



Zahedan University of Medical Sciences

School of Nursing and Midwifery

ZAUMS Curriculum Vitae

Personal information



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Gender	Female
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Academia	Midwifery Reproductive Health

A: Academic Background

1	BS of midwifery from Zahedan University of Medical Sciences. Graduation Date: 2007
2	Master of Midwifery from Tehran University of Medical Sciences Graduation Date: 2014
3	PhD of Reproductive Health from Shahid Beheshti University of Medical Sciences Graduation Date: 2018
4	Fellowship of E-learning, from Shiraz University of Medical Sciences Graduation Date: 2022

B: Employment and Professional Experiences

1	midwife in shahid Atash dast Hospital
2	Faculty member in Zahedan University of Medical Sciences (School of Nursing & Midwifery)

C: Researches:

1	The impact of ginger and curcumin on Severity of premenstrual syndrome symptoms
2	Assessment of lifestyle challenges and health of suburban women and provide solutions to improve it, intervention design
3	Abundance and factors associated with hookah use in pregnant women in Zahedan in 2020
4	Study of association between Serum Asprosin Concentration with Glucose, Insulin, and Insulin Resistance in Gestational diabetes mellitus
5	Investigating the relation between lead concentration in maternal and Umbilical cord blood and some neonatal outcomes in opium-dependent mothers
9	Evaluation of the relationship between umbilical cord blood spexin concentration and neonatal complications in obese mothers
10	Investigating the impact of gestational diabetes on maternal behavior in rats
11	Serological and molecular study of Toxoplasma gondii parasite in women with spontaneous abortion in Zahedan in 2020
12	Investigating the effect of training based on the principles of motivational interviewing on self-care and the rate of use of prenatal care in teenage pregnant women referred to Zahedan comprehensive Health Centers in 2023
13	The effectiveness of the educational-counseling fertility motivational model on the childbearing domains of employees' couples in Zahedan city
14	Investigating the effect of gestational diabetes on the concentration of brain-derived neurotrophic factor in breast milk and the neurodevelopment of offspring in rats
15	Investigating the effect of self-care training based on the principles of motivational interviewing on self-esteem and body image satisfaction in teenage pregnant women referred to Zahedan comprehensive Health Centers in 2024
16	Investigating the effect of opium consumption during pregnancy on milk composition in rats
17	Investigating the effect of stress on the serum concentration of asprosin in rats with gestational diabetes

18	Investigating the association between pregnancy concerns and mother-fetus attachment in pregnant women living in the suburban areas of Zabul city in 2024
19	Comparison of the relationship between fear of childbirth and childbirth experience in teenage mothers of Fars and Baloch ethnicity in Zahedan in 2024

D: Seminar & Congress Presentations

1	Basic and clinical NEURO SCIENCE Congress 2012 (2012): Estrogen replacement could restore protection against brain ischemia in ovariectomized and menopause women
2	2nd Basic and Clinical Neuroscience Congress.18-20 December (2013): The importance of knowledgeable obstetrician and nurse for delivery in women with spinal cord injury
3	2nd Basic and Clinical Neuroscience Congress.18-20 December (2013): Prolactin induced neurogenesis during pregnancy regulates mood and behavior changes in postpartum period
4	6 th Yazd International congress & student Award in REPRODUCTIVE MEDICINE (2013): Beneficial effects of ascorbic acid on teratozoospermic sperm specimens during processing for assisted reproductive techniques
5	6 th Yazd International congress & student Award in REPRODUCTIVE MEDICINE (2013): Salutory effects of ascorbic acid on teratozoosperm DNA integrity and acrosome reaction

6	2nd Basic and Clinical Neuroscience Congress.18-20 December (2013): Social interaction enhances neurogenesis and angiogenesis following cerebral ischemia in male rat
7	2nd Basic and Clinical Neuroscience Congress.18-20 December (2013): Testosterone therapy reduces oxidative damages after cerebral ischemia through promoting antioxidant defenses in male rat
8	24 th Iranian & 3 rd International congress of physiology and pharmacology, 30 Oct-01 Nov, 2019 Tehran, Iran: Opium addiction during pregnancy through inflammation increase adverse pregnancy outcome
9	1st International Congress on Sustainable Population & Secure Future and The 2nd Festival of Art in Midwifery. Explaining factors affecting exercise in suburban women of reproductive age: A qualitative study in southeast Iran
10	1st International Congress on Sustainable Population & Secure Future and The 2nd Festival of Art in Midwifery. Treadmill Exercise During Pregnancy Reduces Inflammatory Factors in the Cerebral Cortex and Hippocampus of Obese Pregnant rats
11	1st International Congress on Sustainable Population & Secure Future and The 2nd Festival of Art in Midwifery. Effect of Maternal Exposure to Mobile Waves during Pregnancy on Inflammation and Oxidative Stress: Assessing Blood and Brain Tissue Markers in rats

E) Publications:

Journal articles

1	Fanaei, H., Mardaneh, J., & Khayat, S. (2013). An overview of the role of bacterial infection in male infertility. <i>Journal of Fasa University of Medical Sciences</i> , 2(4), 227-234.
2	Fanaei, H., Azizi, Y., & Khayat, S. (2013). A review: role of oxidative stress in male infertility. <i>Journal of Advanced Biomedical Sciences</i> , 3(2), 93-103.
3	KHAYAT, S., KHEYRKHAH, M., BEHBOODI, M. Z., FANAIEI, H., & KASAEIAN, A. (2014). The effect of ginger on symptoms of premenstrual syndrome in university students. <i>MEDICAL-SURGICAL NURSING JOURNAL</i> , 3(1), 10-16.
4	Fanaei, H., Khayat, S., Halvaei, I., Ramezani, V., Azizi, Y., Kasaeian, A., . . . Akrami, M. (2014). Effects of ascorbic acid on sperm motility, viability, acrosome reaction and DNA integrity in teratozoospermic samples. <i>Iranian journal of reproductive medicine</i> , 12(2), 103.
5	Fanaei, H., Karimian, S. M., Sadeghipour, H. R., Hassanzade, G., Kasaeian, A., Attari, F., . . . Javadimehr, M. (2014). Testosterone enhances functional recovery after stroke through promotion of antioxidant defenses, BDNF levels and neurogenesis in male rats. <i>Brain research</i> , 1558, 74-83.
6	Soleimani, F., Khakshour, A., Abbasi, Z., Khayat, S., Ghaemi, S. Z., & Hajikhani Golchin, N. A. (2014). Review of autism screening tests. <i>International Journal of Pediatrics</i> , 2(4.1), 319-329.
7	Masoumeh, P., Vahid, K., Hamid, A. M., Khosheh, K., & Samira, K. (2015). Knowledge of pregnant women about congenital anomalies: A cross-sectional study in north of Iran. <i>Indian Journal of health sciences and biomedical research Kleu</i> , 8(1), 41-47.
8	Khoshravesh, V., Pourmohsen, M., & Khayat, S. (2015). Effects of stress management training on social adjustment of Rasht hospitals female medical staff. <i>Journal of Rafsanjan University of Medical Sciences</i> , 14(3), 235-244.

9	Fanaei, H., Behboodi Moghadam, Z., & Kasaeiyan, A. (2015). Comparison the effects of ginger and curcumin in treatment of premenstrual syndrome. <i>Iranian South Medical Journal</i> , 18(3), 575-586.
10	Khayat, S., Fanaei, H., Kheirkhah, M., Moghadam, Z. B., Kasaeian, A., & Javadimehr, M. (2015). Curcumin attenuates severity of premenstrual syndrome symptoms: A randomized, double-blind, placebo-controlled trial. <i>Complementary therapies in medicine</i> , 23(3), 318-324.
11	Khayat, S., Fanaei, H., Kheirkhah, M., Pourmohsen, M. (2016) The effect of curcumin on premenstrual syndrome symptoms: a double-blind randomized clinical trial. <i>Nursing And Midwifery Journal</i> , 13(11), 935-944.
12	Fanaei, H., Khayat, S., Kasaeian, A., & Javadimehr, M. (2016). Effect of curcumin on serum brain-derived neurotrophic factor levels in women with premenstrual syndrome: A randomized, double-blind, placebo-controlled trial. <i>Neuropeptides</i> , 56, 25-31
13	Khayat, S., Dolatian, M., Navidian, A., Mahmoodi, Z., Sharifi, N., & Kasaeian, A. (2017). Lifestyles in suburban populations: A systematic review. <i>Electronic physician</i> , 9(7), 4791.
14	Khayat, S., Dolatian, M., Navidian, A., Mahmoodi, Z., & Kasaeian, A. (2017). Association between physical and sexual violence and mental health in suburban women of Zahedan: a cross-sectional study. <i>Journal of Clinical and Diagnostic Research</i> , 11(12), IC01-IC05.
15	Khayat, S., Dolatian, M., Navidian, A., Kasaeian, A., & Mahmoodi, Z. (2017). Association between style of living and general health in suburban women: a cross-sectional study in South East of Iran. <i>Journal of clinical and diagnostic research: JCDR</i> , 11(8), LC09.
16	Khayat, S., Fanaei, H., & Ghanbarzehi, A. (2017). Minerals in pregnancy and lactation: a review article. <i>Journal of clinical and diagnostic research: JCDR</i> , 11(9), QE01.

17	Khayat, S., Dolatian, M., Navidian, A., Mahmoodi, Z., Kasaeian, A., & Fanaei, H. (2018). Factors affecting adequacy of prenatal care in suburban women of southeast Iran: a cross-sectional study. <i>Age</i> , 4(146), 38.
18	Khayat, S., Dolatian, M., Fanaei, H., Navidian, A., Mahmoodi, Z., & Kasaeian, A. (2020). Women's Reproductive Health Status in Urban Slums in Southeast Iran in 2017: A Cross-sectional Study. <i>Journal of Midwifery & Reproductive Health</i> , 8(1).
19	Pourmohsen, M., Khoshravesh, V., Masjoudi, M., Paksresht, S., & Khayat, S. (2020). Investigating the relationship between social and economic inequality and the health status of employed women. <i>Journal of Health</i> , 11(1), 100-108.
20	Matin, Z. S., Khayat, S., Navidian, A., & Fanaei, H. (2020). Comparing the effect of group training and telemedicine on exercise during pregnancy: An application of the health belief model. <i>Journal of Education and Health Promotion</i> , 9(1), 187.
21	Navaee, M., Khayat, S., & Abed, Z. G. (2020). Effect of pre-cesarean foot reflexology massage on anxiety of primiparous women. <i>Journal of Complementary and Integrative Medicine</i> , 17(3).
22	Fanaei, H., Riki, F., Khayat, S., & Bornavard, M. (2020). Brain-derived neurotrophic factor and nerve growth factor concentrations in maternal and umbilical cord blood of opium-addicted mothers. <i>International Journal of Developmental Neuroscience</i> , 80(7), 594-600.
23	Khayat, S., Dolatian, M., Fanaei, H., Navidian, A., Mahmoodi, Z., & Kasaeian, A. (2021). Study of Lifestyle, the Most Important Challenge and Its Related Factors in Suburban Women. <i>Journal of Health</i> , 11(5), 652-663. doi:10.52547/j.health.11.5.652

24	Hashemzahi, M., Khayat, S., & Khazaecian, S. (2022). Effect of COVID-19 Self-care Training via Telemedicine on Perceived Stress and Corona Disease Anxiety in Pregnant Women: A Quasi-experimental Study. <i>Journal of Midwifery & Reproductive Health</i> , 10(1).
25	Khojasteh, F., Afrashte, M., Khayat, S., & Navidian, A. (2022). Effect of cognitive-behavioral training on fear of childbirth and sleep quality of pregnant adolescent slum dwellers. <i>Journal of Education and Health Promotion</i> , 11.
26	Khayat, S., Palizvan, M., Navidian, A., Fanaei, H., & Sheikhi, Z. P. (2022). Comparison of the effect of face-to-face training and telemedicine on self-care in adolescent pregnant women: A quasi-experimental study. <i>Journal of Education and Health Promotion</i> , 11.
27	Khayat, S., Navaee, M., Fanaei, H., & Khojasteh, F. (2022). Waterpipe smoking in pregnant women of Zahedan City in 2020: Prevalence and associated factors. <i>International Journal of Preventive Medicine</i> , 13.
28	Behrasi, F., Karajibani, M., Khayat, S., Fanaei, H., & Montazerifar, F. (2022). Association of maternal and umbilical cord blood asprosin with excessive gestational weight gain. <i>Nutrition Bulletin</i> , 47(1), 50-56.
29	Khayat, S., & Fanaei, H. (2023). Relationship between lead concentration in maternal and umbilical cord blood and some neonatal outcomes in primiparous opium-dependent mothers in Zahedan, Southeast of Iran in 2022. <i>BMC Pregnancy and Childbirth</i> , 23(1), 753.
30	Khayat, S., Fanaei, H., & Lakzaee, N. (2023). Effects of prenatal mobile phone radiation exposure on MMP9 expression: Implications for inflammation, oxidative stress, and sensory-motor impairment after neonatal hypoxia-ischemia in rats. <i>Toxicology Reports</i> , 11, 378-384.

31	Khayat, S., & Fanaei, H. (2023). Relationship between lead concentration in maternal and umbilical cord blood and some neonatal outcomes in primiparous opium-dependent mothers in Zahedan, Southeast of Iran in 2022. <i>BMC Pregnancy and Childbirth</i> , 23(1), 753.
32	Behrasi, F., Khayat, S., Karajibani, M., Fanaei, H., & Montazerifar, F. (2024). Association between spexin, nutritional status of pregnant women with excessive gestational weight gain, and newborn weight: A cross-sectional study. <i>Clinical Nutrition Open Science</i> , 55, 79-90.
33	Khayat, S., Fanaei, H., Riki, F., Navabi Rigi, S., & Alijani, E. (2024). The Impact of Opium Consumption on Inflammatory Factors in Umbilical Cord Blood and Maternal Blood Postpartum: A Potential Contributor to Neonatal Complications. <i>Journal of Drug Issues</i> , 00220426241259374.
Chapters:	
1	Simber M. et al., Pregnancy and childbirth, volume 3, abnormal pregnancy and childbirth, Community Publications, Tehran, 2021, Cesarean delivery chapter

F) Teaching Experiences: (use Modern Technology in Teaching- Learning Process: AR, VR, XR, Simulation, Application, Gamification,.....)

1	Using blended learning in teaching
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G) Thesis & Dissertation Supervision:

1	Comparison of the effect of group and telemedicine education using Health Belief Model on exercise during pregnancy in pregnant women referring to health centers of Zahedan in 2019
2	Comparison of the effect of face-to-face and telemedicine training methods on self-care in adolescent pregnant women referring to health centers of Zahedan in 2020
3	The effect of cognitive behavioral education on fear of childbirth and sleep quality in marginal Adolescent pregnant women to zahedan in year 2020
4	Evaluation of nutritional status and the relationship between asprosin concentration in maternal blood and umbilical cord, with excessive weight gain during pregnancy
5	Investigating the effect of self-care training by telemedicine method on perceived stress and corona disease anxiety in pregnant women referred to Zahedan health centers in 2020-2021
6	Investigating the effect of training based on the principles of motivational interviewing on self-care and the rate of use of prenatal care in teenage pregnant women referred to Zahedan comprehensive Health Centers in 2023
7	Investigating the effect of of mother-centered counseling with a practical approach on childbirth self-efficacy and pregnancy worry in adolescent women referring to comprehensive health centers in Zahedan city in 2023
8	Investigating the effectiveness of sexual counseling on empowering mothers in sexual education for adolescent girls in Zahedan city in 2023_2024
9	Investigating the effect of Ibuprofen consumption during pregnancy on the maternal behavior of rats after delivery and BDNF changes
10	Investigating the effect of Dexamethasone consumption during pregnancy on the maternal behavior of rats after delivery and BDNF changes
11	Comparison of the effect of prenatal care education using teach back and integrated methods on self-care and perceived stress in suburban adolescent pregnant women referring to comprehensive Health Centers in of Zahedan in 2024
12	Investigating the effect of maternal-fetal attachment behavior training on perceived stress and quality of life in teenage mothers referred to Zahedan comprehensive Health Centers in 2024

H) International agencies & NGOs grants and joint projects:

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I) Workshops & International Professional Activities

1	Conference on Prevention and Control of Type A Influenza Disease, Birjand University of Medical Sciences, 2009
2	Physiological childbirth seminar, Tehran University of Medical Sciences, 2011
3	Comprehensive Quality Management Workshop, Tehran University of Medical Sciences, 2012
4	National seminar on prevention of high-risk behaviors, Tehran University of Medical Sciences, 2012
5	lesson and course plan workshop, Zahedan University of Medical Sciences , 2018
6	Exam question design workshop, Zahedan University of Medical Sciences 2018
7	Familiarization workshop with new sources of clinical information and their role in decision-making on the effectiveness of treatment, Zahedan University of Medical Sciences 2018
8	New teaching methods workshop, Zahedan University of Medical Sciences 2018
9	Electronic content production tools and techniques workshop, Zahedan University of Medical Sciences 2018
10	Effective e-learning design workshop, Zahedan University of Medical Sciences 2019
11	Creativity workshop in teaching , Zahedan University of Medical Sciences 2019
12	Test design principles workshop, Zahedan University of Medical Sciences, 2019
13	Research Workshop, Zahedan University of Medical Sciences 2019
14	Workshop on how to hold Journal Club, Zahedan University of Medical Sciences 2019
15	Electronic content production tools and techniques workshop, Zahedan University of Medical Sciences 2019

16	Electronic learning fellowship, Shiraz University of Medical Sciences, 2021
17	360 degree evaluation workshop, Zahedan University of Medical Sciences , 2022
18	Lesson plan and course workshop, Zahedan University of Medical Sciences , 2022
19	Creativity in teaching workshop, Zahedan University of Medical Sciences , 2022
20	Introductory teaching method workshop, Zahedan University of Medical Sciences , 2022
21	Communication skills workshop, Zahedan University of Medical Sciences , 2022
22	lesson and course plan workshop, Zahedan University of Medical Sciences , 2022
23	Familiarity with medical education resources and evidence-based research workshop, Zahedan University of Medical Sciences , 2022
24	60-hour online physiological childbirth course, Isfahan Midwifery Scientific Association, 2022
25	physiological childbirth course, Isfahan Midwifery Scientific Association, 2022
26	Auriculotherapy online course, Zahedan University of Medical Sciences 2023
27	Critical thinking workshop (6 thinking hats) , Zahedan University of Medical Sciences 2023
28	Empowerment workshop of professional commitment in medical science students, Zahedan University of Medical Sciences 2023
29	Advanced teaching method workshop with the subject of classroom management of the Z generation , Zahedan University of Medical Sciences 2023
30	Life skills workshop, Zahedan University of Medical Sciences 2023
31	English lesson plan writing workshop and cover letter writing , Zahedan University of Medical Sciences 2023

J) Innovations

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K) Professional Memberships

1	Member of the Accreditation Committee of the school of Nursing and Midwifery, Zahedan University of Medical Sciences
2	Member of pregnancy Health Research Center of Zahedan University of Medical Sciences
3	Reviewer for Journal of Fasa University of Medical
4	Reviewer for HAYAT journal
5	Reviewer for Journal of Babol University of Medical Sciences
6	Reviewer for Nursing And Midwifery Journal
7	Reviewer for BMC Women's Health
8	Reviewer for Scientific Reports
9	Reviewer for Studies in Medical Sciences
10	Reviewer for Medicine
11	Reviewer for Obesity Medicine
12	Reviewer for International Journal of Developmental Neuroscience
13	Reviewer for Journal of Herbal Medicine
14	Reviewer for BMC Endocrine Disorders
15	Reviewer for BMC Pregnancy and Childbirth
16	Reviewer for BMC Primary Care
17	Reviewer for Diseases & Research
18	Reviewer for Health Care for Women International
19	Reviewer for Health Scope
20	Reviewer for International Journal of Health Promotion and Education
21	Reviewer for Journal of Nursing management
22	Reviewer for Journal of Obesity
23	Reviewer for Malaysian Journal of Medicine & Health Sciences
24	Reviewer for Medicine
25	Reviewer for Reproductive Health
26	Reviewer for SAGE Open Nursing
27	Reviewer for Scientific Reports

28	Reviewer for The Journal of General Psychology
29	Reviewer for Iranian Journal of Medical - Surgical Nursing
30	Reviewer for Urmia Medical Journal
31	Reviewer for Nursing and Midwifery Journal
32	Reviewer for The first reproductive and sexual health conference in the Corona crisis

L) Honors, Awards

1	Received the title of Top Midwife in Birjand University of Medical Sciences in 2009
2	Received the title of Top Midwife in Zahedan University of Medical Sciences in 2022
3	Received the title of the selected work in the 40th Book of the Year Award of the Islamic Republic of Iran in medical sciences for contributing to the book: Simber M. et al., Pregnancy and childbirth, volume 3, abnormal pregnancy and childbirth, 2021, Cesarean delivery chapter

M) Computer skills

1	Computer Literacy(Words, Internet, PowerPoint , SPSS, Windows)
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N): Language Skills

1	English: in Intermediate level
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O) Other Skills and Interests

Research Interest:	Community Midwifery Reproductive Health
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