unit in hospitals affiliated to Jahrom University of Medical Sciences in 2018	Supervisor	"
2019	Zamanollah Hajinasab	The effect of training about basic CPR on the knowledge and skills of adults in rural center of Fars Koohmare Sorkhi Shoorab, 2017	Supervisor	"
2017	Somayeh Makaremnia	The effect of positive thinking educational program on sleep quality and hope in patients with major thalassemia in Fasa Dr Shariati Hospital, 2017	Supervisor	"
2017	Zeinab Mirzaee	The study of the effects of education based on Orem's self-care model on	Supervisor	"

		International Normalization Ratio (INR) and quality of life of patients with prosthetic heart valves in warfarin clinic of Alzahra Hospital Shiraz, 2016		
2016	Masoumeh Elahi	The effect of education based on human care theory on care behaviors and job involvement of nurses in intensive care units of Shiraz Namazi Hospital in 2016-2017	Advisor	"
2016	Aboutaleb Mahmoudi	The effect of patient transfer training on knowledge and practice of nursing staff in hospitals affiliated to Shiraz University of Medical Sciences,	Advisor	"
2016	Nejatali Mohebbi	The survey of the effect of education on nurses' knowledge on and attitudes towards team working in the Coronary Care Units of Al-Zahra Heart Hospital, Shiraz, 2016	Supervisor	"
2016	Afsaneh Abdollahzadeh Sarvestani	The impact of training on the quality of handover between paramedics and emergency departments of Shahid Rajaie Trauma center, Shiraz, 2014-2015	Supervisor	"
2015	Farzaneh Kazemi Ara	The effects of self-care education based on Orem's model on quality of life and self-efficacy of hypertensive patients attending in community health centers of Mamasani, 2015	Supervisor	"

2016	Zahra Pishgar	The study of the effect of training on the attitude and knowledge of the anesthesia and operating room nursing students about teamwork in Jahrom University of Medical Sciences, 2015	Supervisor	"
2015	Maryam Amiri	The effect of empowering nurses and nursing managers on patient safety culture in the Intensive Care Units of Namazi Hospital in 2014-2015	Supervisor	"
2015	Zeinab Farmani	Determining the effect of education and awareness of subtle control on the frequency of hand hygiene in nurses in the ICU of a selected hospital affiliated to Shiraz University of Medical Sciences in 2014	Advisor	"
2015	Ziba Ashrafi	Comparison of the effect of education by sending SMS via mobile phone and pamphlet on the knowledge and attitude of intensive care unit nurses towards organ donation in brain death in hospitals affiliated to Shiraz University of Medical Sciences	Advisor	"
2014	Maryam Khastavaneh	The effect of empathy skills training on nursing students' attitudes toward elderly care in Yasouj University of Medical Sciences, 2014	Advisor	"

IX. Research interests

1. Caring behaviors
2. Teamwork
3. Quantitative Research

4. Qualitative Research
5. Mixed Methods Research

X. Language Skills

English language, intermediate in reading, listening, writing and speaking