

Curriculum Vitae

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Personal Information

First Name: Mojgan

Last Name: Mirghafourvand

Title: Professor

Department: Midwifery

Nationality: Iranian

Date of Birth: 12/28/1974

Place of Birth: Tehran

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Researcher IDs

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Google scholar ID: <http://scholar.google.com/citations?user=zS5ZVasAAAAJ&hl=en>

Academic Qualifications

B.Sc.of Midwifery (Tehran University of Medical Sciences, Iran)

M.Sc.of Midwifery (Tabriz University of Medical Sciences, Iran)

Ph.D in Reproductive Health (Tehran University of Medical Sciences, Iran)

Honors and awards

Acquisition of first degree in PhD entrance test in Iran, 2009.

Acquisition of fourth degree in MSc entrance test in Iran, 1997.

Being introduced as the top midwife, 2004.

Top Ph.D thesis from Avicenna festival, Tehran University of Medical Sciences-Iran, 2012.

Top researcher from research festival, Tabriz University of Medical Sciences-Iran, 2018.

Top researcher from provincial research festival, East Azerbaijan-Iran, 2019.

Top researcher from National Festival of Research and Technology, 2021.

Top researcher from Razi festival, Iran, 2022.

Top researcher from research festival, Tabriz University of Medical Sciences-Iran, 2023.

Professional Membership: (Administrative or executive Experience ...)

Head of research and technology Deputy in in Tabriz Nursing and Midwifery Faculty 2013-2017; 2022-now

Head of midwifery group 2012-2017; 2022-now

Member of education council in Nursing and Midwifery Faculty, Tabriz University of Medical Sciences 2012-2017; 2022-now

Member of research council in Nursing and Midwifery Faculty, Tabriz University of Medical Sciences 2012-2017; 2022-now

Member of research council in Tabriz University of Medical Sciences 2012-2017; 2022-now

Member of education and research council in Faculty of traditional medicine, Tabriz University of Medical Sciences 2020-now

Member of the Social Determinants of Health Research Center, Tabriz University of Medical Sciences 2015-now

Member of the Geriatric group in Health Faculty, Tabriz University of Medical Sciences 2022-now

Member of the Audit board of Tabriz University of Medical Sciences 2022-now

Membership in scientific societies and committees

Member of Medical Council Organization of Iran.

Teaching Experience

Community Based Midwifery 1, 2 & 3

Reproductive health 2 & 4

Research Method

Midwifery theories and models

Gynecology & Infertility

Maternal and Child Health

Health policies for mothers and children

Research Projects

The effect of oral capsule of curcumin on the premenstrual syndrome and dysmenorrhea among students in Tabriz, Iran: a randomized controlled trial

Relationship between job satisfaction and psychosocial factors at work with job performance among midwives of Tabriz, Iran.

Relationship between sexual attitude and sexual function of couples during pregnancy.

The effect of sertraline with or without propranolol on the panic attack in postmenopausal women: a double blind randomized controlled trial.

The effect of oral capsule of curcumin on the fatigue and muscle soreness in postmenopausal women: a double blind randomized controlled trial.

Psychometric properties of the Persian version of the breast cancer perception scale

Comparison of childbirth experience in different Iranian ethnicities

Couples' knowledge and desire towards fertility and childbearing and identification of facilitator and inhibitor factors in order to provide strategies to promote the childbearing in the northwestern of Iran: A sequential explanatory mixed method study

Pelvic floor disorders and its socio-demographic determinants in women of reproductive age referring to health centers in Tehran

Assessment of psychometric properties of Exclusive breastfeeding social support (EBFSS)

Prevalence of unplanned pregnancy and comparison of mental health, pregnancy experience, violence and maternal-fetal attachment between two groups of mothers with unplanned and planned pregnancy referring to Tabriz health centers in 1401-1400

The relationship between violence and pregnancy symptoms and pregnancy experience in pregnant women referred to health centers in Urmia, 1400

Risk factors for developmental delay in children under five years in Tabriz : a case-control study

The relationship between breast and gynecological cancers with infertility and infertility treatments in patients with these cancers: a case-control study

The effect of Nigella Sativa gel on pain and wound healing due to episiotomy in nulliparous women: a three-blind randomized controlled clinical trial

Evaluation of the psychometric properties of the Persian version of the Postpartum Specific Anxiety Scale-Research Short-Form (PSAS-RSF)

Prevalence and types of urinary incontinence and comparison of sexual function and quality of life in postmenopausal women with and without urinary incontinence referring to health centers of Tabriz, 2021

Relationship of health practices with attitude toward maternal role and pregnancy symptoms in pregnant women referring to health centers of Tabriz, 2021

Anxiety and depression and their relationship with sexual function and quality of life in women with premature ovarian insufficiency

The effect of oral vitamin E and omega-3 alone and in combination on menopausal hot flashes: A systematic review and meta-analysis

Psychometric of Anxiety Assessment Scale for Pregnant Women in Labor (AASPWL)

Comparison Birth outcomes in pregnancies with borderline and normal amniotic fluid index

The effect of vitamin D on sleep quality and pregnancy symptoms in pregnant women: A randomized controlled trial

Thesis (Supervisor or Advisor)

The Effect of Ginseng on Sexual Function in Postmenopausal Women with Major Depression: a Triple-Blind, Randomized Controlled Clinical Trial (Supervisor).

Adapting and implementation of clinical guideline (WHO recommendations) on maternal and newborn care for a positive postnatal experience (Supervisor).

Childbirth readiness and its related factors and consequences in pregnant women referring to health centers in Tabriz and providing strategies to promote childbirth readiness: A sequential explanatory mixed method study (Supervisor).

The Effect of Evening Primrose Oil on Clinical Symptoms in Women with Polycystic Ovary Syndrome (PCOS): A Randomized Controlled Trial (Supervisor).

Implementation and evaluation of the WHO Maternity Care Model: a parallel convergent mixed study (Supervisor).

Status of providing women-centered care by midwives and providing strategies to promote and improve women-centered care in Tabriz, Iran: A sequential explanatory mixed method study (Supervisor).

The effect of Nigella Sativa oil on urinary incontinence, quality of life and sexual function in postmenopausal women (Supervisor).

The effect of curcumin on painful symptoms of endometriosis and quality of life: a randomized clinical trial (Supervisor).

Effect of Acceptance and Commitment Therapy (ACT) on Mood of Menopausal Women: A Controlled Randomized Trial (Supervisor).

The effect of fenugreek on milk volume and prolactin level in mothers of premature newborns: A randomized controlled clinical trial (Supervisor).

The Effect of Cognitive-Behavioral Therapy on Stress and Anxiety of Women with Premature Ovarian Insufficiency: A Randomized Controlled Trial (Supervisor).

The effect of cognitive-behavioral counseling with/without Neroli essence on sleep quality of pregnant women: a randomised controlled trial (Supervisor).

Training Course (Participant or Speaker)

Systematic review and meta-analysis (Speaker)

International journal editors or reviewers

Editor of Journal of Clinical Research and Medicine

Presentation in seminars, conferences and congresses (Oral or Poster)

The effect of counseling on the hemoglobin, haematocrit and weight gain of teenage pregnant women: a randomized controlled clinical trial.

Comparison of the effect of mefenamic acid and quince on the level of menstrual bleeding and hemoglobin

Effect of Lavender cream with or without footbath on anxiety, stress and depression in postpartum: A randomized placebo-controlled trial

The effect of cognitive behavior therapy on body image and self-esteem in female adolescents: a systematic review and meta-analysis

Association between maternal sense of competence and self-efficacy in primiparous women during postpartum period

Published Articles

1. **Mirghafurvand M**, Mohammad Alizadeh Charandabi S. Evaluation of primiparus mothers knowledge about newborn care in first days after childbirth in Alzahra educational medical center, in Tabriz. The Journal of Urmia University of Medical Sciences, 2000; 11 (4): 234-242 [Persian]
2. **Mirghafurvand M**, Montazam S, Rafie A. Study of prevalence and contributing factors of hepatitis b among pregnant women referred to laboratory of health center of Bonab. Journal of Urmia Nursing and Midwifery Faculty, 2007; 5 (3): 120-131 [Persian]
3. Hakimi S, **Mirghafurvand M**, Seiedin SA. A comparative study of climacteric symptoms in premenopausal and postmenopausal women. Eastern Mediterranean Health Journal, 2010; 16 (11):1165-9. [PUBMED]
4. Baheiraei A , **Mirghafourvand M**, Mohammadi E , Nedjat S , Mohammad Alizadeh Charandabi S , Rajabi F , Majdzadeh R. Health-promoting behaviors and social support of women of reproductive age, and strategies for advancing their health: protocol for a mixed methods study. BMC public health, 2011; 11: 191 doi:10.1186/1471-2458-11-191. [ISI]
5. Baheiraei A, **Mirghafourvand M**, Mohammadi E, Nedjat S, Mohammad Alizadeh S. Prevalence of waterpipe use and its socio-demographic predictors in women of reproductive age in Tehran. Medical Principles and Practice, 2012; 21(4): 340-4. doi: 10.1159/000336583. [ISI]
6. Baheiraei A, **Mirghafourvand M**, Mohammadi E, Mohammad Alizadeh S. The experiences of women of reproductive age regarding health-promoting behaviours: A qualitative study. BMC Public Health 2012, 12:573 doi:10.1186/1471-2458-12-573. [ISI]
7. Baheiraei A, **Mirghafourvand M**, Mohammadi E, Mohammad Alizadeh S, Nedjat S. Social support for women of reproductive age and its predictors: A population-based study. BMC Women's Health 2012, 12:30 doi:10.1186/1472-6874-12-30. [ISI]
8. Baheiraei A, **Mirghafourvand M**, Mohammadi E, Nedjat S, Mohammad Alizadeh S. Determining appropriate strategies for improving women's health promoting behaviours: using the nominal group technique. Eastern Mediterranean Health Journal, 2013. [PUBMED]

9. Mohammadi A, Mohammad-Alizadeh-Charandabi S, **Mirghafourvand M**, Javadzadeh Y, Fardiazar Z, Effati-Daryani F. Effects of cinnamon (*Cinnamomum zeylanicum*) on perineal pain and healing of episiotomy: A randomized placebo-controlled trial. *Journal of Integrative Medicine* 2014. [ISI]
10. **Mirghafourvand M**, Baheiraei A, Nedjat S, Mohammadi E, Charandabi SM-A, Majdzadeh R. A population-based study of health-promoting behaviors and their predictors in Iranian women of reproductive age. *Health Promotion International*. 2014; doi: 10.1093/heapro/dat086. [ISI]
11. **Mirghafourvand M**, Mohammad-Alizadeh-Charandabi S, Tavananezhad N, Karkhaneh M. Health-promoting lifestyle and its predictors among Iranian adolescent girls, 2013. *International Journal of Adolescent Medicine and Health*. 2013;1-8. [PUBMED]
12. Baheiraei A, **Mirghafourvand M**, Mohammad-Alizadeh Charandabi S, Mohammadi E, Nedjat S. Health-promoting behaviors and social support in Iranian women of reproductive age: a sequential explanatory mixed methods study. *Int J Public Health*, Sep 2013, DOI 10.1007/s00038-013-0513-y. [ISI]
13. Baheiraei Azam, **Mirghafourvand Mojgan**, Mohammad-Alizadeh Charandabi Sakineh, Mohammadi Eesa. Facilitators and inhibitors of health-promoting behaviours: the experience of Iranian women of reproductive age. *Int J Prev Med* 2013; 4: 929-9. [PUBMED]
14. Mohammad-Alizadeh Charandabi S, **Mirghafourvand M**, Saghi S, Seidi S, Rahmani A, Zareie S. Practice of Iranian adolescent girls regarding puberty and menstrual hygiene and its predictors, 2013. *Int J Women's Health Reproduction Sci* 2014; 2(3):195-204.
15. Bani S, Hassanpour-Siahestalkhi A, Hassanpour S, Mommad-Alizadeh-Charandabi S, **Mirghafourvand M**, Javadzadeh Y. Comparison of two iron supplementation methods on Hemoglobin level and menstrual bleeding in Tabriz students. *Iran J Ped Hematol Oncol*. 2014;4(1):11-6. [PUBMED]
16. Mohammad-Alizadeh Charandabi S, **Mirghafourvand M**, Javadzadeh Y, Effect of calcium and its combination with magnesium on the severity of menstrual symptoms in the students with dysmenorrheal. *J of Guilan University of Medical Sciences*. 2014; supplement 1: 83-92. [Persian]
17. Sakineh Mohammad Alizadeh Charandabi, **Mojgan Mirghafourvand**, Azad Rahmani, Simin Seidi, Elnaz Saffari, Minoo Mahini, Sima Saghi. The Effect of Software on Knowledge and Performance of Teenage Girls toward Puberty Hygiene: a Randomized Controlled Trial. *Iranian Journal of Medical Education* 2014; 14(2): 110-121. [Persian]
18. **Mirghaforvand M**, Mohammadalizadeh-Charandabi S, Tavananejad N, Karkhaneh M. Prevalence of abnormal body mass index and its socio-demographic predictors in adolescents of Sanandaj city. *Scientific Journal of Ilam University of Medical Sciences*. 2014; 22(1): 119-129. [Persian]
19. Hasanpour Sh, Bani S, **Mirghafourvand M**, Yahavi F, Mental Health and Its Personal and Social Predictors in Infertile Women. *Journal of Caring Sciences* 2014;3(1):37-45. [English]

20. Mohammad-Alizadeh-Charandabi S, **Mirghafourvand M**, Asghari-Jafarabadi M, Tavananezhad N, Karkhaneh M. Modeling of socio-demographic predictors of sexual function in women of reproductive age. Journal of Mazandaran University of Medical Sciences. 2014;23(110):231-5. [Persian]
21. **Mirghaforvand M**, Mohammadalizadeh-Charandabi S, Tavananejad N, Karkhaneh M. Self-efficacy in adolescents and its sociodemographic predictors. The Journal of Urmia Nursing and Midwifery Faculty. 2014; 12 (2): 153-165. [Persian]
22. Nezami vandchegini Salimeh Mohammad-Alizadeh Sakineh, **Mirghafourvand Mojgan**. The effect of combination of calcium and magnesium on amount and duration of menstrual bleeding in women with dysmenorrheal: a randomized controlled trial. The Iranian Journal of Obstetrics, Gynecology and Infertility. 2014; 16 (83): 1-8. [Persian]
23. **Mojgan Mirghafourvand**, Sakineh Mohammad- Alizadeh, Mina Shirdel. The effect of intravenous Tranexamic acid on hemoglobin and hematocrit levels after vaginal delivery: a randomized controlled trial. The Iranian Journal of Obstetrics, Gynecology and Infertility. 2014; 16 (60): 1-8. [Persian]
24. **Mirghafourvand M**, Mohammad-Alizadeh-Charandabi S, Asghari-Jafarabadi M, Tavananezhad N, Karkhaneh M. Socio Demographic Predictors of Marital Satisfaction in Women of Reproductive Age. The Iranian Journal of Obstetrics, Gynecology and Infertility. 2014; 16 (72): 1-12. [Persian]
25. Mohammad-Alizadeh-Charandabi S, **Mirghafourvand M**, Tavananezhad N, Karkhaneh M. Health promoting lifestyles and self-efficacy in adolescent boys. Journal of Mazandaran University of Medical Sciences. 2014; 23 (109): 1-8. [Persian]
26. **Mojgan Mirghafourvand**, Fahimeh Sehhati, Mareieh Rahimi. Health-promoting Lifestyle and its Demographic Predictors in Infertile Couples Referred to Infertility Clinic of Tabriz Al-Zahra Hospital, 2013. Journal of Caring Sciences, 2014, 3(3), 175-184. [Pubmed]
27. Fahimeh Sehhati, **Mojgan Mirghafourvand**, Mareieh Rahimi. Perceived Stress and its Social-Individual Predicors among Infertile Couples Referring to Infertility Center of Alzahra Hospital in Tabriz in 2013. International Journal of Women's Health and Reproduction Sciences. 2(5): 2014, 291–296.
28. **Mojgan Mirghaforvand**, Shirin Hasanpoor, Soheyla Bani, Fatemeh Yahyavi. Perceived Social Support in Infertile Couples and Its Individual-Social Predictors. J Mazand Univ Med Sci 2014; 24(Supple 1): 213-223. [Persian]
29. Sakineh Mohammad-Alizadeh-Charandabi, **Mojgan Mirghafourvand**, Jamileh Malakouti, Mehrnaz Asghari, Saharnaz Nedjat. Effect of Nutrition Education Alone or Combined with Aerobic Exercise on Quality of Life in Perimenopausal and Postmenopausal Women: a Randomized Controlled Trial. J Mazandaran Univ Med Sci 2014; 24(116): 63-74. [Persian]
30. Mojgan Mirghafourvand, Sakineh Mohammad-Alizadeh-Charandabi, Mehrnaz Asghari, Saharnaz Nedjat. Effects of Aerobic Exercise on Quality of Life in Premenopausal and Postmenopausal Women: A Randomized Controlled Trial. The Iranian Journal of Obstetrics, Gynecology and Infertility 2014. 17(114), 19-26. [Persian]
31. Azam Baheiraei, **Mojgan Mirghafourvand**, Sakineh Mohammad-Alizadeh Charandabi,

32. Saharnaz Nedjat, Easa Mohammadi. A population-based survey on prevalence of cigarette smoking and its socio-demographic risk factors among women of reproductive age in Tehran-Iran. *Epidemiology Biostatistics and Public Health* 2014; 11 (3). [Pubmed]
33. **Mojgan Mirghafourvand**, Sakineh Mohammad-Alizadeh-Charandabi, Mehrnaz Asghari, Saharnaz Nedjat, Azam Mohammadi. Effect of education on nutritional behavior and hot flashes in perimenopausal and menopausal women. *J Babol Univ Med Sci* 2014; 16 (10): 59-67. [Persian]
34. Fahimeh Sehhatie, Mozhgan Mirghafourvand, Zhaleh Vosoughi Niri. The Effect of Non-Pharmaceutical Methods of Labor Pain Relief on Mothers' Postpartum Depression: A Randomized Controlled Trial. *International Journal of Women's Health and Reproduction Sciences* 2015; 3 (1): 48–55. [English]
35. Sakineh Mohammad-Alizadeh-Charandabi, **Mozhgan Mirghafourvand**, Vida Aghamiri, Hossein Nazemiyeh Sedigheh Soltanpoor. Efficacy of hop (*Humulus lupulus* L.) on early menopausal symptoms in perimenopausal women: A randomized double blind placebo-controlled trial 2014. *SJKU*; 19 (3): 12-22. [Persian]
36. Fahimeh Sehhatie Shafaie, **Mozhgan Mirghafourvand**, Maryam Jafari. Effect of Education through Support Group on Early Symptoms of Menopause: a Randomized Controlled Trial. *JCS* 2014; 3 (4): 247-256. [Pubmed]
37. Ilnaz Iranzad, Soheila Bani1, Shirin Hasanpour, Sakineh Mohammadalizadeh, **Mozhgan Mirghafourvand**. Perceived Social Support and Stress among Pregnant Women at Health Centers of Iran- Tabriz. *Journal of Caring Sciences* 2014; 3(4), 287-295. [Pubmed]
38. **Mozhgan Mirghafourvand**, Mahin Kamalifard, Sekineh Mohammad alizaddeh, Mohammad Asghari, Farzaneh Khodabandeh, Ameneh Mansoori. Knowledge and belief about postpartum lifestyle among nulliparous mothers, Tabriz 2013 – 2014. *The Iranian journal of obstetrics, gynecology and infertility* 2014.[Persian]
39. Sakineh Mohammad-Alizadeh-Charandabi, **Mojgan Mirghafourvand**, Nikta Tavananezhad, Mahsa Karkhaneh. Prevalence of cigarette and water pipe smoking and their predictors among Iranian adolescents. *International journal of adolescent medicine and health* 2014; 12/3. [Pubmed]
40. **Mirghafourvand M**, Sehhatie Shafaie F Vosoughi-Niri Z. The Effect of Non-Pharmacological Methods of Labor Pain Relief on Mothers' Perceived Stress: A Randomized Controlled Trial. *Journal of Ardabil University of Medical Sciences* 2014; 14 (4): 398- 411. [Persian]
41. Zahra Fathollahi, Shirin Hasanpour, **Mozhgan Mirghafourvand**, Soheila Bani. Predictors of choice of childbirth in primiparous women in Islamshahr. *Advances in Environmental Biology*, 8(23) Special 2014, Pages: 21-26
42. Sakineh Mohammad-Alizadeh-Charandabi, **Mojgan Mirghafourvand***, Laya Froughi. The effect of multivitamin supplements on continuation rate and side effects of combined oral contraceptives: A randomised controlled trial. *The European Journal of Contraception and Reproductive Health Care*, 1-11

43. Sakineh Mohammad-Alizadeh-Charandabi, Mojgan Mirghafourvand*, Ameneh Mansouri. The Effect of Vitamin D and Calcium plus Vitamin D during Pregnancy on Pregnancy and Birth Outcomes: a Randomized Controlled Trial. *Journal of Caring Sciences* 4 (1), 35-44.
44. Fatemeh Effati-Daryani, Sakineh Mohammad-Alizadeh-Charandabi, **Mojgan Mirghafourvand**. Effect of Lavender Cream with or without Foot-bath on Anxiety, Stress and Depression in Pregnancy: a Randomized Placebo-Controlled Trial. *Journal of Caring Sciences* 4 (1), 63-73.
45. **Mojgan Mirghafourvand**, Mahin KamaliFard, Sakineh Mohammad-Alizadeh, Farzaneh Khodabandeh. Effect of educational package on nulliparous mother's knowledge and belief about postpartum lifestyle. *Quarterly Journal of Sabzevar University of Medical Sciences* 22 (1), 169-179.
46. **M Mirghafourvand**, S Mohammad-Alizadeh, F Abbasalizadeh, M Shirdel. The effect of prophylactic intravenous tranexamic acid on blood loss after vaginal delivery in women at low risk of postpartum haemorrhage: a double-blind randomised controlled trial. *Australian and New Zealand Journal of Obstetrics and Gynaecology* 55 (1), 53-58.
47. **Mojgan Mirghafourvand**, Sakineh Mohammad-Alizadeh-Charandabi, Ameneh Mansouri, Farzaneh Khodabandeh. The Effect of Vitamin D and Calcium Plus Vitamin D on Sleep Quality in Pregnant Women with Leg Cramps: A Controlled Randomized Clinical Trial. *Journal of Isfahan Medical School* 32 (320), 2444-53.
48. **Mojgan Mirghafourvand**, Sakineh Mohammad-Alizadeh Charandabi, Mahsa Karkhaneh. Predictors of Health-Related Quality of Life in Iranian Women of Reproductive Age. *Applied Research in Quality of Life*, 1-15.
49. **M.Mirghafourvand**, F. Sehati Shafaeii, M. Jafari. Effects of self-directed learning on the early symptoms of menopause. *J Babol Univ Med Sci* 16 (15), 68-75.
50. **Mojgan Mirghafourvand**, Sakineh Mohammad-Alizadeh-Charandabi, Vida Aghamiri , Hossein Nazemieh. The effect of Hop (*Humulus lupulus* L.) in treating early menopausal symptoms in post-menopausal women: A randomized clinical-controlled trial. *Razi Journal of Medical Sciences* 22 (131), 14-24.
51. V Aghamiri, **M Mirghafourvand***, S Mohammad-Alizadeh-Charandabi, H Nazemieh. The effect of Hop (*Humulus lupulus* L.) on early menopausal symptoms and hot flashes: A randomized placebo-controlled trial. *Complementary therapies in clinical practice*.
52. S Mohammad-Alizadeh-Charandabi, **M Mirghafourvand***, Z Khaki-Rostami, J Malakouti, Sexual Dysfunction and Help Seeking Behaviors in Newly Married Men in Sari City: a Descriptive study. *Journal of caring sciences* 4 (2), 143.
53. J Malakouti, F Sehhati, **M Mirghafourvand**, R Nahangi. Relationship between Health Promoting Lifestyle and Perceived Stress in Pregnant Women with Preeclampsia. *Journal of caring sciences* 4 (2), 155
54. Fahimeh Sehhatie, **Mojgan Mirghafourvand**, Kafieh Momeni. Health Promoting Behaviors Among Postmenopausal Women in Langroud City, Iran. *International Journal of Women's Health and Reproduction Sciences* 3 (3), 158-162.
55. **M Mirghafourvand**, S Mohammad Alizadeh Charandabi, Y Javadzadeh, P Ahmadpour. Comparing the Effects of Vitexagnus and Flaxseed on Premenstrual symptoms: a Randomized Controlled Trial. *Hayat* 21 (1), 68-78

56. **Mirghafourvand**, M. Asghari Jafarabadi M, Ghanbari S. Comparison of the Diagnostic Values of Premenstrual Syndrome Screening Tool (PSST) and Daily Record of Severity of Problems (DRSP). J Babol Univ Med Sci 17 (8), 27-33.
57. **M Mirghafourvand**, SMA Charandabi, S Hakimi, L Khodaie, M Galeshi. Effect of orange peel essential oil on postpartum sleep quality: A randomized controlled clinical trial. European Journal of Integrative Medicine.
58. **Mirghafourvand M**, Mohammad-Alizadeh-Charandabi S, Javadzadeh Y, Ahmadpour P. The Effect of Vitex agnus and Flaxseed on the Menstrual Bleeding: a Randomized Controlled Trial. The Journal of Zanzan University of Medical Sciences 23 (100), 1-12.
59. S Bani, A Hassanpour, S Hassanpour, SMA Charandabi, **M Mirghafourvand**. Comparing the Effects of Two Iron Supplementation Methods on Girl Students' Temperament in Tabriz University of Medical Sciences: a Double-Blind Randomized Clinical Trial. TERAPEVTICHESKII ARKHIV 87 (1s), 144-150.
60. A Afsari, **M Mirghafourvand***, S Valizadeh, M Abbasnezhadeh, M Galshi. The effects of educating mothers and girls on the girls' attitudes toward puberty health: a randomized controlled trial. International Journal of Adolescent Medicine and Health.
61. S Saghi, **M Mirghafourvand***, SM Alizadeh Charandabi, A Nabighadim, S seidi, A Rahmani. Knowledge and attitude about pubertal health and their socio-demographic predictors in Iranian adolescents. International Journal of Adolescent Medicine and Health
62. **Mirghafourvand M**, Mohammadi A, Effati Dayani F, Zarei S. Sociodemographic predictors of mental health in Tehran's soldiers. Journal of Military Medicine 17 (2), 81-87.
63. **Mojgan Mirghafourvand**, Aziz Homayouni Rad, Sakineh Mohammad-Alizadeh-Charandabi, Kolsoum Shokri. Review on effect of probiotic yoghurt use as a new solution in prevention and treatment of constipation. Arak Medical University Journal 18 (101), 63-71
64. Pari Rahi, **Mojgan Mirghafourvand**, Sakineh Mohammad-Alizadeh-Charandabi, Yousef Javadzadeh. Comparison of the Effect of Mefenamic Acid and Quince on the Level of Menstrual Bleeding and Hemoglobin: a Randomized Controlled Clinical Trial. European Journal of Integrative Medicine. <http://dx.doi.org/doi:10.1016/j.eujim.2015.11.022>.
65. **Mojgan Mirghafourvand**, Sakineh Mohammad-Alizadeh-Charandabi, Parivash Ahmadpour, Yousef Javadzadeh. Effects of Vitex Agnus and Flaxseed on cyclic mastalgia: a randomized controlled trial. Complementary Therapies in Medicine 2015.
66. Mahin Kamali fard, **Mojgan Mirghafourvand**, Sakineh Mohammad alizade charandabi, Farzaneh Khodabandeh, Mohammad Asghari JafarAbadi, Ameneh Mansoori. Effect of Lifestyle Educational Package on Prevention of Postpartum Health Problems in Nulliparous Mothers: A Randomized Clinical Trial. J Mazandaran Univ Med Sci 2015; 25(132): 33-48 (Persian).
67. Jamileh Malakooti, Fahimeh Sehati, **Mojgan Mirghafourvand**, Sima Jafari Ali Malek. Mental Health and Its Relationship to Perceived Social Support in Caregivers of Patients with Breast Cancer. Int. J. Rev. Life. Sci., 5(11), 2015, 84-93

68. Reza Ghaffari, **Mojgan Mirghafourvand**, Roghayeh Abbasian, Ali Janati. Comparison of Competencies of Nursing Graduates of Azad Private University and State Public University. BIOSCIENCES BIOTECHNOLOGY RESEARCH ASIA, December 2015. 12 (3).
69. **Mojgan Mirghafourvand**, Sakineh Mohammad-Alizadeh Charandabi, Fariba Alizadeh Sharajabad, Favziye Sanaati. Spiritual Well-Being and Health-Related Quality of Life in Iranian Adolescent Girls. Community Ment Health J 2015.
70. **Mojgan Mirghafourvand**; pari Rahi ; Parivash Ahmadpour ; Morteza Fotouti ; ghader Sadeghi . Physical Activity Status Based on Health Belief Model in Students of Tabriz University of Medical Sciences. Journal of Health Breeze. 3 (2), Winter 2015, Page 36-43.
71. Fahime Sehati; **Mojgan Mirghafourvand**; Kafiye Momeni. The Predictions' Demographic of General Health in Menopausal Women in Langroud City. Journal of Health Breeze . 3(3), Summer 2015, Page 29-36
72. Mojgan Mirghafourvand, Azizeh Farshbaf-Khalili, Solmaz Ghanbari-Homayi. The relationship between marital adjustment and thinking styles in infertile women referred to Alzahra hospital, Tabriz- 2014. The Journal of Urmia Nursing and Midwifery Faculty, Vol 13(11), February, 2016
73. Asghari M, **Mirghafourvand M**, Mohammad-Alizadeh-Charandabi S, Malakouti J, Nedjat S. Effect of Aerobic Exercise and Nutrition Education on Quality of Life and Early Menopause Symptoms: A Randomized Controlled Trial. Women Health. 2016 Feb 24
74. **Mojgan Mirghafourvand**; Parivash Ahmadpour; Pari Rahi; Hamid Salehiniya. Relationship between depression and anxiety with the severity and length of cyclic mastalgia in women. The Iranian Journal of obstetrics, Gynecology and Infertility 2016. 18 (179): Page 1-7
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