



Fatemeh Effati-Daryani

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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.
- 23) **Childbirth self-efficacy and fear of childbirth and their predictors in adolescent and adult pregnant women referring to health centres of Urmia-**

Iran: a cross-sectional study. Effati-Daryani, F. E., Mohammadi, A., & Mirghafourvand, M. *BMJ open*, 13(10), e077043.

24) Relationship of domestic violence with pregnancy symptoms and pregnancy experience in Iranian pregnant women: a cross-sectional study. Aliasghari, F., Effati-Daryani, F., Mohammadi, A., Mirghafourvand, M. *BMJ open*, 14 (4), e082570.

B) TRANSLATIONS and BOOKS

- **Physical-neurological examination of the newborn and primary care in the delivery room.** Somayeh Zarei, Fahimeh Sehati, Fatemeh Effati-Daryani, Azam Mohammadi (alphabetical order), 2018 (in Persian)
- **WHO Guideline: use of multiple micronutrient powders for point-of-use fortification of foods consumed by pregnant women.** Fatemeh Effati-Daryani, Somayeh Zarei, Azizeh Farshbaf Khalili. 2017
- **What you need to know before pregnancy.** Fatemeh Effati-Daryani, Azam Mohammadi, Somayeh Zarei, Fahimeh Sehati. 2015 (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

Teaching experience

	<i>Delivery, Alzahra & Talegani Hospital,</i>
2016 - 2017	Tabriz University of Medical Sciences, Tabriz, Iran. (For Midwifery students, BSc)
	<i>Neonatal, Alzahra Hospital,</i>
2016 - 2017	Tabriz University of Medical Sciences, Tabriz, Iran. (For Midwifery students, BSc)
	<i>Medical – Surgical, Imam Reza Hospital,</i>
2016 - 2017	Tabriz University of Medical Sciences, Tabriz, Iran. (For Midwifery students, BSc)
	<i>Computer Applications in Medical Sciences, Faculty of Nursing & Midwifery,</i>
2016 - 2017	Tabriz University of Medical Sciences, Tabriz, Iran. (For Midwifery students, MSc)

2017 - Present *Delivery, Kosar Hospital,*

Urmia University of Medical Sciences, Urmia, Iran. (For Midwifery students, BSc)

PROFESSIONAL EXPERIENCES

- Physiological delivery
- Neonatal Resuscitation
- Member of the national core of physiological childbirth

SKILLS

- Computer skills: office (word, power point, excel)
- EndNote software
- Data analysis
- SPSS

OCCUPATION/POSITION

Academic member