

Curriculum Vitae

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Personal Information

First Name: Esmat

Last Name: Mehrabi

Title: Associate Professor

Department: Midwifery, Tabriz University of Medical Sciences, Tabriz, Iran

Nationality: Iranian

Date of Birth:27/4/1983

Place of Birth: Tabriz

Address: South Shariati street, Tabriz, Iran.

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Researcher IDs

Scopus ID: <https://www.scopus.com/results/authorNamesList/Mehrabi> Esmat.

Google Scholar ID: <https://scholar.google.com/citations?user=549CMAIAAAAJ&hl=en>.

Academic Qualifications

- PhD of sexual and reproductive health, Shahid Beheshti University of medical science, Tehran, Iran, 2014.

(Thesis Title: Designing and Psychometric Evaluation of Adjustment to Illness Measurement Inventory for Iranian Women With Breast Cancer. Shahid Behesti University of Medical Sciences, 2015).

- M.Sc. Midwifery, Tabriz University of Medical Sciences, Tabriz, Iran, 2009.

(Thesis Title: Relationship between pregnancy related complications and maternal anthropometric indices. Tabriz University of Medical sciences, 2010).

- B.Sc. Midwifery, Tabriz University of Medical Sciences, Tabriz, Iran, 2004

- Assistant Professor, Department of Midwifery, Tabriz University of Medical Sciences, Tabriz, Iran. From 2015 until 2020.

- Associate Professor, Department of Midwifery, Tabriz University of Medical Sciences, Tabriz, Iran. From 2022 until now.

- Midwifery lecturer in Tabriz Islamic Azad University (from 2008 until 2012).

- Head of Midwifery Group (2010-2012).

Field of interests (or the major research areas)

Childbirth care model, postpartum care, sexual and reproductive health promotion models

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

- Head of the Education Office, Faculty of Nursing and Midwifery, Tabriz University of Medical Sciences, since 2024.

- Head of Educational and Institutional Accreditation, Faculty of Nursing and Midwifery, Tabriz University of Medical Sciences, from 2016 to present.

- Member of the Internationalization Team, Faculty of Nursing and Midwifery, Tabriz University of Medical Sciences, since 2025.

- Supervisor of accreditation committee in Faculty of Nursing and Midwifery (from 2018 to 2020)

- Head of the Midwifery Department, Islamic Azad University of Tabriz, from 2010 to 2012.

- Head of the Educational Development Office (EDO), Faculty of Medicine, Islamic Azad University of Tabriz, from 2010 to 2012.

- Member of the Research Council, Faculty of Medicine, Islamic Azad University of Tabriz, 2010–2012.

Membership in scientific societies and committees

Member of systematic review and meta-analysis committee of Faculty of Midwifery (2019-2020).

Member of Childbearing committee of Faculty of Midwifery.

Teaching Experience

Theories & Models of midwifery

Women's reproductive Health

Obstetrical concepts

Conducting clinical courses (Normal vaginal child birth, family planning centers, maternity health care, ...) from 2005 until now.

Research Projects

1. Mehrabi E, Kamalifard M, Yavarikia P, Mameghani ME. The Relationship of Demographic Factors and anthropometric Measurements in Women at First Trimester of Pregnancy. *Journal of Tabriz Nursing and Midwifery* 2010;3(7):56.
2. Mehrabi E, Kamalifard M, Yavarikia P, Mameghani ME. Relationship between macrosomia and maternal anthropometric indices. *Journal of Tabriz Nursing and Midwifery* 2010;5(9):43.
3. Mehrabi E, Kamalifard M, Yavarikia P, Mameghani ME. The Relation between Early Pregnancy Anthropometric Indices among Primiparous Women and Macrosomia. *Journal of caring sciences*. 2021;1(3):153.
4. Jabbari H, Alikhah H, Alamdari NS, Behzad MN, Mehrabi E, Borzui L, et al. Developing the use of quality indicators in sterilization practices. *Iranian journal of public health*. 2012;41(7):64.
5. Ebrahimi-Mameghani M, Mehrabi E, Kamalifard M, Yavarikia P. Correlation between body mass index and adiposity with pregnancy complications in pregnant women. *Health promotion perspectives*. 2013;3(1):7.

6. Jahdi F, Eghdampoor F, Kheirkhah M, Haggani H, Taghizadeh M, Mehrabi E. Effectiveness of Topical Aloe vera on the severity of perineal pain related to episiotomy, Single-blind randomized clinical trial. *Journal of medical sc Sabzevar*. 2013;4(18):244.
7. Jabbari H, Bakhshian F, Velayati A, Mehrabi E, Allahverdizadeh S, Alikhah H, et al. Effectiveness of presence of physician and midwife in quantity and quality of family planning services in health care centers. *Journal of family & community medicine*. 2014;21(1):12-16.
8. Mehrabi E, Hajian S, Simbar M, Hoshyari M, Zayeri F. Coping response following a diagnosis of breast cancer: A systematic review. *Electronic physician*. 2015;7(8): 34-39.
9. Mehrabi E, Hajian S, Simbar M, Houshyari M, Zayeri F. Post-traumatic growth: a qualitative analysis of experiences regarding positive psychological changes among Iranian women with breast cancer. *Electronic physician*. 2015;7(5):1239-44.
10. Hajian S, Mehrabi E, Simbar M, Houshyari M, Zayeri F, Hajian P. Designing and Psychometric Evaluation of Adjustment to Illness Measurement Inventory for Iranian Women With Breast Cancer. *Iranian journal of cancer prevention*. 2016;4(6),56-61.
11. Mehrabi E, Hajian S, Simbar M, Hoshyari M, Zayeri F. The Lived Experience of Iranian Women Confronting Breast Cancer Diagnosis. *Journal of caring sciences*. 2016;5(1): 56-61.
12. Mehrabi E, Hajian S, Simbar M, Hoshyari M, Zayeri F. Religion, Spirituality and Coping with Breast Cancer: A Phenomenological Study. *Journal of Research in Religious and health*. 2016;2(2):40.
13. Hajian S, Mehrabi E, Simbar M, Hoshyari M, Zayeri. Coping Strategies and Experiences in Women with a Primary Breast Cancer Diagnosis. *Asian pacific journal of cancer prevention*. 2017;18(1):224-215.
14. Nikkhesal, N., Nourizadeh, R., Dastgiri, S., & Mehrabi, E*. . "The Factors Affecting Women's Decision about Unplanned Pregnancy: A Hierarchical Modeling Strategy." *International Journal of Women's Health & Reproduction Sciences* 6.4 (2018): 483-490.
15. Alizadeh, P. S., Mehrabi, E., Nourizadeh, R., Poursharifi, H., & Mousavi, S. (2018). The Effect of Counseling on Breast Cancer Awareness in Rural Iranian Women: a Randomized Controlled Clinical Trial. *Journal of cancer education: the official journal of the American Association for Cancer Education*. 34, pages1083–1091
16. Nikkhesal, N., Nourizadeh, R., Dastgiri, S., & Mehrabi, E*. Prevention Strategies of unplanned pregnancies among adolescents: a systematic review. *Payesh journal*. 2018. 17(4),434-445.
17. Oskouei, B. S., Sufiani, M., & Mehrabi, E. (2019). Phenomenology of Depression of Cancer-Improved Patients and Reaching to Philosophy-therapy as a caring approach. Vol. 13/ Issue.27/ summer 2019.
18. Roya Azari-Barzandig, Niloofer Sattarzadeh-Jahdi, Esmat Mehrabi, Roghayeh Nourizadeh, Leila Najmi. Sexual Dysfunction in Iranian Azeri Women with Multiple Sclerosis: Levels and Correlates. *Crescent Journal of Medical and Biological Sciences*. 2019 Summer;6(3).
19. Samar Azami ,Roghayeh Nourizadeh², Esmat Mehrabi, Hamid Poursharifi, Azizeh Farshbaf- Khalili. The Effect of Motivational Interviewing on Dietary Intake and Weight Changes among Preconception Women with Overweight and Obesity: A Randomized Controlled Trial. *Crescent Journal of Medical and Biological Sciences*. 2019 Summer;6(3).
20. Nayyer Bayrampour, Roghayeh Nourizadeh, Mojgan Mirghafourvand, Esmat Mehrabi*, Saeed Mousavi Psychometric Properties of the Pregnancy-Related Anxiety Questionnaire-Revised₂ (PRAQ-R₂) Among Iranian Women. *Crescent Journal of Medical and Biological Sciences*. 2019 Summer;6(3).

21. Akbari, Z., Mehrabi, E*, Mirghafourvand, M., & Nourizadeh, R. The Effect of Decision Aid on Breast Cancer Screening Behaviors Based on Theory of Stage of Change: An Interventional Study. *Crescent Journal of Medical and Biological Sciences*, 7(2). Vol. 7, No. 3, July 2020, 404–408.
22. Adeli Gargari , M., Esmailpour ,Kh, Mehrabi, E*, Mirghafourvand, M., & Nourizadeh, R. Effects of Psychoeducation Interventions on Perceived Childbirth Fear and anxiety by Pregnant Women: A Systematic Review and Meta-Analysis. *International Journal of Women’s Haelth & Reproduction Sciences*, 2020.
23. Nourizadeh, R., Azami, S., Farshbaf-Khalili, A., & Mehrabi, E*. (2020). The Effect of Motivational Interviewing on Women with Overweight and Obesity before Conception. *Journal of Nutrition Education and Behavior*. <https://doi.org/10.1016/j.jneb.2020.04.219>.
24. Alizadeh Sabeg, P., Mehrabi, E., Nourizadeh, R. *et al*. The Effect of Counseling on Breast Cancer Awareness in Rural Iranian Women: a Randomized Controlled Clinical Trial. *J Canc Educ* **34**, 1083–1091 (2019). <https://doi.org/10.1007/s13187-018-1411-z>.
25. Nourizadeh, R., Azami, S., Farshbaf-Khalili, A., & Mehrabi, E. (2020). The effect of motivational interviewing on women with overweight and obesity before conception. *Journal of Nutrition Education and Behavior*, 52(9), 859-866.
26. Safdari-Molan, M., Mehrabi, E., Nourizadeh, R., Hakimi, S., & Nikkhesal, N. (2021). Predictors of the Worry About Cancer Recurrence Among Women With Breast Cancer.
27. Alizadeh-Sabeg, P., Mehrabi, E., Nourizadeh, R., Hakimi, S., & Mousavi, S. (2021). The effect of motivational interviewing on the change of breast cancer screening behaviors among rural Iranian women. *Patient Education and Counseling*, 104(2), 369-374.
28. Safdari-Molan, M., Mehrabi, E., Zamiri, R. E., Nourizadeh, R., & Hakimi, S. (2020). Predictors of illness perception among women with breast cancer undergoing chemotherapy and radiotherapy. *Crescent Journal of Medical and Biological Sciences*, 8(3).
29. Pourebrahim-Alamdari, P., Mehrabi, E., Nourizadeh, R., Esmaeilpour, K., Mousavi, S., & Hakimi, S. (2022). The Effect of Face-to-Face and Phone Call Motivational Interviewing on Cervical Cancer Screening. *Cancer Nursing*, 10-1097.
30. Malekzadeh, E., Nourizadeh, R., Farshbaf-Khalili, A., Mehrabi, E., & Hakimi, S. (2022). The effect of decisionaid-based counseling on cervical cancer screening behavior among women: An interventional study. *Journal of Education and Health Promotion*, 11.
31. Shamoradifar, Z., Asghari-Jafarabadi, M., Nourizadeh, R., Mehrabi, E., Areshtanab, H. N., & Shaigan, H. (2022). The impact of effective communication-based care on the childbirth experience and satisfaction among primiparous women: an experimental study. *Journal of the Egyptian Public Health Association*, 97(1), 1-9.
32. Pourebrahim-Alamdari, P., Mehrabi, E., Nourizadeh, R., Esmaeilpour, K., Mousavi, S., & Hakimi, S. (2022). The Effect of Face-to-Face and Phone Call Motivational Interviewing on Cervical Cancer Screening. *Cancer Nursing*, 10-1097.
33. Kohansal, F., Nourizadeh, R., attarzadeh Jahdi, N. S., Mehrabi, E., & Bafrani, M. A. (2022). The Effect of Educational Interventions on Sexual Behavior and Reproductive Health of Women: A Systematic Review. *Advances in Nursing & Midwifery*, 31(1), 14-21.

34. Shamsdanesh, S., Bafrani, M. A., Shamradifar, Z., & Mehrabi, E. (2024). Effect of childbirth care methods on birth experience and satisfaction: A systematic review and meta-analysis. *International Journal of Women's Health & Reproduction Sciences*, 12(4).
35. Alivand, Z., Nourizadeh, R., Hakimi, S., Esmailpour, K., & Mehrabi, E. (2024). Comparing the effect of haptonomy and CBT-based counseling on childbirth experience and postpartum depression of women with high fear of childbirth: A randomized clinical trial. *Journal of Education and Health Promotion*, 13(1), 354.
36. Baharvand, S., Asghari-Jafarabadi, M., Nourizadeh, R., Jahdi, N. S., Mehrabi, E., et al. (2024). The effect of shared decision-making on decision self-efficacy and decisional conflict of women with low-grade squamous intraepithelial lesion in cervical cytology. *Current Women's Health Reviews*, 20(5), 108–116.
37. Farasati, M., Nourizadeh, R., Sattarzadeh-Jahdi, N., Esmailpour, K., et al. (2024). The effect of home counseling on breastfeeding self-efficacy and breastfeeding performance following cesarean section. *International Journal of Women's Health & Reproduction Sciences*, 12(3).
38. Kohansal, F., Nourizadeh, R., Jahdi, N. S., Bafrani, M. A., & Mehrabi, E. (2024). The effect of counseling based on health promotion awareness on self-care needs and reproductive and sexual health literacy of newly married women: A randomized controlled trial. *BMC Women's Health*, 24(1), 374.
39. Bafrani, M. A., Nourizadeh, R., Hakimi, S., Mortazavi, S. A., & Mehrabi, E. (2024). The impact of positive psychology counseling on sexual and marital satisfaction and anxiety among reproductive-aged women during the COVID-19 pandemic: A randomized controlled trial. *BMC Psychology*, 12(1), 313.
40. Masroor, P., Mehrabi, E., Nourizadeh, R., Pourfathi, H., & Asghari-Jafarabadi, M. (2024). The comparison of the effect of non-pharmacological pain relief and pharmacological analgesia with remifentanyl on fear of childbirth and postpartum depression: A randomized clinical trial. *BMC Pregnancy and Childbirth*, 24(1), 305.
41. Farasati, M., Nourizadeh, R., Sattarzadeh-Jahdi, N., Esmailpour, K., et al. (2024). The effect of in-home supportive counseling on maternal functioning and self-efficacy following cesarean section among primiparous women. *Journal of Education and Health Promotion*, 13(1), 26.
42. Hemmati, F., Nourizadeh, R., Mobaraki, N., Esmailpour, K., & Mehrabi, E. (2023). The effect of supportive counseling on stress reduction in women undergoing colposcopy: A quasi-experimental study. *Payesh (Health Monitor)*, 22(6), 771–780.
43. Alivand, Z., Nourizadeh, R., Hakimi, S., Esmailpour, K., & Mehrabi, E. (2023). The effect of cognitive-behavioral therapy and haptonomy on fear of childbirth in primigravida women: A randomized clinical trial. *BMC Psychiatry*, 23(1), 929.
44. Baharvand, S., Asghari-Jafarabadi, M., Nourizadeh, R., Jahdi, N. S., Mehrabi, E., et al. (2023). The effect of decision aid on satisfaction with decision and anxiety among women with abnormal cervical screening results. *Cancer Nursing*, 46(6), E405–E411.
45. Dorosti, E., Nourizadeh, R., Mehrabi, E., & Herizchi, S. (2023). The effect of haptonomy intervention on fear of childbirth and maternal-fetal attachment among primigravid women. *Current Women's Health Reviews*, 19(4), 39–47.
46. Azari, N., Mehrabi, E., Javadzadeh, Y., & Hakimi, S. (2023). Comparison of the effect of vaginal vitamin E cream with conjugated estrogen vaginal cream on vulvovaginal atrophy and overactive bladder syndrome: A randomized controlled trial. *African Journal of Urology*, 29(1), 35.
47. Abdollahpour, D., Homayouni-Rad, A., Nourizadeh, R., Hakimi, S., & Mehrabi, E. (2023). The effect of probiotic supplementation on episiotomy wound healing among primiparous women: A triple-blind randomized clinical trial. *BMC Complementary Medicine and Therapies*, 23(1), 149.
48. Nourizadeh, R., Shamsdanesh, S., Mehrabi, E., Ranjbar, F., Hakimi, S., et al. (2023). The effect of psychological interventions on the anxiety and breastfeeding self-efficacy: A systematic review and meta-analysis. *Iranian Journal of Public Health*, 52(5), 937.

49. Oskoui, B. S., Mehrabi, E., Nourizadeh, R., & Esmaeilpour, K. (2023). The effect of mindfulness-based counseling on the childbirth experience of primiparous women: A randomized controlled clinical trial. *BMC Pregnancy and Childbirth*, 23(1), 274.
50. Alizadeh, M., Mehrabi, E., Gharehbaghi, M. M., & Hakimi, S. (2023). Mother's own milk versus donor human milk: Effects on growth and outcomes in preterm neonates. *Journal of Pediatric and Neonatal Individualized Medicine (JPNIM)*, 12(1).
51. Jangi, S., Nourizadeh, R., Sattarzadeh-Jahdi, N., Farvareshi, M., & Mehrabi, E. (2023). The effect of cognitive-behavioral therapy and sexual health education on sexual assertiveness of newly married women. *BMC Psychiatry*, 23(1), 201.
52. Safdari-Molan, M., Mehrabi, E., Nourizadeh, R., & Eghdam-Zamiri, R. (2023). Predictors of the worry about cancer recurrence among women with breast cancer. *BMC Women's Health*, 23(1), 131.
53. Bakhtari-Aghdam, F., Abedini, S., Nourizadeh, R., Mehrabi, E., Havizari, S., et al. (2023). The effect of counseling on women's coping with unplanned pregnancy. *Journal of Reproductive and Infant Psychology*, 41(2), 183–192.

Supervision of Dissertation & Thesis

Preconception health behaviors in women with childbearing intention referring to Tabriz pre-marriage counseling centers, associated factors and strategies to promote it: An explanatory sequential mixed method study

Tabriz
University
of Medical
Sciences

2025-
10-29

Under Supervision

Sahar Omidi Esmat Mehrabi Elham
Rezaei Mozghan Mirghforund Mohammad
Asghari Roghaiyeh Nourizadeh

Postpartum care experience and related factors in postpartum women referring to health centers in Tabriz city and providing strategies to promote postpartum care experience.: a explanatory sequential mixed study

Tabriz
University
of Medical
Sciences

2025-
10-29

Under Supervision

Mahin Kiani Mask Esmat Mehrabi Roghaiyeh
Nourizadeh Mozghan Mirghforund Zhila
Khamnian Mohammad Asghari

3	<p>The effect of virtual education with and without telephone support on maternal functioning and quality of life in postpartum women: a randomized controlled clinical trial.</p> <p>Aylin Tarighi Miandoab Esmat Mehrabi Roghaiyeh Nourizadeh Leial Najmi Zeinab Mohammadzadeh</p>	<p>Tabriz University of Medical Sciences</p>	<p>2025-10-26</p>	<p>Under Supervision</p>
4	<p>The Effect of Virtual Education Based on the Fogg Model on Health Literacy and Stages of Behavior Change in Cervical Cancer Screening in Women: A Randomized Controlled Clinical Trial</p> <p>Saba Mousavi Nejad-Fard-Ahar Esmat Mehrabi Elham Rezaei Roghaiyeh Nourizadeh Zeinab Mohammadzadeh</p>	<p>Tabriz University of Medical Sciences</p>	<p>2025-10-21</p>	<p>Under Supervision</p>
5	<p>The effect of oral motor interventions based on Berthelsen's protocol on the feeding skills of preterm infants hospitalized in NICU.</p> <p>Elaheh Sadat MousaviAgdam Fatemeh Ghorbani Raheleh Janani Esmat Mehrabi</p>	<p>Tabriz University of Medical Sciences</p>	<p>2025-10-4</p>	<p>Under Supervision</p>
6	<p>The effect of integrated counseling based on positive psychology and meaning therapy on the stages of behavior change of child bearing in women of reproductive age: a randomized controlled clinical trial.</p> <p>Esmat Mehrabi Tahera Taheri Teymourlouye Fereshteh Baghaei Seyedalireza Mortazavi Razieh Vejdani</p>	<p>Tabriz University of Medical Sciences</p>	<p>2025-7-21</p>	<p>Under Supervision</p>
7	<p>Women's perceptions of the medicalized pregnancy and childbirth: development,</p>	<p>Tabriz University</p>	<p>2024-8-19</p>	<p>Under Supervision</p>

	<p>and psychometric properties of instrument</p> <p>Saeedeh Alizadeh Roghaiyeh Nourizadeh Isa Mohammadi Esmat Mehrabi Parvin Sarbakhsh Abouali Vedadhir Fattemeh Abbasalizadeh</p>	of Medical Sciences		
8	<p>Development and psychometric properties of an instrument to measure womens' readiness for childbearing: an exploratory sequential mix method study</p> <p>Mahsa Ferasati Roghaiyeh Nourizadeh Isa Mohammadi Mohammad Asghari Esmat Mehrabi</p>	Tabriz University of Medical Sciences	2024-5-25	Under Supervision
9	<p>Design and implementation of interventions to improve unplanned pregnancy experiences: A mixed-methods study with an interventional design</p> <p>Masome Paiande Roghaiyeh Nourizadeh Esmat Mehrabi Mozhgan Mirghforund Isa Mohammadi</p>	Tabriz University of Medical Sciences	2024-2-18	Under Supervision
10	<p>The effect of health promotion awareness counseling with stress management on and reproductive and sexual anxiety selfcare performance in women with human papiloma virus : a controlled clinical randomized trial</p> <p>Sheida Khezerzadeh Jamile Malakouti Esmat Mehrabi Roghaiyeh Nourizadeh Rasoul Heshmati</p>	Tabriz University of Medical Sciences	2024-1-30	Under Supervision
11	<p>The effect of positive psychology based counseling on reproductive age womens childbearing attitude and motivation : a randomised controled clinical trial</p>	Tabriz University of Medical Sciences	2024-1-22	Under Supervision

12	<p>Tahera Taheri Teymurlouye Esmat Mehrabi Roghaiyeh Nourizadeh Seyedalireza Mortazavi</p> <p>The effect of mindfulness techniques in counseling with and without acupressure on pain and childbirth experience in primiparous women: a randomized controlled clinical trial</p> <p>Effat Mohammadi Esmat Mehrabi Rasoul Heshmati Roghaiyeh Nourizadeh</p>	<p>Tabriz University of Medical Sciences</p>	<p>2024-1-22</p>	<p>Under Supervision</p>
13	<p>The effect of logo therapy on anxiety and coping with unplanned pregnancy: a randomized controlled trial</p> <p>Fereshteh Baghaei Parisa Yavari Kia Esmat Mehrabi Roghaiyeh Nourizadeh Seyedalireza Mortazavi</p>	<p>Tabriz University of Medical Sciences</p>	<p>2023-12-13</p>	<p>Under Supervision</p>
14	<p>Comparison of the effect of in-home and phone supportive counseling on postpartum depression and anxiety: a randomized controlled clinical trial</p> <p>Bitra Eskandari Roghaiyeh Nourizadeh Esmat Mehrabi Rasoul Heshmati Reyhane Ivanbagha Zahra Akbarivand</p>	<p>Tabriz University of Medical Sciences</p>	<p>2023-9-3</p> <p>2025-10-21</p>	<p>Finished</p>
15	<p>The effect of positive psychology based counseling on anxiety and health practices in women with unplanned pregnancy: a randomized controlled trial</p> <p>Fatemeh Mirzalou Esmat Mehrabi Roghaiyeh Nourizadeh Seyedalireza Mortazavi</p>	<p>Tabriz University of Medical Sciences</p>	<p>2023-1-15</p>	<p>Under Supervision</p>
16	<p>Comparison the effect of non-pharmacological analgesia and pharmacological analgesia with</p>	<p>Tabriz University</p>	<p>2022-7-9</p> <p>2024-11-13</p>	<p>Finished</p>

	remifentanil on childbirth fear, experience and postpartum depression: A Randomized controlled clinical trial	of Medical Sciences			
	Parinaz Masroor Esmat Mehrabi Roghaiyeh Nourizadeh Hojjat Pourfathi				
17	The effect of mindfulness-based counseling on childbirth experience and support and control among nullipar women: a randomised controlled clinical trial	Tabriz University of Medical Sciences	2022-4-11	2024-6-23	Finished
	Bahareh Sharegy Oskouie Esmat Mehrabi Roghaiyeh Nourizadeh Khalil Esmaeilpour				
18	The Effect of Positive psychology (optimistic) based Counseling on Sexual and Marital Satisfaction among Reproductive Aged Women during Corona Pandemic: A Quasi-Experimental Study	Tabriz University of Medical Sciences	2021-11-8	2023-7-11	Finished
	Mahdie Arab Bafrani Esmat Mehrabi Roghaiyeh Nourizadeh Sevil Hakimi Seyedalireza Mortazavi				
19	Effectiveness of Cognitive Behavioral Therapy and Communication Thecniques Training on fear of childbirth, Childbirth Experiences and postpartum depression in Nulliparous Pregnant Women	Tabriz University of Medical Sciences	2021-11-8	2025-4-9	Finished
	Zahra Alivand Roghaiyeh Nourizadeh Sevil Hakimi Khalil Esmaeilpour Esmat Mehrabi				
20	The relationship between maternal mental health in the postpartum period and infant's behavior	Tabriz University of Medical Sciences	2021-10-13		Under Supervision

	<p>Pegah Tayefeh Sardari Sevil Hakimi Leyla Valizade Esmat Mehrabi</p>					
21	<p>The effect of probiotic supplement on episiotomy wound healing and postpartum depression in nulliparous mothers: A Randomized controlled trial</p> <p>DERAKHSHAN ABDOLAPOUR Roghaiyeh Nourizadeh Sevil Hakimi Aziz Homayouni Rad Esmat Mehrabi</p>	<p>Tabriz University of Medical Sciences</p>	<p>2021-8-30</p>	<p>2023-12-18</p>	<p>Finished</p>	
22	<p>Quality of prenatal care in Bandar Abbas health centers during the Covid-19 pandemic</p> <p>Mari Goudarzi Sevil Hakimi Niloufar Sattarzadeh Sedige Abedini Esmat Mehrabi</p>	<p>Tabriz University of Medical Sciences</p>	<p>2021-6-22</p>		<p>Under Supervision</p>	
23	<p>Comparison of effect of vitamin E vaginal cream with vaginal estradiole on atrophic vaginitis among menopausal women</p> <p>Nazila Azari Sevil Hakimi Esmat Mehrabi Yousef Javadzadeh</p>	<p>Tabriz University of Medical Sciences</p>	<p>2021-6-20</p>	<p>2023-10-14</p>	<p>Finished</p>	
24	<p>The effect of counseling with cognitive-behavioral approach and education based on sexual health Selfcare needs on sexual assertiveness and satisfaction in recently married women</p> <p>Sanaz Jangi Roghaiyeh Nourizadeh Niloufar Sattarzadeh Mamoud Farvareshi Esmat Mehrabi</p>	<p>Tabriz University of Medical Sciences</p>	<p>2021-5-8</p>	<p>2024-6-12</p>	<p>Finished</p>	
25	<p>The effect of health awareness counseling on self-care needs and reproductive and sexual health literacy of newly married women: a quasi-experimental study</p>	<p>Tabriz University of Medical Sciences</p>	<p>2021-5-5</p>	<p>2024-11-13</p>	<p>Finished</p>	

	<p>Fereshteh Kohansal Esmat Mehrabi Roghaiyeh Nourizadeh Niloufar Sattarzadeh</p>		
26	<p>The effect of counseling with stress management approach on anxiety and distress and breastfeeding self-efficacy during Corona pandemic: a quasi-experimental study</p> <p>Shiva Shamsdanesh Esmat Mehrabi Roghaiyeh Nourizadeh Fatemeh Ranjbar Sevil Hakimi</p>	<p>Tabriz University of Medical Sciences 2021-3-9 2024-10-30</p>	<p>Finished</p>
27	<p>The effect of counseling based of EXPLISSIT model on the sexual function of married women with lumpectomy for Breast cancer: a randomized controlled clinical trial</p> <p>Esmat Mehrabi Mahasti Alizadeh Mizani Roghaiyeh Nourizadeh Zivar Akbari Mozhgan Mirghforund</p>	<p>Tabriz University of Medical Sciences 2021-2-13</p>	<p>Under Supervision</p>
28	<p>The effect of supportive counseling on anxiety in women undergoing colposcopy: a quasi experimental study</p> <p>Fateme Hemmati Roghaiyeh Nourizadeh Khalil Esmailpour Noushin Mobaraki-Asl Esmat Mehrabi</p>	<p>Tabriz University of Medical Sciences 2021-1-9 2025-11-18</p>	<p>Finished</p>
29	<p>The effect of supportive counseling in home on breastfeeding practice and maternal functioning after cesarian section in primiparous women: a quasi experimental study</p> <p>Mahsa Ferasati Roghaiyeh Nourizadeh Niloufar Sattarzadeh Khalil Esmailpour Esmat Mehrabi Leila Reisy</p>	<p>Tabriz University of Medical Sciences 2020-12-27 2025-4-14</p>	<p>Finished</p>

30	<p>The Effect of Communication Techniques Training on Fear of Childbirth in Nulliparous Women</p> <p>Elham Dorosti Roghaiyeh Nourizadeh Esmat Mehrabi Sepideh Herizchi Ghadim</p>	<p>Tabriz University of Medical Sciences</p>	<p>2020-10-6</p>	<p>2024-11-13</p>	<p>Finished</p>
31	<p>Effect of communication based care on childbirth experience and satisfaction in primiparous women: An interventional study</p> <p>Zahra Shamoradifar Esmat Mehrabi Roghaiyeh Nourizadeh Hossein Namdar Areshtanab Hoorieh Shaigan</p>	<p>Tabriz University of Medical Sciences</p>	<p>2020-8-17</p>	<p>2023-2-20</p>	<p>Finished</p>
32	<p>Effect of shared Decision making on the satisfaction about choice of Management Method of Menopausal symptom among women: Pre and Post interventional study</p> <p>Leyla Mortazavi Esmat Mehrabi Sevil Hakimi</p>	<p>Tabriz University of Medical Sciences</p>	<p>2020-6-23</p>	<p>2023-8-13</p>	<p>Finished</p>
33	<p>The effect of shared decision making on decision self-efficacy and satisfaction among women with abnormal cervical cytology: an interventional study</p> <p>Saba Baharvand Esmat Mehrabi Roghaiyeh Nourizadeh Niloufar Sattarzadeh</p>	<p>Tabriz University of Medical Sciences</p>	<p>2020-6-23</p>		<p>Under Supervision</p>
34	<p>The effect of shared decision making about selection of type of child birth analgesia in women's child birth experience: an interventional study</p> <p>Maryam Shahveysi Esmat Mehrabi Roghaiyeh Nourizadeh</p>	<p>Tabriz University of Medical Sciences</p>	<p>2020-6-23</p>	<p>2024-11-24</p>	<p>Finished</p>
35	<p>Comparison between the effect of mother's own milk and donor milk on antropometric parameters and some</p>	<p>Tabriz University</p>	<p>2020-6-23</p>	<p>2023-9-10</p>	<p>Finished</p>

	<p>outcomes among preterm newborns</p> <p>Maryam Alizadeh Sevil Hakimi Esmat Mehrabi Manizheh Mostafa Gharehbaghi</p>	<p>of Medical Sciences</p>			
36	<p>Psychometry of adaptation to illness inventory among Iranian women with breast cancer</p> <p>Sepideh Hajian Esmat Mehrabi Masoumeh Simbar Mohammad Houshyari Farid Zayeri</p>	<p>Shahid Beheshti University of Medical Sciences</p>	<p>2020-1-25</p>	<p>2020-9-2</p>	<p>Finished</p>
37	<p>Psychometric properties of Age and state questionnaire3 (ASQ)</p> <p>Sevil Hakimi Niloufar Sattarzadeh Mariam Soltanzad Roghaiyeh Nourizadeh Esmat Mehrabi</p>	<p>Tabriz University of Medical Sciences</p>	<p>2020-1-12</p>		<p>Under Supervision</p>
38	<p>Comparison the effects of motivational interview and motivational telephone interview on performing Pap smear: an experimental study</p> <p>Parvin Pourebrahimealamdari Roghaiyeh Nourizadeh Khalil Esmailpour Esmat Mehrabi Saeed Musavi</p>	<p>Tabriz University of Medical Sciences</p>	<p>2019-12-3</p>	<p>2021-8-21</p>	<p>Finished</p>
39	<p>Title:Effect of Decision Aid on Breast Cancer Screening Behaviors among Women:A quasi-experimental</p> <p>Zivar Akbari Esmat Mehrabi Roghaiyeh Nourizadeh Mozghan Mirghforund</p>	<p>Tabriz University of Medical Sciences</p>	<p>2019-9-3</p>	<p>2023-5-24</p>	<p>Finished</p>
40	<p>The related factors of illness perception in women with breast cancer referring to oncology centers of Tabriz, 2019</p> <p>Masoom Safdari Roghaiyeh Nourizadeh Esmat Mehrabi Reza Eghdam Zamiri</p>	<p>Tabriz University of Medical Sciences</p>	<p>2019-8-27</p>	<p>2023-9-9</p>	<p>Finished</p>

41	<p>The survey effect of counseling on coping strategies of unplanned pregnant women: a randomized controlled clinical trial</p> <p>Soheyla Abedini Fatemeh Bakhtari Aghdam Roghaiyeh Nourizadeh Esmat Mehrabi Haidar Nadrian Leila Jahangiry</p>	<p>Tabriz University of Medical Sciences</p>	<p>2019-7-31</p>	<p>Under Supervision</p>	
42	<p>The impact of decision aid on the stages of change in the behavior of cervical cancer screening in women: Interventional-experimental study</p> <p>Elnaz Malekzadeh Esmat Mehrabi Roghaiyeh Nourizadeh Azizeh Farshbaf Khalili</p>	<p>Tabriz University of Medical Sciences</p>	<p>2019-7-7</p>	<p>2023-5-24</p>	<p>Finished</p>
43	<p>Effect of empowerment approach counseling on pregnancy anxiety and child birth self efficacy: a Randomized Controlled Clinical Trial</p> <p>Masomrh Adeli Gargari Esmat Mehrabi Khalil Esmaeilpour Roghaiyeh Nourizadeh Mozghan Mirghforund</p>	<p>Tabriz University of Medical Sciences</p>	<p>2018-12-26</p>	<p>2023-2-20</p>	<p>Finished</p>
44	<p>The effect of counselling on coping with decision to continue an unplanned pregnancy: a randomized controlled clinical trial</p> <p>Nayyer Bayramour Esmat Mehrabi Amir Erfani Roghaiyeh Nourizadeh Mozghan Mirghforund</p>	<p>Tabriz University of Medical Sciences</p>	<p>2018-2-5</p>	<p>2019-11-27</p>	<p>Finished</p>
45	<p>The Effect of Motivational Interviewing on Dietary intake and Physical Activity change of Overweight and Obese Preconceptional Women: A Randomized Controlled Clinical Trial</p>	<p>Tabriz University of Medical Sciences</p>	<p>2017-8-5</p>	<p>2023-8-9</p>	<p>Finished</p>

Samar Azami Roghaiyeh Nourizadeh **Esmat Mehrabi** Azizeh Farshbaf Khalili Hamied Poursharifi

The related factors of decision-making to abort or continue an unplanned pregnancy

Tabriz University of Medical Sciences 2017-6-25 2020-7-21 Finished

Neda Nikkhesal **Esmat Mehrabi** Saeed Dastgiri Roghaiyeh Nourizadeh Saeed Musavi

The Effect of Motivational Interviewing on Breast Cancer Screening Behaviors of (Iranian Azeri) Rural Women: A Randomized Controlled Clinical Trial

Tabriz University of Medical Sciences 2017-6-20 2024-5-27 Finished

Parvin Alizadeh Roghaiyeh Nourizadeh **Esmat Mehrabi** Saeed Musavi Hamied Poursharifi

Explanation of lived experience of adaptation to illness among Iranian women with breast cancer

Shahid Beheshti University of Medical Sciences Finished

Sepideh Hajian **Esmat Mehrabi** Masoumeh Simbar Mohammad Houshyari

Training Course (Participant or Speaker)

- International work shop of Active Birth 2020, Istanbul, Turkey.
- International work shop of Haptonomy 2020, Istanbul, Turkey.
- International work shop of Birth psychodrama 2020, Istanbul, Turkey.
- Short-term course (six months) of professional ethics 2020-2021.
- 60-hour physiological childbirth course 2020.

Honors and awards

Top midwife selected in the University of Medical sciences, Tabriz, Iran.5may of 2019.

International journal editors or reviewers

- Academic editorial board of PLOS ONE.
- Academic editorial board of Advances in Nursing & Midwifery.
- Academic editorial board of International Conference on Psychiatry and Mental Health, PMH 2021.

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

- Waist circumference in relation to prediction of delivery outcomes (oral presentation). **14th World Congress on Controversies in Obstetrics, Gynecology & Infertility** (FRANCE) 2012.
- Prediction value of maternal 1st trimester BMI and waist circumference in gestational complications (Poster). **14th World Congress on Controversies in Obstetrics, Gynecology & Infertility** (FRANCE)2012.
- Relationship between low birth weight and maternal anthropometric Indices. National congress of nursing challenges about care of children with chronic disease, Iran, Tabriz, 2011.
- Emotional based approach of women after breast cancer diagnosis. National congress of Nursing Ethics, Iran, Tehran. 2014.
- Lecturer of the childbirth risk management workshop (2018, 2019,2020)
- Lecturer of the puberty health workshop (2018)
- Lecturer of the Workshop on pelvic floor disorders (2019)
- Lecturer of the workshop on childbirth dystocia (2020,2022)
- Lecturer of the childbearing workshop (2022)
- Lecturer of the workshop on the quality of clinical education (preceptorship)(2019)

Published Books

- Khalili, Leila, Khadijeh Eslamnezhad, Ali Barzegar, Azadeh Dehghani, Nazanin Zakeri, and Esmat Mehrabi. "Role of Probiotics in Diabetes Control." In *Microbiome-Gut-Brain Axis*, pp. 337-353. Springer, Singapore, 2022.
- Esmat Mehrabi. Infertility, Elvin publisher,2009.(Persian)
- Decision making in reproductive-aged women, 2024.
- **Counselling for childbearing, University publisher, 2025.**

