

Curriculum Vitae



Personal Data

First name: Zahra
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I. Education

Years	Degree	Institution	Location
2014	BSc	Yazd University of Medical Sciences	Iran
2017	MSc	Yazd University of Medical Sciences	Iran
2023	PhD	Hamadan University of Medical Sciences	Iran

II. Professional experience

Years	Position	Institution	Location
2014-2016	Instructor of nursing department	Yazd college of Nursing and Midwifery, Yazd University of Medical Sciences	Iran
2015	Neonatal intensive care unit nurse	Yazd Gynecology, Obstetrics and Infertility Hospital	Iran
2023-2025	Instructor of nursing department	Fatemeh (PBUH) college of Nursing and Midwifery, Shiraz University of Medical Sciences	Iran
2025 till know	Assistant professor of nursing department	Fatemeh (PBUH) college of Nursing and Midwifery, Shiraz University of Medical Sciences	Iran

III. Teaching experiences

Years	Course	University	Students
2014	Medical-Surgical Nursing 3	Yazd University of Medical Sciences	BSc of Nursing
2014-2015	Principles and Techniques of Nursing	Yazd University of Medical Sciences	BSc of Nursing
2015	Adult/Geriatric Nursing 1	Yazd University of Medical Sciences	BSc of Nursing
2015-2016	Medical-Surgical Nursing 4	Yazd University of Medical Sciences	BSc of Nursing
2015-2016	Principles of Nursing Skills	Yazd University of Medical Sciences	BSc of Nursing
2017-2019	Supervision of internships of undergraduate and graduate students	Hamadan University of Medical Sciences	BSc of Nursing
2018	Adult/Geriatric Nursing 1	Hamadan University of Medical Sciences	BSc of Nursing
2019	Medical-Surgical	Hamadan University of Medical Sciences	BSc of Nursing
2019-2020	Adult/Geriatric Nursing 2	Hamadan University of Medical Sciences	BSc of Nursing
2020-2022	Maternal and newborn health nursing	Hamadan University of Medical Sciences	BSc of Nursing
2020-2022	Adult/Geriatric Nursing 3	Hamadan University of Medical Sciences	BSc of Nursing
2023till know	Individual and family health/environment	Shiraz University of Medical Sciences	BSc of Nursing
2023 till know	Community health	Shiraz University of Medical Sciences	BSc of Nursing
2024 till know	Individual and community health	Shiraz University of Medical Sciences	BSc of Nursing

IV. Honors and Awards

1. Achieved Top Ranking in undergraduate nursing program with a GPA of 18.21
2. Exceptional Talent Student in Bachelor's Program with Direct Admission to Master's Degree without Entrance Exam (2014)
3. Achieved Top Ranking in the Master's Degree Program in Geriatric Nursing with a GPA of 18.95
4. Outstanding Talented Student at the Master's Degree - 2017
5. Outstanding Researcher at the University Level - 2016
6. Outstanding Researcher at the Faculty Level - 2017
7. Outstanding National Researcher - 2023

V. Membership

1. The Organizing Committee of the National Conference on Nutrition and Cancer
2. The Organizing Committee of the 4th National Conference on Strategies for Enhancing the Quality of Nursing and Midwifery Services
3. The Organizing Committee of the 6th National Neonatology and Perinatology Congress
4. The Organizing Committee of the Symposium on Professional Ethics and Water Birth
5. The Organizing Committee of the 3rd Research Summer School
6. Executive Secretary of the 19th Annual National Research Congress of Medical Students
7. Assistant Dean for Education, Student Research Committee, Faculty of Nursing and Midwifery, Yazd University of Medical Sciences
8. Member of the Research Council, Student Research Committee, Hamadan University of Medical Sciences
9. Secretary of the Student Research Committee, Faculty of Nursing and Midwifery, Hamadan University of Medical Sciences

VI. Publications:

A. Dissertations

- Master's thesis: The effect of acceptance and commitment therapy on self-care, self-efficacy, and emotional distress in elderly people with type 2 diabetes in Yazd city.
- Doctoral thesis: Development and psychometrics properties of treatment adherence instrument among older people with type 2 diabetes

B. Articles

1. Maghsoudi, Z., Razavi, Z., Razavi, M., & Javadi, M. (2019). Efficacy of acceptance and commitment therapy for emotional distress in the elderly with type 2 diabetes: A randomized controlled trial. *Diabetes, metabolic syndrome and obesity: targets and therapy*, 2137-2143.
2. Maddineshat, M., Yousefzadeh, M. R., Mohseni, M., Maghsoudi, Z., & Ghaffari, M. E. (2019). Teaching ethics using games: impact on Iranian nursing students' moral sensitivity. *Indian journal of medical ethics*, 4(1), 14-20.
3. Jadidi, A., Khatiban, M., Oshvandi, K., Khodaveisi, M., Maghsoudi, Z., & Razavi, M. (2022). Transcendence, the most important spiritual need of Muslim older adults: a content analysis study. *Journal of Religion and Health*, 1-19.
4. Dabirifard, M., Maghsoudi, Z., Dabirifard, S., & Salmani, N. (2017). Frequency, causes and how to use medicinal herbs during pregnancy. *The Iranian Journal of Obstetrics, Gynecology and Infertility*, 20(4), 66-75.
5. Motavakel, N., Maghsoudi, Z., Mohammadi, Y., & Oshvandi, K. (2020). The effect of spiritual care on sleep quality in patients with Multiple Sclerosis referred to the MS Society of Hamadan City in 2018. *Avicenna Journal of Nursing and Midwifery Care*, 28(1), 36-45.
6. Shamsizadeh, M., Oshvandi, K., Moamer, S., & Maghsoudi, Z. (2020). The relationship between spiritual health and moral sensitivity in nursing students of Hamadan University of Medical Sciences, 2017. *Avicenna Journal of Nursing and Midwifery Care*, 28(2), 75-82.
7. Cheraghi, F., Borzo, S. R., Katiban, M., & Maghsoudi, Z. (2021). The Effect of applying Orem Self-care Model on quality of life in Iranian patients: A systematic review study. *Iranian Journal of Systematic Review in Medical Sciences*, 1(2), 30-40.
8. Salmani, N., Dabirifard, M., Maghsoudi, Z., Dabirifard, A., & Karjo, Z. (2016). Comparing perception of nurse-mother communication between neonatal intensive care nurses and mothers of hospitalized neonates. *Hayat*, 22(3), 291-299.
9. Jadidi, A., Sadeghian, E., Khodaveisi, M., Maghsoudi, Z., & Razavi, M. R. (2022). The iranians' attitude toward the Social Status of the nursing Profession. *Health Education and Health Promotion*, 10(1), 123-127.
10. Maghsoudi, Z., Sadeghi, A., Oshvandi, K., Ebadi, A., & Tapak, L. (2023). Treatment adherence and associated factors in older people with type 2 diabetes: A qualitative study. *Nursing Open*, 10(8), 5578-5588.
11. Maghsoudi, Z., Sadeghi, A., Oshvandi, K., Ebadi, A., & Tapak, L. (2023). Barriers to treatment adherence among older adults with type 2 diabetes: a qualitative study. *Journal of Gerontological Nursing*, 49(1), 42-49.
12. Jafarizadeh, H., Maghsoudi, Z., Namadi, F., Mohammadpour, Y., & Moradi, Y. (2022). The effect of pelvic floor muscles training, bladder exercises and lifestyle modification on urinary incontinence in elderly men. *Journal of Nephropathology*, 11(1).
13. Ghaneh, E. S., Maghsoudi, Z., & Beigomi, A. (2015). Validity and Reliability of the Functional Assessment of Chronic Illness Treatment (FACIT) Fatigue Scale in a Persian-Speaking Aging Population. *Elderly Health Journal*, 1(1), 32-35.
14. Shamsaei, F., Jahani Sayad Noveiri, M., Mohammadgholimezerji, N., Ranjbar, S., Khazaei, M., & Maghsoudi, Z. (2020). Relationship Between Spiritual Health and Moral Distress of Nurses Working in Emergency Department of Hamadan University of Medical Sciences Hospitals. *Iranian Journal of Medical Ethics and History of Medicine*, 13, 253-262.
15. Rastegarmoghadam, R., Kazeminasab, M., & Mezerji, M. (2020). The relationship between self-care and emotional distress in patients with type 2 diabetes referred to the Yazd diabetes research center in 2018. *Nursing and midwifery journal*, 17(11), 871-877.
16. Falahinia, G., Ghanbari Azarm, Z., Soltanian, A. R., & Oshvandi, K. (2018). Comparing the Effect of the Patient Education with or without Participation of Family on Adherence to Treatment Regimen in Patients with Chronic Heart Failure. *Avicenna Journal of Nursing and Midwifery Care*, 26(4), 267-274.
17. Oshvandi, K. H., Maghsoudi, Z., Kamyari, N., & Jahani Sayad Noveiry, M. (2022). Attitude of nurses towards obesity and caring to obese patients and its predictors in Northern Iran. *Iran Journal of Nursing*, 35(2), 190-201.

18. Oshvandi, K., Masoumi, Z., Shayan, A., Sadeghian, E., Maghsoudi, Z., & Jadidi, A. L. I. (2020). Relationship Between Religious Orientation and Students' Addictive Talent in Hamadan University of Medical Sciences, 2018. *Nursing And Midwifery Journal*, 18(1), 49-57.
19. Maghsoudi, Z., Oshvandi, K., Mohammadi, Y., & Motavakel, N. (2024). The Effect of Spiritual Care on Hope in Patients with Multiple Sclerosis Referred to the MS Association of Hamadan in Iran. *Journal of religion and health*, 63(5), 3410-3418.
20. Moghtader, A. A., Masoumi, S. Z., Razavi, M. R., Ghelichkhani, S., Oshvandi, K., Maghsoudi, Z., & Shayan, A. (2022). The effect of acupressure on sleep quality in pregnant women in the third trimester of pregnancy: a randomized clinical trial. *Iranian Journal of Obstetrics, Gynecology and Infertility Year*, 25(7), 79-90.
21. Arefi, M. F., Sakhvidi, M. J. Z., Shouroki, F. K., Mostaghaci, M, Zare, G., Maghsoudi, Z, & Zare, F. (2018). Investigating affection risk to dermatitis among educational hospitals' staff services in Yazd using Nordic occupational skin questionnaire. *DOAJ*, 14(6), 18-25.

C. Books

1. Geriatric Psychiatric Nursing
2. Brunner & Suddarth's Textbook of Medical-Surgical Nursing 2018 - Basic Concepts
3. Brunner & Suddarth's Textbook of Medical-Surgical Nursing 2018 - Reproduction and Breast Diseases
4. Brunner & Suddarth's Textbook of Medical-Surgical Nursing 2018 - Biophysical and Psychosocial Concepts in Nursing practice

VII. Presentations in Congress

Title	Congress name
Studying the quality of life of students at Shahid Sadoughi Nursing and Midwifery School in Yazd in 2014	The Fourth National Conference on Strategies for Improving the Quality of Nursing and Midwifery Services
Stress and anxiety of parents of premature infants and palliative interventions	The 6th Congress of Neonatology and Perinatology
Investigating the effect of oil massage on weight gain of premature infants	The 6th Congress of Neonatology and Perinatology
Investigating the effect of euthanasia and the attitude of neonatal intensive care unit nurses	The 6th Congress of Neonatology and Perinatology
Ethical Considerations in Elderly Care	The Fourth Congress of Medical Ethics and the Fourth Congress of Nursing Ethics
Principles and Foundations of Ethics in Educational Interactions: A Necessity That Requires Attention	The Fourth Congress of Medical Ethics and the Fourth Congress of Nursing Ethics
The effect of antioxidant supplements on preventing skin dermatitis in women undergoing radiotherapy for cancer	The Second Annual Conference of Semnan Medical Sciences
Barriers to nurses' communication skills in interacting with patients	The Second Annual Conference of Semnan Medical Sciences
Comparing the perceptions of neonatal intensive care nurses and mothers of hospitalized infants about "establishing a relationship between nurses and mothers"	The Third Student Research Congress in the Southwest Region of the country

Effectiveness of acceptance and commitment therapy on improving glycosylated hemoglobin and diabetic distress in elderly people with type 2 diabetes	The Third Student Research Congress in the Southwest Region of the country
Effectiveness of acceptance and commitment therapy on improving glycosylated hemoglobin and self-efficacy in elderly people with type 2 diabetes	The Third Student Research Congress in the Southwest Region of the country
Effect of lavender aromatherapy on sleep quality - a systematic review	The Third Student Research Congress in the Southwest Region of the country
The effect of women's performance during pregnancy on the use of medicinal plants	National Student Conference on Medicinal Plants and Complementary Medicine
The effect of acupuncture on pain relief in patients with knee osteoarthritis - a systematic review	National Student Conference on Medicinal Plants and Complementary Medicine
The effectiveness of acupuncture on pain relief - a systematic review	National Student Conference on Medicinal Plants and Complementary Medicine
The analgesic effect of lavender essential oil by aromatherapy - a systematic review	National Student Conference on Medicinal Plants and Complementary Medicine
The effect of group reminiscence on the spiritual health of the elderly living in Kahrizak nursing home	The 19th Annual Congress of Medical Sciences Students of the Country
The effect of disaster preparedness training program on nurses' readiness to respond to natural disasters	The 19th Annual Congress of Medical Sciences Students of the Country
The effectiveness of acceptance and commitment therapy on glycosylated hemoglobin and self-care in the elderly with type 2 diabetes	The 19th Annual Congress of Medical Sciences Students of the Country
The effect of moral distress and its related factors on nurses working in the emergency department of teaching hospitals in Hamadan in 2018	The Sixth National Congress of Nursing Ethics
Effectiveness of distance learning-based nursing education in patients with type 2 diabetes: A review study	The First National Congress on Patient and Family Education and Empowerment
The effect of distance learning via mobile phone short message service on blood sugar control in patients with type 2 diabetes - A review study	The First National Congress on Patient and Family Education and Empowerment
The effect of the relationship between self-care and emotional distress in patients with type 2 diabetes referred to the Diabetes Research Center in Yazd in 2018	The 20th Annual Congress of Medical Sciences Students of the Country
The effect of spiritual care on hope in patients with multiple sclerosis referred to the Hamadan MS Association in 2019	The 20th Annual Congress of Medical Sciences Students of the Country
The effect of the relationship between spiritual health and moral distress among nurses working in the emergency department of hospitals affiliated with Hamadan University of Medical Sciences in 2018	The 20th Annual Congress of Medical Sciences Students of the Country
The effect of the relationship between religious orientation and addiction susceptibility among students of Hamadan University of Medical Sciences in 2018	The 20th Annual Congress of Medical Sciences Students of the Country
The effect of nurses' attitudes towards providing care to obese patients and its related factors	The 20th Annual Congress of Medical Sciences Students of the Country

The impact of citizens' views on the social dignity of the nursing profession, Hamadan 2018	The 21st Annual National Congress and the 7th International Research Congress of Medical Sciences Students of the Country
The impact of spiritual care on sleep quality in patients with multiple sclerosis referred to the Hamadan MS Association, in 2019	The 21st Annual National Congress and the 7th International Research Congress of Medical Sciences Students of the Country

VIII. Thesis Supervision and Advisement

Years	Student	Title of Dissertation	Role	School/University
2019	Motavakel. Nasim	The effect of spiritual care on sleep quality and hope in patients with multiple sclerosis referred to the Hamedan MS Association, 2018	Advisement	Nursing and midwifery Hamadan University of Medical Sciences

IX. Research interests

1. Spiritual Health
2. Aging
3. Diabetes
4. Nursing Ethics

X. Language Skills

English language proficiency