



BABOL UNIVERSITY OF MEDICAL SCIENCES

Curriculum Vitae (CV) Shabnam Omidvar

<https://orcid.org/0000-0001-5026-9399>

Assistant Professor

Personal and Contact Information

Personal and Contact Information

First Name:	Shabnam
Last Name	Omidvar
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Education

Education

Ph.D., Reproductive health, University of Mysore, India
Master of Science, Midwifery, Tehran University of Medical Sciences, Iran
Bachelor of Science, Midwifery, Azad University, Babol Branch, Iran

Research Skills and Publications

RESEARCH SKILLS AND PUBLICATIONS

1. Amiri FN, Faramarzi M, Bakhtiari A, Omidvar S. Risk factors for gestational diabetes mellitus: A case-control study. *American Journal of Lifestyle Medicine*. 2021;15(2):184-90.
2. Firouzbakht M, Omidvar S, Firouzbakht S, Asadi-Amoli A. COVID-19 preventive behaviors and influencing factors in the Iranian population; a web-based survey. *BMC public health*. 2021;21(1):1-7.
3. Hamzehgardeshi Z, Omidvar S, Amoli AA, Firouzbakht M. Pregnancy-related anxiety and its associated factors during COVID-19 pandemic in Iranian pregnant women: a web-based cross-sectional study. *BMC Pregnancy and Childbirth*. 2021;21(1):1-9.
4. Motahari-Tabari NS, Nasiri-Amiri F, Faramarzi M, Shirvani MA, Bakhtiari A, Omidvar S. The Effectiveness of Information-Motivation-Behavioral Skills Model on Self-Care Practices in Early Pregnancy to Prevent Gestational Diabetes Mellitus in Iranian Overweight and Obese Women: A Randomized Controlled Trial. *International Quarterly of Community Health Education*. 2021:0272684X211020300.
5. Esfandiari M, Faramarzi M, Nasiri-Amiri F, Parsian H, Chehrizi M, Pasha H, et al. Effect of supportive counseling on pregnancy-specific stress, general stress, and prenatal health behaviors: A multicenter randomized controlled trial. *Patient Education and Counseling*. 2020;103(11):2297-304.

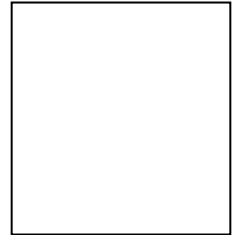


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6. Bakhtiari A, Omidvar S. Nutrition assessment and geriatric associated conditions among community dwelling Iranian elderly people. *BMC geriatrics*. 2020;20(1):1-10.
7. Esfandiari M, Faramarzi M, Gholinia H, Omidvar S, Nasiri-Amiri F, Abdollahi S. 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*. 2020;25(5):431
8. Rad HA, Sefidgar SAA, Tamadoni A, Sedaghat S, Bakouei F, Bijani A, et al. Obesity and iron-deficiency anemia in women of reproductive age in northern Iran. *Journal of education and health promotion*. 2019;8.
9. Omidvar S, Amiri FN, Firouzbakht M, Bakhtiari A, Begum K. Association between physical activity, menstrual cycle characteristics, and body weight in young south indian females. *Age (y)*. 2019;11(15):226.
10. Motahari Tabari NS, Faramarzi M, Ahmad Shirvani M, Bakhtiari A, Omidvar S, Bakouei F. 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. *Journal of Mazandaran University of Medical Sciences*. 2019;29(177):99-110.
11. Bakhtiari A, Hajian-Tilaki K, Omidvar S, Nasiri-Amiri F. Clinical and metabolic response to soy administration in older women with metabolic syndrome: a randomized controlled trial. *Diabetology & metabolic syndrome*. 2019;11(1):1-12.
12. Bakhtiari A, Yadollahpur M, Omidvar S, Ghorbannejad S, Bakouei F. Does religion predict health-promoting behaviors in community-dwelling elderly people? *Journal of religion and health*. 2019;58(2):452-64.
13. Bakouei F, Omidvar S, Seyediandi SJ, Bakouei S. Are healthy lifestyle behaviors positively associated with the academic achievement of the university students? *Journal of Advances in Medical Education & Professionalism*. 2019;7(4):224.
14. Omidvar S, Nasiri-Amiri F, Bakhtiari A, Begum K. Clinical trial for the management dysmenorrhea using selected spices. *Complementary therapies in clinical practice*. 2019;36:34-8.
15. Omidvar S, Amiri FN, Bakhtiari A, Begum K. A study on menstruation of Indian adolescent girls in an urban area of South India. *Journal of family medicine and primary care*. 2018;7(4):698.
16. Bakhtiari A, Hashemi M, Hosseini SR, Omidvar S, Bijani A, Khairkhah F. The Relationship between Depression and Metabolic Syndrome in the Elderly Population: The Cohort Aging Study. *Iranian journal of psychiatry*. 2018;13(4):230.
17. Omidvar S, Faramarzi M, Hajian-Tilak K, Nasiri Amiri F. Associations of psychosocial factors with pregnancy healthy life styles. *PloS one*. 2018;13(1):e0191723.
18. Amiri FN, Omidvar S, Bakhtiari A, Hajiahmadi M. Female sexual outcomes in primiparous women after vaginal delivery and cesarean section. *African health sciences*. 2017;17(3):623-31.
19. Bakouei S, Bakouei F, Omidvar S, Bakhtiari A. Health-promoting behaviors and their predictors in iranian women of reproductive age: a cross-sectional study. *International quarterly of community health education*. 2017;38(1):3-8.
20. Omidvar S, Bakhtiari A, Firouzbakht M, Amiri FN, Begum K. Perceived health discomfort among adolescent girls and related factors in an urban area, South India. *Journal of education and health promotion*. 2017;6.

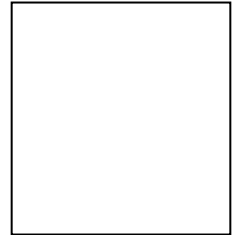


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21. Bakhtiari A, Hajian-Tilaki K, Omidvar S, Nasiri Amiri F. Association of lipid peroxidation and antioxidant status with metabolic syndrome in Iranian healthy elderly women. *Biomedical reports*. 2017;7(4):331-6.
22. Omidvar S. Self-care according to Quran and Islam and its compatibility with modern medical science. *Islam And Health Journal*. 2016;3(1):38-46.
23. Omidvar S, Amiri FN, Bakouei F, Begum K. Weight-related concerns and diet behaviors among urban young females: A cross-sectional study. *Journal of family medicine and primary care*. 2016;5(2):326.
24. Omidvar S, Bakouei F, Amiri FN, Begum K. Primary dysmenorrhea and menstrual symptoms in Indian female students: prevalence, impact and management. *Global journal of health science*. 2016;8(8):135.
25. OMIDVAR S, ESMAILZADEH S, BARADARAN M, BASIRAT Z. A PLACEBO-CONTROLLED TRIAL TO DETERMINE THE EFFECT OF FENNEL ON PAIN INTENSITY IN PRIMARY DYSMENORRHOEA. 2016.
26. Nasiri Amiri F, Omidvar S, Ramezani Tehrani F, Simbar M. Explaining the spiritual, mental, emotional and cognitive health concepts in women with polycystic ovary syndrome: A qualitative study. *Islam And Health Journal*. 2015;2(3):57-65.
27. Omidvar S, Nasiri Amiri F, Kheyrkhah F, Bakouei F. The prevalence of mental health disorders in Type 2 diabetic women in Amol, Iran. *Caspian Journal of Reproductive Medicine*. 2015;1(3):31-5.
28. Firouzbakht M, Nikpour M, Jamali B, Omidvar S. Comparison of ginger with vitamin B6 in relieving nausea and vomiting during pregnancy. *Ayu*. 2014;35(3):289.
29. Omidvar S, Begum K. 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;4(2):465-73.
30. Amiri FN, Basirat Z, Omidvar S, Sharbatdaran M, Tilaki KH, Pouramir M. Comparison of the serum iron, ferritin levels and total iron-binding capacity between pregnant women with and without gestational diabetes. *Journal of natural science, biology, and medicine*. 2013;4(2):302.
31. Bakouei F, Basirat Z, Salmalian H, Omidvar S, Bakouei S. 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;2013(1):6.
32. Firouzbakht M, Kiapour A, Omidvar S. Prevention of post-partum hemorrhage by rectal Misoprostol: A randomized clinical trial. *Journal of natural science, biology, and medicine*. 2013;4(1):134.
33. Omidvar S, Karn S, Shafiee S, Singh R, Tokunaga M, Buttar H, et al. Proatherogenic Risk Factors and Under-Nutrition among Adolescents in South East Asia: When to Eat and What to Eat? *World Heart Journal*. 2013;5(4):261.
34. Omidvar S, Pati S, Singh R, Takahashi T, Shin HH, Lee M-K, et al. Association of Cocoa Consumption and Risk of Cardiovascular Diseases and Other Chronic Diseases. *World Heart Journal*. 2013;5(1):47.
35. Omidvar S, Niaki MT, Amiri FN, Kheyrkhah F. Sexual dysfunction among women with diabetes mellitus in a diabetic center in Amol. *Journal of natural science, biology, and medicine*. 2013;4(2):321.

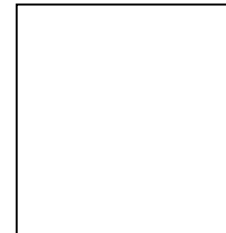


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36. Omidvar S, Begum K. Characteristics and determinants of primary dysmenorrhea in young adults. American medical journal. 2012;3(1):8-13.
37. Omidvar S, Esmailzadeh S, Baradaran M, Basirat Z. Effect of fennel on pain intensity in dysmenorrhoea: A placebo-controlled trial. Ayu. 2012;33(2):311.
38. Omidvar S, Bakouie F, Amiri FN. Sexual function among married menopausal women in Amol (Iran). Journal of mid-life health. 2011;2(2):77.

BOOK PUBLICATIONS

[book] 1. Functional Foods and Nutraceuticals in Metabolic and Non-communicable Diseases (Book chapter), Publisher: Academic Press, Authors: Shabnam Omidvar et al., English, 2022, ISBN: 978-0-12-819815-5

[book] 2. Varney Midwifery, Publisher: Exire Ghalam Publications, Translators: Mahbobeh Faramarzi, Hajar Pasha, Afsaneh bakhtiari, Hajar salmalian, Fatemeh Bakouei, Shabnam Omidvar, Persian, 2013, ISBN:978-600-91890-4-5

[book] 3. Normal Delivery, Publisher: Babol University of Medical Sciences, Authors: Mahbobeh Faramarzi, Hajar salmalian, Shabnam Omidvar, Fatemeh Bakouei, Afsaneh bakhtiari, Hajar Pasha, et al. Persian, 2006, ISBN:964-7509-29-4

[book] 4. Maternal And Newborn Nursing, Publisher: Babol University Of Medical Sciences, Authors: Shabnam Omidvar, Fatemeh Bakouei, Hajar salmalian, Persian, 2005, ISBN:964-7509-18-9

[book] 5. Obstetric Ultrasound Made Easy. Translators: Shabnam Omidvar, Hajar Salmalian., Publisher: Babol University Of Medical Sciences, Persian, 2006, ISBN: 964-7509-36-7

Projects

APPROVED PROJECTS (PROPOSAL) 2020 -2021

Self-care status among pregnant women referring to the health centers of Babol and its relationship with demographic and psycho social factors, 2021, IR.MUBABOL.REC.1400.233

Psychometric properties of the Persian version of the Prenatal parental reflective functioning questionnaire in parents, IR.MUBABOL.REC.1400.214

Assessing women's sex life quality with genital Human Papilloma Virus and effective factors, IR.MUBABOL.REC.1400.194

Acceptance rate of COVID-19 vaccine and influencing factors in the Iranian population, IR.MUBABOL.REC.1400.081

The association between body mass index and sexual function as well as marital satisfaction in women referring to Babol health centers, IR.MUBABOL.REC.1400.069

Comparison of the effect of two training methods (virtual training method and self-study method) in premarital counseling on reproductive health literacy and childbearing motivations of couples prior to marriage in the city of Babol. IR.MUBABOL.REC.1400.068

The effectiveness of Face-to-Face training method and Education through virtual social media on students' health promoting behaviors, IR.MUBABOL.REC.1399.203

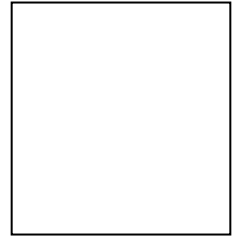


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Anxiety and depression among lock down children and adolescents during Corona virus 19 outbreak and some related factors, IR.MUBABOL.REC.1399.085

Physical activity and its relation with sleep quality in pregnant women, IR.MUBABOL.REC.1399.076

Assessment of physical activity of college students and its relationship with Body mass Index and quality of life, IR.MUBABOL.REC.1399.061

Assessment of preventive behaviors related to COVID19 among Iranian population, IR.MUBABOL.REC.1399.005

Honors, Awards, and Scholarships

Honors, Awards, and Scholarships (if available)

PhD scholarship

- Advisor Professor of the year (2021)
- Professor of the year award (2020)
- Midwife of the year (2017)
- PhD scholarship (2009) from the Iranian Ministry of health
- Received Scholarship (Tuition waived) from the Iranian Ministry of health for Master of Science in Maternal and Child Health for a span of 4 semesters