

Curriculum Vitae

Name: Mitra Savabi-Esfahani

Position Title: Associate Professor

Address: Department of Midwifery, Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences, HezarJerib St. Isfahan, IRAN 81746-734, E-mail: msavabi@yahoo.com.

Education and Training

INSTITUTION AND LOCATION	DEGREE	Start Date	Completion Date	FIELD OF STUDY
Isfahan University of Medical Sciences, Isfahan, IRAN.	Ph.D.	02/2013	11/2017	Reproductive Health
Centre for Epidemiology and Screening, Department of Public Health, University of Copenhagen, Denmark.	External PhD student	01/2016	03/2017	Breast cancer screening
Isfahan University of Medical Sciences, Isfahan, IRAN.	M.Sc.	02/1998	07/2001	Midwifery, Maternal and Child Health
Isfahan University of Medical Sciences, Isfahan, IRAN.	B.S	09/1992	09/1995	Midwifery

Research Interest

My research is focused in **Reproductive Health** and **Women`s Cancers**.

Position and Employment

2023- Now Associate professor, Isfahan University of Medical Sciences, Isfahan, IRAN.

2017-2022 Assistant professor, Isfahan University of Medical Sciences, Isfahan, IRAN.

2002-2016 Lecturer, Isfahan University of Medical Sciences, Isfahan, IRAN.

2000- 2001 Clinical experience in maternity ward, hospital, Isfahan, IRAN.

1998- 1999 Working experience in Midwifery Office, Tehran, IRAN.

Publications (Journals)

Saadatmand, F., **Savabi-Esfahani, M.**, Heidari, Z. et al. A qualitative study on the unmet sexual needs of older women. 2025; Sci Rep 15, 16377.

Savabi-Esfahani, M; Taleghani, F; Noroozi, M; Kianpour, M; Boroumandfar, Z; Hashemi, M; Changiz, T; Ravankhah, Z; Javanmard, Sh H; Salehi, K. Iranian Women`s Experience of Self-Care in Breast Cancer Prevention: A Qualitative Study. Iranian Journal of Nursing and Midwifery Research 30(3):p 397-406, May–Jun 2025.

Mohammadi M, Zareipour M A, **Savabi-Esfahani M**, Moshirinia F, Dehghan M, Khani A. Investigating the Protective Effects of Royal Jelly on Sperm Parameters in Animal Studies: A Narrative Review. North Khorasan University of Medical Sciences 2025; 17 (1):14-24.

Saadatmand F, **Savabi-Esfahani M**, Heidari Z, Beigi M. Development of a conceptual framework of sexual health for married elderly women: An exploratory mixed method study. *PLoS One*. 2025;20(2):e0318060.

Sheidanik S, **Savabi-Esfahani M**, Ghamarani A, Erfani A. Predictors of Fertility Intention in Parents with Educable Intellectually Disabled Children in Isfahan, Iran. *Iran J Nurs Midwifery Res*. 2025;30(2):216-220.

Saadatmand F, Beigi M, Heidari Z, **Savabi-Esfahani M**. Perceived Sexual Health Needs of Older Women: A Systematic Review. *Iran J Nurs Midwifery Res*. 2025;30(1):1-10.

Sohrabi Z, **Savabi-Esfahani M**, Shahriari M, Salehi K. Observance of ethical codes of midwifery profession in students and graduates of department of midwifery and reproductive health, Isfahan University of Medical Sciences. *J Educ Health Promot*. 2024;13:434.

Zangeneh S, **Savabi-Esfahani M**, Taleghani F, Sharbafchi MR, Salehi M. Men in Marital Relationships with Women Undergoing Breast Cancer Treatment: A Qualitative Study. *Int J Sex Health*. 2024;36(4):569-583.

Ghasemi, M., **Savabi-Esfahani, M.**, Noroozi, M. et al. Prediction of cervical cancer screening: application of the information-motivation-behavioral skills model. *BMC Cancer* 2024; 24, 351.

Ghasemi M, **Savabi-Esfahani M**, Noroozi M, Sattari M. Predicting cervical cancer screening participation using self-care behaviors among women in Iran. *J Educ Health Promot*. 2024;13:257.

Savabi Esfahani, M., Mokhtari, F., Heidari Sarvestani, M. The effect of vitamin D on the assisted reproductive techniques (ART) outcomes: A narrative review. *The Iranian Journal of Obstetrics, Gynecology and Infertility*, 2024; 26(12): 50-65.

Ghasemi-Gujani, Marzieh; **Savabi-Esfahani, Mitra**; Noroozi, Mahnaz; Satari, Mohammad. Development of mobile application for cervical cancer screening in women: Protocol of a multi-phase study. *Journal of Education and Health Promotion* 13(1):5, January 2024.

Zangeneh S, **Savabi-Esfahani M**, Taleghani F, Sharbafchi MR, Salehi M. Effectiveness of online sexual education based on the extended PLISSIT model on sexual function and sexual satisfaction in women undergoing breast cancer treatment. *J Educ Health Promot*. 2023 Sep 29; 12:311.

Atashi V, Mohammadi S, Salehi Z, Shafiei Z, **Savabi-Esfahani M**, Salehi K. Challenges related to health care for Iranian women with breast cancer during the COVID-19 pandemic: A qualitative study. *Asian Journal of Social Health and Behavior* 2023; 6:72-8.

Zangeneh S, **Savabi-Esfahani M**, Taleghani F, Sharbafchi MR, Salehi M. A silence full of words: sociocultural beliefs behind the sexual health of Iranian women undergoing breast cancer treatment, a qualitative study. *Support Care Cancer*. 2022 Dec 27; 31(1):84.

Kianpour M, Taleghani F, Noroozi M, **Savabi-Esfahani M**, Boroumandfar Z, Changiz T, Ravankhah Z, Javanmard SH, Hashemi MS. Design, implementation, and evaluation of self-care program in the prevention of breast cancer among

women in Isfahan: a community-based participatory action research protocol. *Womens Midlife Health*. 2022 Jul 5; 8(1):7.

Youseflu S, **Savabi-Esfahani M**, Asghari-Jafarabadi M, Maleki A. The Protective Effect of Breastfeeding and Ingesting Human Breast Milk on Subsequent Risk of Endometriosis in Mother and Child: A Systematic Review and Meta-Analysis. *Breastfeed Med*. 2022 Oct; 17(10):805-816.

Saeri M, **Savabi-Esfahani M**, Aghaii A, Kheirabadi G. Relationship between Child Development and Maternal Postpartum Depression: A Cross-Sectional Study. *Iranian Journal of Neonatology*, 2022; 13(2): 84-90.

Zangeneh S, **Savabi-Esfahani M**, Taleghani F, Sharbafchi MR, Salehi M. Sexual health promotion interventional program for women undergoing breast cancer treatment: Protocol for a mix-methods study. *J Educ Health Promot*. 2022 Jun 30; 11:201.

Alidadi-Shamsabadi E, **Savabi-Esfahani M**. The relationship between maternal perception of social support and breastfeeding patterns. *J Educ Health Promot*. 2022 Jan 31; 11:30.

Sheidanik S, **Savabi-Esfahani M**, Shahverdi-Asadabadi Z. Comparing the Fertility Desire and Related Factors in Mothers with Intellectually Disabled Children and Mothers with Healthy Children. *Iran J Nurs Midwifery Res*. 2022 Jan 25; 27(1):18-23.

Mohammadi F, Kohan S, Yarmohammadian M, **Savabi-Esfahani M**, Rastegari Z. Exploring Potential Achievements and Barriers to Provide Homecare for Women with Preeclampsia: A Qualitative Study. *Int J Community Based Nurs Midwifery*. 2022 Jan; 10(1):30-41.

Savabi-Esfahani M, Zangeneh S, Sharbafchi M R. Cancer Patients' Challenges during COVID-19 Pandemic: An Approach to Decision-Making in Management and Policy-Making. *Arch Clin Infect Dis*. 2021; 16(5):e104590.

Sourinejad H, **Savabi Esfahani M**, Tarrahi MJ, Adib Moghaddam E. Outcomes and Challenges associated with In vitro Fertilization in Women with Polycystic Ovary Syndrome: A review study. *Journal of Sabzevar University of Medical Sciences*. 2021; 28 (3): 359-371.

Savabi-Esfahani M, Ghasemi Gujani M, Babakhani Z, Tabatabaeyan, M. 'Diagnostic accuracy of two methods of Breast light and thermography in breast cancer screening: A review study', *The Iranian Journal of Obstetrics, Gynecology and Infertility*, 2021; 24(2):86-95.

Savabi Esfahani M, Ghasemi Gujani M, Mohamadirizi S. The relationship between varicocele and body mass index: a systematic review, *The Iranian Journal of Obstetrics, Gynecology and Infertility*, 2021; 24(7):12-18.

Sheidanik S, **Savabi-Esfahani M**, Ghamarani A, Erfani A. The association of psychological well-being and fertility intention in parents of children with intellectual disability: A foundation for reproductive education. *J Educ Health Promot*. 2021 Jan 28; 10:13.

Roosta L, **Savabi-Esfahani M**, Nasr-Esfahani MH, Torabi F, Comparison of the Developmental Status in Children Born Following Assisted Reproductive Technology and Spontaneous Pregnancy . *International Journal of Pediatrics* 2021; 9 (11): 14726-14736.

Alidadi- Shamsabadi E, **Savabi-Esfahani M**, Hashemianfar A, Relationships of Hofstede's Cultural Dimensions and Lactation Patterns in Lactating Mothers. *Int J Pediatr* 2020; 8(10): 12243- 252.

Saljughi F, **Savabi-Esfahani M**, Kohan Sh, Ehsanpour S. 2020. Breastfeeding Training through Role-Play and Effects on Mother-Infant Attachment Behaviours. *Africa Journal of Nursing and Midwifery*. **2020**; 22 (1):13.

Molaei-Zardanjani M, **Savabi-Esfahani M**, Taleghani F, Comparing individual and peer education on the constructs of theory of planned behavior in mammography, *J Educ Health Promot*. **2019** Jan 29;8:20.

Molaei-Zardanjani M, **Savabi-Esfahani M**, Taleghani F, Fatalism in breast cancer and performing mammography on women with or without a family history of breast cancer, *BMC Women's Health*. **2019**; 19(1):116.

Savabi-Esfahani M, Sourinejad H, Adib Moghaddam E, Mohebbi Z, Psychological and social consequences of surrogacy in surrogate mother and the resulted child: a review study. *The Iranian Journal of Obstetrics, Gynecology and Infertility*. **2019**;22 (4):73-86.

Savabi-Esfahani M, Taleghani F, Noroozi M, Tabatabaeian M, Lynge E, Exploring personality factors in breast cancer screening behaviors: a qualitative study, *Social Behavior and Personality: An International Journal* ,**2018**; 46(1):91-97.

Savabi-Esfahani M, Taleghani F, Noroozi M, Tabatabaeian M, An educational intervention on based information, motivation and behavior skills model and predicting breast self-examination, *J Prev Med Hyg*. **2018**;59(4):E277-E281

Savabi-Esfahani M, Taleghani F, Noroozi M, Tabatabaeian M, Role Playing for Improving Women's Knowledge of Breast Cancer Screening and Performance of Breast Self-Examination, *Asian Pac J Cancer Prev*, **2017**;18 (9), 2501-2505.

Jafari F, **Savabi-Esfahani M**, kazemi A, Mokaryan F, Relationship between breastfeeding factors and breast cancer in women referred to Syed Al-Shohada Hospital in Isfahan, Iran, Accepted in *Iran J Nurs Midwifery Res*, **2016**;21:622-7.

Saljughi1 S., Savabi EsfahaniM., Kohan Sh., Ehsanpour S., Promoting Breastfeeding Self-efficacy through Role-playing in Pregnant Women, *Int J Pediatr*, **2016** Jul ;4(7):2061-6068.

Sohrabi Z, Momenzadeh F, Aemmi SZ, Tabibi M, Musavi Z, **Savabi M**. Socio-demographic and Lifestyle Factors in Breastfeeding Mothers, Referring to Isfahan Health Centers. *Int J Pediatr* **2016**; 4(2): 1331-37.

Aghaii A, **Savabi-Esfahani M**, Kheirabadi Gh R, Association between maternal depression and lactation status during 24 months after delivery among clients to the selected health centers in Isfahan , *J Res Behav Sci* **2015**; 13(4): 581-6.

Fahami F, **Esfahani MS**, Mohamadirizi S, Relationship of sexual dysfunction and its associated factors in women with genital and breast cancers, *Iran J Nurs Midwifery Res*. **2015** July-Aug ;20(4):516-20.

Esfahani MS, Berenji-Sooghe S, Valiani M, Ehsanpour S, Effect of acupressure on milk volume of breastfeeding mothers referring to selected health care centers in Tehran, *Iran J Nurs Midwifery Res*. **2015** Jan-Feb;20(1):7-11.

Abdeyazdan Z, **Esfahani MS**, Sheykhi S, Jodakee M, Comparison the effects of seed therapy with black pepper and breast feeding on pain related vaccination in infants, *Complementary Medicine Journal of faculty of Nursing & Midwifery*, winter **2015** (4):994-1002.(In Persian)

Fahami F, **Esfahani MS**, Mohamadirizi S, Relationship between Sexual Dysfunction and Treatment Modality in Patients with Gynecologic and Breast Cancers, The Iranian Journal of Obstetrics, Gynecology and Infertility, Summer 2014,17:15-22.(In Persian)

Esfahani MS, Sheykhi S, Abdeyazdan Z, Jodakee M, Boroumandfar K, A comparative study on vaccination pain in the methods of massage therapy and mothers' breast feeding during injection of infants referring to Navabsafavi Health Care Center in Isfahan, Iran J Nurs Midwifery Res. 2013 Nov;18(6):494-8.

Esfahani MS, Mirzaee M, Boroumandfar K, Abedi MR, Job burnout and its relation with personality traits among the midwives working in Isfahan, Iran, Iran J Nurs Midwifery Res. 2012 Mar;17(3):220-4.

Fathizadeh N, Takfallah L, Badrali N, Shiran E, **Esfahani MS**, Akhavan H, Experiences of blind children caregivers, Iran J Nurs Midwifery Res. 2012 Feb;17(2 Suppl 1):S143-9.

Esfahani MS, Fathizadeh N, Continuous exclusive breastfeeding and some related factors in the selected hospitals of Isfahan, Iran J Nurs Midwifery Res. 2011 Summer;16(3):207-11.

Savabi-Esfahani M, Fadaei S, Yousefy A., Use of combined oral contraceptives: retrospective study in Isfahan, Islamic Republic of Iran, East Mediterr Health J. 2006 May-Jul;12(3-4):417-22.

Savabi-Esfahani M, Fadaei S, Yousefy A, A survey on continuation of use in combined oral contraceptives, Nursing & Midwifery Research Journal, No 22, 19-25, Winter 2004.(In Persain)

Fadaei S, **Savabi-Esfahani M**, Yousefy A, Relation between demographic factors and continuation in user of IUD method , Nursing & Midwifery Research Journal, No 19, 40-7, Spring 2003.(In Persain)

Oral presentations

Maryam Molaei –Zardanjani M, Savabi Esfahani M, Taleghani F, Effect of Peer Education on fatalism of Breast Cancer, 13th International breast cancer congress, 14-16 Feb. 2018, Iran.

Savabi Esfahani M, Fathizadeh N, Relation between fertility factors and method of infant feeding in women referred to selected hospital of Isfahan, Iran, International Conference on Global Health and Crisis Communication, June 19-21, 2012, Turkey.

Savabi Esfahani M, Mirzaee M , Boroumandfar Kh, An investigation on job burnout of the midwives working in Isfahan, Iran and its association with their personal characteristics, International Conference on Global Health and Crisis Communication, June 19-21, 2012, Turkey.

Poster presentations

Sanaz Zangeneh, Mitra Savabi Esfahani, The Challenge of Breast cancer screening in covid-19 pandemic, The 10th International Conference on Women's Health, a Narrative Report December 1st and 2nd, 2021, Shiraz, Iran.

Sanaz Zangeneh, Mitra Savabi Esfahani, Unmet need for sexual health services: the demands of women with breast cancer, The 10th International Conference on Women's Health, a Narrative Report December 1st and 2nd, 2021, Shiraz, Iran.

Mitra Savabi Esfahani, Marziyeh Ghasemi , Challenges of cervical cancer screening and strategies to promote it in countries with limited resources, The 3rd International Congress of Women and Family Health, 2021, Tehran, Iran.

Sanaz Zangeneh, Mitra Savabi Esfahani, The Challenge of Breast cancer screening in covid-19 pandemic, The 10th International Conference on Women's Health, a Narrative Report December 1st and 2nd, 2021, Shiraz, Iran.

Sanaz Zangeneh, Mitra Savabi Esfahani, Unmet need for sexual health services: the demands of women with breast cancer, The 10th International Conference on Women's Health, a Narrative Report December 1st and 2nd, 2021, Shiraz, Iran.

Mitra Savabi Esfahani, Marziyeh Ghasemi, Challenges of cervical cancer screening and strategies to promote it in countries with limited resources, The 3rd International Congress of Women and Family Health, 2021, Tehran, Iran.

Alidadi- Shamsabadi E, Savabi-Esfahani M, Challenge of screening for breast cancer in women with dense breast, Women`s health promotion Conference, November 27, 2019, Iran.

Shjeidanik S, Savabi-Esfahani M, Assisted Reproductive Technologies and the risk of cervical cancer, Women`s health promotion Conference, November 27, 2019, Iran.

Savabi Esfahani M, Taleghani F, Norooz M, Tabatabaeian M, Lynge E, Increase Women's Knowledge and Attitude about Breast Cancer and Screening: Using an Educational Intervention in Community, 19th International Conference on Health Informatics and Health Information Management, 2017, Denmark.

Aghaiee A, Savabi Esfahani M, Kheirabadi Gh, Relationship between maternal depression and breastfeeding in postpartum period, 15th International Congress of Obstetrics and Gynecology, October 4, 2016, Iran.

Savabi Esfahani M, Haghani F, Education of breastfeeding counseling by using role playing method, Isfahan-karbala conference on medical education, Oct. 5- 10, 2013, Iran.

Savabi Esfahani M, et al., The survey of Satisfaction of providing family planning lessons using e-learning method and factors associated in students of Isfahan University of Medical Sciences, Isfahan-karbala conference on medical education, Oct. 5- 10, 2013, Iran.

Books

Kohan Sh, Savabi-Esfahani M, et al., Maternal, Child & Reproductive Health, 2019. (In Persain)

Savabi-Esfahani M, Ehsanpour S, Shamgani R, Things to know about pap smear, 2012. (In Persain)

Savabi-Esfahani M and et al., Health & Family planning, 2011. (In Persain)

Savabi-Esfahani M, Fathizadeh N , Why some men are infertile?(couses, diagnosis and treatment), 2008. (In Persain)

Kohan Sh, Fadaei S, Savabi-Esfahani M, The essentials of contraceptive technology, 2004. (In Persain)

Current research project

- Development of prototype software for cervical cancer screening, since 2021- Now.
- Design and Implementation of a Sexual Health Promotion Interventional Program for Women undergoing Breast Cancer Treatment: A Mix Method Study, since 2020-2022.
- Comparison factors associated with fertility desire of mothers with intellectual disability children and mothers with healthy children, since 2017 -2020.
- Investigating the relationship between cultural value orientation and breastfeeding patterns, since 2017 -2020.
- Promoting breast cancer screening program: a mixed methods study, Since Sep. 2015- 2017.
- Comparing the effects of individual and peer education based on the theory of planned behavior to behavioral intention of mammography, since Sep. 2016 -2017.
- Assessing relation between breast cancer and breastfeeding, since Jul 2014 – 2016.