

CURRICULUM VITAE

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EDUCATION:

- 1- PhD (Major: Clinical Sciences- Neurosciences), Isfahan University of Medical Sciences (2013-2017);
- 2- M.S. in Midwifery (Major: Teaching Midwifery), Isfahan University of Medical Sciences (1994-1997);
- 3- B.S. in Midwifery, Isfahan University of Medical Sciences (1987-1991); and

WORK EXPERIENCE:

- 1- Head of midwifery and reproductive health department in Isfahan university of medical sciences (2020 to date);
 - 2- Vice chairman of Iran Scientific Institute of Midwifery (2018 to date);
 - 3- Head of Isfahan Province Scientific Institute of Midwifery (2017 to date);
 - 4- Head of Midwifery Institute in Isfahan Province (2005-2017);
 - 5- Member of Midwifery and Reproductive Health Board in Health Ministry (2012 to 2016);
 - 6- Member of the editorial board of Iranian Nursing and Midwifery Research Journal (2011 to date);
 - 7- Head of Midwifery department in Isfahan university of medical sciences (2008- 2010);
 - 8- Clinical observation in University of British Columbia and hospitals of Vancouver and Victoria Island in Canada from February 8 to March 28 (2008).
 - 9- Member of Clinical Researches Evaluation Committee in IUMS (2007 to date);
 - 10- National Lecturer of Preparation for labor and Birth Classes (2007 to date) and holding 27 courses of Natural Normal Vaginal Delivery classes (each 60-70 hours) in Iran
 - 11- Member of Healthy Birth and Natural Normal Vaginal Delivery Committee of Iran, Ministry of Health and Medical Education of Iran (2006 to date);
 - 12- Head of Midwifery Department in Nursing and Midwifery Faculty in IUMS (2005-2008);
 - 13- Member of Cesarean Section Decrease and Mothers Health Committee of IUMS (2005 to date);
 - 14- Head of Midwifery Institute of Isfahan Province (2004 to date);
 - 15- Editor and member of the editorial board of Isfahan Medical Organization journal (2004 to date);
 - 16- Academic member (Lecturer) of Midwifery Department in Nursing and Midwifery Faculty of IUMS (2001 to date);
- Subjects: Obstetrics (pregnancy and birth, non pharmacological pain relief methods, high risk pregnancy, maternal child health, maternity and gynecologic care, etc.); family planning; gynecologic disorders (such as diagnostic methods in women, vaginal and breast exam, ovarian cysts, abnormal uterine bleeding, etc.)
- 17- Clinical Researcher in Management & Medical Informatics Faculty of IUMS (1997-2001);

- 18- Educational Instructor (Lecturer) of Midwifery Department in Falavarjan University (1995-1999);
- 19- Clinical Researcher in Health Center of IUMS (1995-1997);
- 20- Educational Instructor (Lecturer) of Midwifery in Nursing and Midwifery Faculty of IUMS (1994-1995);
- 21- Editor- in- chief of Medical Journal of Shahrekord University of Medical Sciences (1992-1994); and
- 22- Educational Instructor (Lecturer) of Midwifery in Nursing and Midwifery Faculty of Shahrekord University of Medical Sciences (1991-1994).

RESEARCH PROJECTS:

Supervised and researched the following 56 research projects:

- 1-Comparison of Vibro-Acoustic stimulation, Music and Acupressure effects in non-stress test results and its parameters in pregnant women refer to Shahid Beheshti hospital in Isfahan (2011).
- 2- Study of three birth positions effect on duration, pain and bleeding of labor stages in primipara women who refer to Ifahan and Jahrom hospitals (2011);
- 3- Study of Reflexology effect on labor pain and labor process in primipara women who refer to Ifahan hospitals (2010-2011);
- 4- Study of relaxation method effects' on stress and treatment of infertility outcomes' (pregnancy test) before and after IVF in infertile women in Fertility and Infertility Center of Isfahan (2010);
- 5- Study of PLC classes effects on attitude and mental health of mother during pregnancy on primigravida mothers who reffer to Beheshti hospital classes (2009-2010);
- 6- Study of Rreflexology, Menstrogol and Iboprofen effects on primary dysmenorrhea in students of IUMS (2009);
- 7- Evaluation of PLC classes in order to mothers and midwives attitudes in Ifahan hospitals classses (2009);
- 8- Study of reflexologic effects on anxiety of cardiac heart failure patients undergoing heart surgery at Chamran Hospital of Isfahan (2007-2008);
- 9- Study of common vaginitis and factors causing vaginitis in women of Isfahan (2007-2008);
- 10- Study of massage therapy (Tuina) effects on complications of endometriosis (dysparonea and dysmenorrhea) in women of Isfahan (2007);
- 11- Study of midwifery roles in Iran and world (2007)
- 12- Study of thermotherapy effects on pain relief of normal vaginal delivery in parturient women of Babol (2006);
- 13- Study of psychosocial supports on mothers at postpartum period in Isfahan (2006);
- 14- Women experiences on menopause (phenomenologic research),(2006);
- 15- Survey on relation between some effective factors and delivery methods (normal vaginal delivery and cesarean section) and presenting a strategic plan to decrease cesarean section in Isfahan province (2004-2005);
- 16- Sexual behaviors of girls in Isfahan (phenomenologic research),(2004-2005);
- 17- Study of content validity of school books in Iran regarding addiction (2004);
- 18- Survey on record keeping methods of medical documents in Isfahan hospitals (2004);

- 19- Evaluation of the participating effects on learning of ping pongs (table tennis) in students of sports classes in Khoraskan University (2004);
- 20- Survey on relation between pregnancy complications and fetus gender in parturient women of Isfahan (2003);
- 16- Study of life skills training and prevention of addiction in Isfahan (2003);
- 21- Evaluation of factors behind nursing students failing entrance exam for M.S. degree (2003);
- 22- Evaluation of field training education program by students of Management & Medical Informatics Faculty of Isfahan University of Medical Sciences (2000);
- 23- Study of age adjusted curves for height and weight in elementary-school-age children of Isfahan (1996);
- 24- Evaluation of the health services in high risk groups of families under protection of Isfahan Health Center (1996);
- 25- Evaluation of the health volunteers functions in view of families under protection of the health centers in Isfahan province (1996);
- 26- Evaluation of teaching effects on the knowledge of medical, nursing, midwifery and health students of Isfahan University of Medical Sciences (1995);
- 27- Study of reasons behind discontinuation of cooperation of the health volunteers with city health centers in Isfahan province (1993-1995);
- 28- Survey on relation between some effective factors and gender-similarity of children of 15-49 years old women in Isfahan province (1995);
- 29- Study of relation between vomiting and nausea, during pregnancy, and fetal gender in postpartum women referred to health centers in Shahrekord (1994); and
- 30- Comparison of non stress test (NST) results using sonicate and midwifery stetescope in pregnant women at Hajar Hospital in Shahrekord (1993).

PUBLICATIONS:

1-Books:

- a) Vaginal Exam, Pelvimetry and mother position during labor. Second edition (2021),
- b) Vaginal Exam, Pelvimetry and mother position during labor (2010),
- c) Management Stress Skills (2009),
- d) Pregnancy knowledges (2009),
- e) Essentials of midwifery clinical skills (2008),
- f) Ethics and morality in nursing and midwifery (2008),
- g) Midwifery consulting skills (2006)

2-Articles:

Published 69 articles and essays in approved scientific publications including Research in Medical Sciences Journal of IUMS (nine articles); Iranian Journal of Medical Education (one article); Journal of Nursing & Midwifery of IUMS (nine articles); Management and Informatics Faculty Journal (one article) and Medical Sciences Journal of Shahrekord University of Medical Sciences (five articles).

3-Others:

- "Medical & Surgical Diseases in Obstetrics" for midwifery students;
- First, second and third journal of Nursing & Midwifery Faculty of Sharekord University of Medical Sciences;
- Pamphlets and booklets for staff and mothers in health centers of Isfahan province; and
- translation and editing of Obstetrics textbook (Varney).

Titles of Articles:

- 1- Investigating the interaction between fertility, pregnancy, and multiple sclerosis in 2021.
- 2- Effects of ear and body acupressure on labor pain and duration of labor active phase: A randomized controlled trial in 2020.
- 3- The effect of acupressure on quality of life among female nurses with chronic back pain in 2019.
- 4- Comparing the effect of auricular acupressure and body acupressure on pain and duration of the first stage of labor: study protocol for a randomized controlled trial in 2019.
- 5- The effect of auriculotherapy on the severity and duration of labor pain in 2018.
- 6- The relationship between attitude toward labor pain and length of the first, second, and third stages in primigravida women in 2018.
- 7- The Effect of Auriculotherapy on the Stress and the Outcomes of Assistant Reproductive Technologies in Infertile Women in 2017.
- 8- The effect of Auriculotherapy on the severity of labor pain and postpartum bleeding in primipara women refer to Isfahan hospitals in 2017.
- 9- The effect of Auriculotherapy on labor pain intensity and duration in nulliparous women in Ahvaz Jondishapour hospital in 2016.
- 10- Comparision the effect of Auriculotherapy and vitamin B6 on of symptoms premenstrual syndrome (2016);
- 11- Comparative effect of acupressure and auriculotherapy, on constipation in pregnant women referred to health centers in Isfahan (2015-2016);
- 12- Prevalence, severity of pain in patients with Multiple Sclerosis.(2016);
- 13- The effects of two methods of reflexology and stretching exercises on the severity of restless leg syndrome among hemodialysis patients. (2016);
- 14- Effect of acupressure on quality of life in nurses with chronic low back pain working in hospitals affiliated to Isfahan University of Medical Sciences in (2015);
- 15- Evaluating different types of malpractices in midwifery that were referred to the forensic medicine commission and the medical council between 2006 and 2011 in Isfahan province, (2015);
- 16- Study of Auriculotherapy effect of ART for infertile women referred to specialty and subspecialty clinic of Obstetrics, Gynecology and Infertility Ome- Leila Bandarabbas (2014-2015);
- 17- Evaluating different types of malpractices in midwifery that were referred to the forensic medicine commission and the medical council between 2006 and 2011 in Isfahan province, (2015);
- 18- Comparing the effects of reflexology and relaxation on fatigue in women with multiple sclerosis.(2015);

- 19- Effect of acupressure on milk volume of breastfeeding mothers referring to selected health care centers in Tehran. (2015);
- 20- Assessing the massage and reflexology effects on the milk volume of mothers with premature infants admitted to the NICU hospitals affiliated to Isfahan University of Medical Sciences. (2014);
- 21- To evaluate the effectiveness of acupressure on physiological indexes of myocardial infarction patients admitted to intensive care units martyr Chamran hospital, Isfahan. (2014);
- 22- Effect of Auriculotherapy on serum hormones in single girls suffering from PCOS. (2014);
- 23- Study of Reflexology effect on EDSS in Multiple Sclerosis (MS) patients in Alzahra and Kashani hospitals (2013-2014)
- 24- Effect of acupressure on fatigue in patients on hemodialysis. (2013);
- 25- Comparison the Effects of Aerobic Exercise and Vitamin B6 in Severity of Symptoms of Premenstrual Syndrome in Non-Athlete Girls.(2013);
- 26- The effect of aquatic exercises on primary dysmenorrhoea in nonathlete girls. (2013);
- 27- Effect of auriculotherapy on menstrual irregularities in single girls with polycystic ovarian syndrome and aged 18-35 years in Isfahan (2012);
- 28- Effectiveness of massage therapy on the mood of patients after open-heart surgery. (2012);
- 29- The effect of vibration excitation-audio, music and acupressure in non-stress test results and its components in pregnant women martyr Beheshti Hospital in Isfahan (2011)
- 30- Assessment of midwifery and medical errors are common factors in the gynecological ward of educational hospitals of Isfahan University of Medical Sciences in (2012);
- 31- Study of Reflexology effect on labor pain and labor process in primipara women who refer to Ifahan hospitals (2011);
- 32- The relationship between family planning methods, individual hygiene, and fertility with vaginal infections among the women referring to selected health centers in Isfahan city.(2011);
- 33- Reviewing the effect of reflexology on the pain and certain features and outcomes of the labor on the primiparous women." Iran J Nurs Midwifery Res. (2010);
- 34- Effect of aromatherapy on pruritus relief in hemodialysis patients.(2010);
- 35- Evaluating the effect of magnesium and magnesium plus vitamin B6 supplement on the severity of premenstrual syndrome. (2010);
- 36- Study of relaxation method effects' on stress and treatment of infertility outcomes' (pregnancy test) before and after IVF in infertile women in Fertility and Infertility Center of Isfahan (2010);
- 37- Study of PLC classes effects on attitude and mental health of mother during pregnancy on primigravida mothers who reffer to Beheshti hospital classes (2010);
- 38- Study of Rreflexology and Iboprofen effects on primary dysmenorrhea in students of IUMS (2009);
- 39- Study of massage therapy (Tuina) effects on complications of endometriosis (dysparonea and dysmenorrhea) in women of Isfahan (2007);
- 40- Study of thermotherapy effects on pain relief of normal vaginal delivery in parturient women of Babol (2006);
- 41- Study of midwifery roles in Iran and world (2007)
- 42- Study of psychosocial supports on mothers at postpartum period in Isfahan (2006);

- 43- Women experiences on menopause (phenomenologic research), (2006);
- 44- Life skills teaching effects on prevention of adolescences addiction in Isfahan (2006);
- 45- Sexual behaviors of girls in Isfahan (phenomenologic research), (2005);
- 46- Survey on relation between some effective factors and delivery methods (normal vaginal delivery and cesarean section) and presenting a strategic plan to decrease cesarean section in Isfahan province (2004-2005);
- 47- Evaluating the participating role of Students of sports classes in learning of Ping pongs (Table Tennis) in Khoraskan University (2004);
- 48- Study of content validity of school books in Iran regarding addiction (2004);
- 49- Survey on record keeping methods of medical documents in Isfahan hospitals (2004);
- 50- Study of life skills training and prevention of addiction in Isfahan (2003);
- 51- Life skills training of Parents and their effects on prevention of addiction in their young children in Isfahan (2003);
- 52- Evaluation of factors behind nursing students failing entrance exam for MS degree (2003);
- 53- Survey on relation between pregnancy complications and fetus gender in parturient women of Isfahan (2003);
- 54- Evaluation of field training education program by students of Management & Medical Informatics Faculty of Medical Sciences University of Isfahan (2000);
- 55- Age adjusted curves for height and weight in primary-school-age children of Isfahan (1996);
- 56- Evaluation of the health service in high risk groups of families under protection of Isfahan health center (1996);
- 57- Evaluation of the health volunteers functions in view of families under protection of health center in Isfahan province (1996);
- 58- Study of probabilities of gender-similarity of children in women of Isfahan province (1995);
- 59- Survey on relation between some effective factors and gender-similarity of children of 15-49 years old women of Isfahan province (1995);
- 60- Evaluation of the teaching effects on knowledge of medical, nursing & midwifery and health students of Medical Sciences University of Isfahan (1995);
- 61- Health volunteers reasons for cooperation discontinuation with city health center in Isfahan province (1993-1995);
- 62- Comparison of non stress test (NST) results using sonicate and midwifery stethoscope in pregnant women at Hajar Hospital in Shahrekord (1993);
- 63- Physiology of breast feeding and teaching the techniques (1993);
- 64- Exercises during pregnancy and postpartum period (1993);
- 65- Oral contraceptive pills and their complications (1992);
- 66- Vaginal birth after cesarean section (VBAC) (1992);
- 67- Midwifery and ethics (1991); and
- 68- Logotherapy (1991).

PRESENTATION:

- 1- Study of Rreflexology, Menstrogol and Iboprofen effects on primary dysmenorrhea in students of IUMS (2090)"; International Obstetrics and Gynecology Congress in Paris, France.2010;
- 2- "Study of massage therapy (manual therapy) effects on complications of endometriosis (dysparonea and dysmenorrhea) in women of Isfahan (2007)"; at International Obstetrics and Gynecology Congress in Roma, Italia. 2009;
- 3- "Physiologic birth and labor pain relief methods", National Congress of Perinatology and Workshop in Zanjan, 2009;
- 4- "Survey on relation between some effective factors and delivery methods (normal vaginal delivery and cesarean section) and presenting a strategic plan to decrease cesarean section in Isfahan province" at International Obstetrics and Gynecology Congress in China (2008);
- 5- "Strategic plan to decrease cesarean section in Isfahan province and some midwifery problems" in UBC university, Vancouver, Canada. (2007)
- 6- "Sexual Behavior in pregnancy" at International First Congrsss of Perinatology in Tehran, Iran (2007);
- 7- "Survey on relation between some effective factors and delivery methods (normal vaginal delivery and cesarean section) and presenting a strategic plan to decrease cesarean section in Isfahan province (2004-2005)", at International First Congrsss of Perinatology in Tehran, Iran (2007);
- 8- "Natural Normal Vaginal Delivery and Midwife Tasks" at Safe Birth Seminar in Tehran (2007);
- 9- "Prenatal Care and Mothers Education" in Iranian Student's News Agency (ISNA), (2007);
- 10-"Prenatal Care and Normal Vaginal Delivery" in Islamic Republic of Iran Broadcasting (Iranian TV), (2006);
- 11- "Pregnancy complications and Mother Health" in Islamic Republic of Iran Broadcasting (Iranian Radio), (2006);
- 12- "Ethics in Midwifery" at first seminar of Ethics in Nursing and Midwifery in Isfahan, Iran (2006);
- 13- "Survey on relation between pregnancy complications and fetus gender in parturient women of Isfahan (2003)" at Women Health Seminar in Kordestan (2005);
- 14- "Life skills training of parents and their effects on prevention of addiction in their young children in Isfahan (2003)" at International congress of WATCH in New Delhi, India (2005);
- 15- "Sexual behaviors of girls in Isfahan (phenomenologic research), (2005) at Seminar of Sexual Health in Reproductive Health in Tehran, Iran (2005);
- 16- "Life skills training of parents and their effects on prevention of addiction in their young children in Isfahan (2003)" at International Congress of Prevention of Non- Contagious Diseases in Tehran, Iran (2004);
- 17- "Evaluation of factors behind nursing students failing enterance exam for M.S. degree (2003)" at Seminar of Modern Education in Nursing & Midwifery in Isfahan, Iran (2003);
- 18- "Survey on relation between some effective factors and gender-similarity of children of 15-49 years old women of Isfahan province (1995)" at International Symposium of Future of Rural People in Saskatoon,Canada (2003);
- 19- "Study of probabilities of gender-similarity of children in women of Isfahan province (1995)" at International Conference of Human Biology in Tehran, Iran (2003);

- 20- "Life skills training of parents and their effects on prevention of addiction in their young children in Isfahan (2003) at Seminar of Crisis in Family in Ramsar, Iran (2003);
- 21- "Evaluation of field training education program by students of Management & Medical Informatics Faculty of Medical Sciences University of Isfahan (2000)" at International Congress of Medical Education in Shiraz, Iran (2002);
- 22- "Addiction and the youth (2001)" at Seminar of Addiction in the Youth in Tehran, Iran 2001;
- 23- "Marriage and Divorce Related to Drug Addiction" at First Congress of Marriage in Isfahan, Iran (1999);
- 24- "Survey on relation between some effective factors and gender-similarity of children of 15-49 years old women of Isfahan province (1995)" at International Congress of Gynecology & Obstetrics in Tehran, Iran (1999); and
- 25- "Comparison of non stress test (NST) results using sonicate and midwifery stethoscope in pregnant women at Hajar Hospital in Shahrekord (1993)" at First Seminar of Technology in Obstetrics in Tabriz, Iran (1994).

WORKSHOPS AND SEMINARS:

Organizer and lecturer in Isfahan, Iran:

- 1- "Preparation for Natural Normal Vaginal Birth" (National Lecturer of PLC) (2008 to date)
- 2- "Psychosexual Disorders and consulting" (2010)
- 3- "Preparation for Natural Normal Vaginal Birth and Prevention of pelvic floor disorder"; Zanjan Perinatology & PFP congress (2010)
- 4- "Psychosexual Disorders in Pregnancy and Birth Panel" Tehran Obstetric & Gynecology congress (2009)
- 5- "Pelvic floor disorders and Natural Normal Vaginal Birth and"; Tehran Perinatology & PFP congress (2009)
- 6- "Non-Pharmacological Methods of Pain Relief in Normal Vaginal Delivery" (2007);
- 7- "Consulting Methods in Pain Relief of Normal Vaginal Delivery" (2007);
- 8- "Research Methods for Midwives" (2006);
- 9- "Internet and Information in Medical Sciences", the First Seminar of Internet (2001); and
- 10- "Medical Documents in Medical Sciences", the First Educational Workshop (1999);

TRAINING WORKSHOPS:

- 1- "Metha analysis method and qualitative research" by nursing and midwifery faculty, Isfahan, Iran, (2009);
- 2- Natural Normal Vaginal Birth and Pain Relief in Normal Vaginal Delivery" by Andrea Robertson in Tehran, Iran (2007);
- 3- "New Methodes of Education and Teaching" in Isfahan, Iran (2007);
- 4- "Natural Normal Vaginal Delivery" by Andrea Robertson in Tehran, Iran (2006);
- 5- "Training Workshop of Relaxation during Pregnancy and Normal Vaginal Delivery" in Tehran, Iran (2006);

- 6- "Training Workshop of Massage therapy, Aromatherapy and Reflexology during Pregnancy and Normal Vaginal Delivery" in Tehran, Iran (2006);
- 7- "Training Workshop of Respiratory Techniques and Normal Vaginal Delivery" in Tehran, Iran (2006);
- 8- "Training Workshop of TENS and Hypnotism during Pregnancy and Normal Vaginal Delivery" in Tehran, Iran (2006);
- 9- "Training workshop of Exercises and Education Methods of Mothers during Pregnancy and Normal Vaginal Delivery" in Tehran, Iran (2006);
- 10- "Methaanalysis Research Method" in Isfahan, Iran (2006);
- 11- "Qualitative Research Methods" in Isfahan, Iran (2004);
- 12- "Training workshop of Leadership Professor" in Isfahan, Iran (2004);
- 13- "Training workshop of New Teaching methods" in Isfahan, Iran (2000); and
- 14- "Training workshop of Research Methods" in Shahrekord, Iran (1994).

MEMBERSHIPS:

- 1-Head of Midwifery Institute of Isfahan Province (2005 to date);
- 2-Scientific Institute of Midwifery of Iran (2004 to date);
- 3-Editorial board of Medical Organization of Islamic Republic of Iran journal (2002 to date);
- 4-Academic Member of Midwifery department of Medical Sciences University of Isfahan (2001 to date);
- 5-Midwifery Institute of Islamic Republic of Iran (2001 to date);
- 6-Medical Organization of Islamic Republic of Iran (1999 to date);
- 7-Editor-in-chief of students scientific yearbook of Management & medical Informatics faculty of Isfahan University (1997-2000);
- 8-Editorial board of scientific yearbook of Management & Medical Informatics Faculty of Isfahan University (1997);
- 9-Midwifery Institute of Iran (1991-1994); and
- 10-Editor-in-chief of journal of Nursing & Midwifery Faculty of Medical Sciences University of Shahrekord (1991-1994).

HONORS & ACHIEVEMENTS:

- 1- Model academic member (lecturer) and midwife in Iran (2015);
- 2- Model academic member (lecturer) and midwife in Iran (2007);
- 3- Model staff member of Isfahan University of Medical Sciences (1999);
- 4- Third rank in Masters curriculum of midwifery (1996-1997); and
- 5- Model instructor and midwife of Shahrekord University of Medical Sciences (1994).

Dr. Mahboubeh Valiani
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