

**Personal information**

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**Department: Health faculty of Arak medical university- Mostafa Khomeini .St- Arak  
Markazi province-Iran**

**Place of Work:**

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**Educations:**

<b>Degree</b>	<b>Subject</b>	<b>Place</b>	<b>Date</b>
Ph.D	Health Education	Tarbiat Modares University	
M.S	Maternal and Child health (midwifery)	Tarbiat Modares University	

**Work Experiences:**

<b>Name</b>	<b>Date</b>
1. Leader of department in midwifery and nursing faculty	1995-1998
2. Head of department in midwifery and nursing school	1998-2000
3. Deputy of Educational and Research in midwifery and nursing faculty	2000-2002
4. Head of midwifery and nursing faculty	2002-2004
5. Ediro and editor-in-chief of Arak medical university's Complementary Medicine jurnal	2000-2014
6. University representative to complete the Fertility Research Database	2003
7. Students of martyr familie's Supervisor and advisor	2003
8. Head of the National Conference on Occupational Dangers in Medical Personnel	2003
9. Member of Fertility and Obstetrics Health Board	2008-2014
10. Head of teaching and higher education of university	2009-2013
11. Head of health faculty	2012-2019
12. Supervisor of the Professional Ethics Training Package	2017-2019
13. Member of university Ethic commitee	2009-currently
14. Supervisor of university's Ethic improvement package	2016-2019
15. Member of the Board of the University Audit	2017-currently
16. Editor-in-chief of Arak medical university's Complementary Medicine jurnal	2014-currently
17. Editor of Arak medical university's Complementary Medicine jurnal	2009-2020
18. Head of health education and health promotion department	2012-currently
19. Member of Healthcare Fellowship Course working group	2016-2019
20. Member of the Strategic Committee for Research Prioritizations	2017-currently
21. Member of H.S.R	2016-currently

**Book:**

Name	Publish Date
1. Common women's diseases with a new approach	1998
2. Be your baby nurse	2010
3. Health education and health promotion an application view	

**Educational Thesises**

1. A comparison of single-dose oral Fluconazole 150 with 3-day intravaginal clotrimazole in the treatment of vaginal candidiasis (M.S Thesis)
2. The Effect of Health Belief Model and Theory of Probability on Promoting Natural Delivery in Primiparous Women (Ph.D Thesis)

**Research Projects (ongoing and finished):**

1. The Women'S Perceptions About Unwanted Pregnancy: A Qualitative Study in Iran
2. A study about Midwifery and Nursing students medical problems
3. Assessing Health Belief Model Construct in Paying Attention to Danger Signs in Children Less than Five Years Old
4. Investigation of the effect of education based on the health belief model on the adoption of hypertension-controlling behaviors in the elderly
5. Application of theory of planned behavior in predicting screening mammography in housewives over 40 years
6. Assessment of knowledge and self-efficacy in achieving osteoporosis prevention behaviors among high school female students
7. Clinical education from the viewpoints of nursing and midwifery school students of Arak
8. ognitive factors related to childbirth and their effect on women's delivery preference: a comparison between a private and public hospital in Tehran
9. An Evaluation of the Effects of adding oral pregabalin to Morphine sulfate in Patients Receiving Intravenous PCA after orthopedic Surgery
10. The survey of practice about prevention of Osteoporosis based on Health belief model in pregnant women in Arak city
11. Investigating Different Factors of Fear in Normal Delivery among Pregnant Women, in Arak -A Cross Sectional Study
12. Use of Health Belief Model to examine High school female students' Osteoporosis prevention behaviors, Arak, Iran
13. To Measure the structures of HBM for Promotion of Preventive Behaviors of Pregnant Women Exposed to Air Pollution in Arak City, 2014
14. Development and Psychometrics of Perceived Experiences of Natural Vaginal Childbirth in Primiparous Iranian Women Questionnaire
15. Measuring the Constructs of Planned Behavior Theory Regarding the Behaviors Preventing of Junk Food Consumption in Elementary Students in Arak in 2015
16. Health-related quality of life in staff and hospital personnel of Arak University of Medical Sciences in 2009
17. The Effect of Morning Exercise on Quality of Life among Health Center Staff in Arak City: A Short Report
18. Online vs. traditional teaching evaluation: a cross-sectional study
19. Investigating the Causes of Fear of Childbirth in Shahrekord Pregnant Women, in 2013: A Short Report
20. Development and Psychometrics of Perceived Experiences of Natural Vaginal Childbirth in Primiparous Iranian Women Questionnaire

21. The assessment of the protection motivation theory construct of skin cancer preventive behaviors in rural women
22. THE ASSESSMENT OF THE THEORY OF PLANNED BEHAVIOR ON BLOOD DONATION BEHAVIORS OF THE STAFF
23. Evaluation of the effects of education based on health belief model on medication adherence in diabetic patients
24. Explaining perceived barriers to exclusive nutrition in women referred to Arak clinics
25. A survey on the association of dominant food patterns with menstrual disorders in high school students in Arak
26. A survey of health educational plan based on health belief model on preventive behavior of osteoporosis in pregnant women in Arak
27. A study on the Factors related to the fear of delivery in pregnant women referred to the pregnancy care clinics in Arak in 2009
28. Explaining of Realized experiences of Primiparous women
29. A survey on job satisfaction in Arak medical university faculties in 2009
30. The prevalence of misconceptions about probability concepts i
31. High-risk behaviors of studentsn Arak medical students
32. A survey on Quarn voice on realized stress of Medical university's staff
33. A survey on health promotion and High-risk behaviors of Arak medical university students in 2010
34. Explaning of job motivation's obstacles on Arak medical university staff
35. A survey on effect of health belief model on Awareness and preventive behavior of needle stick injuries and bloodborne disease in nurses
36. Promote physical activity in Staff of Arak health center
37. Cultural adaptation and psychometric testing of the short form of Iranian childbirth self efficacy inventory
38. DESIGN AND SIMULATION OF A NEW FARADAY CUP FOR ES-200 ELECTROSTATIC ACCELERATOR
39. Development and Psychometrics of Perceived Experiences of Natural Vaginal Childbirth in Primiparous Iranian Women Questionnaire
40. DOES MATERNAL EDUCATION CAN REDUCE THE CESAREAN SECTION?
41. EDUCATION AND SELF-EFFICACY OF MOTHERS REGARDING ALERTING SIGNS IN CHILDREN LESS THAN FIVE YEARS IN ARAK, IRAN
42. Effect of Kangaroo mother care on maternal attachment behavior before
43. Effect of precede proceed model combined with the health belief model and the self-efficacy to increase normal childbirth in nulliparous women
44. Effect of Theory-Based Education on the Promotion of Preventive Behaviors of Accidents and Injuries among Mothers with Under-5-years-old Children
45. Effect of Training with Teaching Methods Designed Based on Health Belief Model on Knowledge and Self-efficacy in Nurses on the Disciplines Standard Precautions in Hospitals
46. Survey of perceived self-efficacy in pregnant women
47. Prevalence of preterm labor in Iran: A systematic review and meta-analysis
48. Low Back Pain Preventive Behaviors Among Nurses Based on the Health Belief Model Constructs
49. Study of the relationship between self-efficacy and outcome expectations with delivery types election among pregnant women in Shahrekord city
50. The effect of education based on health belief model on the improvement of osteoporosis preventive behaviors in pregnant mothers of Ark city
51. Knowledge, Beliefs and Performance of health volunteers in Malayer city about Hepatitis

B: An application of health belief model
52. Cognitive factors related to childbirth and their effect on women's delivery preference: a comparison between a private and public hospital in Tehran
53. The effect of an educational intervention program on the adoption of low back pain preventive behaviors in nurses: an application of the health belief model
54. Predictors accident structures in mothers with children under 5 years old in city of Khorramabad based on Health Belief Model
55. Knowledge, attitude and practice of mothers with regard to the warning signs of respiratory infections and diarrhea in children below the age of five in Arak in 2014
56. The Measurement of Health Belief Model (HBM) constructs in the prevention of accidents and injuries in children in khorramabad 2014
57. Critical thinking skills and their association with stress coping strategies in the students of Arak University of Medical Sciences, Iran
58. An Evaluation of the Effects of adding oral pregabalin to Morphine sulfate in Patients Receiving Intravenous PCA after orthopedic Surgery
59. The effects of stress inoculation training on perceived stress in pregnant women
60. Empowerment-Based Interventions in Patients with Diabetes: A Review Study
61. The most critical barriers in conducting mammography screening among the Iranian women in arak in 2014
62. A survey on health beliefs relation with self-care practice among the elderly hypertension in Iran (2013)
63. The status of dental caries and some acting factors in a sample of Iranian women with pregnancy
64. Knowledge, self-efficacy, and practice among nurses for prevention of chronic low back pain in Arak, Iran, in 2014
65. Factors Affecting the Behavior of Pregnant Women toward Avoiding Polluted Air
66. THE EFFECT OF EDUCATION ON PREVENTIVE BEHAVIORS OF FAILURE TO THRIVE IN MOTHERS WITH CHILDREN AGED ONE TO FIVE YEARS
67. Prediction of iron deficiency anemia preventive behaviors of children by rural women city of Babol: Application of Health Belief Model
68. I INVESTIGATION THE EFFECT OF BACK SCHOOL EDUCATIONAL PROGRAM IN THE FORM MULTIMEDIA FOR IMPROVING OF OBSERVING BEHAVIORS AND ERGONOMICS PRINCIPLES FOR PREVENTIVE OF CHRONIC LOW BACK PAIN IN NURSES
69. RELATIONSHIP BETWEEN ORGANIZATIONAL LEARNING CAPABILITY WITH ORGANIZATIONAL PERFORMANCE IN GENERAL DIRECTORATE OF YOUTH AND SPORT IN KHORASAN RAZAVI
70. THE RELATIONSHIP BETWEEN PERCEIVED BARRIERS AND NON-MEDICATION ADHERENCE IN TYPE 2 DIABETIC PATIENTS IN ARAK IN 2014
71. Stress Urinary Incontinence and Weight Status In Women
72. IDENTIFICATION OF FACTORS RELATED TO ELECTIVE CESAREAN LABOR: A THEORY-BASED STUDY

Path analysis of skin cancer preventive behavior among the rural women based on protection motivation theory

N Roozbahani, AH Kaviani, M Khorsandi

BMC Women's Health 20 (1), 1-8

<p>Effectiveness of Theory of Planned Behavior-Based Educational Intervention on Newborn Care in Pregnant Mothers: A quasi-experimental study</p> <p>A Navabi, Shamsi M, M Khorsandi, M Zamanian</p>	
<p>The effect of combined Training Program on Sleep Hygiene among of girls primary school students</p> <p>M Masnabadi, N Roozbahani, M Khorsandi</p> <p>Iranian Journal of Health Education and Health Promotion 8 (1), 23-34</p>	
<p>The survey of prevention of accidents in mothers with children under the age of 5 years</p> <p>MF Sheikhi, M Shamsi, M Khorsandi, R Soltani</p> <p>Journal of Injury and Violence Research 11 (4 Suppl 2)</p>	
<p>Using of health belief model on needlestick injuries and bloodborne pathogens among nurses</p> <p>M Sedigh, N Zarinfar, M Khorsandi, B Sadeghi Sadeh</p> <p>Journal of Research and Health 9 (1), 29-36</p>	
<p>The Assessment of the Theory of Planned Behavior Structures on Nutritional Prophylactic Treatment of Anemia in Pregnant Women of Arak City in 2018</p> <p>Z Jahangiri, M Shamsi, M Khorsandi, R Moradzadeh</p> <p>Journal of Arak University of Medical Sciences 21 (5), 42-52</p>	
<p>Investigation of the effect of educational program based on the health belief model on preventing behaviors exposure to polluted air among pregnant women</p> <p>S Pormosayebi, M Shamsi, M Khorsandi, A Koolivand, M Ranjbaran</p> <p>Journal of Babol University of Medical Sciences 20 (1), 63-57</p>	
<p>Factors Affecting the Behavior of Pregnant Women toward Avoiding Polluted Air</p> <p>S Pormosayebi, M Shamsi, M Khorsandi, A Koolivand, M Ranjbaran</p> <p>Journal of Holistic Nursing And Midwifery 28 (1), 75-83</p>	
<p>The effect of training based on health belief model (HBM) in preventing exposure to polluted air in pregnant women</p> <p>S Pormosayebi, M Shamsi, M Khorsandi, A Koolivand, M Ranjbaran</p> <p>Journal of Babol University of Medical Sciences 20 (1), 57-63</p>	
<p>The effect of theory planned behavior education to students through role-play to promote preventive behaviors in the consumption of junk food</p> <p>F Barati, M Shamsi, M Khorsandi, M Ranjbaran</p> <p>IRANIAN JOURNAL OF ENDOCRINOLOGY AND METABOLISM (IJEM) 19 (600199), 425-434</p>	

<p>Effectiveness of Cognitive Group counseling to self-esteem in nulliparous women</p> <p>K Vakilian, M Poorjandaghi, M Khorsandi</p> <p>Journal of Clinical Nursing and Midwifery 4 (3)</p>	
<p>Development and psychometrics of perceived experiences of natural vaginal childbirth in iranian primiparous women questionnaire</p> <p>K Vakilian, M Khorsandi, H Jafarimanesh, M Ranjbaran</p> <p>CJMB 5, 95-100</p>	
<p>Affecting Factors Fear of Childbirth Based on the Theory of Planned Behavior in Pregnant Women in Aleshstar in 2015</p> <p>M Yosefvand, M Khorsandi, N Roozbahani, M Ranjbaran</p> <p>Avicenna Journal of Nursing and Midwifery Care 25 (4), 114-120</p>	
<p>Effect of massage therapy on labor pain reduction in primiparous women: A systematic review and meta-analysis of randomized controlled clinical trials in Iran</p> <p>M Ranjbaran, M Khorsandi, P Matourypour, M Shamsi</p> <p>Iranian journal of nursing and midwifery research 22 (4), 257</p>	
<p>The Effect of Education on Preventive Behaviors of Failure to Thrive in Mothers with Children Aged One to Five Years: Applied Health Belief Model</p> <p>M Navabi, M Khorsandi, N Rouzbahani, M Ranjbaran</p> <p>Journal of Arak University of Medical Sciences 20 (1), 59-68</p>	
<p>Investigation of the effect of education based on the health belief model on the adoption of hypertension-controlling behaviors in the elderly</p> <p>M Khorsandi, Z Fekrizadeh, N Roozbahani</p> <p>Clinical interventions in aging 12, 233</p>	
<p>The assessment of the protection motivation theory construct of skin cancer preventive behaviors in rural women</p> <p>M Khorsandi</p> <p>Avicenna Journal of Nursing and Midwifery Care 24 (4), 229-237</p>	
<p>Effect of Theory-Based Education on the Promotion of Preventive Behaviors of Accidents and Injuries among Mothers with Under-5-years-old Children</p> <p>M Fathi, M Shamsi, M Khorsandi</p> <p>Iranian Journal of Health Education and Health Promotion 4 (3), 184-193</p>	

**Educational Activities:**

Title	Date
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1. Teaching health pregnancy- family planning and Common diseases of infants and children( in Paramediceen faculty)	1996-2003
2. Principles and generalities of health services, mother and child care, infants, family planning (in midwifery and nursing school)	2003-1994 2008-2011
3. Common diseases of children, educational technology, Group dynamics, healthy lifestyle, communication, health education and health promotion 1,2, research method in health education( in health faculty)	Bachelor from the very beginning until 2011  Master from the very beginning up to now

### Memberships:

Title	Date
1. Member of Education and research committee of university	2000-currently
2. Member of H.S.R committee of Deputy of health	2017
3. Member of Ethic committee	2009- currently
4. Member of Education and research committee of health faculty	1999-2003
5. Member of the Committee for the Promotion of Mothers' Health	2016
6. Member of Scientific and Executive Committee of the Conference on Prevention and Recovery of Women's cancer	
7. Member of Editorial Board of the University	1999-2003
8. Member of research committee of university	1999-currently
9. Member of special cases commission	2013-2015
10. Member of exchange council	2013-2015
11. Member of university council	2013-currently
12. Member of Accreditation committee of university educational package	2017-2019

### Awards and appreciations

Title	Appresiated by
1. Top Midwife	Head of Midwifery and nursing Faculty
2. Top Professor	Head of Arak Medical university
3. Appresiated for Ph.D Thesis	Head of Milad Hospital in Tarbiat Modares university
4. Appresiated for The best researcher(2009)	Research Deputy
5. Appresiated for Top university prosses of Shahid-Motahari National medical education congress (2016)	Education Deputy
6. Appresiated for National scientific elite in 2011	Health minister
7. Appresiated for Top National prosses of Shahid-Motahari National medical education congress (2016)	Education Deputy of Health ministry

### Editorial Activities

journal	activity	date
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1. AMUJ	Member of editors' consul	1999-2002
2. Arak medical university jurnal		
3. Saberlin	editor	1999-currently
4. Arbiter of Hayat Jurnal	arbiter	2009-currently
5. AMUJ	arbiter	1999-currently
6. Hormozgan medical university jurnal	arbiter	2009-currently

#### **Taking part in different courses (educational, researching...)**

<b>Name</b>	<b>Date</b>
1. New teaching methods( Arak)	2017
2. Workshop on Zotro software(resources management)	2017
3. National Summer School of Ethics for the Ethics Committee of the University(Mazandaran)	2016
4. Educational Management Briefing Workshop (KhoramAbad)	2002
5. Strategic Management(Arak)	2000
6. Researching methods workshop(Arak)	1994
7. Educational evaluation and planning workshop(Arak)	1995
8. Workshop on article principles and writing (Arak)	1998
9. Educational evaluation and planning workshop(Arak)	1997
10. Primary and complimentary researching methods workshop(Arak)	1995
11. Workshop on course syllabus and unit content for family planning(Tehran)	1997
12. Teaching Educational and researching evaluation and planning and translation evaluation workshop	1997
13. Information knowledge workshop1, specialized for university faculties( Tarbiat Modares university)	2004
14. 3 days workshop on decreasing delivery pain without medicine( mothers' health office)	2005
15. Statistical Methods and Applications in Medical Researches workshop	1998
16. Neonatal Resuscitation workshop(Kermanshah)	1996
17. Workshop on Educational planning for midwifery(Tehran)	1997
18. Computer Workshop and powerpoint and internet(Arak)	2000
19. Training Course of speaking about new thoughts on management	2000
20. Workshop on scientific research engines(ISI,...)	2003
21. Preparation for childbirth workshop( Birth International 2007)	2007
22. Publish Ethics workshop(Shiraz)	2014

#### **Teaching in different workshops**

<b>Name</b>	<b>Date</b>
1. Lecturer of Normal and Abnormal delivery workshop	1998
2. Normal delivery workshop teacher	2009



3. Breast milk workshop lecturer	2009
4. Publish Ethics workshop lecturer	2016
5. Menopause workshop lecturer	2007
6. Lecturer of relaxation in national conference of Printhology scientific committee	2006

#### Taking part in Seminars

1. National seminar on occupational dangers for health staff	Poster	2001
2. National seminar on preventional methods and treatments for women's cancers	Present an article	1996
3. National Liquid Therapy Seminar	Present an article	1999
4. National Health in families seminar		2000
5. International day of midwifery seminar	Present a speech	1995
6. Population and family planning seminar	Present a speech	1996
7. Retraining bio-terrorism		2001
8. National convention on Health education and promotion(Tehran)		2000
9. National convention on Health education and promotion(Hamedan)	Present an article	2008
10. Convention on HIV in midwifery		1997
11. National convention on safe pregnancy	Poster and article presentation	2004
12. National convention on life quality		2004
13. National convention on safe pregnancy	Accepted speech	2006
14. National convention of connections	poster	2002
15.		

#### Articles

1. The effect of education based on health belief model on osteoporosis prevention among pregnant women refer to Arak health centers	Tabriz
2. Use of health belief model to examine high school female students osteoporosis prevention behaviors in Arak-Iran	Tabriz
3. The survey of practice and preventive nutritional behavior of hypertension among over 30 of Arak	Kermanshah
4. Effectiveness of blood donation behavior promoting program among staff based on theory	Kermanshah
5. Factors related to blood donation :	Kermanshah

<b>Application of theory of planned behavior</b>	
<b>6. A survey of effect of breath technique with Aromathropy And without Aromathropy on length of active phase and the second phase of childbirth</b>	<b>Shiraz</b>
<b>7. Comparison of professors evaluation scores in online method and paper method in Arak medical university in 2010</b>	<b>Mazandaran</b>
<b>8. Comparison Professors and students pointviews about Professors evaluation system (online- paper) in Arak medical university</b>	<b>Mazandaran</b>
<b>9. 10. Study of two methods of lecture and e-learning in teaching the principles of health planning of students of public health</b>	<b>Mashhad</b>
<b>11. A Survey on the Level of awarness on Physical Maturation among Elementary School Students in Arak</b>	<b>Shiraz</b>