



**Fatemeh Effati-Daryani**

Urmia University of Medical Sciences,

Pardis Nazlou, 11 km of Nazlou Road, Urmia, Iran

Phone: +98 44 32754963 Fax: +98 44 322 290 59

Email: [effati.fatemah@gmail.com](mailto:effati.fatemah@gmail.com)

**PERSONAL INFORMATION**

Nationality: Iranian

Marital Status: Married

**CURRENT STATUS**

Academic member, Department of Midwifery, Faculty of Nursing and Midwifery, Urmia University of Medical Sciences

**EDUCATIONAL BACKGROUND**

2014	Master of Science (Midwifery Education) Tabriz University of Medical Sciences
2011	Bachelor of science (Midwifery) Hamedan University of Medical Sciences

## **EDUCATIONAL INFORMATION**

1. MSc graduation score (18.44 out of 20)
2. MSc Thesis title: Effect of Lavender cream with or without foot-bath on sleep quality and anxiety among pregnant women: a randomized controlled trial

## **SHORT COURSES & WORKSHOPS**

- Intermediate Level of English Education- Academic Center for Education, Culture and Research- 2009
- Infectious diseases in pregnancy and its role in maternal health- Tabriz University of Medical Science- 2012
- Health care from primary prevention to rehabilitation- Tabriz University of Medical Science- 2012
- Natural Products and Medicinal Plants- North khorasan University of Medical Sciences- 2012
- Management of labor- Tabriz University of Medical Science- 2015
- Evidence-Based Medicine Summer School- Tabriz University of Medical Science- 2013
- Preparation workshop for normal vaginal delivery- 2013
- Basic neonate resuscitation workshop - Tabriz University of Medical Science- 2013
- Prevention and treatment with complementary medicine- Isfahan University of Medical Sciences- 2014
- Complementary and alternative medicine- Mashhad University of Medical Sciences-2015
- Fertility and birth control- Tabriz University of Medical Science- 2016
- Diagnosis and management of fetal distress- Tabriz University of Medical Science- 2016
- Postpartum hemorrhage- Tabriz University of Medical Science- 2016

- Sexual health workshop - Tabriz University of Medical Science- 2016
- Newborn Care workshop - Ministry of Health and Medical Education- 2017
- Scientific writing- Urmia University of Medical Science- 2018
- Statically analyses- - Urmia University of Medical Science- 2018
- Sample size workshop- 2018

## **PUBLICATIONS**

### **A) PAPERS**

- 1) Effects of Cinnamon on perineal pain and healing of episiotomy: a randomized placebo-controlled trial.** Mohammadi A, Mohammad-Alizadeh-Charandabi S, Mirghafourvand M, Javadzadeh Y, Fardiazar Z, **Effati-Daryani F.** *Journal of integrative medicine.* 2014 Jul 1;12(4):359-66
- 2) Effect of Lavender cream with or without foot-bath on anxiety, stress and depression in pregnancy: a randomized placebo-controlled trial.** **Effati-Daryani F,** Mohammad-Alizadeh-Charandabi S, Mirghafourvand M, Taghizadeh M, Mohammadi A. *Journal of caring sciences.* 2015 Mar;4(1):63-73.
- 3) Sociodemographic predictors of mental health in Tehran's soldiers 2012-2013.** **Effati Daryani F,** Zarei S. *Journal Mil Med.* 2015 Sep 15;17(2):81-7. (in Persian)
- 4) Effects of calcium-Vitamin D and calcium-alone on pain intensity and menstrual blood loss in women with primary dysmenorrhea: A randomized controlled trial.** Zarei S, Mohammad-Alizadeh-Charandabi S, Mirghafourvand M, Javadzadeh Y, **Effati-Daryani F.** *Pain Medicine.* 2017 Jan 1;18(1):3-13.
- 5) Sleep quality and its relationship with quality of life in Iranian pregnant women.** **Effati-Daryani F,** Mirghafourvand M, Mohammad-Alizadeh-Charandabi S, Shiri-Sarand F, Zarei S. *International journal of nursing practice.* 2017 Apr 1; 23(2).
- 6) The relationship between depression and sleep quality in Iranian pregnant women.** Mirghaforvand M, Mohammad-Alizadeh-Charandabi S, Zarei S, **Effati-**

**Daryani F**, Sarand FS. *International Journal of Women's Health and Reproduction Sciences*. 2017 Apr 1;5(2):147-52.

- 7) **Effect of Lavender cream with or without footbath on anxiety, stress and depression of women in postpartum: A clinical randomized controlled trial.** **Effati Daryani F**, Mohammad Alizadeh Charandabi S, Zarei S, Mohammadi A, Mirghafourvand M. *The Iranian Journal of Obstetrics, Gynecology and Infertility*. 2017;20(10):52-61. (in Persian)
- 8) **Depression, anxiety and stress in the various trimesters of pregnancy in women referring to Tabriz health centres, 2016.** **Effati-Daryani F**, Mohammad-Alizadeh-Charandabi S, Zarei S, Mohammadi A, Mirghafourvand M. *International Journal of Culture and Mental Health*. 2018 Feb 22:1-9.
- 9) **Predictors of quality of life in pregnant women visiting health centers of Tabriz, Iran.** Zarei S, Mirghafourvand M, Mohammad-Alizadeh-Charandabi S, **Effati-Daryani F**, Shiri-Sarand F. *Journal of Midwifery and Reproductive Health*. 2018 Apr 1;6(2):1223-9.
- 10) **Effect of Lavender cream with or without footbath on sleep quality and fatigue in pregnancy and postpartum: randomized controlled trial.** **Effati-Daryani F**, Mohammad-Alizadeh-Charandabi S, Mirghafourvand M, Taghizadeh M, Bekhradi R, Zarei S. *Women & Health*. 2018, 58.10: 1179-91.
- 11) **The perceptions of men awaiting the first child following In vitro fertilization: A qualitative study.** Bayrami R, **Effati-Daryani F**, Hajshafiha M, Janghorban R. *Hayat, Journal of School of Nursing and Midwifery, Tehran University of Medical Sciences*. 2018, 24 (2): 111-26.
- 12) **Sleep quality and its socio-demographic predictors in the various trimesters of pregnancy in Iranian women: a cross-sectional study.** **Effati-Daryani F**, Mohammad-Alizadeh-Charandabi S, Zarei S, Mohammadi A, Mirghafourvand M. *Nursing and Health Sciences*. 2018, (submitted)
- 13) **Depression, stress, anxiety and their predictors in Iranian pregnant women during the outbreak of COVID-19.** **Effati-Daryani F**, Zarei S, Mohammadi A, Hemmati E, Yngyknd SG, & Mirghafourvand M. *BMC psychology*, 2020, 8.1: 1-10.
- 14) **Footbath as a safe, simple, and non-pharmacological method to improve sleep quality of menopausal women.** Aghamohammadi V, Salmani R, Ivanbagha R, **Effati-Daryani F**, & Nasiri K. *Research in Nursing & Health*, 2020, 43.6: 621-628.

- 15) **Supportive care: men's expectations who undergoing in vitro fertilization treatment.** Bayrami R, Janghorban R, **Effati-Daryani F**, & Hajshafiha M. *BMC Research Notes*, 2020, 13.1: 1-5.
- 16) **The relationship between sexual function and mental health in Iranian pregnant women during the COVID-19 pandemic.** **Effati-Daryani F**, Jahanfar S, Mohammadi A, Zarei S, & Mirghafourvand M. *BMC pregnancy and childbirth*, 2021, 21.1: 1-8
- 17) **Prevalence of sexual dysfunction and related factors in Iranian pregnant women during the covid-19 pandemic.** Mohammadi, A, **Effati-Daryani, F.**, Zarei, S., Yngyknd, S. G., Hemmati, E., & Mirghafourvand, M. *Current Women's Health Reviews*, 2021, 17(3), 237-243.
- 18) **Fatigue and sleep quality in different trimesters of pregnancy.** **Effati-Daryani, F.**, Mohammad-Alizadeh-Charandabi, S., Mohammadi, A., Zarei, S., & Mirghafourvand, M. *Sleep Science*, 2021, 14(Spec 1), 69.
- 19) **Predictors of Exclusive Breastfeeding in Mothers Visiting Tabriz Health Centers in Iran: A Cross-sectional Study.** Zarei, S., Mohammad-Alizadeh-Charandabi, S., Mohammadi, A., **Effati-Daryani, F.**, & Mirghafourvand, M. *Journal of Midwifery & Reproductive Health*, 2022, 10(1).
- 20) **Effective factors on nutrition behaviors of pregnant women based on the beliefs, attitudes, subjective norms, and enabling factors model: A cross-sectional study.** Mohammadi, A., **Effati-Daryani, F.**, Ghelichkhani, F., Zarei, S., & Mirghafourvand, M. *Journal of Education and Health Promotion*, 2022, 11.
- 21) **The relationship between health literacy and empowerment in pregnant women: a cross-sectional study.** Tavananezhad, N., Bolbanabad, A. M., Ghelichkhani, F., **Effati-Daryani, F.**, & Mirghafourvand, M. The relationship between health literacy and empowerment in pregnant women: a cross-sectional study. *BMC pregnancy and childbirth*, 2022, 22(1), 1-9.
- 22) **Investigating the quality and adequacy of pre-pregnancy care from the point of view of women referring to Urmia city hospitals in 2021.** Naghshbandi, S., Bayrami, R., Masoudi, S., & **Effati Daryani, F.** *Nursing And Midwifery Journal*, 2023, 21(1), 1-11.

## **B) TRANSLATIONS and BOOKS**

- **Physical-neurological examination of the newborn and primary care in the delivery room.**
- **WHO Guideline: use of multiple micronutrient powders for point-of-use.**
- **What you need to know before pregnancy.** (in Persian)
- **Examination of pelvis and appendages in pregnant and non-pregnant women (clinical approach).**

## **C) RESEARCH PROJECTS (finished)**

- Frequency of episiotomy incision and its related factors in a third educational center of Tabriz city (2014)
- Nutritional status of pregnant women based on the BASNEF model
- The relationship between attitude toward lactation and self-efficacy of breastfeeding and exclusive nutrition
- Sleep quality and levels of anxiety, depression and stress in different pregnancies in women referred to health centers in Tabriz.
- The perceptions of men awaiting the first child following In vitro fertilization: A qualitative study.
- Psychological responses of pregnant women in Iran to COVID-19 in Iran.
- Relationship of violence with pregnancy symptoms and pregnancy experience in pregnant women referring to Urmia city health centers, 1400.
- A comparative study of the relationship between the quality and adequacy of pre-pregnancy and pregnancy care with pregnancy outcomes in Urmia city hospitals in 1400-1399.
- Investigating the relationship between childbirth self-efficacy and fear of childbirth and the factors affecting them in teenage and adult pregnant women referring to comprehensive health service centers in Urmia city, 2018-2019: a cross-sectional study



- SPSS

**OCCUPATION/POSITION**

Academic member