

## Curriculum Vitae



### Personal Data

First name: Pouran  
Family name: Tavakoli  
Date of Birth: 1979  
Nationality: Iranian  
Marital status: Married

### Work Address

Psychiatric Nursing Department, School of Nursing and Midwifery  
Nemazee Square, Zand Blvd.,  
Shiraz, Iran  
Postcode: 71936-13119  
P.O. Box: 71345-1359  
Tel: 0098 7136474254  
Fax: 0098 7136474252  
E-mail: ptavakoli@sums.ac.ir

### I. Education

<b>Years</b>	<b>Degree</b>	<b>Institution</b>	<b>Location</b>
2000	B.Sc. in Nursing	Shiraz university of medical sciences	Iran
2007	M.Sc. in Nursing Education	Ahvaz Jundishapur University of Medical Sciences	Iran
2021	Ph.D. in Nursing	Ahvaz Jundishapur University of Medical Sciences	Iran

## **II. Professional experience**

<b>Years</b>	<b>Position</b>	<b>Institution</b>	<b>Location</b>
2000	Start a nursing project	Shiraz University of Medical Sciences - Namazi Hospital	Iran
2002	Recruitment	Shiraz University of Medical Sciences - Chamran Hospital	Iran
2004	Supervisor	Shiraz University of Medical Sciences - Hazrat Ali Asghar Hospital	Iran
2008	Supervisor	Shiraz University of Medical Sciences - Rajaei Hospital	Iran
2009	Head Nurse	Shiraz University of Medical Sciences - Rajaei Hospital	Iran
2010	Nursing Instructor	Shiraz University of Medical Sciences - Hazrat Fatemeh School of Nursing	Iran

### **III. Teaching experiences**

<b>Years</b>	<b>Course</b>	<b>University</b>	<b>Students</b>
2008-Now	Psychology	Shiraz University of Medical Sciences	Nursing/Operating room technicians/Anesthetic technicians
2008-Now	Mental Health	Shiraz University of Medical Sciences	Nursing/Operating room technicians/Anesthetic technicians
2008-Now	Mental illness & Psychotherapy	Shiraz University of Medical Sciences	Nursing
2009-Now	Addiction Nursing	Shiraz University of Medical Sciences	Psychiatric Nursing
2009-Now	Emergencies in Psychiatry	Shiraz University of Medical Sciences	Psychiatric Nursing/Paramedics
2007-Now	Psychiatry in Midwifery	Shiraz University of Medical Sciences	Midwifery
2007-Now	Mental Health & Mental illness Apprenticeship	Shiraz University of Medical Sciences	Nursing/Paramedics

### **IV. Honors and Awards**

1. Selected provincial instructor of Shiraz University of Medical Sciences -2015
2. Top Advisor of Hazrat Fatemeh School of Nursing and Midwifery - 2016

## **V. Membership**

No

## **VI. Publications:**

### **A. Dissertations**

1. Investigating the effect of assertiveness training on self-esteem of high school female students - Master Thesis
2. Exploring the process of providing psychosocial care in the intensive care unit: Presenting a prescription model - PhD thesis

### **B. Articles**

1. Investigation of Self-Esteem in High School Students with Premenstrual Syndrome
2. Evaluation of Experimental Studies Published in the Jundishapur Journal of Chronic Disease Care: A Brief Report
3. Comparison of the Effect of Melissa officinalis Capsule and Care Educational Programs on the Intensity of Physical, Mental and Social Symptoms of Premenstrual Syndrome in High School Female Students

4. Reinforcement Behavior Therapy by Kindergarten Teachers on Preschool Children's Aggression: A Randomized Controlled Trial
5. Effect of *Melissa officinalis* Capsule on the Intensity of Premenstrual Syndrome Symptoms in High School Girl Students
6. Types of Aggression Among Kindergarten and Preschool Children of Mohr County/Fars Province in 2013–2014
7. The influence of assertiveness training on self-esteem in female students of government high-schools of Shiraz, Iran: A randomized controlled trial
8. The Effect of Guided Reflection on Test Anxiety in Nursing Students
9. Consequences of Prohibited Visits in the Context of Post-intensive Care Syndrome-Family: A Qualitative Study
10. Experience of discomfort and its self-management strategies in ICU patients
11. The Effectiveness of Nursing Interventions Based on King's Theory: A Systematic Review

### **C. Books**

No

## VII. Presentations in Congress

<b>Year</b>	<b>Venue</b>	<b>Conference title</b>	<b>Title</b>
2008	Shiraz	National Conference on Adolescent Health	The effect of assertiveness training on self-esteem of female high school students
2011	Mashhad	The First International Congress of Midwifery and Reproductive Health of Iran	Investigating self-concept and the effect of assertiveness training on self-esteem of Shiraz female students
2010	Shiraz	Ninth National Conference on Nursing and Midwifery; Challenges and Solutions	The relationship between religion and the promotion of the nursing profession
2010	Shiraz	International Conference on Medicinal and Aromatic Plants, 2nd Iranian Phytochemistry Seminar	Effect of dark chocolate on blood pressure and cardiovascular disease risk
2010	Esfahan	The First International Conference on Prevention, Diagnosis and Treatment of Hypertension with Localization of Hypertension Control and Treatment Strategies in Iran	The effect of olive leaf on lowering blood pressure
2010	Esfahan	The First International Conference on Prevention, Diagnosis and Treatment of Hypertension with Localization of Hypertension Control and Treatment Strategies in Iran	Evaluation of the effect of diet and walking on blood pressure and the rate of blood cholesterol
2010	Esfahan	3rd International Conference on Psychosomatic Disorders Psychological Aspects and Clinical Pain Management	Coping with chronic pain :Current advances and practical information for clinicians

## **VIII. Thesis Supervision and Advisement**

<b>Years</b>	<b>Student</b>	<b>Title of Dissertation</b>	<b>Role</b>	<b>School/University</b>
2012	Razieh Dehbozorgi	The Effect of Guided Reflection on Test Anxiety in Nursing Students	Colleague	Shiraz University of Medical Sciences - Hazrat Fatemeh School of Nursing
2013	Abd-Alrasoul Alipour	The Effect of Reinforcement Behavior Therapy by Kindergarten Teachers on Preschool Children's Aggression	Colleague	Shiraz University of Medical Sciences - Hazrat Fatemeh School of Nursing
2013	Mansoureh Dehghan	Comparison of the Effect of Melissa officinalis Capsule and Care Educational Programs on the severity of premenstrual syndrome symptoms in high school girls	Colleague	Shiraz University of Medical Sciences - Hazrat Fatemeh School of Nursing
2016	Moazam Fard	The effect of music on the stress level of operating room staff working in Shiraz medical sciences hospitals	Consultant	Shiraz University of Medical Sciences - Hazrat Fatemeh School of Nursing

## **IX. Research interests**

In the field of family matters

Adolescents and puberty issues

Mental health in couples

Behavioral disorders

Marital disorders

## **X. Language Skills**

Intermediate