



Academic CV of Mehdi Harorani

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Personal Information

Academic Degree: MSc in Nursing (Faculty member)

School: School of Nursing

Department: Department of Medical Surgical Nursing, Arak UMS

Address: School of Nursing and Midwifery, Pardis Site of University of Medical Sciences, Basij Sq., Arak

Birth Date: 16th August 1986

Birth Place: Ashtiyan, Markazi province, Iran

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Education

Academic qualifications:

- 1- Hamedan University of Medical Sciences, Hamedan - 2014 (MSC. Medical Surgical Nursing).
- 2- Mazandaran University of Medical Sciences, Mazandaran -2008 (BS. Nursing).
- 3- Hamedan University of Medical Sciences, Hamedan -2006 (AS Operating Room Technician).

Thesis Title

MSc degree:

The effect of inhalation aromatherapy with Rose damascena essence on pain and vital signs in the patients with burns

Research's Interest

- 1- Complementary and Alternative Medicine
- 2- Clinical research
- 3- Nursing

List of Publications

- 1- **Harorani M**, Shahrodi M, Salehi M, Rafiei F, Farahani M, Noruzi Zamengan M. The Effect of Shiatsu Massage on Pain during Chemotherapy in Women with Breast Cancer. *Complementary Medicine Journal*. 2025 Jan 10;14(4):0-.
- 2- Akbari M, Golitaleb M, Farahani M, Nikbakht D, Shahrodi M, Davodabady F, Amini N, **Harorani M***. Effects of Reflexology on Anorexia and Sleep Quality in Patients Undergoing Chemotherapy: A Randomized Clinical Trial. *Iranian Journal of Nursing and Midwifery Research*. 2024 May 1;29(3):337-42.
- 3- **Harorani M**, Amel AK, Ahmadzadeh A, Dolati E, Masmouei B, Babakhanian M. The Effectiveness of Mindfulness-Based Therapy on Quality of Life, Anxiety, and Depression in Individuals with Irritable Bowel Syndrome: A Systematic Review and Meta-Analysis. *Middle East Journal of Rehabilitation and Health Studies*. 2024;12(12).
- 4- Amini N, Omidvar S, Zamenjani MN, **Harorani M**, Modir H. Effectiveness of aromatherapy with lavender compared to progressive muscle relaxation on anxiety and vital signs in patients under spinal anesthesia: A randomized clinical trial. *Journal of Integrative Nursing*. 2024 Apr 1;6(2):90-5.
- 5- Salajegheh Z, **Harorani M***, Shahrodi M, Dolati E, Farahani M, Amini N, Habibi D. Effects of acupressure on sleep quality and anxiety of patients with second-or third-degree burns: a randomized sham-controlled trial. *BMC Complementary Medicine and Therapies*. 2024 Jan 2;24(1):5.
- 6- **Harorani M**, Farahani M, Shahrodi M, Dolati E, Zeydi AE, Habibi D. The effects of acupressure on post-dressing pain in burn patients: a clinical randomized trial. *Burns*. 2024 Feb 1;50(1):212-8.
- 7- Masmouei B, Bikmoradi A, Ghomeisi M, Bazrafshan MR, **Harorani M**, Karimi Z. Relationship between adherence to treatment plans and quality of life in patients undergoing cardiac surgery. *Cardiovascular Biomedicine Journal*. 2023 Mar 11.
- 8- **Harorani M**, Masmouei B, Zarei A, Jahangiri F, Bazrafshan MR, Karimi Z, Akbari M. Effect of Insulin Therapy on Traumatic Patients: A Scoping Review. *Journal of Iranian Medical Council*. 2023 Mar 14.
- 9- Amini N, Rezaei K, Moslemi A, **Harorani M**, Modir H. Comparing the effects of vitamin A ointment and liposic gel on corneal abrasion prevention during general anesthesia in nonocular

surgeries: a double-blind randomized clinical trial. *Journal of the Egyptian Ophthalmological Society*. 2023 Oct 1;116(4):226-33.

- 10- **Harorani M**, Salehi M, Shahrodi M, Rafiei F. Effect of localized acupressure massage on anxiety during chemotherapy in patients with breast cancer: A single-blind randomized clinical trial. *European Journal of Integrative Medicine*. 2023 Jan 1;57:102209.
- 11- Golitaleb M, **Harorani M***, Garshasbi M, Akbari M, Jamilian H, Barati N, Habibi D, Hoseini T. Comparing the Effect of Music and Puzzle-Solving on Anxiety Before Surgery in Children: A Randomized Clinical Trial. *Turkish Archives of Pediatrics*. 2023 Mar;58(2):136.
- 12- Amini N, Yazdannik A, Safarabadi M, **Harorani M**, Rezaei K. Effect of Nebulized Eucalyptus on Arterial Blood Gases and Physiologic Indexes of Mechanical Ventilated Patients: A Randomized Clinical Trial. *Journal of Caring Sciences*. 2022 Aug 16;11(4):217-23.
- 13- Bikmoradi A, Omidvar S, Roshanaei G, Khatiban M, **Harorani M**. The impact of SMS reminders on adherence to medication and care plans after coronary artery bypass graft surgery. *British Journal of Cardiac Nursing*. 2022 Sep 2;17(9):1-8.
- 14- Amini N, Modir H, Omidvar S, Kia MK, Pazoki S, **Harorani M**, Moradzadeh R, Derakhshani M. The effect of sumatriptan, theophylline, pregabalin and caffeine on prevention of headache caused by spinal anaesthesia (PDPH): A systematic review. *Journal of the West African College of Surgeons*. 2022 Oct;12(4):102.
- 15- **Harorani M**, Jadidi A, Zand S, Khoshkhoutabar T, Rafiei F, Beheshti SZ. Spiritual care in hospitalized patients in Iran: An action research study. *Journal of religion and health*. 2022 Oct;61(5):3822-39.
- 16- Rezaei K, Amini N, Rezaei R, Rafiei F, **Harorani M**. The effects of passive blinking on exposure keratopathy among patients in intensive care units. *Iranian Journal of Nursing and Midwifery Research*. 2022 Mar;27(2):144.
- 17- Noruzi Zamenjani M, Rahzani K, Barati N, **Harorani M**, Heidari M, Farmahini Farahani M. The effect of exercise on self-esteem and happiness of operating room students. *Complementary Medicine Journal*. 2022 Mar 10;11(4):0-0.
- 18- Varvani Farahani, P., Hekmatpou, D., Jafari Manesh, H., **Harorani, M.** and Ranjbaran, M., 2022. The Effect of the Tea Tree Oil and Lavender Extract on the Bacteria on the Hand of the Nurses. *Complementary Medicine Journal*, 8(4), pp.0-0.

- 19- **Harorani M***, Garshasbi M, Sediqi M, Farahani Z, Habibi D, Farahani M, Amini N, Velashjerdi Z. The effect of Shiatsu massage on agitation in mechanically ventilated patients: A randomized controlled trial. *Heart & Lung*. 2021 Nov 1;50(6):893-7.
- 20- Golitaleb M, Masmouei B, Jadidi A, Majdabadi FH, **Harorani M***. Investigating the Impact of Airway Management Training on the Moral Distress and Compassion Fatigue of Nurses Working in Intensive Care Units. *Turk J Intensive Care (Online)*. 2021 Jun 7;10.
- 21- Zamenjani MN, Farahani MF, Amirmohseni L, Pourandish Y, Shamsikhani S, Heydari A, **Harorani M***. The effects of inhalation aromatherapy on postoperative abdominal pain: A three-arm randomized controlled clinical trial. *Journal of PeriAnesthesia Nursing*. 2021 Apr 1;36(2):147-52.
- 22- **Harorani M**, Jadidi A, Zand S, Khoshkhoutabar T, Rafiei F, Beheshti SZ. Spiritual Care in Hospitalized Patients in Iran: An Action Research Study. *Journal of Religion and Health*. 2021 Jun 16:1-8.
- 23- **Harorani M**, Ghaffari K, Jadidi A, Hezave AK, Davodabadi F, Barati N, Amini S. Adherence to Personal Protective Equipment Against Infectious Diseases Among Healthcare Workers in Arak-Iran. *The Open Public Health Journal*. 2021 Dec 21;14(1).
- 24- Huy NT, Chico RM, Huan VT, Shaikhkhalil HW, Uyen VN, Qarawi AT, Alhady ST, Vuong NL, Truong LV, Luu MN, Dumre SP. Awareness and preparedness of healthcare workers against the first wave of the COVID-19 pandemic: A cross-sectional survey across 57 countries. *PloS one*. 2021 Dec 22;16(12): e0258348. **(Collaborator)**
- 25- **Harorani M**, Davodabady F, Masmouei B, Barati N. The effect of progressive muscle relaxation on anxiety and sleep quality in burn patients: A randomized clinical trial. *Burns*. 2020 Aug 1;46(5):1107-13.
- 26- Sajadi M, Davodabady F, Naseri-Salahshour V, **Harorani M**, Ebrahimi-Monfared M. The effect of foot reflexology on constipation and quality of life in patients with multiple sclerosis. A randomized controlled trial. *Complementary therapies in medicine*. 2020 Jan 1;48:102270.
- 27- Farahani MF, Zamenjani MN, Nasiri M, Shamsikhani S, Purfarzad Z, **Harorani M***. Effects of extremity massage on preoperative anxiety: A three-arm randomized controlled clinical trial on phacoemulsification candidates. *Journal of PeriAnesthesia Nursing*. 2020 Jun 1;35(3):277-82.

- 28- **Harorani M**, Zamenjani MN, Golitaleb M, Davodabady F, Zahedi S, Jadidi A, Rezaei M. Effects of relaxation on self-esteem of patients with cancer: a randomized clinical trial. *Supportive Care in Cancer*. 2020 Jan;28(1):405-11.
- 29- **Harorani M***, Davodabady F, Farahani Z, Rafiei F. The effect of Benson's relaxation response on sleep quality and anorexia in cancer patients undergoing chemotherapy: A randomized controlled trial. *Complementary Therapies in Medicine*. 2020 May 1;50:102344.
- 30- Golitaleb M, Mozafari A, Yousefi K, **Harorani M**, Sahebi A. Post-traumatic Stress Disorder in Emergency Medical Services Personnel in Iran: A Letter to the Editor. *Iran J Psychiatry Behav Sci*. 2020 Jan 1;14(1).
- 31- Masmouei B, **Harorani M**, Bazrafshan MR, Karimi Z. COVID-19: Hyperinflammatory Syndrome and Hemoadsorption with CytoSorb. *Blood purification*. 2020 Dec 16:1.
- 32- Jafarimanesh H, Akbari M, Hoseinian R, Zarei M, **Harorani M***. The Effect of Peppermint (*Mentha piperita*) Extract on the Severity of Nausea, Vomiting and Anorexia in Patients with Breast Cancer Undergoing Chemotherapy: A Randomized Controlled Trial. *Integrative Cancer Therapies*. 2020 Oct;19:1534735420967084.
- 33- Masmouei B, Bazvand H, **Harorani M**, Bazrafshan MR, Karami Z, Jokar M. Relationship Between Personality Traits and Nursing Professionalism. *Journal of Client-Centered Nursing Care*. 2020 Aug 10;6(3):157-62.
- 34- Sadeghi H, Shabani Y, Pakniyat A, Karimian K, **Harorani M**, Rajeh YN. Road crashes in adults with attention deficit hyperactivity disorder and risky driving behavior. *Iranian journal of psychiatry*. 2020 Apr;15(2):105.
- 35- Totonchi Z, **Harorani M**, Mahmoudi M, Jafarimanesh H, Ghafarzadegan R, Bakhshandeh Abkenar H, Golitaleb M. Endotracheal Tube Cuff Pressure in Patients Admitted to Intensive Care Units After Cardiac Surgery. *Iranian Heart Journal*. 2020 Jul 1;21(3):33-9.
- 36- Masmouei B, **Harorani M***, Ghafarzadegan R, Davodabady F, Zahedi S, Davodabady Z. The effect of progressive muscle relaxation on cancer patients' self-efficacy. *Complementary Therapies in Clinical Practice*. 2019 Feb 1;34:70-5.
- 37- **Harorani M**, Golitaleb M, Davodabady F, Zahedi S, Houshmand M, Mousavi SS, Yousefi MS. Moral Distress and Self-efficacy among Nurses Working in Critical Care Unit in Iran-An Analytical Study. *Journal of Clinical & Diagnostic Research*. 2019 Nov 1;13(11).

- 38- Mohamad Golitaleb, Farzaneh Golaghaie, Masomeh Sadat mousavi, **Mehdi Harorani**, Homan Bakhshande Abkenar, Mehrdad Haghazali, Arshideh Mashayekh. Gastrointestinal Complications After Cardiac Surgery. 2019 Iranian Heart Journal. 2019, 20(2), 56-61.
- 39- Sadeghi F, Golitaleb M, Totonchi Z, **Harorani M**, Azarfarin R, Bakhshande Abkenar H. Factors Influencing a Prolonged ICU Stay After Coronary Artery Bypass Graft Surgery: A Cross-sectional Study. Iranian Heart Journal. 2019 Oct 1;20(4):85-91.
- 40- JA Hosseini S, Safarabadi M, Poorcgeraghi H, Ghaznavirad E, **Harorani M**. "Compering the Effect of Thymus Vulgaris Spray and that of Decosept on Microbial Load of Nurses' Hands." Complementary Medicine Journal of faculty of Nursing & Midwifery 8, no. 4 (2019): 3495-3503.
- 41- **Harorani M**, Safarabadi M, Jadidi A, Seavey J, Masmouei B, Rafi BM. Relationship Between Self-Efficacy and Self-Esteem in Patients with Cancer. Journal of Client-Centered Nursing Care. 2018 Jan 1;4(1):45-52.
- 42- Jokar A, Jokar F, Amirshahi F, **Harorani M***. Assessing Knowledge and Preparedness of Medical Staff toward Potential Nuclear Injuries: a Cross-Sectional Study in Arak, Iran-2015. J Mil Med. 2018; 20 (3) :342-347.
- 43- A Jokar, B Masmouei, **M Harorani ***, A Jadidi. Verbal and Physical Violence in Emergency Department and Strategies for Reduction: A Cross-Sectional Study in Iran. 2018. No (2),168-174.
- 44- Ghafarzadegan R, Noruzi M, Mousavi M, Alizadeh Z, **Harorani M**, Javaheri J. The Effect of a Combined Herbal Ointment (Pepper, Rosemary, Peppermint) on Low back Pain after Coronary Angiography. Journal of Medicinal Plants. 2018 Jan 15;4(64):76-82.
- 45- Ameri F, Golaghaie F, **Harorani M**, Poorcheraghi H, Rahbarian A, Jadidi A. The role of the Islamic Republic of Iran broadcasting in people's perspective toward nurses. Journal of Client-Centered Nursing Care. 2018 Nov 10;4(4):185-92.
- 46- **Harorani M**, Varvanifarahani P, Yazdanbakhsh SA, Pakniyat AG, Sadeghi H, Norozi M, Golitaleb M. Evaluation of the Vulnerable Factors of Occupational Violence against Practitioner Medical Personnel in the Emergency Units of the Training Hospitals of Arak City. Medical Ethics Journal. 2017 May 14;11(39):55-61.
- 47- **Mehdi Harorani**, Mohamad Golitaleb, Fahimeh Davoodabadi. Application of Relaxation (Progressive Muscle Relaxation) in Chronic Diseases. Conference: international congress on psychosomatic medicine 2017. Page 54.

- 48- Golitaleb M, Kargar F, Aghai FG, **Harorani M**, Jadidi A, Abkenar HB, Haghighazali M. Hyperbilirubinemia after open cardiac surgery. *Iranian Heart Journal*. 2017 Jun 1;18(2):30-5.
- 49- **Harorani M**, Pakniyat AG, Jadidi A, Sadeghi H, Varvanifarahani P, Golitaleb M, Basati M, Safarabadi M. The Extent of Maintaining the Privacy of Patients Hospitalized in Emergency Departments of Hospitals Affiliated with Arak University of Medical Sciences; a Cross-sectional Study. *Iranian Journal of Emergency Medicine*. 2017 Oct 8;4(4):158-63.
- 50- Farahani P, Hekmatpou D, Khonsari AH, **Harorani M**, Lotfi A. Effect of inhalation aromatherapy with lavender and rose damascene essential oil on the fatigue of emergency nurses. *Pharm. Lett.*. 2017;9(5):94-102.
- 51- Jadidi A, Zand S, Khosravi M, **Harorani M**, Bayati A, Amni T, Mohmadi R, Safarabadi M. Evaluating the Timing of Emergency Department Services in Hospitals of Arak City. *Iranian Journal of Emergency Medicine*. 2017 Mar 30;4(2):57-62.
- 52- Mohamad Golitaleb, **Harorani Mehdi**, Ali Jadidi. The effect of Relaxation and Music On Reduce Pain Following Intestinal Surgery. 2017, *Scientific Journal of the Iranian Association of Gastroenterology and Hepatology*.
- 53- Safarabadi M, **Harorani M**, Irannejad B, Rafiei F, Hoshmand M, Amini N, Khosravi M, Vismeh F, Mansorikia M, Jadidi A. THE POSSIBILITY OF REPLACING CENTRAL VENOUS BLOOD GASES WITH ARTERIAL BLOOD GASES IN VENTILATED PATIENTS.
- 54- Jadidi A, Amini N, Ghaznavi-Rad E, Sadrkia G, Farahani I, Khosravi M, Harorani M, Irannejad B, Golitaleb M, Safarabadi M. Antimicrobial effects of harmel smoke on microbial load of hospital wards. *JOURNAL OF CLINICAL AND ANALYTICAL MEDICINE*. 2017 Jan 1; 8:513-6.
- 55- Bikmoradi A, **Harorani M**, Roshanaei G, Moradkhani S, Falahinia GH. The effect of inhalation aromatherapy with damask rose (*Rosa damascena*) essence on the pain intensity after dressing in patients with burns: A clinical randomized trial. *Iranian journal of nursing and midwifery research*. 2016 May;21(3):247
- 56- Safarabadi M, **harorani M**. Investigation on the effectiveness inhalation aromatherapy with Lavender essential oil on the anxiety of patients with burns. *Complementary Medicine Journal of faculty of Nursing & Midwifery*. 2016;6(3):1583-91.

- 57- Jadidi A, Safarabadi M, Irannejad B, **Harorani M**. Level of patients' satisfaction from emergency medical services in Markazi province; a cross sectional study. Iranian Journal of Emergency Medicine. 2016 Jun 6;3(2):58-65.
- 58- Safarabadi M, Pakniyat A, Darvishi A, **Harorani M***. The Performance of Emergency Medicine Services for Patients with Suspected Acute Coronary Syndrome, Arak, Iran. Journal of Iranian Clinical Research. 2016 Aug 15;2(1):153-7.
- 59- Yousefi H, Moayedi S, **Harorani M**, Sahebi A, Golitaleb M. Anaphylaxis as a side effect of pantoprazole. Curr Allergy Asthma Rep. 2016;16(3):17.
- 60- Bikmoradi A, **Harorani M***, Roshanaei G, Moradkhani S, Falahinia GH. The effect of inhalation aromatherapy with damask rose (*Rosa damascena*) essence on the pain intensity after dressing in patients with burns: A clinical randomized trial. Iranian journal of nursing and midwifery research. 2016 May;21(3):247.

Research Projects

- 1- The effect of mindfulness on psychosomatic symptoms in patients with irritable bowel syndrome: a systematic review (2024)
- 2- The effect of aromatherapy with rose essential oil on depression in patients referred to Arak psychiatric clinics (2024)
- 3- The effect of henna on diabetic ulcers in patients referred to the clinics of the Arak University of Medical Sciences .
- 4- The effect of oral Sumatriptan, theophylline, pregabalin and caffeine on prevention of headache caused by spinal anesthesia: a systematic review (2021).
- 5- The Effect of Acupressure on Anxiety and Sleep Quality in Patients with Burn (2021).
- 6- Design and construction of a modern multi-purpose surgical steel bed (2021)
- 7- Awareness and Preparedness of Hospital Staffs against Novel Coronavirus (2020)
- 8- The effect of Thermotherapy on the constipation in patients admitted to intensive care units (2020)
- 9- The effect of Shiatsu massage on agitated and vital signs of patients undergoing mechanical ventilation (2019)
- 10- The effect of Benson's Muscle Relaxation on anxiety, stress and physiological indexes before endoscopy (2019)

- 11- A comparative on the effect of music and puzzle solving on anxiety and physiological indexes before surgery in children (2018)
- 12- Effect of Shiatsu massage on physiological parameters, anxiety and pain during chemotherapy in patients with breast cancer (2018)
- 13- The effect of Benson's Muscle Relaxation on anxiety, stress and physiological indexes before endoscopy (2018)
- 14- The Effect of Foot Reflexology on Anorexia and Quality of Sleep in Patients Undergoing Chemotherapy (2018)
- 15- Relationship between moral sensitivity of nurses about pain relief in non-addict patients hospitalized in hospitals of Arak university of medical sciences, 2018.
- 16- Survey encountering rate occupational dangers associated from bloodborne diseases and strategies for effective conservation individuals in the hospital emergency department medical employees in selected hospitals Arak university of Medical Sciences (2017).
- 17- The effect of aromatherapy on anxiety and physiological indexes before endoscopy (2017)
- 18- Benson's Muscle Relaxation on the Quality of Sleep and Anorexia in Cancer Patients (2017)
- 19- The effect of foot reflexology on constipation in patients with MS (2017)
- 20- Effect of Peppermint (*Mentha piperita*) on Nausea, Vomiting and Anorexia in Patients with Breast Cancer Under Chemotherapy (2017)
- 21- Comparison the effect of pain management education by lecture and virtual education method on nurses' knowledge and attitude (2017)
- 22- Effects of relaxation on anxiety Quality of sleep of patients with burns (2017)
- 23- The effects of standard airways care education in ICU patients on the fatigue and moral distress of Nurses working in these parts (2017).
- 24- Check moral distress ICU nurses in selected hospitals of Tehran University of Medical Sciences. (2016).
- 25- Appraisal the rate of pleural effusion incidence after CABG and determining relation of effective factors to that in hospitalized patients at shahid rajaie heart center hospital in 1393. (2016)
- 26- The effect of regular exercise on self_esteem and happiness in operation room students. (2016)
- 27- Comparison of aromatherapy with essential oils of orange and red flowers on pain after abdominal surgery. (2016)

- 28- Adult attention-deficit hyperactivity disorder, risky driving behaviors, and motorcycle injuries in Arak-Iran in 2015. (2015)
- 29- The study of timing of hospital emergency services Hazrat Valiasr and Imam Ali hospitals. (2015)
- 30- Satisfaction with the people of pre-hospital emergency services districts Arak University of Medical Sciences. (2015)
- 31- Effect of herbal ointment on back pain in patients undergoing angiography. (2015)
- 32- The relationship between familiarity with the Quran and death anxiety in hospital emergency nurses Valiasr Arak city. (2015)
- 33- Investigation of the causes and solutions Verbal and Physical violence in the workplace emergency Health personnel in selected hospitals Arak university of Medical Sciences 2015. (2015).
- 34- Comparison of blood gas indices in blood samples of venous catheters and arterial Vessels in mechanically ventilated patients. (2015)
- 35- The rate of observe " patient's Privacy" by treatment team in Emergency Department of selected hospitals in Arak city in 2015. (2015)
- 36- Investigation on the effectiveness relaxation methods on self-efficacy and self-esteem of cancer patients. (2015)
- 37- Investigation Epidemiology and treatment in patients with vertigo in the emergency ward of Valiasr hospital Arak city during April of 2012 to April 2014. (2014)
- 38- Investigation on the effectiveness Aromatherapy with Lavender Essential Oil on the Pain and Anxiety of patients with burns. (2014)
- 39- Evaluation of emergency medical service practice on patients with myocardial infarction transferred to health centers in the arak city. (2014)
- 40- The effect of tea tree and lavender extract on the bacterial hand Nurses (2014).
- 41- The effect of inhalation aromatherapy with lavender and Rose damascena essential oil on the fatigue of emergency nurses. (2014).