

# Fereshteh Behmanesh

## Babol University of Medical Sciences

### Faculty of Medicine

### Department of Midwifery and Nursing

Assistant Professor, Reproductive Health, PhD. Department of nursing and Midwifery, Babol University of Medical Sciences

**Date of Birth:** 1981-07-13

**Place of Birth:** Babol

**Nationality:** Iranian

**Sex:** Female

**Marriage Status:** Married

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### Language Information

**First:** Persian      **Second:** English

### Undergraduate and Post graduate Courses

Degree	Field	University	Country	Year
Assistant Professor, PhD	Reproductive Health	Tehran University of Medical Science	IRAN	October 21, 2015
Master	Midwifery	Isfahan University of Medical Science	IRAN	2007
Bachelor	Midwifery	Mazandaran University of Medical Science	IRAN	2003

## **Educational Information**

PhD in Reproductive Health, MSc and BSc in Midwifery

## **Executive experiences:**

Midwife of maternity facilities center in East Bandapi (Babol)

Instructor of Midwifery, Babol University of Medical Sciences And Azad University of Sari Branch

Instructor of the faculty of Midwifery, Babol University of Medical Sciences

Assistant Professor of Midwifery Department (Scholarship)

Deputy Minister of Education and Research of Marzi Kala Hospital

Midwifery group manager of Babol University of Medical Sciences, School of Nursing and Midwifery

## **Teaching experiences**

Assistant Professor, Reproductive Health, PhD. Department of nursing and Midwifery, Babol University of Medical Sciences

## **Scientific research**

1. Reproductive Behaviors of Women belonging to Patterns of Marriage: A Sequential Explanatory Mixed Method Design
2. Evaluation of Heat therapy on pain intensity and delivery outcomes
3. The effect of peppermint essential oil on nausea and vomiting during pregnancy, Babol 2009
4. The effect of lavender essential oil (lavender) and olive oil on postpartum perineal care (double-blind clinical trial)
5. Invitro and Invivo study of the effect of lavender and clotrimazole in the treatment of Candidiasis (double-blind clinical trial)
6. Comparison of Conventional Pap smear and liquid-based thin-layer Pap smear
7. The effect of chamomile on early menopausal complications in symptomatic postmenopausal women (double-blind clinical trial)
8. Comparison of the effect of acupressure, fish oil capsules and ibuprofen on the treatment of primary dysmenorrhea in students at Babol University of Medical Sciences
9. Comparing the level of anxiety of midwifery students in the comprehensive clinical evaluation exam by the OSCE method and the traditional method

10. The comparison of Shirazi thymus vulgaris and Ibuprofen effects on primary dysmenorrhea (A double blind clinical trial)
11. Comparison of the effect of honey cream and curcumin on episiotomy wound healing in nulliparous women (double-blind clinical trial)
12. Psychometric Assessment of Breast Cancer Screening Beliefs Questionnaire in Iranian Women
13. Comparison of inverted and traditional classroom educational approaches in practical training of midwifery students
14. Intensity of labor pain and some related psychological factors
15. The effectiveness of sexual health education program on sexual self-efficacy, marital adjustment and intimacy of infertile women
16. Comparison of marital commitment in different patterns of marriage in married women in Babol
17. Clinical signs, laboratory results and delivery outcomes in pregnant women with coronavirus admitted to Minagar Hospital in Babol
18. Evaluation of the effectiveness of aromatherapy with rose (Mill. (Rosa damascenena) on reducing the symptoms of postpartum depression in nulliparous women
19. A comparative study of the effectiveness of face-to-face and virtual education on women's attitudes toward childbearing
20. Evaluation of physical activity and its relationship with sleep quality in pregnant women

## **Author**

1. Congenital anomalies of newborns - Babol University of Medical Sciences
2. Childbearing

## **articles:**

1. The Effect of Prenatal Group Education on Knowledge, Attitude and Selection of Delivery Type in Primiparous Women.MT Niaki, F Behmanesh, F Mashmuli, H Azimi.Iranian Journal of Medical Education 10 (2) 54 2010
2. Study of the effect of mint oil on nausea and vomiting during pregnancy.H Pasha, F Behmanesh, F Mohsenzadeh, M Hajahmadi, Iranian Red Crescent Medical Journal 14 (11), 727 46 2012
3. The effect of heat therapy on labor pain severity and delivery outcome in parturient women.F Behmanesh, H Pasha, M ZEYNALZADEH.IRANIAN RED CRESCENT MEDICAL JOURNAL (IRCMJ) 11 (2), 188-192 32 2009
4. Effect of heat therapy on pain severity in primigravida women.F Fahami, F Behmanesh, M Valiani, E Ashouri,Iranian journal of nursing and midwifery research 16 (1), 113 21 2011

5. Comparison of the effect of acupuncture, fish oil capsules and ibuprofen on treatment of primary dysmenorrhea. M Zafari, M Tofghi, A Aghamohammady, F Behmanesh, Z Rakhshaei, Afr J Pharm Pharmacol 5 (8), 1115-920 2011
6. Comparison of the effect of fish oil and ibuprofen on treatment of severe pain in primary dysmenorrhea. M Zafari, F Behmanesh, AA Mohammadi, Caspian journal of internal medicine 2 (3), 279 20 2011
7. Effects of olive oil sitz bath on improvement of perineal injury after delivery. F Behmanesh, A Aghamohammadi, M Zeinalzadeh, S Khafri, Koomesh 14 (3) 19 2013
8. Antifungal effect of lavender essential oil (*Lavandula angustifolia*) and clotrimazole on *Candida albicans*: an in vitro study. F Behmanesh, H Pasha, AA Sefidgar, M Taghizadeh, AA Moghadamnia, Scientifica 2015 15 2015
9. Effect of heat therapy on pain severity and duration of labor in primigravida women. F Behmanesh, F Fahami, M Zeinalzadeh, A Bijani, Journal of Babol University of Medical Sciences 10 (3), 48-54 15 2008
10. Marriage patterns and childbearing: results from a quantitative study in north of Iran. Z Taghizadeh, F Behmanesh, A Ebadi, Global journal of health science 8 (3), 1 14 2016
11. A Clinical trial to compare the effectiveness of Lavender essential oil and olive oil at healing postpartum mother's perineum. F Behmanesh, M Tofghi, MA Delavar, M Zeinalzadeh, AA Moghadamnia, HealthMED 5 (6), 1512-1516 14 2011
12. Effect of using transcutaneous electrical nerve stimulation (TENS) in acupuncture points [Hegu (LI4) and Sanyinjiao (SP6)] on duration of the first stage of labor. A Aghamohammadi, F Behmanesh, M Zafari, M Tofghi, Journal of Babol University of Medical Sciences 13 (2), 19-24 8 2011
13. Reproductive practices by patterns of marriage among Iranian women: study protocol for an explanatory sequential mixed methods design. Z Taghizadeh, A Vedadhir, F Behmanesh, A Ebadi, A Pourreza, Reproductive health 12 (1), 89 7 2015
14. Comparing the effectiveness of acupuncture and fish oil capsules and Ibuprofen on pain severity of primary dysmenorrhea. F Behmanesh, M Zafari, M Zeinalzadeh, A Aghamohammadi, Indian Journal of Science and Technology 5 (7), 3059-3064 7 2012
15. Patterns of marriage and reproductive practices: is there any relationship? A Vedadhir, Z Taghizadeh, F Behmanesh, A Ebadi, A Pourreza, Human Fertility 20 (1), 30-36 6 2017
16. A comparative study of antifungal activity of Lavender brew, Lavender essential Oil, and Clotrimazole: an in vitro study. F Behmanesh, H Pasha, SAA Sefidgar, A Moghadamnia, Z Basirat, Caspian Journal of Reproductive Medicine 1 (1), 25-29 6 2015

17. Comparison of the effect of Lavender and Clotrimazole on the growth of the standard strains of *Candida albicans*, an in vitro study. F Behmanesh, H Pasha, AA Sefidgar, Journal of Babol University of Medical Sciences 12 (2), 26-31 6 2010
18. Effect of heat therapy on pain severity and the end of labor in primigravida women. F Behmanesh, H Pasha, M Zeinalzadeh, Hormozgan Medical Journal 12 (4), 261-269 5 2009
19. Family planning practice by patterns of marriage in the North of Iran. Z Taghizadeh, A Vedadhir, F Bayani, F Behmanesh, A Ebadi, A Pourreza, Iranian journal of public health 46 (1), 66 3 2017
20. Lavender and Clotrimazol Effect on the Growth Standard Strains of *C. Albicans* in Vitro Conditions. F Behmanesh, H Pasha, AA Sefidgar, AA Moghadamnia, Journal of Babol University of Medical Sciences 12 (3), 26-31 3 2010
21. A comparison of fluid-based thin layer Papanicolaou smear and conventional Pap smear. M Zafari, F Behmanesh, M Tofighi, A Âbasi, A Kialashaki, Journal of Mazandaran University of Medical Sciences 20 (79), 63-70 1,2010
22. Breast Cancer Screening Beliefs Questionnaire: psychometric properties of the Persian Version. M Nikpour, HS Nia, F Behmanesh, C Kwok, M Firouzbakht, A Ebadi, ۲۰۲۰
23. Pregnancy Outcomes and Clinical Manifestations of Covid-19 in Pregnant Women: A Narrative Review. M Nikpour, F Behmanesh, M Darzipoor, MSH Zavareh, Journal of Military Medicine 22 (2), 177-183 2020
24. Explaining the Causes of Single Child Based on Women's Views: A Qualitative Study. F Behmanesh, Z Taghizadeh, AA Vedadhir, A Ebadi, A Pourreza, Iranian Journal of Epidemiology 15 (3), 279-288, 2019
25. The use of honey and curcumin for episiotomy pain relief and wound healing: A three-group double-blind randomized clinical trial. M Nikpour, M Delavar, S Khafri, A Ghanbarpour, A Moghadamnia, Nursing and Midwifery Studies 8 (2), 64-69, 2019
26. Marital Satisfaction in Different Patterns of mate selection; a Quran-Based Approach. F Behmanesh, F Gholipour Goodarzi, F Bakouei, Islamic Life Journal 2 (1), 13-19, 2018
27. The relationship of married women's marriage duration with their reproductive practices. F Behmanesh, Z Taghizadeh, A Vedadhir, A Ebadi, A Pourreza, Nursing and Midwifery Studies 7 (3), 122-127. 2018
28. Continuous labor support program on the importance and application of supportive behaviors in midwifery students. F Bakouei, M Nikpour, F Behmanesh, G Nasehi, Biannual Journal of Medical Education Education Development Center 5(2):12-28, 2017
29. Factors Affecting Students' Evaluation of Teachers: Comparing Viewpoints of Teachers and Students. M Adib Hajbagheri, M Tofighi Niaki, F Behmanesh Iranian Journal of Medical Education 2010, 10(2): 186-195.

**Congresses:** (Lectures and poster presentations)

1. International Congress of Obstetrics and Gynecology in 2008 and 2009
2. National Seminar on Prevention of High-Risk Behaviors with Interdisciplinary Collaborations in the Health System 2012
3. Infertility and sexual function 2015
4. Cardiovascular diseases in pregnancy 2015
5. Congress of Reproductive Health and Childbearing 2015
6. Introduction to e-learning and virtual education 2015
7. Congress of Minimally Invasive Methods of Obstetrics and Gynecology, Iran 2015
8. Labor and delivery in water and necessary equipment 2015
9. 2nd International Congress of Reproductive Health and Reproductive Sciences 2016
10. The 19th National Conference on Medical Education and the 11th Shahid Motahari National Festival 2017
11. Workshops of the 19th Medical Education Conference (How to make an educational multimedia clip (simple, fast and effective in learning)?) 2017
12. Childbearing: Opportunities and Threats 2018
13. International Congress of Clinical Challenges in Midwifery 2018
14. The 21th National Conference on Medical Education 2020

## **workshops**

1. Workshop "Introduction to the capabilities of Prezi software" 2018.
2. "Principles of designing multiple choice questions" 2018.
3. "Teaching communication skills" 2018.
4. "Introduction to communication skills with students (Body Language)" 2019.
5. "Educational scholarship from concept to implementation" 2019.
6. "Scientific Presentation" 2019.
7. "Selecting the appropriate journal to select an article" 2019.
8. "Research and Technology Conference focusing on research ranking indicators" 1398.
9. "Principles of designing clinical trial studies" 2018.
10. "Principles of writing and publishing scientific articles entitled Increase your chances for publication" 2018.
11. "Clinical Key" 2018.
12. "Clinical data analysis (computer work)" 2017
13. "Clinical data analysis (computer work)" 2017.
14. "Ethics in Research" 2016.
15. "End Note" 2015.
16. "LETER WRITING" 2010.
17. "End Note" 2010.
18. "SPSS" 2010.
19. "Research Ethics" 2010.

20. "Scholarship" 2010.
21. "New Student Evaluation" 2009.
22. "AIDS and Sexually Transmitted Diseases" 2008.

### **Other activities**

Award of the best process in the fourth Shahid Motahari Festival entitled "Comparison of traditional teaching methods and flipped classroom in practical training of midwifery students in 1398

Lecture in two menopause workshops in 1398

Lecture in several physiological delivery workshops

Participation in various seminars of Babol University of Medical Sciences

Review of various medical and midwifery Thesis.

Review of various proposals of Research Centers

### ***Reviewer of journals:***

- Journal of Primary care & community health
- Reproductive Health
- BMC Women's Health
- Journal of Reproductive and Infant Psychology
- Archives of Women's Mental Health (AWMH)
- Journal of Marriage and Family
- Nursing Open
- Iran Nursing Journal

### **Educational Interests**

- Reproductive Health
- Reproductive Behaviors
- Maternal and child health
- Women's health
- Family health
- Family Planning

## فعا لیت‌های فرهنگی

- ۱- کسب مقام نخست مرحله کشوری در رشته مقاله نویسی اساتید در جشنواره قرآن و عترت (۱۳۹۶)
- ۲- کسب مقام دوم مرحله کشوری مقاله نویسی در جشنواره ملی (۱۳۹۶)
- ۳- کسب مقام نخست مرحله دانشگاهی رشته حفظ موضوعی قرآن در جشنواره قرآن و عترت (۱۳۹۶)
- ۴- کسب مقام نخست مرحله دانشگاهی رشته پرسمان قرآنی در جشنواره قرآن و عترت (۱۳۹۷)
- ۵- کسب مقام سوم مرحله کشوری رشته دعا و مناجات خوانی در جشنواره قرآن و عترت (۱۳۹۷)
- ۶- کسب مقام نخست مرحله دانشگاهی رشته سبک زندگی اسلامی در جشنواره قرآن و عترت (۱۳۹۸)
- ۷- کسب مقام دوم مرحله کشوری رشته دعا و مناجات خوانی در جشنواره قرآن و عترت (۱۳۹۸)
- ۸- کسب مقام دوم مرحله کشوری رشته نقد کتاب در جشنواره قرآن و عترت (۱۳۹۸)
- ۹- شرکت در کارگاه "نجوم در قران" در سال ۱۳۹۷.
- ۱۰- شرکت در همایش و کارگاه های سیره نبوی شیراز سال ۱۳۹۶
- ۱۱- شرکت در همایش و کارگاه های بیست و دومین همایش قرآن و عترت وزارت بهداشت، شیراز  
۱۳۹۶
- ۱۲- شرکت در همایش و کارگاه های قرآنی خزرآباد سال ۱۳۹۷
- ۱۳- شرکت در همایش و کارگاههای بیست و سومین همایش قرآن و عترت وزارت بهداشت، گیلان  
۱۳۹۷
- ۱۴- شرکت در همایش و کارگاه های بیست و چهارمین همایش قرآن و عترت وزارت بهداشت، همدان  
۱۳۹۸
- ۱۵- شرکت در چهارمین کارگاه "تفسیر نهج البلاغه اساتید" در سال ۱۳۹۷.
- ۱۶- شرکت در کارگاه "آموزشی بیست و سومین جشنواره قرآنی" در سال ۱۳۹۷.
- ۱۷- شرکت در دوره آموزش توجیهی- حفاظتی با "موضوع امنیت ملی" در سال ۱۳۹۷.
- ۱۸- شرکت در کارگاه "آشنایی با واقعیت مجازی و نقش آن در آموزش علوم پزشکی" در سال ۱۳۹۷.
- ۱۹- شرکت در کارگاه "تفسیر نهج البلاغه" در سال ۱۳۹۴.