

Curriculum Vitae



Personal Information

Personal Data

First name: Zahra

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Date of Birth: April 25, 1969

Nationality: Iranian

Marital status: Single

Contact info

Work Address

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I-Education

Years	Degree	Institution	Location
2018-present	PhD candidate	Tehran University of Medical Sciences	Tehran, Iran
1999	MSc in Midwifery	Shiraz University of Medical Sciences	Shiraz, Ira
1991	BSc in Midwifery	Esfahan University of Medical Sciences	Esfahan, Ira

II-Professional experience

Years	Position	Institution	Location
2009-2018	Head of obstetric group in midwifery department, Nursing and Midwifery School	School Nursing & Midwifery, Shiraz University of Medical Sciences	Shiraz, Iran
2008-2012- Present	Coordinator of Maternal and Newborn Health, Nursing Department, School of Nursing and Midwifery, Shiraz Univ Med Sci	School Nursing & Midwifery, Shiraz University of Medical Sciences	Shiraz, Iran
2003-2008	Midwifery Instructor	School Nursing & Midwifery, Shiraz University of Medical Sciences	Shiraz, Iran
1999-2003	Head of Midwifery in Vice-Inspector in Fars province	School Nursing & Midwifery, Shiraz University of Medical Sciences	Shiraz, Iran
2000-2004	Visiting Clinical Lecturer, Larestan Open University	Larestan Open University	Larestan-Iran
1995-1999	Head of labor and delivery ward in Raisi Hospital	Shiraz University of Medical Sciences	Sepidan, Iran
1993-1999	Private Midwifery Office,	Private Midwifery Office, Sepidan, Shiraz	Sepidan, Iran
1993-1995	Midwife in labor and delivery ward in Raisi Hospital	Shiraz University of Medical Sciences	Sepidan, Iran
1991-1992	Head of family Health in Boyer Ahmad	Kohgiluyeh and Boyer Ahmad University of Medical Sciences	Boyer Amad, Iran

III. Teaching experiences

Years	Course	University	Students
2006-2018	Obstetrics in Midwifery	Shiraz University of Medical Sciences	Bsc students in Epidemiology
2008-2018	Maternal and Newborn Health	Shiraz University of Medical Sciences	Bsc students in Nursing
2010-2018	Gynecology in Midwifery	Shiraz University of Medical Sciences	BSc students in Midwifery
2010-2018	Medical &Surgical	Shiraz University of Medical Sciences	Bsc students in Midwifery
2014-2018	Maternal and Newborn Health	Shiraz University of Medical Sciences	MSc students in Nursing

2013-2018	Obstetrics in Midwifery	Shiraz University of Medical Sciences	MSc students in Midwifery
2013-Present	Gynecology in Midwifery	Shiraz University of Medical Sciences	MSc students in Midwifery
2005-2015	Family Planning	Shiraz University of Medical Sciences	students in
2015-2018	Sexual disorders	Shiraz University of Medical Sciences	BSc students in Midwifery
2014 – Present	Lecturer, Physiologic Delivery Course (60 hours) in Province-Wide Event	Shiraz University of Medical Sciences	Midwives in Fars Province, BSc students in Midwifery
2012-2018	– Present Lecturer, Neonatal Resuscitation Workshop	Shiraz University of Medical Sciences	BSc students in Midwifery
2008-2018 –	Management in Midwifery Workshop (Bi-annually)	Shiraz University of Medical Sciences	BSc students in Midwifery
2012-2018	Clinical Guideline in Midwifery and delivery services in Mother Friendly Hospital Workshop	Shiraz University of Medical Sciences	BSc students in Midwifery

IV. Honors and Awards

- 1999 The Best Midwife of Sepidan Hospital, Shiraz Univ Med Sci
1997 The Best Midwife of Sepidan Hospital, Shiraz Univ Med Sci
2001 The Best Midwife in Iran by Medical Council of Islamic Republic of Iran
2002, 2003 Top Researcher, Vice-Chancellorship of Health, Shiraz Univ Med Sci
2017 The Best instructor of Midwife in nursing and midwifery school, Shiraz Univ Med Sci

V. Membership

1. Member of Medical Council, Iran. From 1993 up to present
2. Member of Educational council School Nursing & Midwifery, Shiraz University of Medical Sciences 2010-2015
3. Member of Midwifery final exam committee in School of Nursing and Midwifery, Shiraz Univ Med Sci 2006 – 2007, 2015
4. Member of Adult Mortality and Morbidity Committee, Fars Province 2000- 2002
5. Member of Neonatal Mortality and Morbidity Committee, Fars Province 2001
6. Member of Maternal Mortality and Morbidity Committee, Fars Province 2001-2003

7. Member of Safety and Promotion of Normal Delivery Council Shiraz Univ Med Sci and Health services – 2000
8. Iranian Society of Midwifery ,2004 – Present

VI. Publications:

A. Dissertation

Prepregnancy Body MASS Index and appropriate weight gain with some pregnancy outcomes

B. Articles

- 2005 The assessment of the effectiveness of continuous evaluation and education in usage of standard rules in midwifery offices in Shiraz (2001–2002) [Abstract]. *Journal of Midwifery & Women's Health* [DOI: 10.1016/j.jmwh.2005.04.020]
- 2008 Prepregnancy body mass index and gestational weight gain and their association with some pregnancy outcomes. *Iranian Red Crescent Medical Journal* [Full Paper]
- 2009 The effects of regular exercises on pregnancy outcome. *Iranian Red Crescent Medical Journal* [Full Paper]
- 2009 Review of obesity and reproductive in men and women [Abstract]. *Cell Journal*
- 2009 Orofacial clefts and maternal stress authors [Abstract]. *Journal of Perinatal Medicine* [DOI: 10.1515/JPME.2009.474]
- 2009 The effects of regular exercises on pregnancy outcome [Abstract]. *Journal of Perinatal Medicine* [DOI: 10.1515/JPME.2009.399]
- 2009 The effects of regular exercise on pregnancy outcome. *Iranian Red Crescent Medical Journal* [Full Paper]
- 2010 Prevention and management of osteoporosis in postmenopausal women [Abstract]. *Osteoporosis International* [DOI: 10.1007/s00198-010-1433-9]
- 2014 The effect dry cupping therapy at acupoint BL23 on the intensity of postpartum low back pain in primiparous women based on two types of questionnaires, 2012; a randomized clinical trial. *Int J Community Based Nurs Midwifery* [Trial Registration Number: IRCT2013072611944N3] [PMID: 25349852] [Full Paper]
- 2014 Evaluation of the Individual and Medical Factors Associated with Genital Human papillomavirus in Iranian Women, *SCIMETR International journal of medical science*, [Full Paper]
- 2014 Postpartum hemorrhage and weight gain during pregnancy Available online <http://transconpublishers.org/icjmms/index.php> Vol. 1(3) pp. 030-035, July 2014

- 2015 Ethics and Sentences in Midwifery Letter to the Editor Iran J Public Health, Vol. 44, No.4, Apr 2015, pp.598-599
- 2016 Pattern of menarche age (normal, early and late) and its relationship with some demographic characteristics in girls and their parents Int J Adolesc Med Health 2016; aop
- 2016 Investigating the Relationships Between Obesity and Sexual Function and Its Components. Shiraz E-Med J. 2016 September; 17(9):e38573.
- 2016 The impact of Islamic religious education on anxiety level in primipara mothers” Journal of Family Medicine and Primary Care 2016 331-33
- 2016 Comparison of the Effect of Dry Cupping Therapy and Acupressure at BL23 Point on Intensity of Postpartum Perineal Pain Based on the Short Form of McGill Pain Questionnaire’ J Reprod Infertil. 2016 Jan-Mar; 17(1): 39–46
- 2016 The Women’s Perceptions About Unwanted Pregnancy: A Qualitative Study in Iran” Glob J Health Sci. 2016 May; 8(5): 189–196
- 2016 A cross-sectional study on married women of reproductive age referring to public health centers of Shiraz, South of Iran”. International Journal of Medical Research & Health Sciences, 2016, 5, 12:382-388
- 2016 Investigating the Relationships Between Obesity and Sexual Function and Its Components”. Shiraz E-Med J. 2016 September; 17(9):e38573.
- 2016 To investigate the relationship between stress, anxiety and depression with sexual function and its domains in women of reproductive age”. Int J Med Res Health Sci. 2016, 5(10):223-231
- 2016 Pattern of menarche age (normal, early and late) and its relationship with some demographic characteristics in girls and their parents”. Int J Adolesc Med Health 2016
- 2017 The Association Between Menarche Age and Birth Weight, Mother and Older Sister’s Age of Menarche. Razavi Int J Med. 2017 March; 5(1):e40320
- 2017 Comparison of the Effects of Dry Cupping and Acupressure at Acupuncture Point (BL23) on the Women with Postpartum Low Back Pain (PLBP) Based on Short Form McGill Pain Questionnaires in Iran: A Randomized Controlled Trial” J Family Reprod Health. 2017 Jun; 11(2): 82–89.
- 2017 Effect of Lavender Oil Aroma in the Early Hours of Postpartum Period on Maternal Pains, Fatigue, and Mood: A Randomized Clinical Trial’. Int J Prev Med. 2017; 8: 2920

- 2017 Investigating the Relationship Between Religious Attitudes With Some Sexual Characteristics and Marital Satisfaction Among Women of Reproductive Age. *Women's Health Bull.* 2017 July; 4(3):e40544
- 2017 THE IMPACT OF RELAXATION TRAINING AND VALERIAN ON HOT FLUSH AND NIGHT SWEATS OF MENOPAUSE WOMEN, *Pharmacophorean international Journal*
- 2018.....Evaluation the relation between Androgen and Sexual Function in Women Taking LD Contraceptive Pill *Annals of Tropical Medicine & public Health-Special Issue April 2018 Vol 14*
- 2018 [To be submitted] Evaluation of the prevalence of sexual dysfunction and its related factors in menopausal women in referring women to clinics of shiraz-Iran
- 2018 [Submitted] Evaluation of the relationship between androgen and sexual function in women taking LD contraceptive pills .Primary supervisor Trial Registration Number: IRCT2013070213846n1]
- 2018 [Submitted] Comparison of the effects of chamomile capsule on menstrual patterns and hormones and lipid parameters in women of reproductive age with poly cystic ovary syndrome,
- 2018 [Submitted] Evaluation of the relationship between androgen and sexual function in women taking LD contraceptive pills .Primary supervisor Trial Registration Number: IRCT2013070213846n1]
- 2018 [Submitted] Fennel effect on serum prolactin levels in overweight or obese lacting women attending clinics affiliated to Shiraz University of Medical Sciences in 2014
- 2019 The effect of sitz bath of hydro-alcoholic extract of myrrh gum on episiotomy wound healing in nulliparous women. *Journal of family & reproductive health* 13 (2), 89
- 2019 An investigation into the correlation of marital adaptation with stress, anxiety, depression and sexual function and its components. *Family Medicine & Primary Care Review*, 264-269
- 2019 The Relationship between Religious Attitude and Domestic Violence against Women of Reproductive Age. *Journal of Midwifery and Reproductive Health*
- 2020 Comparison of the Quality of Life and Its Dimensions in Men and Women with HIV / AIDS in the High-Risk Behaviors Center of Shiraz *Women's Health Bull.*
- 2020 The effect of Salvia officinalis extract on symptoms of flushing, night sweat, sleep disorders, and score of forgetfulness in postmenopausal women. *Journal of family medicine and primary care* 9 (2), 1086

- 2021 [submitted] The relationship between spiritual well-being and quality of life dimensions and some of its related factors in patients with AIDS/HIV
- 2021 The Relationship Between Personality Types and Sexual Dysfunction. *Current Women's Health Reviews* 17 (2), 128-135

VII. Presentations in Congresses

- 2016 48th Asia-Pacific Academia consortium for Public Health Conference “Evaluation of the Relationship between Androgen and weight gain in Women Taking LD Contraceptive Pills”. Tokyo Japan
- 2016 48th Asia-Pacific Academia consortium for Public Health Conference “systemic review of why we need contraceptive education in early of puberty”. Tokyo Japan
- 2016 The 24th annual congress on Women’s Health. Experience, Emotions, Anxiety and Feeling in unwanted Pregnancy a Qualitative Research in Women Referring to Maternal Clinic Affiliated to Shiraz University of Medical Sciences, 2010., Washington D,C.
- 2016 Systemic review of exercise and some breast cancer outcomes National congress on exercise and cancer Kish -Iran
- 2014 The 3rd Iranian International conference on women’s Health, Shiraz, Iran “weight gain during pregnancy and Postpartum hemorrhage “
- 2014 The 3rd Iranian International conference on women’s Health, Shiraz, Iran” Sexual behavior of women taking low-dose oral contraceptive containing 30 µg Ethinylestradiol/150 µg levonorgestrel,
- 2011 Presentation, National Congress on Neurologic Disorder in Pregnancy, Sari-Iran
- 2010 16th National and 16th International congress on reproductive medicine, Shiraz, Iran
- 2009 First Regional (EMRO) Congress of Tobacco and Health, Kish Island-Iran
- 2014 Presentation, International Cardiovascular Congress, Shiraz-Iran
- 2012 Obesity and Consequences in elderly, Mazandaran, Iran
- 2012 International Cardiovascular Congress, Dubai-UAE
- 2009 National Congress of Sport Effect on Children Health, Mashhad-Iran
- 2008 National Congress of Women's Health, Shiraz-Iran
- 2008 National Congress of Children and Newborn Nutrition, Mashhad-Iran
- 2008 International Congress of Fetal Medicine, Warsaw-Poland
- 2008 2nd Athens Congress on Women's Health & Disease, Athens-Greece
- 2007 4th Asia Pacific Conference on Reproductive and Sexual Health and Rights

2007 Presentation in Reproductive and Sexual Health and Rights Congress, Hyderabad-India
 2007 Lecturer of 16th International Conference on Safe Communities, Tehran- Iran
 2007 7th International Congress of Gynecology Oncology, Isfahan-Iran
 2006 National Congress of Obesity, Shiraz-Iran
 2004 Lecturer of 50th Annual Conference of Midwifery, Washington-USA
 2002 5th National Congress of Medical Education, Shiraz-Iran
 2002 15th International Congress of Geographic Medicine, Shiraz-Iran

VIII. Thesis supervision

	Years	Student	Title of dissertation	Role	School/University
1	2012	Elham Sheikhan	Evaluation the relation between Androgen and Sexual Function in Women Taking LD Contraceptive Pill	Main Supervisor	School of Nursing and Midwifery, Shiraz Univ Med Sci
2	2013	Aliyeh Mortezaee	The Prevalence and related factors in Transgender during past years Shiraz2012	Main Supervisor	School of Nursing and Midwifery, Shiraz Univ Med Sci
3	2014	Zahra beygi	<u>To investigate the prevalence and related factors in women of reproductive age</u>	Main Supervisor	School of Nursing and Midwifery, Shiraz Univ Med Sci
4	2014	Marziyeh Nik kholgh	<u>To investigate the prevalence and related factors in women of Menopausal age</u>	Main Supervisor	School of Nursing and Midwifery, Shiraz Univ Med Sci
5	2017	Setareh Derakhshanpour	The relationship between spiritual well-being, suffering and quality of life dimensions in patients with AIDS/HIV	Main Supervisor	School of Nursing and Midwifery, Shiraz Univ Med Sci
6	2015	Zahra Sarbaz	<u>The effect of sitz bath of hydro-alcoholic extract of myrrh gum on episiotomy wound healing in nulliparous women</u>	Main Supervisor	School of Nursing and Midwifery, Shiraz Univ Med Sci
7	2017	Safora Ghazavi	Survey of prevalence and related factors in maternal near miss mortality	Main Supervisor	School of Nursing and Midwifery, Shiraz Univ Med Sci
8	2015	Somayeh Zolfaghari	Effect of Developmental Supportive Positioning on Pain from Venipuncture in Preterm Neonates Admitted to Neonatal Intensive Care Uni shiraz-Iran	Main Supervisor	School of Nursing and Midwifery, Shiraz Univ Med Sci
9	2013	Mehrnoush Ghaemmaghami	<u>Comparison of the Effect of Dry Cupping Therapy and Acupressure at BL23 Point on the Primiparous Women's Intensity of Postpartum Perineal Pain: A Randomized Clinical Trial</u>	Co supervisor	School of Nursing and Midwifery, Shiraz Univ Med Sci
10	2014	Afsaneh Zeidabadi	<u>The effect of Salvia officinalis extract on symptoms of flushing,</u>	Co supervisor	School of Nursing and Midwifery, Shiraz

			<u>night sweat, sleep disorders, and score of forgetfulness in postmenopausal women</u>		Univ Med Sci
11	2015	Maryam Heidary	<u>Effect of chamomile capsule on lipid-and hormonal-related parameters among women of reproductive age with polycystic ovary syndrome</u>	Co supervisor	School of Nursing and Midwifery, Shiraz Univ Med Sci
12	2016	Naeimeh Tayebi	<u>The relationship between body mass index (BMI) and menstrual disorders at different ages of menarche and sex hormones</u>	Co supervisor	School of Nursing and Midwifery, Shiraz Univ Med Sci
13	2017	Sahar Parvizi	The relationship between personality types and perceived stress in parturient women referred to hospitals affiliated with the Shiraz University of Medical Sciences	Co supervisor	School of Nursing and Midwifery, Shiraz Univ Med Sci
14	2017	Sara Falah Nezhad	The effect of home visit on exclusive breast feeding and some	Co supervisor	School of Nursing and Midwifery, Shiraz Univ Med Sci
15	2017	Borandegi	<u>The effect of self-care education regarding high-risk behaviors of acquired immune deficiency syndrome and smoking on knowledge and attitude of adolescent girls: An ...</u>	Co supervisor	School of Nursing and Midwifery, Shiraz Univ Med Sci

X. Research interests

1. Sexual and Reproductive Health
2. Sexual and Reproductive Rights
3. Women's empowerment
4. Maternal and Child Health
5. Qualitative research

XI. Language Skills

Persian Mother Tongue

English Reading, writing, speaking [Working Proficiency; g: 6]

Arabic Reading [Basic, Beginner]