

Curriculum Vitae



Personal Data

First name: Naval
Family name: Heydari
Date of Birth: 3/27/1989
Place of Birth: Shiraz
Nationality: Iranian
Marital status: Married

Work Address

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I. Education

Years	Degree	Institution	Location
2011	BSc	Shiraz University of Medical Sciences	Iran
2014	MSc	Shiraz University of Medical Sciences	Iran
2023	PhD	Shiraz University of Medical Sciences	Iran

II. Professional experience

Years	Position	Institution	Location
2013-2018	Instructor of nursing department	Fatemeh (PBUH) college of Nursing and Midwifery, Shiraz University of Medical Sciences	Iran
2018-2024	Nurse/ health education supervisor/ Research Expert	Shoushtari Hospital, Shiraz University of Medical Sciences	Iran

2024 till know	Assistant professor of nursing department	Fatemeh (PBUH) college of Nursing and Midwifery, Shiraz University of Medical Sciences	Iran
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III. Teaching experiences

Years	Course	University	Students
2024 till know	Documentation in ICU workshop	Shiraz University of Medical Sciences	MSc of Nursing
2024 till know 2013-2018	Adab workshop	Shiraz University of Medical Sciences	Medicine
2024 till know	Public health	Shiraz University of Medical Sciences	BSc of Pre-hospital emergency
2024 till know	Introduction to nursing services	Shiraz University of Medical Sciences	BSc of Management
2024 till know	Professional Nursing: Basic Concepts	Shiraz University of Medical Sciences	MSc of Nursing
2024 till know	Introduction to internal diseases	Shiraz University of Medical Sciences	MSc of Operation room nursing
2024 till know	Adult/Geriatric Nursing 3	Shiraz University of Medical Sciences	MSc of Nursing
2024 till know	Adult/Geriatric Nursing 2	Shiraz University of Medical Sciences	MSc of Nursing
2024 till know	Adult/Geriatric Nursing 2 (internship)	Shiraz University of Medical Sciences	MSc of Nursing
2024 till know	Fundamental and basic nursing (theoretical, practical and internship course)	Shiraz University of Medical Sciences	MSc of Nursing
2013-2018	Community health nursing (theoretical and internship course)	Shiraz University of Medical Sciences	BSc & MSc of Nursing
2013-2018	Maternal and fetal health nursing (internship course)	Shiraz University of Medical Sciences	BSc of Nursing
2013-2018	Family physician workshop	Shiraz University of Medical Sciences	BSc of Nursing
2013-2018	Occupational Hazards Workshop	Shiraz University of Medical Sciences	BSc of Nursing

IV. Honors and Awards

1. Achieved first place in the national exam for the Master's degree in nursing in 2012 out of 6496 participants
2. Graduated from the Master's degree with a GPA of 18.25
3. Achieved first place in the national exam for the specialized doctorate in 2018 out of 699 participants
4. Achieved first place in the class and comprehensive exam for the doctoral program with a GPA of 19.21
5. Selected student of the Shahid Vazvaei Project of the National Foundation of Elites in the academic years 2020-2021 and 2021-2022
6. Member of the brilliant talents of Shiraz University of Medical Sciences in the undergraduate, master's and doctoral programs
7. Two editions of the Shahid Motahari Educational Excellence Festival in Tehran and Shiraz

V. Membership

1. Membership in the Nursing System Organization
2. Experience of cooperation with the Cancer Research Center (Student Research Committee of the Epidemiological Studies Department)
3. Experience of cooperation with the Journal of Community-based Nursing and Midwifery
4. Editor-in-Chief of Parastesh journal
5. Membership in the Scientific Committee of Spiritual Health, Vice-Deputy for Development, Shiraz University of Medical Sciences
6. Membership of the Spiritual Health committee of Shushtari Hospital and Hazrat Fatemeh (PBUH) School of Nursing and Midwifery

VI. Publications:

A. Dissertations

- Master's thesis: Investigating the effect of peer education based on the health belief model on preventive behaviors against urinary tract infection in first-year female students of high schools in Shiraz, 2013-2014
- Doctoral thesis: Designing and validating an individual innovation model in nursing students

B. Articles

Publication year	Journal	Author position	Title
2023	BMC Medical Education	First	Psychometric properties of Persian version of individual innovativeness scale among nursing students: a cross-sectional study
2023	BMC Nursing	First	Individual innovation from the perspective of nursing students: A qualitative study
2022	Investigación y Educación en Enfermería	correspond	Lived Experience of Iranian Family Caregivers of Tubercular Patients: A Qualitative Study
2022	J Clinic Care Skill	Second	Correlation between Spiritual Health and Depression, Anxiety, and Stress in Patients Undergoing General Surgeries
2022	Preventive Care in Nursing & Midwifery Journal	First	Investigation of Correlation between Organizational Commitment and Perceptions of Caring Behavior from the Perspective of Nurses: A Cross-Sectional Study
2021	Journal of Psychosocial Nursing and Mental Health Services	correspond	The impact of Hypnotism on the Severity of Gastrointestinal Symptoms and Quality of Life in cases with Irritable Bowel Syndrome
2021	Current Women's Health Reviews	First	A study of pregnancy-related anxiety with spiritual health among Mothers With Cesarean Section and Vaginal Delivery, A cross sectional study
2020	Health, Spirituality and Medical Ethics Journal	correspond	Investigating the Relationship between Religious Attitude and Patience in Nursing and Midwifery Students in Shiraz, 2015
2020	Journal of Medical Ethics and History of Medicine	Second	Nurses' perspectives regarding the relationship between professional ethics and organizational commitment in healthcare organizations
2020	Sadra Medical Sciences Journal	correspond	Effect of Family-Centered Education on Patient's Self-Care
2020	Indian Journal of Occupational and Environmental Medicine	Third	Cognitive behavioral therapy for occupational stress among the intensive care unit nurses
2020	Preventive Care in Nursing & Midwifery Journal	Second	The Effect of Peer Education on Learning Vaccination Principles among Nursing Students of Shiraz University of Medical Sciences
2020	Preventive Care in Nursing & Midwifery Journal	Second	Occupational Stress in Intensive Care Units Nurses: A Cross-sectional Study
2020	Shiraz E-Medical Journal	First	The Relationship Between Religious Attitudes and Academic Motivation of Nursing and Midwifery Students: A Descriptive-Analytical Study
2020	The Aging Male	Third	Effect of education about andropause health on level of the knowledge and attitude of men referring to the education and training retirement center of Shiraz

2019	Journal of Family Medicine and Primary Care	First	The effect of aromatherapy on mental, physical symptoms, and social functions of females with premenstrual syndrome: A randomized clinical trial
2019	Journal of Research & Health	First	Urinary tract infection preventive behaviors among adolescent girls: a quasi-experimental study
2018	International Journal of Gynecology & Obstetrics	First	Evaluation of aromatherapy with essential oils of <i>Rosa damascena</i> for the management of premenstrual syndrome
2018	Complementary Therapies in Clinical Practice	First	Investigation of the effect of aromatherapy with <i>Citrus aurantium</i> blossom essential oil on premenstrual syndrome in university students: A clinical trial study
2019	International Journal of Adolescent Medicine and Health	First	Effect of <i>Melissa officinalis</i> capsule on the mental health of female adolescents with premenstrual syndrome: a clinical trial study
2017	Journal of Health Sciences and Surveillance System	correspond	Correlation between Mental Health and Premenstrual Syndrome in Students of Shiraz University of Medical Sciences
2017	Scholars Journal of Applied Medical Sciences (SJAMS)	correspond	The survey of individual - social characteristics and awareness and attitudes of couples working in Telecommunication manufactories about the family planning programs election
2016	Iranian Journal of Medical Sciences	Second	The Effect of <i>Abelmoschus Esculentus</i> on Blood Levels of Glucose in Diabetes Mellitus
2016	Health Science Journal	Third	Investigating the Relationship between Self-Esteem, Assertiveness and Academic Achievement in Female High School Students
2016	Scholars Journal of Applied Medical Sciences (SJAMS)	Third	Evaluation of some Effective Factors on the Self-Esteem of Adolescent School Girls
2015	Journal of Health Sciences and Surveillance System	Second	The Effect of Peer-Education on UTI-Related Preventive Behavior According to HBM among First-Grade High School Female Students in Shiraz, 2014

C. Books

1. Urinary Tract Infection in 2018
2. Introduction to Creativity in Nursing in 2019
3. Community Health Nursing Categorized Question Bank in 2019
4. Health in the Operating Room in 2023

VII. Presentations in Congress

Title	Congress name
Factors affecting the quality of life of chronic obstructive pulmonary disease patients	Student seminar on chronic diseases with an emphasis on patient education
Smoking and nicotine replacement therapy during pregnancy	The 8th International Congress of Gynecology and Midwifery of Iran
Usage of superseding uterus or surrogate mother is among these medical technologies	16th Congress of the Iranian Society of Reproductive Medicine
The Effect of Peer Education on Knowledge, attitude and Preventive Behaviors of Urinary Tract Infections among First-Grade High School Female Students in Shiraz, 2014»	The Fourth International Seminar on Women's Health
Cardiovascular Toxicity with Chemotherapy Agents	The 4th International Congress on Cardiovascular Disease Prevention
Effect of Green Coffee Bean Extract in reducing blood pressure levels: a review article	The 4th International Congress on Cardiovascular Disease Prevention
Effect of olive leaf extract on hypertension	The 4th International Congress on Cardiovascular Disease Prevention
Cardiovascular disease and anti-obesity drug	The 4th International Congress on Cardiovascular Disease Prevention
Compare the effectiveness of different models of education on women with AIDS	The Second International Congress on AIDS, Women and Children

Effect of peer education on HIV prevention in adolescents	The Second International Congress on AIDS, Women and Children
The positive effects of having children on life from the perspective of the Prophet (PBUH) and the Imams (PBUH).	International Conference on the Life of the Prophet (PBUH) in Medicine
The effect of Abelmoschus esculentus on the blood levels of glucose in diabetes	National Conference on Evidence-Based Traditional Medicine and Pharmacy
Effect of topical Aloe Vera on healing of open skin wound: a review article	The First National Burn and Wound Conference
The Use of Mobile-Health in Nursing Process: Effectiveness and Advantages: A Review of Literature	The Third International Mobile Health Congress
Using Watson's theory of care in burn care	The Third International Burn Congress
Muslim innovations in medicine	The Fourth International Congress on the Prophet's (PBUH) Life in Medicine
Investigating the level of individual innovation in nursing students: A cross-sectional study	11th International Conference on Healthcare and Health Promotion
The Relationship Between Nurses' Perceptions of Caring Behaviors Based on Watson's Theory and of Professional Ethics: A Cross-sectional Study	11th International Conference on Healthcare and Health Promotion

VIII. Thesis Supervision and Advisement

Years	Student	Title of Dissertation	Role	School/University
2024	Master of geriatric nursing	The effect of Tai Chi exercise on happiness and self-esteem of the elderly	Advisement	Nursing and midwifery Shiraz University of Medical Sciences

IX. Research interests

1. Creativity and Innovation
2. Spiritual Health
3. Complementary and Alternative Medicine

X. Language Skills

MHLE Score: 76