


ZAUMS Curriculum Vita

Personal information	
First name / Surname	Shahin-Dokht Navvabi-Rigi
Address	School of Nursing & Midwifery, Mashahir Square, Zahedan, Iran
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Nationality	Iranian
Gender	Female
Marital Status	Married
Occupational Field	<p>Midwifery, Counseling in Midwifery, Gerontology</p> <ul style="list-style-type: none"> ❖ Head of the pregnancy research center in Zahedan University Of Medical Science-- Zahedan -Iran (from 2021) ❖ manager midwifery of the Department of Midwifery in nursing & midwifery school- Zahedan -Iran(from 2010 to feb 2016) ❖ faculty member of the Department of Midwifery in Zahedan University Of Medical Science-- Zahedan -Iran 2005 until now. ❖ Midwife in Iranshahr,Iran(1996-2003)
Education and Training	
	<ul style="list-style-type: none"> ❖ PhD Candidate of Gerontology (2016) -University of Social Welfare and Rehabilitation Sciences- Tehran-Iran ❖ MSc Degree of Midwifery (2003-2005)- Mashhad University of Medical Science- Mashhad -Iran ❖ BSc Degree of Midwifery (1997-1999)- Zahedan University of Medical Science- Zahedan -Iran ❖ Associate Degree of Midwifery(1993-1996)- Zahedan University Of Medical Science- Zahedan -Iran
National Conferences / Seminars	
1.	Compare the effect containing Cooling gel pad with Ice pack Intensity of pain Perineum after Episiotomy. Abedian Z, Navvabi-Rigi SH D, Poorjavad M, Esmaeili H. First Congress Global Specialists Women Midwifery Infertility Branc- Khorasan-Iran 16-23-2006
2.	Iron Filings Heat Pad for relief Menstrual pain. Navvabi-Rigi SHD, Ansari H, Safarzadeh A. National Conference on Patient Care and Treatment with Complementary and Alternative Medicine 2008-Gheshm-Iran

3.	Smoke effect Cigarettes during Pregnancy threatening Fetus and the future Baby tomorrow: Third Congress Global Behavior High risk-Yazd-Iran
4.	In vitro fertilization (IVF) from the Sunni perspective The 1st Congress of Family Health from the Perspective of Islamic Religions- Zahedan-Iran 2009
5.	Common beliefs on AIDS from viewpoints of Sunni clerics in Zahedan The 1st Congress of Family Health from the Perspective of Islamic Religions- Zahedan-Iran 2009
6.	AIDS prevention knowledge among Sunni clerics in Zahedan Healthy People Congress. Gorgan- Golestan -Iran 2009
7.	How is Quality of life Menopausal women Zahedan city? Quality of life & promotion health conference 1389-Chabahar-Iran
8.	Evaluation the correlation Between Violence Physical-psychological and physical with Women's hospitalization and Neonatal Birth Weight in postpartum Block-Zahedan-Iran Fourth National Seminar on Nursing, Midwifery and Research: Fourth National Seminar on Nursing, Midwifery and Research1390 . Gorgan- Golestan-Iran
9.	Midwives Skills Clinical promotion in Maternity Health centers by retraining course-Zahedan 1388 12 th Conference Medical Education 1390 Mashhad-Iran
10.	Revise sonography & radiology lessen plan the internship base on needs bachelor of student of midwifery 12th Conference Medical Education 1390 Mashhad-Iran
11.	Review tools of Assessment Function Elderly 12th Conference Medical Education 1390 Mashhad-Iran
12.	Promotion Skills training order Midwifery Students Zahedan 12th Conference Medical Education 1390 Mashhad-Iran
International Conferences / Seminars	
1.	Evaluate the Cold therapy on wound healing and intensity perineal pain after episiotomy in Primiparouse women. The 7th Athen congress on women's health & disease.11-13 2008.Athen-Greece
2.	ALLEVIATING PERINEAL PAIN AND REDUCED PAIN INTERFER WITH DAILYACTIVITY IN POSTPARTUM. The fourth Asian family health scientific congress. January 5-6.2008. Tehran.Iran
	Pilot study: effect cold relief pain on haemorrhoid. Navvabi rigi sh,Najafi F,Abedian Z. 8 th international congress on obstetrics and Gynecology 5-9NOV 2009.
	Effects of massage with acupressure on pain intensity and anxiety during labour in south- east Iran. shahindokht navvabirigisedughe Resaie,Samira Mehdipoor 5 th Normal labour & birth research conference s : the benefits &challenges of preserving physiologic birth. July 20-23 Vancouver 2010

3.	The effect of presence Dulla on intensity Pain and length Delivery in Primiparous women. The first international & 3th national safe pregnancy & motherhood congress ;23-25 february 2010,emam ali hall-Tehran Iran
4.	Navvabi Rigi Sh -D, Navidian A, Kerman Kerman Saravi F, Shahraki-Sanavi F. Researches Evaluation of the Midwifery students of mentoring education Outcomes in Zahedan. June 2012. 2 nd World Conference on Educational Technology Researches, Near East University, Nicosia, North Cyprus 27-30 June, 2012.
5.	Average score episiotomy midwifery training. Navvabi Rigi Sh-D, Farokhfal Z, Navidian A . 9 th International Congress of Obstetrics and Gynecology 2012.
6.	The effect of education breast self-examination based on health belief model on knowledge, attitude and performance teachers in zahedan city in 2008-2009. Shahin-dokht navvabirigi,fatihe kerman saravi, somayeh khazaian. 2 nd world conference on educational technology researches 2012. Cyprus.
7.	Evaluation of the midwifery students of mentoring education outcomes in Zahedan. Shahin-dokht navvabirigi,ali navidian,fatihe kerman saravi-fariba shahraki-sanavi. 2 nd world conference on educational technology researches Near East University, Nicosia, North Cyprus 27-30 June, 2012.
8.	Gerascophobia in head of personnel of the aging unit in welfare departments – Iran. Navvabi Rigi,SH D, Momtaz A. 6 th international conference on Heath,Treatment and health promotion2021. Teflis-Georgia
9.	How has the economic burden of elder care in the world moved? Navvabi Rigi,SH D, Poorreza A. 6 th international conference on Heath,Treatment and health promotion 2021. Teflis-Georgia
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National Publications / Articles

1.	Evaluation the cooling gel pad and ice pack on wound healing and intensity perineal pain after episiotomy in primiparous women. Navvabi Rigi Sh, Abedian Z., Poorjavad M., Esmaeli H. Zahedan Journal of Research in Medical Sciences, Volume:9 Issue: 1, 2007
2.	Comparing the Effect of Cooling Gel Pads and Ice Pack, after Episiotomy, on the Intensity of Perineal Pain. Zahra Abedian , Shahin Dokht Navvabi Rigi , Salmeh Dadgar , Habib Esmail Iranina Journal of Obstetrics Gynecology and Infertility, Volume:10 Issue: 2, 2008
3.	Cold and Reduced Episiotomy Pain Interfere with Mood and Daily Activity. Navvabi Rigi, Saroneh Rigi. SHIRAZ E MEDICAL JOURNAL APRIL 2011, Volume 12, Number 2; Page(s) 87 To 92.
4.	Comparison of the effect of Hoku Point (LI4) acupressure with that of San-Yin-Jiao (SP6) acupressure on labor pain and the length of delivery time in primiparous women. Tahmineh Salehian , Faranak Safdari Dehcheshmaei , Arezoo Pirak , Afsaneh Kazemian , Zahra Atarodi , Shahin Dokht Navvabi Rigi Scientific Journal of Kurdistan University of Medical Sciences, Volume:16 Issue: 1, 2011
5.	Effects of Acupressure at The Hugo Point(LI4) on Labor Pain And Duration of Delivery in Nulliparous Women. Ilam University of Medical Science, Volume:18 Issue: 4, 2011

6.	The Relationship between Moderate Physical Activity and Cycle Pattern and Symptoms of Menstrual on the Service Personnel of Zahedan Hospitals. Navvabi Rigi, Shahindokht and Kerman Saravi, Fatiheh and Shafiee, Shahla and Alimoradi, Zahra. Journal of Obstetrics, Gynecology and Infertility, 15 (30). pp. 15-21
7.	Nursing Student and Teacher's Viewpoints toward Priorities in Teachers Evaluation Kerman Saravi F., Navidian A., Navabi Rigi Sh.D. Iran Journal of Nursing, Volume:24 Issue: 72, 2012, P 18
8.	Critical thinking skills in Zahedan University of Medical Sciences freshman nursing students and graduated in 2009-2011 .Fathieh Kerman Saravi Shahin Dokht Navabi Rigi , Mr Ebrahim Ebrahimi Tabas. Journal nursing & midwifery school Razi-Kerman, Volume:11 Issue: 1, 2012
9.	The effect of teaching breast self-examination based on health belief model in teachers in Zahedan. Sh.D Navvabi Rigi, F Kerman Saravi, A Navidian, S Khazaian, M Sharaki poor, F Sharaki Sanavi, A Jafari. Medical & Surgical Nursing Journal, 2012; 1(1):24-30
10.	Two teaching methods to encourage pregnant women for performing normal vaginal delivery. Fariba Shahraki Sanavi, Alireza Ansari-Moghaddam, Fatemehi Rakhshan, Shahindokhte Navabi Rigi. IRANIAN JOURNAL OF MEDICAL EDUCATION JUNE 2012 , Volume 12 , Number 3 (41); Page(s) 184 To 192.
11.	Comparing two methods of crawl and routine breastfeeding on behavior of breastfeeding during two hours after delivery. Navabi Rigi Shahindokhte, Ebrahimi Tabas Ebrahim, Khazaiyan Somayeh. MEDICAL - SURGICAL NURSING JOURNAL APRIL 2013 , Volume 2 , Number 1-2; Page(s) 39 To 44.
12.	Evaluate comparison cooling device of two methods on the perineal pain level result of episiotomy. Shahin-Dokht Navvabi-Rigi , Fatihe Kerman-Saravi , Zahra Abedian. Iranian Journal Of Medical - Surgical Nursing, Volume:1 Issue: 2, 2013
13.	Survey the characteristics of two methods of non-pharmacological cryotherapy on perineal pain level due to episiotomy. Shahindokht Navabi Rigi, Abedian Z Medical - Surgical Nursing Journal 2013 1 (2); e87578
14.	A case of imperforate hymen with acute urinary retention in an adolescent girl in Zahedan. Zahra Pahlavani , Sheikhi * , Shahin , Dokht Navabi , Rigi Feyz, Volume:18 Issue: 1, 2014 Pages: 97 - 100
15.	The effect of sex education on the marital relationship quality of pregnant women. Ali Navidian, Shahindokht Navabi Rigi, Mahmoud Imani, Parvin Soltani HAYAT 2016: 22(2), pp. 115-127;
16.	The effect of sex education on the marital relationship quality of pregnant women. Shahindokhte Navabi Rigi , Toktam Kianian , Fatiheh Kermansaravi , Farideh Yaghmaei Payesh, Volume:15 Issue: 5, 2016
17.	Correlation between postpartum stress and social support in nulliparous women Navidian A., Kermansaravi F, Navabirigi Sh, Saber S., Saeedinegad F. Journal of Health Promotion Management, Volume:5 Issue: 1, 2015 .Pages: 40 - 49
18.	Factors and Barriers Affecting the Social Participation of Older People. Tahereh Mansouri, Akram Farhadi , Vahid Reza ,Afsaneh Kojaie Bidgoli, Shahin Dokht Navvabi Rigi, Reza Hosseinabadi Borhaninejad. North Khorasan Journal of Medical Sciences Volume 9, Issue 4, Winter 2018.

19.	Design Implementation and Evaluation of the integration of plan spiral curriculum and team curriculum training Internship in the field of pregnancy and childbirth for Zahedan midwifery student. ShahinDokht NavvabiRigi ,Somayyeh Khazaeian ,Samira Khayat ,Marzieh Rakhshkhorshid ,Fatemeh Torklalebhagh ,Mahnaz Ghaljeh .1 st international conference on Health. Hygiene and Education 2024; Mazandaran. Iran.
International Publications / Articles	
1.	Effectivness of cooling gel pads and ice packs on perineal pain. Shahin Navvabi,Zahra Abedian,mary Steen-Greaves . British journal of midwifery,vol 17,iss.11,o5 nov 2009,pp 724-29
2.	Efficacy and safety of progesteron versus mangnesium sulfate vin the management of preterm labor:a randomized study. Batool Teimmori-Nahid Sakhavar-Masooome, Mirteimoori-Behnaz Narouie-Mohammad Ghasemi, rad-Mehrnaz saroooneh rigi-shahinnavvabi rigi and hamideh Hanafi-bojd. Gynecol Obstetrics 2011,1:1
3.	. Progesterone versus magnesium sulfate in the management of preterm labour. Batool Teimoori, Masooome Mirteimoori, Nahid Sakhavar, Behzad Narouie, Mohammad Ghasemi-Rad, Mehrnaz Sarooneh-Rigi, Shahin Navvabi-Rigi, Hamideh Hanafi-Bojd: African journal of pharmacy and pharmacology 07/2012; 6(23):1710-1712. DOI:10.5897/AJPP11.491
4.	Comparing the analgesic effect of heat patch containing iron chip and ibuprofen for primary dysmenorrheal:a randomized controlled trial. Shahin-dokht navvabirigi,fatihe kerman-saravi,ali navidian, Leila safabakhsh, ameneh safarzadeh, somaye khazaian, shahla shafiee, tahmineh salehian BMC WOMEN HEALTH 2012 ,12:25 Index:ISI
5	Comparing health-related quality of life of employed women and housewives: a cross sectional study from southeast Iran. FATIHE KERMAN-SARAVI,ALI NAVIDIAN,SHAHIN-DOKHT NAVVABI-RIGI-ALI MONTAZERI BMC Women's Health 2012, 12:41 doi:10.1186/1472-6874-12-41
6	The effectiveness of a group psycho-educational program on family caregiver burden of patients with mental disorder. Ali navidian-fatihe kerman saravishahindokht navvabi rigi. BMC research notes 2012 5:399
7	Evaluation of Quality of Life and Pregnancy Outcome in Overweight Pregnant Women in Zahedan. Safarzadeh A, Boryri T*, Khojasteh F and NavvabiRigi SD J Pain Relief 2013, 2:3
8	Evaluation Effect of Shiatsu Technique on Labor Induction in Post-Term Pregnancy. Teimoori Batool, Navvabi-Rigi Shahin-Dokht, Rajabi Shahnaz, Arbabisarjou Azizollah: Global journal of health science 11/2015; 7(3). DOI:10.5539/gjhs.v7n3p177
9	The Relationship between Quality of Work Life and Job Satisfaction of Faculty Members in Zahedan University of Medical Sciences Fatihe Kermansaravi, Ali Navidian, Shahindokht Navabi Rigi& Fariba Yaghoubinia Global Journal of Health Science; Vol. 7, , No. 2; 2015 ISSN 1916-9736 E-ISSN 1916-9744
10	Effects of group sexual counseling on the traditional perceptions and attitudes of Iranian pregnant women. Ali Navidian, Shahindokht Navabi Rigi, Parvin Soltan. International Journal of Women's Health 8, pp. 203-211;2016

11	Menstrual-reproductive and socio-demographic factors of secondary infertile and fertile women in Zahedan: A case-control study in southeastern Iran. Hossein Ansari, Fatemeh Azarkish , Shahindokht Navabi Rigi , Rohollah Rouhandeh and Younes Mohammadi Der Pharmacia Lettre, 2016, 8 (1):348-353.
12	International Journal of Pharmacy and Technology. Azizollah Arbabisarjou , Sadegh Zare , Mahnaz Shahrakipour , Gholamreza Ghoreishinia , Mahshid Nazemzadeh Shoaie , Hossein Ansari , Shahin Rigi , Younes Jahadpanah , Abdoulmalek Danesh , HosseinJafari. IJPT: 8(2), pp. 12241-12247;2016
13	The Effect of Health Promoting Programs on Patient's Life Style After Coronary Artery Bypass Graft–Hospitalized in Shiraz hospitals Leila Safabakhsh, Azizollah Arbabisarjou , Mozghan Jahantigh, Mahshid Nazemzadeh, Shahindokht Navabi Rigi & Shahin Nosratzahi Global Journal of Health Science; Vol. 8, No. 5; 2016
14	Comparing health-related quality of life of employed women and housewives: A cross sectional study from southeast Iran. Fatihe Kerman Saravi, Ali Navidian, Shahindokht Navabi Rigi, Ali Montazeri: BMC Women's Health 11/2012; 12(1):41. DOI:10.1186/1472-6874-12-41
15	Comparing the effect of sucrose gel and metronidazole gel in treatment of clinical symptoms of bacterial vaginosis: a randomized. Khazaeian S, Navidian A, Navabi-Rigi SD, Araban M, Mojab F, Khazaeian S. controlled trial. Trials 2018, 19(1):585.
16	The association between Intimate Partner Violence (IPV) during pregnancy and birth weight Shahin-Dokht Navvabi-Rigi, Zahra Moudi, Zahra Pahlavani Sheikhi* and Fatemeh Moudi. Prensa Médica Argentina 2018: 1o4(3):1-5 DOI:10.4172/0032-745X.1000295
17	Navvabi-Rigi SD, Mohammadi-Shahboulaghi F, Foroughan M, Momtaz YA (2022) Weaving a cocoon on the way to aging transcendence: Grounded theory study on aging perception during menopause transition. PLOS ONE 17(11): e0276797. https://doi.org/10.1371/journal.pone.0276797
18	Navvabi-Rigi SD, Mohammadi-Shahboulaghi F, Foroughan M, Momtaz YA Weaving a cocoon on the way to aging transcendence: Grounded theory study on aging perception during menopause transition. PLOS ONE .(2022) ;17(11): e0276797. https://doi.org/10.1371/journal.pone.0276797
19	Didevar M, Navvabi- Rigi SD, Dadkhah S. The effectiveness of heat therapy and cold therapy in labor pain intensity in primiparous women: A randomized controlled trial. Nurs Midwifery Stud .2022;11:171- 6.
20	Rezaee N, Afhami H, Navvabi-Rigi SD. The Effects of Positive Self-Talk on Anxiety and Grief Among Women with Spontaneous Abortion: A Quasi-Experimental Study. Shiraz E-Medical Journal. 2024 Feb 29; 25(2).
	Khayat S, Fanaei F, Riki F, Navabi Rigi SH-D, Alijani E. The Impact of Opium Consumption on Inflammatory Factors in Umbilical Cord Blood And Maternal Blood Postpartum: A Potential Contributor to Neonatal Complications. Journal of Drug Issues2024, Vol. 0(0) 1–14
Honors / Awards	

1.	Received Plaque of Honour in the 4th Shahid Motahhari Festival, 2011 (Piloting design of clinical training mentoring method of midwifery students' delivery room)
2.	. Received Plaque of Honour in the 4th Shahid Motahhari Festival, 2011 (The consequences of demonstrating respect and courtesy as a value)
3.	Received Plaque of Honour in the 5th Shahid Motahhari Festival, 2012 (Designing clinical training multiple mentoring model midwifery students' delivery room).
Thesis	
	A randomized controlled trial to compare the effectiveness of cooling gel pad and ice pack on intensity perineal pain after episiotomy in primiparous women
	Explaining the process of the emergence aging perception during menopause transition among Balouch women: Grounded theory

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