

## *Chronological C.V.*

### **Personal Details :**

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### **Education and Qualifications**

#### **PhD in Reproductive Health. Assistant professor**

##### **Msc :**

Date : 1998      Field : Obstetrics (MCH)      Tehran Medical Sciences University

##### **Bsc:**

Date : 1993      Field : Obstetrics (Obtained The First Rank)      Islamic Azad University (Babol Branch)

### **Appointments**

- Faculty of Babol University of Medical Sciences (From 2001 till date)
- Member of Medical Education committee , Babol University of Medical Sciences
- Member of test designing evaluation, Babol University of Medical Sciences

### **Journal Reviewer:**

Journal of Medical sciences University of Ilam(JMS Ilam)

Journal of Babol University of Medical Sciences

BMC women's health

Current psychology Journal

### **Workshops and courses:**

1. Medical Essays Writing (Babol University, 22-23 Feb . 2001)
2. Pregnancy Period Cares (Babol University, 26 Sept . 2001)
3. Research Method (Babol University , Sept . 2001 )
4. Obstetric Education Workshop on Blood Shedding First Half of Pregnancy (Babol University , 3 Nov. 2001 )
5. Obstetric Education Workshop on Blood Shedding Second Half of Pregnancy (Babol University , 31 Dec. 2001 )

6. Sonography in Obstetrics ( Babol University , Feb. 2002 )
7. Research in Medical Education (Babol University , 10-12 April 2002 )
8. Obstetrics on Diabetes in Pregnancy (Babol University, Nov. 2002 )
9. Tests Construction Workshop (Babol University , 18 June 2003 )
10. Evaluation Technique in the Classroom (Shahid Beheshty University, 29 Nov. 2003)
11. Computer Workshop ( Babol University , Feb. 2004 )
12. SPSS Workshop ( Babol University , Feb. 2004 )
13. Two – Days Workshop on Sustained Quality Promotion ( Babol University , 7-8 Sept. 2004)
14. Electronic Bases Introduction ( Babol University , 17 Nov. 2005)
15. lesson Plan & Techniques of Training ( Babol University , 3 March 2005 )
16. International workshop on "Micronutrients and Child Health". (AIIMS, New Delhi, 20-23 Oct 2009)
17. Assessment of Nutritional Status and Dissemination of the New RDA for Indians (Hyderabad, 19 Nov 2009)
18. Statistical Application (SPSS, Minitab, Xlstat) (CIST, University of Mysore, 12.9.2008 till 5.12.2009 )
19. Research Methodology and Publishing Papers. (SDM Institute for Management Development, Mysore, 5 Dec 2009).
20. Research Methodology Data management and Biostatistics. (ICAR, Bangalore, 8-9 Jan 2010)
21. CME in obstetrics & Gynecology (New Delhi, 28-29 Aug 2010)
22. National Diabetes Educators Program (NDEP) ( June 2011- March 2012- India)
23. 4<sup>th</sup> International Course In Nutrition Research Methods. Bangalore Boston Nutrition Collaborative (BBNC) (21 January 2013- 1<sup>st</sup> February 2013- India).
24. EndNote workshop ( June 2016-- Babol University of Medical sciences).
24. Systematic Review and Meta-analysis workshop (Jan to Sep 2018- Babol University of Medical sciences).

## **Publications**

### **Projects**

1. Effect of Lidocaine gel on post episiotomy pain
2. Knowledge and attitude of family health personnel about vasectomy in Mazandaran
3. Knowledge and attitude of midwifery and nursing student regarding ADIS (Babol: 2000)

4. Quality of education in midwifery graduate of admitted students of Babol Medical University from 1992 to 1997
5. Depression during pregnancy and related factors
6. Fennel effect on dysmenorrhea
7. Occupational status of midwifery graduates
8. The study of knowledge and practice in mother at prevention and care of diarrhea in under 5 aged child in Babol (2002-2003)
9. Sexual disorders among menopausal women.
10. Sexual Dysfunctions among diabetic women
11. Assessment of Ginger effect on nausea and vomiting during pregnancy.
12. Studies on Dysmenorrhea: Assessment and nutritional management.
13. Comparison of depression, anxiety, and psychological well-being in pregnant women with and without sleep disorders.
14. The association of obesity with depression and anxiety in Reproductive age women.
15. Pregnant women's lifestyle and related psycho-social factors.
16. Physical activity and its relation with sleep quality in pregnant women.
17. Assessment of physical activity of college students and its relationship with Body mass Index and quality of life.
18. Assessment of preventive behaviors related to COVID 19 among Iranian population.
19. Anxiety and depression among locked down children and adolescents during Corona Virus 19 outbreak and some related factors.
20. The effectiveness of Face-to-Face training method and Education through virtual social media on students' health promoting behaviors.
21. Effectiveness of the Sexual Health Education Program on the Sexual Self Efficacy, Marital Adjustment and Intimacy of Infertile Women.
22. The Effect of Rosa Foetida Extract with Self-care behavior Education on Primary Dysmenorrhea in Female Students of Babol University of medical sciences.
23. The effect of chewing gum on stress in patients undergoing Cesarean Section surgery.
24. Evaluation of the effectiveness of aromatherapy with Rosa damascena Mill. to relieve the symptoms of postpartum depression in Primiparous women.
25. The effect of the sexual health education to mothers on their comfort and intention to discuss sex topic with teenager girls: A Controlled intervention study.
26. The effectiveness of face-to-face and cyberspace educational intervention on the theory of planned behavior on breast self-examination.

27. The effect of education on knowledge and practice of midwifery students about IUD and Pap smear in Babol University of medical sciences.
28. Evaluation of the relationship between anxiety related pregnancy, depression and knowledge and practice toward covid-19 among pregnant women during COVID 19 outbreak.
29. Evaluation of Mental health burden and event impact on elderly in COVID-19 pandemic: A comparison with young and middle-aged people.

### **Original articles**

1. Study of effect of lidocaine Gel on the pain followed by Episiotomy . Journal of Sabzevar School of Medical Sciences 2003 : 10 (3) . Page 53- 57
2. Knowledge level and attitude of midwifery and nursing students regarding AIDS( Babol : 2000 ). Journal of Babol University of Medical Sciences 2003 , Second Special Issue ( Medical Education ) , Page 37- 41
3. Quality of education in midwifery graduates of admitted students of Babol Medical University from 1992 to 1997 . Journal of Babol University of Medical Sciences 2003 , Second Special Issue ( Medical Education ) , Page 62-66
4. Employment status of midwifery graduates of Babol University of Medical Sciences . Iranian Journal of Medical Education 2004 : 11 , Page 71-75
5. Knowledge and attitude of the personnel of Mazandaran family health centers towards vasectomy in 2002 . Journal of Hormozgan University of Medical Sciences . 2004 : 8 (2) , Page 91 - 96
6. A Survey on Knowledge and Practice of Mothers in Prevention and Care of Diarrhea Diseases in Children Under Five Years ( Babol 2002 – 2003 ) . Journal of Babol University of Medical Sciences 2005 : 7 (1) , Page 81-87
7. Clinical Education Problem : the Viewpoints of Midwifery Students in Babol Medical University . Iranian Journal of Medical Education 2005 : 2(14) , Page 15 – 21
8. Risk Factors and Strategies of Prevention of Breast Cancer ( Review ) . Five - Star Doctor 2006 : 7 (25) , Page 18-27
9. Prevalence of sexual disorders among married women and related factors in Babol, Iran. Journal of Babol University of Medical Sciences 2007 :9(4) P 59-64.
10. Comparison of effect of Ginger and Vitamin B6 on nausea and vomiting during pregnancy. Medical Journal of Hormozgan University of Medical Sciences 2008:12(3).P 175-179.
11. Depression during pregnancy and related factors. Medical Journal of Hormozgan University of Medical Sciences 2007 :11(3) P 213-219.

12. Effect of *Clupeonella grimmeri* (anchovy/kilka) fish oil on dysmenorrhoea. EMHJ 16(4) • 2010 P 408-413.
13. Effective factors on educational status of midwifery students in Babol University of Medical Sciences. Strides In Development of Medical Education. Journal of Medical Education Development Center of Kerman University of Medical Sciences 2010;7(1):44-50.
14. comparison of hemoglobin concentration and body iron stores in normal pregnancy and gestational diabetes mellitus. Journal of Babol University of Medical Sciences, 2011; 59(2) P
15. Factors influencing hygienic practices during menses among girls from south India- A cross sectional study. IJCRIMPH.
16. menstrual pattern among unmarried women from south India. J Nat Sc Biol Med. 2011 :2(2) 174-179
17. characteristics and determinants of primary dysmenorrhea in young adults. American medical journal. 2012: 3(1) 8-13.
18. Sexual function among married menopausal women in Amol(Iran). Journal of Mid-life Health, Jul-Dec 2011;2(2) 77-80
19. Effect of fennel on pain intensity in dysmenorrhoea: A placebo-controlled trial. AYU Apr-Jun 2012;33(2) 311-313
20. Prevention of post partum haemorrhage by rectal Misoprostol- A Randomised Clinical Trial. J Nat Sc Biol. 2013;1(4); 134-137.
21. Sexual dysfunction among women with diabetes mellitus in Amol Diabetic Center. J Nat Sc Biol. 2013: 4(2); 321-324.
22. Comparison of the serum iron, ferritin levels and total iron-binding capacity between pregnant women with and without gestational diabetes. J Nat Sc Biol Med 2013: 4(2); 302-305.
23. Assessment of women's awareness level about symptoms and complications of menopause and methods to their prevention. Journal of Local and Global Health Science 2013;6 P: 2-6
24. Proatherogenic Risk Factors and Under-Nutrition among Adolescents in South East Asia: When to Eat and What to Eat? World Heart Journal Volume 5, Number 4. 261-75, 2014.
25. Comparison of ginger with vitamin B6 in relieving nausea and vomiting during pregnancy. AYU Jul-Sep 2014 Vol 35 issue 3, 289-93.
25. Dietary pattern, food habits and preferences among adolescent and adult student girls from an urban Area, south india. *Indian journal of fundamental and applied life sciences*. 2014 vol. 4 (2) april-june, pp. 465-473.

26. The Relationship Between Dysmenorrhea and Menstrual Attitudes among Adolescent and Young Females in Urban Area, South India. *World Journal of Medical Sciences* 12 (1): 56-61, 2015
27. The prevalence of mental health disorders in Type 2 diabetic women in Amol, Iran. *Caspian Journal of Reproductive Medicine*.1 (3); 2015.
28. Association of Cocoa consumption and risk of cardiovascular diseases and other chronic diseases. *Circadian Cardiology with Focus on both Prevention and Intervention*. PP 273-301.
29. Primary dysmenorrhea and menstrual symptoms in Indian female students: Prevalence, Impact and management. *Global Journal of Health Science*; 8(8); 135- 144, 2016
30. Comparing the Effects of Cumin, Peppermint, and Milk of Magnesia on Gastrointestinal Complications after Caesarean Section. *Global Journal of Health Science*; 8(12) 78-86, 2016.
31. Weight-related concerns and diet behaviors among urban young females: A cross-sectional study. *Journal of Family Medicine and Primary Care*. Vol 5 / Issue 2 / April-June 2016
32. Female sexual outcomes in primiparous women after vaginal delivery and cesarean section. *African Health Sciences* Vol 17 Issue 3, September, 2017
33. Perceived health discomfort among adolescent girls and related factors in an urban area, South India. *Journal of Education and Health Promotion | Volume 6 | October 2017*.
34. Association of lipid peroxidation and antioxidant status with metabolic syndrome in Iranian healthy elderly women. *Biomed Rep*. 2017 Oct;7(4):331-336.
35. Health- promoting behaviors and their predictors in Iranian women of reproductive age: A cross-sectional study. *International Quarterly of community Health Education* 2017.
36. Risk factors for gestational diabetes mellitus: A case-control study. *American Journal of lifestyle medicine*. August 9, 2018. <https://doi.org/10.1177/1559827618791980>
37. The Relationship between Depression and Metabolic Syndrome in the Elderly Population: The Cohort Aging Study. *Iran J Psychiatry* 2018; 13: 4: 230-238
38. A study on menstruation of Indian adolescent girls in an urban area of South India. *Journal of Family Medicine and Primary Care*. Volume 7 : Issue 4 : July-August 2018.
39. Associations of psychosocial factors with pregnancy healthy life styles. *PLoS ONE* 13(1): e0191723. <https://doi.org/10.1371/journal.pone.0191723>.
40. Does Religion Predict Health-Promoting Behaviors in Community-Dwelling Elderly People? *Journal of Religion and Health*.
39. Clinical trial for the management dysmenorrhea using selected spices. *Complementary Therapies in Clinical Practice* 36 (2019) 34–38.
40. Are healthy lifestyle behaviors positively associated with the academic achievement of the university students? *J Adv Med Educ Prof*. July 2019; Vol 7 No 3.

41. Obesity and iron deficiency anemia in women of reproductive age in northern Iran. *Journal of Education and Health Promotion* 2019;8:115.
42. Association Between Physical Activity, Menstrual Cycle Characteristics, and Body Weight in Young South Indian Females. *International Journal of Women's Health and Reproduction Sciences* Vol. 7, No. 3, July 2019, 281–286.
43. Clinical and metabolic response to soy administration in older women with metabolic syndrome: a randomized controlled trial. *Diabetol Metab Syndr* (2019) 11:47.
44. Effect of Counseling based on Information-Behavioral Motivation Model on Health Promoting Lifestyle Behaviors and Psychological Well-being in Obese and Overweight Pregnant Women: A Randomized Clinical Trial. *J Mazandaran Univ Med Sci* 2019;29(177):99-110 (Persian).
45. Effect of supportive counseling on pregnancy-specific stress, general stress, and prenatal health behaviors: A multicenter randomized controlled trial. *Patient Education and counseling*.  
<https://doi.org/10.1016/j.pec.2020.04.024>.
46. Psychometric Properties and Factor Structure of the Persian Version of Revised Prenatal Distress Questionnaire in Second and Third Trimesters. *Iranian Journal of Nursing and Midwifery Research*. volume 25 (5) Sep-oct 2020. P 431-6.  
DOI: 10.4103/ijnmr.IJNMR\_160\_19.
47. Nutrition assessment and geriatric associated conditions among community dwelling Iranian elderly people. *BMC Geriatrics*.20:278 . <https://doi.org/10.1186/s12877-020-01668-8>

### **Book Publication**

1. *Maternal and Newborn Nursing* (by Babol University , 2004)(Translation)
2. *Obstetrics Ultrasound(translation)* ( by Babol University , 2006)(Translation)
3. *Normal Delivery* ( by Babol University , 2013)(Translation)
4. *Varney's Midwifery* (Translation) 2014

### **Presentations**

#### **Congresses and Seminars**

1. 4<sup>th</sup> International Congress on Obstetrics & OB – GYN ( Tehran , Iran : 7-10 Nov. 2000 )  
**Study of effect of Lidocaine Gel on the pain followed by Episiotomy**
2. The collective congress of nursing & midwifery (Kermanshah , Iran : 25-27 Feb. 2002 )
3. 1<sup>st</sup> Obstetrics nation wide congress ( Tehran , Iran : 20 – 24 April 2002 )
4. 2<sup>nd</sup> Congress on obstetrics & nursing care ( Tehran , Iran : 17 – 19 Feb. 2003 )
5. Occupation dangers among Treatment & Health personnel ( Arak , Iran : 26-27 Feb. 2003 )

6. The 2<sup>nd</sup> IAS Conference on HIV pathogenesis and treatment ( Paris , France : 13 – 16 July 2003 )

**Knowledge level and attitude of midwifery and nursing students regarding AIDS**

7. 6<sup>th</sup> National Congress on Medical Education & 1<sup>st</sup> International congress on Reform & change management in Medical Education ( Tehran , Iran : 30 Nov – 2 Dec. 2003 )
8. 6<sup>th</sup> International Epidemiological Association ( IEA ) Scientific Meeting in Eastern Mediterranean Region ( EMR ) ( Ahvaz , Iran : 9-11 Dec. 2003 )
9. The 1<sup>st</sup> National congress on family pathology (Tehran , Iran : 17-19 May 2004 )
10. 3<sup>rd</sup> International Congress of Health , Environment & Natural Products . ( Mashhad , Iran : 25-28 Sep. 2004 )
11. The 2<sup>nd</sup> National Wide Congress on Crisis in the Family ( Ramsar , Iran : 9 – 10 March 2005)
12. 12<sup>th</sup> World Congress on Human Reproduction ( Venice , Italy : 10 – 13 March 2005 )

**Depression during pregnancy and related factors**

13. International Conference on Male Reproduction& infertility (Bangalore – India:16-18 Sep 2005)
14. 7<sup>th</sup> National Congress on Medical Education.(Tabriz , Iran : 12-15 Nov 2005)
15. Health Promotion (Sari , Iran : 28 Feb . 2006 )
16. The 1<sup>st</sup> Regional Congress on Geriatric and Health (Babol , Iran : Nov 2006 ) (as a member of Scientific Committee )
17. National seminar on Functional foods for Health Promotion and Disease Prevention (Mysore, India,14<sup>th</sup> , 15<sup>th</sup> February 2007)
18. 8<sup>th</sup> Academic seminar of the Iranian Researchers in India on Arts & Science (Mysore, India, 8<sup>th</sup> , 9<sup>th</sup> November 2008)
19. International Conference on Environment ,Occupational and Lifestyle Concerns- Transdisciplinary Approach.(ROHC-NIOH, Bangalore,16-19 Sep 2009).

**Menstrual pattern among south Indian girls**

20. 41<sup>st</sup> National Conference :Chronic Diseases- The new Pandemic(Hyderabad, 20-21 Nov 2009)
21. 20<sup>th</sup> Indian Convention of Food Scientists and Technologists(NIMHANS,Bangalore,21-23 Dec 2009).
22. 5<sup>th</sup> international congress on Sexology , (Chennai,13-14 Feb 2010)
24. 42<sup>th</sup> National conference wholesome Nutrition :Challenges, Scopes and management.(Mumbai19-20 Nov 2010) **Association between body mass and total body fat to menstrual pain among adolescent girls.**



25. International symposium in sexuality and human reproduction .....(New Delhi 12-14 feb 2011)

26. Science, technology & society international conference.(Indore, 13-14 March 2011)

**Characteristics and determinants of dysmenorrhea in young adults: An explorative study**

27. 4<sup>th</sup> diabetes India international conference (New Delhi ,15-17 Apr 2011)

**Sexual dysfunction in women with diabetes mellitus.**

28. 16<sup>th</sup> world congress in clinical nutrition (WCCN)( New Delhi 12-14 sep 2011)

**Diet behavior, menstrual factors and dysmenorrhea risk correlates among young women**

29. 21<sup>th</sup> Indian convention of food scientists and technologists( Pune 20-21 jan 2012).

**Influence of frequency of food consumption on dysmenorrhea and menstrual pattern among dysmenorrheic females.**

30. Enhancing Health, Wellbeing and Sustainability: Opportunities, Challenges and Future Directions (Mumbai 10<sup>th</sup> -12<sup>th</sup> January 2013)

**Health problems among adolescent girls from south India**

31. XI SEA Regional Scientific Meet of the International Epidemiological Association. (26-29 th September 2013 , Pokhara, Nepal)

**Occurrence of energy deficiency among adolescent girls and their perceived health discomforts in an urban area of Karnataka, India.**

32. The 4<sup>th</sup> Iranian international conference on women's health.(20-21 May 2015, Shiraz, Iran).

**The Relationship Between Dysmenorrhea and Menstrual Attitudes among Adolescent and Young Females in Urban Area, South India.**

33. The 3<sup>rd</sup> International and 8<sup>th</sup> national congress on Health Education and Promotion(23-25 Aug 2017 Isfahan, Iran) **Perceived health discomfort among adolescent girls and related factors in an urban area, South India.**

34. 1<sup>st</sup> International NLRCS congress "Nutrition : from laboratory research to clinical studies"(6-8 Sep 2017 Mashhad, Iran) **Clinical trial for the management dysmenorrhea using selected spices.**

35. 2<sup>nd</sup> congress on Men's health- Male Infertility(21-23 Feb 2018 Tehran, Iran). **Male obesity and infertility, A review.**

**Research interests:**

Public health, women's health, Reproductive health.

