

# Curriculum vitae



نام و نام خانوادگی : سمیرا برجسته تیزخراب

سال و محل تولد : ۱۳۷۰ / ارومیه

ملیت : ایرانی

وضعیت تاهل : متاهل

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سمت اجرایی : سرپرست کمیته تحقیقات و فناوری دانشکده پرستاری و مامایی ارومیه

مرتبه علمی : استادیار      گروه آموزشی : مامایی      نوع استخدام : رسمی

## فعالیت های آموزشی

زبان تخصصی مقطع کارشناسی ارشد  
مشاوره ژنتیک در مامایی مقطع کارشناسی ارشد  
بیماری های زنان / کارشناسی  
اصول و فنون مامایی / کارشناسی  
بارداری و زایمان ۱ / کارشناسی  
بارداری و زایمان ۴ / کارشناسی  
بهداشت باروری / کارشناسی  
بهداشت مادر و کودک / کارشناسی  
کارآموزی سلامت خانواده  
کارآموزی مشاوره ژنتیک در مامایی  
کارآموزی درمانگاه زنان و بیماری های تخصصی زنان  
کارآموزی بهداشت مادر و کودک  
اصول و فنون مامایی (پراتیک)  
کارآموزی سلامت جنسی

- **Thesis supervisor** (استاد راهنما پایان نامه ها)

- Investigating the effect of virtual reality glasses on the intensity of pain and anxiety caused by hysterosalpingography of infertile women referred to Kausar educational-therapeutic center in Urmia city in 2023-2024
- Investigating the effect of psycho-sexual counseling based on the Schover model on the Sexual self-concept and sexual distress of hysterectomy women referring to Kowsar educational-therapeutic center, Urmia city, 2022-2023

- **Thesis advisor** (استاد مشاور)

- The effect of couples counseling based on CHARMS model on quality of sexual life and marital satisfaction of wives of men with myocardial infarction referred to Seyed Al-Shohada Heart Hospital in Urmia in 2022
- Comparison of the effectiveness of sex counseling based on the Good Enough Sex model (GES) and the PLISSIT model on the sexual problems of postmenopausal women: a Randomized Controlled Trial"

## مقالات منتشره در مجلات معتبر علمی - پژوهشی داخل و خارج از کشور

عنوان مقاله	نام نشریه	سال انتشار
<p>1. <u>Journal of Sex &amp; Marital Therapy</u>. Group Sex Counseling Based on a Modified “Good Enough Sex” Model: A Randomized Trial on Sexual Health Variables among Breast Cancer Survivors in Iran. <a href="#">Samira Barjasteh</a>, Violeta Lopez, Farnaz Farnam</p>	<b><u>Journal of Sex &amp; Marital Therapy</u></b>	2024
<p>2. <u>Reproductive Health</u>. Investigating the impact of couple counseling based on the CHARMS model on sexual quality of life and marital satisfaction of wives of men suffering from myocardial infarction: a study protocol. Soheila Rabeipoor, Kamal Khademvatani, <a href="#">Samira Barjasteh</a>, Delniya Ghafari</p>	<b><u>Reproductive Health</u></b>	
<p>3. <u>Heliyon</u>. The relationship between sex steroids (E2, progesterone, and AMH) levels and severity and fatality of COVID-19: A systematic review. Kowsar Qaderi, Hossein Hosseinirad, Mehri Kalhor, Sanaz Zangeneh, Marjaneh Pournaghi, Rasa Khodavirdilou, Maryam Keshavarz, Farideh Eghdampour, Seyedeh Tahereh Mirmolaei, Younes Jesmani, <a href="#">Samira Barjasteh</a>, Manthar Ali Mallah, Ahmadreza Shamsabadi</p>	<b><u>Heliyon</u></b>	
<p>4. <u>Journal of Family &amp; Reproductive Health</u>. Overcoming reproductive and psychological concerns of breast cancer survivors: a randomized controlled trial. <a href="#">Samira Barjasteh</a>, Farnaz Farnam, Aymen Elsous, Saharnaz Nedjat, Saeid Razavi Dizaji, Zohreh Khakbazan</p>	<b><u>Journal of Family &amp; Reproductive Health</u></b>	
<p>5. <u>Journal of Interdisciplinary Medicine</u>. How Can Pregnant Women Reduce the Teratogenicity of Air Pollution? Maryam Hashemnejad, Nasrin Ghiasi, Mina Ataei, <a href="#">Samira Barjasteh</a>, Tella Sadighpour</p>	<b><u>Journal of Interdisciplinary Medicine</u></b>	
<p>6. <u>Asian Pacific Journal of Reproduction</u>. Quality of life of infertile couples in the Gaza Strip, Palestine. Suha Baloushah, <a href="#">Samira Barjasteh</a>, Aymen Elsous, Ali Aldirawi, Soha Abu Eid,</p>	<b><u>Asian Pacific Journal of Reproduction</u></b>	

Atef Masad

7. Iranian journal of pediatric hematology and oncology. Maternal hemoglobin levels during pregnancy and their association with birth weight of neonates. [Samira Barjasteh](#), Fatemeh Moghaddam Tabrizi..
8. International Journal of Pediatric. Study of menstrual attitudes and knowledge among postmenarcheal students, in Urmia, North West of Iran, Soheila Rabiepoor, Rohollah Valizadeh, [Samira Barjasteh\\*](#).
9. Asian Pacific journal of cancer prevention. Managerial self-efficacy for chemotherapy-related symptoms and related risk factors in women with breast cancer. Fatemeh Moghaddam Tabrizi, Saeedeh Alizadeh, [Samira Barjasteh](#).
10. International Journal of Health Medicine and Current Research. The Effect of Family-Based Intervention Program On Managerial Self-Efficacy Related To Chemotherapy Symptoms In Iranian Patients With Breast Cancer; A Randomized Control Trial. Saeedeh Alizadeh, Fatemeh Moghaddam Tabrizi, Shahriar Khanahmadi, [Samira Barjasteh\\*](#).
11. Asian Pacific journal of cancer prevention Determinants of Breast Cancer Screening by Mammography in Women Referred to Health Centers of Urmia, Iran . Fatemeh Moghaddam Tabrizi, Sakineh Vahdati, Shahriar Khanahmadi, [Samira Barjasteh\\*](#)
12. Asian Pacific journal of cancer prevention. The Investigation of the Relationship Between Cancer Coping and Symp-tom Management Self-Efficacy, Perceived Social Support, Uncertainty and Life Orientation in Breast Cancer Female Survivors. Fatemeh Moghaddam [Tabrizi, Saeedeh Alizadeh, Samira Barjasteh](#).
13. Journal of Client-centered Nursing Care. Lifestyle Factors Related to Dysmenorrhea Among High School Students. Fatemeh

**Iranian journal of pediatric hematology and oncology**

**International Journal of Pediatric**

**Asian Pacific journal of cancer prevention**

**International Journal of Health Medicine and Current Research**

**Asian Pacific journal of cancer prevention**

**Asian Pacific journal of cancer prevention**

**Journal of Client-centered Nursing Care**

Moghaddam Tabrizi , [Samira Barjasteh](#) , Elham Rezaei\_

14. [Asian Pacific journal of cancer prevention](#). The Relationship between Resilience with Self-Compassion, Social Support and Sense of Belonging in Women with Breast Cancer. Saeedeh Alizadeh; Shahriar Khanahmadi; Abouali Vedadhir; [Samira Barjasteh](#).

**Asian Pacific journal  
of cancer prevention**

15. [Immunopathologia Persa](#) .Mastitis as a Rare Inflammatory Manifestation of Brucellosis in human; a Case Report Nasrin Ghiasi 1 , [Samira Barjasteh](#)2 , Naser Gharebagh 3 , Rohollah Valizadeh4 , Amin Safaripour5 \*

**Immunopathologia  
Persa**

16. [Asian Pacific Journal of Environment and Cancer](#). [Supportive intervention challenges for patients with breast cancer: A systematic review](#). Mohammad Reza Zaker, Amin Safaripour, Sima Rahdaneh Zade Sabegh, [Samira Barjasteh](#)

**Asian Pacific Journal  
of Environment and  
Cancer**

17. [Journal of Pharmaceutical Research International](#). Effect of Group Counseling on the Identity Crisis of Middle-aged Women as Health Promotion Behavior. Marzieh Ebrahimi, [Samira Barjasteh](#)<sup>2</sup>, Nasim Tolooyi Kashtiban

**Journal of  
Pharmaceutical  
Research International**

18. [Pakistan Journal of Medical & Health Sciences](#). “Breast Cancer Attack on Sexual Life” Sexual and Reproductive Health Concerns of Women Surviving Breast Cancer: A Qualitative Study. Zohreh Khakbazan1, Farnaz Farnam2, Saharnaz Nedjat3, Saeed Razavi Dizaji4, [Samira Barjasteh](#)<sup>5\*</sup>.

**Pakistan Journal of  
Medical & Health  
Sciences**

19. [Scientific Journal of Hamadan Nursing & Midwifery Faculty](#). The Investigation of the Relationship between Cancer Coping and Symptom Management Self-Efficacy, Perceived Social Support, Uncertainty and Life Orientation in Breast Cancer Female Survivors. Fatemeh Moghaddam Tabrizi1, Saeedeh

**Scientific Journal of  
Hamadan Nursing &  
Midwifery Faculty**

Alizadeh2*, <a href="#">Samira Barjasteh</a> . (in Persian)		
20. <u>Scientific Journal of Urmia Nursing &amp; Midwifery Faculty</u> . <a href="#">Antenatal anxiety and pregnancy worries in association with marital and social support</a> . <a href="#">Samira Barjasteh</a> , Fatemeh Moghaddam Tabrizi. (in Persian)	<b><u>Scientific Journal of Urmia Nursing &amp; Midwifery Faculty</u></b>	
21. <u>Scientific Journal of Urmia Nursing &amp; Midwifery Faculty</u> . The Effect Of Couple Counseling Based On Marital Support On Anxiety And Worry During Pregnancy. <a href="#">Samira Barjasteh</a> , Fatemeh Moghaddam Tabrizi. (in Persian)	<b><u>Scientific Journal of Urmia Nursing &amp; Midwifery Faculty</u></b>	

## کارگاههای آموزشی

سال	مشخصات کارگاه
	<ul style="list-style-type: none"> <li>• 2024 24 hrs Writing the invention statement from the thesis and article to the product. Urmia, Iran.</li> <li>• 2023 70 hrs introductory course of sexual health therapist. Tehran, Iran.</li> <li>• 2023 70 hrs Complementary and advanced course of sexual health therapist. Tehran, Iran.</li> <li>• 2023 30 hrs Joint comprehensive course of Iran and France on sexual health. Tehran, Iran.</li> <li>• 2023 24hrs Specialized workshop of child sexology and treatment of sexually injured children. Tehran, Iran.</li> <li>• 2023 14 hrs Etiology and expert counseling with victims of sexual violence. Tehran, Iran.</li> <li>• 2024 14 hrs Cognitive-behavioral therapy in sexual issues. Tehran, Iran.</li> <li>• 2022 16hrs Adolescent sexology (masturbation, deviation and treatment). Tehran, Iran.</li> <li>• 2022 2 Day Surgical and non-surgical techniques of female-genital beauty, Tehran, Iran.</li> <li>• 2024 4 hrs Complementary medicine in reproductive health. Urmia, Iran.</li> <li>• 2023 80 hrs Physiological childbirth preparation instructor training and accompanying midwife (dula), Tehran, Iran.</li> <li>• 2020 1 Day Examination Of The Hymen And Sexual Health - Tehran University Of Medical Sciences</li> <li>• 2018 3 Days Sexual Dysfunction Treatment - Tehran University of Medical Sciences</li> </ul>

- 2018 3 Days Systematic Review Workshop - Tehran University of Medical Sciences
- 2018 1 Day ANOVA Repeated Measure- Tehran University of Medical Sciences, Tehran, Iran.
- 2018 3 Days Qualitative Studies- Tehran University of Medical Sciences, Tehran, Iran.
- 2018 2 Days MAXQDA- Tehran University of Medical Sciences, Tehran, Iran.
- 2018 1 Day Proposal Writing- Urmia University of Medical Sciences, Tehran, Iran.
- 2018 1 Day Sample Calculation- Urmia University of Medical Sciences, Tehran, Iran.
- 2018 1 Day Meta-Analysis- Iran University of Medical Sciences, Tehran, Iran.
- 2018 1 Day Logistic Regression in Case-Control Studies- Tehran University of Medical Sciences, Tehran, Iran.
- 2017 1 Day Factor Analysis in Questionnaire- Tehran University of Medical Sciences, Tehran, Iran.
- 2017 1 Day Validity and Reliability- Tehran University of Medical Sciences, Tehran, Iran.
- 2017 2 Days R Statistic Software- Tehran University of Medical Sciences, Tehran, Iran.
- 2017 3 Days Physiological Delivery Courses- Urmia University of Medical Sciences.
- 2016 1 Day SPSS- Urmia University of Medical Sciences, Urmia, Iran.
- 2015 1 Day Scientific Writing- Iran University of Medical Sciences, Urmia, Iran.
- 2015 1 Day Sampling- Urmia University of Medical Sciences, Urmia, Iran.
- 2015 1 Day Databases- Urmia University of Medical Sciences, Urmia, Iran.
- 2015 1 Day Communication Skills in Midwifery-- Urmia University of Medical Sciences, Urmia, Iran.

## طرحهای مصوب تحقیقاتی اجرا شده یا در دست اجرا

### عنوان طرح

- The effect of hysteroscopic injection of mesenchymal stem cells derived from umbilical cord blood in infertile women with thin endometrium: a randomized clinical trial.
- Investigating the effect of virtual reality-based game therapy on anxiety and pain caused by colposcopy in women with HPV
- Investigating the level of regret in delaying the decision to have children and its reasons in hysterectomized women

- Translation and psychometric of Persian version of human papilloma virus quality of life questionnaire in Urmia city in 2023
- Investigating the correlation between resilience and sexual self-concept with quality of life in HPV infected Women
- Investigating the effect of women's game therapy on virtual reality on the severity of pain and illness caused by pregnant amniocentesis referring to the prenatal clinic of Kausar educational-therapeutic center, Urmia city 2023
- Study of the first menstrual experience in adolescent girls, Urmia University of Medical Sciences
- Prevalence of dysmenorrhea and its effective factors in adolescent girls, Urmia University of Medical Sciences.

## شرکت در همایش های داخلی و خارجی

1. 3rd International WANA Congress .16-17 may 2024. Urmia- Iran
2. 17th Congress of the European Federation of Sexology - EFS2024. Investigating the effect of sexual counseling adopting the biopsychosocial model on the sexual self-concept and sexual distress of women who have undergone hysterectomy.(Oral presentation).
3. 17th Congress of the European Federation of Sexology - EFS2024. Sexual Counseling Based on a Modified "Good Enough Sex" Model: A Clinical Randomized Trial on Sexual Health Variables of Breast Cancer Survivors.( Oral presentation).
4. INC2015 10th International Nursing Conference (Korean Society of Nursing Science). Antenatal Anxiety and Pregnancy Worries in Association with Marital and Social Support. Fatemeh Moghaddam Tabrizi, [Samira Barjasteh](#).
5. INC2015 10th International Nursing Conference( Korean Society of Nursing Science). Prevalence of Dysmenorrhea and Its Lifestyle Factors Determinants in Iranian Female High School Students. Fatemeh Moghaddam Tabrizi, [Samira Barjasteh](#).
6. INC2015 10th International Nursing Conference( Korean Society of Nursing Science). The Impact of Diet and Physical Activity Intervention on Anthropometric Measurements and Nutritional Patterns in Overweight and Obese Iranian Breast Cancer Survivors. Fatemeh Moghaddam Tabrizi, [Samira Barjasteh](#).
7. International Congress on Maternal and childhood Obesity. The effect of pre-pregnancy BMI on tendency to start and continue of Breastfeeding. Fatemeh Moghaddam Tabrizi, [Samira Barjasteh](#).
8. 14<sup>th</sup> International Breast Cancer Congress (Shahid Beheshti University of Medical Sciences, Tehran, Iran). The effect of family-based intervention on FOCUS program on the quality of life



in patients with breast cancer undergoing chemotherapy; a randomized clinical trial. [Samira Barjasteh](#)<sup>1</sup>, Faraz Tayyar<sup>2</sup>, Amin Safaripour<sup>3</sup>, Shahriar Khanahmadi<sup>4</sup> [\(Oral presentation\)](#).

9. [14<sup>th</sup> International Breast Cancer Congress \(Shahid Beheshti University of Medical Sciences, Tehran, Iran\)](#). Determinants of Breast Cancer Screening by Mammography in Women Referred to Health Centers of Urmia, Iran. Fatemeh Moghaddam Tabrizi,<sup>1</sup> Sakineh Vahdati,<sup>2</sup> Shahriar Khanahmadi,<sup>3</sup> [Samira Barjasteh](#)<sup>4</sup>\*. [\(Oral presentation\)](#).
10. [14<sup>th</sup> International Breast Cancer Congress \(Shahid Beheshti University of Medical Sciences, Tehran, Iran\)](#). The effect of family-based intervention program on managerial self-efficacy related to chemotherapy symptoms in Iranian patients with breast cancer; a randomized control trial. Saeedeh Alizadeh, Fatemeh Moghaddam Tabrizi, Shahriar Khanahmadi, [Samira Barjasteh](#)\*. [\(Oral presentation\)](#).
11. [14<sup>th</sup> International Breast Cancer Congress \(Shahid Beheshti University of Medical Sciences, Tehran, Iran\)](#). The relationship between resilience with self-compassion, social support and sense of belonging in women with breast cancer. Saeedeh Alizadeh<sup>1</sup>, Shahriar Khanahmadi<sup>1</sup>, Abouali Vedadhir<sup>3</sup>, [Samira Barjasteh](#)<sup>4</sup>\*. [\(Oral presentation\)](#).
12. [14<sup>th</sup> International Breast Cancer Congress \(Shahid Beheshti University of Medical Sciences, Tehran, Iran\)](#). Unmet Health needs and Concerns of women with breast cancer from the health care system and health providers - a qualitative study. [Samira Barjasteh](#)<sup>4</sup>\*. [\(Poster presentation\)](#).

## سمت های اجرایی و سوابق شغلی در گذشته

1. Assistant professor, lecturer and researcher (2022- present)
2. Director of Committee of Student Research Studies (2024- present)
3. Supervisor and advisor of theses for master's degree counseling students in midwifery (2022- present)
4. The main member of the Research Council of the Faculty of Nursing and Midwifery in Urmia (2024- present)
5. The referee of theses and proposals of the graduate education unit of Urmia Nursing and Midwifery Faculty (2022- present)
6. Sexual Counselor At The Family Health Clinic(2018- 2022)
7. Instructor of sexual health courses in governmental and non-governmental institutions (2018- present)
8. Author and translator of books on sexual health and fertility (2020- present)
9. Instructor of preparation courses for physiological childbirth (especially for couple) (2022- present)
10. Senior instructor of internship and internship students for natural labour/ delivery in the maternity ward and gynecology clinic (2018- present)

11. Cooperation with other universities (Tehran University of Medical Sciences and Urmia Azad University) as a lecturer (2018- present)
12. Employment in the women's comprehensive hospital as a midwife in the high-risk pregnancy department (2017-2022)