

Curriculum Vita



Personal Data

First name: Ladan
Family name: Zarshenas
Place of Birth: Shiraz
Nationality: Iran

Work Address

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I. Education

Years	Degree	Institution	Location
2014	PhD	Shiraz University of Medical Sciences	Shiraz
2006	Master in nursing management	Esfahan University of Medical Sciences	Esfahan
۲۰۱۶	Master in medical education	Shiraz University of Medical Sciences	Shiraz
۲۰۰۱	BS	Shiraz University of Medical Sciences	Shiraz

II. Professional experience

Years	Position	Institution	Location
2014 Untill now	Faculty Member	Shiraz University of Medical Sciences	Nursing and Midwifery Faculty
2015 Untill now	Dean of Nursing EDO	Shiraz University of Medical Sciences	Nursing and Midwifery Faculty
2006-2014	Expert in Dentistry EDO	Shiraz University of Medical Sciences	Dentistry Faculty
2001-2006	Nurse	Shiraz University of Medical Sciences	Hospitals in Shiraz University of Medical Sciences

III. Teaching experiences

Years	Course	University	Students
2014 until now	Addiction Nursing	Shiraz University of Medical Sciences	MSc students in Psychiatric Nursing
2014 until now	Psychiatric nursing emergencies		
2014 until now	Dedicated pharmacology		
2014 until now	Principles of counseling in psychiatry		
2014 until now	Advice and guidance in midwifery and reproductive health		MSc students in Midwifery
2007 until now	Mental health nursing internship		BSc students in Nursing
2014 until now	Principles of Nursing Management and Leadership Theories		MSc students in Infants
2014 until now	Methodology and critique of mixed method research and instruent development		PhD in Nursing Education
2014 until now	Management, leadership and policy making in nursing		PhD in Nursing Education
2014 until now	Nursing education systems and programs		PhD in Nursing Education
2014 until now	Behavioral emergencies		BSc students in Nursing
2014 until now	Psychiatry in Midwifery		MSc students in Midwifery
2014-2015	Ethics in Nursing		MSc students in Nursing
2014-2015	Mental Health		BSc students in Nursing
2014	Qualitative research methods		MPH

IV. Honors and Awards

1. Selected academic student in 2012
2. Selected academic student in 2013
3. Selected academic student in 2014
4. Received research Grants in 2018
5. Selected Faculty Member 2018
6. Honorable rank of Quranic Competitions National Holy Quran Competition 2020
7. Selected university of the fourteenth national competition of the Holy Quran, the fourteenth period
8. Selected rank of the second scientific nursing research festival in 2010
9. Top student of the 11th Congress of Medical Education
10. Top rank of National Festival of Health and Learning in Electronic Systems of Shiraz Medical Sciences
11. First student rank of the 11th National Conference on Medical Education, 2010
12. Incentive base 2020
13. Incentive base 2015
14. The top educational process of the 3rd Motahhari festival
15. The top educational process of the 5th Motahhari Festival
16. The top educational process of the 6th Motahhari festival
17. The top educational process of the 9th Motahhari Festival
18. The top educational process of the 10th Motahhari Festival
19. The top educational process of the 11th Motahhari Festival
20. The top educational process of the 13th Motahhari Festival

V. Membership

Member of the Nursing System Organization
Member of Community Psychological Research Center
Member of the University Thought Committee
Member of the University Curriculum Committee
Member of the editorial board of the International Journal of Community Nursing and Midwifery

VI. Publications:

A. Dissertations

1. Identification of nursing management standards in Iran(MS)
2. Professional belongingness process in nursing students: Designing and Psychometric testing(PhD)

B. Articles

The Effect of Applying the Information-Motivation-Behavioral Skills Model on Treatment Adherence in Patients with Cardiovascular Disease: A Quasi-Experimental Study

N Zahmatkeshan, M Rakhshan, L Zarshenas, J Kojuri, Z Khademian, International Journal of Community Based Nursing and Midwifery, 2021, 9 (3), 225

Development and Psychometrics of a "Dignity Assessment Questionnaire for Iranian Cancer Patients": A Mixed Exploratory Study ,S Bagherian, F Sharif, C Torabizadeh, L Zarshenas, A Abbaszadeh, Middle East Journal of Cancer, 2021,une 16.

A trial of an emotional intelligence intervention in an Iranian residential institution for adolescents

Z Ghelbash, L Zarshenas, Z Dehghan Manshadi
Clinical Child Psychology and Psychiatry, 2021,
<https://doi.org/10.1177/13591045211009593>

Teacher-student communication in medical sciences: a qualitative study in Iran
S Hamidizadeh, L Zarshenas, C Torabizadeh, A Ebadi, S Ebrahimi
Archivos Venezolanos de Farmacologia y Terapéutica,2021, 40 (2), 141-147

Survey of awareness about the risk factors of low back pain among operating room personnel of Shiraz hospitals: A cross-sectional study

R Tavakkol, J Eslami, A Amiri, L Zarshenas
Clinical Epidemiology and Global Health ,2020, 8 (4), 1172-1176

Independence of Centers of Excellence in Medical Sciences: A qualitative study
S Kazemi Asl, A Jaber, AR Safarpour, MR Farrokhi, L Zarshenas,
Management Strategies in Health System,2020, 5 (1), 44-59

Patients' experience of living with irritable bowel syndrome (IBS): A

hermeneutic phenomenology

Z Mohebbi, F Sharif, H Peyrovi, M Rakhshan, M Alizade Naini,
Journal of Qualitative Research in Health Sciences,2020, 9 (1), 28-37

Cancer patients' perspectives on dignity in care

S Bagherian, F Sharif, L Zarshenas, C Torabizadeh, A Abbaszadeh, ...
Nursing ethics ,2020, 27 (1), 127-140

Developing Urban Family Physician Program in Shiraz, Fars Province, the
Doctors' Experiences: A Qualitative Research

AR Safarpour, L Zarshenas, A Jaberi, MH Imanieh, M Mehrabi
Shiraz E-Medical Journal,2020, 21 (1)

Psycho-emotional Consequences of Hospitalized Elder Abuse from Older
Patients' Perspective

Z Naderi, S Gholamzadeh, L Zarshenas, A Ebadi
Electronic Journal of General Medicine,2020, 17 (2), 7

Comparison of the effect of postdischarge education with multimedia and group
discussion methods on family caregiving for patients with bipolar disorder in
Shiraz Psychiatric ...

F Sajedianfard, S Salehi, L Zarshenas
Journal of family medicine and primary care,2019, 8 (12), 3840

Hospitalized elder abuse in Iran: a qualitative study

Z Naderi, S Gholamzadeh, L Zarshenas, A Ebadi
BMC geriatrics,2019, 19 (1), 1-13

Self-handicapping among nursing students: an interventional study

L Zarshenas, LA Jahromi, MF Jahromi, MD Manshadi
BMC medical education,2019, 19 (1), 1-7

The Effect of an Education Program Based on Illness Perception on the Lifestyle
of Patients with Metabolic Syndrome: A Randomized Controlled Clinical Trial

M Rakhshan, M Rahimi, L Zarshenas
International journal of community based nursing and midwifery,2019, 7 (4), 279

Experiência vivida de pacientes iranianos com Síndrome de Intestino Irritável:
crises transitórias e liberação

Z Mohebbi, F Sharif, H Peyrovi, M Rakhshan, MA Naini, L Zarshenas
Investigación y Educación en Enfermería,2019, 37 (3)

Experience Lived by Iranian Patients with Irritable Bowel Syndrome: Transitory
Crisis and Liberation

Z Mohebbi, F Sharif, H Peyrovi, M Rakhshan, MA Naini, L Zarshenas

Investigacion y educacion en enfermeria,2019, 37 (3)

Professional Belongingness and Associated Factors among Iranian Undergraduate Nursing Students

Z Molazem, S Rowshan, L Zarshenas

Journal of Research in Medical and Dental Science ,2019,7 (3), 49-54

Health needs in patients suffering from chronic back pain: A qualitative study

K Rostami, F Sharif, L Zarshenas, A Ebadi, A Farbood

Anesthesiology and pain medicine,2019, 9 (2)

The role of preoperative knowledge and self-efficacy in predicting postoperative anxiety, depression, and vision-related quality of life in elderly patients with macular

S Gholamzadeh, SS Sharifi, L Zarshenas

Shiraz E-Medical Journal,2018, 19 (9)

The effect of collaborative care model-based intervention on hope in caregivers and patients with multiple sclerosis: a randomized controlled clinical trial

M Rakhshan, S Ganjalivand, L Zarshenas, N Majdinasab

International journal of community based nursing and midwifery,2018, 6 (3), 218

Design and psychometrics of measurement tool of health needs in patients with chronic back ache

K Rostami, F Sharif, L Zarshenas, A Ebadi, A Farbood

Revista Latinoamericana de Hipertensión,2018, 13 (3), 277-284

Development and psychometric properties of professional belonging scale for nursing students

L Zarshenas, F Sharif, Z Molazem, A Ebadi, M Khayyer, N Zare

International Journal of Pharmaceutical Research,2018, 10 (3), 131-135

Evaluation of nursing workload and efficiency of staff allocation in a trauma Intensive Care Unit

M Momennasab, F Karimi, F Dehghanrad, L Zarshenas

Trauma Monthly,2018, 23 (1)

Professional belonging in nursing students: A qualitative research

L Zarshenas, F Sharif, Z Molazem, M Khayyer, A Ebadi, N Zare

Sadra Medical Journal,2017, 6 (1), 45-56

Self-perception of Iranian Patients during their life with irritable bowel syndrome: A qualitative study

Z Mohebbi, F Sharif, H Peyrovi, M Rakhshan, MA Naini, L Zarshenas

Electronic physician,2017, 9 (12), 5885

Anger management in substance abuse based on cognitive behavioral therapy:
An interventional study

L Zarshenas, M Baneshi, F Sharif, EM Sarani
BMC psychiatry,2017, 17 (1), 1-5

Interactive multimedia training in osteoporosis prevention of female high school
students: An interventional study

L Zarshenas, T Keshavarz, M Momennasab, N Zarifsanaiey
Acta Medica Iranica, 2017, 514-520

Globalization in Nursing: A concept analysis

L Zarshenas, RS Sarvestani, Z Molazem, M Moattari
Asian Journal of Nursing Education and Research,2017, 7 (1), 115-119

The women's perceptions about unwanted pregnancy: A qualitative study in Iran

M Akbarzadeh, Z Yazdanpanahi, L Zarshenas, F Sharif
Global journal of health science,2016, 8 (5), 189

Experience, Emotions, Anxiety and Feeling in Unwanted Pregnancy a
Qualitative Research in Women Referring to Maternal Clinic Affiliated to Shiraz
University of Medical Sciences ...

Z Yazdanpanahi, M Akbarzadeh, L Zarshenas, F Sharif
Journal of women's healthnaderinadergholam, 2016, 25 (4), A34-A35

Comparison of the temperament and character of patients referred to cosmetic
nasal surgeon in Shiraz hospitals

F Sharif, B Anoshehpour, A Mani, L Zarshenas, N Zare, A Haghightian
International journal of community based nursing and midwifery 2016,4 (2), 137

Evaluation of nursing students' communication abilities in clinical courses in
hospitals

M Shafakhah, L Zarshenas, F Sharif, RS Sarvestani
Global journal of health science,2015, 7 (4), 323

Professional socialization in nursing: A qualitative content analysis

L Zarshenas, F Sharif, Z Molazem, M Khayyer, N Zare, A Ebadi
Iranian journal of nursing and midwifery research,2014, 19 (4), 432

Study skills and habits in Shiraz dental students; strengths and weaknesses

L Zarshenas, SM Danaei, E Mazarei, HZ Najafi, M Shakour
J Educ Health Promot. 2014; 3: 44.

The Methodological evaluation of general Dentistry student's thesis(2006-2008)

L Zarshenas, S Shaghaghian, S Momeni Danaei, SH Tabatabaei
Iranian Journal of Medical Education,2012, 12 (341), 202-209

Which method of teaching would be better, cooperative or lecture?

S Momeni Danaei, L Zarshenas, M Oshagh, SM Omidkhoda

Iranian Journal of Medical Education, 2011, 11 (130), 24-31

Problem based learning: an experience of a new educational method in dentistry

L Zarshenas, S Momeni Danaei, M Oshagh, P Salehi

Iranian Journal of Medical Education , 2010, 10 (2), 171-179

Identification of nursing management planning standards in Iran

S Salehi, L Zarshenas, J Eslamiyan, M Rastegari

Iranian Journal of Nursing and Midwifery Research, 2008, 12 (3)

Establishing the standards of control in nursing services management

L Zarshenas, SH Salehi, J Eslamian, M Rastegari

Iran Journal of Nursing, 2007, 20 (52), 21-28

Microlearning and Gamification in Anxiety Management among girl adolescents in Iran: An interventional study

L Zarshenas, E Saranjam, M Mehrabi, G Setoodeh, P J M H S, 2020, Vol. 14, NO. 1.689-694.

41. The effect of applying the information-motivation-behavioral skills model on treatment adherence in patients with cardiovascular disease: A quasi-experimental study

Zahmatkeshan, N., Rakhshan, M., Zarshenas, L., Kojuri, J., Khademian, Z.

International Journal of Community Based Nursing and Midwifery, 2021, 9(3), 225–237.

42. Rivaz M , Shokrolahi module , Qdkpvr Soraya , Zarshenas Laden Depression and its related factors in female students of midwifery nursing school, Women and Society (Sociology of Women), 2013 , Volume 4 , Number 3 (Series 15) ,63-83.

43. Rakhshan M, Zarshenas L, Razmjouin N, Hosseini M. Assessing the lack of hedonism of Snit-Hamilton, Iranian Journal of Psychology and Behavioral Sciences, No. 24, Winter 2016, 109-99.

C. Books

1. Leadership and management in the ward
2. Nursing management and their standards
3. New approaches to medical sciences teaching
4. Principles of scale development in health science
5. Concepts and Nursing theories
- 7-Text book of Medical –Surgical Nursing/ Brunner & Suddarth's 14th Edition
- 8-Fundamentals of Nursing/ 10th Edition/ Kozier& Erb's
- 9-Gamification, Micro learning, Mobile learning
- 10-Psychological Approaches problem solving and self handicapping

VII. Presentations in Congress

- 1.Consequences of Globalization of Drug Resistance, Conference on Drug Resistance, Shiraz University of Medical Sciences, 2011
- 2.Globalization and Nursing Challenges, 12th National Conference on Medical Education in Mashhad, 2011
- 3.Clinical education from the perspective of dental students, 12th National Conference on Medical Education in Mashhad, 2011
- 4.A review of the methodology of general education dissertations, 2nd Oral Health and Epidemiology Congress 1390
- 5.Study of study skills of medical students (first rank of student), 11th National Conference on Medical Education, 2010
- 6.Student-centered participatory teaching, 10th National Congress of Medical Education, 2009
- 7.Job satisfaction of faculty members and the factors affecting it, 10th National Congress of Medical Education, 2009
- 8.360-degree evaluation of residents, selected by the fifth Motahhari Festival, 2012
- 9.Quality of clinical education from the perspective of nursing students, 14th National Conference on Medical Education, 2013

- 10.Narcotic analgesics and endocrine dysfunction, National Seminar on Pain Management, 2013
- 11.Perspective training process, 6th Shahid Motahari Festival, Shiraz, 2013
- 12.Problem-based education, 10th National Congress of Medical Education, 2009
- 13.Computer users and ocular disorders, Isfahan National Conference on Communication Technology and Mental Health, 2006
- 14.Development of Nursing Services Management Standards in Iran, International Congress of Medical Students / Shiraz, 2007
- 15.Ethics in Psychiatric Research, Isfahan National Conference on Psychopharmacology, 2007
- 16.Stress and skin, Isfahan National Psychosomatic Congress, 2007
- 17.Development of Nursing Services Management Standards in Iran, National Conference on Standards, Development and Health, 2007
- 18.Ethics in Psychiatry, National Congress of Applied Medical Ethics, 2006
- 19.Nutrition in MS patients, International MS Congress, 2006
- 20.Living experience of patients with irritable bowel syndrome, Third National Conference on Qualitative Research in Health Sciences, Yasouj 1399.
- 21.Determining Nursing Management Standards in Iran, International Congress on Nursing Management, Turkey, 2008.
- 22.Professional socialization in nursing, 5th International Congress of Medical Students, 2013
- 23.Professional affiliation in nursing students: A factor in improving the quality of medical care, National Congress on Healthy Living and Development of Nursing and Midwifery Care in Bushehr, 2013
- 24.Professional affiliation in nursing students: Development of a measurement tool, European Conference on Education, UK, 2014.
- 25.Sense of Belonging in the Clinical Environment, Health Congress, Canada, 2014.
- 26.Depression and Related Factors in Nursing Students, International Congress of Nursing and Midwifery Health, 2014
- 27.Comparison of temperament and personality of patients referred to rhinoplasty in Shiraz hospitals, ISER International Congress, Japan 2017
- 28.Cognitive-behavioral therapy in substance abuse, ISER International Congress, Japan 2017
- 29.Experience, Excitement, Anxiety and Feeling in Unwanted Pregnancy and a Qualitative Study, 24th Annual Congress on Women's Health, Washington, 2016
- 30.Micro education and game-making in the management of adolescent girls' anxiety, 13thMotahhari Festival, 1399

31. The process of professional belonging in nursing students, 9th Shahid Motahari Festival, 2016

31.Designing a participatory care program: a strategy to improve patient education skills and empower patients with MS, 11th Motahhari Festival 1397

32.Prevention of osteoporosis by interactive multimedia method in high school students, 10th Motahhari Festival, 2017

33.A New Method in Teaching Psychotropic Drugs, 3rd International Congress on Mobile Health, Shiraz University of Medical Sciences, 2019

34.Honoring Factors for Maintaining and Promoting Patients in Cancer Patients, Sixth National Congress of Nursing Ethics, Bam University of Medical Sciences 1397

35.Comprehensive support for patients with factor cancer to protect their patients, 6th National Congress of Nursing Ethics, Bam University of Medical Sciences, 1397

36.Design and psychometric assessment of their measurement instruments in cancer patients, 6th National Congress of Nursing Ethics, Bam University of Medical Sciences, 2016

37Physical needs of patients with chronic low back pain, 8th National Congress of New Horizons Students in Rehabilitation Sciences, Shiraz, 1397

VIII. Thesis Supervision and Advisement

Years	Student	Title of Dissertation	Role	School/ University
2015	Behnaz Anoshepour	Assessment of temperament and character of patients referred to cosmetic nasal surgeon and compression with control group in Shiraz hospital in 2014-2015	Advisor	Shiraz University of Medical Sciences
2015	Farzad Karimi	Nursing workload and staff allocation adequacy in the general intensive care unit of Shahid Rajaei hospital	Advisor	
	Zinat Mohei	Lived experience of patients with irritable Bowel Syndrome	Cooperator	
2016	Somay Ganjali vand	The effect of collaborative care model on hope and happiness of multiple sclerosis patients and their caregivers	Advisor	
2015	Zahra Keshtkar	The Effect of education on fatigue severity in adolescents treated with chemotherapy in Shiraz Amir Oncology hospital	Advisor	
2016	Tala Keshavarz	The effect of prevention of osteoporosis education with two methods interactive multimedia and educational booklet on knowledge and self- efficacy of female high school students in Bavanat city	Supervisor	
2017	Mitra Rahimi	The effect of education based on illness perception on the lifestyle of patients with metabolic syndrome	Advisor	
2020	Zahra Mehari	Designing, implementation and evaluation of advanced beginner nurses professional competence promotion program A mixed method study	Supervisor	
2018	Moslem Nazari	The effect of music on the pain of injured in driving accidents in the prehospital environment	Advisor	
2017	Sara Sharifi	The study of the predicting role of awareness and self-efficacy before retinal surgery in anxiety, depression and vision-related quality of life among the elderly patients admitted to Khalili Hospital, Shiraz	Advisor	

Years	Student	Title of Dissertation	Role	School/Univer sity
2020	Zahra Mehri	Designing, implementation and evaluation of advanced beginner nurses professional competence promotion program A mixed method study	Supervisor	
2020	Narges Bayatfar	The effect of emotion regulation training based on Gross model on alexithymia and emotional adjustment in patients with Multiple Sclerosis (MS) referred to clinics affiliated to Shiraz University of Medical Sciences in 2019-2020.	Supervisor	
2020	Fatemeh Nematollahi	The effect of mental health education on self-handicapping of secondary school girl students in Abadeh, 2019-2020	Supervisor	

Years	Student	Title of Dissertation	Role	School/Univer sity
2020	Ramin Avazpour	Survey the Effect of Mental Health Education on the Resilience and Psychosocial Adjustment of Patients with Heart Failure under Care for Nursing Counseling and Home Care Services at the Shahid Rajaei Heart Center of Tehran	Supervisor	Shiraz University of Medical Sciences
2021	Omid Reza Keshavarz	The Effect of Familiarity with Types of substance use disorder and Their Complications in Reducing the Level of Addiction in Secondary School Students in Shiraz in Year 2018-2019	Supervisor	
2021	Saeid Hamidizadeh	Designing and psychometric Properties of the teacher-student, communication instrument	Supervisor	
2021	Shahpar Bagheri	Designing and evaluating of health improvement program in caregivers of patients with schizophrenia based on Watson' theory: a mixed study	Supervisor	
2019	Elham Saranjam	A comparative study on the effect of anxiety management training on two methods of micro learning and gamification based website on anxiety control in 15-13 years old adolescent girls in shiraz 1397	Supervisor	
2021	Leila Maani Shirazi	The impact of elderly basic education clinical care on clinical competence and self-efficacy of nurses in general and surgical wards in selected hospitals of Shiraz University of Medical Sciences -2017	Supervisor	
2018	Zahra Tabandeh	Comparison of the effect of psychotropic drugs education with two methods of learning through mobile and group	Supervisor	

		discussion on attitude, satisfaction and learning of nursing students in Shiraz University of Medical Sciences96-95.		
2017	Leila Ashrafian Jahromi	The effect of problem solving training on self-handicapping on the nursing student in Jahrom University of Medical Science 1395-96.	Supervisor	
2017	Mahdi Baneshi	The effects of group anger management education based on the degree of aggressive patients dependant on drugs based on Patrick Railey cognitive-behavioral approach in Ebnesina hospital in 1394	Supervisor	
2017	Sara Rahmanian	The impact of communication skills of the family on a generativity level in aging population refers to Soroush aging clinic Shiraz	Supervisor	
2019	Reza Tvakkol	Evaluation of the prevalence of low back pain and its relationship with awareness about predisposing factors in operating room personnel of hospitals affiliated to Shiraz University of Medical Sciences	Advisor	

Years	Student	Title of Dissertation	Role	School/ University
2017	Shahnaz Rowshan	Investigating the sense of belonging to professional association and related factors among students of Fatemeh of Nursing and Midwifery Shiraz	Advisor	Shiraz University of Medical Sciences
2019	Zeinab Naderi	Development and Psychometrics properties of hospitalized elder abuse questionnaire in Iran	Advisor	
2019	Samaneh Bagherian	Development and Psychometric the Questionnaire for assessment of dignity in cancer patients	Advisor	
2019	Khatereh Rostami	Designing and Psychometric evaluation of health needs tool in patients with chronic back pain	Supervisor (second)	
2020	Firoozeh Nourimand	Comparison of the effect of two methods of training through mobile application and workshop on the level of knowledge and self-efficacy of midwifery personnel in Shiraz health centers on the use of IUDin women eligible for free placement services in 1398	Advisor	
2021	Agrin Mohammadi	Prevalence of sound disgust (misophonia) and its relationship with obsessive-compulsive disorder, anxiety and depression in undergraduate students of Shiraz University of Medical Sciences	Advisor	
2018	Shahnaz Zareh	Needs Assessment on Integration of Oral Health Indicators in Shiraz Nursing Students' Curriculum	Advisor	

2018	Mehrnaz Mirahmadi	Design and Psychometric Evaluation of Nurses' Clinical Performance Tools	Supervisor (second)	
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IX. Research interests

Medical education
Qualitative and quantitative research
Grounded theory
Designing and psychometric testing
Mental health

X. Language Skills

Persian: Mother Tongue
English: Reading, Writing, Speaking
Arabic: Reading, Meaning